



MSUE NPA nutrition education and obesity prevention programs are making a positive difference in the lives of people across Michigan, increasing their consumption of healthy foods, and improving their overall health and well-being.

Evaluation Results January to December, 2013

This section presents the results of the evaluation of the programming in 2013. It includes only participants with pre- and post-evaluation tool (852 Adult and 935 Youth). Please refer to Attachment 1 for example of the evaluation tools.



Dietary Quality

Adults completing the series demonstrate adoption of healthy eating practices by reporting the following:

- ✚ 43% reported an increase in **fruit** consumption.
- ✚ 50% reported an increase in **vegetable** consumption.
- ✚ 33% reported a positive change in **whole grain** consumption during a typical day
- ✚ 37% of adults completing the series demonstrated gains in awareness of healthy eating practices by reporting a positive change in how often they think about healthy food choices when deciding what to feed their family.

Youth demonstrated adoption of healthy eating habits by improving

- ✚ 27.48% increased their intake of **fruit** servings in a usual day.¹
- ✚ 33.15% increased their intake of **vegetable** servings in a usual day.¹
- ✚ 30.32% decreased their intake of **sugary drinks** on a usual day.²
- ✚ 30.57% increased their intake of **whole grain** servings.²

Teachers' Observations

- ✚ **Children's Behaviors.** Teachers reported a positive change in children's behaviors. The higher improvements were in the children's willingness to try new foods, children's awareness of the importance of good nutrition, as well as in eating more fruits and vegetables.
- ✚ **Children talking about healthy changes.** Teachers reported that children were talking about changes in behaviors. For example, teachers reported that the children were talking about their willingness to try new foods, and about eating more fruits and vegetables.

¹ Percentage comes from the 3-5 & 6-8 combined data.

² Percentage comes from the 6-8 & 9-12 data.



Food Resource Management

After the series, participants reported that they would engage in these food resource management behaviors more often than before participating in the series:

- ✚ 60% of adults completing the series demonstrated improvement in one or more food resource management practices (i.e., planning meals, comparing prices, not running out of food, or using grocery lists).

Food Safety

After the series, participants reported that they would often or always engage in these food safety behaviors:
Adults:

- ✚ 46% of the adults completing the series demonstrated improvement of the food safety practices of thawing and storing foods.

Youth:

- ✚ 25% of youth reported increasing their frequency of food safety practices.¹

Physical Activity

After the series, participants reported an increase in their physical activity behaviors:
Adults:

- ✚ 20.31% of adults completing the series reported a positive change in the time spent being **physically active** on a weekly basis

Youth:

- ✚ 15% of youth reported a positive change in time spent being physically active on a weekly basis.²

Early Childhood Knowledge (kindergarten to second grade)

- ✚ 45% improved their knowledge of what foods are considered to be in the grain group.
- ✚ 33% improved their knowledge of what foods are considered to be in the dairy group.
- ✚ 26% improved their knowledge of what foods are considered to be in the protein group.

¹ Percentage comes from the 3-5 & 6-8 combined data.

² Percentage comes from the 6-8 & 9-12 data.