Hockanum Valley Community Council
Feedback Report
August 2019

SWAP
SUPPORTING · WELLNESS · AT · PANTRIES

GREEN
Choose often; low in saturated fat, sodium and sugar; supports health

YELLOW
Choose sometimes; medium levels of fat, sodium or sugar; can contribute to good health

RED
Choose rarely; high levels of fat, sodium or sugar; think of as treats; limited health benefits
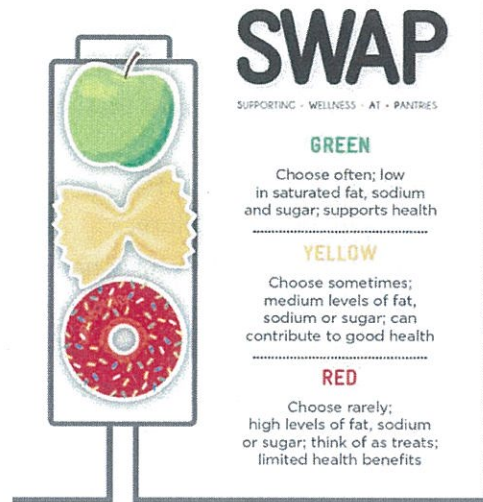
Background
This study evaluated the impact of implementing the Supporting Wellness at Pantries (SWAP) nutrition ranking system.
Specifically, we:
- Assessed the demographics and diet-related disease prevalence in the population served by HVCC
- Field tested and refined WellSCAN-mini, an app that ranks foods using the UPC (bar code)
- Document the nutritional value of foods available at the pantry and selected by clients pre and post SWAP implementation
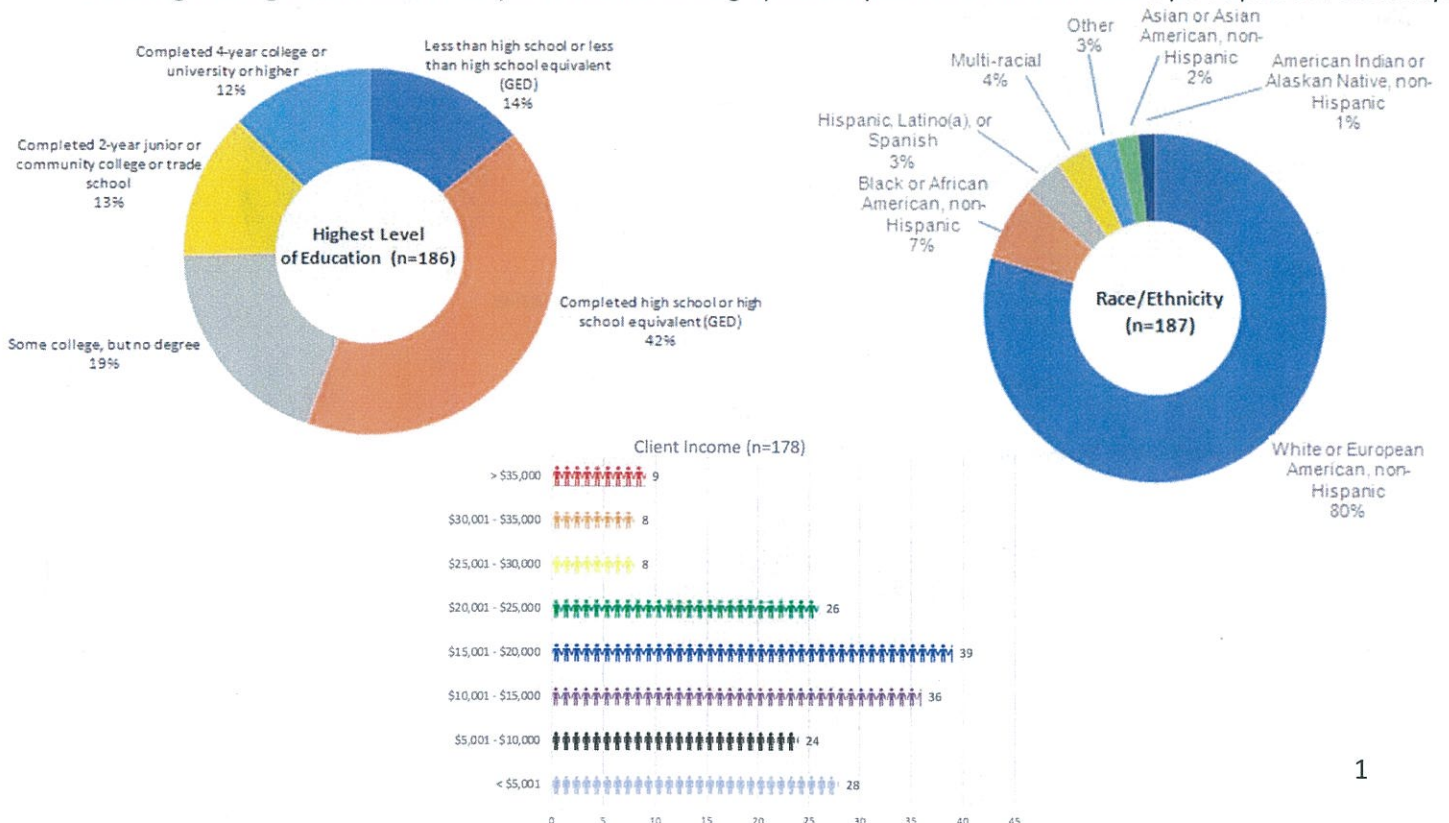
Why is this important?
- Nationally, more than half of the families who visit food pantries have a household member with high blood pressure and one-third have a member with type II diabetes.
- These diet-related chronic diseases can be prevented and better managed through a healthy diet.
- SWAP and WellSCAN can assist pantries in obtaining and promoting healthier items, and can help clients choose the items they need to support their health.

