

Assessment and Evaluation Resources:

Helpful resources when working with food insecure populations

This resource list was developed by the Academy of Nutrition and Dietetics Foundation as part of a project funded through an educational grant from Feeding America. This resource list is specifically intended to help food banks and those working with food banks to identify and utilize validated evaluation and assessment tools for nutrition and health programs and initiatives.

Each resource includes the following:

- **Description** - explains what is included in the resource
- **Topics** - identifies the main topics included in the resource
- **Application** - describes how the resource can be used

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Needs Assessment

One important first step in when working with new nutrition or health programs is to conduct a needs assessment to scan for strengths and gaps in nutrition education within the community. Finding out what other organizations are offering is important; most likely, your organization will not be the only organization providing nutrition education in the community. Use this assessment to determine the correct level and type of service/strategy to pursue, as well as help identify potential partners, define the target audience, learn about community values and motivation, and ultimately predict successful outcomes.

1. Community Health Assessment aNd Group Evaluation (CHANGE): Building a Foundation of Knowledge to Prioritize Community Needs

Source: Centers for Disease Control - Healthy Communities Program - Tools for Community Action

<http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/change.htm>

Description:

This resource walks community team members through an 8-step assessment process.

Topics:

Community assessment; strategic planning

Application:

Develop strategic plans for sustainable community-based programs. Define and prioritize areas for improvement. Annually assess current policy, systems, and environmental change strategies and offer new priorities for future efforts.

2. Community Tool Box

Source: University of Kansas

<http://ctb.ku.edu/en>

Description:

This website is a virtual tool box to help organizations work together to build healthy communities. Website contents include sections such as “Learn a Skill,” “Help Taking Action,” “Connect,” “Services,” and “Toolkits.” Several topics and tools are available under the “learn a skill” section.

Topics:

Community assessment; forming effective partnerships

Application:

Assess and plan interventions, engage partners, and develop evaluation plans.

Needs Assessment, continued

3. Conduct a Community Assessment-Chapter Overview

Source: Moving to the Future - Tools for Planning Nutrition and Physical Activity Programs

http://www.movingtothefuture.org/story_read.php?sid=&story_id=157&chapter_id=12&origin_1=chapter_contents

Description:

This resource contains background and principles to the Community Health Needs Assessment process and includes planning and data collection resources.

Topic:

Community Assessment

Application:

Plan and conduct a community assessment. Use the downloadable progress report worksheet to keep on task.

4. Resources for Implementing the Community Health Needs Assessment Process

Source: Centers for Disease Control

<http://www.cdc.gov/policy/chna/>

Description:

This website contains background, planning, and data resources for conducting needs assessments and provides many additional helpful resources.

Topic:

Community Assessment

Application:

Plan and conduct a community assessment with community partners such as food banks, hospitals, public health agencies, and others. Use the CHNA Toolkit and online software to create a risk factor map: <http://www.communitycommons.org/chna/>.

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Nutrition Education Delivery

After conducting the needs assessment, deciding what method of delivery is the best for your nutrition education program can be challenging. There is no “one-size fits all” model for delivering nutrition education. Nonetheless, there are some widely accepted nutrition education and public health best practices, including, but not limited to, focusing on specific behaviors rather than knowledge alone; involving active participation on the part of the learners through a variety of teaching methods; and addressing the motivations, needs and interests of the target audience.

The Healthy Food Bank Hub identifies four nutrition education strategies:

Nudges <http://healthyfoodbankhub.feedingamerica.org/nudges/>

Point of Service <http://healthyfoodbankhub.feedingamerica.org/point-of-service/>

Workshops/Classes <http://healthyfoodbankhub.feedingamerica.org/workshops-and-classes/>

Train the Trainer <http://healthyfoodbankhub.feedingamerica.org/train-the-trainer/>

These strategies are examples of how organizations working with food insecure individuals are implementing the important work of nutrition education. Resources helpful for determining the best method of delivery for your nutrition education program are listed below.

1. Developing & Assessing Nutrition Education Handouts (DANEH) Checklist Tool

Source: Academy of Nutrition and Dietetics Foundation

<http://healthyfoodbankhub.feedingamerica.org/resource/nutrition-education-handout-checklist/>

Description:

The DANEH checklist includes a description of characteristics found in quality nutrition education handouts.

Topics:

Creating educational materials; assessing educational materials

Application:

Screen existing nutrition education handouts and/or develop new quality nutrition education handouts.

