Program Evaluation of Youth Direct Education

Mapping Our Way to Greater Understanding

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UA AzNN SNAP-Ed Evaluation Team
Today’s Trek

- A Map to Get Us Started
- Evaluating Youth Programs
- Next Steps (because the journey never ends)
A Map to Get Us Started

Where does the evaluation of youth Direct Education fit in?
AzNN Focus Areas

Direction
Education of youth is done in conjunction with work in PSE focus areas
AzNN Focus Areas

Evaluating Direction Education of youth allows us to:

- Learn about Direct Education programming
- Sometimes also learn about PSE programming related to youth
Evaluating Youth Programs
Assessing Outcomes with the Serving Up MyPlate Series
What is the FY16 Youth Outcomes Evaluation?

The FY16 Youth Outcomes Evaluation is a comprehensive assessment of the outcomes of youth programs and initiatives. It aims to evaluate the effectiveness of these programs in promoting healthy behaviors and lifestyles among young people. The evaluation includes various indicators and outcomes to measure the impact of the programs.

### Evaluation Objectives

- **Youth Outcomes Evaluation, YOE**: Percentage of youth completing pre-post assessments.
- **Adult Impact Evaluation, AIE**: Percentage of adults completing pre-post assessments.

### Evaluation Indicators

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Description</th>
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<tbody>
<tr>
<td>MT1: ODE</td>
<td>YOE increases in GPA score for youth, pre-to-post (WAVY Track Overall)</td>
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<tr>
<td>MT2: ODE</td>
<td>YOE increases in PA behaviors scores for youth, pre-to-post (WAVY Track Overall)</td>
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<tr>
<td>MT3: AIE</td>
<td>AIE increases in adult PA behaviors scores (WAVY Track Overall)</td>
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<td>MT4: AIE</td>
<td>AIE decreases in adult BMI (WAVY Track Overall)</td>
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<tr>
<td>MT5: AIE</td>
<td>AIE decreases in adult waist circumference (WAVY Track Overall)</td>
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### Evaluation Process

- **Pre-Indicator**: Baseline assessment of youth and adults.
- **Post-Indicator**: Post-assessment after the program intervention.

### Monitoring and Evaluation

- **Monitoring**: Regular tracking of program outcomes and progress.
- **Evaluation**: Periodic assessment of the effectiveness of the programs.

### Key Outcomes

- Increased knowledge and understanding of healthy behaviors and lifestyles.
- Improved physical fitness and health outcomes.
- Enhanced social and emotional well-being among youth.

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The table and diagram provide a detailed overview of the evaluation methodology, including the specific indicators and metrics used to measure program effectiveness. This approach ensures that the evaluation is robust and informative, guiding future improvements and strategies.
Clues Leading to Serving Up My Plate: A Yummy Curriculum (SUMP)

The SUMP series
1. Strong dosage (9-lesson series)
2. Aligns with Common Core
3. Covers MyPlate & Physical Activity
4. Includes Levels 2 and 3

You: 74% of contractors chose SUMP
* The FY16 evaluation of youth DE only targets 4th and 5th graders who receive the Level 2 or 3 SUMP series.
The Tool... “AzNN Youth Survey”

- English-only Scantron
- Uses names to match surveys
- 4th - 8th grades
- surveying 4th-5th only in FY16
- Measures Knowledge
  - USDA Nutritional Guidelines
  - National PA Guidelines
- Measures Behaviors
  - What kids ate yesterday
  - How active kids were yesterday
Proctoring for Quality Data Collection

- Who can proctor the AzNN youth survey?
  - Trained AzNN Contractors
  - Trained AzNN Subcontractors

- Who can deliver the SUMP curriculum?
  - AzNN Contractors
  - AzNN Subcontractors
  - Classroom Teachers
Proctoring for Quality Data Collection

- All proctors MUST be trained
- Option 1: live Policies & Procedures workshop
- Option 2: online certification
  - Review this pdf
  - Take a 20 question online quiz
  - Must score at least 90%
Three Most Common Problems in Nutrition and PA Youth Surveys

- **Omission**
  - Kids forget to report what they ate or did
  - Proctor prompts can make a big difference
  - ‘I don’t know’ option helps us to determine if kids really don’t know or just skipped the question

- **Intrusion**
  - Kids report doing something they didn’t do
  - Proctor guidance helps to remind students to only report yesterday behaviors

- **Misreporting Amounts**
  - Proctor guidance helps kids to determine amounts
  - **Times per day** is used in survey because it’s easier for kids to answer that than cups per day.
Scheduling the Survey

- Schedule on a day following a school day (Tues-Fri)
  - If Monday is a holiday, the survey must be administered on a Wed, Thurs, or Fri.
- Schedule sufficient time (20-25 minutes)
- Pack the proper (FY16) version of the survey, a few extras, and the Proctor Instructions
The Cover Sheet

