



## Fork & the Road

### Background

This report summarizes results from surveys completed by *Fork & the Road* participants during FY24 (pilot year). This new intervention for use with older adults consists of eight lessons, each with a food tasting experience and chair physical activity. This intervention is behavior-focused and uses discussion and sharing to prompt older adults to plan and achieve positive change in food and physical activity. The Adult Food and Health Questionnaire (n=59) was used by three organizations to identify change in behaviors from start to end of the program. A Program Evaluation (Adults) (n=198) was administered by eight organizations to collect information about program value, enjoyment, learnings, understandability and reported and planned behavior change.

The number of total surveys (counts) and from each organization is provided on page 2, followed by key findings (page 2), detailed results for each survey (pages 3-10), results of the analyses to assess evidence base (pages 11-13), and conclusions are located on pages 13-14.

### Results

**Food behaviors.** The AFHQ collected information about the frequency that fruits and vegetables were usually consumed in a day. Intake increased for *fruit* (33%) and *vegetables* (41%); and intake of *sweetened beverages* decreased (14% for soda, 22% for other sweetened beverages). Results also indicated that the percentage of people having *fruit at least once per day* increased from 33% to 36% and from 24% to 33% for *vegetables*. For participants that *did not have fruit at least once per day* when the program started, 50% were when it ended. For *vegetables* the difference between pre- and post-behaviors were even greater with 71% eating more after the program.

Information about food intake was also collected on the Program Evaluation which asked whether intake of fruit, vegetables, and water increased due to the program. Respondents reported they were *eating more fruit* (65%) and *more vegetables* (59%), as well as *different kinds of vegetables* (49%) and *fruits* (46%), and *drinking more water* (66%). Participants who completed the program were also performing other health behaviors more often: *reading nutrition facts labels* (65%), *choosing healthy foods within budget* (61%), *minutes of physical activity* (60%), *buying fruits and vegetables* (55%), and *washing hands before eating* (43%). The percentage that planned to *continue behavior change* was also high, suggesting that positive change would continue after program completion.

**Program enjoyment.** Two items asked participants about different aspects of program enjoyment: 84% enjoyed most or all of the physical activity and 80% enjoyed most or all foods they tried.

**Appropriate/relevance/value.** When asked if foods they tried were consistent with their culture, 78% indicated that most or all of them were and 83% reported they could access most or all of the foods needed to make the recipes at home. Almost all (94%) participants thought the lessons were at the right level of difficulty, 89% considered the program to be a good use of their time, and 80% learned a lot.

**Recruitment.** From a list of possible ways that potential attendees could learn about the program, the methods selected by the most people were *during other programs I attended* (40%), *flyer or poster in community* (29%), and *word of mouth* (29%). Ways of finding out about the program that fewer than 5% of participants selected were: Facebook, Instagram, twitter/x, YouTube, a phone call, email or text message or the 211 (United Way) phone line.

**Evidence Base.** There was a significant increase between pre and post results (Adult Food and Health Questionnaire) for red and orange vegetables; but not for fruit, vegetables (overall), dark green vegetables, soda or sweetened beverages (fruit punch, fruit drinks, sweet tea, or sports drinks).

## Counts: Adult Food and Health Questionnaire

Local SNAP-Ed organization	Number of surveys
Bronson Health Foundation	26
GenesisHOPE	12
Greater Flint Health Coalition	21
<b>Total</b>	<b>59</b>

## Counts: Program Evaluation (Adult)

Local SNAP-Ed organization	Number of surveys
Bronson Health Foundation	27
GenesisHOPE	51
Greater Flint Health Coalition	31
Henry Ford Health	22
Macomb County Health Department	18
NorthWest Initiative	6
Oakland County Health Division	31
The South Side Community Coalition	12
<b>Total</b>	<b>198</b>

## Key Findings

- 33% increased frequency of fruit consumption (in a usual day), 41% were eating more vegetables.
- Of adults that consumed fruits or vegetables less than once per day before the intervention, 50% increased frequency of fruit consumption and 71% increased vegetable consumption.
- Consumption of fruit at least once per day increased by 3% and consumption of vegetables at least once per day increased by 9%.
- 80% of adults learned a lot in the program, and 89% thought lessons were very valuable.
- 80% of adults enjoyed most or all foods tried, 78% thought most or all food was consistent with their culture.

### *Because of the program:*

- 65% of adults reported eating more fruit, and 46% reported eating different types of fruit
- 59% of adults were eating more vegetables, and 49% were eating different types of vegetables.
- 60% of adults reported doing more physical activity.
- 55% of adults reported buying more fruits and vegetables.

# Detailed Results: Adult Food and Health Questionnaire (AFHQ)

## Demographic Data

*Summary.* Most (86%) participants were women, 97% were age 60 or older. The race of participants was almost evenly split between White and Black/African American; no one identified as Hispanic/Latino.

### Gender (n=59)

How would you describe yourself?	Number	Percent
Female	51	86%
Male	8	14%

### Age (n=59)

The average age of participants was 73.2 years.

What is your age?	Number	Percent
18-30 years	0	0%
31-59 years	2	3%
60-75 years	37	63%
76 years or older	20	34%

### Race (n=59)

How would you describe yourself?	Number	Percent
Black or African American	30	51%
White	28	47%
Not listed	2	3%
American Indian or Alaska Native	0	0%
Asian	0	0%
Native Hawaiian or Other Pacific Islander	0	0%
Prefer not to answer	0	0%

