Program Assessment Form (Non-Academic Program)

Nutrition and Health
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General Information (Program Assessment Form (Non-Academic Program))
Standing Requirements

NMC MISSION STATEMENT & ESIP (COLUMN 1 OF THE 5-COLUMN MODEL)

NMC Mission Statement: Northern Marianas College, through its commitment to student learning, provides high quality, affordable and accessible educational programs and services for the individual and people of the Commonwealth. ESIP for EFNEP: EFNEP focuses on reaching the poorest of the poor by providing direct nutrition education to families to address the health disparities associated with hunger, malnutrition, poverty, and obesity.

OUTCOMES (COLUMN 2 OF THE 5-COLUMN MODEL)

2020-2024 Approved Outcomes

Increase Healthy Eating Index (HEI) Score
The HEI is used to measure diet quality in relation to key recommendations of the Dietary Guidelines for Americans. In 2017, the average change in HEI score nationally for EFNEP was 6.02. For Tier 6, which includes Northern Marianas College, the 2017 HEI average change was 5.39. For the Northern Marianas College EFNEP, HEI scores increased by 1.9 in 2017, 1.8 in 2018, and 1.1 in 2019. The previous 5 Year Plan target of a 2 point increase each year was not met. We are focusing on increasing the score by 1 point each year from 2020-2024. WEBNEERS feedback report HEI change value is used to determine progress in this priority area. In the short term, new staff will be trained on the HEI and its relation to the key DGA recommendations. The team will work together to identify strengths and gaps in EFNEP delivery in relation to DGA key recommendations. We assume that by improving EFNEP direct nutrition education delivery to adults through the use of ESBA, HEI scores will improve.

Mapping

No Mapping

Increase physical activity
Although there was some improvement in this area in 2017 (target was 34% and 47% was attained), in 2018 improvement decreased to 12% and to 13% in 2019. As a result of this, NMI EFNEP will continue to make physical activity a priority area. EFNEP paraprofessionals will encourage participants to walk more and talk about the health benefits that come with walking at least 10,000 steps a day and/or aiming for 30 minutes of moderate physical activity a day. Improvements will be measured annually based on the WEBNEERS "improvement in physical activity". The new Food and Physical Activity Questionnaire will be used to assess improvements in this priority area. A 3% increase will be the target for each year (2020-2024). NMI EFNEP has also started to use ESBA which we assume will help to increase physical activity among EFNEP participants.

Mapping

No Mapping

Nutrition and Health 07/27

PLO 1
At least 75% of EFNEP participants will improve in one or more Nutrition Practices.
### Nutrition and Health/Expanded Food and Nutrition Education (EFNEP) Outcome Set

#### EFNEP PLO 1
At least 75% of EFNEP participants will improve in one or more Nutrition Practices (e.g. food safety, food resource management, diet quality, and food security).

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#### EFNEP PLO 2
Average kcal of Solid Fat & Added Sugars, will decrease by 30 kcal.

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#### EFNEP PLO 3 Increase Healthy Eating Index (HEI)
The HEI is used to measure diet quality in relation to key recommendations of the Dietary Guidelines for Americans. The team will work together to identify strengths and gaps in EFNEP delivery in relation to DGA key recommendations. We assume that by improving EFNEP direct nutrition education delivery to adults through the use of ESBA, HEI scores will improve.

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#### PLO 4 Increase Physical Activity
EFNEP paraprofessionals will encourage participants to walk more and talk about the health benefits that come with walking at least 10,000 steps a day and/or aiming for 30 minutes of moderate physical activity a day. CNMI EFNEP has also started to use ESBA which we assume will help to increase physical activity among EFNEP participants.

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MEANS OF ASSESSMENT AND SUCCESS CRITERIA (ASSESSMENT PLAN)

Mission Statement

NMC Mission Statement: Northern Marianas College, through its commitment to student learning, provides high quality, affordable and accessible educational programs and services for the individual and people of the Commonwealth. ESIP for EFNEP: EFNEP focuses on reaching the poorest of the poor by providing direct nutrition education to families to address the health disparities associated with hunger, malnutrition, poverty, and obesity.

