

## FY15 TRACKS Post/Retrospective-Pre Survey Evaluation Report

### Background

Participant self-report of calcium intake, food safety, and food shopping behaviors before SNAP-Ed and intended behavior following SNAP-Ed were assessed using a post/retrospective-pre protocol. Post/pre surveys are feasible for Pennsylvania SNAP-Ed outcome assessment<sup>1</sup> and have been used for Adult/Senior Track evaluation for several years. Results from previous fiscal years can be reviewed in the corresponding stakeholder reports accessible on the TRACKS Website.

### Sample Characteristics & Results

“Before” and “After” data were analyzed using the Wilcoxon signed rank test. All survey items presented below from the three topic-specific surveys indicated significantly improved desired behavior outcomes ( $p < 0.001$ ). Sample characteristics and behavior results are presented in Tables 1-6.

### Calcium Intake Behaviors

**Table 1. Calcium Post/Pre Sample Characteristics\***

<b>Gender</b> (n=459)	80.6% female	
<b>Age</b> (n=456)		
	<b>18-30</b>	6.6%
	<b>31-50</b>	13.4%
	<b>51-59</b>	12.5%
	<b>60+</b>	67.5%
<b>Race</b> (n=426)		
	<b>Black</b>	30.3%
	<b>White</b>	67.6%
	<b>Other</b>	2.1%
<b>Ethnicity</b> (n=426)	21.8% Hispanic	
<b>Education</b> (n=448)	82.1% High School Diploma/GED	
<b>SNAP</b> (n=454)	42.7% Received Benefits During Past Year	

**Table 2. Calcium Post/Pre Survey Results\***

Survey Item	Selected Favorable Response	Before % (n)	After % (n)
Eat $\geq 3$ cups of dairy products each day	3 cups or more	8.4 (438)	20.2 (435)
Eat dairy products as a snack	Almost Always, Usually	32.5 (436)	48.2 (435)
Drink milk in place of another beverage	Almost Always, Usually	25.1 (438)	39.5 (433)
Eat fat-free/low-fat dairy products in place of full-fat dairy products	Almost Always, Usually	51.9 (439)	63.8 (445)
Eat one or more of the following foods on a routine basis: dark leafy green vegetables, fish with edible bones, beans or tofu	Almost Always, Usually	57.3 (434)	73.0 (445)
Eat foods with added calcium	Almost Always, Usually	52.5 (432)	68.6 (433)

\*Sample sizes vary due to missing responses.

<sup>1</sup> Gromis J, Lohse B, Stotts J. Post, Retrospective-Pre Assessment is Feasible to Examine Behavioral Impact of Food Stamp Nutrition Education in Pennsylvania. *J Nutr Educ Behav.* 2006;38(4):S59. Presented at Society for Nutrition Education annual conference, July 2006.

## Food Safety Practices

**Table 3. Food Safety Post/Pre Sample Characteristics\***

<b>Gender</b> (n=354)	90.4% female	
<b>Age</b> (n=350)		
	<b>18-30</b>	0.9%
	<b>31-50</b>	4.9%
	<b>51-59</b>	6.9%
	<b>60+</b>	87.4%
<b>Race</b> (n=344)		
	<b>Black</b>	19.7%
	<b>White</b>	78.2%
	<b>Other</b>	2.1%
<b>Ethnicity</b> (n=344)	5.8% Hispanic	
<b>Education</b> (n=348)	87.1% High School Diploma/GED	
<b>SNAP</b> (n=345)	33.0% Received Benefits During Past Year	

**Table 4. Food Safety Post/Pre Survey Results\***

<b>Survey Item</b>	<b>Selected Favorable Response</b>	<b>Before % (n)</b>	<b>After % (n)</b>
Wash hands with soap and running water for 20 seconds before handling food	Almost Always, Usually	89.1 (338)	95.7 (329)
Thaw frozen meats in the refrigerator, rather than at room temperature	Almost Always, Usually	70.7 (330)	86.7 (323)
Wash cutting boards and knives with hot soapy water after using, and before cutting another type of food	Almost Always, Usually	89.3 (328)	96.0 (322)
Use a food thermometer to be sure raw meats are cooked to a safe temperature	Almost Always, Usually	26.7 (326)	55.3 (318)
Wash fruits and vegetables under cool running water before eating them	Almost Always, Usually	86.8 (333)	95.1 (326)

\*Sample sizes vary due to missing responses.

## **Food Resource Management**

**Table 5. Food Resource Management Post/Pre Sample Characteristics\***

<b>Gender</b> (n=336)		83.0% female
<b>Age</b> (n=332)	<b>18-30</b>	1.5%
	<b>31-50</b>	5.1%
	<b>51-59</b>	6.6%
	<b>60+</b>	86.7%
<b>Race</b> (n=321)	<b>Black</b>	32.7%
	<b>White</b>	65.4%
	<b>Other</b>	1.9%
<b>Ethnicity</b> (n=321)		7.1% Hispanic
<b>Education</b> (n=323)		79.9% High School Diploma/GED
<b>SNAP</b> (n=316)		36.4% Received Benefits During Past Year

**Table 6. Food Resource Management Post/Pre Survey Results\***

<b>Survey Item</b>	<b>Selected Favorable Response</b>	<b>Before % (n)</b>	<b>After % (n)</b>
Compare prices before buying food	Almost Always, Usually	66.7 (328)	80.1 (317)
Plan meals before shopping for groceries	Almost Always, Usually	42.3 (326)	66.4 (318)
Use a shopping list when grocery shopping	Almost Always, Usually	59.7 (327)	72.7 (318)
Check foods on hand before making a shopping list	Almost Always, Usually	64.2 (329)	80.6 (313)
Use grocery store flyers to plan meals	Almost Always, Usually	43.9 (328)	60.5 (311)

\*Sample sizes vary due to missing responses.