

Direct Education

188 Classes

1,436 Participants

PSE Work

76 PSE Changes

24,540 Reached

Indirect Education

86 message reinforcement activities

38,480 Reached

Throughout FFY 23, CCST offered a variety of engaging nutrition education series using two validated curricula. The *Eat Healthy Be Active Community Workshops* series were conducted in Spanish and English. The workshops consisted of six 90-minute sessions, and topics included Enjoy Healthy Food that Tastes Great, Eating Healthy on a Budget, and Activity is Key to Living Well.

In FFY 23, CCST also delivered its popular *Cooking Matters* series. The series includes six sessions with five lessons. Sessions include nutrition education, food preparation, and recipe tasting. To keep participants engaged, staff continued to incorporate best practices such as using culturally relevant foods, providing materials in multiple languages, and using vibrant visuals through participatory and hands-on learning.

CCST delivered single sessions at schools and food assistance partner sites using the *Food Smarts for Adults* curriculum. In addition, the agency used the *Be Healthy, Be Active* curriculum to deliver single-session classes at colleges, community centers, and grade schools. This fiscal year, the agency also youth with the *Coordinated Approach to Child Health* (CATCH) physical activity curriculum.

CCST incorporated indirect education to enhance its direct education and PSE efforts. Healthy recipes were posted on parishes' websites and recipe cards were added to food bags during agency food distributions. CCST's Indirect Education activities reached 38,480 individuals in San Joaquin and Stanislaus Counties.

DEMOGRAPHICS

of evaluated participants with CCST



LANGUAGE

50% English
50% Spanish



AGE

59% 18 - 59 years old
41% 60 - 75 years old



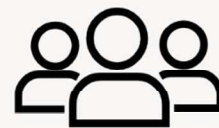
GENDER

76% Female
24% Male

RACE



28% Asian
4% Hawaiian/Pacific Islander
2% Native American
48% White
18% Prefer no response



ETHNICITY

59% Latine
39% Non-Latine
2% Prefer no response



Evaluation Results

Food Behavior Checklist (FBC)

CC Stockton collected 46 adult surveys using the FBC. 96% percent of the surveys were collected in class using pen-to-paper and 4% virtually via the PEARS online survey.

Table 31 shows, across the 16 MT1 healthy eating and drinking survey questions, 9 statistically significant ($p < .05$) changes. There was an increase in eating different types of fruits and vegetables as snacks and at the main meal, eating more grains, and drinking water 4+ cups of water per day. Indeed, participants indicated they were eating one-third cup of fruit and one and one-third cups of vegetables more than before the nutrition education class. There was also a significant decrease in drinking fruit drinks, sports drinks, or punch.

Four of the five MT2 food resource management/smart shopping questions had significant increases: reading the nutrition facts label, preparing a list before shopping, and buying low-sodium and low-sugar foods.

All three of the MT3 PA questions showed statistically significant increases in the number of days of exercising for at least 30 minutes, muscle strengthening, and making small changes to be active.

Finally, the participants used the survey's 10-point scale to rate their eating habits and showed a statistically significant 1.9-point increase from pre to post-test.

The *Indicators of Success* on the next page summarize data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the CC Stockton CalFresh Healthy Living adult participants. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 31 OUTCOME DATA ANALYSIS FOR CC STOCKTON (N=46)