Measures

Nutrition and Health/Expanded Food and Nutrition Education (EFNEP) Outcome Set

Outcome

Outcome: EFNEP PLO 1
At least 75% of EFNEP participants will improve in one or more Nutrition Practices (e.g. food safety, food resource management, diet quality, and food security).

Measure: WEBNEERS Feedback Report

Direct - Other

Details/Description: Issued by National Office post-review annual Web-Based Nutrition Education Evaluation and Reporting System (WEBNEERS) data submission. Outcome listed under "Adult Checklists - Diet Quality."

Acceptable Target: At least 75% of Expanded Food and Nutrition Education Program (EFNEP) participants will improve in one or more Diet Quality/Nutrition Practices.

Ideal Target: 90% of EFNEP participants will improve in one or more Diet Quality/Nutrition Practices.

Implementation Plan (timeline): Entry and exit data is entered within a week of collection from EFNEP participants.

Key/Responsible Personnel: Nutrition Educators (Sami Birmingham-Babauta, Kathy Tenorio, and Rose Lazaro) and Nutrition and Health Program Leader, Patty Coleman.

Outcome: EFNEP PLO 2
Average kcal of Solid Fat & Added Sugars, will decrease by 30 kcal.

Measure: WEBNEERS Feedback Report

Direct - Other

Details/Description: Compare to 2014 Web-Based Nutrition Education Evaluation and Reporting System (WEBNEERS) Feedback Report data, and institutions average improvement percentage among tier institutions, regionally, and nationally.
The reporting period to conduct Expanded Food and Nutrition Education Program (EFNEP) classes is from Oct 1-Sept. 30. Completed data feedback reports are usually ready in May of the following year.

Acceptable Target: At least 75% of EFNEP participants will decrease their average kcal intake of solid fat and added sugars by 30 kcal.

Ideal Target: 90% of EFNEP participants will improve in one or more Nutrition Practices.

Implementation Plan (timeline):
Entry and exit data is entered within a week of collection from EFNEP participants.

Key/Responsible Personnel: Nutrition Educators (Sami Birmingham-Babauta, Kathy Tenorio, and Rose Lazaro) and Nutrition and Health Program Leader, Patty Coleman.

Outcome: EFNEP PLO 3 Increase Healthy Eating Index (HEI)
The HEI is used to measure diet quality in relation to key recommendations of the Dietary Guidelines for Americans. The team will work together to identify strengths and gaps in EFNEP delivery in relation to DGA key recommendations. We assume that by improving EFNEP direct nutrition education delivery to adults through the use of ESBA, HEI scores will improve.

Measure: Increase Healthy Eating Index (HEI)
Direct - Other

Details/Description: The HEI is used to measure diet quality in relation to key recommendations of the Dietary Guidelines for Americans. The Web-Based Nutrition Education Evaluation and Reporting System (WEBNEERS) feedback report provides an HEI score per client after completion of the Expanded Food and Nutrition Education Program (EFNEP).

Acceptable Target: Increasing the HEI score by 1 point higher than the previous year’s score (e.g. 2019 had a score of .1) each year from 2020-2024.

Ideal Target: An HEI score of 6.02 which is currently the national average.

Implementation Plan (timeline): The CNMI’s average HEI score is generated annually by WEBNEERS at the close of the fiscal year.

Key/Responsible Personnel: Nutrition and Health Program Leader: Patty Coleman
Nutrition and Health Extension Aides: Samantha Birmingham-Babauta, Kathy Tenorio-Diaz, Rose Lazaro

Outcome: PLO 4 Increase Physical Activity
EFNEP paraprofessionals will encourage participants to walk more and talk about the health benefits that come with walking at least 10,000 steps a day and/or aiming for 30 minutes of moderate physical activity a day. CNMI EFNEP has also started to use ESBA which we assume will help to increase physical activity among EFNEP participants.
**Measure:** WEBNEERS Feedback Report - Improvement in Physical Activity  
*Indirect - Other*

**Details/Description:** The Web-Based Nutrition Education Evaluation and Reporting System (WEBNEERS) feedback report provides annual data on improvements made in physical activity for all participants in the Expanded Food and Nutrition Education Program (EFNEP).

**Acceptable Target:** 3% increase each year for 2020-2024 from our 2019 baseline of 13% improvement of physical activity.