Data Collection at HVCC
- We collected data for five weeks from May – July 2019 (one and a half weeks pre-SWAP implementation and two and a half weeks post-SWAP implementation)
- We collected interview/survey data from participating HVCC clients (n=189: 122 clients pre-SWAP and 101 post-SWAP) and scanned all items in clients' carts
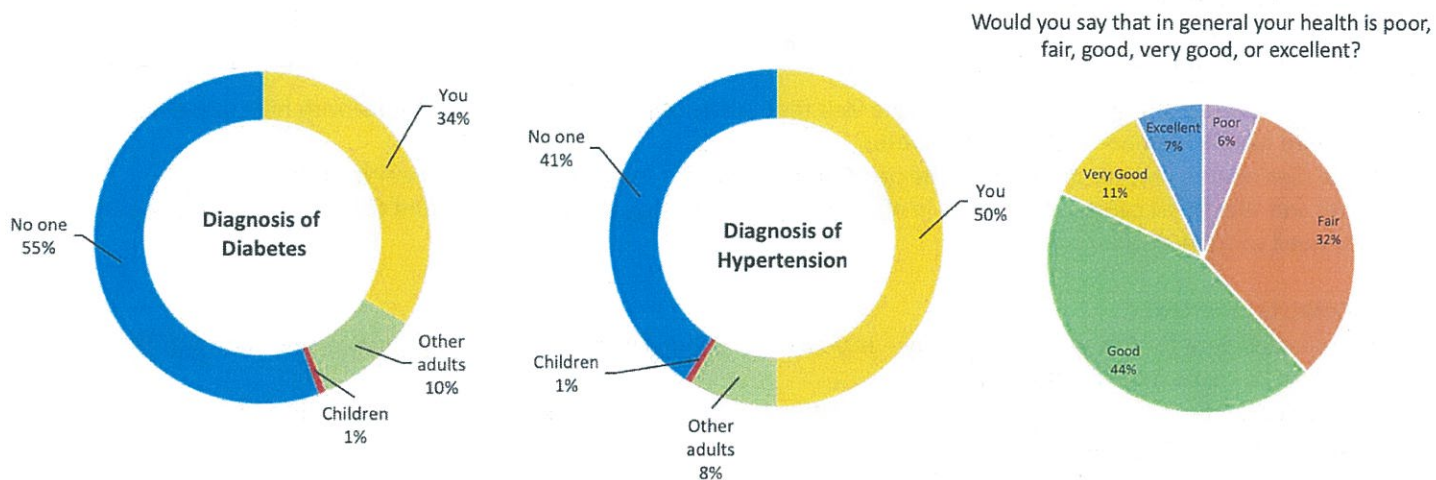- We assessed pantry inventory for alignment with SWAP

Client Demographics
We thought it might be of interest to you to see the demographic composition of the clients who participated in the study.