| Survey Question # and Topic | p-Value | Type of statistically significant change |
|-------------------------------------|---------|--|
| MT1 Healthy Eating | | |
| 1. Eat F&Vs as snacks | <.001 | Increase |
| 2. Drink sports drinks | .079 | None |
| 3. Citrus fruit or juice | .486 | None |
| 4. Drink regular soda | .005 | Decrease |
| 5. Milk with cereal | .209 | None |
| 6. Cups of fruit | <.001 | Increase |
| 7. Cups of vegetables | <.001 | Increase |
| 8. Different fruit | .129 | None |
| 9. Different vegetables | .002 | Increase |
| 10. Drink Milk | .221 | None |
| 11. Take skin off chicken | .001 | Increase |
| 12. Eat Fish | .103 | None |
| 13. Eat >2 vegetables | .035 | Increase |
| 20. Eat whole grains | .002 | Increase |
| 21. Drink low/fat-free milk | .599 | None |
| 22. Cups of water | <.001 | Increase |
| MT2 Food Resource Management | | |
| 14. Use Nutrition label | <.001 | Increase |
| 15. Run out of food | .583 | None |
| 23. List before shopping | .004 | Increase |
| 24 Buy low-sodium food | .050 | Increase |
| 25 Buy low-sugar food | .001 | Increase |
| MT3 Physical Activity | | |
| 17. >30 min exercise | <.001 | Increase |
| 18. Strengthen muscles | <.001 | Increase |
| 19. Make small changes | .007 | Increase |
| Self-Rating | | |
| 16. Rate eating habits | <.001 | Increase |



✓ Indicators of Success

CC Stockton

Fruits and Vegetables



- 80%* ate at least 1 cup of vegetables each day
- 66%* ate the recommended 2+ cups of vegetables each day
- 64%* ate more than one kind of vegetable each day, always or often
- 83%* ate at least 1 cup or more of fruit each day

Drink Choices



- 94%* never or only sometimes drink regular soda
- 89% do not or only sometimes drink sugary sports drinks or punch
- 94%* drink 4 or more cups of water every day
- 48% drink milk

Nutritious Choices



- 78%* eat fruit and vegetables as snacks
- 76%* take the skin off of chicken, always or often
- 69%* eat whole grain foods often or every day
- 65%* buy foods with lower added sugar or no sugar, always or often

Healthy Habits



- 72%* use the nutrition facts label when shopping, always or often
- 60%* exercise the recommended 30+ minutes at least 3 days each week
- 61%* make small changes to be active often, usually, or always



Cooking Matters (CM)

CC Stockton collected 24 matched pre and post-test CM surveys from adult participants via pen-to-paper. Among the CM participants, 87% were aged 18 - 59 and 19% were aged 60+. The participants were 95% female and 5% male. 100% of the participants identified ethnically as Latine. Racially, 46% of participants were White and 54% preferred not to respond.

The following tables show the results for questions that are consistent with the SNAP-Ed Evaluation Framework's MT1 Healthy Eating and MT2 Food Resource Management outcome indicators. There is also a table that shows pre- and post-levels of self-confidence in buying healthy ingredients and cooking healthy meals for the family.

Questions 1-16: Healthy Eating Behaviors

As shown in *Table 32*, 12 questions that showed a statistically significant change from pre to post-test. There was a statistically significant increase in five healthy eating and drinking behaviors: the consumption of fruit, green salad, non-fried vegetables, whole grains, and eating low-fat dairy products. There was also a significant increase in drinking water, 100% citrus juice, and low-fat milk. When dining out there was a decrease in eating fast food and an increase in choosing healthy options in sit-down restaurants. Two resource management smart shopping behaviors, buying low-sodium food options and lean meats and beans for protein, also showed statistically significant increases.

A topic without statistically significant findings, but still encouraging findings nonetheless, was that three-quarters of respondents were drinking sugar-sweetened beverages such as soda once a week or less or not at all.

TABLE 32 HEALTHY EATING BEHAVIORS GLEANED FROM COOKING MATTERS (N=24)

