



# Conectando Cosechas con la Salud

# Connecting Harvest to Health (H2H)

## 2020 Annual Report

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Thank you to all Conectando Cosechas con las Salud/Connecting Harvest to Health (H2H) partners for their continued support and commitment.



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## Executive Summary

This summary provides an overview of the key findings from data and feedback collected during the program in year two. In 2018, Presbyterian Healthcare Services partnered with Encuentro, Meals on Wheels, and Three Sisters Kitchen on a four-year project to improve senior nutrition, reduce language access disparities, increase local food access, increase consumption of nutritious foods, enhance workforce development, support entrepreneurship, and strengthen the support structures for agricultural producers.

Conectando Cosechas con las Salud/Connecting Harvest to Health (H2H) project fully met or partially met most of the goals set for year two. Thirteen metrics considered high level were kept on a dashboard to help partners enter data they were responsible for collecting and monitoring (**Figure 1**). Other key metrics were collected and monitored by the community health evaluator (metrics collected through home health aides pre-and post-surveys, farmer surveys, care recipient surveys, and six-month follow-up surveys). The evaluator created reports and shared findings at H2H quarterly lead team meetings.

Eighteen outcome goals were fully met, four outcome goals were partially met, one outcome goal was not met, and one outcome goal was not applicable in year 2. The four goals partially met and one goal that was not met, were due to adjustments made to the program during the COVID-19 pandemic. The program successfully transitioned the H2H training and certification to a virtual platform in response to COVID-19. Collection methods were also transitioned to be completed online by Home Health Aids (HHA), seniors, and farmers, with the option to mail in responses.

Lastly, the pre-and post-surveys for the HHAs did not include questions specifically tied to evaluation metrics, so in some cases, a proxy question was used for analysis (resources for food vs. Supplemental Nutrition Assistance Program benefits). The following report is structured to include the evaluation questions, the associated outcome, the indicator, the goal, and the year two outcome.

In year two, H2H has successfully:

- Provided **147,636** meals
- Purchased **3,870** pounds of local food for senior meals
- Purchased **1,020** pounds of local food for H2H classes
- Connected **852** seniors with nutritious meals through Meals on Wheels
- Assessed **723** seniors for nutrition needs
- Purchased food from **11** local farmers and producers
- Held **4** professional development workshops

