

**Lebanon County Christian Ministries
upLIFT Program Impact Report
May 2025**



Executive Summary


In partnership with More Than Food Consulting and Urban Alliance, the upLIFT coaching program offered by Lebanon County Christian Ministries (LCCM) is designed to build the confidence, economic wellbeing, and overall life stability of those that participate. This report outlines the progress achieved through the upLIFT program since its launch in September 2022 through April 2025. Since January 2023, LCCM has enrolled and been working alongside 23 individuals. 13 people have now completed the upLIFT program over the course of nine months, and four people participated in follow-up surveys after 18 months of starting the program.

Program Overview

upLIFT utilizes the More Than Food framework of promoting a welcoming culture, healthy choice with dignity in the new Market on 7th, and connection to community resources to address the root causes of food insecurity. upLIFT is a structured coaching program aimed at helping individuals unlock their full potential. In this program, we refer to participants as “members”. The program combines coaching with motivational interviewing to empower members to identify a set of goals and create a sustainable plan for achieving them. The program’s impact is measured through validated survey tools, including food security, self-sufficiency, and financial wellbeing of members. upLIFT coaches collect information with members when they start the program (baseline), and then at three month intervals throughout the coaching program to measure progress. The program is intended to last nine months, and members graduate when they have made considerable progress in at least two goals.

UpLIFT: By the Numbers

Total program graduates:
 **13**
Members have completed the upLIFT program

Program Retention Rate:
 **78%**
Of members who started the upLIFT program have graduated or are still actively engaged

23 Members



- All **23** members have completed the Baseline Survey
- **16** have completed the 3 Month Survey
- **15** have completed the 6 Month Survey
- **13** have completed the 9 Month Survey
- **4** have completed the 18 Month Follow-Up Survey

Member Demographics and Health Information

Of the 23 members, the average age is 39 years, ranging from 22 to 64 years. 61% of members described their ethnicity as White, 30% Hispanic and 4% Black. The majority of members identify as female (87%) and single (74%). The majority of households (78%) have children in the household, including 39% with children under the age of 5, and 61% with children between 6-17 years old. At baseline, four of the 23 members (17%) had diabetes in their household (all of which were getting treatment or taking diabetes medication), and 26% had high blood pressure (only half were getting treatment or taking medication for their condition). 43% of members said their health was fair or poor.

Key Outcomes

This section of the report highlights the personal advancements made by the 13 upLIFT members that have completed nine months and have successfully graduated from the program and showcases progress from the four upLIFT members that have completed an 18 month follow up survey. The following sections document key program outcomes that focus on changes in food security, self-sufficiency, financial wellbeing, social support, and self-efficacy since engaging the program. For the following outcome measures, we ran analyses to test for statistical significance. We mark whether results are significant at $p < .05$, which means that there is less than 5% chance that the results happened by chance.

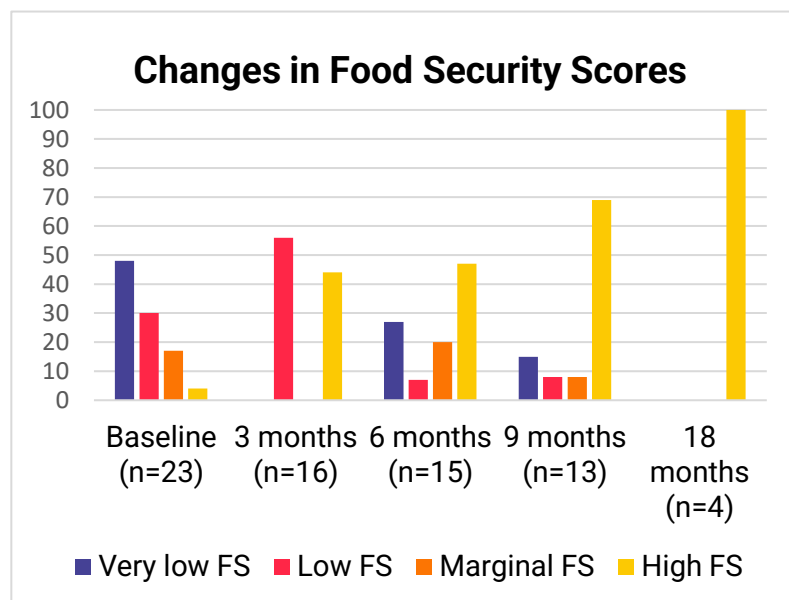
Food Security

According to the US Department of Agriculture, food security is classified into four levels:

- high food secure, and marginal food secure (which combined are considered food secure)
- low and very low food secure (which combined are considered food insecure)

As shown in the chart to the right, at the initial baseline survey, almost half of the 23 members (48%) experienced very low food security, where families cut back on the quality *and* quantity of their food. Another seven members (30%) experienced low food security, where families worry about having enough food, and five members (21%) were considered food secure.

The chart to the right shows changes to food security scores over time. After three months, 56% experienced low food security, and the other 44% experienced high food security.



