



# Mountain Plains Region

SNAP-Ed

# 2017

**Nutrition Education**  
Success and  
Impact Report

EXTENSION   
UtahStateUniversity  
FOOD\$ENSE  
SNAP-ED

 Supplemental  
Nutrition  
Assistance  
Program



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# Executive Summary

**The Supplemental Nutrition Assistance Program (SNAP)** is essential to improving the health and nutrition among low-income individuals. During Fiscal Year 2017, over 42 million people living in nearly 21 million households received SNAP in the United States. Within the Mountain Plains Region, 2.5 million people living in 1.2 million households received SNAP.

**The Supplemental Nutrition Assistance Program Education (SNAP-Ed)** not only supports SNAP's role in addressing food insecurity, but also works to improve nutrition and prevent or reduce diet-related chronic disease and obesity among SNAP recipients and other eligible low-income individuals. For Fiscal Year 2017, The Mountain Plains Region allocated over 26 million dollars to state agencies administrating SNAP to deliver nutrition education and obesity prevention services.

According to the Centers for Disease Control and Prevention (CDC), more than one-third of U.S. adults are obese. Obesity is one of the leading health concerns of our nation due to the increased risk of chronic diseases and associated health care costs. The CDC also states obesity accounts for \$147-\$216 billion in healthcare costs annually and doesn't include lost productivity.



The SNAP-Education program delivers evidence-based nutrition education and obesity prevention interventions through a combination of educational strategies coupled with policy, system, and environmental (PSE) interventions to promote healthy eating and active lifestyles.

Through collaborative efforts with federal, state, and local partners, SNAP-Education has demonstrated success by delivering evidence-based programs to individuals, groups, and families; improving healthy eating and physical activity choices by implementing multi-level changes within the environment where we eat, learn, live, play, shop, and work; and supporting community and public health approaches by connecting with other sectors of influence. The following report provides an overview of the impact each state has in the region, including reach, partnerships, coalitions, and program activities. Success stories are also highlighted, illustrating the positive changes as a result of the SNAP-Education program.

# Mountain Plains Region SNAP-Ed Works

## MOUNTAIN PLAINS REGIONAL SNAP-ED CHALLENGE

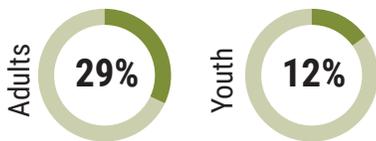
FNS's mission: "We work with partners to provide food and nutrition education to people in need in a way that inspires public confidence and supports American agriculture."

The SNAP-Ed goal is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current 2010-2020 Dietary Guidelines for Americans and the USDA food guidance.

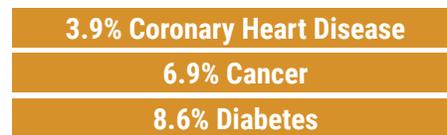
### Focuses:

- Provide strategies and interventions, among other health promotion efforts to help the SNAP-Ed target audience establish healthy eating habits and a physically active lifestyle.
- Primary prevention of disease to teach the SNAP-Ed target audience that the risk factors for nutrition-related chronic disease, such as obesity, prevent and postpone the onset of disease by establishing healthier eating habits and being more physically active.

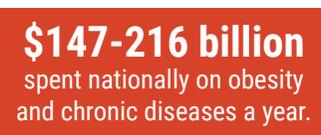
### Regional Obesity Rates



### Regional Chronic Disease Rates



### National Cost

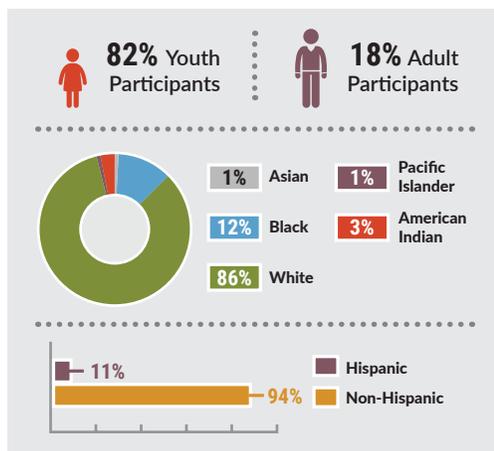


## MOUNTAIN PLAINS REGIONAL SOLUTIONS PROVIDED BY SNAP-ED

According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

### Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



### Settings



### TOP EDUCATION FOCUSES

#### Adults

- Fruits and vegetables
- Active lifestyles
- Healthy choices on a tight budget
- Cooking skills and food safety
- MyPlate food groups and proper portions

#### Youth

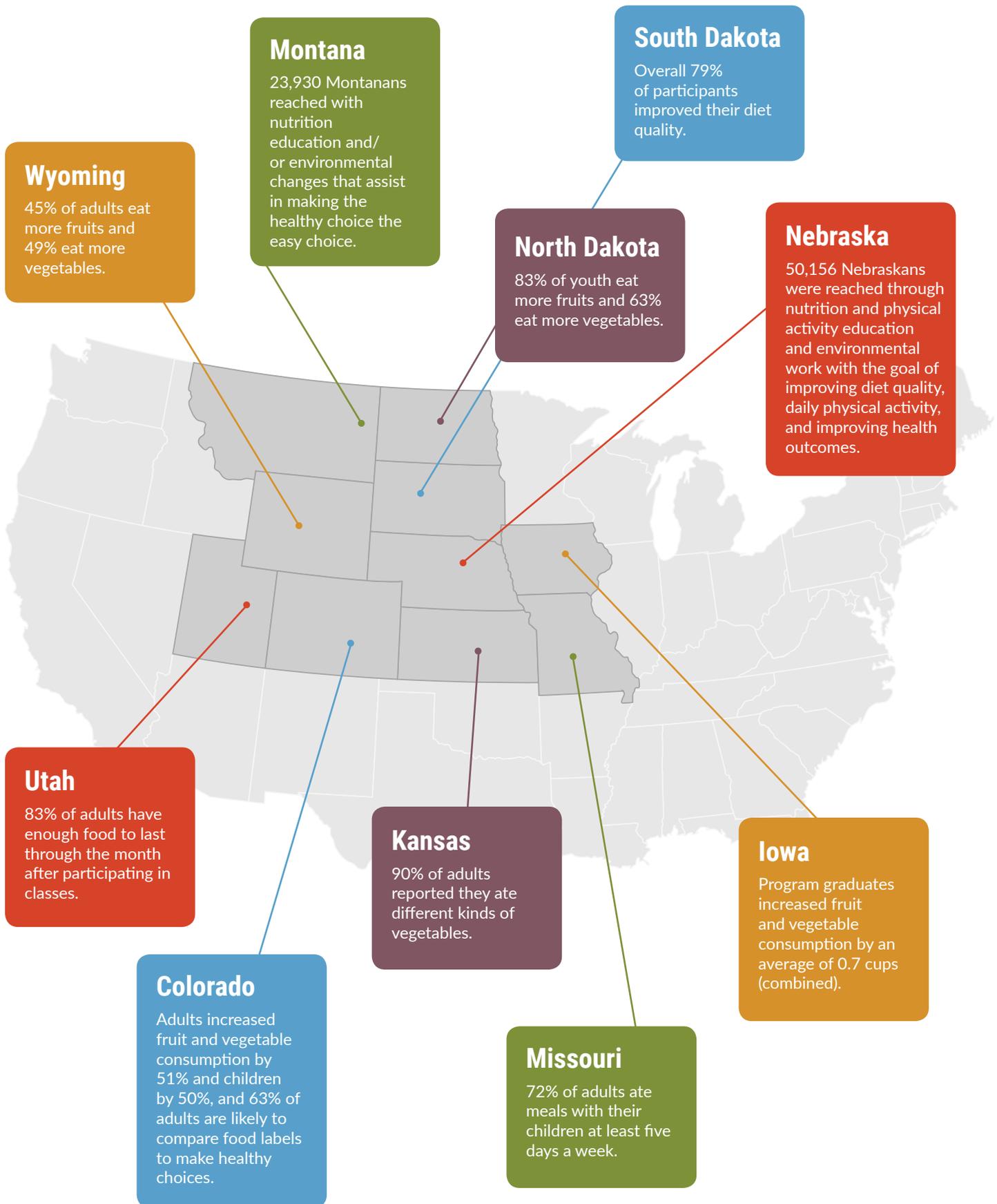
- Hands-on cooking activities
- Fruits and vegetables
- Physical activity
- Limiting added sugars
- Whole grains

### Community

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts in neighborhoods, communities, other jurisdictions, grocery stores, schools, etc. Evidence through SNAP-Ed work has shown comprehensive impacts.

### TOP PSE STRATEGIES

1. Create or maintain wellness policies in schools or childcare sites.
2. Incorporate physical activity into the school day or into classroom-based instruction.
3. Prioritize farm-to-table initiatives for increasing fresh or local produce.
4. Healthy food drives at food pantries.
5. Retailers devoting more shelf space to healthy foods promoting healthy purchases.



National Health Care Costs for Obesity and Chronic Disease Range Yearly from \$147 - \$210 BILLION. Obesity and Chronic Disease Data is provided by CDC. Programmatic data for state/region is provided by individual agencies and/or PEARS. Information Definitions from 2018 FNS SNAP-Ed Guidance. This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can teach them to buy nutritious foods for a better diet.

The majority of data presented in these charts came from PEARS.



# Regional SNAC Highlights

Throughout the United States, State Nutrition Action Coalitions, or SNAC groups, are becoming more popular as a way to provide a wide range of quality nutrition programming to state residents. In the Mountain Plains Region, SNAC has been implemented in many states since 2003. SNAC groups allow agencies with similar nutrition and wellness missions to leverage resources and knowledge, while reducing duplicative efforts, ultimately increasing the reach and impact of all the agencies involved. The SNAC team was designed to maximize nutrition education efforts and improve coordination, cooperation, partnerships, and communication between the states and FNS Nutrition Assistance Programs. Each prospective state has a SNAC team, which is typically made up of other FNS programs, including the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), School Meals Program, Child and Adult Care Food Program (CACFP), Food Distribution Program, Supplemental Nutrition Assistance Program (SNAP), Extension Service, and Public Health. SNAC groups continue to evolve and grow with the changing demographics and needs of each state's population.

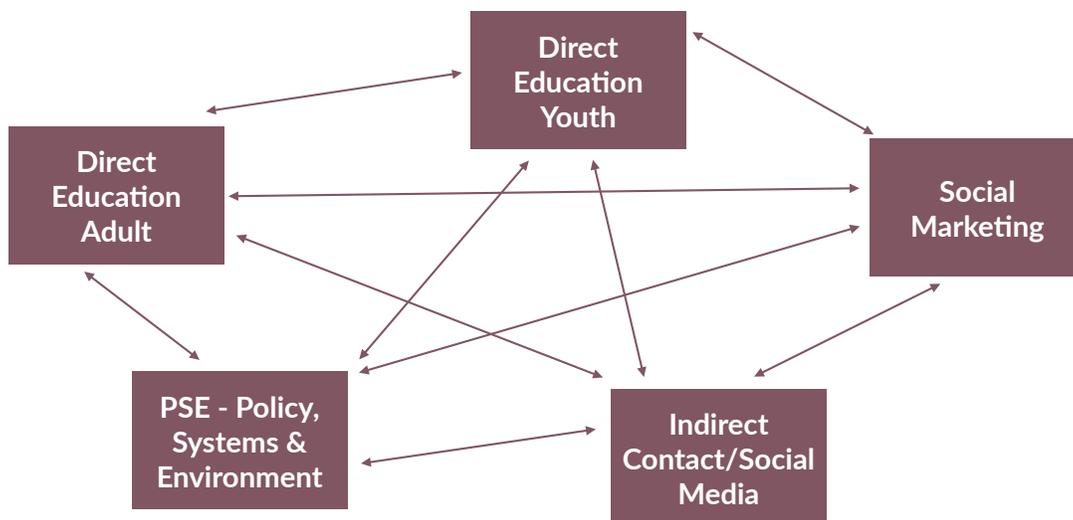


# Comprehensive Programming

Over the years, SNAP-Ed has morphed from a simple nutrition education program into a comprehensive program reaching low-income populations through multiple ways. In the Mountain Plains Region, we have provided many innovative practices to meet the guidance given through Food and Nutrition Service (FNS). Multiple approaches include: 1) individual, group, and family nutrition education and physical activity promotion in addition to related interventions; 2) comprehensive, multi-level interventions in environmental settings; and 3) community and public health approaches that reach a large segment of the population.

This report provides evidence-based subsamples throughout the Mountain Plains Region that suggest that SNAP-Ed programming through these comprehensive methods is improving the lives and health of the low-income population. This report is timely and needed to be shared as it provides a sample of the outstanding work happening in SNAP-Ed. Since comprehensive changes take time, it is also a baseline for our region and others to take the charge of working together to develop uniform systems so that data can be aggregated and provided in a more comprehensive report. The Mountain Plains Region is meeting in early May to make decisions on how to evaluate the same indicators through our comprehensive nutrition programs.

SNAP-Ed utilizes comprehensive approaches by reaching multiple levels. Sharing similar messages helps make the healthy choice the easy choice.



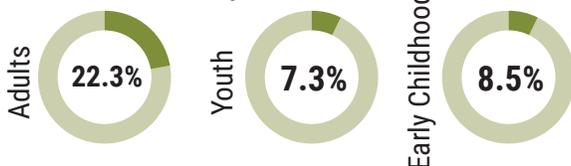
## Additional innovative ideas and efforts from the Mountain Plains Region:

The Mountain Plains Region has also been central to developing tools to assist in evaluating and showing the evidence base on nutrition education through the SNAP-Ed program. PEARS (Program Evaluation And Reporting System) was first adopted and implemented in the Mountain Plains Region. The SNAP-Ed Indicator Report ([snaped.engagementnetwork.org](http://snaped.engagementnetwork.org)) was also constructed at the University of Missouri, an implementing agency within the Mountain Plains Region.

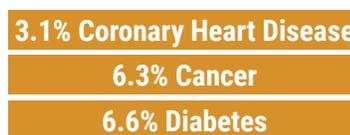
## COLORADO CHALLENGE

Colorado has a national reputation for being the healthiest state in the nation, yet despite this poor health and hunger remain a hardship many Coloradans face. In fact, 1 in 10 struggle with not always having enough money to buy food.<sup>1</sup> In order to stretch tight food budgets, many purchase cheap, energy-dense foods that are typically lower in nutritional quality.<sup>2</sup> The Supplemental Nutrition Assistance Program (SNAP) offers nutrition assistance to low-income individuals and works collaboratively with the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) to teach about good nutrition and how to make food dollars stretch farther in ways that support health.

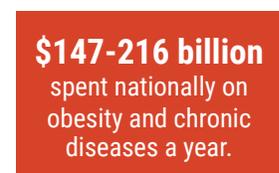
### Colorado Obesity Rates



### Colorado Chronic Disease Rates



### National Cost

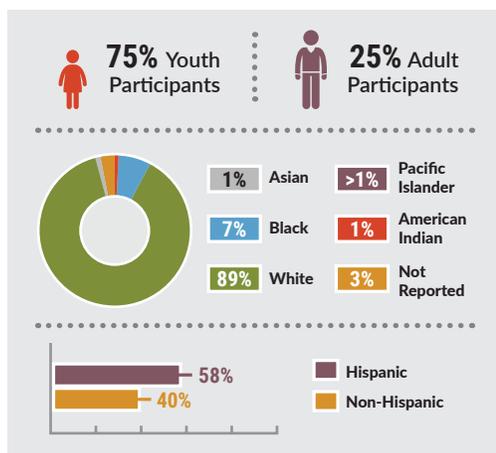


## COLORADO SOLUTIONS PROVIDED BY SNAP-ED

Colorado Department of Human Services (CDHS) is committed to decreasing obesity and other chronic diseases through SNAP-Ed programming. There are three programs working on this important work in Colorado: **Cooking Matters Colorado**, **The Culture of Wellness in Preschools** and **The Integrated Nutrition Education Program**.

### Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



### TOP EDUCATION FOCUSES

#### Adults

- Dietary Guidelines for Americans, targeting increased fruit and vegetable consumption
- Physical activity recommendations
- Stretching food dollars
- Cooking skills to make healthy meals
- Family meals and eating at home

#### Youth

- Hands-on cooking activities to empower healthy food choices
- Fruits and vegetables
- Physical activity
- Limiting added sugars
- Whole grains
- Low-fat dairy
- Lean protein

### Settings



Schools



Health Clinics



Food Stores



Farmers Markets



Public Housing



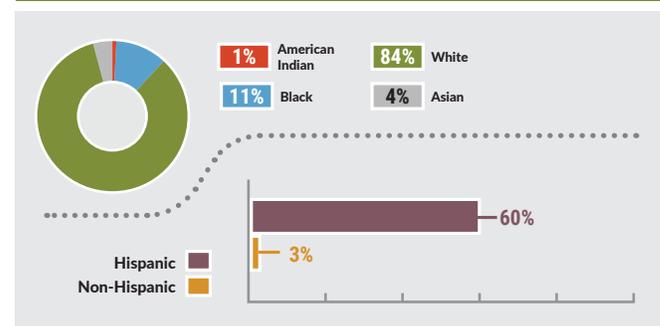
Places of Worship

### Community

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts in neighborhoods, communities, other jurisdictions, grocery stores, schools, etc. Evidence through SNAP-Ed work has shown comprehensive impacts.

### PSE REACH DEMOGRAPHICS

Schools • Early Childhood Education Centers • Farmers Markets • Community Organizations • Public Housing



### TOP PSE STRATEGIES

1. Establishing or improving standards for healthier eating across the organizations.
2. Incorporating physical activity into the school day or into classroom based instruction.
3. Creating or maintaining wellness policies in schools or childcare sites.
4. Prioritizing farm-to-table initiatives for increasing fresh or local produce.

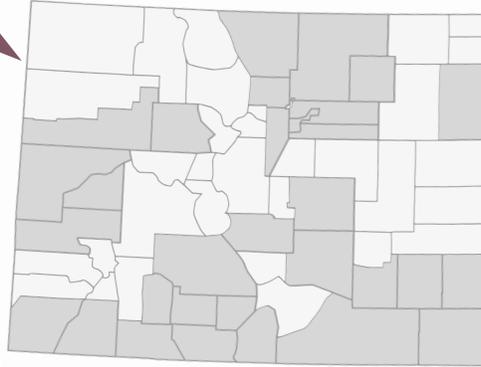
*National Health Care Costs for Obesity and Chronic Disease Range Yearly from \$147 - \$210 BILLION. Obesity and Chronic Disease Data is provided by CDC. Programmatic data for state/region is provided by individual agencies and/or PEARS. Information Definitions from 2018 FNS SNAP-Ed Guidance. This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can teach them to buy nutritious foods for a better diet.*

## COLORADO SNAP-ED RESULTS

### Success Stories

Having completed a Cooking Matters course nearly 6 months ago, one participant began to realize some significant savings in her grocery costs and credits the course for helping her save money at the store. "I now look at cost per unit and have a better understanding of which foods offer the best value."

Parents who complete COWPs Parent Wellness Workshop report serving and consuming more fruits and veggies with their families, eating fewer meals at restaurants, decreasing soda consumption while increasing water consumption, decreasing screen time, and being more physically active as a family.



Shaded areas indicate all counties where SNAP-Ed has programming.

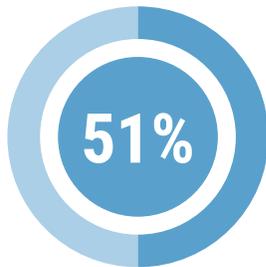
### Highlights

- As part of a multi-sector coalition consisting of 38 steering committee members including Cooking Matters Colorado, The Colorado Blueprint to End Hunger was developed. This five-year plan, endorsed by Governor Hickenlooper, works to ensure all Coloradans have access to affordable and healthy food in their communities.
- Culture of Wellness in Preschools received the Triad Early Childhood Council's Regional Children's Champion Award. There were a total of 14 nominations and only four awards were given, with COWP receiving the highest recognition.
- The Integrated Nutrition Education Program trains elementary classroom teachers, who then provide the nutrition program to almost 11,000 students allowing SNAP-Ed to reach more students than if educators were hired directly. The dollar value contributed by school districts last year was over \$116,000.

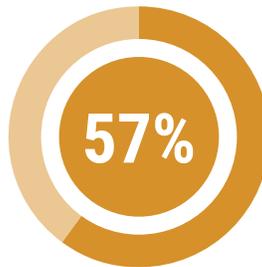
## COLORADO IMPACT DATA



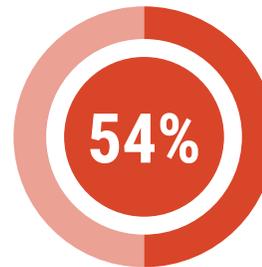
of caregivers serve kids fruits, veggies, and whole grains more often after Cooking Matters courses.



increase in adult's consumption of fruits and vegetables due to the Culture of Wellness in Preschools Program.



reduction in student's consumption of sugar-sweetened beverages after the Integrated Nutrition Education Program.



of adults increased their number of days per week when they were physically active due to Culture of Wellness in Preschools Program.

A long-term impact evaluation on Cooking Matters programming showed that before participating in Cooking Matters, families "sometimes" worried that food would run out by mid-month. Six months later, they "rarely" worried about this.

### TOP PARTNERSHIPS

- Schools and Early Childhood Education Centers
- Food Banks/Pantries
- Hospitals/Health Care Organizations
- Human Services and Public Health Organizations
- Agricultural Organizations (e.g., Farmers Markets)

### TOP COALITIONS

- Colorado Blueprint to End Hunger
- Colorado Food Policy Network
- Colorado Food Systems Advisory Council

Household Food Security in the United States in 2016, U.S. Department of Agriculture: Economic Research Services, Report 237, September 2017. | *Understanding the Connections: Food Insecurity and Obesity* [PDF]. (2015, October). Washington, DC: Food Research & Action Center. | Colorado. (n.d.). Retrieved from <https://stateofobesity.org/states/co/> | (3) Colorado. (n.d.). Retrieved from <https://stateofobesity.org/states/co/>





# Colorado Success Stories

## Cooking Matters Colorado

Cooking Matters is ending childhood hunger by helping families make healthy food choices. Our programs help parents and caregivers struggling with limited food budgets learn how to shop for and cook healthy, affordable meals. Cooking Matters is a campaign of Share Our Strength, an organization working to end hunger and poverty.

Margarita has four children, from 4 to 14-years old. She finds it difficult to portion meals and stretch her food dollars to feed six people. The family receives Supplemental Nutrition Assistance Program (SNAP) benefits to help. When she learned that her son's preschool was offering a Cooking Matters six-week course she decided to sign up. "I wanted to learn new things, like how to eat healthier."

When she was a child, Margarita did not help in the kitchen; her mother did all the cooking for her family. At age 15 Margarita went to work in another city, and suddenly she had to cook. "It was hard," she recalls. "I would make something and think maybe it doesn't look good or isn't good, but I'm hungry so I have to eat it." This has been Margarita's approach to cooking ever since: it's hard and often doesn't work. Margarita spent years feeling uncomfortable in the kitchen. She only had a few trusted recipes. Following new recipes was a challenge for Margarita, but she knew she could be cooking healthier for her family. And as many mothers have experienced, she has a difficult crowd to please. Her family was not open to trying new things, including her husband who preferred her few, familiar recipes from Mexico.

In her Cooking Matters class, Margarita learned how to portion, how to measure items for recipes, and how to incorporate healthy changes her family would be willing to try. Since the course ended, Margarita has been reading the instructional book to keep practicing what she learned. She's made changes her family doesn't even notice, such as switching from refined grains to whole grains. "Last week, I made hamburgers, so I used whole wheat buns, and they just ate it, so I was like 'Okay, that happened. It worked!'"

Margarita has noticed her family has become open to trying new things. They recognize her effort and they are always willing to try everything - and usually end up liking it! Her husband is helping the family eat healthier too. "That's not real tomato," he said to Margarita after reading the ingredients in their ketchup. "We're not going to eat that anymore." Her eldest daughter often helps her cook. This is their time to catch up - just the two of them. Margarita enjoys watching her daughter become more comfortable cooking healthy meals. The two that made the journey to the U.S. together are now leading their family's journey to a healthier life.

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## Creating a Culture of Wellness in Preschools

Since 2012, the Culture of Wellness in Preschools (COWP) has provided a comprehensive and collaborative early childhood obesity prevention program to over 22,000 children and their families in 140 low-income preschools in 12 counties in Colorado.

The COWP Program focuses on improving healthy eating and physical activity behaviors in low-income preschool children, their parents and their teachers by delivering the following five program components to preschools across Colorado: 1) classroom-based nutrition education; 2) outdoor physical activity program for children; 3) parent workshop wellness course series; 4) a staff workplace wellness program; and 5) a strategic planning process to make health-promoting policy, system and environment changes.



Through our strategic planning process, 619 evidence-based policy, system and environment (PSE) changes focused on increasing healthy eating and physical activity have been made in 102 preschool sites (an average of six changes per preschool). These changes affect children and their parents, as well as staff. The most frequently selected physical activity changes include: music and movement activities implemented daily, where teachers lead children in at least two structured activities, and a variety of portable play equipment is freely available to students at all times. Frequently selected healthy eating changes include: water that is readily accessible during all indoor and outdoor environments, special occasions such as birthdays that are celebrated with healthy food or non-food activities, and nutrition education and cooking activities that are included in lesson plans at least once a month. The PSE process concludes with the printing of a preschool wellness policy poster displayed in every classroom.

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### **The Integrated Nutrition Education Program**

The Colorado Integrated Nutrition Education Program (INEP) is a creative and fun way for kids to learn about healthy eating in their classroom and to share what they learn with their families. Most lessons include hands-on cooking activities that teach students how to prepare and taste new fruits and vegetables. The INEP team has been very involved in schoolwide efforts connecting classrooms, school food service, local farmers and families.

INEP works extensively with school districts in the San Luis Valley, one of the most rural, high poverty areas of our state. With the help of a \$100K USDA grant, 14 SLV school districts were provided with an opportunity to bring the taste of locally grown foods into INEP school lunchrooms. In partnership with school food service directors, schools were provided with increased access to local quinoa, carrots, mushrooms, potatoes, beets, apples and more. Students were served delicious recipes with local products, including carrot-quinoa muffins, purple fingerling potatoes, and quinoa-vegetable salads, along with exciting Harvest of the Month events in the cafeteria. Parents were invited to join in the fun and take home recipes, while meeting local farmers and learning about the school's Farm to Table efforts.

These Farm to School efforts were seen as a benefit to the entire community of students, teachers, administrators, parents and local farmers, providing ways to build family and community engagement, increase the nutrition in school meals and home meals, all while supporting local jobs and the local economy.

# **SNAC Highlights**

Colorado's SNAC consists of 18 members who represent Food Banks, Universities, Food Distribution Programs, Non-profit Organizations, and State Departments of Education, Public Health, and Human Services. Colorado is in the process of revitalizing the SNAC through goal setting and is the lead committee helping to shape a social marketing campaign focused around increasing fruit and vegetable consumption in our low-income communities.



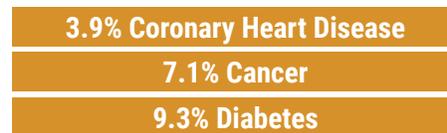
## IOWA CHALLENGE

With high rates of obesity and chronic disease, Iowa Supplemental Nutrition Assistance Program (SNAP-Ed) continues its effort to support SNAP-Eligible Iowans through direct nutrition education and supports that make healthy choices easier. Iowa SNAP-Ed is delivered by the Iowa Department of Public Health and Iowa State University Extension and Outreach. Together, the implementing agencies support youth, adults and older adults in making healthy food choices and increasing physical activity through direct education classes, social marketing, healthy food access initiatives and building partnerships. Iowa SNAP-Ed plays a unique and essential role in promoting healthy choices among Iowans with low income.

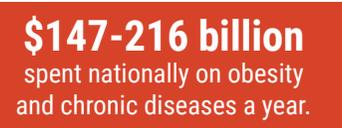
### Iowa Obesity Rates



### Iowa Chronic Disease Rates



### National Cost

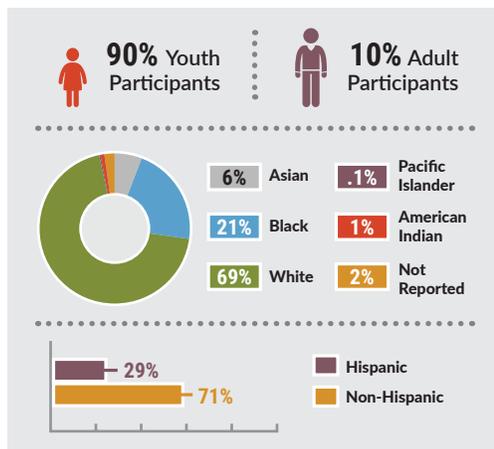


## IOWA SOLUTIONS PROVIDED BY SNAP-ED

According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

### Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



### TOP EDUCATION FOCUSES

#### Adults - Buy. Eat. Live Healthy and Fresh Conversations

- My Plate
- Fruits and vegetables
- Active lifestyles
- Healthy choices on a tight budget
- Cooking skills and food safety

#### Youth - Pick a better snack™

- Fruits and vegetables
- My Plate
- Physical activity
- Gardening

### Settings



Meal Sites



Schools



Gardens



Group Classes



Food Pantries



Food Stores

### Community

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts in neighborhoods, communities, grocery stores, schools and other jurisdictions aim to make healthy choices easier for SNAP-eligible Iowans. Evidence through SNAP-Ed work has shown comprehensive impacts. These types of approaches are often policy, systems or environmental initiatives (PSE).

### PSE REACH

942,800 social marketing  
240,183 other PSE strategies

### TOP PSE STRATEGIES

- Social marketing
- Produce Box Project
- Farm to School
- School wellness policies
- Growing Together Iowa
- Spend Smart. Eat Smart. online tools
- Double Up Food Bucks
- Shop Healthy Iowa/Compre Saludable

*National Health Care Costs for Obesity and Chronic Disease Range Yearly from \$147 - \$210 BILLION. Obesity and Chronic Disease Data is provided by CDC. Programmatic data for state/region is provided by individual agencies and/or PEARS. Information Definitions from 2018 FNS SNAP-Ed Guidance. This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can teach them to buy nutritious foods for a better diet.*

\*Behavioral Risk Factor Surveillance System, 2016

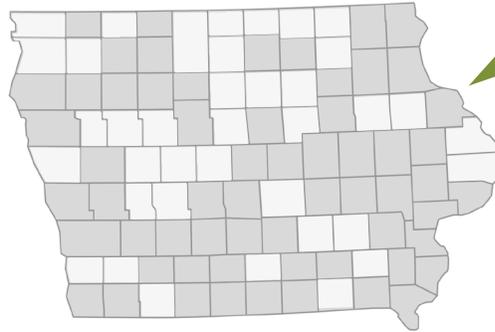
\*\* Youth Risk Behavior Surveillance System, 2017  
Created May 2018

## IOWA SNAP-ED RESULTS

### Success Stories

Shirley attends Fresh Conversations meetings in Manly, Iowa. She uses the up-to-date information to make small changes for better health. She has cut back on salt and sugar and walks with a friend more often. At a recent doctor's visit, the nurse was excited that Shirley lost 3 pounds. "She was almost more excited than I was!" says Shirley.