| Survey Question Topic | p-Value | Type of statistically significant change |
|--|---------|--|
| 1. Eat fruit like apples, bananas, melons, or other fruit | <.001 | Increase |
| 2. Eat Green salad | <.001 | Increase |
| 3. Eat French fries or other fried potatoes like home fries, hash browns, or tater tots | .648 | None |
| 4. Other kinds of non-friend potatoes | .234 | None |
| 5. Eat Refried, baked, pinto, black, or other cooked beans | .200 | None |
| 6. Eat Non-fried vegetables like carrots, broccoli, and green beans | <.001 | Increase |
| 7. Times a week typically eat a meal from a fast food restaurant? | .021 | Decrease |
| 8. 100% fruit juice like orange, apple, or grape juice | .038 | Increase |
| 9. A can, bottle, or glass of regular soda, sports drink, or energy drink | 1.000 | None |
| 10. A bottle or glass of water | .006 | Increase |
| 11. When you have milk, how often do you choose low-fat (skim or 1%) | .010 | Increase |
| 12. How often do you choose to eat low-fat or fat-free dairy products | .005 | Increase |
| 13. How often do you choose to eat whole-grain products like bread, pasta, and rice | .009 | Increase |
| 14. How often do you choose low-sodium options when you buy packaged foods | <.001 | Increase |
| 15. When you buy meat or protein, how often do you choose lean or low-fat, 90% or above lean ground beef, or beans | <.001 | Increase |
| 16. When you eat at fast food or sit-down restaurants, how often do you choose healthy foods | .010 | Increase |

Scales: Ques: 1-10. 1=Not all, 2= Once a week or less, 3= More than once a week, 4= Once a day, 5= More than once a day; Ques: 11-16. 1=Never, 2=Rarely, 3= Some-times, 4= Often, 5= Always, 6= Does not Apply.



*Level of significance is $p < 0.05$.

Questions 17-29: Cooking, shopping, and eating behaviors

As seen in *Table 33*, among the three cooking attitude questions (i.e., Q17, 18, and 19) all three showed a statistically significant decrease in participants feeling that cooking was burdensome, frustrating, or took too much work after experiencing the *Cooking Matters* classes and gained knowledge on how to prepare healthy meals quickly and easily for their family. The two MT1 healthy eating questions showed significant increases in eating a timely breakfast and in eating from the five food groups each day. Among the eight resource management questions, seven showed statistically significant changes including grocery shopping practices such as comparing prices, using a grocery list and reading the nutrition facts labels. Participants also showed significant increases in preparing meals from scratch using healthy budget-friendly ingredients.

TABLE 33 COOKING, SHOPPING, AND HEALTHY EATING BEHAVIORS RESULTS FROM CM (N=24)

| Individual Questions | p-Value | Type of statistical significance change |
|--|---------|---|
| 17. Cooking takes too much time | <.001 | Decrease |
| 18. Cooking is frustrating | <.001 | Decrease |
| 19. It is too much work to cook | .013 | Decrease |
| 20. How often do you compare prices before you buy food? | <.001 | Increase |
| 21. How often do you plan meals ahead of time? | <.001 | Increase |
| 22. How often do you use a grocery list when you go grocery shopping? | <.001 | Increase |
| 23. How often do you worry that your food might run out? | .088 | None |
| 24. How often do you use the “nutrition facts” on food labels? | <.001 | Increase |
| 25. How often do you eat breakfast within two hours of waking up? | <.001 | Increase |
| 26. How often do you eat food from each food group every day? | <.001 | Increase |
| 27. How often do you make homemade meals “from scratch” using only basic whole ingredients like vegetables, raw meats, rice, etc.? | .006 | Increase |
| 28. How often do you adjust meals to include specific ingredients that are more “budget-friendly,” like those on sale or in your refrigerator or pantry? | <.001 | Increase |
| 29. How often do you adjust meals to be more healthy, like adding vegetables to a recipe, using whole-grain ingredients, or baking instead of frying? | <.001 | Increase |

Scale. Ques: 17-19: 1=Strongly Disagree, 2=Disagree, 3= Neither Agree nor Disagree, 4= Agree, 5= Strongly Agree. Ques: 20-29: 1=Never, 2=Rarely, 3= Some-times, 4= Often, 5= Always, 6= Does not Apply.

Questions 30-35: Healthy foods self-confidence

As noted in *Table 34*, participants’ confidence levels showed statistically significant increases in all six healthy food-related questions. Participants reported an increase in self-confidence related to their cooking skills, including using the same healthy ingredients in more than one meal, using basic cooking skills such as chopping fresh produce, measuring ingredients, following a recipe, and cooking healthy foods for their family on a budget. Participants also reported a significant increase in their shopping self-confidence, indicating they feel confident choosing the best-priced fruits and vegetables when they shop and that they can buy healthy foods on a budget and still help their family eat healthier.

