

Ohio Healthy Program 2021 Evaluation

Characteristics of Multi-Year Designees

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Overview

In previous evaluations of Ohio Healthy Programs (OHP), we established that when a program receives OHP designation for the first time, it significantly improves the policies around nutrition.

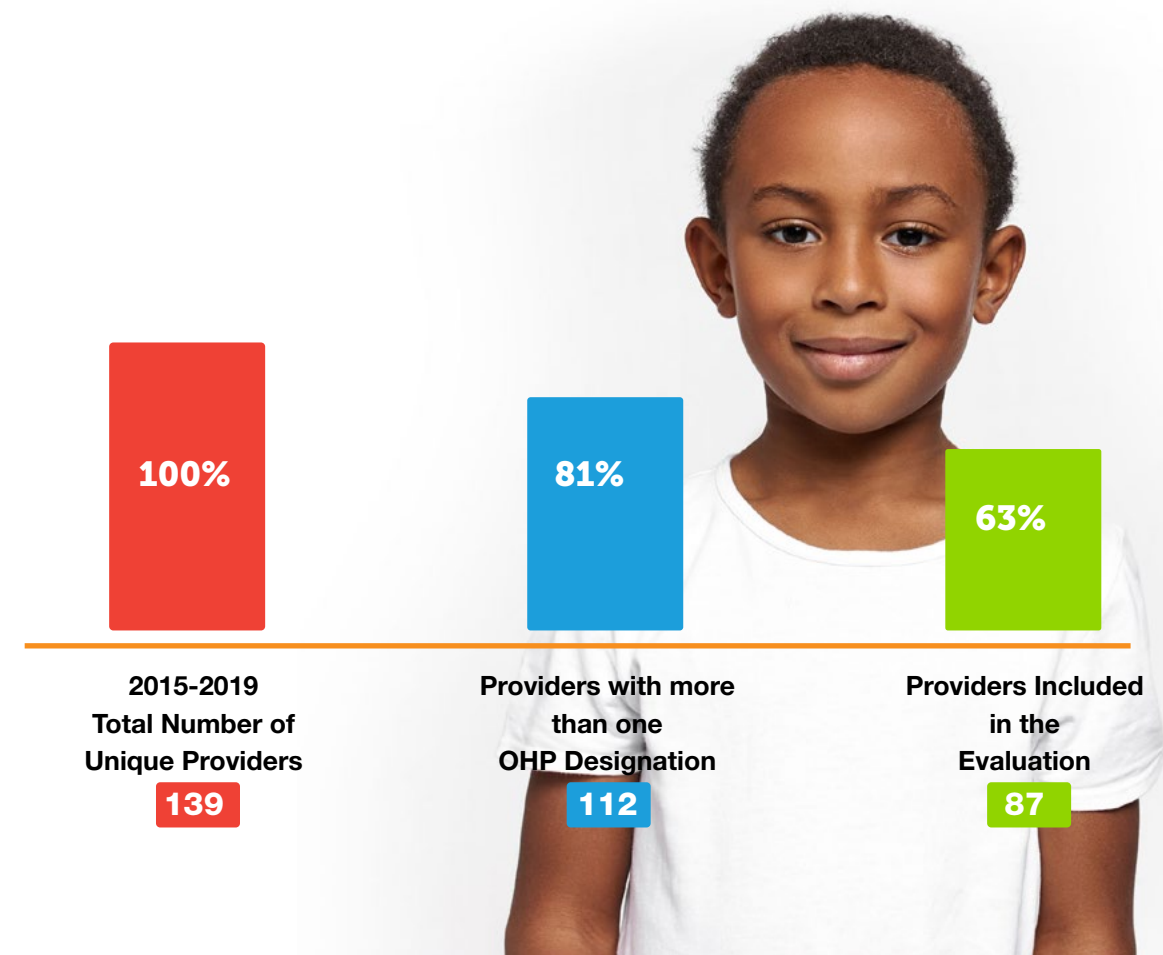
However, this report goes further to look at the benefits of being OHP-designated for more than one year. We look at whether being enrolled for more years produces more benefit, and if there is a difference between programs designated for two years as compared to programs designated for three to five years.