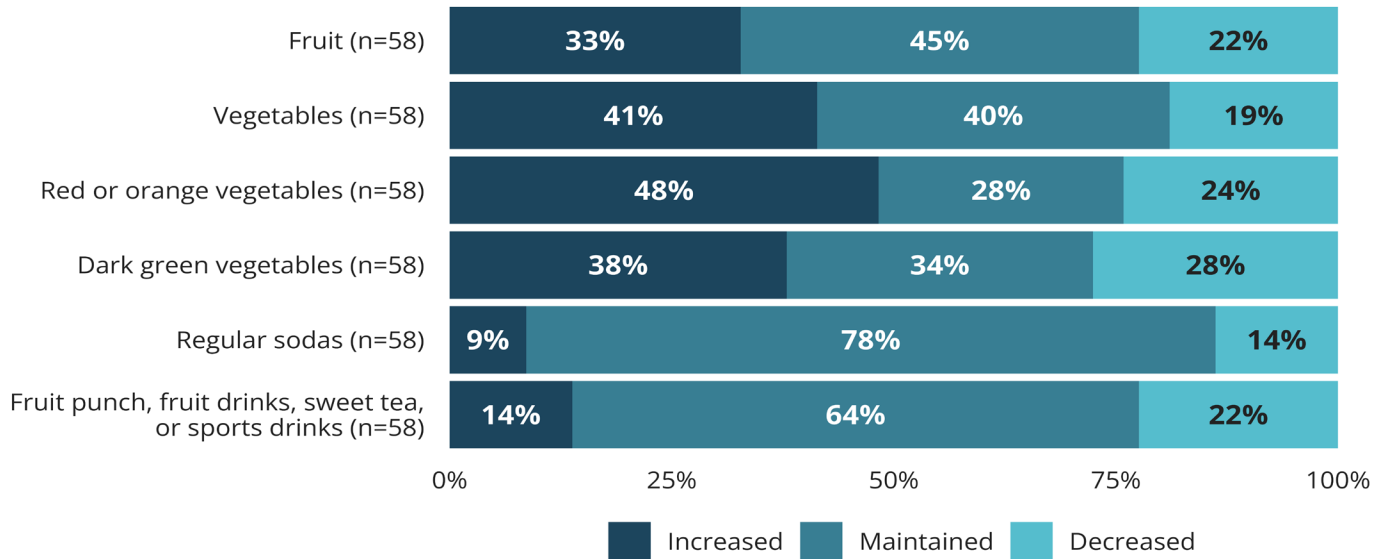
### Ethnicity (n=59)

How would you describe yourself?	Number	Percent
Non-Hispanic/Latino	59	100%
Hispanic/Latino	0	0%
Prefer not to answer	0	0%

## Behavior Change Outcomes

Respondents were asked to recall their usual frequency of consuming fruits, vegetables, and sugar-sweetened beverages. The figure below displays the percent of respondents who increased, maintained, or decreased the frequency of consuming each item between the start and end of intervention.

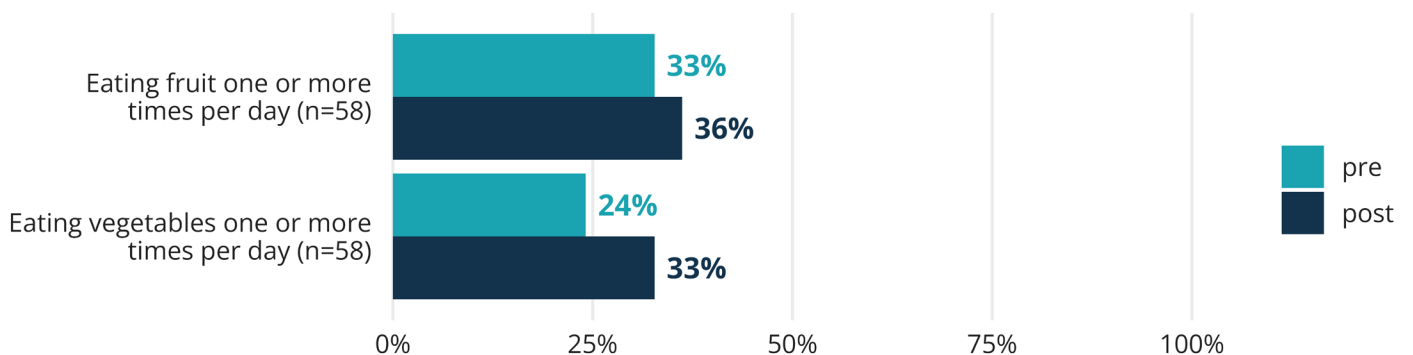
At the end of this intervention, the greatest behavior changes were for eating red or orange vegetables, dark green vegetables and vegetables (overall). There was also a 5% decrease in the percentage of respondents that decreased intake of regular sodas and 22% decreased intake of sweetened beverages. There was a positive change for all six items assessed, with increases being greater than decreases.



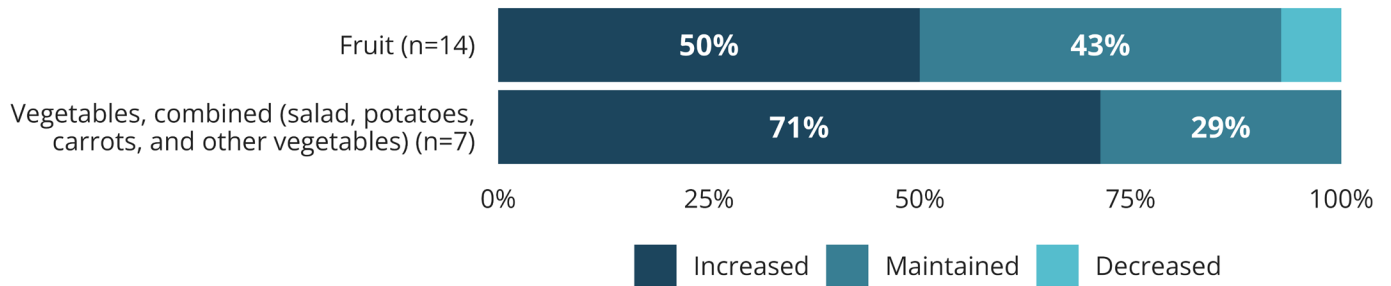
**Note:** A positive change for regular sodas and other sweetened drinks would be a *decrease* in consumption.