One of our key goals this year was to increase access to donated produce in the Massena area, as it is an identified food desert. Master Gardeners held several community meetings there and helped lead a team of 12 interested community members who revitalized an old space to grow food for donation. The Cass County Master Gardeners raised and donated over 1,800 pounds of food this summer. It went to particularly high need families and older adults.



Shaded areas indicate all counties where SNAP-Ed has programming.

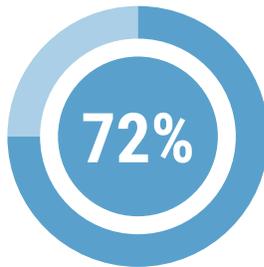
### Highlights

- Promoted healthy food and physical activity through multiple media channels to nearly 1 million Iowans.
- Partnered with 93 schools to engage 25,000 kids and their parents. Educational materials, targeted media messages and farm-to-school activities were used to help families be active and eat healthy.
- Worked with 450 Growing Together garden partners to donate 74,000 pounds of fruits and vegetables to Iowa food pantries.
- Created new community partnerships to deliver 700 boxes of produce to low-income seniors in five counties with plans to expand to 22 counties in 2018.
- Partnered with Area Agencies on Aging to help almost 2,000 older adults maintain and increase physical strength and mobility.

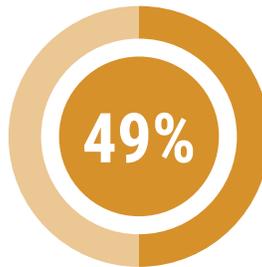
## IOWA IMPACT DATA



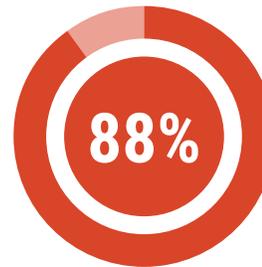
of students asked someone in their family to have fruits or vegetables within their reach.



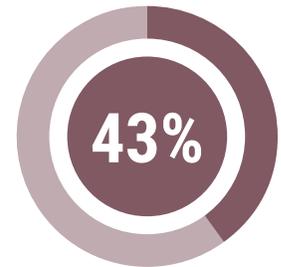
of students are very sure they could play outside instead of watch TV after school.



of program graduates increased vegetable consumption at the conclusion of the program.



of program graduates improved at least one food resource management behavior at the conclusion of the program.



of program graduates reported increased physical activity at the conclusion of the program.

### TOP PARTNERSHIPS

#### Key partners:

- Area Agencies on Aging
- School districts
- Food pantries
- County Extension
- Iowa WIC Program
- Iowa Master Gardener Program
- Iowa Department of Education-School Meals and Team Nutrition
- Iowa State University Local Foods Team

### TOP COALITIONS

- Iowa Senior Hunger Partnership
- Iowa Healthiest State Initiative – Double Up Food Bucks
- Iowa Regional Food System Working Group
- Iowa Nutrition Network Partnership



# Iowa Success Stories

Kathleen attends Fresh Conversations and enjoys congregate meals at the Waterloo Senior Center. “The classes make me think about what I’ve been eating—I learn something new every time I attend.” If there’s an exercise class on the same day, it’s even better. “It’s a one-stop shop for new food ideas, activity and a great meal!”

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“My job is amazing! I love running into students and the first thing they always tell me is some fruit or vegetable they tried that now they love!” says Lisa, a nutrition educator for the Pick a Better Snack™ program. Each month Lisa teaches a lesson to elementary students about fruits and vegetables. When she introduced grilled asparagus, Max—a first grade student who rarely tried new foods—loved it! On his next trip to the grocery store, he begged his mom for asparagus. He even taught his mom to cook it just like Lisa had shown him in class.

---

Elementary students in Cedar Rapids were tired of eating pork and beans every week and usually just threw them away. But pork and beans met the menu requirement for legumes. The food service staff reached out to the SNAP-Ed team for help. Champions of farm to school, the SNAP-Ed team partnered with the school food service staff to excite students about a new recipe—black beans and rice, with local black beans! Now two elementary schools can serve a healthy side dish that students will actually eat, and a local farmer has new business.

---

Olivia has two daughters and she approached the nutrition educator wanting to do the classes for her daughters. She did not have a car and was new to town. She did not know about WIC or the food pantry. The educator gave her bus passes donated by a partner so she could get to the food pantry. She also gave her the phone number for WIC so she could make an appointment. Her SNAP-Ed educator connected her with a church that offers financial help to those in need. At the next visit, Olivia’s refrigerator had food. Since this time, Olivia has also started working and is on her way to a solid start in our community.

---

Ryan is a youth participant of the Salvation Army summer program. Our SNAP-Ed funded donation garden project partners with their food pantry. One day I saw James trying to wrap up his snack from summer camp in a paper towel. I walked over and asked him why he was doing this. He responded, “I want to take this home to my ma. I think she’s hungry.” I told him I could give him a grocery box from the pantry to take home with him. He had barely smiled when I had seen him before, but he beamed as he carried his grocery box to the van. I later found out that his mother lost her job and has had a difficult time finding a new one. She is a single mom and times are tough right now. Their story is not unique, and many of our clients are in temporary positions of extreme vulnerability. It was an honor to serve James and his family. We look forward to the day when our full orchard is producing and we have a large amount of fruits along with our garden vegetables to make sure families like James and his mom can get healthy food.



To improve access to healthier foods for community residents, the Shop Healthy Iowa project encourages small Hispanic retail stores to offer high quality and affordable foods and beverages. Shop Healthy Iowa (SHI) strategies include activities such as making physical alterations to increase stocking of healthier foods, marketing of healthier foods and beverages, providing technical assistance to store owners, and supporting store owners around nutrition assistance benefit programs. One of the stores in the project, Mexico Lindo, is located in Ottumwa. Mexico Lindo was the first Hispanic retail to open in Ottumwa, approximately 15 years ago. Mexico Lindo has worked with SHI to increase access to healthier food, provide customers with information to make healthier choices, and make physical changes to improve store layout. Store interior improvements allowed for improved stocking, displaying, and selling healthier food products. The entry redesign included moving shelving of chips and several non-working freezers. After the chips were relocated, new vegetable shelving was installed. Shelf labeling and other point-of-purchase prompts were added to guide customers to healthier choices, advertise healthier foods, and place healthier options at eye level or in check out areas so they would more likely be purchased. New vegetable shelves allowed for all the produce to be located in a central place, include pricing, and present a cleaner, fresher appearance. Non-working freezers were replaced with new coolers and yellow bins replaced cardboard boxes. Vegetables displayed in the coolers appear cleaner, fresher, brighter, and more colorful. The store's healthy offerings, once limited to a few bananas and some tomatoes hidden near the front counter, are now displayed prominently in a new cooler.

## SNAC Highlights

The Iowa Nutrition Network Partnership continues to serve as the foundation for Iowa's SNAC. The Iowa Department of Public Health maintains regular communication for the SNAC members through an email listserv. The partnership holds meetings and teleconferences to discuss nutrition education plans of the various partners and share resources. Examples of collaboration within the partnership include:

- Iowa State University Extension and Outreach collaborates with the Iowa WIC Program to amplify the success of their farmers market initiative. SNAP-Ed educators through ISU Extension and Outreach work with WIC families to encourage them to access and use their farmers market checks echoing the same messages the WIC program uses throughout the summer. In addition, SNAP-Ed educators are able to provide hands-on education related to using fresh produce in healthy meals and snacks to build confidence among WIC clients who may not have a lot of experience working with fresh fruits and vegetables.
- Spend Smart. Eat Smart., developed by ISU Extension and Outreach, is a shared tool used by multiple SNAC partners. The website, mobile app, weekly blog and social media are designed to be useful to a wide variety of people with limited resources who want to make the healthiest choices they can. It is promoted through the Iowa WIC Program, the Iowa Department of Public Health, the Iowa Department of Education and the Iowa Healthiest State Initiative. Spend Smart. Eat Smart. convenes a small advisory group composed of representatives from several SNAC organizations when new content or design changes are being considered.
- Pick a better snack™ is a social marketing campaign designed to encourage children and their families to eat more fruits and vegetables. The primary use of the campaign is for Iowa Department of Public Health's youth SNAP-Ed program, which takes place in low-income schools. SNAC partners WIC and Iowa Team Nutrition also use the campaign materials for expanded reach and impact.

**Iowa's SNAC membership includes representatives from the following organizations:**

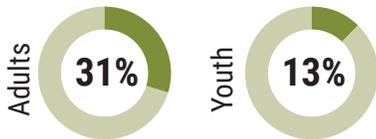
5-2-1-0 Healthy Choices Count  
 Department of Education, Team Nutrition  
 FoodCorps Iowa  
 Healthiest State Initiative  
 Iowa Area Agencies on Aging  
 Iowa Department of Agriculture and Land Stewardship

Iowa Department on Aging  
 Iowa Department of Public Health  
 Iowa State University Extension & Outreach  
 Summer Food Service Program  
 Women, Infants, and Children Program (WIC)

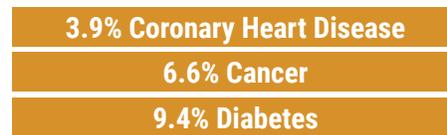
## KANSAS CHALLENGE

Kansas has the 22nd highest adult obesity rate in the nation. Although Kansas is referred to as the "Breadbasket of the Nation", 385,000 Kansans were food insecure during 2015. Therefore, Kansas State University Supplemental Nutrition Assistance Program (SNAP-Ed), coordinated and delivered by Kansas State Research and Extension, uses multi-level interventions, including direct education, to reach its population in ways that are relevant and motivational, while addressing environmental, policy and social system constraints in the community.

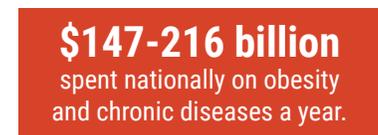
### Kansas Obesity Rates



### Kansas Chronic Disease Rates



### National Cost

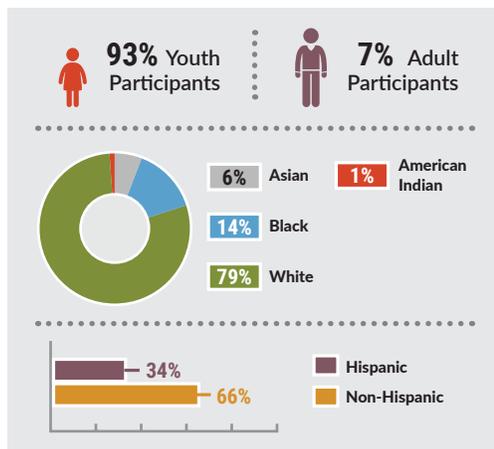


## KANSAS SOLUTIONS PROVIDED BY SNAP-ED

According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

### Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



### TOP EDUCATION FOCUSES

- MyPlate food groups and portions for a healthy eating pattern
- Fruits and vegetables
- Food preparation, cooking and food safety
- Dairy (including low-fat/fat-free milk and/or fortified soy beverages)
- Whole grains

### Settings



Schools



Congregate Meal Sites



Places of Worship



Early Care and Education



Extension Sites



Public Housing

### Community

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts are in neighborhoods, communities, other jurisdictions, grocery stores, schools, etc. Evidence through SNAP-Ed work has shown comprehensive impacts.

### PSE SNAPSHOTS

Schools • Farmers Markets • Pantries • Gardens

- Over 5,000 Kansans were reached by nutrition policy, systems, and environmental changes.
- More than 1,300 Kansans were reached by nutrition and physical activity policy, systems, and environmental changes.

### TOP PSE STRATEGIES

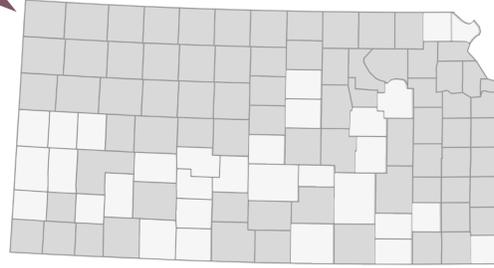
1. Establish or improve standards for healthier eating across the organization.
2. Change in food purchasing specification toward healthier food(s).
3. Change in menus (variety, quality, offering lighter fare).
4. Collecting excess wholesome food to donate to charitable organizations.
5. Edible gardens (establish, reinvigorate or maintain food gardens).
6. Rules for foods served in meetings or in classrooms.

*National Health Care Costs for Obesity and Chronic Disease Range Yearly from \$147 - \$210 BILLION. Obesity and Chronic Disease Data is provided by CDC. Programmatic data for state/region is provided by individual agencies and/or PEARS. Information Definitions from 2018 FNS SNAP-Ed Guidance. This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can teach them to buy nutritious foods for a better diet.*

## KANSAS SNAP-ED RESULTS

### Success Stories

An adult with developmental disabilities successfully obtained a job to make pizza because of the food safety skills gained from attending a SNAP-Ed program. He also mentioned that knowing food safety had helped him to be hired at a better pay rate! Prior to attending the SNAP-Ed program, this individual was in his early 30s and did not have much confidence. Getting this job was extremely important to him and helped him get back on his feet.



### Highlights

- Taught youth and adult the MyPlate food groups and portions for a healthy eating pattern.
- Collaborated with local stakeholders using community and public health approaches to create environmental changes such as creating walking trails.
- Received the Best Summer Meal Site Programming Award in the Marais des Cygnes SNAP-Ed programming district.
- Enhanced the ability of local programs to better identify needs, deliver stronger educational programs and gather SNAP-Ed impacts.

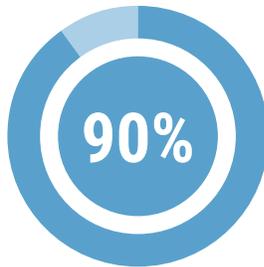
Shaded areas indicate all counties where SNAP-Ed has programming.

## KANSAS IMPACT DATA

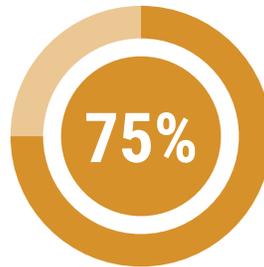
After participating in the Kansas SNAP-Ed programs:



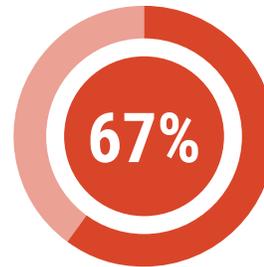
of adults reported they usually or always ate different kinds of fruits.



of adults reported they usually or always ate different kinds of vegetables.



of adults reported they almost always or most of the time shopped with a grocery list.



of adults reported they usually or always participated in mild exercise such as walking, bowling, golf, fishing, or others.



of students said they almost always participated in physical activity.

### TOP PARTNERSHIPS

1. City and regional planning groups
2. Food banks
3. Human services organization
4. Schools

### TOP COALITIONS

1. Kansas Food Security Taskforce
2. Heartland Healthy Neighborhoods
3. Latino Health for All Coalition (LHFA)



# Kansas Success Stories

Throughout 2017, SNAP-ED worked together with the Marion Community Garden and the Marion County Food Bank. To begin the process, SNAP-Ed provided seeds and plants for the community garden to assist with the production rate. As the produce ripened, it was donated to the Marion County Food Bank. To date, the Marion Community Gardens have donated over 1,800 pounds of fresh produce to the Marion County Food Bank. This community partnership has increased the availability of fresh fruits and vegetables for neighbors using the food bank.

## **Marion County**

*Congressional District 1*

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A rural grocery store in Morton County has increased sales of healthy food items after working with the Morton County SNAP-Ed agent and nutrition assistants. Throughout the year, the SNAP-Ed nutrition assistants provided healthy recipes that included ingredients from the grocery store's weekly sale bill. Customers from the stores were then able to access the recipes at the point-of-sale. The store owner has also made the vegetable displays more attractive and has provided easier access to the patrons.