This research will help continue to inform the work as we move forward with future OHP designations among home-, center-, and/or school-based programs.

Overall Provider Characteristics

This table shows how many different programs were OHP-designated in at least one year from 2015-2019, and that 81% of them had a designation in multiple years, which shows fantastic retention of programs from 2015-2019.

For this analysis, we excluded any programs that were not designated in multiple years, those that use the same menus and policy handbook as another program, and any programs missing policy data, limiting the evaluation to 87 programs (63%).



PROVIDER DEMOGRAPHICS

All Designees

All programs have information from their first-time designation and their most recent renewal. There were differences in the characteristics of programs that were designated for two years in comparison with those designated in more years, so we reran the demographics to get a better picture of what two-year designees and three-to-five-year designees are like.

Table 4: Provider Characteristics by Years of OHP Designation

	Overall	2 Year Designees n=55 (62%)	3-5 Year Designees n=34 (38%)
Year of First Designation			
2015	5 (5.6)	2 (3.7)	3 (9.1)
2016	17 (19.1)	2 (3.7)	15 (45.5)
2017	17 (19.1)	2 (3.7)	15 (45.5)
2018	50 (56.2)	48 (88.9)	0
Type of Program			
Center Based	40 (44.9)	17 (31.5)	22 (66.6)
Home Based	48 (53.9)	36 (66.7)	11 (33.3)
School Based	1 (1.1)	1 (1.8)	0
Enrollment			
Actual	39.4 (45.6)	32.2 (43.5)	52.8 (47.7)
Capacity	48.0 (56.2)	41.2 (59.7)	60.3 (48.9)
In-Person TA Visits			
First Time	2.2 (1.0)	2.0 (1.0)	2.5 (0.9)
Recent Renewal	1.4 (0.7)	1.4 (0.6)	1.5 (0.8)

Characteristic Number of Programs (%) / Avg (SD)

Provider Characteristics by Years of OHP Designation



Overall

- About half of the sample (56%) was first designated in 2018.
- The type of program is about half home-based and half center-based.
- There is a large amount of variability of the enrollment and capacity, which is expected with the mixture of home- and center-based programs.
- All programs have information from their first-time designation and their most recent renewal. The average number of in-person TA visits was 2.2 during the first-time designation and 1.4 during the most recent renewal.
- Some of the programs were designated in exactly two years (62%), while others were designated for three to five years (38%).

2-Year Designees

The demographics for two-year designees are found in the second column of the table.

- The vast majority enrolled for the first time in 2018.



- More are home-based (67%) rather than center-based programs. We received Nemours Foundation funding to specifically support home-based programs in 2018.

3-Year Designees

These are the demographics for just the three-to-five-year designees.

- About half were designated for the first time in 2016 and 2017 – none were designated for the first time in 2018. This is the opposite of two-year designees.
- Most are center-based (67%) rather than home-based, which is the opposite of two-year designees.

Enrollment, capacity, and the number of in-person TA visits are the same when looking at all designees, two-year, and three-to-five-year designees.

MENU CHANGES

Average Number of Healthy Foods

This table shows positive additions to food menus. We see the pre, post, and change scores for the first-time and renewal designation, as well as the difference scores when comparing renewal and first-time designation.

