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Title: Follow-up evaluation of FSNE adults

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Abstract: The objective is to develop a user-friendly system to evaluate the effectiveness of adult series programming conducted through the Food Stamp Nutrition Education Program (FSNE) in New Mexico. This project makes use of retrospective pretests, a less invasive and potentially more valid technique than true pretests. In addition, it collects the same information at different times, giving a glimpse into participants' changing perceptions of their own progress. NM FSNE works with adults eligible to receive food stamps through a series of nutrition classes. After each class, participants complete a three-question Scantron that asks what they did before the class and what they plan to do after the class. At the end of a lesson series, participants complete a behavior checklist that asks what they did before the series of classes and what they plan to do after having taken the series. Participants self-identify to participate in the follow-up study at that time. The follow-up evaluation project consists of phoning participants 3 to 6 months after they finish the program. The trained state office interviewer asks them both the Scantron and the behavior checklist questions, as well as qualitative questions. Analysis of the follow-up data indicates that behavioral changes do persist in the 3 to 6 months following completion of a class series. Further refinement of these evaluation techniques can inform evaluation of other FSNE projects. The data gathered can help justify the challenges and expenses associated with adult series programming.

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