

Acknowledgements

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2018-33800-28395. Made possible with funding from the Presbyterian Community Health. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.

Thank you to all H2H partners for their continued support and commitment.



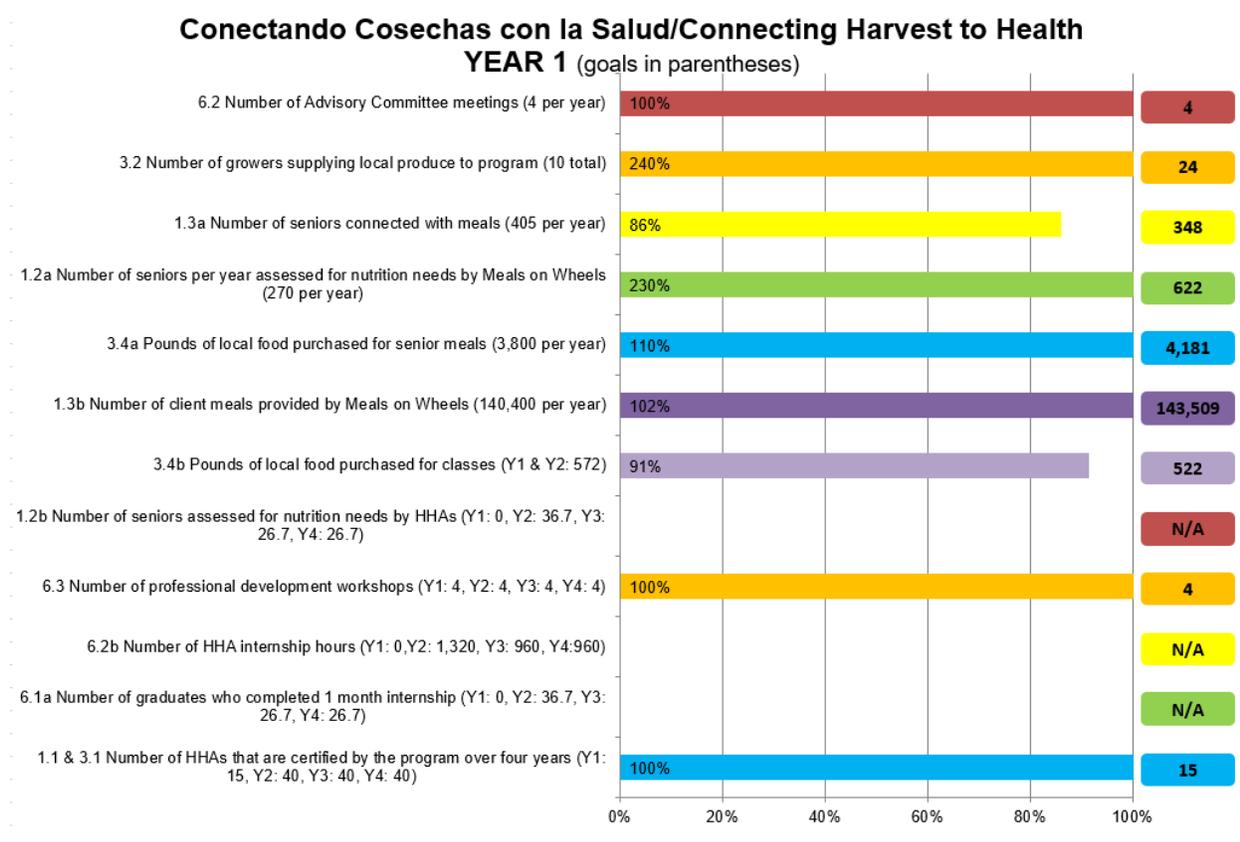
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10/8/19

Conectando Cosechas con la Salud/Connecting Harvest to Health (H2H)

Executive Summary:

Conectando Cosechas con las Salud/Connecting Harvest to Health (H2H) project met or exceeded most of the goals set for Year 1. The number of HHAs trained (15), the number of growers supplying local produce, number of clients and client meals provided by Meals on Wheels, number of seniors per year assessed for nutrition needs, and the pounds of local produce purchased all met or exceeded Year 1 goals. Several outcomes were not measured because the associated surveys have not been developed and deployed yet. Two goals were not met in Year 1: the number of pounds of local food purchased for classes (91% of goal) and the number of seniors connected with meals (86% of goal). Lastly, the pre- and post- surveys for the HHAs did not include questions specifically tied to evaluation metrics, so in some cases, a proxy question was used for analysis (resources for food vs SNAP benefits) and in others, the indicator could not be measured (Hunger Vital Signs validated questions).

