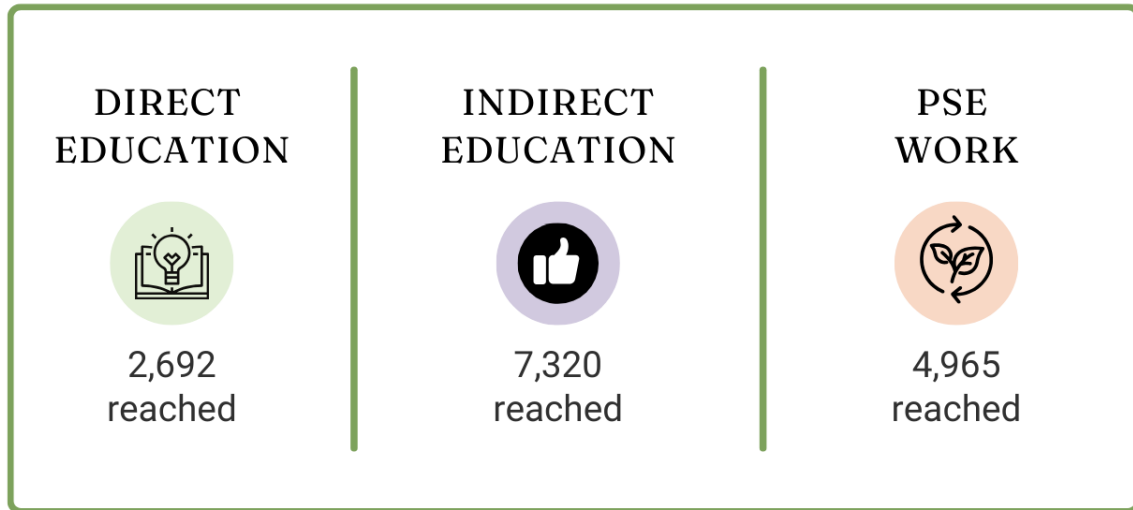


# CATHOLIC CHARITIES DIOCESE OF SANTA ROSA



## CFHL Evaluation Report



In FFY 24, CCSR educated high school-aged youth on healthy eating and physical activity. The CCSR team used the *Food Smarts for Adults* curriculum to provide an engaging one-hour series of five classes. In addition to high school youth, CCSR conducted the *Food Smarts for Adults* series with adults in veteran’s housing, homeless shelters, and affordable residential sites. Topics discussed during the lessons included limiting sugar-sweetened beverages and consuming lean meats and whole grains. The importance of physical activity in helping prevent chronic disease was also discussed.

CCSR also delivered single sessions for adults in Napa and Sonoma Counties. Participants learned about healthy eating, shopping on a budget, decreasing sodium consumption, and staying physically active.

Educators ensured that each session was fun and interactive. Healthy recipes were prepared, and students and adults sampled tasty treats they could make at home from *EatFresh.org*. Supplemental materials, including lesson handouts and the day’s recipe, were provided for participants to take home.

Through their indirect education efforts in FFY 24, the agency reached over 7,300 individuals. Health messaging flyers and recipes were distributed to community members accessing the CCSR food distribution sites. The agency’s ‘Smoothie Bicycle’ was used at health fairs and events to grab kids’ attention. The stationary bicycle is outfitted with a blender that turns on when someone rides it, reinforcing both healthy eating and physical activity.

## Evaluation Results – Adult Series Intervention

CC Santa Rosa collected 48 adult surveys using the *Food Behavior Checklist*. Surveys were collected in and near the city of Santa Rosa. Seventy-nine percent of the participants completed the Spanish version of the FBC.

As seen in *Table 42*, across the 16 MT1 healthy eating and drinking survey questions, 12 showed statistically significant ( $p < .05$ ) changes. There was an increase in eating fruits and vegetables, whole grains, and drinking water. Indeed, participants indicated they were eating nearly one-half of a cup of fruit and about one-third of a cup of vegetables more than before the nutrition education class. There was also a significant decrease in the consumption of sugary sodas and sports drinks and an increase in milk consumption with cereal. However, there was no significant increase in the consumption of citrus fruit or 100% juice or fish.