2. Guide for Effective Nutrition Interventions and Education (GENIE) Online Checklist

Source: The Academy of Nutrition and Dietetics and the Academy of Nutrition and Dietetics Foundation

<http://sm.eatright.org/GENIE>

Description:

GENIE is a simple, practical, and evidence-based online checklist tool to help nutrition education practitioners design high quality and effective programs.

Topics:

Program development; writing proposals

Nutrition Education Delivery, continued

Application:

Build effective nutrition education programs with a higher likelihood of achieving their outcomes. Or, use GENIE to compare nutrition education programs to select the highest quality program.

3. Theory at a Glance

Source: National Cancer Institute

<http://www.sneb.org/2014/Theory%20at%20a%20Glance.pdf>

Description:

This resource contains a concise summary of health behavior theories and describes how to put theories into practice when designing programs.

Topics:

Program development; writing proposals

Application:

Develop programs based on learning theories that support expected outcomes.

4. Quick Guide to Health Literacy

Source: U.S. Department of Health and Human Services - Centers for Disease Control

<http://www.health.gov/communication/literacy/quickguide/Quickguide.pdf>

Description:

This resource includes an overview of health literacy concepts, techniques for improving health literacy, and examples of best practices.

Topics:

Program development; creating educational materials

Application:

Create materials that are easy to read and understand. Use the additional references included, such as www.plainlanguage.gov.

5. Toolkit for Making Written Material Clear and Effective

Source: U.S. Department of Health & Human Services Centers for Medicare & Medicaid Services

<http://www.cms.gov/Outreach-and-Education/Outreach/WrittenMaterialsToolkit/index.html?redirect=/WrittenMaterialsToolkit/>

Description:

The toolkit contains 11 parts to help make materials easier to read, understand, and use.

Topics:

Program development; creating educational materials

Application:

Create materials that are easy to read and understand.

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Nutrition Education Resources

Access to practical tools and resources that assist health professionals and hunger relief professionals is valuable in promoting healthy food choices to food insecure individuals. It is important to utilize appropriate educational resources when working with people who are food insecure. There are many nutrition education resources listed below to choose from.

1. Healthy Food Bank Hub - Tools & Resources

Source: Feeding America

<http://healthyfoodbankhub.feedingamerica.org/tools-and-resources/>

Description:

The Hub includes easily searchable high quality, practical tools and resources that assist health professionals, and food bank staff, agencies and volunteers in promoting healthy food choices with individuals and families experiencing food insecurity.

Topics:

Program development; identifying educational materials

Application:

Download tools and resources, including nutrition education materials and recipes that have gone through a rigorous evaluation process to ensure distributed materials cater to the unique needs, concerns, and goals of food banks and those experiencing hunger.

2. Implementing Nutrition Education Activities in Farmers Markets Through Maine SNAP-Ed Programs

Source: Maine SNAP-Ed

http://www.wholesomewave.org/wp-content/uploads/2014/07/Snap-Ed-Toolkit_FINAL.pdf

Description:

Toolkit includes curriculum promoting locally grown fruits and vegetables in three different models: direct education at the farmers market, direct education in a community setting, and indirect education at the farmers market.

Topic:

Program development

Application:

Plan and conduct nutrition education programs in farmers markets.

3. Kids Eat Right

Source: Academy of Nutrition and Dietetics Foundation

Public: www.kidseatright.org For Academy members: www.kidseatright.org/volunteer

Description:

This public website contains articles, tips, recipes, and videos for parents.

Topic:

Identifying educational materials

Nutrition Education Resources, continued

Application:

Direct parents to the website and share links on social media. Members of the Academy of Nutrition and Dietetics can join Kids Eat Right at www.kidseatright.org/volunteer and download resources such as tip sheets and toolkits with ready-made PowerPoint presentations.

4. Latest Academy Food and Nutrition Information

Source: Academy of Nutrition and Dietetics

www.eatright.org

Description:

This website includes a wide range of nutrition-related articles.

Topic:

Identifying educational materials

Application:

Encourage adults to visit this site for articles on food, health, and fitness. Articles are also searchable by articles for kids, parents, men, women, and seniors.

5. USDA MyPlate

Source: USDA

<http://www.choosemyplate.gov/>

Description:

This website contains educational information for the public about food groups, portion sizes, and physical activity. Resources are also available for health professionals, including downloadable free materials.

Topics:

Program development; identifying educational materials

Application:

Download MyPlate handouts and other materials. Use information on the website when developing nutrition messages.

