

Due to COVID-19, CalFresh Healthy Living UC, needs to adapt our evaluation data collection approaches just as we have adapted curricula to distance learning. This document summarizes:

- changes in recommended evaluation tools by target population and intervention type,
- specific data collection approach, data entry portal and date available for online data collection, and
- evaluation tools that are “on hold” or pending possible changes in the instrument.

These recommendations are **as of January 2021**. An updated version will be shared as it becomes available.

Two additional documents complement this one:

- [Tip Sheet for Collecting Online Surveys in PEARS](#) and
- the updated FFY 2021 Recommended Evaluation Tools and SMART Objectives posted [here](#).

Please contact the State Office to clarify any questions you have about evaluation tools/approaches.

A. ADULT NUTRITION AND PHYSICAL ACTIVITY EDUCATION DELIVERY

The following evaluation tools all previously were collected using paper and pen with participants in person. These have all been created and formatted for online completion by participants in either English or Spanish. PEARS surveys do not currently have the functionality to include photos or images. For this reason, surveys such as the FBC which rely upon photos to clarify survey questions will be collected in Qualtrics. One additional change for FFY 2021 is to combine the three questions from the Adult Physical Activity Survey (APAS) with the Food Behavior Checklist (FBC) since the curricula for which the FBC is used also promote physical activity. For pre/post survey administration, all participants at the first session will complete the pre-survey via the online link and all participants who completed the pre-survey will complete the post-survey during the final session.

Table 1: Adult Online Evaluation Tools

Tool Name	Tool Type	FFY21 Data Collection Approach	FFY21 Data Entry Portal	FFY21 Portals available
Intent to Change (ITC) Surveys - Multiple topics in Eng/Spa	single session assessment	participant survey link or QR code	PEARS	October 15 th
Adult Physical Activity Survey (APAS) Eng/Spa	pre/post*	participant survey link or QR code	PEARS	October 15 th
Plan Shop Save and Cook (PSSC) Eng/Spa	pre/post*	participant survey link or QR code	PEARS	October 15 th
Food Behavior Checklist combined with APAS (FBC+PA) Eng/Spa	pre/post*	participant survey link	Qualtrics	October 1 st
Healthy Happy Families (HHF) Eng/Spa	pre/post*	participant survey link	Qualtrics	October 5 th
Making Every Dollar Count (MEDC) Eng/Spa	retrospective	participant survey link	Qualtrics	October 1 st

*Participant ID code resources ([Poster](#) and [PowerPoint Slides](#)) are available to support you in collecting ID codes from class participants when administering pre/post surveys.

The following evaluation tool will not be transitioned to online participant completion and is on-hold until in person taste tests are possible.

- Adult Taste Test Tool (Adult TTT) - ON HOLD - FOR AT LEAST QUARTERS #1 and #2**

B. YOUTH NUTRITION AND PHYSICAL ACTIVITY EDUCATION DELIVERY

Transitioning youth evaluation tools to online data collection is more difficult than for adult evaluation tools for two reasons. First, online collection is potentially more difficult to administer especially for younger age youth. The importance of brief and simple evaluation instruments is even greater with online than in person administration. Second, all our youth evaluation tools require review and voluntary agreement to the appropriate consenting form prior to data collection. Our Institutional Review Board (IRB) approved adult evaluation protocol does not require consenting forms; however, our youth evaluation protocol does.

PRE-SCHOOL and ELEMENTARY SCHOOL AGE STUDENTS – PreK – 5th Grade

We are working with the COVID-19 Evaluation work group to develop new retrospective evaluation tools to replace the EATS pre/post and possibly our commonly used Teacher Observation Tool (TOT). Many of the questions in the TOT are not appropriate to distance learning and new questions are of interest. While the EATS survey administration requires considerable in person assistance and is not likely to transition well to an online format especially for the younger 4th-5th Grades.

- Teacher Observation Tool (TOT) - PENDING** - POSSIBLE REPLACEMENT W/ NEW RETROSPECTIVE TOOL FOR FFY 2021
- Physical Activity Teacher Observation Tool - PENDING** - POSSIBLE REPLACEMENT W/ NEW RETROSPECTIVE TOOL FOR FFY 2021
- Eating and Activity Tool for Students (EATS) Pre/Post** (for Grades 4-5th) - RECOMMENDED REPLACEMENT W/ NEW RETROSPECTIVE TOOL FOR FFY 2021

Table 2: Older Elementary Distance Learning Evaluation Tools

Tool Name	Tool Type	FFY21 Data Collection Approach	FFY21 Data Entry Portal	FFY21 Portals available
What Did You Learn? (WDYL)	retrospective	participant survey link	Qualtrics	December 30, 2020
Youth Intent to Change (Y-ITC)	retrospective	virtual administration	Qualtrics - Aggregated responses	TBD - ~Feb 28, 2021

The **new What Did You Learn? (WDYL)** survey is administered online using a Qualtrics survey link and utilizes two open-ended questions asking students to report one thing they (1) learned and (2) do differently because of the nutrition and physical activity lessons/activities. It is intended for students in grade 4 and higher who have participated in a **minimum of two sessions** but ideally more. The qualitative responses are best suited to immediate county team review following WDYL administration to help inform virtual programming. The **new Youth Intent to Change (Y-ITC)** survey is designed for virtual administration either through online polls, reaction icons or other interactive methods. Students are asked to reflect on what was discussed during the session and report their intention to practice key behaviors when they have the choice. The Y-ITC is intended for older elementary students (4th-6th), but can also be used with middle/high school students, who have participated in a **minimum of four sessions** but ideally more. Students' responses are aggregated and entered into Qualtrics similar to the youth Taste Test Tool (TTT).