Among the five MT2 food resource management/smart shopping questions, four showed statistically significant changes but there was no significant decrease in running out of food before the end of the month. Indeed, in both pre and post-test about 55% indicated they never run out of food before the end of the month.

All three of the MT3 PA questions showed statistically significant increases. There was a nearly ½ day increase in the number of days of exercising for at least 30 minutes and a three-quarters of a-day increase in muscle strengthening exercises.

The Indicators of Success on the next page summarizes data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the CC Santa Rosa CFHL adult participants. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 42 OUTCOME DATA ANALYSIS RESULTS FOR CC SANTA ROSA, ADULT EDUCATION (N = 48)

Survey Question Topic	p-Value	Type of statistically significant change
<b>MT1 Healthy Eating</b>		
1. Eat F&Vs as snacks	.001	Increase
2. Drink sports drinks	<.001	Decrease
3. Citrus fruit or juice	.168	None
4. Drink regular soda	<.001	Decrease
5. Milk with cereal	.038	Increase
6. Cups of fruit	<.001	Increase
7. Cups of vegetables	<.001	Increase
8. Different fruit	.001	Increase
9. Different vegetables	<.001	Increase
10. Drink Milk	.659	None
11. Take skin off chicken	.031	Increase
12. Eat Fish	.256	None
13. Eat >2 vegetables	<.001	Increase
14. Eat whole grains	<.001	Increase
15. Drink low/fat-free milk	.261	None
16. Cups of water	<.001	Increase
<b>MT2 Food Resource Management</b>		
1. Use Nutrition label	<.001	Increase
2. Run out of food	.554	None
3. List before shopping	<.001	Increase
4. Buy low-sodium food	<.001	Increase
5. Buy low-sugar food	<.001	Increase
<b>MT3 Physical Activity</b>		
1. >30 min exercise	.040	Increase
2. Strengthen muscles	.012	Increase
3. Make small changes	<.001	Increase

# Indicators of Success

## Catholic Charities Diocese of Santa Rosa

48 FBC SURVEYS COLLECTED

### ETHNICITY



65% Hispanic/Latine  
25% Non-Hispanic/Latine  
10% Preferred no response

### LANGUAGE



21% Spanish  
79% English

### AGE



83% 18 - 59  
15% 60 - 75  
2% 76+

### GENDER



58% Female  
38% Male  
4% Preferred no response

### RACE

(CAN HAVE MULTIPLE SELECTIONS)



2% Asian  
2% Black  
25% Native American  
2% Pacific Islander  
50% White  
19% Preferred no response

## KEY INDIVIDUAL IMPACTS

\*STATISTICALLY SIGNIFICANT RESULTS

### Fruits & Vegetables 1-week recall



92% ate at 1+ cup of veggies each day\*



84% ate 1+ cup of fruit each day\*



71% eat fruit and veggies as snacks often or every day\*

### Drink Choices 1-week recall



90% drink 4+ cups of water each day\*



96% do not or only sometimes drink sodas\*



98% do not or only sometimes drink sports drinks or punch\*

### Smart Shopping 1-week recall



56% use nutrition facts label while shopping\*



83% make a list of ingredients before grocery shopping\*



44% buy foods with lower sugar or no sugar added, always or often\*

### Physical Activity 1-week recall



85% exercise 30+ minutes, 3+ days per week\*



60% do muscle strengthening exercises 2+ days per week\*



71% make small changes to be active often or always\*

## Evaluation Results – Youth Series Intervention

A total of 83 *Eating and Activity Tool for Students* (EATS) surveys were completed by students in a classroom via pen-to-paper. The data were entered into Survey Monkey and exported into the Statistical Package for the Social Sciences (SPSS) Ver 29 for descriptive and inferential statistical analysis. The analysis of statistical significance was conducted at alpha = 0.05 and 0.01 levels of significance. A p-value of less than 0.05 indicates a statistically significant change.