## Conectando Cosechas con la Salud/Connecting Harvest to Health YEAR 2

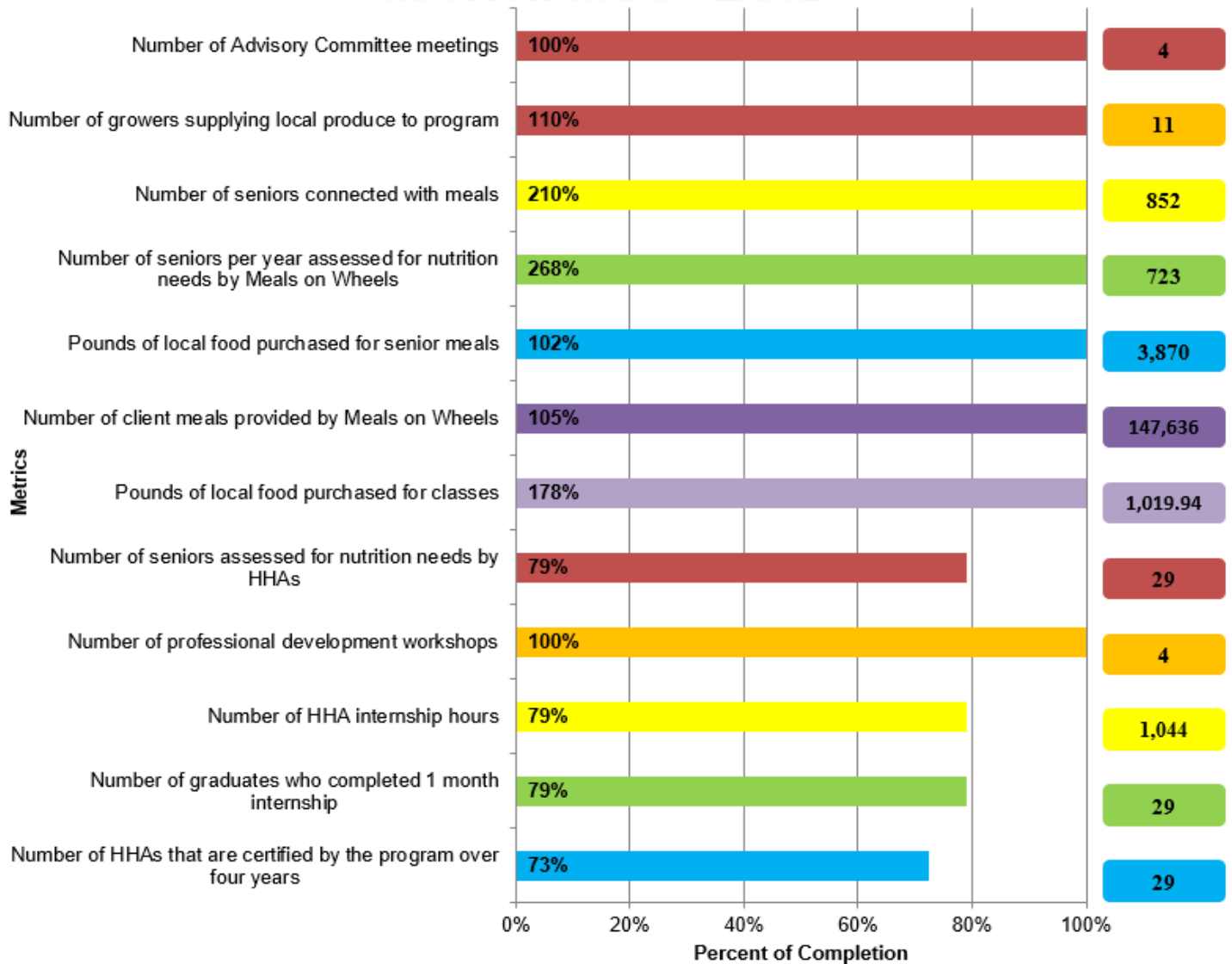


Figure 1. H2H High-Level Data

## Introduction

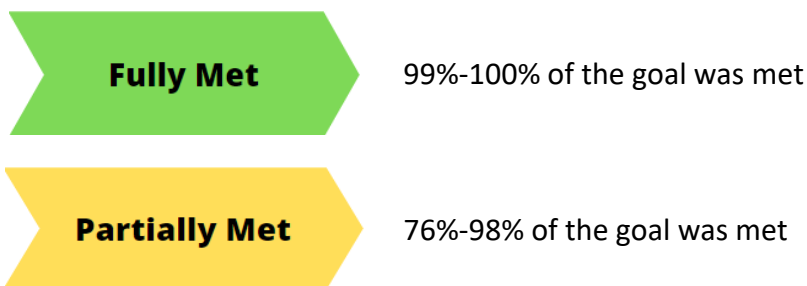
Fifteen-point five percent (15.5%) of the total population in New Mexico is food insecure<sup>1</sup>. Three primary models address senior food insecurity: congregate meals, home-delivered meals, and Senior Farmers Market Nutrition Program<sup>2</sup>. Presbyterian Healthcare Services, Encuentro, Meals on Wheels, and Three Sisters Kitchen have created a comprehensive approach by connecting elderly residents with local nutritious meals. The program has also helped Home Health Aids (HHAs) who will receive nutrition/cooking training that will supplement their medical assessment needs for elderly patients. Connecting Harvest to Health/Conectando Cosechas con la Salud aims to improve senior nutrition, reduce language access disparities, increase local food access, increase consumption of nutritious foods, enhance workforce development, support entrepreneurship, and strengthen the support structures for agricultural producers.

The purpose of this evaluation is to determine the effectiveness of the Connecting Harvest to Health/Conectando Cosechas con la Salud program in improving food security and nutritious eating, increasing purchase and use of local food, and increasing the number of trained Home Health Aids (HHAs). This evaluation will investigate components of the program that are performing optimally and should be expanded and replicated in future initiatives and develop reporting mechanisms for output metrics needed for USDA reporting.

Several methods were used to track outcomes, progress indicators, and program processes. This report presents data from September 1, 2019-August 31, 2020.

## Evaluation

H2H evaluation outcomes were rated based on whether they were met or not met using the following ranking system. Some goals took into consideration the impact of the COVID-19 pandemic as the program had to make changes to follow public health orders. Some program changes impacted the result of the program such as HHA participation, HHA certification, and curriculum topics that could not be fully adapted to a virtual setting.



