

**Alignment of *Eating Smart • Being Active* with the SNAP-Ed Evaluation Framework (Nutrition, Physical Activity, and Obesity Prevention Indicators): Individual**

**ST1. Short Term Healthy Eating: Readiness & Capacity – Goals and Intentions:** Individual intentions and goals that serve as motivators to behavior changes recommended by the *Dietary Guidelines for Americans*.

**Outcome Measures:** The number or percentage of participants who set goals or intent to change the following healthy eating behaviors.

	Lesson 1: Welcome	Lesson 2: Moving!	Lesson 3: PS\$	Lesson 4: F&V	Lesson 5: Grains	Lesson 6: Protein	Lesson 7: Bones	Lesson 8: Change	Lesson 9: Celebrate!
<b>Five food groups.</b> Intention or goal setting related to eating from the five food groups throughout the day:									
ST1a. Fruit				X					X
ST1b. Vegetables				X					X
ST1c. Lean proteins						X			
ST1d. Whole grains					X				
ST1e. Low-fat or fat-free dairy							X	X	

<b>Messaging.</b> Intent to change or setting goals for any of the following <i>Dietary Guidelines</i> messages:									
ST1f. Find your healthy eating style and maintain it for a lifetime.	X	X	X	X	X	X	X	X	X
ST1g. Make half your plate fruits and vegetables – vary your veggies. <ul style="list-style-type: none"> <li>Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes.</li> <li>Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted, or raw.</li> </ul>				X					X
ST1h. Make half your plate fruits and vegetables – focus on whole fruits. <ul style="list-style-type: none"> <li>Choose whole fruits – fresh, frozen, dried, or canned in 100 percent juice.</li> <li>Enjoy meals with fruit as snacks, with meals, or as a dessert.</li> </ul>				X					X
ST1i. Make half your grains whole grains. <ul style="list-style-type: none"> <li>Look for whole grains listed first or second on the ingredients list – try oatmeal, popcorn, whole-grain bread, and brown rice.</li> <li>Limit grain desserts and snacks, such as cakes, cookies, and pastries.</li> </ul>					X				



**MT1. Medium Term Healthy Eating: Changes – Nutrition-Related Behavioral Changes:** Changes in individual and family healthy eating behaviors on the pathway to achieving the current *Dietary Guidelines for Americans* recommendations. Builds upon ST1 by assessing whether participants are making the behavioral changes they intended.

**Outcome Measures:** The number or percentage of participants reporting a healthy eating behavior during the period assessed, the frequency, type of behavior(s), or cups of fruits and vegetables consumed.

	Lesson 1: Welcome	Lesson 2: Moving!	Lesson 3: PS\$	Lesson 4: F&V	Lesson 5: Grains	Lesson 6: Protein	Lesson 7: Bones	Lesson 8: Change	Lesson 9: Celebrate!
<b>During main meals:</b>									
MT1a. Protein foods prepared without solid fats (e.g., saturated and/or trans fats) or fresh poultry, seafood, pork, and lean meat, rather than processed meat and poultry.						X		X	
MT1b. Ate a serving size of protein less than the palm of a hand or a deck of cards.						X			

<b>Throughout the day or week:</b>									
MT1c. Ate more than one kind of fruit				X					X
MT1d. Ate more than one kind of vegetable				X					X
MT1e. Ate nuts or nut butters						X		X	
MT1f. Used MyPlate to make food choices.				X	X	X	X		X

<b>Frequency:</b>									
MT1g. Drinking water.		X						X	
MTh. Drinking fewer sugar-sweetened beverages (e.g., regular soda or sports drinks)								X	
MT1i. Consuming low-fat or fat-free milk (including with cereal), milk products (e.g. yogurt or cheese), or fortified soy beverages.							X	X	
MT1j. Eating fewer refined grains (e.g. spaghetti, white rice, white tortilla)					X				
MT1k. Eating fewer sweets (e.g., cookies or cake)								X	

<b>Servings:</b>									
MT1l. Cups of fruit consumed per day				X					X
MT1m. Cups of vegetables consumed per day				X					X

**ST2. Short Term Food Resource Management: Readiness & Capacity – Goals and Intentions:** Individual and family goals and intentions that reflect smarter shopping and food resource management (FRM) strategies, enabling participants to stretch their food resource dollars to support a healthier diet.

**Outcome Measures:** The number of adults/heads of households who set goals or changes in intent related to the following shopping behaviors.

	Lesson 1: Welcome	Lesson 2: Moving!	Lesson 3: PS\$	Lesson 4: F&V	Lesson 5: Grains	Lesson 6: Protein	Lesson 7: Bones	Lesson 8: Change	Lesson 9: Celebrate!
<b>Healthful shopping practices.</b> Setting goals or changes in intent related to the following shopping behaviors:									
ST2a. Choose healthy foods for my family on a budget.			X	X			X		
ST2b. Read nutrition facts label or nutrition ingredient lists.			X	X	X	X	X	X	
ST2c. Buy 100 percent whole grain products.					X				
ST2d. Buy low-fat milk or dairy products.							X	X	
ST2e. Buy foods with lower added: <ul style="list-style-type: none"> <li>• 2e1. Solid fats (saturated and/or trans)</li> <li>• 2e2. Sugar</li> <li>• 2e3. Salt/sodium</li> </ul>								X	
ST2f. Buy fruits and vegetables – fresh, frozen, dried, or canned in 100 percent juice.				X					X

<b>Stretch food dollars.</b> Setting goals or changes in intent related to the following shopping behaviors:									
ST2g. Not run out of food before month's end.			X						
ST2h. Compare prices before buying foods.			X	X			X		
ST2i. Identify foods on sale or use coupons to save money.			X	X					
ST2j. Shop with a list.			X						
ST2k. Batch cook (cook once; eat many times).									
ST2l. Use unit pricing to find best values.			X	X			X		
ST2m. Cook healthy foods on a budget.			X	X			X		

**MT2. Medium Term Food Resource Management: Changes – Nutrition-Related Behavioral Changes:** Changes in individual and family healthy eating behaviors that reflect smarter shopping and food resource management strategies, enabling participants to stretch their food resource dollars to support a healthier diet.

