



Grant Follow-Up Report for Organizations

Organization Information

Date: 12/16/2013

Fiscal Agent: Community Resource Center

Intervention Contact: Laura Seyfried

Title: Executive Director

Telephone: 734-428-7722

Email: manchestercrc@sbcglobal.net

Program Information:

Intervention Name: 5 a day toolkit

Number of individuals participating in this intervention: 130

Check List

- The Grant Funds were utilized as designated
- Funds were disbursed to vendors of equipment or services and/or to nonprofit organizations providing direct services; no cash awards were made to clients.
- This report is being submitted within the time requested in the grant award letter.

Attachments

- A complete expense report that demonstrates how the grant award was used. If this is an Interim Report, please indicate expenses to date.
- If the full amount of the grant was not necessary to provide the approved services or programs, a check from the agency is enclosed for any unused funds above \$100.
- Amount Returned - [Click here to enter text](#). Reason - [Click here to enter text](#).
- A photo(s) of the program (if appropriate). Photos will not be returned.
- Completed Photo Release Form

Narrative Responses

1. Referring to the goals described in your intervention (or any revisions submitted subsequent to the grant award), please indicate the following:
 - a. What were your major accomplishments?
 - b. What measures were used to determine effectiveness
 - c. Was this intervention effective? (Please provide supporting data)
 - d. What were the unexpected results or key learnings?

We had 130 people enrolled in the program which was originally set up for a maximum of 150. Thirty-six percent (47 people) completed the 6 week program. Forty percent (53) did not turn in

any postcards so we have not data for whether the program influenced their intake of fruits and vegetables. The other 30 people turned in some of the cards (25 turned in 1 or 2 weeks' worth of postcards).

Verbal feedback we received from participants was very positive even for people that did not turn in all 6 weeks. Tracking even for a week allowed individuals to truly count the number of fruits and vegetables they consumed. For example, the mother in one family thought she consumed 5 a day, but enrolled in the program for her family. It turned out that her husband did eat 5 servings a day, her son had close to 5 a day and she had the lowest number. This program made her recognize that she needed to pay attention to what she was eating in addition to the rest of her family. One participant started gaining weight on the program because she was eating all fruit not a combination of fruits and vegetables. Several senior citizen couples said they found the tracking was important and that they would continue that. Many participants said the plate was going to help them continue to eat better.

Here are comments from one participant:

1. This is a very effective tool at making one think about his daily consumption of fruits and vegetables, and in consciously making choices to accomplish the goal of the 5 F/V's per day.
2. It was harder to get a high vegetable count in a daily plan and was done primarily in restaurants by asking for a vegetable side in lieu of potatoes. Fruits were much easier to plan, generally eaten as a single item or group of items in lieu of a meal.
3. Make me look at fruit juice offerings and their contents (concentrates, sweeteners, etc.)
4. This goal is harder to meet when away from home on some vacation day or trip. Some restaurants offer applesauce as a side; vegetable offerings beyond potatoes hard to find except at upper-price restaurants.

Most of the "kits" were distributed at public events and by people well known in the community. Dr. Zora Djuric advised us during the planning stage and her opinion based on her past experience of multiple week programs was that few people would enroll. In fact she told us if we had around 20 people enroll, that that would be considered a success. She was surprised by the high number of enrollees and in the future may try running programs locally by local people instead of with grad students, etc.

2. Describe any setbacks encountered during the period of this grant
 - a. How did these setbacks impact the intervention?
 - b. How were these setbacks addressed?

There were no setbacks except that we did extend the timeline for enrollment.

3. Indicate if program goals were altered in any way and why.
No, just the timeline.
4. Should this intervention be continued?
We are not going to continue this intervention. Instead we are making other plans to use the remainder of the plates.

5. If yes what steps are being made to ensure the sustainability of the intervention beyond this grant period?

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6. If your program involved collaboration with other organizations, please comment on the value the collaboration.

Originally we worked with Kiwanis to purchase the bags used in the program. We collaborated with many local events to offer the plates and kits.

We also donated plates to a number of groups to use as “prizes” for the events including FUTP60 and church suppers. The Eat Better Committee is developing other programs to use the remainder of the plates in community events.

7. How did this intervention impact the organization responsible for implementation?

This program reinforced the Go, Slow, Whoa program that was introduced at the CRC food pantry to encourage people to Eat Better.

8. If fiscal agent is different than those responsible for implementation, use this space for feedback from the fiscal agent, if any

Click here to enter text.

Approval of Exec. Director or Equivalent Laura Seyfried
Name

Expenses

Date	Vendor	Item(s)	Amount
2/28/2012	Direct Office Buys	Cardstock	\$ 10.61
3/1/2012	Direct Office Buys	Paper	\$ 13.45
3/7/2012	USPS	Postage Stamps	\$ 86.70
3/8/2012	IKEA/Ruth	Bowls	\$ 316.41
3/13/2012	SteeleGrafix	Printing/Plates	\$ 2,260.25
3/30/2012	USPS	Postage Stamps	\$ 32.00
5/31/2012	SteeleGrafix	Plates	\$ 2,187.50
7/20/2012	USPS	Postage Stamps	\$ 29.44
5/30/2013	USPS	Postage Stamps	\$ 33.00
		Total	\$ 4,969.36

5-A-DAY TOOLKIT PILOT PROGRAM- MANCHESTER

The data analysis below was done by Zora Djuric in January of 2013. A few more participants were added in 2013, but this data analysis is a good representation of the data.