<sup>1</sup> New Mexico Department of Health, Indicator-Based System for Public Health Website. <http://ibis.health.state.nm.us>

<sup>2</sup> Frongillo, E., Warren, A., An Evaluation Report: Senior Food Assistance, Related Programming, and Seniors' Experiences Across the Feeding America Network. <https://www.feedingamerica.org/sites/default/files/research/senior-hunger-research/senior-hunger-evaluation.pdf>

**Not Met**

0%-75% of goal was met

**Not Applicable**

Not applicable

## QUESTION 1:

### To what extent was food security and nutritious eating among seniors improved?

**Partially Met**

#### **Outcome 1.1:**

Within four years, train 135 HHAs on senior eating assessment, general, and geriatric nutrition.

#### **Goal:**

One hundred and thirty-five (135) HHAs trained over four years (Y1: 15; Y2: 40; Y3: 40; Y4: 40)

#### **Year 2 Outcome:**

Twenty-nine (29) HHAs were certified during year 2. We did not fully meet our goal of training 40 HHAs in year 2. We were unable to meet this goal due to the COVID-19 pandemic.

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#### **Outcome 1.2:**

Meals on Wheels will assess food security and well-being for 1,080 senior clients and, in years 2-4, HHAs will assess a total of 90 seniors for food security as part of the internship (including food benefits eligibility and enrollment navigation).

#### **Goal:**

a) One thousand and eighty (1,080) senior clients over four years by Meals on Wheels (years 1-4)

b) Ninety (90) senior clients by HHAs (years 2-4)

#### **Year 2 Outcome:**

a) Meals on Wheels has assessed 723 seniors for food insecurity and well-being during year 2. We are on track to meet the total goal

b) HHAs have assessed 29 senior clients for food insecurity and wellbeing during year 2. We are on track to meet the total goal.

**Fully Met**

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#### **Outcome 1.3:**

Connect 1,620 seniors in Bernalillo County over four years with 561,600 free nutritious meals through Meals on Wheels programming over the project period.

#### **Goal:**

a) Sixteen hundred and twenty (1,620) seniors in four years

b) Five hundred and sixty-one thousand and six hundred (561,600) meals in four years

**Fully Met**

**Year 2 Outcomes:**

Two thousand eight hundred and fifty-two (2,852) seniors were connected to meals. Meals on Wheels provided 147,636 meals to seniors during year 2.

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**Outcome 1.4:**

In years 2-4, 95% of HHA graduates preparing meals for client's report incorporating preparation of nutritious, diet-appropriate meals in client care six months following program completion (on-site cooking, supporting client cooking).

**Goal:**

Ninety-five percent (95%) of graduates who report preparing meals for clients (years 2-4)

**Fully Met**

**Year 2 Outcome:**

Ninety-four percent (94%) of HHAs reported on their six-month follow-up survey that they incorporated nutritious, diet-appropriate meals in client care.

**QUESTION 2:**

**To what extent was food security and nutrition among HHAs improved?**

**Outcome 2.1:**

Through the training program, 100% of program HHAs are aware of their eligibility for SNAP and, among those who are not already enrolled in SNAP and are interested in enrolling, 100% of eligible low-income HHAs enroll during training.

**Goal:**

One hundred percent (100%) over four years for both

**Year 2 Outcome:**

Due to the sensitivity of the questions, a proxy question was put in place for this evaluation question. Pre and post-training assessments were administered to HHAs to assess their change in knowledge, attitudes, and behaviors on several topics. Eighty-six percent (86%) of HHAs reported an increase in knowledge about resources that are available while 14% said they had no change in knowledge, implying they were already aware.

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**Fully Met**

**Outcome 2.2:**

Ninety percent (90%) of HHA graduates report increased personal healthy eating behaviors (produce shopping, healthy cooking, nutritious meal consumption, etc.) at six months post-graduation.

**Goal:**

Ninety percent (90%) of graduates (years 2-4)

**Year 2 Outcome:**

One hundred percent (100%) of HHA graduates reported an increase of personal healthy eating behaviors six months post-graduation.

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**Fully Met**



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**Outcome 2.3:**


Achieve a 20% reduction in HHAs reporting food insecurity between the start and completion of training, per standard food insecurity screening questions.

**Goal:**

Average of 20% reduction between training start and completion over four years

**Year 2 Outcome:**

HHAs were assessed on their food need using the food insecurity questions, resulting in a 12% decrease in food need amongst HHAs during participation in the program. The goal is an average of 20% reduction between training start and completion over four years.