## **Morton County**

*Congressional District 1*

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Southwind Extension District SNAP-Ed has been at the table as part of the Allen County GROW (Growing Rural Opportunities Works) Council. The Healthy Menu Options subcommittee has partnered with three locally owned restaurants and the hospital cafeteria to analyze the nutritional content of their menu offerings and provide nutrition facts to identify healthier menu choices. SNAP-Ed posters urging customers to "Build a Better Salad" and "Build a Better Sandwich" at point of sale help make healthy choices easier. Next steps include "Nutrition at a Glance" information for customers and healthy options highlighted on local menus.

## **Allen County/ Southwind District**

*Congressional District 2*

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Several community gardens were established on abandoned lots or other unused space by the SNAP-Ed educator, Shawnee County Extension agent, and volunteers in Topeka. The educator, also a Master Gardener, coordinated and collaborated with other Shawnee County agents and Master Gardeners to provide community garden trainings to low-income neighborhoods. One female participant reported she increased her fruit and vegetable intake after she was given a garden plot, seeds and tools. She also reported she had maintained her garden so well that she could make sure her family had access to fresh fruits and vegetables.

## **Shawnee County**

*Congressional District 2*



A high tunnel was set up in the Wildcat District that benefited the Crawford County Career and Technical Education Center (C-TEC), Wildcat Extension District (WED), and Eat Well (Live Well Crawford County) coalition. The Wildcat district agent, who served the low-income population that qualified for SNAP-Ed, was on the executive team and one of the grant writers of the coalition who made the construction of the high tunnel a reality. Currently, WED is providing education at the high tunnel, and C-TEC is recruiting students for the agricultural education program. Produce from the high tunnel had been donated to the local food pantry.

**Crawford County/ Wildcat District**  
 Congressional District 2

The Latino, African Americans, and Asians in Wyandotte have been largely affected by the lack of healthy food access. Wyandotte County SNAP-Ed is represented on the Latino Health for All coalitions (LHFA) to promote healthy nutrition, physical activity, and access to health services. As a result of coalition efforts, 16 small independent restaurants and 11 corner stores have been selling more healthy options. The SNAP-Ed agent provided technical assistance to help the restaurant owners identify healthy food options and revamped their menus by adding green sticker next to healthy foods. Also, she taught the store owners to make healthy foods visible by putting them at the front of the store. This has helped the store owners increase healthy foods sales and decrease food waste. The LHFA and the Wyandotte SNAP-Ed agent will continue to work with small independent restaurants and corner stores to increase healthy food environments in Wyandotte County.

**Wyandotte County**  
 Congressional District 3

As a result of SNAP-Ed programming in one Barber County elementary school, students voted in favor of healthier party snacks. The winning heart-healthy Valentine's Day snack is a cracker pizza featuring fresh vegetables, defeating heart-shaped muffins. After SNAP-Ed lessons in a Sedgwick County school, fourth grade students elected to serve only healthy snacks at the fall party, and featured carrots, bananas, crackers, and pineapple at the event.

**Barber County and Sedgwick County**  
 Congressional District 4

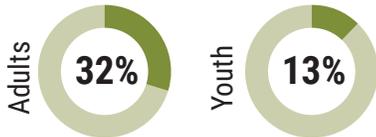
# SNAC Highlights

Kansas SNAC stakeholders meet every other month as part of the Kansas Food Security Roundtable. Formerly an effort of the Kansas Nutrition Network and then convened by Kansas WIC, the roundtable is presently chaired by Rebekah Gaston of Kansas Appleseed Center for Law and Justice, which is a statewide policy advocacy organization that champions laws and policies that support vulnerable and excluded Kansans in order to build a state full of thriving, inclusive, and just communities. Those present at the table include Kansas WIC, Kansas Department of Education's Child Nutrition and Wellness team, representatives from Kansas Food Bank and Harvesters, KC Healthy Kids, K-State Research & Extension/SNAP-Ed, and Kansas Appleseed, to name a few. Recent efforts include increasing Summer Food Service Program sites and participation across the state, conversations with Kansas legislators about hunger in Kansas, and opportunities to learn more about possible SNAP changes in the budget and the Farm Bill.

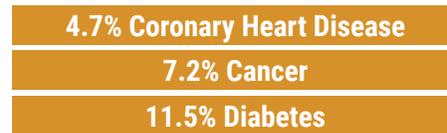
## MISSOURI CHALLENGE

Whether in the classroom or the community, the goal of the Missouri SNAP-Ed delivery system is to help participants make behavior changes to achieve lifelong health and fitness.

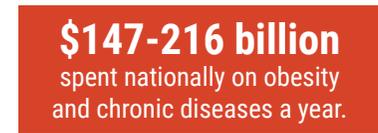
### Missouri Obesity Rates



### Missouri Chronic Disease Rates



### National Cost

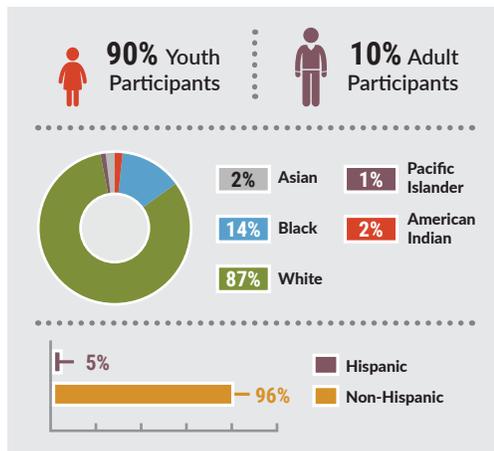


## MISSOURI SOLUTIONS PROVIDED BY SNAP-ED

According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

### Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



### TOP EDUCATION FOCUSES

- Follow a healthy eating pattern
  - Eat more fruits and vegetables
  - Choose whole grain options
  - Eat enough protein and low-fat dairy foods
- Be more physically active
- Stretch food dollars to select healthy foods on a budget

### Settings



Foundations/  
nonprofits



Schools



Food pantries



Public health  
organizations



Early care and  
education



Government  
program

### Community

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts in neighborhoods, communities, other jurisdictions, grocery stores, schools, etc. Evidence through SNAP-Ed work has shown comprehensive impacts.

### PSE REACH DEMOGRAPHICS

Youth: 38,356 • Adult: 642,891

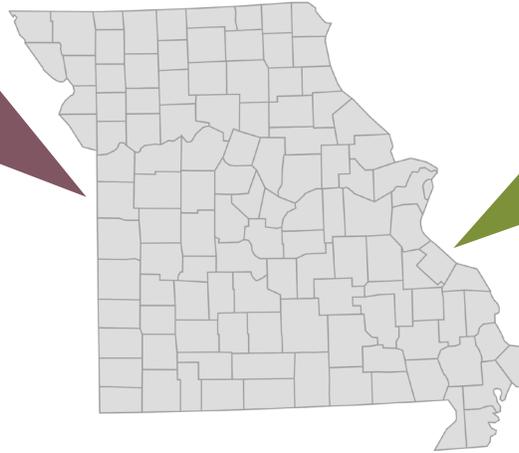
### TOP PSE STRATEGIES

- 635 edible gardens were implemented at SNAP-Ed eligible sites throughout Missouri. These sites grew 7,601 pounds of produce, with a retail value of \$20,748.
- 144 sites were awarded Missouri Eat Smart Child Care recognition.
- 106 sites were awarded Missouri Move Smart Child Care recognition.
- 143 school districts (27%) participated in farm-to-school activities.
- Increased community demand for healthy foods led to retailers participating in the Stock Healthy, Shop Healthy program to devote 13% more shelf space to healthy foods. They also moved healthy products to eye level and implemented displays, shelf talkers, and posters to support the purchase and use of healthy foods.

## MISSOURI SNAP-ED RESULTS

### Success Stories

I was able to get a six-week class set up in a little food pantry in Sarcoux. The turnout was very good. I really had only expected to have two or three (participants), but had an average of 14 to 15 every class. One of the ladies came up to me after class had ended. I had done the dairy lesson. She told me she was so glad I explained that you only lose the fat, not the calcium, when switching to low-fat or skim milk. She told me her husband had been telling her for a while she should be using lower-fat or skim milk, but she didn't really know why. She told me it all made sense now and she would be buying the lower-fat or skim milk from now on. Submitted by Mary Ann Pennington, Nutrition Program Associate, Jasper County

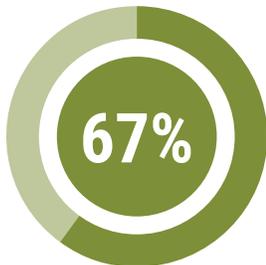


### Highlights

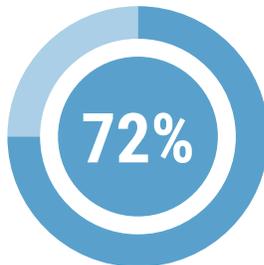
- SNAP-Ed is active in every county in Missouri, plus the city of St. Louis.

All counties in Missouri receive SNAP-Ed programming.

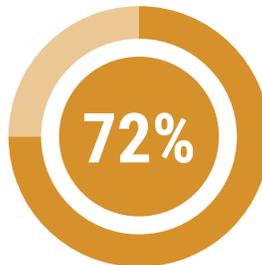
## MISSOURI IMPACT DATA



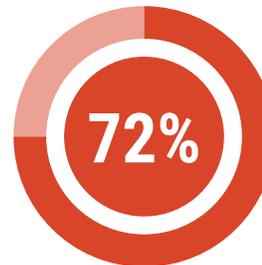
of adults ate more fruits or vegetables.



of adults used the Nutrition Facts more often to make food choices.



of adults ate meals with their children at least 5 days a week.



of youth ate fruit or vegetables every day.



of adults became more physically active.

## TOP PARTNERSHIPS AND TOP COALITIONS

The Missouri Council on Activity and Nutrition (MOCAN) is Missouri's statewide multisector SNAP-Ed partnership and is our state SNAC. There are over 50 organizational partners.

*National Health Care Costs for Obesity and Chronic Disease Range Yearly from \$147 - \$210 BILLION. Obesity and Chronic Disease Data is provided by CDC. Programmatic data for state/region is provided by individual agencies and/or PEARS. Information Definitions from 2018 FNS SNAP-Ed Guidance. This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can teach them to buy nutritious foods for a better diet.*



# Missouri Success Stories

At an adult rehabilitation, I teach Eating Smart, Being Active. Over the holidays, I ran into a person who had attended classes previously. He had lost 30 pounds just from changing his eating habits and joining a gym. I asked him what was the biggest change he made. He said giving up soft drinks, and eating more fruits and vegetables. He said he also was watching his fats, sodium, and portion sizes. He is eating fruits and vegetables as snacks and adding them to his water for flavoring. He said he has not felt this good in a long time and thanked me for the class that helped him to make better food and snack choices. Submitted by Jeanie Huey, Nutrition Program Associate, Stoddard County

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Because of the nature of the Social-Ecological Model, many interventions overlap more than one indicator area. Gardening at a site, such as a school or community center, is an excellent example of an overlap between Nutrition Supports and Physical Activity and Reduced Sedentary Behavior Supports (MT6). On the one hand, gardening can be a nutrition support if the food produced is consumed by individuals within a group of people, such as school children or those participating in a food pantry, and a physical activity and reduced sedentary behavior support if the individuals within the group are caring for the garden. In Missouri, physical activity and reduced sedentary behavior supports are realized in schools, work sites, child care facilities, community centers, senior citizen centers, and other settings.

Participation in Missouri SNAP-Ed's Eating from the Garden grew tremendously last year, as SNAP-Ed nutrition program associates ramped up the program. The number of affiliated gardens went from over 300 in fiscal year 2016 to more than 600 in fiscal year 2017, meeting both client educational and financial needs. New gardens are blossoming throughout the state partly because more schools and clients are learning about the program. Meanwhile, SNAP-eligible Missourians need to stretch their food budgets farther and are looking to gardens to help out.

As a result, children are learning where their food comes from and are eager to taste what they have grown. The food grown in these gardens goes for cooking lessons, sample tastings, food banks, school lunch programs, and to client homes. University of Missouri Extension also has teamed up with high school FFA classes to help grow more than 4,000 plants that will be transplanted into SNAP-Ed gardens. The Missouri SNAP-Ed team is looking forward to new gardens across the state and more opportunities during the next year.



# SNAC Highlights

Multi-sector partnerships and planning efforts increase the collective impact toward achieving SNAP-Ed goals. Working across multiple sectors helps to coordinate the ways that all partners support nutrition and physical activity changes.

During this last year, the Missouri Council for Activity and Nutrition (MOCAN) has continued implementing its 2016–2020 strategic plan. MOCAN functions as the SNAP-Ed Nutrition Network. As part of that implementation, work groups were offered an opportunity to apply for funds to begin or continue initiatives to change policies, systems, or environments. Two work groups received funding—the Worksites Work Group and the Food Systems Work Group. The Worksites Work Group used the funding to attend business conferences to disseminate the recently revamped WorkWell Missouri Toolkit, provide a training session for a group of businesses, and train partner agency staff members on how to use the WorkWell Missouri Toolkit with small businesses, especially in low-income communities. The Food Systems Work Group continued its efforts to link schools with local farmers to further Farm to School efforts in Missouri, especially in schools that are SNAP-eligible sites.

During fiscal year 2017, the Schools/Child Care Work Group helped the Missouri School Boards' Association (MSBA) revise its model local wellness policy to reflect the latest information and make it consistent with the new U.S. Department of Agriculture regulations governing school meals. The Policy Work Group gathered information from schools about student physical activity and education opportunities, and engaged more stakeholders in a discussion about ways to ensure that students have the opportunity to meet physical activity recommendations. The Healthcare and Communications Work Groups continued to implement recommendations from the Missouri Children's Services Commission (CSC) surrounding reducing childhood obesity, which disproportionately affects low-income children. The groups collected information from stakeholders about communication channels and needs, and established two additional committees to address health care professional training as well as an oversight body to assure the CSC recommendations are implemented, as planned.

A summit planning committee also was established to guide the planning of a joint conference between MOCAN and the MU Center for Health Policy; the concept that food policy is health policy will be the focus of the summit. Changing the food environment in low-income areas will help clients use the knowledge and skills learned in SNAP-Ed classes.

To assist with more involvement by all members, Kansas City joined Joplin as a remote location for MOCAN quarterly meetings. Both locations were successful in attracting current and new members in their respective areas.

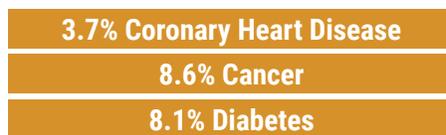
## MONTANA CHALLENGE

The increase of chronic disease and obesity in the United States is a public health concern. Montana State University Extension's Buy Eat Live Better Program, funded in part by the Supplemental Nutrition Assistance Program – Education (SNAP-Ed), continues its statewide effort to prevent obesity and other diet-related chronic diseases through approaches that work for Montanans. Montana's program enhances fundamental cooking skills, healthy food choices, and physical activity through education, social media, and local policy, systems and environmental (PSE) changes that make healthy choices easier.

### Montana Obesity Rates



### Montana Chronic Disease Rates



### National Cost

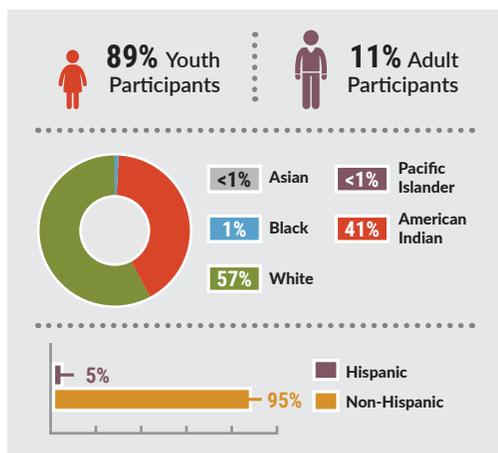
**\$147-216 billion** spent nationally on obesity and chronic diseases a year.