Highest Level of Education (n=186)
- Less than high school or less than high school equivalent (GED) 14%
- Completed high school or high school equivalent (GED) 42%
- Some college, but no degree 19%
- Completed 2-year junior or community college or trade school 13%
- Completed 4-year college or university or higher 12%

Race/Ethnicity (n=187)
- White or European American, non-Hispanic 80%
- Black or African American, non-Hispanic 7%
- Multi-racial 4%
- Other 3%
- Hispanic, Latino(a), or Spanish 3%
- Asian or Asian American, non-Hispanic 2%
- American Indian or Alaskan Native, non-Hispanic 1%

Client Income (n=178)
- > $35,000: 9
- $30,001 - $35,000: 8
- $25,001 - $30,000: 8
- $20,001 - $25,000: 26
- $15,001 - $20,000: 39
- $10,001 - $15,000: 36
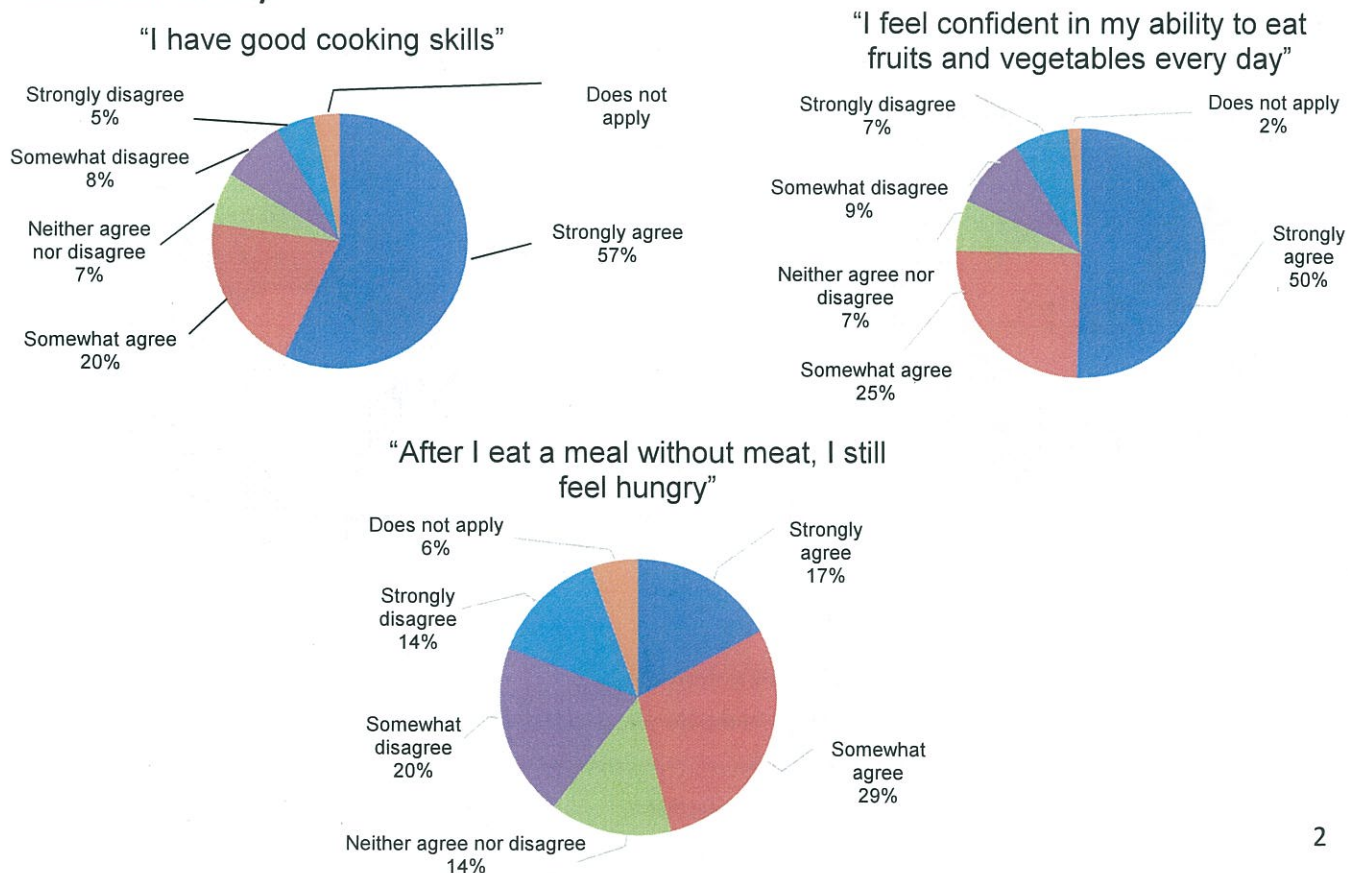- $5,001 - $10,000: 24
- < $5,001: 28