The following report is structured to include the evaluation question, the associated outcome, the indicator, the goal, and the Year 1 Outcome.



Evaluation Summary by Evaluation Questions

QUESTION #1: To what extent was food security and nutritious eating among seniors improved?

- **Outcome 1.1:** Within four years, train 135 HHAs on senior eating assessment, general, and geriatric nutrition.
 - *Indicator:* Number of HHAs that are certified by the program over four years.
 - *Goal:* 135 HHAs trained over four years (YR1: 15; YR2: 40; YR3: 40; YR4: 40)

Year 1 Outcome: Fifteen (15) HHAs were certified during Year 1, meeting our goal of 15 for the year.

- **Outcome 1.2:** Meals on Wheels will assess food security and wellbeing for 1,080 senior clients and in addition, in years 2-4, HHAs will assess a total of 90 seniors for food security as part of internship (including food benefits eligibility and enrollment navigation).
 - *Indicator:* Number of seniors who have been assessed for food insecurity and wellbeing over four years
 - *Goal:* a) 1,080 senior clients over four years by Meals on Wheels (years 1-4), b) 90 senior clients by HHAs (years 2-4)

Year 1 Outcome: Meals on Wheels have assessed 622 seniors for food insecurity and wellbeing during year 1, which was 230% of the Year 1 goal. HHAs have not yet assessed senior clients for food insecurity and wellbeing as they are not due to begin until Year 2.

- **Outcome 1.3:** Connect 1,620 seniors in Bernalillo County over four years with 561,600 free nutritious meals through Meals on Wheels programming over project period.
 - *Indicator:* Number of seniors in Bernalillo County connected to free nutritious meals through Meals on Wheels programming and number of meals served.
 - *Goal:* a) 1,620 seniors in 4 years, b) 561,600 meals in four years

Year 1 Outcome: In year one, 348 seniors were connected with meals, falling just short of the yearly goal of 405 per year (86% of the goal met). However, Meals on Wheels have provided 143,509 meals to seniors during the first year, which exceeded the goal of 140,400 per year (102% of the goal met).

- **Outcome 1.4:** In years 2-4, 95% of HHA graduates who report preparing meals for clients report incorporating preparation of nutritious, diet-appropriate meals in client care six months following program completion (pre-prepare, on-site cooking, supporting client cooking).
 - *Indicator:* Percent of HHA graduates that report incorporating nutritious, diet-appropriate meals in client care (numerator: number of HHAs incorporating nutritious, diet-appropriate food in clients' meals; denominator: number of HHAs who are engaged in client meal preparation).
 - *Goal:* 95% of graduates who report preparing meals for clients (years 2-4)

Year 1 Outcome: NA – activity to start in Year 2.

QUESTION #2: To what extent was food security and nutrition among HHAs improved?

- **Outcome 2.1:** Through training program, 100% of program HHAs are aware of their own eligibility for SNAP and, among those who are not already enrolled in SNAP and are interested in enrolling, 100% of eligible low-income HHAs enroll during training.
 - *Indicator:* Percent of HHAs who 1) are aware of their own eligibility for SNAP and 2) enroll in SNAP during training (among those who are interested and eligible)
 - *Goal:* 100% over 4 years for both

Year 1 Outcome: Pre and Post-Training assessments were administered to HHAs to assess their change in knowledge, attitudes, and behaviors on a number of topics. Ninety-three percent (93%) of HHAs said they had an increase in knowledge about nutrition services and resources that are available while 7% said they had no change in knowledge of nutrition resources currently available, which indicates success of increasing knowledge on the topic. SNAP, specifically, was not assessed in the pre- and post-test process, nor was the HHA's own eligibility for SNAP and how many of them enrolled in SNAP during the first year.

- **Outcome 2.2:** 90% of HHA graduates report increased personal healthy eating behaviors (produce shopping, healthy cooking, nutritious meal consumption, etc.) at six months post-graduation.
 - *Indicator:* Percent of HHA graduates who report increased personal healthy eating behaviors at six months post-graduation.
 - *Goal:* 90% of graduates (years 2-4)

Year 1 Outcome: NA, six-month survey has not yet been administered.

- **Outcome 2.3:** Achieve at $\geq 20\%$ reduction in HHAs reporting food insecurity between training start and completion, per standard food insecurity screening questions.
 - *Indicator:* Percent change in number of HHA graduates reporting food insecurity between training start and completion.
 - *Goal:* Average of 20% reduction between training start and completion over 4 years.

Year 1 Outcome: The two-part validated food insecurity questions were not asked on the pre-post survey, so no progress can be reported toward this outcome.

