

A photograph of several green tomatoes, some in a wooden bowl and some scattered on a dark wooden surface. The lighting is dramatic, highlighting the texture of the tomatoes and the wood.

Adult Questionnaire Webinar Part 1: Introduction

Monday, August 17, 2020



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

Agenda

- Purpose of Data Collection
- 5-Year Plan Priorities
- Overview of the Adult Questionnaire
- When to use the Adult Questionnaire
- Hands-on Practice
- Debrief
- What to Expect from Part 2

Purpose of Data Collection

- The Expanded Food and Nutrition Education Program (EFNEP) collects data on all adults who participate in the program. The goal is to ensure EFNEP is collecting the best data possible to demonstrate program impacts and measure progress towards 5-Year Plan priorities.

EFNEP | Expanded Food and Nutrition Education Program

About Me

Lesson 1

Date: _____ Phone: | | - | | - | |

Name: _____ Email: _____

Address: _____

City: _____ Zip: _____

Female Male Age: _____

Pregnant? Y N

Nursing? Y N

Hispanic? Y N

Check one or more:

Native American

Asian

Black

Pacific Islander

White

Programs you and your family use:

Senior meals

Indian reservation foods

Food Stamp

Other

CoFresh (Food stamps, SNAP)

CoNOW (WIC)

Emergency food (pantry, food bank, commodity)

WIC

DO NOT COPY

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EFNEP | Expanded Food and Nutrition Education Program

Adult Questionnaire

Please mark the response that **best** describes how you **usually** do things.

1. How many **times a day** do you eat fruit?

Examples of **fruits** are apples, bananas, oranges, grapes, pears, melon and berries. Include fresh, frozen, dried, or canned fruit. Do not include juice.

I rarely eat fruit

Less than 1 time a day (a couple times a week)

1 time a day

2 times a day

4 or more times a day

2. How many **times a day** do you eat vegetables?

Examples of **vegetables** are green salad, corn, green beans, carrots, potatoes, greens, and squash. Include fresh, canned, and frozen vegetables. Do not count french fries, potato chips, or rice.

I rarely eat vegetables

Less than 1 time a day (a couple times a week)

1 time a day

2 times a day

4 or more times a day

3. How many different kinds of vegetables do you usually eat a day?

I rarely eat vegetables

1 kind a day

2 kinds a day

3 kinds a day

4 or more kinds a day

4. How many **times a day** do you drink milk or soy milk?

Do not count almond or coconut milk, or milk with cream.

I do not drink milk

I rarely drink milk

1 time a day

2 times a day

3 or more times a day

5. Over the last week, how many **days** did you eat red and orange vegetables?

Examples of **red or orange vegetables** are tomatoes, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.

I did not eat red or orange vegetables

1 day a week

2 days a week

3 days a week

4 days a week

5 days a week

6-7 days a week

Turn page over for more

EFNEP | Expanded Food and Nutrition Education Program

Food Tracker

What I ate yesterday


DO NOT COPY

Name: _____

Date: ____ / ____ / ____

Lesson 1 of 2

Lesson 7 of 8



EFNEP | Expanded Food and Nutrition Education Program

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New!



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5-Year Plan Priorities

Progress towards the 5-Year Plan Priorities will be measured through the collective results of Adult Questionnaires. 2020-2024 priorities focus on improving food security, food resource management and diet quality.



Overview of the Adult Questionnaire



NAME DATE

Adult Questionnaire

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Turn page over for more ➡

May 2020

- The Adult Questionnaire replaces the Food and Physical Activity Questionnaire (FPAQ).

- 30 questions with multiple choice answers

**The FPAQ was 20 questions*

- Questions measure behavior change in EFNEP's four core areas: diet quality and PA, food safety, food resource management, and food security.



When should you use the new Adult Questionnaire?

- Use the Food and Physical Activity Questionnaire (FPAQ) with adults who will be graduating *on or before* September 30, 2020.
- Use the Adult Questionnaire with adults who will be graduating October 1, 2020 or later.
- Adults graduating after October 1, 2020 will have their data entered into WebNEERS after the system has migrated to the 2021 reporting year.

Quiz Question #1

Jaci is an Adult Educator. She is excited to begin her second distance learning series using 100% At Home. The first class will be Tuesday, September 8th and the class will graduate Tuesday, October 6th. She plans to enroll students during a one-on-one Zoom call the week before the first class.

Which forms should she use to enroll the participants?