**Fully Met**

**QUESTION 3:**

**How successful were we in increasing the purchase and use of local food in senior meal preparation?**

**Outcome 3.1:**

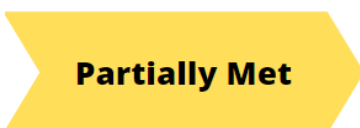
Within four years, train 135 HHAs on healthy cooking using local produce to prepare healthy meals for their households and to meet client needs.

**Goal:**

One hundred and thirty-five (135) HHAs trained over four years

**Year 2 Outcome:**

Twenty-nine (29) HHAs were certified during year 2. This does not meet our goal of 40 certified HHAs for year 2. We were unable to meet this goal due to the COVID-19 pandemic.



**Partially Met**

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**Outcome 3.2:**

Ten or more (10+) growers supply local produce for meal preparation, cooking classes, and Meals on Wheels during the project period.

**Goal:**

Ten growers over four years

**Year 2 Outcome:**

During year 2, Meals on Wheels worked with 11 growers who supplied local produce for meal preparation for Meals on Wheels clients.



**Fully Met**

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**Outcome 3.3:**

At the time of training program completion, 100% of HHAs know how to use supportive food programs like Supplemental Nutrition Assistance Program (SNAP), farmers' market match dollar programs, subsidized CSA, and Meals on Wheels.

**Goal:**

One hundred percent (100%) of HHA graduates

**Fully Met**

**Year 2 Outcome:**

A proxy question was put in place for this evaluation question. pre and post-training assessments were administered to HHAs to assess their change in knowledge, attitudes, and behaviors on several topics. Eighty-six percent (86%) of HHAs reported an increase in knowledge about resources that are available while 14% said they had no change in knowledge, implying they were already aware.

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**Outcome 3.4:**

A total of 4,372 lbs of local food per year purchased: 3,800 lbs per year by Meals on Wheels to incorporate into delivered meals and 572 lbs by Three Sisters Kitchen for HHA training.

**Goal:**

- a) Thirty eight hundred pounds (3,800 lbs) per year by Meals on Wheels
- b) Five hundred and seventy-two pounds (572 lbs) by Three Sisters Kitchen

**Year 2 Outcome:**

During year 2, Three Sisters Kitchen purchased 1,019.94 lbs of produce. Meals on Wheels purchased 3,870 lbs. of local food. Total pounds of local food purchased between the two organizations equaled 4,889.94 lbs, which exceeded the goal for total pounds of local food for year 2.

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**Outcome 3.5:**

Ninety percent (90%) of local growers report a positive impact on the local agricultural system from the program.

**Goal:**

Ninety percent (90%) of local growers providing produce to Meals on Wheels

**Year 2 Outcome:**

The farmers' survey was conducted by Presbyterian Healthcare Services with farmers who are part of the Agri-Cultura Network (a farm cooperative) and other local farms. One hundred (100%) of the local growers reported a positive impact on the local agricultural system from the program.

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**Fully Met**

**Fully Met**

**QUESTION 4:**

**To what extent were we successful in increasing the purchase and use of local food by HHAs?**

**Outcome 4.1:**

Through the training program, 100% of program HHAs are aware of their eligibility for SNAP and local benefits/incentives to buy produce for themselves and their families, eligible low-income HHAs use existing food programs including SNAP.

**Goal:**

One hundred percent (100%) of HHA graduates

**Fully Met**

**Year 2 Outcome:**

Due to the sensitivity of the questions, a proxy question was put in place for this evaluation question. Pre-and post-training assessments were administered to HHAs to assess their change in knowledge, attitudes, and behaviors on several topics. Eighty-six percent (86%) of HHAs reported an increase in knowledge about resources that are available while 14% said they had no change in knowledge, implying they were already aware.

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**Outcome 4.2:**

In years 2-4, among HHA graduates who report preparing client meals, 75% of HHA program graduates report sourcing local produce for client meals and/or aiding clients in buying/accessing local produce & food within the six months following program graduation.

**Goal:**

Seventy-five percent (75%) of graduates (among those who report preparing client meals) in years 2-4

**Year 2 Outcome:**

Sixty-six-point seven percent (66.7%) of HHA graduates reported sourcing local produce for client meals and/or aiding clients in buying/accessing local produce.

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**Partially Met**

**Outcome 4.3:**

In years 2-4, 80% of HHAs report buying local produce, meat, eggs, or dairy for personal use within the six months following program graduation.