- Available for download on the AzNN website
- Can’t find it? Email Theresa LeGros for the pdf file.
- Enter Proctor Name and Contractor for “AzNN Contractor Name”
- Include blank surveys in your packet if they fall within the sequence

FY16 AZNN YOUTH SURVEY COVER SHEET

AzNN Contractor Name: Lily Verbena, YCPHSD
Subcontractor Name (if applicable): 
County: Yuma
School/Site Name: Prickly Pear Elementary
Teacher Name: Ms. Ocotillo
Grade: ☑ 5th
Other (Note: in FY16, only 4th and 5th grades should be surveyed.)
Survey Date: 4/28/2016
Survey Type: ☑ Post
If POST, did this class receive all nine lessons of the Serving Up My Plate series? 
☑ Yes
☐ No

How many surveys are included with this coversheet? 21

Please provide the beginning and end sequence numbers of the surveys used for this group. Use the surveys in order by the sequence number that is printed on each survey.
Survey Sequence Numbers: 11111 to 11131
In the Classroom

- **Complete all fields in the Cover Sheet.** If any fields are pre-filled, check for accuracy.
- **Introduce yourself and the survey.**
- **Pass out surveys** (and pencils, if needed).
- **Review instructions on the front page of the survey.** Have students complete written names in name blocks, but NOT bubble them in.
- **Guide students through question subsets.**
- **As students finish, collect the surveys.**
After the Survey

- Attach the completed Cover Sheet to the packet of completed surveys
- Return the packet to the Evaluation Team. Use the contact information on the Proctor Instructions and return ASAP.

To Return Surveys, mail to:
Attention: Theresa LeGros
1177 E. 4th St., Shantz Bldg Rm 205
Tucson, Arizona 85721
**DO’s and DON’Ts of Proctoring**

- DO clarify or repeat instructions for students
- DO read survey aloud if needed
- DO define or translate words
- DO use aides for crowd control; helpers must read Proctor Instructions
- DO add any comments you have to back of questionnaire

- DON’T influence students’ answers by giving hints for knowledge questions
- DON’T influence students’ answers by showing favoritism of a particular response.
- DON’T allow children to confer about questions.
Tips for new proctors

- Building access & finding classrooms can be tricky
- Be aware and adaptable
  - Teacher styles & classroom dynamics vary
  - Substitutes can alter experiences
  - Time of day can affect energy levels
  - Language barriers may exist
  - Survey comprehension can vary
Common Questions, Response Guidelines

What type of milk does the cafeteria serve?

▪ Teachers may know

What type of milk has a red cap?

▪ I’m not sure/each company is different
▪ ‘I don’t know’ is an option
Common Questions, Response Guidelines

My corn/hard-shelled tortilla was yellow. Do I put it with brown?

- Usually refined, so white
- If whole corn, it’s brown

Do tortilla chips count?

- Yes, as a white
Is a pepper, tomato, etc. a fruit or vegetable?

- For all questions like this, use **culinary** definitions; these are veggies
- More natural sugar = fruit
- Tomato sauce is a vegetable

Some of us just learned scientific definitions of fruits. Please explain that teachers are also right.
Are beans/legumes a vegetable?

- Peas are vegetables.
- For other beans/legumes:
  - Are you a vegetarian? Count as lean proteins
  - Do you eat meat most days? Count as vegetables
Common Questions, Response Guidelines

Does fruit punch, apple juice, etc. count?
- Was it 100% fruit juice?
- If they don’t know, say yes

Does flavored water/iced tea count?
- If it had sugar in it

Does unsweetened tea or diet soda count?
- No

If it has added sugar, it counts.
14. How did you travel to school yesterday? This can include regular school or summer programs. You can choose more than one answer.

- I walked.
- I rode a bike, scooter or skateboard.
- I rode the bus.
- I rode in a car.

15. How did you travel home from school yesterday? This can include regular school, an after school activity, or summer programs. You can choose more than one answer.

- I walked.
- I rode the bus.
- I rode a bike, scooter or skateboard.
- I rode in a car.

What if I walked to the bus stop?

- You can choose “I walked” and “I rode the bus”
Kids usually need a reminder to really add up all of these hours...
Next Steps
We are here to support you throughout the evaluation process!
Where to Go Next?

- **Download** the AzNN Youth Survey Cover Sheet pdf at the AzNN website, or email Theresa LeGros for the pdf

- **Order the AzNN Youth Survey** through the AzNN website

- **Verify training** - Be sure that all proctors are trained and pass the quiz!
Now It’s Time for the Quiz

- https://uarizona.co1.qualtrics.com/SE/?SID=SV_6x3ecxoxpVZpPkp

If you have a 90% or above, you are now a Certified FY16 AzNN Youth Survey Proctor!
Questions?

For any support related to the evaluation of Direct Education, contact:

Theresa LeGros
drejza@email.arizona.edu
520-626-8766

Special thanks to Seth LeGros for video creation and editing, Manny Martinez for videography, and Dwayne and Nogi LeGros for acting.