Fruit and vegetable consumption frequency was categorized as either one or more times per day or less than once per day. The figure below outlines changes in percentage of adults eating fruit and vegetables at least once per day.

The percent of respondents reporting at the end of the program that they were having fruit at least once per day **increased by 3%** and eating vegetables at least once per day **increased by 9%**. These results indicated a positive change in two key SNAP-Ed objectives for people that completed this program.



Of respondents that consumed fruits or vegetables **less than once per day** before the intervention, **50%** increased frequency of **fruit** consumption and **71%** increased **vegetable** consumption.

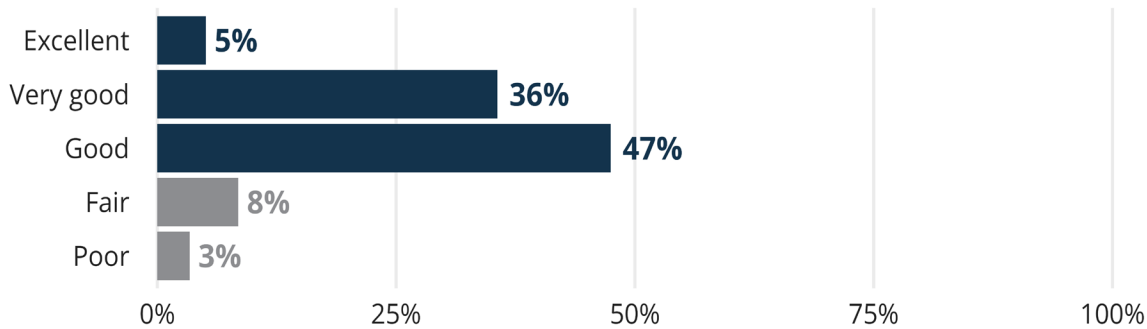


## Health-Related Quality of Life Measures

### General health status (n=59)

Respondents were asked to rate their health, in general, from “poor” to “excellent”.

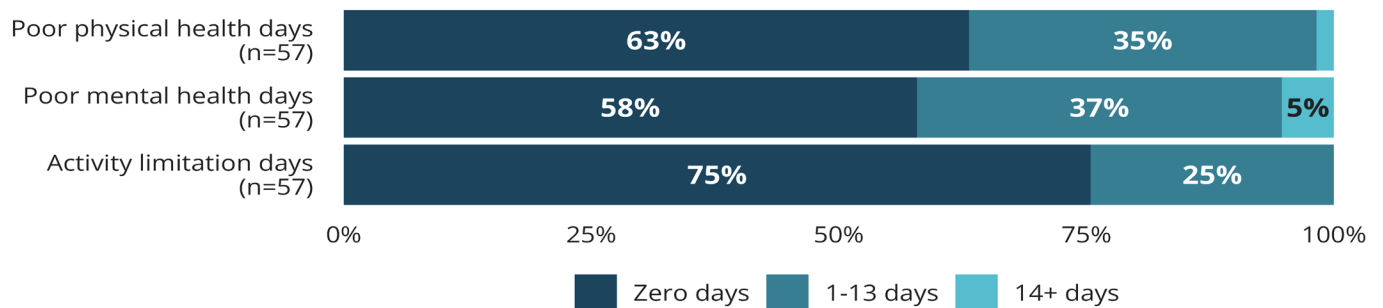
At the end of programming, **88%** of adults rated their health as **good, very good, or excellent**.



### Poor health days (n=57)

Over the past 30 days, respondents indicated the number of days that their physical health or mental health was not good; and how many days that their health kept them from doing usual activities.

In the last month, 63% had no days of poor physical health; 58% had no days of poor mental health.



# Detailed Results: Program Evaluation (Adult)

## Demographic Data

Age (n=194)

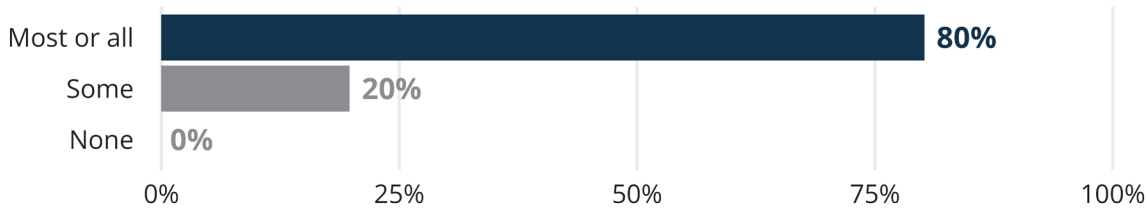
What is your age?	Number	Percent
18-30 years	0	0%
31-59 years	5	3%
60-75 years	97	50%
76 years or older	92	47%

## Participant Feedback

Food enjoyment (n=187)

Respondents were asked, "If foods were offered, did you enjoy them?"

**80%** of respondents enjoyed **most or all** of the food they tried. This finding provides evidence that most participants enjoyed most of the tastings. No one indicated that they did not enjoy any of them.

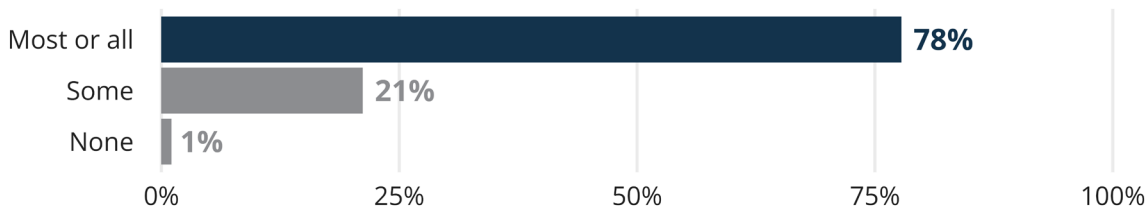


**Note:** 3% (5) of respondents selected "Did not taste any". These responses were not included in the data analysis.

Foods consistent with culture (n=189)

Respondents were asked, "If foods were offered, were they consistent with your culture?"