QUESTION #3: How successful were we in increasing the purchase and use of local food in senior meal preparation?

- **Outcome 3.1:** Within four years, train 135 HHAs on healthy cooking using local produce to prepare health meals for their households and to meet client needs.
 - *Indicator:* Number of HHAs that are certified by the program over four years.
 - *Goal:* 135 HHAs trained over four years

Year 1 Outcome: Fifteen (15) HHAs were certified during Year 1, meeting our goal of 15 for the year.

- **Outcome 3.2:** 10+ growers supply local produce for meal preparation, cooking classes, and Meals on Wheels during project period.
 - *Indicator:* Number of growers supplying local produce for meal preparation, cooking classes, and Meals on Wheels.
 - *Goal:* 10 growers over 4 years

Year 1 Outcome: During Year 1, Meals on Wheels worked with 24 growers who supplied local produce for meal preparation for Meals on Wheels clients, which is 240% of the goal.

- **Outcome 3.3:** At time of training program completion, 100% of HHAs know how to use supportive food programs like SNAP, farmers' market match dollar programs, subsidized CSA, and Meals on Wheels.
 - *Indicator:* Percent of HHAs who report knowledge of SNAP, farmers' market match dollar programs, subsidized CSA, and Meals on Wheels after training.
 - *Goal:* 100% of HHA graduates

Year 1 Outcome: Pre and Post-Training assessments were administered to HHAs to assess their change in knowledge, attitudes, and behaviors on a number of topics. Ninety-three percent (93%) of HHAs said they had an increase in knowledge about nutrition services and resources that are available while 7% said they had no change in knowledge of nutrition resources currently available, which indicates success of increasing knowledge on the topic. SNAP, specifically, was not assessed in the pre- and post-test process, nor was the HHA's own eligibility for SNAP and how many of them enrolled in SNAP during the first year.

- **Outcome 3.4:** A total of 4,372 pounds of local produce per year purchased: 3,800 per year by Meals on Wheels to incorporate into delivered meals and 572 by Three Sisters Kitchen for HHA training.
 - *Indicator:* Pounds per year of local produce sourced and incorporated into delivered meals by Meals on Wheels and Three Sisters Kitchen.
 - *Goal:* a) 3,800 per year by Meals on Wheels and b) 572 by Three Sisters Kitchen

Year 1 Outcome: During Year 1, Three Sisters Kitchen purchased 522.3 pounds of produce, which is 91% of the 572 pound goal. Meals on Wheels purchased 4,181 pounds of local food, which is 110% of the 3,800 pound goal. Total pounds of local produce purchased between the two organizations was 4,556 pounds, which exceeded the goal for total pounds of local produce for Year 1: 4,372.

- **Outcome 3.5:** 90% of local growers report a positive impact on the local agricultural system from the program.
 - *Indicator:* Percent of local growers who report a positive impact on the local agricultural system from the program.
 - *Goal:* 90% of local growers providing produce to Meals on Wheels.

Year 1 Outcome: 21.4% (3 of 14 respondents) of farmers said they were unsure how the program benefited work in agriculture, while 14.3% (2 of 14 respondents) stated that this work supported sustainable farming production practices. 7.1% of farmers said that the program increased yearly produce sales from their farm (one participant). 42.9% of respondents (3 of 14 total) said they would be able to sell 80-100 lbs of local produce to an organization in one week, which may indicate an increase in local production of produce.

QUESTION #4: To what extent were we successful in increasing purchase and use of local food by HHAs?

- **Outcome 4.1:** Through training program, 100% of program HHAs aware of their own eligibility for SNAP and local benefits/incentives to buy produce for themselves and their families, eligible low-income HHAs better use existing food programs including SNAP.
 - *Indicator:* Percent of HHAs who are aware of their SNAP eligibility and local benefits.
 - *Goal:* 100% of HHA graduates

Year 1 Outcome: Pre and Post-Training assessments were administered to HHAs to assess their change in knowledge, attitudes, and behaviors on a number of topics. Ninety-three percent (93%) of HHAs said they had an increase in knowledge about nutrition services and resources that are available while 7% said they had no change in knowledge of nutrition resources currently available, which indicates success of increasing knowledge on the topic. SNAP, specifically, was not assessed in the pre- and post-test

process, nor was the HHA's own eligibility for SNAP and how many of them enrolled in SNAP during the first year.

- **Outcome 4.2:** In years 2-4, among HHA graduates who report preparing client meals, 75% of HHA program graduates report sourcing local produce for client meals and/or aiding clients in buying/accessing local produce within the 6 months following program graduation.
 - *Indicator:* Percent of HHA graduates who report sourcing local produce for client meals and/or aiding clients in buying/accessing local produce within the 6 months following program graduation.
 - *Goal:* 75% of graduates (among those who report preparing client meals) in years 2-4.

