

## Adult Direct Education Evaluation

### Frequently Asked Questions

#### Criteria for Participation

**Q: *What are the criteria for participating in the adult direct education evaluation?***

**A:** Local health departments should conduct pre/post-test evaluation for direct education series (nutrition, physical activity and/or food resource management topics) that are four or more sessions and take place over at least four weeks.

Curricula delivered to adults that do not target *adult* dietary behavior would be excluded. An example is Parent Lesson Plans: Advocating for Healthier School Environments.

At this time, the survey is available in [13 languages](#). If those languages do not encompass the language of delivery and/or participants are unable to take a survey in any of the available languages, then they are exempt.

**Q: *What if we use a curriculum that has 4 or more sessions, but we deliver it over fewer than 4 weeks?***

**A:** As long as you are delivering the curriculum as intended and with fidelity (in fewer than 4 weeks), then you can continue to do so, and you do not need to evaluate it.

**Q: *Do we need to evaluate in-person and virtual education?***

**A:** Yes, if the curriculum meets the criteria, you need to evaluate it whether it is delivered in person or virtually.

**Q: *What if our curriculum already has a pre-post survey associated with it?***

**A:** While we realize it is a burden to add an additional survey, USDA has directed us to use a uniform and validated instrument. If you so choose, you may opt to not use the survey that accompanies your curriculum, however the CalFresh Healthy Living Adult Survey must be used.

**Q: *How will the LHDs who are supposed to participate in this project be identified?***

**A:** At this time, we ask that each LHD look at their IWP for FY 24-26 and identify instances of direct education meeting the above criteria. Annually in the summer, we will use the direct education curricula identified in your LHDs IWP to compile a list of LHDs who may be required to participate. Project directors for each LHD with applicable curricula listed will be notified their activities may be subject to evaluation. Additionally, after the conclusion of a given FY's survey administration, we will review surveys entered vs. PEARS program activities and reach out if we identify series that were not evaluated, but potentially should have been.

**Q: *If the survey closes on 8/31 annually, do I pre-test August classes that won't be able to post-test before the closure date?***

**A:** If you have classes that you can pre-test prior to 8/31, but cannot post-test before 8/31, then that series is not subject to evaluation.

**Q: How do I deal with DE that spans two FYs?**

**A:** If your DE (and thus pre-testing) starts *prior* to 10/1 and ends on or after mid-October (variable, date PEARS opens for the year) then you can still pre- and post-test using paper surveys, given NPI has them ready for the coming FY. If you do this, enter your PEARS Program Activity as two separate entries, one for the current FY and then one for the new FY (when PEARS opens). Do not enter any pre-tests in Survey123 until after PEARS opens for the new FY in October. When you enter pre- and post-tests in the new FY, be sure to use the PEARS Program Activity ID from the new FY only. This will only work with paper surveys, as you can hold off entering pre-tests until the new FY. Note, you will need to be using the *new* FY's survey at both pre and post. Alternatively, you can choose to not evaluate this series.

## **Survey Instrument**

**Q: Do we have to use the Food Behavior Checklist (FBC)?**

**A:** You will be required to use the standardized survey that CDSS selects. For FFY 25, the selected survey will include a subset of questions from the FBC and EFNEP's Physical Activity Survey plus a few additional questions developed by CDPH/NPI and standard demographics.

**Q: Will we be using the FBC as is?**

**A:** No. The FBC instrument and years' worth of FBC data from multiple SIAs were reviewed, and it was decided that a subset of eight questions would remain for the core instrument. This is supplemented by three physical activity questions from EFNEP's Physical Activity Survey, three CDPH/NPI developed questions, and basic demographics. Please do not use the older FBC instruments, rather, utilize the paper or online [CFHL Adult Survey](#).

**Q: What is meant by "core" instrument?**

**A:** The core instrument is the 11-question subset of the FBC and EFNEP's Physical Activity Survey that is used by all CFHL State Implementing Agencies. It is required for all direct education meeting the evaluation inclusion criteria. In one or more questions per topic, the core instrument covers fruits and vegetables, sugar-sweetened beverages, food resource management, food security, and physical activity.

**Q: Will the survey be available online and in paper form?**

**A:** Yes, the survey is available online and in paper form. Paper surveys can be found [here](#). Paper surveys are to be entered into the same Survey123 link used for online administration.

**Q: What online platform will host the survey?**

**A:** Survey123 (which is used for NPI Assessment Tools and EATS) is the platform of choice for the adult survey.

**Q: Do I enter survey data into PEARS?**

**A:** No. CFHL Adult Survey data never needs to be entered into PEARS. All data should be entered in the Survey123 links found in the [Protocol and Materials Checklist](#).

**Q: *In what languages will the survey be available?***

**A:** In FY 25, the survey will be available in English, Spanish, Arabic, Armenian, Chinese, Farsi, Hmong, Khmer, Russian, Somali, Tagalog, Thai, and Vietnamese. This is subject to change after CFHL adopts an updated, validated tool, FY TBD.

**Q: *Do we still have to use the data cards if the survey collects demographics?***

**A:** If you are using the online survey (not paper), then yes. Otherwise, your paper survey can act as your data card.

**Q: *Why do we have to collect demographics at pre- and post-test?***

**A:** During our FFY 22 pilot evaluation, we discovered many unmatchable data during the data cleaning process. Collecting demographics at pre- and post-test allows us to investigate potential matches we would not be able to match otherwise.

**Q: *Is there a minimum number or surveys that need to be collected at a given site?***

**A:** No, there is no minimum. Regardless of how many participants a site serves, if the intervention meets the evaluation criteria, you should collect pre/post surveys for those participants.

**Q: *Can we email (or text) class participants to complete the pre-test survey in advance, before attending the class?***

**A:** Yes. If feasible, emailing or texting the survey to participants ahead of time is acceptable and will save you class time.

**Q: *Will the survey remain the same year after year?***

**A:** Catholic Charities of California is leading the effort to validate a bank of eating, physical activity, and food resource management-related questions. As a result of this work, it is likely that the core questionnaire will undergo some changes in the future, FY TBD.

## **Project Communication**

**Q: *Will LHDs have a point of contact specific to supporting their evaluation project and questions?***

**A:** Yes, you can contact Amanda Linares ([amlinares@ucanr.edu](mailto:amlinares@ucanr.edu)) with any questions specifically related to the evaluation of your adult direct education. For questions related to your adult direct education programming, please contact your assigned CDPH project officer.

**Q: *How will LHDs receive updates and instructions? From CDPH, NPI, and/or CDSS?***

**A:** NPI has created a [website](#) to address many of the adult direct education evaluation needs. We also recommend you subscribe to the [Adult Direct Education Evaluation Listserv](#) to receive the most up-to-date news about the project.

**Q: *Will there be trainings on how to collect data?***

**A:** Yes, there will be a Survey Administration Refresher Training annually each September, along with a Mid-Year Check-In call in March. There are also mini-training modules (1-5 minutes) on various aspects of survey administration. Check out the [training page](#) on the website for training dates, Zoom links, and other materials.