Clients' Health:

- Over one third (34%) of clients have been diagnosed with diabetes or high blood sugar, and another 10% live with another adult who has diabetes (please see chart).

- Half of clients reported that they have been diagnosed with high blood pressure or hypertension (please see chart).

- About 30% of clients have been diagnosed with a heart condition such as a heart attack, angina, or congestive heart failure.

- Nearly half of clients have been diagnosed with high cholesterol.

- The majority (64%) of clients reported that they or someone else in their household have been diagnosed with overweight or obesity.

- Most clients reported that their health is "good" (44%) or "fair" (32%).

Diagnosis of Diabetes
- You 34%
- No one 55%
- Other adults 10%
- Children 1%

Diagnosis of Hypertension
- No one 41%
- You 50%
- Children 1%
- Other adults 8%

Would you say that in general your health is poor, fair, good, very good, or excellent?
- Excellent 7%
- Poor 6%
- Very Good 11%
- Fair 32%
- Good 44%

Clients' Self-Efficacy:

"I have good cooking skills"
- Strongly disagree 5%
- Somewhat disagree 8%
- Neither agree nor disagree 7%
- Somewhat agree 20%
- Strongly agree 57%
- Does not apply

"I feel confident in my ability to eat fruits and vegetables every day"
- Strongly disagree 7%
- Does not apply 2%
- Somewhat disagree 9%
- Neither agree nor disagree 7%
- Somewhat agree 25%
- Strongly agree 50%

"After I eat a meal without meat, I still feel hungry"
- Does not apply 6%
- Strongly agree 17%
- Strongly disagree 14%
- Somewhat disagree 20%
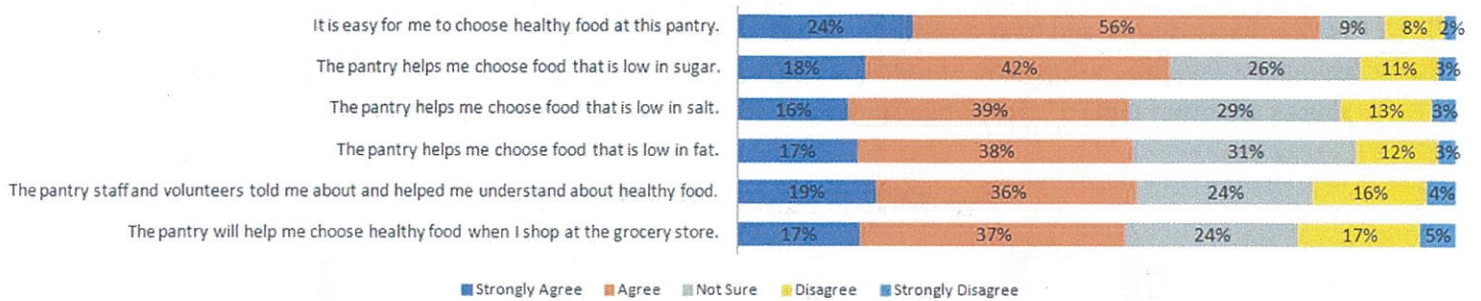- Somewhat agree 29%
- Neither agree nor disagree 14%