Year 1 Outcome: NA, six-month survey has not yet been administered.

- **Outcome 4.3:** In years 2-4, 80% of HHAs report buying local produce, meat, eggs, or dairy for personal use within the 6 months following program graduation.
 - *Indicator:* Percent of HHAs who report buying local produce, meat, eggs, or dairy within the 6 months following program graduation for personal use.
 - *Goal:* 80% of graduates (years 2-4).

Year 1 Outcome: NA, six-month survey has not yet been administered.

QUESTION #5: How successful were we at growing income opportunities for HHAs by providing specialized food and nutrition education?

- **Outcome 5.1:** 100% of local HHA care recipients who participate in the HHA internship are aware of HHA training program and benefits of hiring graduates.
 - *Indicator:* Percent of local HHA care recipients aware of HHA training program and benefits of hiring graduates.
 - *Goal:* 100% of employers who participate in HHA internship
 - *Collection Method:* Laura and Meredith will develop an Internship Care Recipient Survey and have it translated into Spanish. The evaluation team will review and approve. Encuentro will coordinate the administration of the Internship Care Recipient Survey to care recipients and families participating in the HHA internship.

Year 1 Outcome: NA, Care Recipient survey has not yet been administered.

- **Outcome 5.2:** 100% of HHA training graduates using EnCasa Care Connections have nutrition program included in profile.
 - *Indicator:* Percent of HHA training graduates using EnCasa Care Connections who have nutrition program included in profile.
 - *Goal:* 100% of HHA graduates who respond to the 6-month follow-up survey (years 2-4)

Year 1 Outcome: NA, six-month survey has not yet been administered.

- **Outcome 5.3:** 25% percent of HHA graduates report that they have additional opportunities because of the training.
 - *Indicator:* Percent of HHA graduates who report that they have additional opportunities because of the training.
 - *Goal:* 25% of HHA graduates (years 2-4)

Year 1 Outcome: NA, six-month survey has not yet been administered.

- Outcome 5.4: 50% of HHAs self-report earning \$10+ per hour six months following program completion (a rate above typical entry wages and near median wages).
 - *Indicator*: Percent of HHAs who report earning \$10+ per hour six months following training.
 - *Goal*: 50% of HHA graduates (years 2-4)

Year 1 Outcome: NA, six-month survey has not yet been administered.

QUESTION #6: How successful were we at cultivating a home health workforce that is highly trained in understanding senior food and nutrition needs and evidence-based strategies for senior care?

- Outcome 6.1: Place 10 graduates per cohort (90 total) in one-month paid and mentored home health internships to practice nutrition and food security assessment, dietary needs, cooking and food preparation, social meal accompaniment and general home health aide skills for a total of 3,240 internship hours over four years.
 - *Indicator*: Number of graduates per cohort placed in internship and number of hours completed.
 - *Goal*: a) 10 graduates per cohort and b) 3,240 internship hours over 4 years

Year 1 Outcome: NA, no internships were expected to be completed in Year 1.

- Outcome 6.2: HHAs, community members, seniors, and partners take part in 16 quarterly Advisory Committee Meetings about program progress, training needs, unmet senior needs, quality improvements, and strengthening referral and sector connections.
 - *Indicator*: Number of quarterly Advisory Committee Meetings
 - *Goal*: 16 meeting over 4 years

Year 1 Outcome: Presbyterian Community Health held one Advisory Committee meeting per quarter, totaling four meetings for Year 1, which meets the yearly goal of four meetings.

- Outcome 6.3: HHAs participate in 16 quarterly food and nutrition continuing professional development workshops during project period.
 - *Indicator*: Number of quarterly continuing professional development.
 - *Goal*: 16 workshops over 4 years (4 per year)

Year 1 Outcome: Encuentro held one professional development workshop per quarter, totaling four workshops for Year 1, which meets the yearly goal of four professional development workshops.

- Outcome 6.4: Via train-the-trainer initiative, HHA graduates advise, teach, and help grow the program in years 3 and 4.
 - *To be determined at the end of year one*

Year 1 Outcome: NA

- Outcome 7.1: Within four years, gather more comprehensive qualitative perspectives of the benefits of the program.
 - *Indicator*: Number of quarterly reports indicating perceptions and feelings (success/progress factors, barriers encountered, plans to overcome barriers, unanticipated outcomes, stories and quotes) of partners over four years.
 - *Goal*: 16 reports from each funded partner over 4 years

Year 1 Outcome: Reports to be compiled and analyzed.