**78%** of respondents said **most or all** food they tried were consistent with their culture.

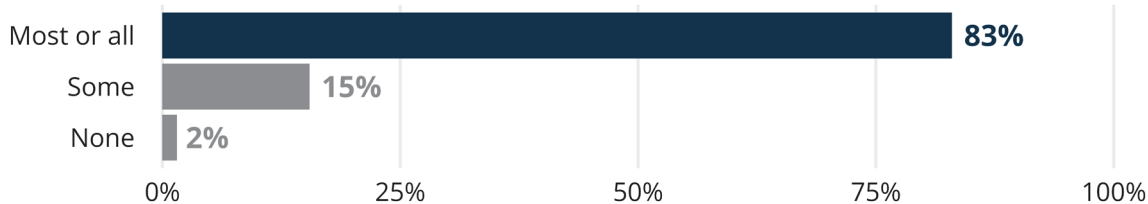


**Note:** 3% (5) of respondents selected "Did not taste any". These responses were not included in the data analysis.

### Obtaining foods for recipes (n=194)

Respondents were asked, "Can you get the foods you need to make the recipes?"

**83%** of respondents could get **most or all** of the food they needed to make lesson recipes.

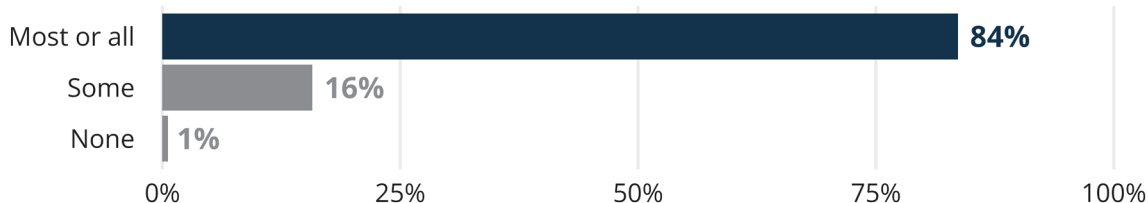


**Note:** 1% (5) of respondents selected "Did not get any recipes". These responses were not included in the data analysis.

### Physical activity enjoyment (n=165)

Respondents were asked, "If the lessons had physical activity, did you enjoy them?"

**84%** of respondents enjoyed **most or all** of the lessons with physical activity.

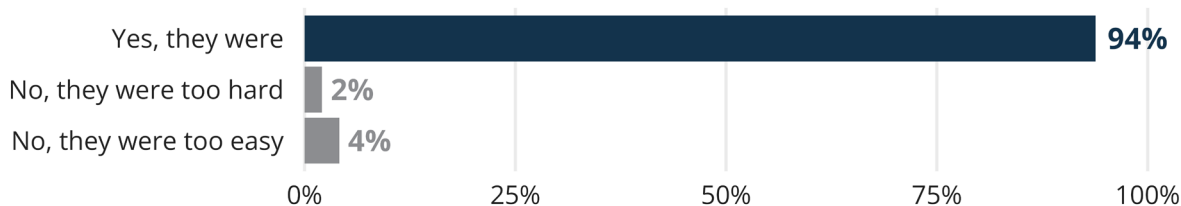


**Note:** 15% (30) of respondents selected "Did not do any physical activity", those responses were not included in data analysis.

### Lesson difficulty (n=194)

Respondents indicated whether the food and healthy eating lessons were at the right level of difficulty.

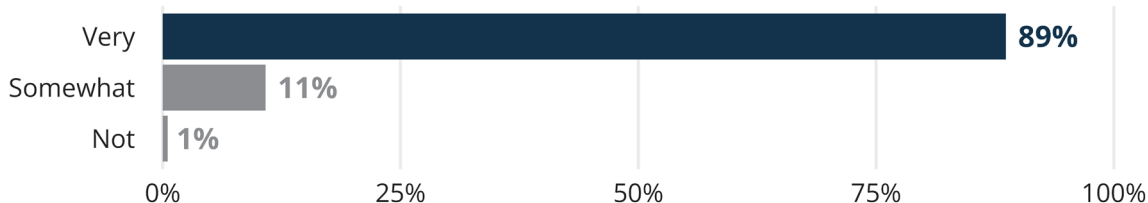
**94%** of respondents thought that lessons were **at the right difficulty level**.



### Lesson value (n=194)

Respondents were asked, "How valuable were the lessons about food and healthy eating?"

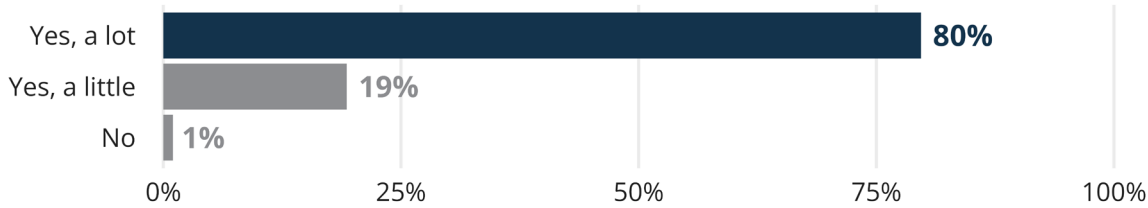
**89%** of respondents thought that lessons were **very valuable**.



### Learning new things (n=197)

Respondents were asked, "Did you learn anything new about how to be healthy?"