As with the Adult TTT, the preschool and teacher tasting tool are on hold until in person taste tests are possible.

- Teacher Tasting Tool (Youth TTT) - ON HOLD** - FOR AT LEAST QUARTERS #1 and #2
- Preschool Taste Test Tool (PreK TTT) - ON HOLD** - FOR AT LEAST QUARTERS #1 and #2
- Large Group Taste Test Tool (LG TTT) - ON HOLD** - FOR AT LEAST QUARTERS #1 and #2

MIDDLE AND HIGH SCHOOL AGE STUDENTS

Online administration of the Eating and Activity Tool for Students (EATS) is only expected to be appropriate for older age students in middle and high school (6th grade or older). Therefore, the EATS-MS/HS questions were adapted to collect information appropriate for this age group and capture diverse education delivery approaches including remote learning and meal source. The EATS-MS/HS pre/post survey is IRB approved. Due to the survey photos, data will be collected in Qualtrics using a survey link. The EATS-MS/HS administration protocol and PPT slides are posted on the CFHL, UC website under [Youth Evaluation Tools](#).

The **EATS-MS/HS pre/post survey** is the preferred evaluation instrument for this age group as it measures behavioral outcomes. However, it requires the opportunity to conduct the pre-survey prior to program implementation and is intended for use when at least six sessions are delivered. When these criteria cannot be met, the new What Did You Learn? (WDYL) or Youth Intent to Change (Y-ITC) might be an appropriate alternative. A version of the Y-ITC more appropriate for middle and high school age students omits the smiley face icons.

Table 3: Middle and High School Online Evaluation Tools

Tool Name	Tool Type	FFY21 Data Collection Approach	FFY21 Data Entry Portal	FFY21 Portals available
Eating and Activity Tool for Students (EATS) (Middle and High School only)	pre/post	participant survey link	Qualtrics	December 30, 2020
What did you Learn (WDYL)	retrospective	participant survey link	Qualtrics	December 30, 2020
Youth Intent to Change (Y-ITC) – w/out smiley face icons	retrospective	virtual administration	Qualtrics - Aggregated responses	TBD - ~Feb 28, 2021

C. YOUTH ENGAGEMENT INTERVENTIONS

A number of the youth engagement evaluation tools lend themselves to online collection. The State Office (SO) suggests using the retrospective formats. The student consenting form will be the first page of the online survey.

Table 4: Youth Engagement Online Evaluation Tools

Tool Name	Tool Type	FFY21 Data Collection Approach	FFY21 Data Entry Portal	FFY21 Portals available
Teens as Teacher Survey	retrospective	participant survey link	Qualtrics	TBD - ~Feb 28, 2021
YPAR Retrospective Survey	retrospective	participant survey link	Qualtrics	TBD - ~Feb 28, 2021
YPAR Project Assessment	retrospective	participant survey link	Qualtrics	TBD - ~Feb 28, 2021

D. POLICY, SYSTEM, AND ENVIRONMENTAL (PSE) STRATEGIES

Several of the PSE assessment tools could still be conducted virtually; however, others are on hold due to COVID-19. The Nutrition Policy Institute’s (NPI) Site Level Assessment Questionnaires (SLAQs) were revised for FFY 2021 and transitioned to web-based data collection using Survey 123. The updated SLAQs are available on the NPI website [here](#).

Table 5: PSE Assessment Tools – that potentially could be conducted virtually

Tool Name	Tool Type	FFY21 Data Collection Approach	FFY21 Data Entry Portal	FFY21 Portals available
NPI – Site Level Assessment Questionnaire (SLAQs) – ECE, School and After School	Environmental and policy scan	Printable survey available here but UC SLAQ online portal pending	Web-based collection – Survey 123 Upload completed assessments into Box.	Target for UC Survey 123 portal ~July 30, 2021
School Garden Assessment	Environmental scan and interview	Excel file	Submit excel file	Upload completed assessments into Box

Table 6: PSE Assessment Tools – currently on hold

Tool Name	Tool Type	FFY21 Data Collection Approach	FFY21 Data Entry Portal	FFY21 Portals available
Smarter Lunchrooms Movement (SLM) Self-Assessment Scorecard	Environmental scan	On Hold – observation in person collection	Qualtrics	TBD
Smarter Meal Time (SMT) Self-Assessment Scorecard	Environmental scan	On Hold – observation in person collection	Qualtrics	TBD
Playground Stencil Assessment	Pre/post observation and teacher survey	On Hold – observation in person collection	Qualtrics	TBD