## MONTANA SOLUTIONS PROVIDED BY SNAP-ED

According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

### Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



### TOP EDUCATION FOCUSES

- MyPlate food groups
- Reducing sedentary activities
- Fruits and vegetables
- Limiting added sugars
- Whole grains
- Limiting saturated fats

### Settings



Schools



Food Pantries



Community Organizations



Health Clinics



Job Training Programs



Early Care and Education

### Community

SNAP-Ed's community and public health approaches reach a large segment of the population. Efforts are focused in neighborhoods, communities, other jurisdictions, grocery stores, schools, etc. SNAP-Ed has demonstrated comprehensive impacts from this work.

### PSE HIGHLIGHTS

Schools • Food Pantries • Farmers Markets

1. With assistance from SNAP-Ed, 19 organizations made a total of 65 changes to improve policies, systems, and environments that influence healthy eating and physical activity.
2. 13,570 Montanans were potentially reached by improved nutrition policies, systems, and environments.
3. 4,265 Montanans were potentially reached by improved physical activity policies, systems, and environments.

### TOP PSE STRATEGIES

1. Improvements in layout or display of food.
2. Change in menus (variety, quality, offering lighter fares).
3. Increase in fresh or local produce.
4. School wellness policy.
5. Change in food purchasing toward healthier food (food pantries).

*National Health Care Costs for Obesity and Chronic Disease Range Yearly from \$147 - \$210 BILLION. Obesity and Chronic Disease Data is provided by CDC. Programmatic data for state/region is provided by individual agencies and/or PEARS. Information Definitions from 2018 FNS SNAP-Ed Guidance. This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can teach them to buy nutritious foods for a better diet.*

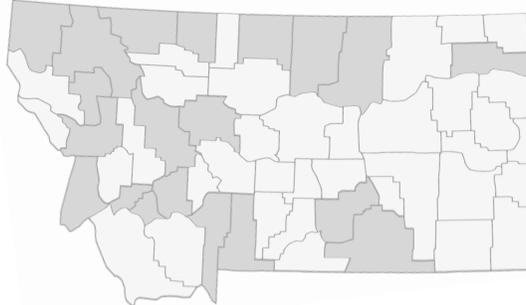
## MONTANA SNAP-ED RESULTS

### Success Stories

In Big Horn County and on the Crow Reservation, SNAP-Ed collaborated with partners to enhance a community garden and donate fresh produce to the local food bank.

"A participant told me that by having a garden plot 2 years in a row to plant, she got a lot more exercise because she had to walk to the garden every day and tend to it. She was also able to get her son involved."

-Nutrition Educator



### Highlights

- 65 nutrition and physical activity improvements in SNAP-Ed counties or reservations.
- Six school lunchroom partnerships that support healthy food selections.
- Two school district wellness policies to enhance student health.
- Five food bank partnerships that increase capacity for healthy choices.

Shaded areas indicate all counties where SNAP-Ed has programming.

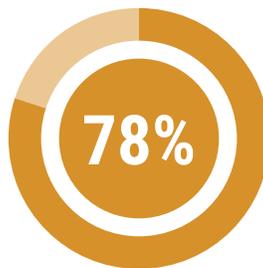
## MONTANA IMPACT DATA



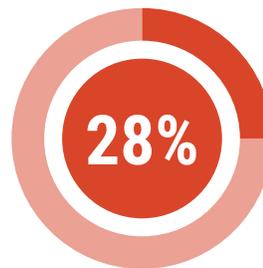
86%  
of adults improved one or more nutrition practices.



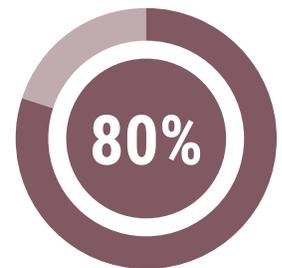
38%  
of adults were more physically active.



78%  
of adults improved food management practices.



28%  
of youth were more physically active or were more knowledgeable about physical activity.



80%  
of youth made healthier food choices.

Behavior change results based on 499 adult participants with 197 graduates, and 4,862 youth participants with 3,544 graduates.

### TOP PARTNERSHIPS

1. Schools
2. Food banks/pantries
3. Healthcare organizations
4. Human services organizations

### TOP COALITIONS

1. Montana Partnership to End Childhood Hunger
2. Eat Right Montana (State Nutrition Action Committee)
3. Montana Food Security Council
4. Montana Farm to School Leadership Team

To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



# Montana Success Stories

## Results from the healthy Food Pantry Assessment Tool Prompt Lasting Change

### Background

The SNAP-Ed Program Manager partnered with the Butte Emergency Food Bank to complete the Healthy Food Pantry Assessment Tool. Once the assessment was completed, the program manager worked with the director of the Butte Emergency Food Bank to improve several areas of health and food safety by way of developing and adopting new policies.

### Body

Throughout the duration of implementing the Healthy Food Pantry Assessment Tool at the Butte Emergency Food Bank, the SNAP-Ed program manager and the director of the Butte Emergency Food Bank were able to assess and improve several areas of health and food safety in the food bank through updating the Nutritional Guidelines Policy document. Specific policy sections that were updated include Guiding Principles on Safe and Healthy Food, Encouraging Healthy Donations, Purchasing Food Priorities, Product Placement and Selection, Respect and Dignity, and Food Safety Training. As a result, the assessment score increased 12% from the pre- to post-assessment completed November 2016 and April 2017, respectively. The assessment also spurred changes within the Butte Emergency Food Bank which were not directly related to the project. As the team drafted the new Nutritional Guidelines Policy, the Director decided it was time to organize and update the entire Policies and Procedures Manual. In addition, while evaluating the amounts and variety of healthy foods available, the director and board of Governors found, and applied for, the Focus on Nutrition Grant through Walmart. The Food Bank was selected for a small award that provided them with more funding to purchase lean protein foods, low-sugar canned fruits, and low-sodium canned vegetables. The project was a great success both in terms of completing the assessment, increasing the food bank's assessment score, and in motivating additional improvements for the food bank.

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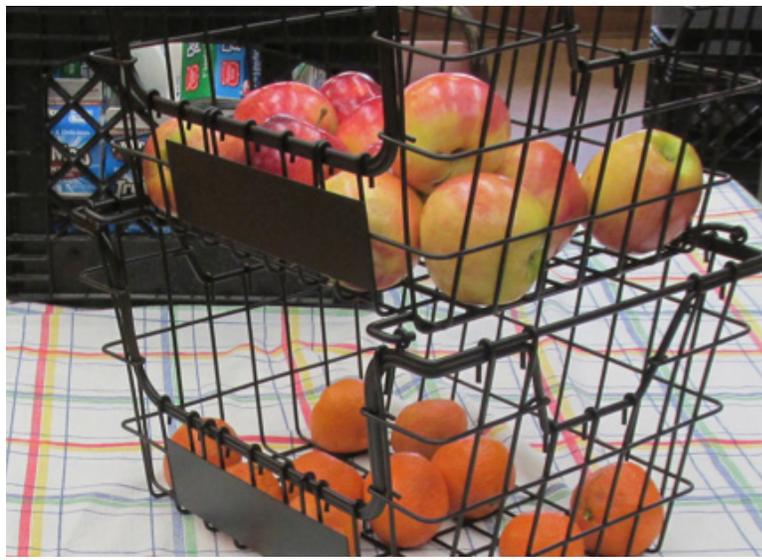
## Young Man Learns to Cook and Gains Confidence in the Kitchen

### Background

In a transitional living facility, a young man who had never used a knife to cut up veggies and regularly ate fast food and frozen meals attended an Eating Smart Being Active series taught by a SNAP-Ed program manager. In the process, he learned knife skills and gained confidence in preparing healthy meals for himself while on a budget.

### Body

Earlier this summer, the SNAP-Ed program manager in Lewis and Clark County taught an Eating Smart Being Active adult series at a transitional living facility. This is a men's-only residence, and clients who live there range in age from 18 to over 60, so there are a lot of different life experiences among them. For this series, the majority of the men were between 30-60 but there was one younger resident who was only 19. It was one of his first times living away from home and he had never prepared a meal for himself before. Knife skills is the first lesson in the series. Everyone, except for the 19-year-old had worked or was currently working at restaurants, and thus were comfortable and familiar with using a knife. The young man confessed he had never used a knife to cut up vegetables before and he only ate fast food and frozen meals. During each lesson of the series, the older housemates encouraged the young man to practice using the knife during the food preparation portion of



the lesson. Though most of the men could chop up an onion really quickly, they all patiently stood back and let the younger man practice while encouraging and helping him. At the 6th lesson, the older men in the class shared that the young man had helped to prepare a meal for the house. He said he really enjoyed cooking now that he had some recipes to work with. The young man and his social worker would talk about how preparing food on his own could help him show his family that he could live independently after completing his time in the transitional living facility. The simple recipes provided in the Eating Smart Being Active series are a perfect stepping stone to folks who are new to preparing food for themselves. With the help of the SNAP-Ed Program Manager and his classmates, this young man now has the confidence and skills to make healthier choices in the future.

## SNAC Highlights

Montana SNAP-Ed is an active member in the state SNAC, which focuses on sharing resources, networking, and communicating consistent messages statewide. The state SNAC in Montana is called the Eat Right Montana Coalition and houses the Action for Healthy Kids Program (ERM/AFHK). ERM/AFHK is a coalition with a long-term commitment to joint action in adopting nutrition or physical activity practices. ERM/AFHK honors health heroes in the state through the annual Health Hero Awards. This past year, a SNAP-Ed program manager was the recipient of one of these awards. Members work together on joint program efforts throughout the year.

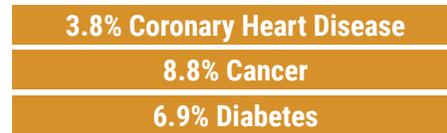
## NEBRASKA CHALLENGE

With high rates of obesity and chronic diseases, the University of Nebraska – Lincoln’s Nutrition Education Program (NEP) continues its statewide effort to decrease obesity and other chronic diseases by promoting the current USDA Dietary Guidelines and MyPlate. Nebraska’s program teaches individuals how to make healthy choices and increase physical activity. NEP also works within a variety of community settings to make environmental changes that can help improve the health of the entire community, through work in early childhood education, schools, and food access. NEP is partially funded by SNAP-Ed.

### Nebraska Obesity Rates



### Nebraska Chronic Disease Rates



### National Cost

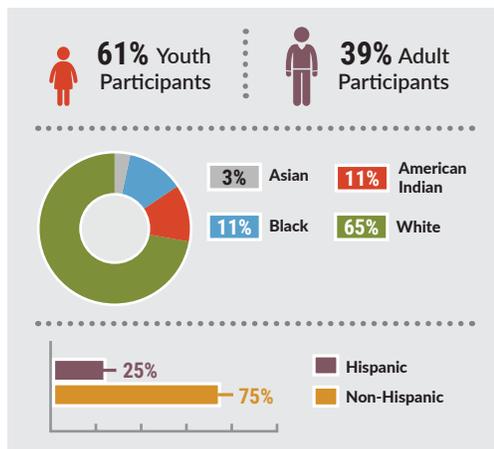
**\$147-216 billion** spent nationally on obesity and chronic diseases a year.

## NEBRASKA SOLUTIONS PROVIDED BY SNAP-ED

According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

### Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



### TOP EDUCATION FOCUSES

#### Adults - Eating Smart Moving More Curriculum

- Meal planning, grocery shopping and food budgeting
- Dietary Guidelines for Americans
  - MyPlate
  - Physical activity

#### Youth

- MyPlate
- Physical activity
- Fruits and vegetables
- Healthy snacks and beverages

### Settings



Group Classes



Schools



Early Childhood Education



Food Retail



Community Gardens



Food Pantries

### Community

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts are in neighborhoods, communities, other jurisdictions, grocery stores, schools, etc. Evidence through SNAP-Ed work has shown comprehensive impacts.

### PSE REACH

Total Reach: 18,904

### TOP PSE STRATEGIES

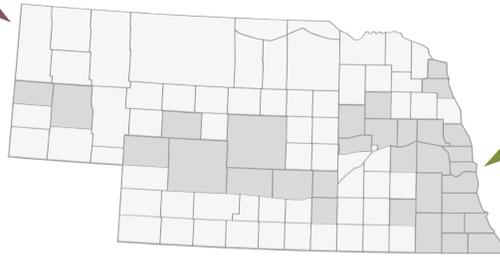
- Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) – Early Childhood
- Smarter Lunchroom Movement – School Health
- School Wellness – School Health
- Double Up Food Bucks – Food Systems
- Community Donation Gardens – Food Systems
- Choose Healthy Here – Food Systems

## NEBRASKA SNAP-ED RESULTS

### Success Stories

"Thanks to the hard work from Nutrition Education Program staff, Extension staff, Nebraska Extension Master Gardeners, and statewide partners, Nebraska has made great strides in increasing access to nutritious foods for those who need it most. The CHOW program, funded through SNAP-Ed, has brought these partners together to make these impacts possible. Produce donated from community gardens has reached over 31,000 individuals in five Nebraska Counties. "The amount of produce donated has astounded everyone working on the project."

- Hall County Extension



Shaded areas indicate all counties where SNAP-Ed has programming.

### Highlights

- The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program worked with 44 child care facilities, and over 3,247 children improved their nutrition and physical activity.
- Five SNAP-Ed eligible schools received Smarter Lunchroom grants to make their school healthier.
- Community Donation Gardens raised and donated over 18,000 pounds of produce.
- Choose Healthy Here collaborated with 10 retail stores in 6 communities.

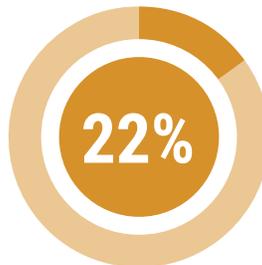
## NEBRASKA IMPACT DATA



31%  
of adults increased their fruit and vegetable intake.



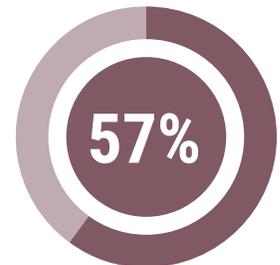
29%  
of adults increased their physical activity.



22%  
of adults decreased their sedentary behavior.



98%  
of youth increased knowledge of MyPlate recommendations.



57%  
of youth are physically active on a regular basis.

### TOP PARTNERSHIPS

- Schools
- Rehabilitation centers
- Children's Center for the Child and Community
- Nebraska Department of Agriculture
- Nebraska Department of Health and Human Services

### TOP COALITIONS

- Community Nutrition Partnership Council/State Nutrition Action Coalition.



National Health Care Costs for Obesity and Chronic Disease Range Yearly from \$147 - \$210 BILLION. Obesity and Chronic Disease Data is provided by CDC. Programmatic data for state/region is provided by individual agencies and/or PEARS. Information Definitions from 2018 FNS SNAP-Ed Guidance. This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can teach them to buy nutritious foods for a better diet.



# Nebraska Success Stories

## Direct Education

### Eating Less is More

Background: Eating Less is More is a weekly SNAP-Ed class at the Nebraska Urban Indian Health Coalition (NUIHC). The adults attending are currently in a drug and alcohol rehabilitation program. The primary adult curriculum used is the Eating Smart Moving More curriculum. Class participants are enrolled in the SNAP - Ed program and receive a certificate upon finishing their 7th session. The class participants received a lesson on portion control. We discussed how portions have gotten larger over the years and tips on how to cut back on them. Participants learned to pay attention to when they feel satisfied instead of eating until they are feeling completely full. They also learned if they are still hungry to take 2nd helpings of foods high in nutrients and low in calories. When I returned the following week, I received exciting news. Two participants in class (one male and one female) decided to practice portion control together. They had been eating smaller portions since the lesson on portion control. That day they said they had grilled cheese sandwiches and tomato soup for lunch. The male participant told me that normally he would eat four grilled cheese sandwiches and three bowls of soup, and he only ate one grilled cheese sandwich and one bowl of soup! He also followed it with a serving of fruit! The female participant also had only one sandwich and one bowl of soup. She admitted to having a small brownie also, but we talked about moderation and that it was okay to have them once in a while. I let them know how happy and proud I was that they were practicing portion control. These two participants have also been taking part in regularly attending the YMCA a couple of times a week with their group. By watching their portions along with increasing their physical activity, they are on their way to achieving a healthy weight and maintaining it!