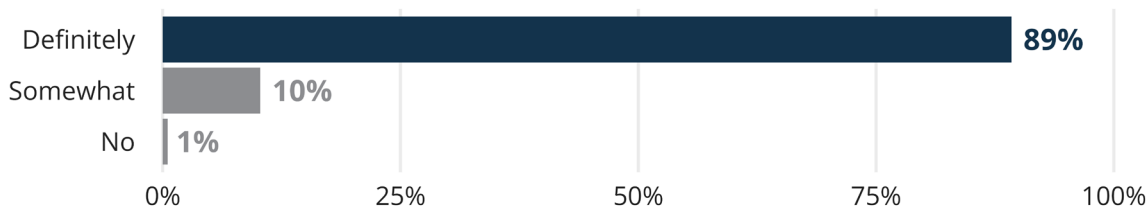
**80%** of respondents **learned a lot** in the program.



### Use of time (n=195)

Respondents were asked, "Was attending the lessons a good use of your time?"

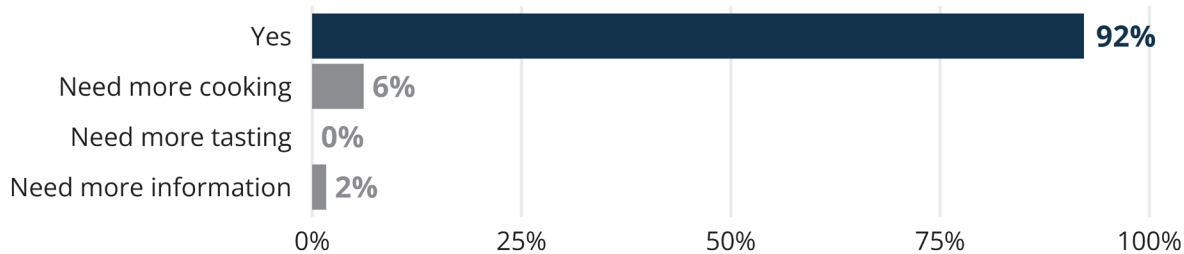
**89%** of respondents considered it to be **definitely** a good use of their time to attend lessons.



### Balance of program components (n=179)

Respondents were asked to indicate if the mix of cooking, tasting, and information in the lessons was about right.

**92%** of respondents thought the mix of cooking, tasting, and healthy eating information was **about right**.

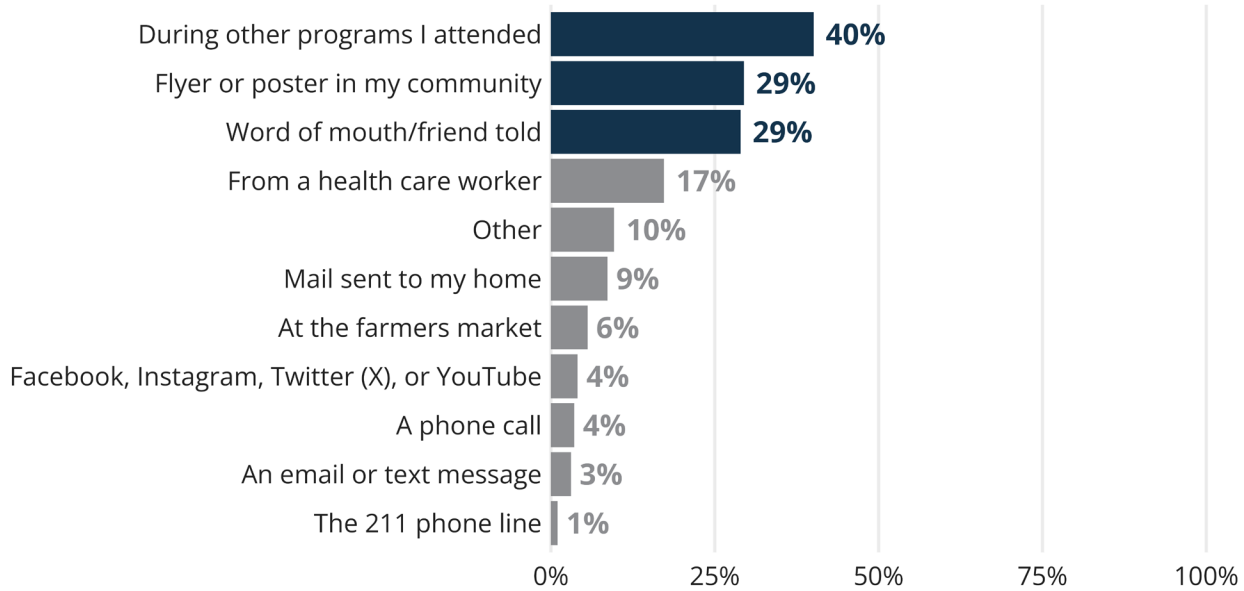




## Ways participants found out about the program (n=197)

Respondents were asked to mark any of the following ways that they found out about lessons for this intervention.

Participants most commonly found out about lessons through other programs they attended, a flyer or poster in their community, or word of mouth.