**Ideal Target:** An increase to 37% which is currently the national average.

**Implementation Plan (timeline):** Generated annually at the end of each fiscal year when the feedback report from the National EFNEP Office is received.

**Key/Responsible Personnel:** Nutrition and Health Program Leader: Patty Coleman  
Nutrition and Health Extension Aides: Samantha Birmingham-Babauta, Kathy Tenorio-Diaz, Rose Lazaro

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**SUMMARY OF DATA COLLECTED AND USE OF RESULTS** (ASSESSMENT FINDINGS OR COLUMNS 4 & 5 OF THE 5-COLUMN MODEL)

**Finding per Measure**

**Nutrition and Health/Expanded Food and Nutrition Education (EFNEP) Outcome Set**

**Outcome**

**Outcome: EFNEP PLO 1**
At least 75% of EFNEP participants will improve in one or more Nutrition Practices (e.g. food safety, food resource management, diet quality, and food security).

**Measure:** WEBNEERS Feedback Report  
*Direct - Other*

**Details/Description:** Issued by National Office post-review annual Web-Based Nutrition Education Evaluation and Reporting System (WEBNEERS) data submission. Outcome listed under "Adult Checklists - Diet Quality."

**Acceptable Target:** At least 75% of Expanded Food and Nutrition Education Program (EFNEP) participants will improve in one or more Diet Quality/Nutrition Practices.

**Ideal Target:** 90% of EFNEP participants will improve in one or more Diet Quality/Nutrition Practices.

**Implementation Plan (timeline):** Entry and exit data is entered within a week of collection from EFNEP participants.

**Key/Responsible Personnel:** Nutrition Educators (Sami Birmingham-Babauta, Kathy Tenorio, and Rose Lazaro) and Nutrition and Health Program Leader, Patty Coleman.
Findings for WEBNEERS Feedback Report

Summary of Findings: In 2020, 97% of CNMI adult EFNEP participants improved in one or more diet quality/nutrition practices.

In 2015, 87% of CNMI adult EFNEP participants improved in one or more diet quality/nutrition practices.

In 2014, 65% of CNMI adult EFNEP participants improved in one or more diet quality/nutrition practices.

Among institutions in the same finding tier, 88% of adult EFNEP participants improved in one or more nutrition practices.

Among EFNEP programs in Western Region states and territories, 93% of adult EFNEP participants improved in one or more nutrition practices.

Nationally, 89% of adults improved.

Results:
Acceptable Target Achievement: Exceeded; Ideal Target Achievement: Exceeded.

Recommendations:
Consider increasing outcome to 100%.

Reflections/Notes:
Need to change the wording of this outcome so that it reflects diet quality terminology that is now used in EFNEP reporting system.

Outcome: EFNEP PLO 2
Average kcal of Solid Fat & Added Sugars, will decrease by 30 kcal.

Measure: WEBNEERS Feedback Report
Direct - Other

Details/Description: Compare to 2014 Web-Based Nutrition Education Evaluation and Reporting System (WEBNEERS) Feedback Report data, and institutions average improvement percentage among tier institutions, regionally, and nationally.

The reporting period to conduct Expanded Food and Nutrition Education Program (EFNEP) classes is from Oct 1-Sept. 30. Completed data feedback reports are usually ready in May of the following year.

Acceptable Target: At least 75% of EFNEP participants will decrease their average kcal intake of solid fat and added sugars by 30 kcal.

Ideal Target: 90% of EFNEP participants will improve in one or more Nutrition Practices.

Implementation Plan
Entry and exit data is entered within a week of collection from EFNEP participants.
**Outcomes and Recommendations**

**Findings for WEBNEERS Feedback Report**

**Summary of Findings:**

- In 2020, average kcal of Solid Fat & Added Sugars of CNMI adult EFNEP participants increased by 1.9 kcal.
- In 2015, average kcal of Solid Fat & Added Sugars of CNMI adult EFNEP participants decreased by 107 kcal.
- In 2014, average kcal of Solid Fat & Added Sugars of CNMI adult EFNEP participants decreased by 1.2 kcal.
- Among institutions in the same funding tier, decreased average kcal of Solid Fat & Added Sugars by 78 kcal.
- Among institutions in Western Region states and territories, average kcal of Solid Fat & Added Sugars decreased by 32 kcal.
- Nationally, average kcal of Solid Fat & Added Sugars decreased by 42 kcal.

