The objective is to evaluate CalFresh Healthy Living, UC single session workshops to capture behavioral intentions and useful programmatic information about SNAP-Ed participant behaviors and readiness for change. Asking an individual whether they intend to practice a behavior can increase the likelihood they will do so.

In 2018-2019, educators administered one of 16 Intent to Change (ITC) surveys at the end of the workshop. Each ITC focuses on a single diet, Food Resource Management (FRM) or Physical Activity (PA) behavior with two questions related to:

1. current behavior and
2. future intentions.

Participants reported frequency of practicing a specific behavior in the last week and their intent over the next week. Data Analysis included current behaviors and future intentions of those not already practicing the promoted behavior.

SNAP-Ed eligible adults (n=7,092) who participated in workshops at a wide range of community settings across 25 California counties completed at least one ITC survey. Most were women (82%) and Hispanic/Latino (63%).

Healthy Foods & Beverages: In the previous week, the healthiest behaviors participants were least likely to practice included: approximately one-third not eating whole grain products or drinking lower-fat milk. Whereas, only one in five reported not eating more than one kind of vegetable each day or choosing smaller portions.

Less Healthy Foods & Beverages: The majority of participants reported less healthy behaviors such as drinking sugar sweetened beverages daily, as well as eating fast food and fried food (2 or more times) in the last week.

Of those not already practicing promoted healthier behaviors, 40-100% intended to do so more often in the next week.

Food Resource Management: Over half of participants were not using nutrition facts labels or comparing unit prices when they last shopped. Whereas, only one in three reported not planning meals. Of those not already practicing the promoted FRM behaviors, 51-70% intended to do so more often the next time they shopped or bought food.

Single sessions can help shape positive behavioral intentions related to diet, FRM, and PA. ITC surveys also provide useful insight for prioritizing education topics that deserve greater emphasis given participants’ current behaviors.

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