- A) About Me and FPAQ
- B) About Me, FPAQ, and Adult Questionnaire
- C) About Me and Adult Questionnaire
- D) None of the above



Quiz Question #1

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NAME: _____

DATE: _____

Adult Questionnaire

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- 4 days a week
- 5 days a week
- 6-7 days a week

Turn page over for more ➡

May 2020

Let's review the Questions

** = a new question*



Overview of the Adult Questionnaire

Diet Quality & Physical Activity

Improved diets and nutritional and physical well-being through the adoption of federal food and physical activity recommendations.

Q.#	Adult Questionnaire	5-Year Plan Goal?
1.	How many times a day do you eat fruit?	Yes
2.	How many times a day do you eat vegetables?	Yes
3.	How many different kinds of vegetables do you usually eat a day?	Yes
4.	* How many times a day do you drink milk or soy milk? (do not count almond or coconut milk, or milk with cereal).	Yes
5.	Over the last week, how many days did you eat red and orange vegetables?	Yes

Overview of the Adult Questionnaire

Diet Quality & Physical Activity cont.

Q.#	Adult Questionnaire	5-Year Plan Goal?
6.	Over the last week, how many days did you eat dark green vegetables?	Yes
7.	* Over the last week, how many days did you eat beans and peas?	Yes
8.	* Over the last week, how many days did you eat yogurt or drink smoothies with yogurt?	Yes
9.	* Over the last week, how many days did you eat cereal with milk?	Yes
10.	How many days a week do you cook dinner (your main meal) at home?	Yes
11.	How often do you drink regular sodas (not diet)	Yes

Overview of the Adult Questionnaire

Diet Quality & Physical Activity cont.

Q.#	Adult Questionnaire	5-Year Plan Goal?
12.	In the past week, how many days did you exercise for at least 30 minutes?	No
13.	In the past week, how many days did you do workouts to build and strengthen your muscles?	No
14.	How often do you make small changes on purpose to be more active?	No

Overview of the Adult Questionnaire

Food Safety

Improved household food safety and sanitation practices.

Q.#	Adult Questionnaire	5-Year Plan Goal?
15.	How often do you wash your hands with soap and running water before preparing food?	No
16.	After cutting raw meat or seafood, how often do you wash all items and surfaces that came in contact with these foods?	No
17.	How often do you thaw food on the counter or in the sink at room temperature?	No
18.	How often do you use a meat thermometer to see if meat is cooked to a safe temperature?	No

Overview of the Adult Questionnaire

Food Resource Management

Increased ability to buy, grow, or otherwise appropriately obtain, prepare, and store food that meets nutritional needs

Q.#	Adult Questionnaire	5-Year Plan Goal?
19.	How often do you compare food prices to save money?	Yes
20.	How often do you plan your meals before you shop for groceries?	Yes
21.	How often do you look in the refrigerator or cupboard to see what you need before you go shopping?	Yes
22.	How often do you make a list before going shopping?	Yes
23.	* How often do you use food coupons for food purchase?	Yes

Overview of the Adult Questionnaire

Food Resource Management cont.

Increased ability to buy, grow, or otherwise appropriately obtain, prepare, and store food that meets nutritional needs

Q.#	Adult Questionnaire	5-Year Plan Goal?
24.	* How often do you use a written weekly or monthly food spending plan?	Yes
25.	* How often do you budget enough money for food purchases?	Yes
26.	* How often do you check for sales on food before you shop?	Yes
27.	* How often do you check for food items on sale when you are at the store?	Yes

Overview of the Adult Questionnaire

Food Security

Increased ability to get food directly—and from food assistance programs where necessary—to ensure having enough healthy food to eat

Q.#	Adult Questionnaire	5-Year Plan Goal?
28.	* The food that I bought just didn't last, and I didn't have money to get more.	Yes
29.	* I couldn't afford to eat balanced meals	Yes
30.	* In the last 30 days, did you ever cut the size of your meals or skip meals because there wasn't enough money for food?	Yes

Quiz Question #2

_____ is an increased ability to buy, grow, or otherwise appropriately obtain, prepare, and store food that meets nutritional needs.

- A) Food Security
- B) Food Resource Management
- C) Food Preservation
- D) Food Safety



Quiz Question #2

Food Resource Management is an increased ability to buy, grow, or otherwise appropriately obtain, prepare, and store food that meets nutritional needs.

