Food & Nutrition Extension Education Division

Poster Abstracts

FN1 The Food Stamp Cycle Negatively Impacts Supplemental Nutrition Assistance Program (SNAP) Participants' Ability to Make Use of Fruit and Vegetable Incentives

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Objective: Fruit and vegetable (FV) incentive programs have been proposed as a way to increase FV intake in SNAP recipients. The most common incentive model matches incentives to the amount of SNAP benefits spent. Our objective was to determine if the food stamp cycle influences the use of matching FV incentives.

Design, Setting, Participants, and Intervention: In study 1 SNAP recipients were randomly assigned to receive either matching (n=13) or non-matching (n=15) FV incentives for use at the local farmers market (FM). Qualitative interviews were conducted among a subsample (n=14) of participants. In study 2 SNAP recipients (n=138) who used the Utah Double Up Food Bucks (DUFb) program were surveyed at the FM and over the telephone 4 weeks later.

Outcome Measures and Analysis: In study 1 a chi-square test was used to evaluate the dropout rate between the matching and non-matching incentive groups. In study 2 at follow up, participants were asked to specify why they did or did not continue to use the DUFb program.

Results: In study 1 the matching group had a significantly higher dropout rate (46% vs. 13%, $p<0.001$). In the interview data, difficulty budgeting SNAP benefits was identified as a barrier for using the incentives. In study 2 the most common reason for not continuing to use the DUFb program was being out of SNAP benefits (20/37; 54%).

Conclusions and Implications: The high dropout rate in the matching group indicates this intervention may not have intended reach. This may be because the food stamp cycle provides a barrier to use. Nutrition education for this population should include skills needed to budget SNAP benefits.

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FN2 Parent Survey Validation Project

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Objective: The University of Arkansas Cooperative Extension SNAP-Ed program developed a parent survey to evaluate behavior change in the eating habits of families as a result of nutrition education in schools. The purpose of this project was to assess face validity of the survey. Effective program evaluation stems from using valid evaluation tools.

Design, Setting, and Participants: Family and Consumer Sciences County Agents were asked to evaluate the parent survey. Comments were collected from this 11 person expert panel using a questionnaire. Edits were made to the Parent Survey based on this information. Data was then gathered through the completion of focus groups held in seven different counties consisting of 3-14 participants per group for a total of 46 participants. Focus group participants were parents of elementary school children participating in the SNAP-Ed Program.

Outcome Measures and Analysis: A domain analysis approach was used to complete a transcript-based analysis of focus group data. Results were used to revise the parent survey reflecting participant perceptions to enhance face validity.

Results: Focus group data consistently brought to light similar suggestions for revision, including how questions address race and ethnicity, and participation in government assistance programs, as well as wording to be more inclusive of the entire family to provide more accurate measurement of change. Participant perceptions contributed to evaluating face validity of the survey and bringing about revision.

Conclusions and Implications: The result was an improved parent survey currently used as one tool to evaluate the Arkansas SNAP-Ed school-based nutrition education program.

Funding: Supplemental Nutrition Assistance Program – Education, University of Arkansas Division of Agriculture Cooperative Extension

FN3 Intervention Planning and Baseline Characteristics of College Students Trained to Implement Wellness on Campus: Get Fruved Study

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Objective: Train college students from four universities (Florida, South Dakota, Tennessee, and West Virginia), over a semester course (16-weeks), to develop school year worth (24 weeks) of a social marketing intervention based around nutrition/food/diet, physical activity, stress management, sleep, and time management.

Target Audience: College students over 18 years old interested in taking a course to develop a peer-led, social marketing intervention.

Theory, Prior Research, Rationale: GetFruved is a multi-state project that uses a community-based participatory research (CBPR) approach for development and implementation of a peer-led intervention to increase health and wellness among college students. By

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