

## Core Connections Network Evaluation (2021-2022)

Core Connections Network (CCN) is an eight-week health and wellness educational program designed to empower individuals to participate in managing their chronic condition by learning skills to make lifestyle changes and facilitating a partnership with their healthcare practitioners. Offered in-person and virtually, CCN classes cover:



CCN coaches were recruited from healthcare partner organizations that participated in Food Rx, a Food For Change program, and trained to facilitate CCN classes. Partner organizations invited participants who were struggling to manage their chronic condition to participate. CCN coaches completed a post-training Coach Feedback Survey to assess their satisfaction and expectations with being a facilitator while participants completed pre- and post-course surveys designed to measure changes in knowledge and behavior regarding their interactions with healthcare, dietary consumption, physical activity, food insecurity status, confidence levels in improving their dietary consumption and physical activity levels, and clinical health outcomes.

### Socio-Demographics of Pre/Post Survey Participants

#### Virtual CCN Cohort



**Gender:** 100% Women  
**Marital Status:** 50% Divorced, 25% Married, 25% Single  
**Ethnicity:** 75% Black, 25% Hispanic/Latina  
**Monthly Income:** 100% less than \$1000

#### In-Person CCN Cohort



**Gender:** 100% Women  
**Marital Status:** 75% Married, 12.5% Divorced, 12.5% Widowed  
**Ethnicity:** 87.5% Black, 12.5% Hispanic/Latina  
**Monthly Income:** 75% less than \$4000, 25% not disclosed

### Coach Feedback Survey



**100%** felt “very prepared” to conduct CCN course



**75%** were “very satisfied” with experience with CCN curriculum



**75%** described client handouts as “very useful”

### Participant Pre/Post Survey

*Both virtual and in-person cohorts reported:*



Positive increase in overall perception of health



Overall increase in fruit and vegetable consumption

A **decrease in food insecurity** was most clearly seen in the **in-person cohort**.



### Rooted in Evidence

In 2021, Houston Food Bank (HFB) was selected as a Rooted in Evidence grantee. Established by the Gretchen Swanson Center for Nutrition, with funding support from the Gretchen Swanson Center for Nutrition Foundation, this grant program funds eligible food banks working to support innovative and dynamic programming to improve the health and dietary quality of emergency food recipients. Grantees were awarded \$20,000 and received technical assistance and evaluation support.