**Results:**

Acceptable Target Achievement: Not Met; Ideal Target Achievement: Moving Away

**Recommendations:**

Compare data across tier group that uses same curriculum to determine if similar increases in SoFAS exists. FY 2020 tier data is not yet available.

The majority of EFNEP clients during this period were given the Eating Smart, Being Active (ESBA) lessons virtually due to face to face restrictions resulting from the COVID19 pandemic. ESBA is not designed to be delivered virtually. This might have effected this outcome.

**Reflections/Notes:**

Met with team to discuss possible reasons why this outcome was not met.

Consider the effect of the COVID19 pandemic restrictions and lockdowns on the consumption of foods with high amounts of SoFAS.

Determine if this outcome target of 30kcal needs to be further reduced.

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**Outcomes:**

**Outcome: EFNEP PLO 3 Increase Healthy Eating Index (HEI)**

The HEI is used to measure diet quality in relation to key recommendations of the Dietary Guidelines for Americans. The team will work together to identify strengths and gaps in EFNEP delivery in relation to DGA key recommendations. We assume that by improving EFNEP direct nutrition education delivery to adults through the use of ESBA, HEI scores will improve.
Measure: Increase Healthy Eating Index (HEI)

**Direct - Other**

**Details/Description:** The HEI is used to measure diet quality in relation to key recommendations of the Dietary Guidelines for Americans. The Web-Based Nutrition Education Evaluation and Reporting System (WEBNEERS) feedback report provides an HEI score per client after completion of the Expanded Food and Nutrition Education Program (EFNEP).

**Acceptable Target:** Increasing the HEI score by 1 point higher than the previous year’s score (e.g. 2019 had a score of .1) each year from 2020-2024.

**Ideal Target:** An HEI score of 6.02 which is currently the national average

**Implementation Plan (timeline):**

The CNMI’s average HEI score is generated annually by WEBNEERS at the close of the fiscal year.

**Key/Responsible Personnel:**

Nutrition and Health Program Leader: Patty Coleman
Nutrition and Health Extension Aides: Samantha Birmingham-Babauta, Kathy Tenorio-Diaz, Rose Lazaro

**Findings for Increase Healthy Eating Index (HEI)**

<table>
<thead>
<tr>
<th>Summary of Findings</th>
<th>Acceptable Target Achievement: Exceeded; Ideal Target Achievement: Exceeded</th>
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</thead>
<tbody>
<tr>
<td>Results</td>
<td>Acceptable Target Achievement: Exceeded; Ideal Target Achievement: Exceeded</td>
</tr>
<tr>
<td>Recommendations</td>
<td>Continue to utilize the Eating Smart, Being Active curriculum while further improving lesson delivery by the extension aides.</td>
</tr>
<tr>
<td>Reflections/Notes</td>
<td>A new curriculum - Eating Smart, Being Active - was introduced this year and may have resulted in the significant increases of our HEI scores.</td>
</tr>
</tbody>
</table>

**Outcome: PLO 4 Increase Physical Activity**

EFNEP paraprofessionals will encourage participants to walk more and talk about the health benefits that come with walking at least 10,000 steps a day and/or aiming for 30 minutes of moderate physical activity a day. CNMI EFNEP has also started to use ESBA which we assume will help to increase physical activity among EFNEP participants.

Measure: WEBNEERS Feedback Report - Improvement in Physical Activity

**Indirect - Other**

**Details/Description:** The Web-Based Nutrition Education Evaluation and Reporting System (WEBNEERS) feedback report provides annual data on improvements made in...
### Findings for WEBNEERS Feedback Report - Improvement in Physical Activity