### Lisa Larkin

SNAP-Ed Assistant in Douglas/Sarpy Counties

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## School Wellness

### School Wellness Success Story

Nebraska Extension, including the Nebraska Supplemental Nutrition Assistance Program-Education (SNAP-Ed) collaborated with Nebraska Team Nutrition (NE TN) to provide \$1,000 NE TN mini-grants. Extension staff provided trainings and technical assistance to 20 schools to help them create appropriate organizational and environmental changes to improve the health and nutrition of students. Of those 20 schools, five were eligible for SNAP-Ed. One of those eligible schools was Cedar Bluffs Public School (60% FRP lunch participation rate). Cedar Bluffs Public School had four staff complete the SLM webinar training series, and received 14 hours of technical assistance to implement their SLM strategies. As a result, 100% of the 360 k-12th grade students in the school were impacted by the SLM strategies they implemented every day of the week. Based on personal observations, their food service staff noticed an increased in both access of and consumption of fruit and vegetables. They also noticed students were eating healthier. They were bringing less foods from home, particularly unhealthy foods, were asking more about salad bar options, were eating more vegetables and fruits and were bringing in less snacks from home. When asked about what advice they would offer to other schools that wanted to implement Smarter Lunchrooms strategies, they recommended advertising a fruit and vegetable of the day, or the monthly vegetable in season, using MyPlate activities to reinforce the importance of fruit and vegetable intake and to help increase the acceptance of new fruits and vegetables, and to expand the variety of fruits and vegetables offered in the cafeteria.

### Beth Nacke,

Jennifer Groves and Natalie Sehi



# SNAC Highlights

The mission of the Community Nutrition Partnership Council (CNPC) is to promote health and nutrition in limited resource individuals/families throughout Nebraska. CNPC represents a variety of state agencies and organizations that meet biannually. Goals include striving to promote consistent nutrition and/or physical activity messages without duplicating efforts and bringing new partners to the table. However, a major challenge facing organizations is how to partner with other organizations and agencies to collaboratively address goals while effectively maximizing resource sharing. A sub-committee decided the PARTNER Tool assessment (Center on Network Science, University of Colorado-Denver, 2017), a social network analysis instrument to collect, analyze and interpret data to improve collaboration within community networks, could be tailored to the groups' needs. More information on this tool can be found at: [partnertool.net](http://partnertool.net). During FY17, the Community Nutrition Partnership Council (CNPC), met in November 2016 and April 2017.

- The November 2016 meeting focused on Collective Impact. Twenty-six CNPC members attended from at least 15 different partnering agencies/organizations.
- The April 2017 meeting focused on the PARTNER Tool. The PARTNER was introduced to the Council members as a possible tool to evaluate/measure the collective impact of our Community Nutrition Partnership Council (CNPC). Twenty-five CNPC members attended from at least 10 different partnering agencies/organizations.

In summer 2017, the online PARTNER tool was made available to CNPC members to complete with up to three reminders. There was a 64% response rate (23 out of 36 organizational representatives). Fifty percent reported CNPC was successful at reaching its goals, with 32% at somewhat successful and 18% at very successful. Highest rated responses from survey participants were the following (select all that apply questions):

- Organization/program/department contributes (or could contribute): Community connections (78%), information/feedback (74%), and in-kind resources (65%).
- Outcomes of work include (or could include): Improved resource sharing (83%), increased knowledge sharing (78%), education services, health literacy and educational resources (78%), public awareness (74%), and improved communication (74%).
- Contributions to success: Bringing together diverse stakeholders (87%), exchanging information/knowledge (87%), sharing resources (83%), and information relationships created (83%).

Future work will involve a facilitated group discussion to engage in strategic planning and develop action steps to implement potential change and increase interactions among group members where needed. Additionally, CNPC will continue using the tool to demonstrate to stakeholders and partners how collaborative activity has changed over time and increased progress has been made in participation among organizations.

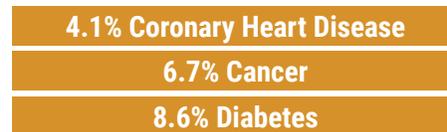
## NORTH DAKOTA CHALLENGE

Obesity is a public health crisis in North Dakota, with the 15th highest rate of adult obesity and 2nd highest rate of youth who are overweight or obese. ND SNAP-Ed provides healthy lifestyle programming to eligible youth and adults and works with partners on policy, systems, and environmental supports. Families who participate in SNAP-Ed gain valuable skills to eat healthfully for less, which decreases the need for public assistance and the collective health care costs of poor nutrition.

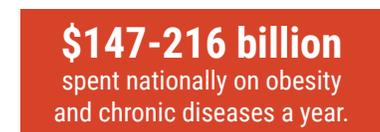
### North Dakota Obesity Rates



### North Dakota Chronic Disease Rates



### National Cost

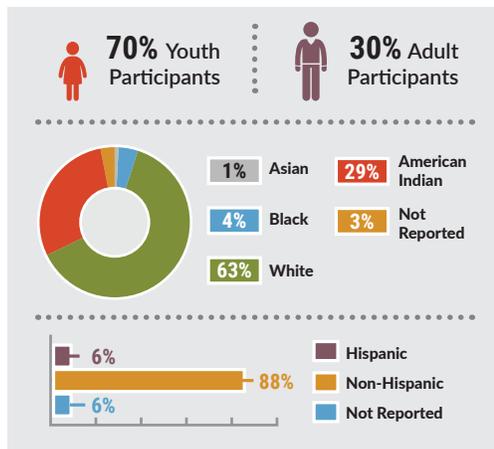


## NORTH DAKOTA SOLUTIONS PROVIDED BY SNAP-ED

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### Individual

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### TOP EDUCATION FOCUSES

#### Adults

- Fruits and vegetables
- Meal planning
- Home food preparation
- Stretching the food dollar
- Food and physical activity balance
- Daily physical activity

#### Youth

- Fruits and vegetables
- Healthy beverage choices
- Smart snacking
- Basic cooking skills
- Food and physical activity balance
- Daily physical activity

### Settings



Food Pantries



Schools



FDPIR Sites



Early Care and Education



Public Housing



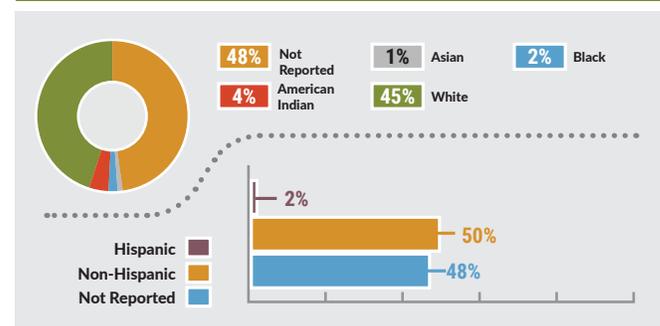
Gardens

### Community

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts and in neighborhoods, communities, other jurisdictions, grocery stores, schools, etc. Evidence through SNAP-Ed work has shown comprehensive impacts.

### PSE REACH DEMOGRAPHICS

Schools • Farmer's Markets • Pantries • Corner Stores



### TOP PSE STRATEGIES

- Smarter lunchrooms movement.
- Nudging to health at food pantries.
- Edible gardens in schools and under served communities.
- Increasing access to fresh produce through gleaning networks.

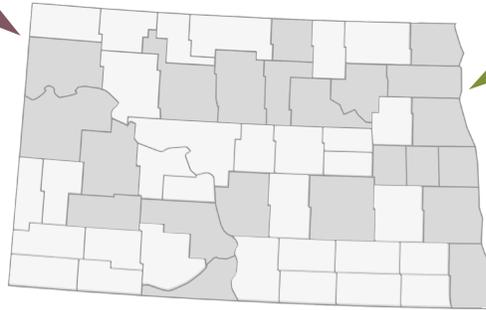
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## NORTH DAKOTA SNAP-ED RESULTS

### Success Stories

"I liked learning about cooking with whole foods and it is making a difference in my budget, I am starting to save money." - Food pantry client

"Words cannot express how much I appreciated this program (Kids Cooking School) this summer. You made it so comfortable and engaging, that when they came home they were ready to showcase the recipe they made in class for the family. My son is the biggest picky eater and it is amazing to see him try new foods! He now makes requests for foods (that he would never eat before) to be purchased to prepare and eat at family meals. I truly believe these life-skills that were taught will be with them throughout their lifetime. Thanks again for all you did for them!"



Shaded areas indicate all counties where SNAP-Ed has programming.

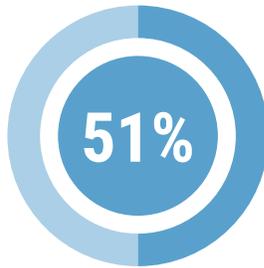
### Highlights

- Teach life skills to help youth and families cook more at home, increase fruit and vegetable consumption, balance healthful food with physical activity and get the most nutrition for the money.
- Empower youth and families to make healthy choices on their own.
- Work with refugees, Native Americans, and other marginalized communities in North Dakota.
- Collaborate with tribal communities to identify and develop culturally appropriate materials that support state SNAP-Ed goals.
- Work with schools with high free- and reduced- price meal participation on initiatives including school gardens and improvement of the school lunchroom environment.

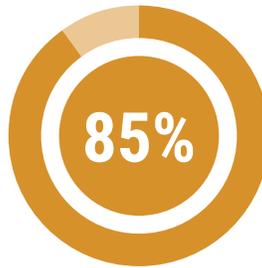
## NORTH DAKOTA IMPACT DATA



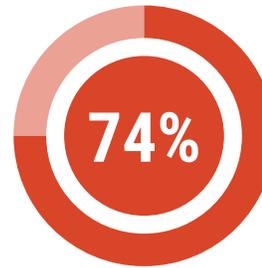
of youth eat more fruit and 63% eat more vegetables.



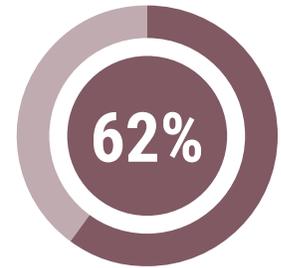
of youth choose healthier snacks.



of youth are more physically active.



of adults adopted at least one habit to spend their food dollars more wisely.



of adults usually make meals at home.

### TOP PARTNERSHIPS

1. Schools
2. Food pantries
3. County Social Services/SNAP offices
4. Head Start
5. WIC

### TOP COALITIONS

1. Creating a Hunger-Free ND Coalition
2. Cass Clay Food Partners
3. Go! Bismarck Mandan
4. Minot Area Team Wellness Coalition
5. Spirit Lake Healthy Community Coalition



# North Dakota Success Stories

## Forks Well Fed – SNAP-Ed and Community Partners Team Up to Bring SNAP Families to the Farmers Market

In 2014, the Town Square Farmers Market in downtown Grand Forks, ND started accepting Supplemental Nutrition Assistance Program (SNAP) benefits. The director of the market and Stable Days Youth Ranch in Grand Forks knew additional outreach was needed when a SNAP client brought back half of a zucchini and said, “this is the worst cucumber I have ever tasted!” In response, NDSU Extension and Stable Days Youth Ranch, a local nonprofit with programs that include mentoring and gardening, conceived the Forks Well Fed program.

Participating families received a monthly allotment of produce and “Well Fed” wooden tokens to help them expand their SNAP buying power at the Town Square Farmers Market. A grant from United Way helped fund Forks Well Fed. Nutrition educators from NDSU Extension, including SNAP-Ed, held seven classes engaging families in hands-on demonstrations emphasizing how to make healthy choices and gain confidence in meal preparation. Stable Days Youth Ranch hosted a harvest event where Forks Well Fed participants chose a local food bank to receive the extra produce, giving participants the opportunity to give back to others in need. The program expanded in the summer of 2017 with new families and ongoing grant support. A market trolley brought produce to the classes, and other convenient locations, so families had easy access to use their tokens. The market trolley visited areas with higher concentrations of low-income refugee families, elderly, children, adults with disabilities, and Native American families.

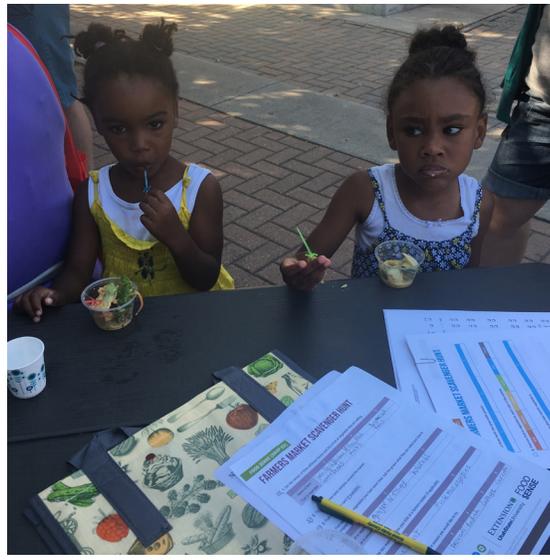
- “Thank you for the invite once again to the Well Fed program. My family and I enjoyed the cucumbers and used the spaghetti sauce to make an Italian hot dish with whole wheat noodles....it was a hit! My youngest who is usually a picky eater, finished all her supper! I never knew blanching was so easy peasy!!
- “It’s helping to get my kids to try new vegetables that they might not normally try.”
- “We eat healthier home cooked meals, save money, and in the winter we get something warm in our bellies!”

Together the Town Square Farmers Market and Forks Well Fed Program help support the local economy by bringing a wider variety of clients to the market to buy local fresh fruits and vegetables. Forks Well Fed participants feel more comfortable navigating the market and are more excited to bring their children to help select produce to prepare and eat. The Forks Well Fed program helps foster connections between growers and a wider variety of community members and gives SNAP clients more confidence and resources to feed their families healthfully.

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## On the Move Cooking School

The On the Move Cooking School curriculum, developed by NDSU Extension, consists of eight hands-on lessons delivered in summer program settings, after-school programs and as weekly lessons. Each lesson has specific objectives, physical activity, worksheets, associated recipes, a parent newsletter and evaluation tools. The lesson topics include measuring, reading recipes, identifying and using equipment, safe food handling, reading nutrition labels, meal planning, and hands-on cooking and baking. Each child receives a cooking kit and cookbook at the conclusion of the program. In FY 2017, 172 children from income-eligible families completed the multi-session program. As a result of the Cooking School, children increased their knowledge of nutrition, food safety and health concepts through hands-on learning.



Students shared that they were happy to get the cooking equipment so they could share what they learned at home, since many families did not have well-equipped kitchens.

“My son has been very interested in helping/doing things himself in the kitchen, getting his own snack, getting a knife and asking to cut his banana instead of just eating it so he can practice with the knife, and just being more aware/helpful in the kitchen overall!”

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### **Nutrition Mission: A Journey to Healthier Eating for Food Distribution Program on Indian Reservations (FDPIR) Clients**

The Spirit Lake Food Distribution Program (SLFDP) and NDSU Extension Service SNAP-Education developed and tested the curriculum, Nutrition Mission, at the newly renovated SLFDP site. Nutrition Mission incorporated culturally relevant recipes and techniques and used traditional and fresh foods included in the FDIR food package. Six interactive lessons were developed highlighting MyPlate and family mealtimes. SLFDP and SNAP-Ed nutrition educators co-taught the classes. Pre- and post- surveys assessed outcomes. Nutrition Mission was funded in part by a First Nations Development Institute nutrition education grant.

