



THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE & LIFE SCIENCES

Nutritional Sciences



Why do English and Spanish speakers report different behavior changes in response to the same Extension Health Education?

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What is the SNAP-Ed Program?

- Reduce diet- and activity- related health disparities
- Federally-funded by USDA in all states
 - \$12.6 million annually in Arizona
 - UA Extension receives ~\$5.5 million
- **Community** approaches
 - Healthier products in food stores
 - School gardens
 - Better public transportation in SNAP-eligible communities
- **Individual** approaches
 - Nutrition and activity education classes



Nutrition Education Classes

- Evidence-based curricula
- 4-6 sessions
- Skill-building lessons
 - Enjoying meals and snacks from all food groups
 - Incorporating leisure physical activity
 - Shopping healthy on a budget
 - Overcoming barriers
- Local adaptations
 - Use of a community health worker model
 - Modifications for culture / language
- Outreach to adults through other SNAP-Ed programming at schools, senior centers and other sites reaching adults



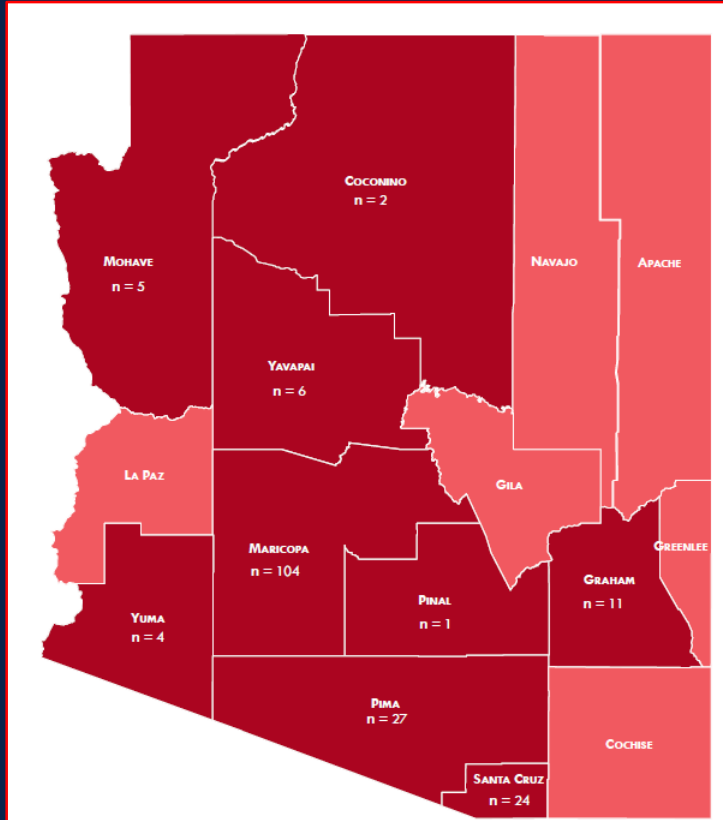
Evaluation Model

- Participants invited to complete surveys about their food and activity behaviors
 - Before first lesson (PRE)
 - After last lesson (POST)
- Human subjects approved
- Validated tools by Univ. of CA Cooperative Extension
- Provided in English or Spanish by trained SNAP-Ed staff
- Findings analyzed by State Evaluation Team to align with National SNAP-Ed Evaluation Framework

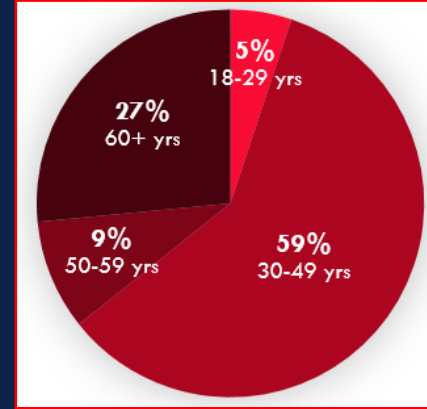
The image shows a Spanish survey form titled "Lista de hábitos alimenticios" (List of eating habits). The text on the form reads: "Estas preguntas son sobre cómo usted escoge y prepara la comida. Piense en lo que usualmente hace." (These questions are about how you choose and prepare food. Think about what you usually do). The form includes fields for "Nombre" (Name), "Fecha" (Date), and "ID#". There are checkboxes for "Femenino" (Female) and "Masculino" (Male). Below the form, there is a question: "¿Come frutas o verduras entre comidas?" (Do you eat fruits or vegetables between meals?). The question is followed by four radio buttons for selecting a response.