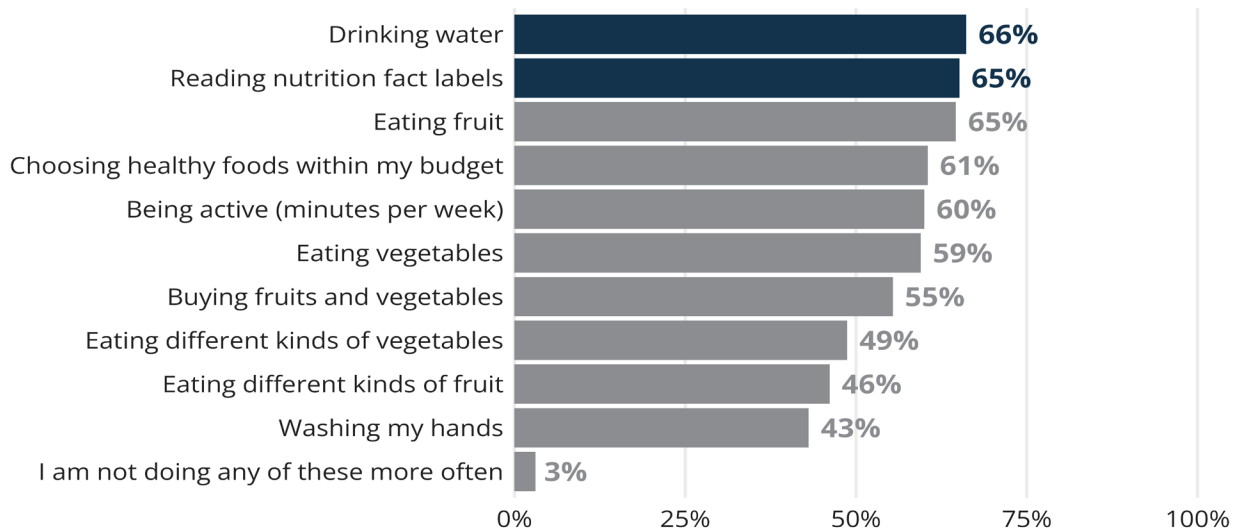


## Behavior Change Outcomes

### Self-reported behavior change (n=195)

Respondents were asked to mark all behaviors that they are doing more often because of the lessons.

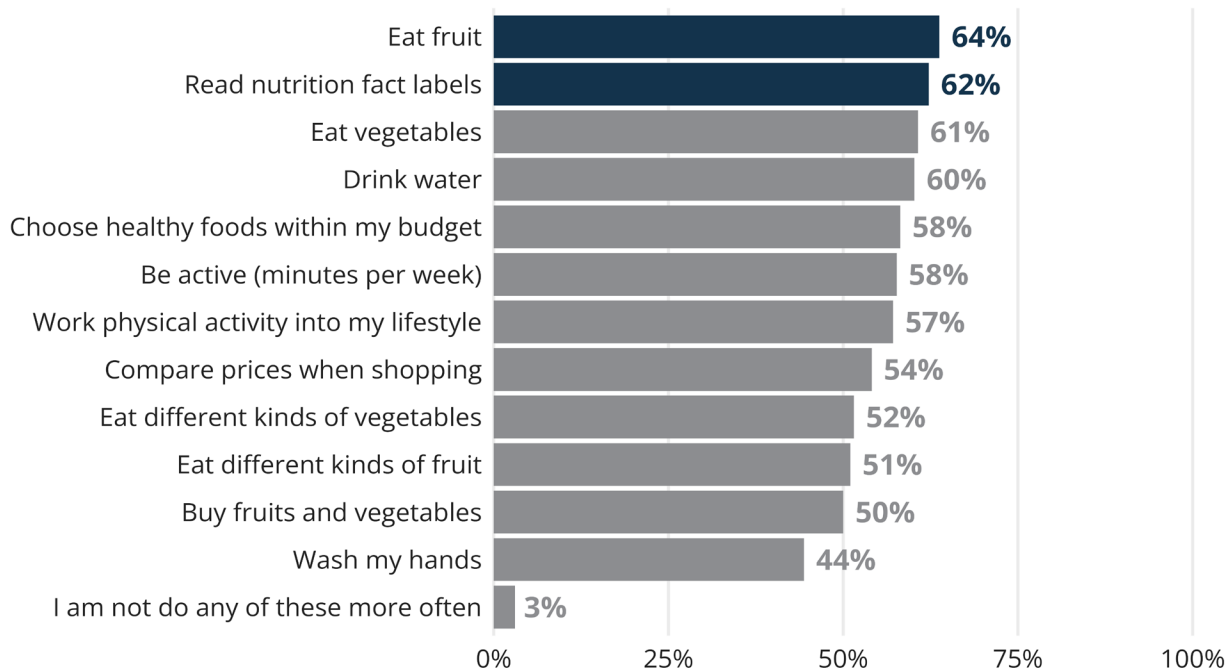
The greatest change occurred for **drinking water or reading nutrition fact labels** more often because of the program. More than half of the participants improved on seven of the ten behaviors listed.



## Planned behavior change (n=196)

Respondents were asked to mark all behaviors that they plan to do more often because of the lessons.

Behaviors that the most adults plan to improve in the future, due to the program are **eating fruit** or **reading nutrition fact labels**.



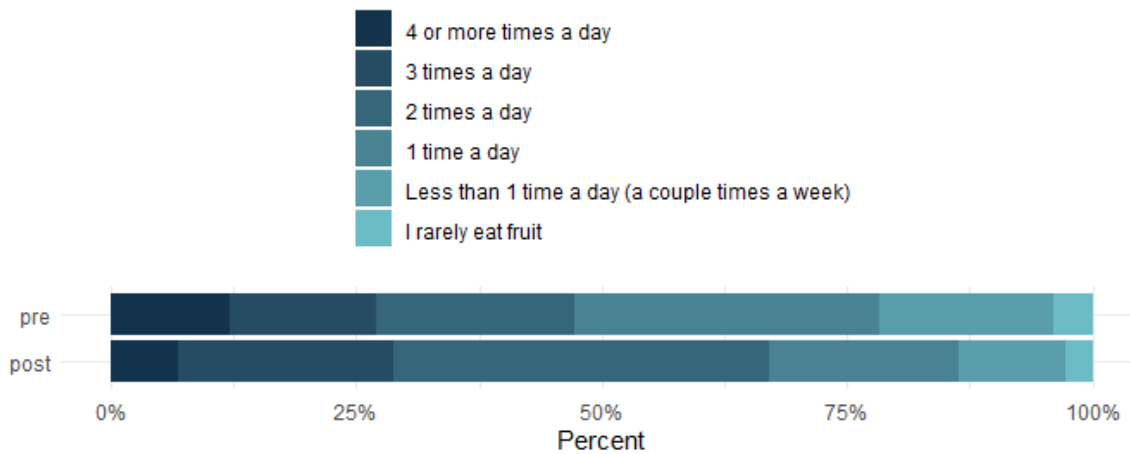
## Statistical analysis for evidence base

**Methodology:** Paired Wilcoxon Signed-Rank Tests were conducted to identify statistically significant differences related to frequency of healthy behaviors before and after participation in Fork & the Road. This is a non-parametric test that compares two dependent groups, where each participant is compared to themselves to control for individual variability. Data for this analysis comes from the Adult Food and Health Questionnaire completed by 59 participants with an average of 73.2 years of age, 97% were at least 60 years old, and most (86%) respondents were women. Race was split with 51% being Black/African American and 47% White.