Twenty-seven people participated in Nutrition Mission, which indirectly impacted another 45 family members with take-home activities and healthy recipes. After classes, 72% of participants indicated that they are “definitely” eating healthier than before classes; the other 28% indicated they are eating “a little healthier.” Additionally, 67% of participants eat more kinds of vegetables and 56% eat more kinds of fruits than before classes.

Nutrition Mission fills a need for a research-based, culturally relevant nutrition education program for Native American families participating in FDIR or SNAP.

# **SNAC Highlights**

The Creating a Hunger Free North Dakota Coalition includes leaders across a variety of sectors serving limited income North Dakotans including the Great Plains Food Bank, WIC, AARP North Dakota, Farmers Union, Department of Public Instruction, regional community action agencies, North Dakota Department of Human Services, and SNAP Education. This coalition seeks to create healthier and hunger-free citizens by addressing economic, environmental, and social factors contributing to hunger and poor health and serves in a similar capacity as a State Nutrition Action Committee (SNAC). Key efforts in FY 2017 included work updating the strategic plan and ongoing outreach connecting partners to leverage resources and avoid duplication. The Coalition will use the Collaboration Readiness Assessment Tool to identify opportunities and needs within the coalition.

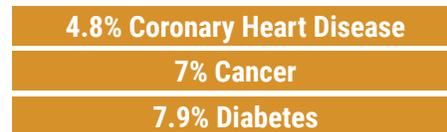
## SOUTH DAKOTA CHALLENGE

South Dakota communities suffer from obesity, poverty, poor nutrition, lack of physical activity opportunities, and limited access to healthy foods, especially in tribal communities. The rural nature of the state, along with these issues, present unique challenges for SNAP recipients for maintaining a healthy lifestyle. SNAP-Ed is focused on providing nutrition education, and creating community wellness coalitions to improve healthy behaviors, and to increase the number of community-wide practices that promote access to and improve behaviors associated with healthy foods and physical activity.

### South Dakota Obesity Rates



### South Dakota Chronic Disease Rates



### National Cost

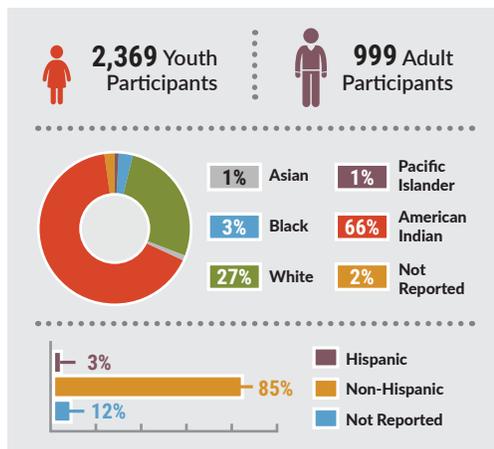
**\$147-216 billion** spent nationally on obesity and chronic diseases a year.

## SOUTH DAKOTA SOLUTIONS PROVIDED BY SNAP-ED

According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

### Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



### TOP EDUCATION FOCUSES

#### Adults

- Dietary Guidelines for Americans
- Stretching food dollars
- Fruit and vegetable consumption
- Physical activity recommendations
- Food safety

#### Youth

- Fruits and vegetables
- Whole grains
- Lean proteins
- Low-fat dairy
- Physical activity

### Settings



Gardens



Group Classes



Farmers Market



Schools



Afterschool Settings



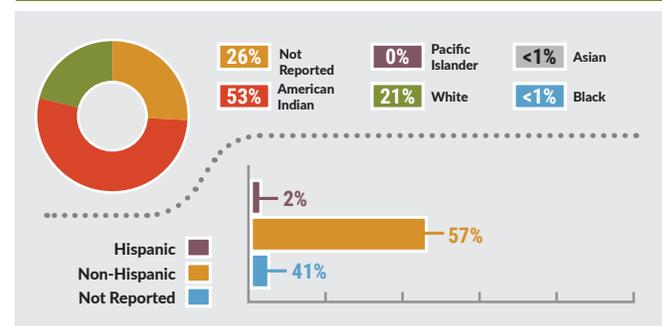
Grocery Stores

### Community

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts in neighborhoods, communities, other jurisdictions, grocery stores, schools, etc. Evidence through SNAP-Ed work has shown comprehensive impacts.

### PSE REACH DEMOGRAPHICS

Schools • Farmers Markets • Pantries • Corner Stores



### TOP PSE STRATEGIES

1. Community fitness zones
2. School and community gardens
3. Traditional Native American games
4. Voices for Food – food pantries
5. Fuel Up to Play 60 & school environment changes

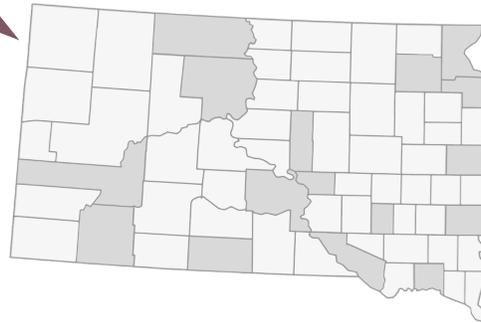
*National Health Care Costs for Obesity and Chronic Disease Range Yearly from \$147 - \$210 BILLION. Obesity and Chronic Disease Data is provided by CDC. Programmatic data for state/region is provided by individual agencies and/or PEARS. Information Definitions from 2018 FNS SNAP-Ed Guidance. This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can teach them to buy nutritious foods for a better diet.*

## SOUTH DAKOTA SNAP-ED RESULTS

### Success Stories

Participants of the Bountiful Backpack Program actively help make and sample a healthy meal that utilized common USDA commodity foods. After seeing what the program had to offer, a partner made the decision to offer a second lesson in order to double the program's reach. They also ensured that every child/family would be able to make every meal from the curriculum together at home.

After participating in the "Aging Well" curriculum, one participant shared how she started having oatmeal for breakfast after learning the perks of whole grains. A recent doctor appointment revealed her cholesterol level had come down, which she contributes to her new found healthy eating.



Shaded areas indicate all counties where SNAP-Ed has programming.

### Highlights

- 13 Community Gardens, 7,000+ produce items harvested, 2,800+ produce items donated to local food pantries, 4,600+ produce items harvested and taken home by families.
- Partnerships with tribal communities.
- Culturally appropriate curriculum resources developed & utilized.
- Expansion of Traditional Games in Schools, community events, camps, headstart programs, etc.
- Garden harvest celebrations to celebrate produce harvested for the community.

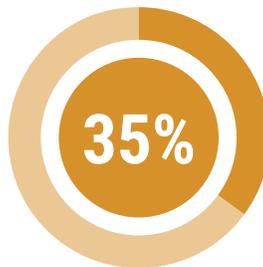
## SOUTH DAKOTA IMPACT DATA



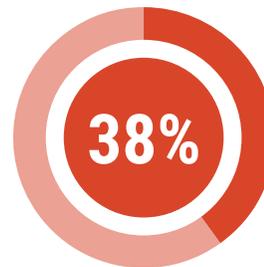
of youth made healthier food choices.



of youth were more physically active.



of youth improved food safety practices.



of youth improved their ability to prepare simple, nutritious, affordable foods.



chose healthier snacks more often.

### TOP PARTNERSHIPS

- SD Department of Social Services (state level & county level SNAP Offices)
- Tribes and tribal communities
- SD Department of Education and Schools
- Healthcare organizations
- Food pantries
- We have over 137 active statewide partnerships

### TOP COALITIONS

- South Dakota Department of Health, Healthy Stakeholders Advisory Council
- South Dakota Farm to School Task Force
- South Dakota Chronic Disease Partners
- Community Wellness Coalitions (13 active coalitions)



# South Dakota Success Stories

## Traditional Games

About one in three youth in South Dakota are overweight or obese, with our Native American population having even higher rates of being overweight/obese. The Native American population in South Dakota also has higher chronic disease prevalence, including higher rates of diabetes. Diet and lack of physical activity contribute to these health problems. Barriers to physical activity reported by Native American youth include a lack of facilities, equipment, and trained physical education staff. Traditional Native American games could provide a way to reduce health risks in Rapid City youth of all races by overcoming the barriers mentioned above.

Traditional Native American games may be a good option to reduce obesity rates, chronic disease, and health care costs in some South Dakota communities. Promoting mental, physical, social, and spiritual health, the games offer a way for Native American youth, adults, and elders to find restored cultural identity. Traditional games are also a practical physical activity option as they are sustainable, cost-effective, not seasonal in nature, and have the possibility to provide racial healing to communities. A 2015 study on race relations in Rapid City conducted by University of South Dakota researchers showed friction between the Native American community and the mostly white police force, but several steps are being taken to improve relations, including outreach efforts using Native American traditional games.

SDSU Extension has hosted two Level I Native American Games trainings provided by the International Traditional Games Society in 2016. Participants at the training became certified to teach over 20 traditional games to others in their home communities. They also learned how to responsibly harvest and craft game materials from items found in nature. Two participating organizations from Rapid City have taken their training and put it to good use this fall, sharing their knowledge with Rapid City youth and parents in a variety of ways. The first, Travis Schubauer, physical education teacher from General Beadle Elementary, helped to organize a Kindergarten Family Day in October 2016 in which 90-100 kindergartners and their parents made "Ring the Stick" games. Representatives from Black Hills National Forest Service gathered and donated chokecherry and willow branches for this event and SDSU Extension provided sinew.

The second training by the Rapid City Police Department has secured donations for and crafted traditional game sets to be used with youth. Officers Tim Doyle and Brian Pitts from the Rapid City Police Department have also shared Native American games knowledge as part of their outreach efforts. The officers have worked with five Rapid City elementary schools on early-release Wednesdays so far, and have additional outreach scheduled at seven elementary schools in 2017. When working with the youth, the officers demonstrate and play several traditional games including lacrosse, Ring the Stick and Run and Scream. As a closing, the officers organize a Rock in Fist tournament, in which the winning student and a student who shows fortitude (a Lakota virtue) by not giving up are equally honored. Last, the officers discuss the history and meaning of the games with students and answer questions. The police department also helped organize a Native American Games Community Event that took place in the Spring of 2017.



### **Bountiful Backpack Program - Yankton Sioux Tribal Communities**

According to Feeding South Dakota and Feeding America, one in six South Dakota children live in food insecure homes. Nutrition, especially in childhood, is important for their future physical and mental health, academic achievement, and economic productivity. Hunger ultimately threatens a child's opportunity to thrive.

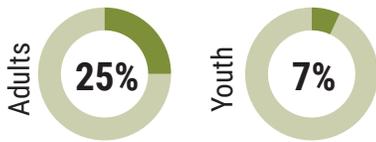
SDSU Extension and the Yankton Sioux Tribe partnered to apply for funding through the First Nations Development Institute for a grant called "Nourishing Native Youth: Feeding Our Future" in which the tribe was awarded \$15,000 to provide two programs - the Bountiful Backpack program and the Summer Supper Meals Pilot program. The Bountiful Backpack program is a nutrition education program that teaches youth participants how to: read and follow a recipe, read the food label, and basic cooking skills. A major component of this program is not only teaching youth how to follow a recipe, but also sends them home with the ingredients to make a meal with their family.

In the summer of 2017, 53 "backpacks" were sent home with youth in the Lake Andes community. Wagner Community School also participated in the program, with 110 bags being sent home. With each recipe or "backpack" providing a meal that serves about six family members, it is estimated that 978 meals were provided through the summer months to members of these communities.

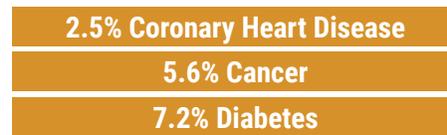
## UTAH CHALLENGE

American diets fall short of recommendations for good health and contribute to excess rates of preventable chronic disease. Obesity rates are high and other serious problems like type 2 diabetes, heart disease, and hypertension are climbing in low-income groups. Utah is no exception. Food \$ense, Utah's Supplemental Nutrition Assistance Program—Education (SNAP-Ed), continues to fight food insecurity and decrease obesity and other chronic diseases among low-income individuals. Food \$ense classes teach basic cooking skills, how to prepare nutritious meals using more fruits and vegetables, and the importance of physical activity. Through a combination of direct education, marketing, and policy, systems, and environmental support, this program is improving food security and sparing Utah low-income families' health problems. Food \$ense teaches people and supports the systems necessary to achieve a healthier lifestyle and improve self-reliance.

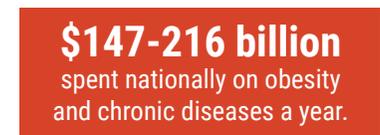
### Utah Obesity Rates



### Utah Chronic Disease Rates



### National Cost

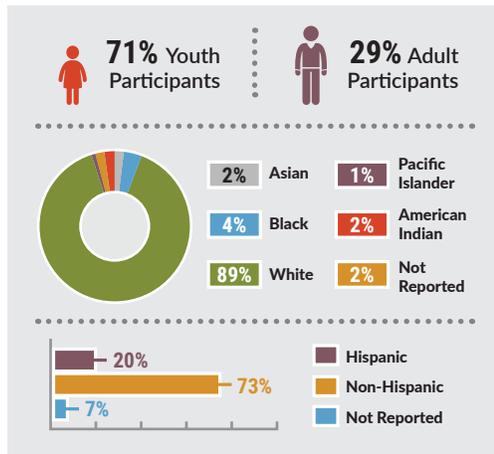


## UTAH SOLUTIONS PROVIDED BY SNAP-ED

According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

### Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



### TOP EDUCATION FOCUSES

#### Adults - Creates Curriculum

- Dietary Guidelines for Americans
- Physical activity recommendations
- Stretching food dollars
- Food safety
- Cooking skills to make healthy meals with foods already on hand

#### Youth - Create MyPlate

- Fruits and vegetables
- Whole grains
- Low-fat dairy
- Lean protein
- Physical activity

### Settings



Group Classes



Schools



Pantries



Gardens



Farmers Market



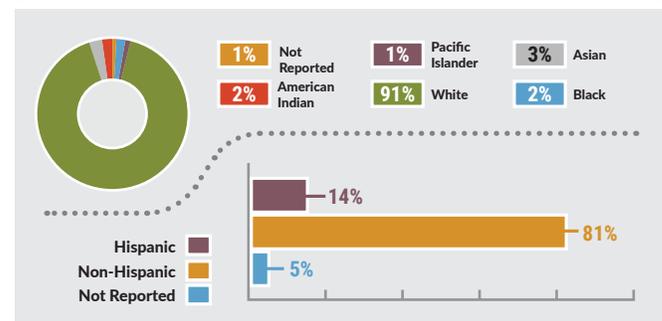
Corner Store

### Community

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts are in neighborhoods, communities, other jurisdictions, grocery stores, schools, etc. Evidence through SNAP-Ed work has shown comprehensive impacts.

### PSE REACH DEMOGRAPHICS

Schools • Farmer's Markets • Pantries • Corner Stores



### TOP PSE STRATEGIES

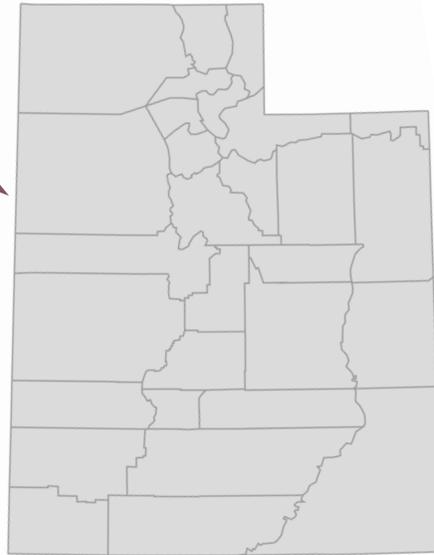
- Improved appeal, layout or display of foods to encourage healthy and discourage unhealthy selections.
- Increased shelf space, amount or variety of healthy options.
- Change in food donation specifications toward healthier food.
- Use of standardized, healthy recipes.