<table>
<thead>
<tr>
<th>Summary of Findings:</th>
<th>In 2020, 88% of CNMI adult EFNEP participants improved in physical activity. We aimed for a 3% increase each year for 2020-2024 from our 2019 baseline of 13% improvement of physical activity.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Results:</td>
<td>Acceptable Target Achievement: Exceeded; Ideal Target Achievement: Exceeded</td>
</tr>
<tr>
<td>Recommendations:</td>
<td>Continue using the physical activity provided by the &quot;Eating Smart, Being Active&quot; (ESBA) curriculum and supplementing with the ESBA-recommended &quot;Walk Indoors with Leslie Sansone&quot; YouTube videos when conducting virtual lessons.</td>
</tr>
<tr>
<td>Reflections/Notes:</td>
<td>The new &quot;Eating Smart, Being Active&quot; curriculum incorporates physical activity into each lesson which is a component the previous curriculum did not offer.</td>
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### Overall Recommendations
Determine with team if there is a need to update targets and/or change outcomes based on the findings from this cycle.

### Overall Reflection
Despite the very challenging times in 2020, N&H managed to meet 3/4 targets.

**OPERATIONAL PLAN** (THIS IS WHERE YOU CAN LINK AN OUTCOME TO AN ACTION PLAN WITH OR WITHOUT A SPECIAL BUDGET REQUEST.)

**STATUS REPORT** (THIS SIMPLY STATES THE STATUS OF YOUR OPERATIONAL PLAN.)

MEANS OF ASSESSMENT AND SUCCESS CRITERIA (ASSESSMENT PLAN OR COLUMN 3 OF THE 5-COLUMN MODEL)

Mission Statement
NMC Mission Statement: Northern Marianas College, through its commitment to student learning, provides high quality, affordable and accessible educational programs and services for the individual and people of the Commonwealth. ESIP for EFNEP: EFNEP focuses on reaching the poorest of the poor by providing direct nutrition education to families to address the health disparities associated with hunger, malnutrition, poverty, and obesity.

Measures

2020-2024 Approved Outcomes

Outcome: Increase Healthy Eating Index (HEI) Score
The HEI is used to measure diet quality in relation to key recommendations of the Dietary Guidelines for Americans. In 2017, the average change in HEI score nationally for EFNEP was 6.02. For Tier 6, which includes Northern Marianas College, the 2017 HEI average change was 5.39. For the Northern Marianas College EFNEP, HEI scores increased by 1.9 in 2017, 1.8 in 2018, and .1 in 2019. The previous 5 Year Plan target of a 2 point increase each year was not met.
We are focusing on increasing the score by 1 point each year from 2020-2024. WEBNEERS feedback report HEI change value is used to determine progress in this priority area. In the short term, new staff will be trained on the HEI and its relation to the key DGA recommendations.
The team will work together to identify strengths and gaps in EFNEP delivery in relation to DGA key recommendations. We assume that by improving EFNEP direct nutrition education delivery to adults through the use of ESBA, HEI scores will improve.

Measure: HEI Score
Direct - Other

Details/Description: WEBNEERS feedback report HEI change value is used to determine progress in this priority area.

Acceptable Target: We are focusing on increasing the score by 1 point each year from 2020-2024.

Ideal Target: 6.02

Implementation Plan (timeline):
Key/Responsible Personnel:

Outcome: Increase physical activity
Although there was some improvement in this area in 2017 (target was 34% and 47% was attained), in 2018 improvement decreased to 12% and to 13% in 2019. As a result of this, NMI EFNEP will continue to
make physical activity a priority area. EFNEP paraprofessionals will encourage participants to walk more and talk about the health benefits that come with walking at least 10,000 steps a day and/or aiming for 30 minutes of moderate physical activity a day. Improvements will be measured annually based on the WEBNEERS "improvement in physical activity". The new Food and Physical Activity Questionnaire will be used assess to improvements in this priority area a 3% increase will be the target for each year (2020-2024). NMI EFNEP has also started to use ESBA which we assume will help to increase physical activity among EFNEP participants.

**Measure:** Physical Activity  
*Direct - Other*

**Details/Description:** EFNEP paraprofessionals will encourage participants to walk more and talk about the health benefits that come with walking at least 10,000 steps a day and/or aiming for 30 minutes of moderate physical activity a day.

**Acceptable Target:** 3% increase each year for 2020-2024

**Ideal Target:**

**Implementation Plan (timeline):** NMI EFNEP has also started to use ESBA which we assume will help to increase physical activity among EFNEP participants.