TABLE 34 HEALTHY FOODS SELF CONFIDENCE SURVEY RESULTS FROM CM (N=24)

| Individual Questions | p-Value | Type of statistical significance change |
|--|---------|---|
| 30. How confident are you that you can use the same healthy ingredient in more than one meal? | <.001 | Increase |
| 31. How confident are you that you can choose the best-priced form of fruits and vegetables (fresh, frozen, or canned)? | <.001 | Increase |
| 32. How confident are you that you can use basic cooking skills, like cutting fruits and vegetables, measuring out ingredients, or following a recipe? | <.001 | Increase |
| 33. How confident are you that you can buy healthy foods for your family on a budget? | <.001 | Increase |
| 34. How confident are you that you can cook healthy foods for your family on a budget? | <.001 | Increase |
| 35. How confident are you that you can help your family eat more healthy | .002 | Increase |

Scales: Ques 30-35: 1=Not at all confident, 2= Not very confident, 3= Neutral, 4=Somewhat confident, 5= Very confident, 6= Does not Apply.

Intent to Change (ITC)

A total of 1,471 *Intent to Change* (ITC) surveys were collected by CCST in FFY 23. All of the ITC surveys were gathered via the PEARS online survey.

The following tables summarize the aggregated data as follows:

- The first three columns provide the survey topic question, the number who responded to the question data, and the percent not currently practicing the desirable behavior.
- The last two columns provide data on the number and percent who intend to change their behavior from among those not currently practicing the desired behavior.

As shown in *Table 35*, across the four healthy eating behaviors, the percent of those not practicing healthy behaviors ranged from a low of 40% eating a breakfast that includes at least the three food groups to 71% that ate fruit at least two times a day. However, all four healthy eating behaviors showed an increase in intent to practice a healthy eating behavior with a range between 80% and 88% intent to change within the next week. Combined, all four behaviors had an 83% intent to practice a healthy eating behavior in the coming week.

TABLE 35 INTENT TO CHANGE BEHAVIOR RELATED TO INCREASING THE CONSUMPTION OF HEALTHY FOODS AND BEVERAGES

| During the past week, did you... | Number surveyed | % not practicing healthy behavior | # not practicing healthy behavior | % who intend to do the healthy behavior “More Often” within the next week |
|--|-----------------|-----------------------------------|-----------------------------------|---|
| Eat foods from all 5 food groups each day? | 1,081 | 54% | 579 | 82% |
| Eat fruit at least 2 times a day? | 70 | 71% | 50 | 88% |
| Eat or drink lower fat milk products at least 2 times a day? | 34 | 74% | 25 | 84% |
| Eat a breakfast that includes at least 3 food groups? | 25 | 40% | 10 | 80% |

| During the past week, did you... | Number surveyed | % not practicing healthy behavior | # not practicing healthy behavior | % who intend to do the healthy behavior “More Often” within the next week |
|--|-----------------|-----------------------------------|-----------------------------------|---|
| Combined during the past week did you eat healthy foods? | 1,210 | 55% | 664 | 83% |

As shown in *Table 36*, three-quarters (74%) of the respondents reported drinking sugary beverages every day over the last week but nearly three-quarters (72%) of those respondents intend to drink less sugary beverages in the coming week.

TABLE 36 INTENT TO CHANGE BEHAVIORS RELATED TO REDUCING THE CONSUMPTION OF UNHEALTHY FOOD AND BEVERAGES

| During the past week, did you... | Number surveyed | % not practicing healthy behavior | # not practicing healthy behavior | % who intend to do the unhealthy behavior “Less Often” within the next week |
|---------------------------------------|-----------------|-----------------------------------|-----------------------------------|---|
| Drink a sweetened beverage every day? | 227 | 74% | 169 | 72% |

As shown in *Table 37*, nearly three-fourths (71%) of respondents did not plan meals before going grocery shopping. However, nearly all (96%) of those respondents will plan meals before shopping the next time.