6. Nutrition.gov

Source: USDA-National Agriculture Library

<http://www.nutrition.gov/>

Description:

This website contains a collection of governmental nutrition links including MyPlate, USDA, and the Food and Nutrition Information Center.

Topics:

Program development; identifying educational materials

Application:

Use the helpful resources on this site, including nutrition education curriculum. New content is added regularly. Contains much information related to shopping on a budget on this website.

Nutrition Education Resources, continued

7. SNAP-Ed Connection

Source: USDA

<http://snap.nal.usda.gov/>

Description:

This site contains resources including downloadable curricula and other educational materials related to nutrition and physical activity.

Topics:

Program development; identifying educational materials

Application:

Download free downloadable nutrition education materials, recipes, and other resources. Many resources are available in Spanish.

8. Team Nutrition

Source: USDA-Food and Nutrition Services

<http://www.fns.usda.gov/tn/team-nutrition>

Description:

This site contains information on Team Nutrition programs and projects, including HealthierUS School Challenge, wellness policies, training grants, and resource libraries.

Topics:

Program development; identifying educational materials

Application:

Encourage schools to become a Team Nutrition school and order valuable free materials, including posters and nutrition education curriculum.

9. What's Cooking? USDA Mixing Bowl

Source: USDA

<http://www.whatscooking.fns.usda.gov/>

Description:

This website contains an easy to use recipe search with household and quantity recipes, searchable by food group and/or nutrition focus.

Topic:

Identifying recipes

Application:

Find numerous SNAP-Ed recipes on this site.

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Objectives & Evaluation

Finally, determine the picture of success and how it will be evaluated. Measuring outcomes is fundamental in evaluating your efforts. Define clear and measurable objectives. Remember, one of the basic objectives of your program should be related to empowering low-income individuals and families to make the best use of their food resources with the challenges they face. Defining clear objectives will help you evaluate the education's impact on the client and consequently the significance and worth of the education – which is critical to its funding and sustainability.

1. Writing SMART Objectives

Source: Centers for Disease Control-Division for Heart Disease and Stroke Prevention

http://www.cdc.gov/phcommunities/resourcekit/evaluate/smart_objectives.html

Description:

This site contains instructions for developing SMART objectives (specific, measurable, achievable, realistic, and time-bound).

Topics:

Program development; writing proposals

Application:

Write strong learning objectives for nutrition education programs to ensure what you set out to do can be measured and achieved.

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Evaluation Planning Tools

The tools below offer direction and guidance on how to incorporate validated evaluation tools into your nutrition education program.

1. Evaluation Handbook

Source: W.K. Kellogg Foundation

<https://www.nwcphp.org/documents/evaluation/kellogg-eval-handbook>

Description:

This resource describes the role evaluation should play at the project level.

Topics:

Program development; evaluation planning

Application:

Learn about types of evaluations, how to plan and implement evaluation procedures, and how to utilize the results.

2. Introduction to Program Evaluation for Public Health Programs

Source: Centers for Disease Control

<http://www.cdc.gov/eval/guide/>

Description:

This document is a “how to” guide for planning and implementing evaluation activities. The manual, based on CDC’s Framework for Program Evaluation in Public Health, is intended to assist in planning, designing, implementing and using comprehensive evaluations in a practical way.

Topics:

Program development; evaluation planning

Application:

Learn how to establish an evaluation team, how to engage stakeholders, how to complete a logic model, and more.

3. Training: Introduction to Program Monitoring and Evaluation in Maternal and Child Health

Source: Georgetown University: Maternal & Child Health (MCH) Navigator

<http://www.mchnavigator.org/trainings/detail.php?id=1288>

Description:

This resource is a webinar recording that covers types of evaluation and the role of stakeholders in maternal and child health programs.

Topics:

Program development; evaluation planning; forming effective partnerships

Application:

Learn to engage other community stakeholders and collaborate on program evaluation.

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Evaluation Survey Tools

It is important for evaluation tools match the intervention to accurately evaluate the program. The sample surveys below may be helpful in identifying specific questions that have been tested and will match your intervention.

1. Compendium of Surveys for Nutrition Education and Obesity Prevention

Source: Champions for Change - Network for a Healthy California

<http://www.cdph.ca.gov/programs/cpns/Documents/Compendium%20of%20Surveys.pdf>

Description:

This compendium contains tools for evaluating programs working with children, teens, and adults. Some of the surveys contained within the compendium have been validated and should not be modified. Others are designed to be modified to reflect the specific items targeted by the intervention.

Topics:

Evaluation planning

Application:

Use content from sample evaluations to evaluate nutrition education programs.