To address the increased risk of Type I errors when conducting multiple statistical comparisons, a Bonferroni adjustment was applied to the p-values. Since multiple statistical tests were run on the same sample the Bonferroni adjustment ensures the overall probability of making a Type 1 error is minimized while ensuring findings are robust.

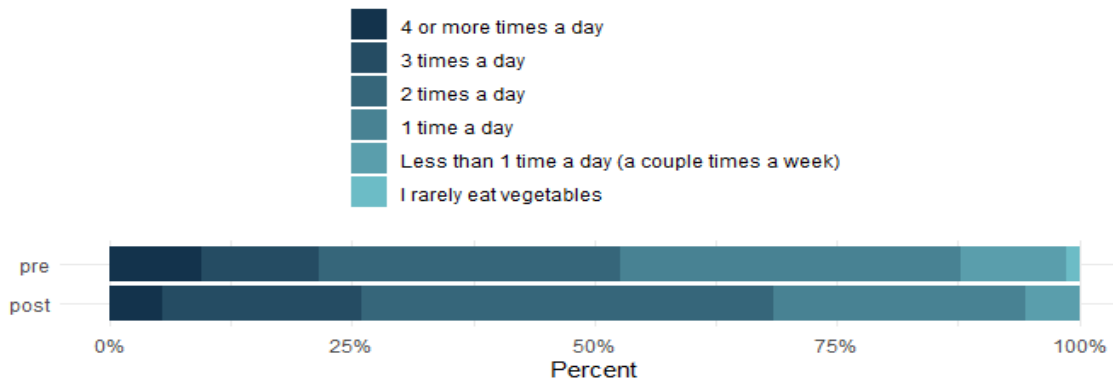
**Results:** Change between pre-post results *was statistically significant* for 100% fruit juice, fruit, vegetables (overall), salad, or potatoes. There was *no significant change* for carrots, other vegetables, soda/pop, milk, or breakfast.

## Fruit



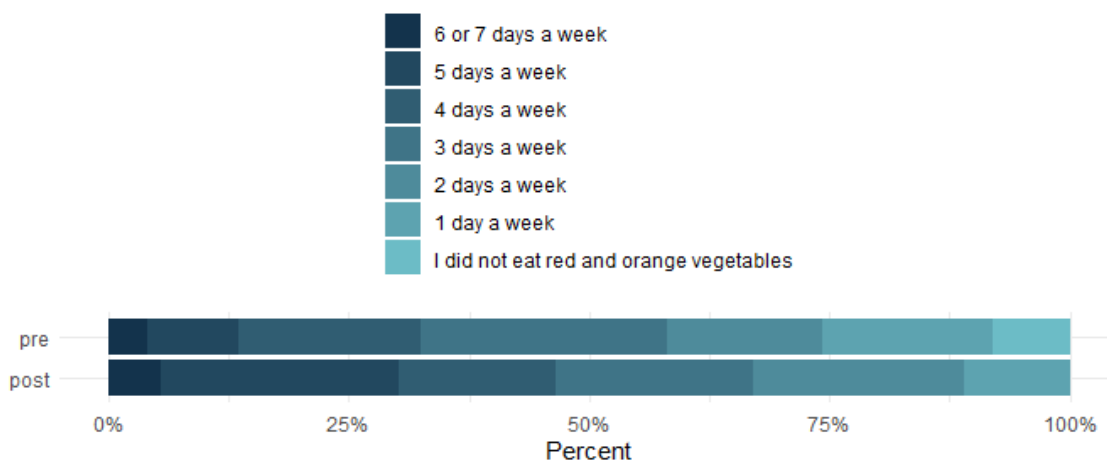
**Finding:** There was *no statistically significant change* from pre to post. This suggests that participants ate fruit with about the same frequency before and after participating in the Fork & the Road program ( $V = 293.5$ ,  $p = 0.599$ ).

## Vegetables



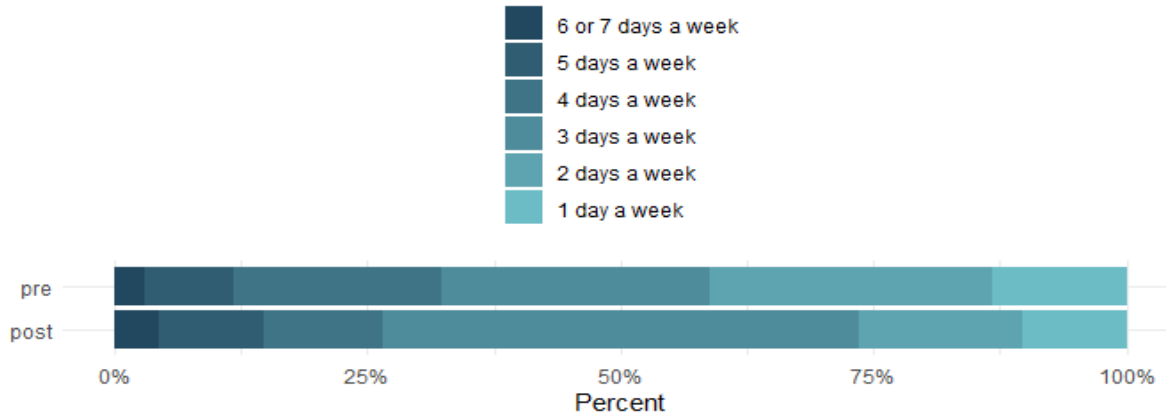
**Finding:** There was *no statistically significant change* from pre to post. This suggests participants ate vegetables with about the same frequency before and after participating in the Fork & the Road program ( $V = 276.5$ ,  $p = 0.117$ ).