## UTAH SNAP-ED RESULTS

### Success Stories

A class participant reported that applying the MyPlate and Creates principles helped her lower her A1C levels, get off insulin, and need only to use metformin. She used Creates recipes and increased her physical activity, and used food management principles to help her choose healthy food on a budget.

In the past year of attending Food \$ense classes and applying principles he learned in the classes, one participant was able to lose over 50 lbs. He reported to have increased stamina and that his wife is now adopting the healthier lifestyle, too.



### Highlights

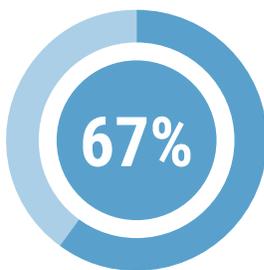
- Teach life skills to help families manage their food dollars and be more fiscally responsible with their resources.
- Encourage families to make healthy choices on their own.
- Work with refugees, immigrants (Latino programming), and intergenerational poverty families.
- Partner with USU researchers to conduct statewide needs assessments to find the best methods to meet those needs.

All counties in Utah receive SNAP-Ed programming

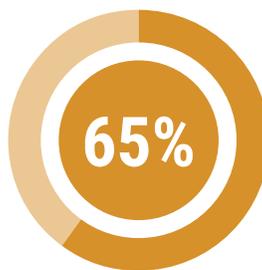
## UTAH IMPACT DATA



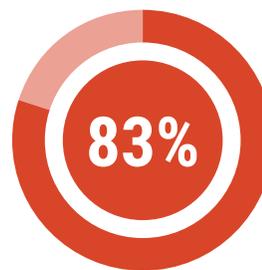
87% of Food Pantry participants strongly agree/agree that making healthy choices at the food pantry is important.



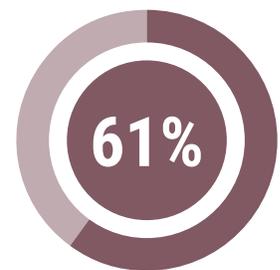
67% of Food Pantry participants strongly agree/agree they eat healthier since Thumbs Up was introduced.



65% of parents report an increased intake of fruit and vegetables.



83% of adults have enough food to last through the month after participating in classes.\*



61% of participants reported usually or always being physically active for 30 minutes a day, 5 days a week.\*

\*Percentages shown reflect the data collected from a 6-month follow up survey of the Food Sense Program.

### TOP PARTNERSHIPS

- Department of Workforce Services
- Extension offices
- Food pantries
- Schools
- Utah State University, NDFS Extension

### TOP COALITIONS

- SNAC - State Nutrition Action Coalition
- UPIC - Utah Produce Incentive Collaborative
- UBET - Utah Breakfast Expansion Team
- Hunger Solutions Institute

National Health Care Costs for Obesity and Chronic Disease Range Yearly from \$147 - \$210 BILLION. Obesity and Chronic Disease Data is provided by CDC. Programmatic data for state/region is provided by individual agencies and/or PEARS. Information Definitions from 2018 FNS SNAP-Ed Guidance.

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can teach them to buy nutritious foods for a better diet.



05/25/2017

# Utah Success Stories

"I went to the grocery store last week and I saw one of my participants doing her shopping. She stopped and said hello to me and showed me her shopping list and an advertisement from a different grocery store. She told me that she was putting in practice what she had learned in my classes. She never used a shopping list before. She used to spend too much money when she did her shopping. She is more organized now and buys the things she has on the list. She told me that she uses coupons and sales from the paper. She is happy to put into practice all the things I have taught her."

**Anny Galvin, NEA**  
Cache County

"While teaching a class at the Department of Workforce Services, a lady popped in and started telling the class about her experience with Food \$ense. She said that after taking the same class as I was teaching that day, last December, she decided that she was going to implement the things that I had taught her in the class. She didn't know what her budget was so she started tracking how much she spent each month on food. She was surprised at the amount that she spent because she had been spending a ton of money each month on food. She also started meal planning and making grocery lists to take to the store. She testified that Food \$ense really does work! She said that now that she is meal planning she spends less money, eats better, and doesn't waste so much time going to the grocery store multiple times a week. The things we teach really do work!"

**Kailey Roberts, NEA**  
Beaver County

"I visited the Homeless Youth Resource Center to help organize their kitchen pantry and add more recipes to their recipe book. I met with the HYRC Volunteer Coordinator. She told me that our recipe book has been so helpful. In the past, the volunteers wouldn't show up to prepare a meal for the clients and the staff would scramble and throw together a last minute not-so-healthy meal for the teens, sometimes just serving cereal. The recipe book has been so helpful in providing alternative recipes that are healthy and are using a variety of the donated foods. I was very excited to hear this feedback from our contact that our PSE efforts were making a difference, and that our recipe book is promoting healthier meals based on MyPlate guidelines. Our PSE efforts have had a significant impact on the meal system at the HYRC and what the teen clients are being served."

**Ally Cowdell, NEA**



# SNAC Highlights

Throughout the United States, State Nutrition Action Coalitions, or SNAC groups are becoming more popular as a way to provide a wide range of quality nutrition programming to state residents. SNAC groups allow agencies with similar nutrition and wellness missions to leverage resources and knowledge, while reducing duplicative efforts, ultimately increasing the reach and impact of all the agencies involved. Utah's SNAC group was initially formed in 2005, but has continued to evolve and grow with the changing demographics and needs of Utah's population.

## Utah's SNAC group now includes members from the following organizations:

- Department of Workforce Services (DWS)
  - Utah Food \$ense (SNAP-Ed)
  - Utahns Against Hunger
  - Utah Department of Health – Healthy Living through Environment, Policy & Improved Clinical Care
  - Utah Expanded Food & Nutrition Education Program (EFNEP)
  - Utah State University Extension
  - Women, Infants & Children Program (WIC)
  - International Rescue Committee (IRC)
  - Get Healthy Utah
- 
- **Double Up Food Bucks Partnership/Farmers Market Outreach**
    - During the 2017 farmers market season, Utahns Against Hunger managed the Double Up Food Bucks program.
    - The program has seen tremendous growth since its inception in 2015 in Utah.
    - Program support is provided by several organizations involved in SNAC through the provision of:
      - Marketing and advertising of markets that provide DUFB to SNAP recipients to increase their spending power for fresh fruits and vegetables.
      - Direct nutrition education raising awareness of markets, DUFB, and how to use fresh produce to make delicious meals provided to SNAP recipients.
      - Nutrition education booths at farmers markets providing consumers with ideas and tips about how to use available produce.
      - Support in the evaluation of the DUFB program.

## WYOMING CHALLENGE

With high rates of obesity and chronic disease, University of Wyoming Supplemental Nutrition Assistance Program Education (SNAP-Ed) continues its statewide effort to decrease obesity and other chronic diseases promoting current USDA Dietary Guidelines and MyPlate. Wyoming's program provides opportunities for positive change in nutrition and physical activity for the limited resource audience through education, multi-level interventions and community engagement. Education through SNAP-Ed is essential to improving the health and lifestyle of low-income individuals and families.

### Wyoming Obesity Rates



### Wyoming Chronic Disease Rates



### National Cost

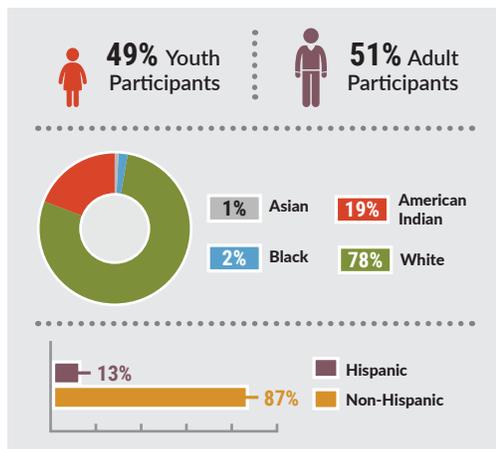
**\$147-216 billion** spent nationally on obesity and chronic diseases a year.

## WYOMING SOLUTIONS PROVIDED BY SNAP-ED

According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

### Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



### TOP EDUCATION FOCUSES

- MyPlate
- Physical Activity
- Food Resource Management
- Food Safety

### Settings



Group Classes



Schools



Food Pantries



Farmers Market

### Community

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts are in neighborhoods, communities, other jurisdictions, grocery stores, schools, etc. Evidence through SNAP-Ed work has shown comprehensive impacts.

### PSE REACH

Schools • SNAP Offices • Local Foods • Written Agreements



### TOP PSE STRATEGIES

889 nutrition/physical activity supports adopted

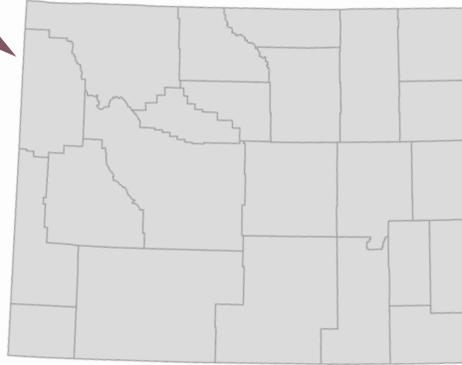
- Marty Moose School PSE Changes
- SNAP-Ed Referral System
- Farmers Markets – SNAP Acceptance/Incentives
- Community Gardens – Donations of Local Produce
- **Written Agreements with Partner Agencies**

National Health Care Costs for Obesity and Chronic Disease Range Yearly from \$147 - \$210 BILLION. Obesity and Chronic Disease Data is provided by CDC. Programmatic data for state/region is provided by individual agencies and/or PEARS. Information Definitions from 2018 FNS SNAP-Ed Guidance. This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can teach them to buy nutritious foods for a better diet.

## WYOMING SNAP-ED RESULTS

### Success Story

In summer 2017, Natrona County SNAP-Ed collaborated with community gardeners to donate over 200 pounds of produce to local food pantries. The Salvation Army Social Services director stated, "The produce that is being donated is absolutely incredible. Our clients love that they are able to take fresh things, like zucchini and squash and green beans, and things that have come out of the gardens grown here."



### Success Story

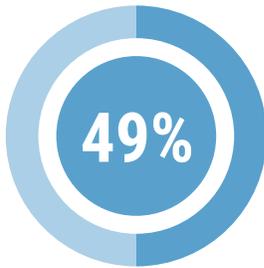
Laramie County participant: "I learned how to eat healthier and am now making better food choices. We are not eating out as often and I have lost 10 pounds and am more active. My son is also thinning out as well. It is so much easier than I thought to cook from scratch."

All counties in Wyoming receive SNAP-Ed programming

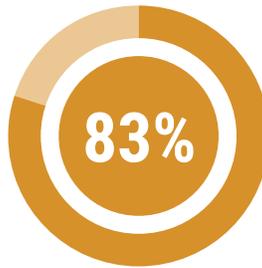
## WYOMING IMPACT DATA



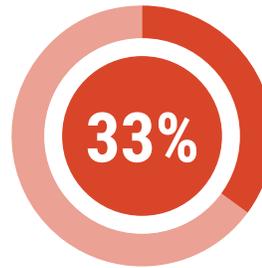
43%  
of adults ate more fruits.



49%  
of adults ate more vegetables.



83%  
improved in food resource management practice.



33%  
of adults increased their physical activity.



\$57.30  
average amount saved on food per month.

Impacts based on 1,634 adults completing pre/post surveys.

## TOP PARTNERSHIPS Total number of partnerships: 349

### Top partnerships by type:

- Schools
- Government organizations
- Human services organizations
- Hospitals/Healthcare organizations
- Agricultural organizations

### State Nutrition Action Coalition (SNAC):

- Wyoming Department of Family Services
- Wyoming Department of Education
- Wyoming Department of Health Chronic Disease Prevention
- Wyoming Department of Health Division on Aging
- WIC
- UW Extension Nutrition and Food Safety
- UW Cent\$ible Nutrition Program (EFNEP and SNAP-Ed)



# Wyoming Success Stories

## Local Foods for Low-Income Families • Big Horn County

In 2016, the Cent\$ible Nutrition Program (CNP) educator in Big Horn County worked with the South Big Horn County Healthier Lifestyles Coalition on a needs assessment for the area. The assessment revealed that the low-income population had limited access to healthy and affordable fruits and vegetables. The coalition started a community garden in 2016 to address this need and the garden was successful in increasing access to low-income families and individuals. In 2017, when the coalition disbanded, the CNP educator applied for a grant to start a CNP community garden that would continue to increase access to local produce for low-income families and individuals in South Big Horn County.

- In 2016, vegetables from the South Big Horn County Healthier Lifestyles Coalition garden were donated to Bonnie Bluejacket Nursing Home, Basin Commodities, and the Salvation Army.
- In 2017, the CNP educator received a \$2,000 grant from the Farm Credit Services of America's (FCSAmerica) Working Here Fund to start a 2,000 square foot garden at the Big Horn County Extension Office.
- Students from Laura Irwin Elementary Summer School Program learned about MyPlate and gardening, helping to plant pumpkin seedlings in the garden.
- As of September 2017, 215 pounds of produce have been donated to low-income families in South Big Horn County through Basin Commodities, Community Outreach, WIC, and Cent\$ible Nutrition classes.

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## Referral System Success • Converse County

One of CNP's on-going interventions is its referral system with the Wyoming Department of Family Services (DFS) in which a CNP referral form is included in all SNAP applications. These referral forms are optional and all completed forms are returned to CNP educators who reach out to the SNAP applicants to attend CNP classes.

In spring 2017, the Converse County educator graduated a class of new SNAP recipients who attended the CNP series because of the referral system. The class was specifically set up for these five participants, all of whom had children who often came to class with their parents.

"I liked being able to have a kid friendly environment to learn how to be and make healthy choices," one participant said. When the participants graduated, they were excited about the new skills they had learned in order to feed their families better on a budget.

"Thank you so much for the class. It made me think twice about food. And, I found fast and easy ways to cook, which with my family it saves me a lot," one participant, who has six children at home, told the CNP educator.



“I’ve taken more time to put effort and thought into my meals and what is going into them. I also learned that good meals don’t take as much time,” said another.

The CNP-DFS referral system is helping SNAP recipients connect to resources that give them the knowledge and skills to make the most of their benefits and money.

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### Gardening for Local Food Access • Natrona County

This summer, CNP in Natrona County developed a teaching garden in the UW Extension Master Gardener community garden. Through collaborative efforts with other local agencies, food pantries, and community gardeners, the CNP garden increased access to local vegetables for the low-income audience.

- CNP partnered with the Boys and Girls Club of Central Wyoming to plant seeds and learn the basics of gardening and healthy eating.
- CNP partnered with Wyoming Independent Living (WIL) to offer the CNP adult lesson series with a gardening component to adults with disabilities.
- The Boys and Girls Club and WIL both received produce from the CNP garden.
- Community gardeners gave CNP produce to donate along with produce from the CNP garden to local food pantries including the Salvation Army and Holy Cross.
- CNP used produce from the garden as incentives for SNAP recipients to redeem their benefits at the farmers’ market.

# SNAC Highlights

The Wyoming SNAC consists of SNAP-Ed/EFNEP, Wyoming Department of Family Services, Wyoming Department of Education, Wyoming Department of Health (WDH)-Chronic Disease Prevention Program, WHD-Aging Division, WIC, and University of Wyoming Extension’s Nutrition & Food Safety. The team meets regularly to share information, resources, and work on joint projects. In FFY 2017, SNAC partners came together to plan the Wyoming Wellness Summit. The summit was designed to provide educators in schools, early childcare education facilities, and supporting organizations with information and resources on how to successfully implement policy and environmental supports. Wyoming SNAC also partnered on Team Nutrition and Farm to School grants.



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