**Outcome Measures:** The number or percentage of participants reporting a food resource management behavior during the period assessed, the frequency, and the type of behavior(s).

	Lesson 1: Welcome	Lesson 2: Moving!	Lesson 3: PS\$	Lesson 4: F&V	Lesson 5: Grains	Lesson 6: Protein	Lesson 7: Bones	Lesson 8: Change	Lesson 9: Celebrate!
<b>Healthful shopping practices:</b>									
MT2a. Choose healthy foods for my family on a budget.			X	X			X		
MT2b. Read nutrition facts label or nutrition ingredient lists.			X	X	X	X	X	X	
MT2c. Buy 100 percent whole grain products.					X				
MT2d. Buy low-fat milk or dairy products.							X	X	
MT2e. Buy foods with lower added: <ul style="list-style-type: none"> <li>• 2e1. Solid fats (saturated and/or trans)</li> <li>• 2e2. Sugar</li> <li>• 2e3. Salt/sodium</li> </ul>								X	
MT2f. Buy fruits and vegetables – fresh, frozen, dried, or canned in 100 percent juice.				X					X

<b>Stretch food dollars:</b>									
MT2g. Not run out of food before month's end.			X						
MT2h. Compare prices before buying foods.			X	X			X		
MT2i. Identify foods on sale or use coupons to save money.			X	X					
MT2j. Shop with a list.			X						
MT2k. Batch cook (cook once; eat many times).									
MT2l. Use unit pricing to find best values.			X	X			X		
MT2m. Cook healthy foods on a budget.			X	X			X		

**ST3. Short Term Physical Activity and Reduced Sedentary Behavior: Readiness & Capacity – Goals and Intentions:** Two part indicator measuring intentions and goals to increase physical activity and/or reduce sedentary behavior.

**Outcome Measures:** The number or percentage of participants who report intentions or set goals to increase physical activity and reduce sedentary behavior.

	Lesson 1: Welcome	Lesson 2: Moving!	Lesson 3: PS\$	Lesson 4: F&V	Lesson 5: Grains	Lesson 6: Protein	Lesson 7: Bones	Lesson 8: Change	Lesson 9: Celebrate!
<b>Increased physical activity, fitness, and leisure sport.</b> Number or percentage of people reporting intentions or setting goals to increase duration, intensity, and frequency of exercise, physical activity, or leisure sport appropriate for the population of interest, and types of activities.									
ST3a. Physical activity and leisure sport (general physical activity and leisure sport).		X	X	X	X	X	X	X	X
ST3b. Physical activity when you breathed harder than normal (moderate-vigorous physical activity).		X	X	X	X	X	X	X	X
ST3c. Physical activity to make your muscles stronger (muscular strength).		X	X	X	X	X	X	X	X
ST3d. Physical education or gym class activities (school PE).									
ST3e. Recess, lunchtime, classroom, before- and after-school physical activities (school activities – non-PE).									
ST3f. Walking steps during period assessed (e.g., increasing daily goal by ≥ 2,000 steps).									

<b>Reduced sedentary behavior.</b> Number or percentage of people reporting intentions or setting goals to decrease time spent in sedentary behavior (computers, desk sitting, television watching) during period assessed.									
ST3g. Television viewing.		X							
ST3h. Computer and video games.		X							
ST3i. Sitting on weekdays while at work, at home, while doing course work, and during leisure time.		X							



**ST4. Food Safety: Readiness & Capacity – Goals and Intentions:** Individual intentions and goals that serve as motivators to food safety behavior changes recommended by the *Dietary Guidelines for Americans*.

**Outcome Measures:** The number or percentage of participants intending to change one or more food safety practices at home.

	Lesson 1: Welcome	Lesson 2: Moving!	Lesson 3: PS\$	Lesson 4: F&V	Lesson 5: Grains	Lesson 6: Protein	Lesson 7: Bones	Lesson 8: Change	Lesson 9: Celebrate!
ST4a. Clean: wash hands and surfaces often.	X	X	X	X	X	X	X	X	X
ST4b. Separate: don't cross-contaminate.				X		X			
ST4c. Cook: cook to proper temperatures.						X			
ST4d. Chill: refrigerate promptly.					X	X	X		

**MT4. Food Safety: Changes – Nutrition-Related Behavioral Changes:** Changes in individual and group behaviors that reflect MyPlate principles and are on the pathway to achieving the current *Dietary Guidelines for Americans* recommendations.

**Outcome Measures:** The number or percentage of participants reporting a food safety practice at home during the period assessed, the frequency, and the type of practice.

	Lesson 1: Welcome	Lesson 2: Moving!	Lesson 3: PS\$	Lesson 4: F&V	Lesson 5: Grains	Lesson 6: Protein	Lesson 7: Bones	Lesson 8: Change	Lesson 9: Celebrate!
MT4a. Clean: wash hands and surfaces often.	X	X	X	X	X	X	X	X	X
MT4b. Separate: don't cross-contaminate.				X		X			
MT4c. Cook: cook to proper temperatures.						X			
MT4d. Chill: refrigerate promptly.					X	X	X		