## Red or orange vegetables



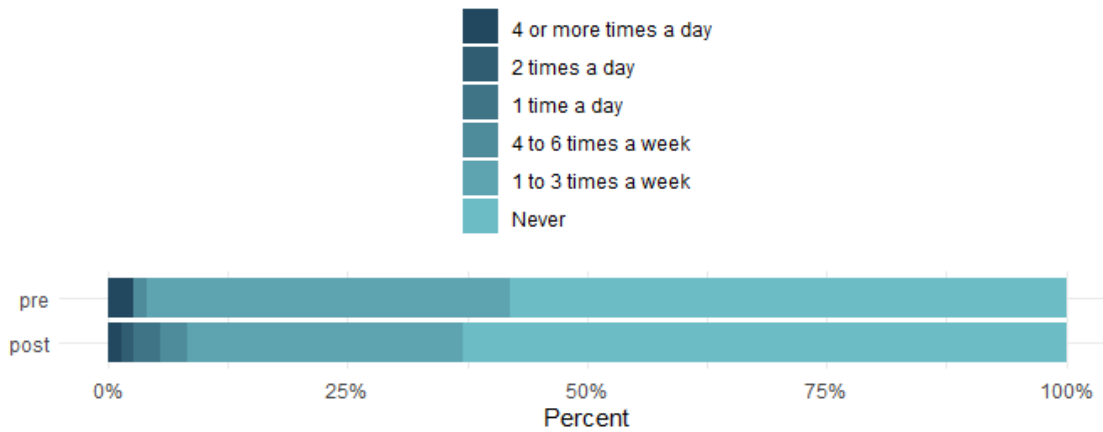
**Finding:** There was *a statistically significant increase* from pre to post. This suggests that participants ate red or orange vegetables more frequently after participating in the Fork & the Road program ( $V = 402$ ,  $p = 0.009$ ).

## Dark green vegetables



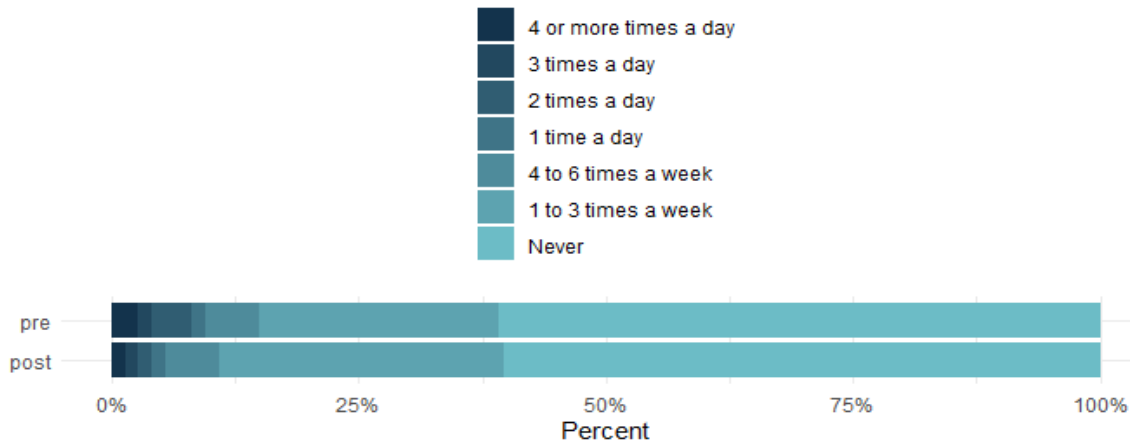
**Finding:** There was no statistically significant change from pre to post. This suggests participants ate dark green vegetables with about the same frequency before and after participating in Fork & the Road ( $V = 260$ ,  $p = 0.935$ ).

## Soda



**Finding:** There was *no statistically significant change* from pre to post. This suggests that participants drank soda with about the same frequency before and after participating in the Fork & the Road program ( $V = 77.5$ ,  $p = 1$ ).

## Fruit punch, fruit drinks, sweet tea, or sports drinks



**Finding:** There was *no statistically significant change* from pre to post suggesting participants drank fruit punch, fruit drinks, sweet tea, or sports drinks with about the same frequency before and after Fork & the Road (V=159.5, p=1).

## Conclusions

Implications: Data analysis on surveys completed by older adults that participated in the Fork & the Road program indicated that statistically significant change only occurred for one of six items (consumption of red and orange vegetables) but not for fruit, vegetables (overall), dark green vegetables, soda or sweetened beverages. Feedback from educators indicated that the outcome survey (Adult Food and Health Questionnaire) was difficult for participants to read and understand. Survey items asked participants how many times per day they usually eat fruit and vegetables, then changes from usual food intake per day to food recall asking them how many times per day in the past week they ate red, orange, and dark green vegetables, sweetened beverages, and soda. In contrast, results for the item on the Program Evaluation (Adults) that asked which, from a list of 10 behaviors, they improved because of the program, more than half reported an increased frequency for: drinking water, reading nutrition labels, eating fruits and vegetables, choosing food within their budget, being active more minutes per week, and buying fruits and vegetables. Findings from process evaluation were very positive and indicated older adults enjoyed the lessons and considered them to be interesting and valuable, understandable, and enjoyed most or all foods they tasted and movement activities.

Considerations: Since there was difficulty completing the required survey (Adult Food and Health Questionnaire), and since food and physical activity improvement results were strongly positive on the Program Evaluation compared to the outcome survey, a search will be conducted for a valid and reliable survey to use with this program that is also understandable to this audience.

Next Steps: Continued evaluation (process and outcome) is planned during FY25. If a simple, valid survey is found it will be reviewed by a sub-sample of program participants to check readability and understandability.