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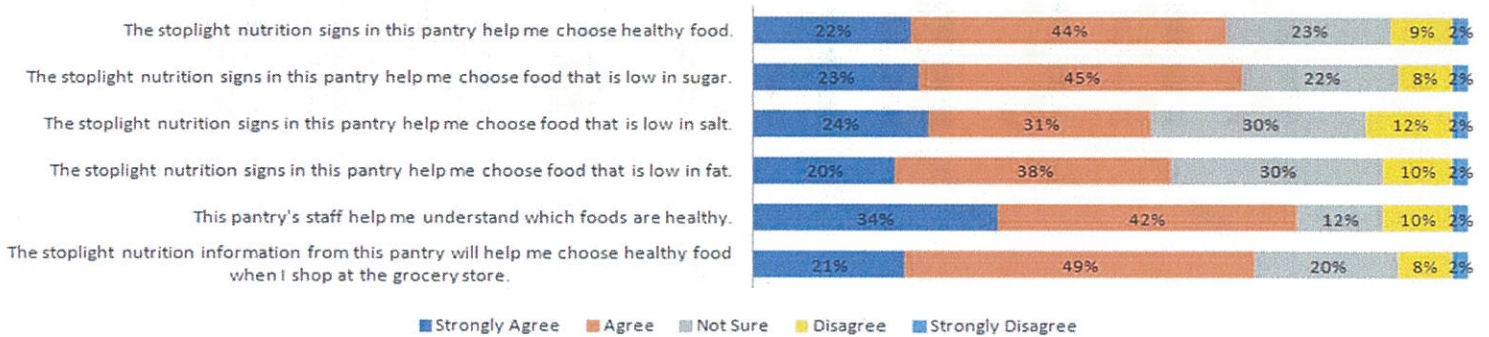**Clients' Perceptions of the Pantry (Before and After SWAP Implementation)**

As part of our client survey, we asked them about their perceptions of the pantry and stoplight nutrition ranking signs.

- Before SWAP, 60% of clients reported that the pantry helps them choose low-sugar foods. After SWAP, 68% reported that the SWAP signs help them choose low-sugar foods (please see bar charts below).
- Similarly, before SWAP, 54% of clients reported that the pantry helps them choose healthy foods when they shop at the grocery store. This number increased to 70% post-SWAP implementation.

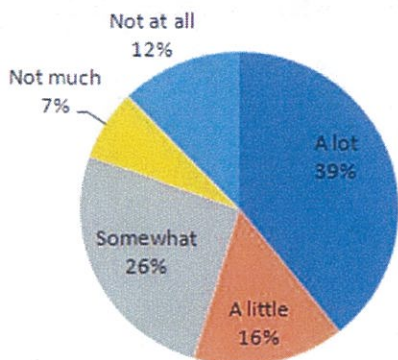**Client Perceptions - Before SWAP**

	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
It is easy for me to choose healthy food at this pantry.	24%	56%	9%	8%	2%
The pantry helps me choose food that is low in sugar.	18%	42%	26%	11%	3%
The pantry helps me choose food that is low in salt.	16%	39%	29%	13%	3%
The pantry helps me choose food that is low in fat.	17%	38%	31%	12%	3%
The pantry staff and volunteers told me about and helped me understand about healthy food.	19%	36%	24%	16%	4%
The pantry will help me choose healthy food when I shop at the grocery store.	17%	37%	24%	17%	5%

Client Perceptions - After SWAP

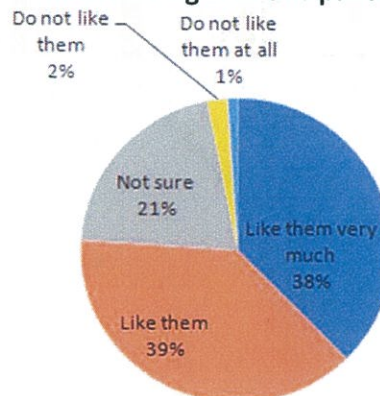|	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
The stoplight nutrition signs in this pantry help me choose healthy food.	22%	44%	23%	9%	2%
The stoplight nutrition signs in this pantry help me choose food that is low in sugar.	23%	45%	22%	8%	2%
The stoplight nutrition signs in this pantry help me choose food that is low in salt.	24%	31%	30%	12%	2%
The stoplight nutrition signs in this pantry help me choose food that is low in fat.	20%	38%	30%	10%	2%
This pantry's staff help me understand which foods are healthy.	34%	42%	12%	10%	2%
The stoplight nutrition information from this pantry will help me choose healthy food when I shop at the grocery store.	21%	49%	20%	8%	2%

After SWAP was implemented at HVCC, we also asked clients how much they noticed the SWAP signs and how they feel about them.