Table 1. Characteristics of Adult Study Completers and Non-completers

Characteristic	Completer n = 34	Non-completer n=36
Age, years ^a	55, 10.5, range 31-70)	46, 15.9, range 18-75)
Female gender	23, 68%	29, 83%
BMI, kg/m ²	28.4, 6.1(range 19.0-42.6)	29.3, 6.3(range 19.4-47.01)
Where participants live		
<i>Village</i>	11, 32%	13, 36%
<i>Manchester Township</i>	7, 21%	7, 19%
<i>Freedom Township</i>	7, 21%	5, 14%
<i>Bridgewater Township</i>	6, 18%	1, 3%
<i>Sharon Township</i>	2, 6%	5, 14%
<i>Other</i>	1, 3%	5, 14%
Distance to Grocery Store		
<i>¼ mile</i>	-	3, 8%
<i>½ mile</i>	2, 6%	1, 3%
<i>1 mile to 10 miles</i>	17, 50%	19, 53%,
<i>10 miles or more</i>	15, 44%	13, 36%
Race		
<i>White</i>	33, 97%	33, 92%
<i>Black</i>	-	-
<i>Hispanic</i>	-	2, 6%
<i>Asian</i>	-	-
<i>Other</i>	-	-
<i>Mixed</i>	-	-
Fruits and vegetables, servings/day		
Juice	0.5 (SD 0.7, range 0.0-3.0)	0.7 (SD 1.2, range 0.0-6.0)
Fruit	1.3 (SD 0.9, range 0.0-3.0)	1.5 (SD 1.2, range 0.0-4.0)
Beans	0.5 (SD 0.9, range 0.0-4.0)	0.0 (SD 0.4, range 0.7-1.0)
Dark green	0.8 (SD 0.8, range 0.0-4.0)	0.6 (SD 0.7, range 0.0-4.0)
Orange veg	0.4 (SD 0.6, range 0.0-3.0)	0.3 (SD 0.4, range 0.0-2.0)
Other veg	1.0 (SD 0.7, range 0.3-3.0)	1.1 (SD 2.0, range 0.0-12.0)
Total Fruits and Veg	4.5 (SD 2.6, range 1.1-12.0)	4.6 (SD 3.4, range 0.0-19.0)

^a An Independent samples *t*-test showed a significant difference for age ($p= 0.006$).

Table 2. Characteristics of Child Study Completers and Non-completers

Characteristic	Completer n = 8	Non-completer n=23
Age, years	6.9 (SD 3.4, range 4-14)	8.8 (SD 3.0, range 4-15)
Female gender	4, 50%	11, 48%
Weight for age, percentile	54.9 th (SD 40.0, range 3-97)	70.5 th (SD 27.8, range 7-97)
Where participants live		
<i>Village</i>	6, 75%	10, 44%
<i>Manchester Township</i>	1, 12.5%	7, 30%
<i>Freedom Township</i>	-	-
<i>Bridgewater Township</i>	-	3, 13%
<i>Sharon Township</i>	1, 12.5%	1, 4%
<i>Other</i>	-	2, 9%
Distance to Grocery Store ^b		
<i>¼ mile</i>	-	1, 4%
<i>½ mile</i>	1, 12.5%	1, 4%
<i>1 mile to 10 miles</i>	4, 50%	8, 39%,
<i>10 miles or more</i>	2, 25%	13, 57%
Race		
<i>White</i>	7, 88%	20, 87%
<i>Black</i>	-	-
<i>Hispanic</i>	-	-
<i>Asian</i>	-	-
<i>Other</i>	-	-
<i>Mixed</i>	-	3, 13%
Fruits and vegetables, servings/day		
Juice	0.3 (SD 0.2, range 0.2-0.7)	0.5 (SD 0.9, range 0.0-4.0)
Fruit	1.5 (SD 0.8, range 1.0-3.0)	1.8 (SD 1.4, range 0.1-4.0)
Beans	0.4 (SD 0.3, range 0.0-1.0)	0.3 (SD 0.2, range 0.0-1.0)
Dark green ^a	0.1 (SD 0.1, range 0.0-0.4)	0.4 (SD 0.2, range 0.1-1.0)
Orange veg	0.3 (SD 0.1, range 0.1-0.4)	0.3 (SD 0.2, range 0.0-0.6)
Other veg	0.8 (SD 0.6, range 0.4-2.0)	1.1 (SD 1.0, range 0.0-3.0)
Total Fruits and Veg	3.4 (SD 1.3, range 2.3-5.3)	4.2 (SD 2.1, range 0.9-8.9)

^a An Independent samples *t*-test showed a significant difference for dark green veg. ($p= 0.01$).

*Percentages may not add up to 100% due to rounding.

