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
184 Participants in 9 Counties

RESULTS

Demographic Characteristics

- 75% Female
- 74% Hispanic
- 66% Children 2-18

Age

- 27% 18-29 yrs
- 59% 30-49 yrs
- 9% 50-59 yrs
- 5% 60+ yrs
Physical Activity Results – All Participants

Change in Minutes Active

**p ≤ 0.01, ***p ≤ 0.001
Physical Activity Changes – English and Spanish

ENG Vigorous Minutes

28 → 33

SPAN Vigorous Minutes

46 → 56

ENG Moderate Minutes

41 → 42

SPAN Moderate Minutes

59 → 75

** p<.01    *** p<.001
Food Behavior Results – All Participants

By Language:

- Spanish: increased fruit and vegetable intake
- English: increased fruit intake
Food Behavior Changes – English and Spanish

**English Speakers**

- Eat Vegetables: 31%
- Take Skin Off Chicken: 20%
- Fewer Sugary Drinks: 27%

Healthy Behavior

- Eat Vegetables: 42%
- Take Skin Off Chicken: 24%
- Fewer Sugary Drinks: 30%

Less Healthy

- Eat Vegetables: -11
- Take Skin Off Chicken: -6
- Fewer Sugary Drinks: -13

**Spanish Speakers**
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...