- Most clients (81%) noticed the signs (please see pie chart below, left).
- When asked how they feel about the signs, most clients (77%) report that they like them or like them very much. Twenty-one percent were not sure (please see pie chart below, right).

How much did you notice the stoplight nutrition signs in this pantry today?

- A lot 39%
- A little 16%
- Somewhat 26%
- Not much 7%
- Not at all 12%

How do you feel about the stoplight nutrition signs in this pantry?

- Like them very much 38%
- Like them 39%
- Not sure 21%
- Do not like them 2%
- Do not like them at all 1%

Food Pantry Inventory

We assessed your inventory to understand the kinds of foods you typically have available for your clients. We ranked the foods according to the SWAP system and estimated the number of items you had on the shelves using this scale: 0=*none*; 1=*very little (*1 to 5 items); 2=*a few (*6-15 items); 3=*several* (16-29 items); and 4=*a lot (*30+ items).

The charts below are based on nine inventory assessments (three pre-SWAP, six post-SWAP).

- Overall, the number of red Fruits and Vegetables decreased after SWAP was implemented. In fact, no red Fruits were available at any assessment post-SWAP.

- The number of green Dairy items increased after SWAP. Green Dairy includes skim milk and some plant-based milks.

- The quantity of green and red Meals/Combination foods (which includes boxed macaroni and cheese or rice mixes, soups, and heat-and-serve meals), decreased after SWAP was implemented.

- Within Condiments, availability of red items increased while green items decreased. Ready-made sauces are often ranked "red", while spices and some seasonings are usually ranked "green".