As shown in *Table 43* **TABLE 42**, the CC Santa Rosa CFHL direct education intervention showed statistically significant changes in five of the 19 EATS questions. The students significantly increased their consumption of orange, green, and other vegetables. They decreased their consumption of regular sodas. They also significantly decreased their level of sedentary behavior. Among the behaviors that did not result in statistically significant change but can be considered Indicators of Success include 87% eating fruit at least one time yesterday, 70% being physically active at least three days or more last week, and 79% drinking water three or more times yesterday.

The Indicators of Success on the next page summarizes data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the NVCSS CFHL youth participants. The data points may also indicate that respondents practice healthy behaviors such as drinking more water instead of sugary beverages. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

**TABLE 43 OUTCOME RESULTS ANALYSIS FOR CC SANTA ROSA, YOUTH EDUCATION (N = 83)**

Survey Question Topic	p-Value	Type of statistically significant change
1. Eat any starchy vegetables?	.083	None
2. Eat any orange vegetables?	<.001	Increase
3. Eat any salad or green vegetables?	.014	Increase
4. Eat any other vegetables?	.002	Increase
5. Eat any beans?	.717	None
6. Eat any fruit?	.078	None
7. Drink any fruit juice?	.083	None
8. Eat any bread, tortillas, buns, that were brown?	.346	None
9. Drink any diet soda?	.409	None
10. Drink any punch, sports drinks, or other fruit-flavored drinks?	.657	None
11. Drink any regular soda or soft drinks?	.049	decrease
12. Drink any energy drinks?	.374	None
13. Drink any sweetened coffee or tea drinks?	.095	None
14. Drink any kind of flavored milk?	1.000	None
15. Drink any water?	.540	None
16. What type of milk do you drink most of the time?	.485	None
17. Days of vigorous physical activity for at least 60 minutes per day last week	.644	None
18. Time spent doing PA during PE last week	.497	None
19. Hours of screen time last week on a typical school day Monday through Friday.	.041	Decrease

# Indicators of Success

## Catholic Charities Diocese of Santa Rosa

131 EATS SURVEYS COLLECTED

### ETHNICITY



1% Hispanic/Latine  
99% Non-Hispanic/Latine

### LANGUAGE



100% English

### AGE



14 - 18 years old  
Average Age = 15.5

### GENDER



46% Female  
44% Male  
10% Preferred  
no response

### RACE

(CAN HAVE MULTIPLE SELECTIONS)



2% Asian  
4% Black  
64% Native American  
2% Pacific Islander  
37% White  
6% Other

## KEY INDIVIDUAL IMPACTS

\*STATISTICALLY SIGNIFICANT RESULTS

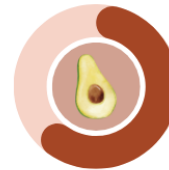
### Fruits And Vegetables 1-day recall



71% ate Orange Vegetables 1+ time\*



55% ate Starchy Vegetables 1+ time



64% ate a variety of vegetables 1+ time\*



66% ate Green Vegetables 1+ time\*



84% ate fruit 1+ time

### Drink Choices 1-day recall



99% drank water 1+ time\*



81% did not drink any regular soda\*



84% did not drink any energy drinks



87% did not drink any sports drinks or punch

### Physical Activity 1-week recall



70% were physically active 3+ days last week



76% spent most or all of PE class time doing physical activity



58% spent 2 hours or less of recreational screentime\*

## Policy, Systems, and Environmental Changes

### **Access to Healthy Food: Healthy Procurement**

CCSR formed an agency-wide Wellness Committee in 2016 to establish healthy food procurement and distribution policies for its 4 rural distribution sites, 4 emergency shelters, 2 drop-in centers, affordable housing sites, and programs housed in the agency's offices in Sonoma and Lake Counties. In FFY 25, CCSR plans to reconvene the committee and revisit the agency's nutrition and procurement standards.

In FFY 24, CCSR continued its partnerships with organizations to increase access and availability to farm fresh produce for their clients. Farm to Pantry, a local volunteer-gleaning organization, provided CCSR and its partner sites with boxes of fruits and vegetables for distribution to their low-income recipients. Parents and children benefited from CCSR's Farm to Pantry program at Ortiz Plaza, an affordable housing complex for farmworker families in Santa Rosa. Every week, clients were given one large box of gleaned fruit and one large box of gleaned vegetables. The average weight of each box was 20 pounds, which adds up to over 1,000 pounds of produce per family each year.