**Key/Responsible Personnel:** PL and extension agent

### SUMMARY OF DATA COLLECTED AND USE OF RESULTS (ASSESSMENT FINDINGS OR COLUMNS 4 & 5 OF THE 5-COLUMN MODEL)

#### Finding per Measure

**2020-2024 Approved Outcomes**

**Outcome**

**Outcome: Increase Healthy Eating Index (HEI) Score**

The HEI is used to measure diet quality in relation to key recommendations of the Dietary Guidelines for Americans. In 2017, the average change in HEI score nationally for EFNEP was 6.02. For Tier 6, which includes Northern Marianas College, the 2017 HEI average change was 5.39. For the Northern Marianas College EFNEP, HEI scores increased by 1.9 in 2017, 1.8 in 2018, and .1 in 2019. The previous 5 Year Plan target of a 2 point increase each year was not met. We are focusing on increasing the score by 1 point each year from 2020-2024. WEBNEERS feedback report HEI change value is used to determine progress in this priority area. In the short term, new staff will be trained on the HEI and its relation to the key DGA recommendations.

The team will work together to identify strengths and gaps in EFNEP delivery in relation to DGA key recommendations. We assume that by improving EFNEP direct nutrition education delivery to adults through the use of ESBA, HEI scores will improve.

**Measure:** HEI Score  
*Direct - Other*

**Details/Description:** WEBNEERS feedback report HEI change value is used to determine progress in this
priority area.

**Acceptable Target:** We are focusing on increasing the score by 1 point each year from 2020-2024.

**Ideal Target:** 6.02

**Implementation Plan (timeline):**

**Key/Responsible Personnel:**

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### Outcome: Increase physical activity

Although there was some improvement in this area in 2017 (target was 34% and 47% was attained), in 2018 improvement decreased to 12% and to 13% in 2019. As a result of this, NMI EFNEP will continue to make physical activity a priority area. EFNEP paraprofessionals will encourage participants to walk more and talk about the health benefits that come with walking at least 10,000 steps a day and/or aiming for 30 minutes of moderate physical activity a day. Improvements will be measured annually based on the WEBNEERS "improvement in physical activity". The new Food and Physical Activity Questionnaire will be used to assess improvements in this priority area. A 3% increase will be the target for each year (2020-2024). NMI EFNEP has also started to use ESBA which we assume will help to increase physical activity among EFNEP participants.

**Measure:** Physical Activity  
**Direct - Other**

**Details/Description:** EFNEP paraprofessionals will encourage participants to walk more and talk about the health benefits that come with walking at least 10,000 steps a day and/or aiming for 30 minutes of moderate physical activity a day.

**Acceptable Target:** 3% increase each year for 2020-2024

**Ideal Target:**

**Implementation Plan (timeline):** NMI EFNEP has also started to use ESBA which we assume will help to increase physical activity among EFNEP participants.

**Key/Responsible Personnel:** PL and extension agent

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### Findings for Physical Activity

*No Findings Added*
Overall Recommendations
No text specified

Overall Reflection
No text specified

USE OF RESULTS

STATUS REPORT

OPERATIONAL PLAN (THIS IS WHERE YOU CAN LINK AN OUTCOME TO AN ACTION PLAN WITH OR WITHOUT A SPECIAL BUDGET REQUEST.)

STATUS REPORT (THIS SIMPLY STATES THE STATUS OF YOUR OPERATIONAL PLAN.)
2019-2020 Assessment Cycle (Actual Cycle) (ACTUAL Data)

MEANS OF ASSESSMENT AND SUCCESS CRITERIA

Mission Statement

NMC Mission Statement: Northern Marianas College, through its commitment to student learning, provides high quality, affordable and accessible educational programs and services for the individual and people of the Commonwealth. ESIP for EFNEP: EFNEP focuses on reaching the poorest of the poor by providing direct nutrition education to families to address the health disparities associated with hunger, malnutrition, poverty, and obesity.

Measures

SUMMARY OF DATA

Finding per Measure

Overall Recommendations
No text specified

Overall Reflection
No text specified

USE OF RESULTS

STATUS REPORT

USE OF RESULTS

STATUS REPORT