After six months, four members (27%) experienced very low food security, one was low food secure, and the majority (67%) identified as food secure. At the nine-month mark, two members (15%) remained at very low food security, one was low food secure, and the remaining 77% of

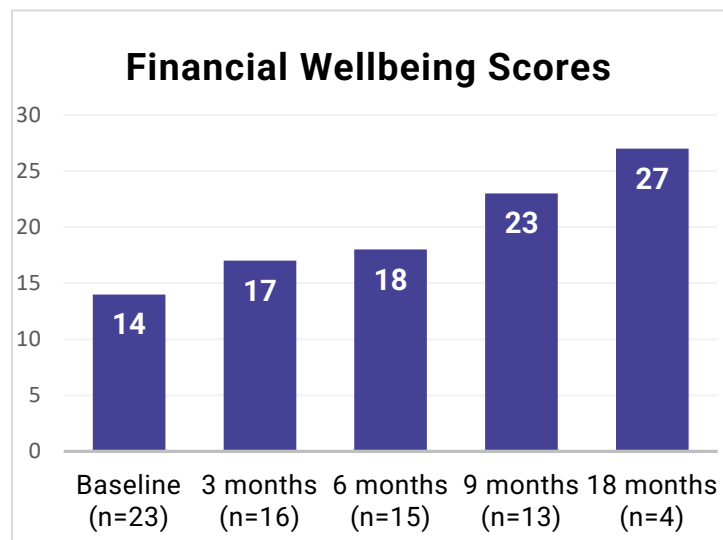
members experienced food security. Four members were surveyed at 18 months, and all of them were experiencing high food security. Differences are significant between baseline scores and 3 months, 9 months and 18 months ($p < .05$).

Contributing Factors

Several potential factors could contribute to the increase in overall food security of the members. At the beginning of the program, 61% of members visited food pantries for free groceries. By 3 months and after, 100% were visiting the Market on 7th, which can help reduce food insecurity and enable members to focus on other goals besides food. Half of the members (52%) were receiving SNAP when they began upLIFT, and that increased to 69% by three months. However, the SNAP participation decreased by nine months. Additional support may be beneficial to help members enroll in federal and local food programs.

Self-sufficiency is measured on a scale from 11 – 55 by asking about 11 key areas including education, housing, employment, childcare, transportation, physical health, and others. Lower scores indicate more crisis and instability, whereas higher scores indicate more stability. Over nine months, the average scores increased from 39 to 41. Of the four members who completed follow up surveys at 18 months, the average self-sufficiency score was 45.

Financial wellbeing measures a household’s control over their finances, their ability to handle a financial shock, and being able to make ends meet. Scores can range from 0 – 40. At baseline, scores were low at 14. As shown in the chart to the right, over nine months, average scores increased to 23. The overall change in scores from baseline to 9 months was significant at $p = .04$. Among the four members with surveys at 18 months, financial wellbeing scores increased to 27 points. LCCM is very intentional about supporting members with creating and monitoring budgets, and this likely helps to explain these strong improvements in financial wellbeing.








Social support measures a members’ perceived level of support with family, friends, and significant others. Scores range from 0 – 60. From baseline to three months, social support scores improved from 37 to 42, which was statistically significant ($p < .01$). From month three to nine, scores increased slightly and remained steady at 43. For the four members with 18 month data, the average score was 43.

Self-efficacy, a person’s belief in their ability to make changes in their life, was high at baseline (33 points out of 40) and increased slightly over time. At nine months, members’ perceptions of self-efficacy rose to 36 points out of 40. At 18 months, the average score was 38 for the four participating members.

Program Impact Summary

With nine month and 18 month data available to support the evaluation of the coaching program’s impact over time, upLIFT has demonstrated steady progress in enhancing the livelihood and wellbeing of members during this reporting period. There were increases in all the measurable outcomes, especially in terms of food security and financial wellbeing.

% Increase by Key Outcome	Baseline to 9 Months (13 Members)	9 Months to 18 Months (4 Members)
 Food security	+ 100%	0%
 Financial wellbeing	+ 97%	+ 10%
 Social support	+ 13%	-4%
 Self-sufficiency	+ 11%	+ 7%
 Self-efficacy	+ 10%	+ 2%

Note. Key outcomes are based on growth over time for 13 members at 9 Months, and 4 members at 18 Months.

"We appreciate all the help, support, and guidance you’ve given us during our time together. We’ve never been better and are now looking into resources to help us buy our first home!"

– upLIFT Graduate

A Note of Caution

While promising, these results should be viewed with caution because they represent a very small sample and shouldn’t be generalized to the larger population of people visiting the food pantry.

Recommendations and Future Directions

upLIFT program coaches will continue to conduct and submit surveys to measure changes and progress over time. As more members begin to graduate from the program, we anticipate the number of members and graduates to continue to increase. More Than Food Consulting looks forward to supporting LCCM as they continue to grow their coaching program and make positive impacts in Lebanon County. More Than Food Consulting will continue to monitor data collection and provide routine data evaluation and impact summaries on key outcomes.

LCCM is part of a cohort with several other food pantries around the country that are offering coaching with motivational interviewing using the More Than Food framework. As the pantry cohort grows, and pantries enroll more members and conduct surveys, we will aggregate the data to measure the collective impact of the programs over time.

For questions or more information about these results, please contact Katie Martin at kmartin@morethanfoodconsulting.com