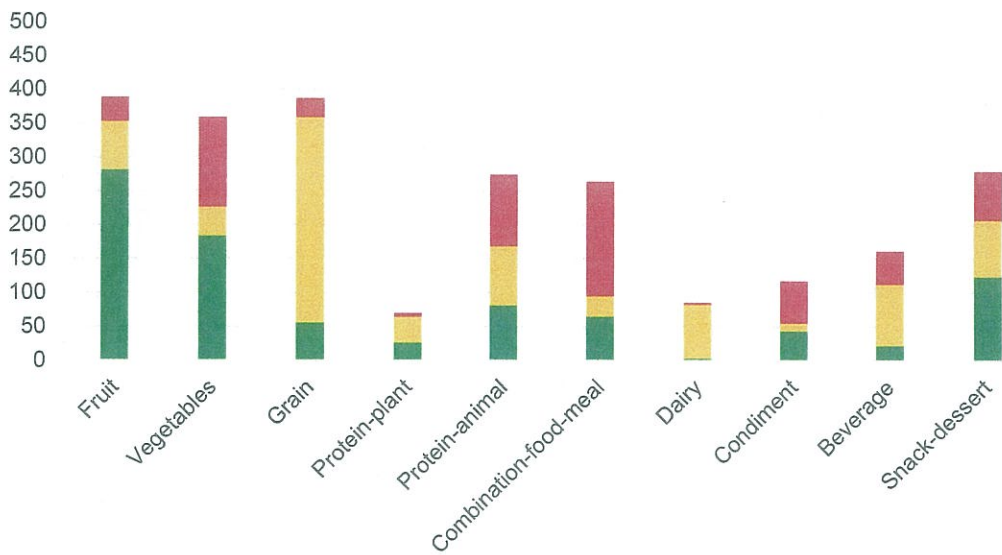## Pre-SWAP Pantry Assessments
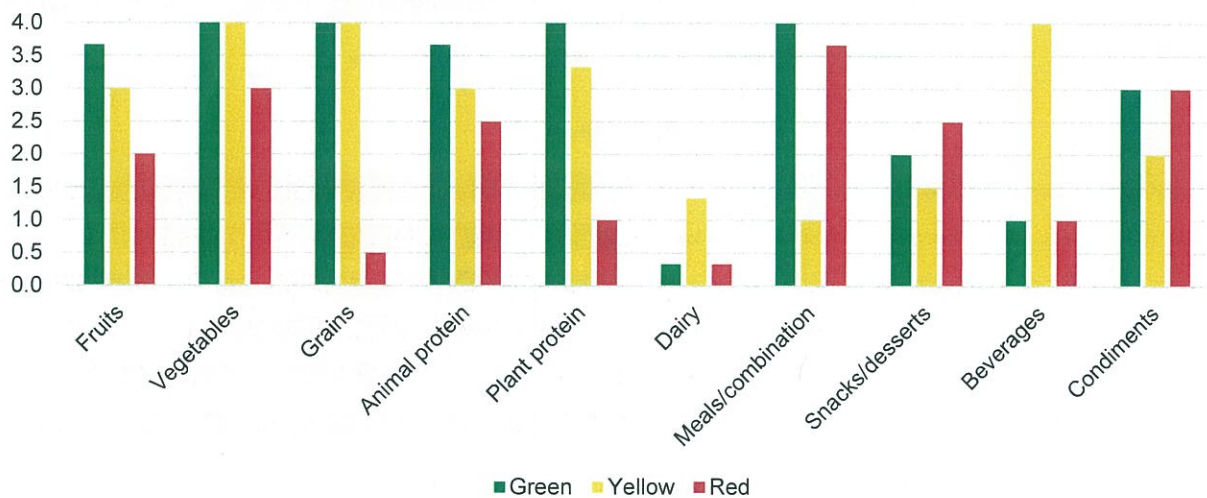
Post-SWAP Pantry Assessments
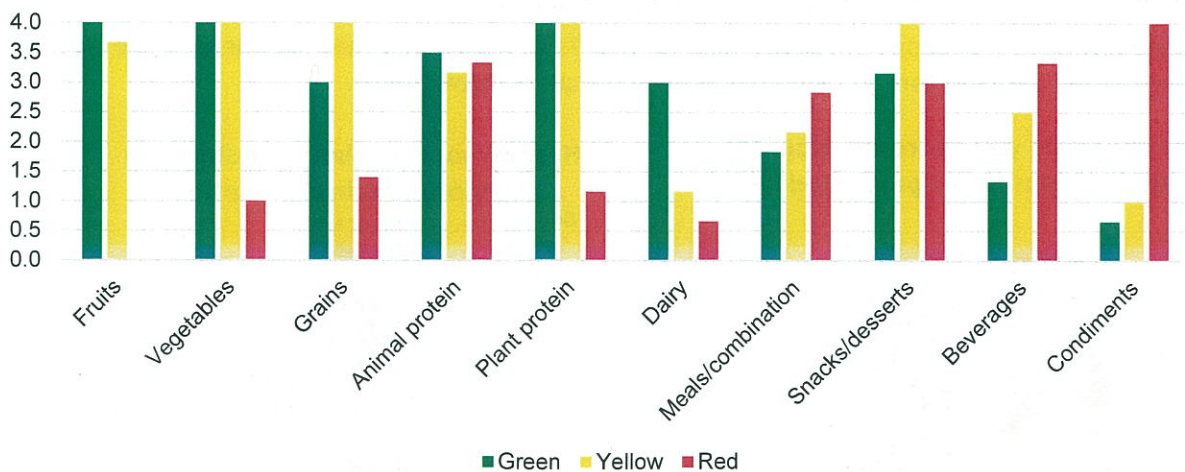
Client Food Selection Pre and Post SWAP

The charts below shows the proportion of green, yellow, and red items clients selected by category. This was based on a total of 5,120 items (2,909 pre-SWAP, 2,211 post-SWAP).

- Post SWAP, clients appear to have:
  - increased their selection of green items and decreased their selection of red items in both the Fruit and Vegetable categories
  - decreased the proportion and number of red combination foods (this includes soups, stews, pasta meals such as mac & cheese, and canned pasta.)
  - selected more red items from the Condiments and Beverages categories after SWAP was implemented, which may reflect the increase in the availability of these items (see pantry assessment).
- The Grain category (including cereals, rice, and bread) had the highest proportion of yellow items. To be green, the first ingredient must be a whole grain.
- For clarity, the Beverages category includes water, tea, coffee, soda and juice drinks; it does not include 100% juice (Fruit category) or milk (Dairy category).

Client Selections Pre-SWAP

Client Selections Post-SWAP

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