- A) Food Security
- B) Food Resource Management
- C) Food Preservation
- D) Food Safety

Quiz Question #3

Jamie just graduated from 100% At Home. Before participating in EFNEP the food she bought didn't last to the end of the month. She would sometimes skip meals so her children could eat. In the first EFNEP class, she learned about a food pantry near her home. She began visiting the pantry weekly and recently learned that her CalFresh application was approved. She no longer has to skip meals and her food lasts to the end of the month. This participant saw an improvement in which core area:

- A) Diet Quality
- B) Food Safety
- C) Food Security
- D) Food storage



Quiz Question #3

Jamie just graduated from 100% At Home. Before participating in EFNEP the food she bought didn't last to the end of the month. She would sometimes skip meals so her children could eat. In the first EFNEP class, she learned about a food pantry near her home. She began visiting the pantry weekly and recently learned that her CalFresh application was approved. She no longer has to skip meals and her food lasts to the end of the month. This participant seen an improvement in which core area:

A) Diet Quality

B) Food Safety

C) Food Security

D) Food Storage



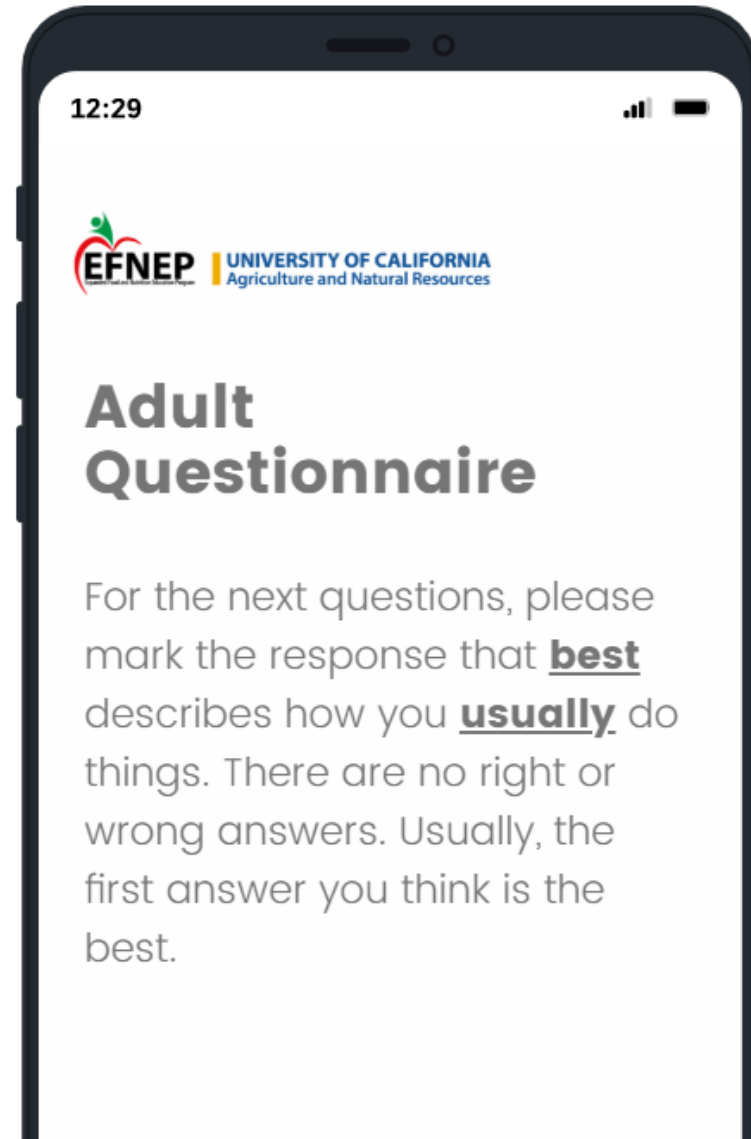
Let's Practice

Due to the shelter-in-place mandate, the About Me and the Adult Questionnaire are available as an online survey.

Each county will receive two links.

1. Entry: About Me + Adult Questionnaire

2. Exit: Adult Questionnaire + Optional feedback survey



Let's Practice

In breakout groups of 3-4 you will:

Step 1: Copy and paste the survey link into your browser.

https://ucanr.co1.qualtrics.com/jfe/form/SV_9vLOET5uveDn5hb

Step 2: Select a facilitator who will share screen and lead the group through the survey.

Step 3: Being guided by the facilitator, group members will complete and submit the survey. Group members may provide fictitious names and responses.

Step 4: If you have extra time, discuss the experience.



Debrief

- How was the experience?
- How long did it take to complete?
- How will you implement the new survey?
One-on-one or in a group?
- Other thoughts?

What to expect from Part 2

- How to export data from Qualtrics
- Coding
- Entering data into WebNEERS
- Migrated Participants

Thank You

If you have questions about this webinar
please contact the State Office.

Shyra Murrey
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