2. Daily Food Checklist

Source: National Cancer Institute - Applied Research

http://appliedresearch.cancer.gov/diet/screeners/daily_food_checklist.pdf

Description:

This 8-page booklet contains 7 Daily Food Lists and instructions.

Topic:

Evaluation planning

Application:

Use as an in-depth evaluation of eating patterns and/or for sample questions to include in creating a smaller scale evaluation tool.

3. Dietary Assessment Instruments

Source: USDA

<http://fnic.nal.usda.gov/surveys-reports-and-research/research-tools/dietary-assessment-instruments>

Description:

This website is a searchable database of diet and physical activity measures (or tools) relevant to childhood obesity research to promote the consistent use of common measures and research methods.

Topic:

Evaluation planning

Application:

Use links on this site to select existing or develop specific evaluation tools for programs.

Evaluation Survey Tools, continued

4. Family Nutrition and Physical Activity (FNPA) online survey

Source: Academy of Nutrition and Dietetics Foundation

<http://healthyfam.eatright-fnpa.org/public/partner.cfm>

Description:

The FNPA is a short and easy to complete online assessment of a family's home environment with regard to nutrition and physical activity. The survey only takes about 5 minutes to fill out and provides valuable information and tips promoting healthy family lifestyles.

Topic:

Evaluation planning

Application:

Intended for parents, food banks can direct parents to this survey to learn more about their family's eating and physical activity behaviors and how to improve in areas they struggle with.

5. Fruit & Vegetable Screeners

Source: National Cancer Institute - Applied Research

<http://appliedresearch.cancer.gov/diet/screeners/fruitveg/instrument.html>

Description:

This website contains evaluation instruments used in the America's Table Study.

Topic:

Evaluation planning

Application:

Use questions from the screening tools to evaluate nutrition education programs designed to increase fruit and vegetable consumption.

6. Measures Registry

Source: National Collaborative on Childhood Obesity Research

<http://nccor.org/projects/measures/index.php>

Description:

This web-based portfolio contains almost 1,000 measures related to diet and physical activity.

Topic:

Evaluation planning

Application:

Find and select evaluation measurements specific to child obesity prevention programs.

Evaluation Survey Tools, continued

7. National Health and Nutrition Examination Survey (NHANES) Food Questionnaire

Source: Centers for Disease Control

English: <http://appliedresearch.cancer.gov/archive/usualintakes/FFQ.English.June0304.pdf>

Spanish: <http://appliedresearch.cancer.gov/archive/usualintakes/FFQ.Spanish.June0304.pdf>

Description:

24-page survey about health habits over the past year. Available in Spanish.

Topic:

Evaluation planning

Application:

Use questions from this survey in developing evaluation tools, and especially evaluation tools in Spanish.

8. Quick Food Scan

Source: National Cancer Institute-Applied Research

http://appliedresearch.cancer.gov/diet/screeners/fat/percent_energy.pdf

Description:

This link is a pdf file of the National Cancer Institute's Quick Food Scan one-page questionnaire.

Topic:

Evaluation planning

Application:

Use the Food Scan as a pre/post evaluation tool and/or to glean ideas for evaluation tool development.

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Evaluation Examples & Reports

The report listed below is specific to food banks and contains helpful tools for program evaluation.

1. Assessing the Impact of Nutrition Education at Produce Distributions

Source: California Association of Food Banks

<http://www.cafoodbanks.org/sites/default/files/assessing-the-impact-of-nutrition-education-at-produce-distributions.pdf>

Description:

This report summarizes a research study that evaluated the impact of brief nutrition education interventions on food bank clients participating in produce distributions. Contains charts and helpful tools for program evaluation.

Topics:

Program development; evaluation planning

Application: Use as a reference to support that short nutrition education interventions can be effective.

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Sustainability

Developing sustainable programs is important to organizations, saving time and money in development costs. Sustainability is a quality that funders especially look for in potentially funded programs to get the most “bang for their buck.” However, it can be difficult to plan sustainable programs and the resource below provides strategies for success.

1. Planning for the Sustainability of Community-Based Health Programs

Source: Health Education Research Journal

<http://her.oxfordjournals.org/content/13/1/87.full.pdf>

Description:

This paper presents an initial set of potential guidelines and strategies for fostering program sustainability within the dynamic context of community.

Topic:

Sustainability planning

Application:

Plan sustainable community programs in collaboration with other agencies.

All sources accessed on 03-37-15.

Questions? Contact us at nutritionteam@feedingamerica.org

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