Variable	First Time Designation			Renewal Designation			Difference		
	Pre-Test	Post-Test	Change	Pre-Test	Post-Test	Change	Pre-Test	Post-Test	Change
Whole Fruits	20.6 (8.5)	31.1 (9.6)	2.4 (4.0)***	24.3 (9.9)	23.0 (7.6)	-1.3 (5.9)*	3.7 (6.4)***	-0.1 (7.7)	1.2 (5.2)*
Vegetables	12.2 (6.4)	14.3 (8.0)	2.0 (3.6)***	14.1 (7.5)	12.4 (6.0)	-1.7 (4.6)**	1.9 (4.1)***	-1.8 (6.0)**	-0.1 (3.4)
Whole Grains	8.0 (7.1)	17.0 (7.0)	9.0 (7.7)***	17.2 (7.3)	16.4 (5.6)	-0.8 (6.5)	9.1 (8.0)***	-0.6 (6.9)	0.2 (4.4)

- **Whole fruit consumption increased by two fruits** in a two-week period during the first-time designation **but decreased by one fruit** in the renewal designation. However, there was still an overall increase by one fruit in the amount of fruit on the menu from the first-time pre-test in comparison to the renewal post-test.
- **Vegetable servings increased by two** during the first-time designation but then decreased back to the original servings after the renewal designation.
- Whole grain servings increased drastically, **by nine servings**, during the first-time designation, and while they did not increase more at the renewal, they held steady.

These findings suggest that **first-time designation poses the greatest benefit** toward menu changes, but these benefits were completely maintained for whole grains during the renewal, partially maintained regarding whole fruits, and were not maintained for vegetables.



MENU CHANGES

Median Number of Unhealthy Foods

This table shows the elimination of unhealthy foods from menus. We see the pre, post, and change scores for the first-time and renewal designation, as well as the difference scores when comparing renewal and first-time designation.

Variable	First Time Designation			Renewal Designation			Difference		
	Pre-Test	Post-Test	Change	Pre-Test	Post-Test	Change	Pre-Test	Post-Test	Change
Fried Food	1 (4)	0 (1)	0 (2.5)***	0 (0)	0 (1.0)	0 (0)	-1 (2)***	0 (0)	0 (0)
Juice	2 (6)	0.5 (3)	0 (2)***	0 (2)	0 (2)	0 (0)*	-1 (3)***	0 (2)**	0 (0)
Cereals	0 (2)	0 (0)	0 (2)***	0 (0)	0 (0)	0 (0)	0 (2)***	0 (0)	0 (0)

- We see the same results for the reduction of fried foods, juices, and sugar-sweetened cereals.
- **All three were significantly reduced** during the first-time designation and the change was sustained during the renewal designation.
- **Juices saw a continued decrease in servings** in the renewal designation while fried food and sweetened cereals **already had a median of 0** and could not decrease any further.



WellCCAT

Providers Changing Each Section

Now we are going to look at changes in policy handbooks for each provider using the WellCCAT tool. This tool has five different sections.

The table below shows the proportion of programs that decided to make a change to their policy handbook in each of the five sections, for both the first-time designation and the renewal.

Section	First Time Designation		Renewal Designation	
	Change	No Change	Change	No Change
Section 1: Nutritional Education	26 (30%)	61 (60%)	19 (22%)	69 (88%)
Section 2: Food and Beverage	57 (66%)	31 (34%)	37 (43%)	51 (57%)
Section 3: Promoting Healthy Eating	68 (78%)	20 (22%)	32 (37%)	56 (63%)
Section 4: Physical Activity	14 (16%)	74 (84%)	21 (24%)	67 (76%)
Section 5: Communication and Evaluation	20 (23%)	68 (77%)	15 (17%)	73 (83%)

In order to complete the designation, each provider needed to add just one healthy policy to their handbook. Therefore, we would not expect every provider to make a change to each of the five policy sections. This creates a difficulty in quantifying policy changes after the intervention. We decided to only quantify the amount of policy change for sections that had more than half of the programs making a change in at least one time point.

- **The majority of programs made a change in Section 2: Food and Beverage, and Section 3: Promoting Healthy Eating**
 - Those sections and overall scores were evaluated quantitatively (see next chart).



