



# SNAP-ED NM EVALUATION

Adult Healthy Habits Evaluation Pilot-Test Report

November 2022

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## **Introduction**

The goal of SNAP-Education in New Mexico (SNAP-Ed NM) is to help New Mexico adults make healthy food choices and engage in physical activity that is consistent with the most recent Dietary Guidelines for Americans and Physical Activity Guidelines for Americans. In order to assess the effectiveness of SNAP-Ed at achieving this goal, we are conducting the SNAP-Ed NM Adult Healthy Habits Evaluation. The evaluation includes three phases: 1) formative research, 2) pilot-testing, and 3) conducting the Adult Healthy Habits Survey. The current lessons learned addresses phase two of the SNAP-Ed NM Adult Healthy Habits Evaluation.

## **Purpose**

The purpose of phase two was to pilot-test the Adult Healthy Habits survey with SNAP -eligible adults and older adults in order to identify: barriers and facilitators to administering the survey, survey participation, and the extent to which the survey was administered as planned. Information gathered from the pilot-testing will be used to refine the SNAP-Ed NM Adult Healthy Habits survey and protocol to increase its fidelity, reach, and feasibility.

## **Methods**

One nutrition series program for adults receiving SNAP-Ed services through New Mexico State University's ICAN program participated in the pilot-testing. A SNAP-Ed educator from Chaves County was instructed to administer both the pre- and post- Adult Healthy Habits survey as part of their education sessions. The pre-survey was administered at the start of the nutrition program series, prior to the first lesson, and the post-survey was administered at the end of the program series, approximately 5-6 weeks after the pre-survey. Participants received seeds and pots for completing the pre-survey and lunch bags for completing the post-survey. The below lessons learned are informed by data collected from Chaves County.

## **Challenges:**

### 1 – Process:

- Scheduling for sessions can be difficult to predict and may change. Additionally, attendance is difficult to estimate.
- Shipping times and costs vary.
- Stapling information sheets to the survey is unnecessary and adds to the paperwork as the information sheets are then returned with the survey and separate sheets were printed for participants.

### 2 – Survey formatting:

- All printed pre- and post-surveys were missing page numbers at the bottom of each page.
- All printed pre- and post-surveys were missing the last response option (i.e., 4 or more times a day) for Question 8 (i.e., How often do you drink regular sodas (not diet)?).
- All printed post-surveys were missing check boxes for question 18 (i.e., What is your race? (check all that apply)).

### 3 – Unexpected participant responses

- Two participants in the pre-survey provided two responses to question 9 (i.e., How often do you drink other sugary beverages?) and question 10 (i.e., In the past week, how many days did you exercise or do activities for at least 30 minutes that made your heart beat faster and made you breathe harder?). Both participants provided one answer in each column.
- For question 9 in both the pre- and post-survey, some participants wrote out the sugary beverage they drank (e.g., coffee with creamer).
- For question 20, some participants listed a county instead of a city, town, or tribal community.
- On the contact information page, some participants circled the picture of the incentive they wanted to receive.
- For question 4 in the pre-survey, one participant checked a response option but also noted that it's sometimes a different response.
- For question 4 in the pre-survey, one participant checked two response options.
- For question 3 and 4 in the post-survey, one participant noted the different kinds of fruit and vegetable eaten.
- Two participants completed the initial survey on the second day of class (the first day for those individuals).
- One participant only completed the initial survey and didn't return to the class.
- Four participants completed the post-survey on the make-up class day.
- Two participants only provided their names at follow-up. Pre-surveys were identified by the health educator for matching.

#### **Lessons Learned:**

- Materials need to be sent two weeks prior to the first lesson date.
- All formatting on final printed versions of the survey should be reviewed before printing and delivering.
- Information sheets should not be stapled to surveys. Loose copies should be provided to participants.
- Survey responses should be in 1 column to reduce confusion when responding.
- In the event that participants check multiple response options, the lowest value will be used.
- Only photos of the specific incentive being provided should be used, or the information page should not have an incentive photo.
- All participants will not participate in all lessons in the series. This will require conducting the analyses with all survey data and then separately for the matched pair data.
- Likewise, all participants may not provide their names on both surveys for matching. This will require conducting the analyses with all survey data and then separately for the matched pair data.

#### **Changes to the protocol and survey:**

- **Revise Pre/Post survey:** The survey will be re-formatted so the page numbers show at the bottom of each page of the printed survey.

- **Revise Pre/Post survey:** Question 8 response options will be re-formatted so the final response option is shown on the printed survey.
- **Revise Pre/Post survey:** Response options for questions 9 and 10 will be reformatted in a single column.
- **Revise Information Sheet:** Pictures of the incentives will be removed from the contact information page and will be replaced with the statement: "You will receive an item for participating like a lunch bag, resistance band, or seeds to grow vegetables."
- **Revise Post survey only:** Need to add boxes for each response option for question 18.

**Summary:** Pilot-testing the Adult Health Habits survey provided useful information for the process, survey document, and analysis. Challenges and lessons learned will be used to improve the survey when scaled up for FFY23.