At CCSR's Community Resource Center (CRC), the agency continued to offer its clients Community-Supported Agriculture (CSA) produce boxes filled with farm-fresh fruits and vegetables. By using their EBT (Electronic Benefits Transfer) cards, subscribers pay half-price for a CSA box from a local grower. By stretching their food dollars, low-income households can decrease their food insecurity.

CCSR also continued its senior home delivery project in partnership with the agency's Rural Food and Senior Services Programs. This project provides home-bound seniors with about 50 lbs. of carefully selected healthy food each month that meets each client's dietary needs and cooking capabilities. In FFY 24, CCSR was able to serve more seniors in need.

### **Community Gardens**

In FFY 24, CCSR collaborated with teachers, students, residents and volunteers to plant and maintain nine edible school and community gardens. Six were located in Sonoma County, three were CCSR-operated sites, and three were in schools. In addition, CCSR collaborated with two sites in Lake County.

CCSR partnered with two of its housing sites to maintain community gardens. At the Palms Inn, a supported housing site, CCSR assisted residents and volunteers with maintaining the 10 garden beds. In FFY 24, lettuce, kale, and shishito peppers were among the produce that grew in the garden. In addition to the community garden, residents tended their garden plots. At CCSR's homeless shelter, Sam Jones Hall, new soil and plant starts were planted in wine barrel planters to ensure fruits and veggies were available throughout the year. Lettuce, kale, shishito peppers, bell peppers, squash, tomatoes, and zucchini. The gleaned produce was used to prepare healthy meals and clients could also pick the produce.

The garden at the CCSR home offices in Santa Rosa continued to thrive this fiscal year. Strawberries, squash, bell peppers, limes, shishito peppers, and tomatoes were harvested. This gleaned



produce is available year-round to clients accessing services at the CCSR offices in Santa Rosa. A colorful produce cart greets clients entering and exiting the building and invites them to take fresh fruits and veggies.

CCSR worked with three schools this year to plant and maintain edible gardens. At Park Side Elementary School, CCSR collaborated with the garden teacher to expand the garden's scope, ensuring the ongoing involvement of students, teachers, and staff. The team secured additional funding and increased engagement within the school community, which allowed more students to be involved in hands-on learning. The fresh produce was used in CFHL nutrition lessons and food recipe demos to reinforce healthy eating habits. Teachers also picked produce to supplement their lunches.

After assisting Piner High School with establishing a school garden in FFY23, CCSR worked to transition the garden to being sustained by the school in FFY24, with support from CFHL staff as needed. Six garden beds were added last fiscal year. The garden now has eight beds to grow tomatoes, peppers, corn, onions, lettuce, cilantro, basil, parsley, and rosemary.

In FFY 24, CCSR offered a special workshop at Elsie Allen High School in collaboration with the School Garden Network. The workshop taught teachers how to utilize school gardens and their produce and provided resources and ideas for making school gardens more sustainable. CCSR also assisted the school with maintaining the edible garden on site and supporting the school's Garden Club.

In Lake County, at the Middletown United Methodist Church, CCSR continued to build on last year's successful revitalized garden. Fresh soil was added to the garden beds, and fruits, vegetables, and herb plants were planted. In March 2024, CCSR implemented a Hydroponic Garden Project to help address food insecurity in Lake County. Hydroponic gardens thrive in indoor spaces, use water rather than soil for growing produce, and yield greater harvest than in-ground gardens. The Hydroponic Garden was set up at the Solano Women in Medicine (SWIM) Wellness Center. The center is dedicated to serving women, children, and families and offers a wide range of health and wellness services. Various herbs and vegetables thrived in the garden, including romaine lettuce, sweet Thai basil, parsley, dill, and cilantro. The hydroponic garden helps the center address the immediate need for fresh produce and the long-term goal of fostering healthier lifestyles in the community.