WellCCAT

Pre/Post Changes by First-Time or Renewal Providers Designated for 2 Years (n=54)

This table shows changes in WellCCAT scores for two-year designees.

Section	First Time Designation			Renewal Designation			Difference		
	Pre-Test	Post-Test	Change	Pre-Test	Post-Test	Change	Pre-Test	Post-Test	Change
Overall	15.1 (27.1)	24.9 (30.2)	5.1 (10.7)***	26.9 (38.6)	33.7 (37.5)	3.6 (5.3)***	3.7 (9.3)***	3.8 (9.3)***	-0.4 (16.1)
Section 2									
Food and Beverage	5 (25)	25 (45)	5 (25)***	20 (60)	37.5 (45)	0 (5)***	5 (30)***	0 (5)***	-2.5 (25)**
Section 3									
Promoting Healthy Eating	18.8 (31.3)	32.3 (31.3)	6.3 (6.3)***	32.3 (37.5)	40.4 (43.8)	0 (6.3)***	6.3 (6.3)***	0 (6.3)**	-6.3 (12.5)*

Overall scores

- For first-time designation there is a significant **5% increase** in overall scores.
- For renewal designation there is still a significant increase in overall scores, but the rate of change is not different than during the first-time designation.



Section 2: Food and Beverage

- During the first-time designation there is a **significant 5% increase** in scores.
- For renewal designation there is still a significant increase in scores.
- However, the amount of change is significantly less in the renewal designation when compared to the first-time designation **(decreasing by 2.5%)**.

Section 3: Promoting Healthy Eating

- The same pattern is found here.
- First-time designation **sees a significant improvement of 6.3%**, and while renewal sees an improvement, it is at a slower rate than the first-time designation.



WellCCAT

Pre/Post Changes by First-Time or Renewal Providers Designated for 3-5 Years (n=32)

This table shows changes in WellCCAT scores for three-to-five-year designees.

Section	First Time Designation			Renewal Designation			Difference		
	Pre-Test	Post-Test	Change	Pre-Test	Post-Test	Change	Pre-Test	Post-Test	Change
Overall	42.8 (27.4)	47.7 (27.6)	6.6 (12.7)***	62.6 (19.5)	63.3 (21.9)	2.0 (3.8)***	7.2 (15.8)***	5.6 (16.0)***	-4.2 (13.2)
Section 2									
Food and Beverage	35 (40)	60 (20)	10 (35)***	60 (25)	65 (15)	0 (5)**	14 (50)***	5 (10)**	-10 (30)***
Section 3									
Promoting Healthy Eating	43.8 (24.7)	50 (31.3)	6.3 (25)***	56.3 (31.3)	62.5 (31)	0 (6.3)**	12.5 (25)***	6.3 (18.8)**	-6.3 (18.8)**

- The three-to-five-year designees have higher overall scores before entering the intervention (**42.8%**) in comparison to the two-year designees because they are mostly center-based, Headstart programs. The federal standards for Headstart have additional components that are not required for all providers.

Overall scores

- The overall scores increased in first-time designation by **6.6%** and continued to increase in the renewal designation. However, there was not a significant difference in the amount of change from first-time to renewal.

Section 2

- Scores increased in first-time and renewal designation, but there was a significantly smaller amount of change for the renewal in comparison to the first-time designation (**-10%**).

Section 3

- Scores increased in first-time and renewal designations, but there was a significantly smaller amount of change for the renewal in comparison to the first-time designation (**-6.3%**).



Conclusion



Continued OHP designation has ongoing benefits.



These results suggest that OHP designation can help programs reach their operational potential and lead to policy improvements.

It is important to note that first-time designations result in the greatest magnitude of policy and menu improvement. Follow-up on subsequent years will be equally important in moving forward to determine sustainability.

Additional capacity building for each program may be necessary to see further improvements in food menus and healthy policy adoption after three to five years of OHP designation.

Ohio Healthy Programs: Building Evidence Towards Healthy Development in Early Childhood



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