

Survey Design

In 2012 fifty-three low-income families participated in 4-class Family Program Series, nineteen of which Nurture was able to contact in 2013. During Family Program classes Nurture shared fitness, cooking and nutrition information designed to help families eat more whole foods and become more physically active. Between February and May 2013 Nurture spoke with these families. This was three to fourteen months after their last Nurture class. We asked open ended questions to determine the impact Nurture classes had on these families.

Behavior Changes Reported by Alumni

- 100% of alumni changed what they serve for meals. (The following percentages are based on unprompted responses. We did not directly ask about specific foods.)
 - 68% of families reported eating more fruits and vegetables.
 - 68% of families reported eating more whole grains.
 - 37% of families reported eating more beans and lentils
 - 26% of families reported using less oil and fat.
- 74% of alumni reported they and/or their family members are more physically active or maintained prior high levels of physical activity.
- 63% of alumni reported increased energy and/or decreased sickness for themselves and/or their family members.
- 58% of alumni reported saving money on food.



Comments *(Some translated from Spanish.)*

- “I’m saving money by using more grains and less meat. We’re eating more vegetables too.”
- “Since taking the Nurture class we are eating healthier breakfasts and doing the exercises we learned.”
- “We are eating more oatmeal and have eliminated soda. My kids haven’t been sick all season, and I think it’s because they are eating healthier.”
- “I’ve seen a huge change in myself, and I’ve lost weight. I use olive oil now and eat more vegetables, fruits and fish instead of red meat. We’re eating more grains also. It’s a little more expensive but well worth it. Eating beans is cheaper than red meat.”
- “We now understand how to eat healthy. We never ate whole grains and now we do... [For fruits and vegetables] it’s a lot cheaper if you eat what’s in season.”
- “I’m walking with my kids more now. We go on bike rides and to the park even on days when the weather would have kept us home in the past.”
- “I learned so much! Can I take more classes?”