RESULTS

184 Participants in 9 Counties



Age

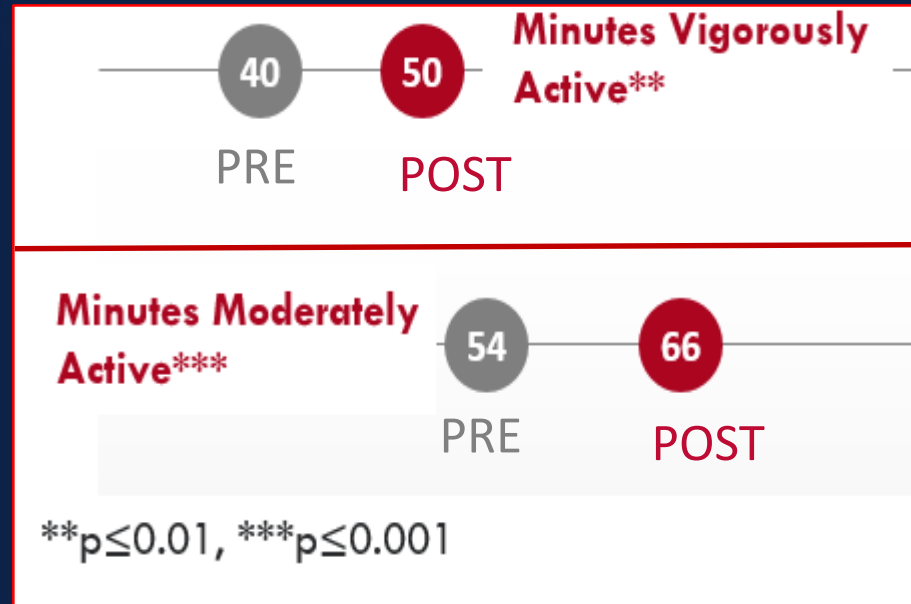


Demographic Characteristics

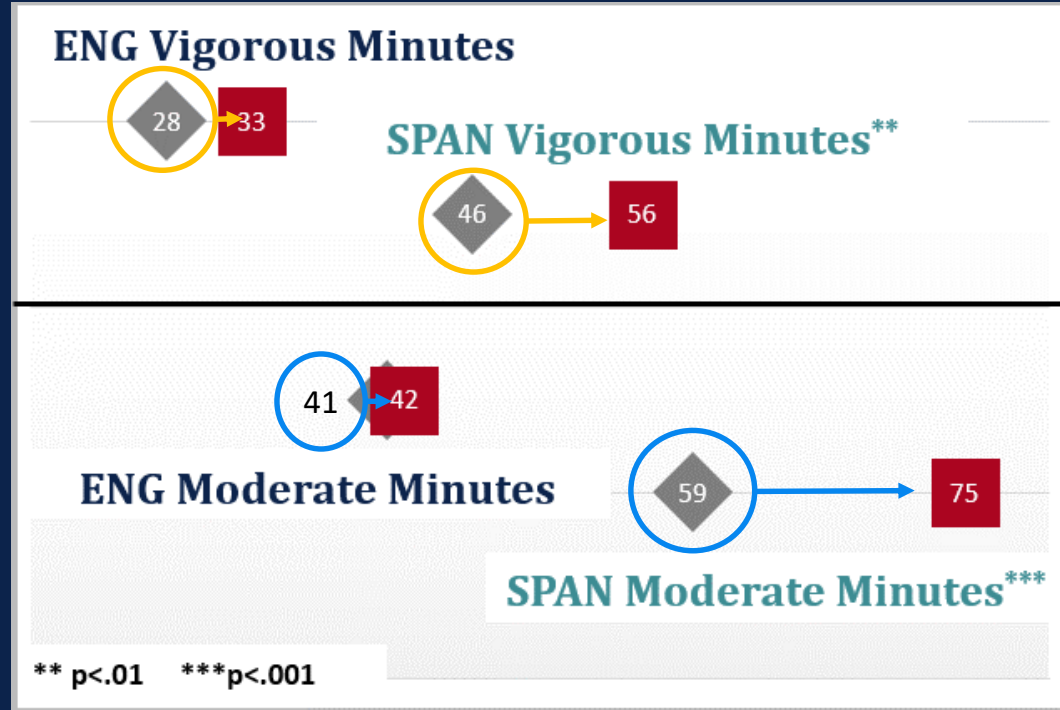


Physical Activity Results – All Participants

Change in Minutes Active

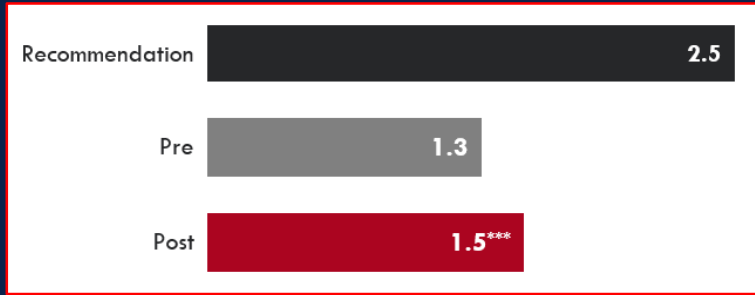


Physical Activity Changes – English and Spanish

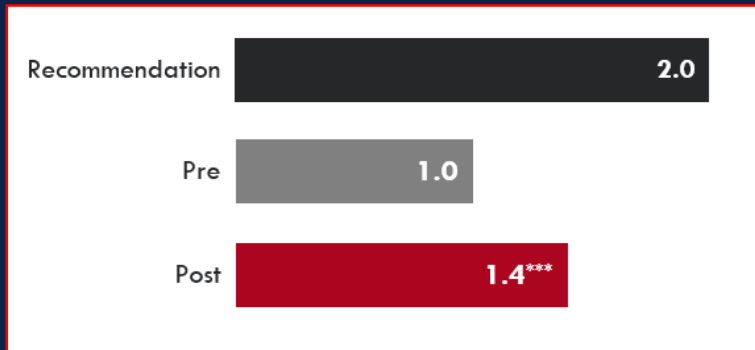


Food Behavior Results – All Participants

Vegetables



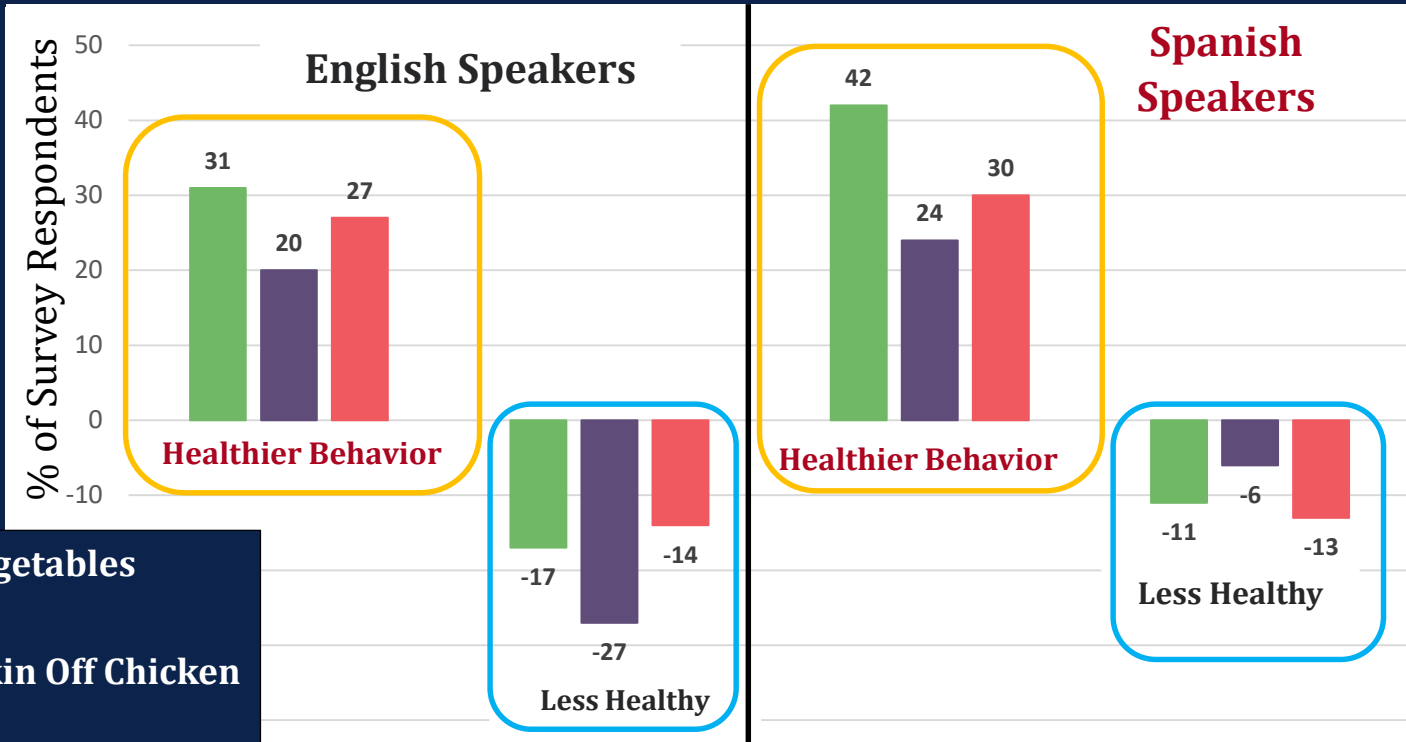
Fruit



By Language:

- Spanish: increased fruit and vegetable intake
- English: increased fruit intake

Food Behavior Changes – English and Spanish



- Eat Vegetables
- Take Skin Off Chicken
- Fewer Sugary Drinks

So Where Do We Go From Here?



- Interpreting findings accurately informs program planning and implementation
- Implications for supporting health equity
- Data analysis decisions illuminate the stories behind the data
- How do we interpret these results?
 - By talking with and learning from you...