**Goal:**

Seventy-five percent (75%) of graduates (among those who report preparing client meals) in years 2-4

**Year 2 Outcome:**

Sixty-six-point-seven percent (66.7%) of HHA graduates reported sourcing local produce, meat, eggs, or dairy for personal use.

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**Partially Met**

**QUESTION 5:**

**How successful were we at growing income opportunities for HHAs by providing specialized food and nutrition education?**

**Outcome 5.1:**

One hundred (100%) of HHA care recipients who participate in the HHA internship are aware of the HHA training program and the benefits of hiring graduates.

**Goal:**

One hundred percent (100%) of employers who participate in HHA internship

**Fully Met**

**Year 2 Outcome:**

One hundred percent (100%) of local HHA care recipients who participated in the HHA internship are aware of the HHA training program and the benefits of hiring graduates.

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**Outcome 5.2:**

One hundred percent (100%) of HHA training graduates using EnCasa Care Connections have the nutrition program included in their profile.

**Goal:**

One hundred percent (100%) of HHA graduates who respond to the six-month follow-up survey (years 2-4)

**Year 2 Outcome:**

Sixty-six-point-seven percent (66.7%) of HHA training graduates reported having the nutrition program included in the EnCasa Care Connections profile. The EnCasa Care Connection system was being updated to allow HHAs to alter their profiles independently to include the nutrition program certification. This may have impacted the ability of HHAs to update their profiles before the time of the survey.

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**Outcome 5.3:**

Twenty-five percent (25%) of HHA graduates report that they have additional opportunities because of the training.

**Goal:**

Twenty-five percent (25%) of HHA graduates (years 2-4)

**Year 2 Outcome:**

Fifty percent (50%) of HHA graduates reported that they have additional opportunities because of the training.

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**Outcome 5.4:**

Fifty percent (50%) of HHAs self-report earning \$10+ per hour six months following program completion (a rate above typical entry wages and near median wages).

**Goal:**

Fifty percent (50%) of HHA graduates (years 2-4)

**Year 2 Outcome:**

Due to the sensitivity of the question, a proxy question was used for the evaluation. Fifty percent (50%) of graduates reported having more opportunities because of the training.

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**Not Met**

**Fully Met**

**Fully Met**

**QUESTION 6:**

**How successful were we at cultivating a home health workforce that is highly trained in understanding senior food and nutrition needs and evidence-based strategies for senior care?**

**Outcome 6.1:**

Place ten graduates per cohort (90 total) in one-month paid and mentored home health internships to practice nutrition and food security assessment, dietary needs, cooking and food preparation, social meal accompaniment, and general home health aide skills for a total of 3,240 internship hours over four years.

**Goal:**

- a) Ten graduates per cohort
- b) Three thousand two hundred and forty (3,240) internship hours over four years

**Year 2 Outcome:**

- a) Three cohorts of graduates participated in one-month internships in year 2. Twenty-nine (29) total graduates completed the one-month paid internship program.
- b) One thousand and forty-four (1044) internship hours were complete in year 2.

**Fully Met**

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**Outcome 6.2:**

HHAs, community members, seniors, and partners take part in 16 quarterly Advisory Committee Meetings about program progress, training needs, unmet senior needs, quality improvements, and strengthening referral and sector connections.

**Goal:**

Sixteen meetings over four years

**Year 2 Outcome:**

Presbyterian Community Health held one Advisory Committee meeting per quarter, totaling four meetings for year 2.

**Fully Met**

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**Outcome 6.3:**

HHAs participate in 16 quarterly food and nutrition continuing professional development workshops during the project period.

**Goal:**

Sixteen workshops over four years (four per Year)

**Year 2 Outcome:**

Encuentro held one professional development workshop per quarter, totaling four workshops for year 2.

**Fully Met**

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**Outcome 6.4:**

Via train-the-trainer initiative, HHA graduates advise, teach, and help grow the program in years 3 and 4.

**Goal:**

To be determined at the end of year 3

**Year 2 Outcome:**

NA

**Not Applicable**

**QUESTION 7:**

**What are the qualitative perspectives of the benefits of the program for funded partners?**

**Outcome 7.1:**

Within four years, gather more comprehensive qualitative perspectives on the benefits of the program.

**Goal:**

sixteen reports from each funded partner over four years

**Year 2 Outcome:**

Four reports to be compiled and analyzed were received from each of the partners in year 2.

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**Fully Met**