TABLE 37 INTENT TO CHANGE BEHAVIOR BY PRACTICING A SMART SHOPPING BEHAVIOR NEXT TIME

| During the past week, did you... | Number surveyed | % <u>not practicing</u> the FRM behavior | # not practicing FRM behavior | % not practicing the FRM behavior who indicated “Yes” they will do it the next time |
|---------------------------------------|-----------------|--|-------------------------------|---|
| Plan meals before going to the store? | 34 | 71% | 24 | 96% |

*FRM: Food Resource Management behavior

Summary

In summary, across all six healthy behaviors, approximately 90% of respondents who were not practicing those behaviors indicated that they plan to practice the healthy behaviors the next time.

Policy, Systems, and Environmental Changes

Healthy Procurement

Since 2016, nutrition standards have guided healthy procurement and provided guidelines for donations to CCST's food pantry. In FFY 23, 10 of the agency's partner sites were awarded a Humanitarian Grant from the Church of Jesus Christ of Latter-Day Saints (LDS). The funding gives them the ability to purchase canned goods, household items, fresh fruits and vegetables, and other healthy food items that the pantry would otherwise be unable to buy. Some were also able to expand their hours of food distribution operation and one was able to add hot meals and refreshments for the homeless every Friday. CCST and their collaborators operated 12 food pantries that reached 20,088 individuals with healthy food in FFY 23.

Since 2019, CCST has developed a client survey to gather insight into clients' dietary restrictions, food preferences, and challenges that might limit their ability to cook pantry items. In FFY 23, a partnership with the local Emergency Food Bank provided funding for CCST to purchase more healthy food for their Healthy Food Bag program. CCST also collaborated with the University of California Cooperative Extension to provide healthy food bags for their nutrition education participants. Through these partnerships, more CalFresh eligible individuals and families had access to healthy food.



Community Gardens

At many CCST Stockton PSE sites, the agency uses a multi-faceted approach to increase participants' consumption of fruits and vegetables. In FFY 22, CCST assisted the Mission of Good Shepard Church with garden beds, planting tools, and seeds. A community champion volunteer was identified to help upkeep the garden area. Garden beds were purposefully elevated to ease participation for older adults. A group of older adults met weekly to maintain the garden, which produced lettuce, cilantro, and other produce. In FFY 24, CCST plans to work with the site to start nutrition classes supported by the site's garden harvest.

In FFY 23, planting in the CCST agency garden started. Garden beds and garden pots were purchased on donated to harvest and distribute vegetables and herbs in the food bank. The first season of garden produce was successfully grown and gleaned. Mint from the garden has been used to make infused water. Tomatoes from the garden were also used for a food demonstration during one of the nutrition classes. Additionally, chiles from the garden were harvested and distributed to food pantry clients. The garden has been so successful that several volunteers, staff, and food bank clients want to assist with garden maintenance.

CCST also focused on creating more opportunities for young children to learn where their food comes from and to get involved in gardening. The agency provided gardening lessons to the children at the Casa de Esperanza Head Start and Wysteria Head Start. Children learned about different fruits and vegetables through a multitude of activities including special art projects, reading books about gardening, and planting seeds. Two weeks later, the staff went back to transplant the seedlings.



Physical Activity

In FFY 23, CCST continued to work on creating safe physical activity opportunities for older adults. Staff members were trained in the *Matter of Balance* curriculum, a program consisting of eight, two-hour classes with a group of approximately 8-12 participants. Trained coaches facilitate group discussions, role-play activities, exercise training, and more to reduce older adults' fear of falling, improve their activity levels, reduce fall risks in their homes, and increase their overall strength and balance. CCST staff plans to use the knowledge and skills gained in the *Matter of Balance* training to conduct classes for older adults in FFY 24.