



# SNAC REPORT

State Nutrition Action Coalition  
2015-2016

COMPILED BY:

**EXTENSION**   
**UtahState**University

**FOOD**  
**\$ENSE**

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**MISSION: UNITE UTAH AGENCIES TO IMPROVE FOOD SECURITY, NUTRITION, AND HEALTH FOR UTAHNS.**

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## COLLABORATION

Partnership and cooperation between state agencies is essential to successfully meet the needs of low-income populations. In the past ten years, interagency collaboration has improved health education for vulnerable Utahns and has decreased the number of clients who fall through the cracks. Continued collaboration has led to numerous positive consequences for health education agencies, including: efficient and effective treatment for clients who demand numerous services or who change between short and long term care services; economy of funds by decreasing the number of overlapping or duplicate services; and providing resources for supervisors to divide their community responsibilities and reduce stress on their agency. Interagency collaboration enables more proficient population-based planning to occur. The combined perspective of many programs encourages agencies to plan more broadly than they necessarily would if functioning in isolation.

In the state of Utah, interagency collaboration has played a crucial role in the success of health programs and meeting clients' needs. SNAC is an excellent example of how agencies working together are more able to achieve individual program goals as well as collaborative success (*Van Eyk, & Baum, 2002*).



# PARTICIPATING AGENCIES

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**Department of Workforce Services Food Stamp SNAP Programs (DWS)**

*Director – Teresa Swensen; SNAP Program Specialist – Paul Birkbeck*

**Utah State University Expanded Food and Nutrition Education Program (USU EFNEP)**

*Director – Paula Scott*

**Utah Department of Health, Healthy Living Through Environment, Policy, and Improved Clinical Care Program (EPICC)**

*Assistant Program Managers – Rebecca Fronberg and Patrice Isabella*

**Supplemental Nutrition Assistance Program – Education (Food \$ense SNAP-Ed)**

*Director – Heidi LeBlanc*

**Utahns Against Hunger (UAH)**

*Outreach Coordinator and Child Nutrition Advocate – Marti Woolford*

**Women, Infants, and Children (WIC)**

*State Nutrition Coordinator – Phyllis Crowley; Child Nutrition Specialist – Paola Velez*

**State Nutrition Action Coalition (SNAC)**

*Chairman – Paul Birkbeck*

**Utah State University Department of Nutrition, Dietetics, and Food Sciences (USU NDFS)**

*Nutrition Specialist – Carrie Durward*

**Utah State Office of Education (USOE)**

*Child Nutrition Programs Director – Kathleen Britton*

**International Rescue Committee (IRC)**

*New Roots Program Manager – Grace Henley*

**Utah Food Bank**

*Chief Development Officer – Ginette Bott*



## BENEFITS OF SNAC

“SNAC gives me a broader view of the nutrition issues facing Utahns and how these are being addressed. It's also given me the opportunity to become more involved in nutrition solutions, such as collaborating to develop the Double Up Food Bucks federal grant application and working on SNAC projects, like our obesity prevention resources.”

– Paul Birkbeck, DWS

“The great thing about SNAC is it is comprised of a group of professionals that have an invested interest in health and nutrition but come from diverse enough agencies that our work may not have overlapped if it were not for SNAC. This allows for great collaboration and information sharing that is so valuable to the work we are all doing.”

– Marti Woolford, UAH

“SNAC is important because it helps us learn about what partners are doing and we are able to collaborate on activities to strengthen our collective impact on nutrition and food access issues. I get to collaborate with people who are doing awesome work.”

– Patrice Isabelle, EPICC

“SNAC is a valuable association for the Utah Food \$ense (SNAP-Ed) program. Communicating and working with the various agencies in Utah helps improve the efficiency of operations by avoiding overlapping efforts and duplication of work. As we coordinate with other programs who also serve low-income Utahns, we ensure unity of action and joint goals. Our combined efforts to share resources, information, and messaging has helped us all reach more people and achieve greater success.”

– Jocelin Gibson, Food \$ense

“Being a member of SNAC helps all participating organizations unite efforts in order have greater impacts. We all have different resources and specialties to contribute to our overall mission. It is also helpful for us to know what each organization is doing so that we don't duplicate efforts when it isn't needed.”

– LaCee Jimenez, Food \$ense

# DWS

## DEPARTMENT OF WORKFORCE SERVICES FOOD STAMP (SNAP) PROGRAM

### DWS 2013

An average of  
**107,395**  
households in Utah  
received Food Stamps  
each month.

### DWS 2014

An average of  
**95,172**  
households in Utah  
received Food Stamps  
each month.



### DWS 2015

An average of **91,718** households in Utah received Food  
Stamps each month.

# EFNEP

## UTAH STATE UNIVERSITY EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

### EFNEP 2014

#### CHANGING ADULT BEHAVIOR: NUTRITION

**90%** Percentage of adults improving nutrition practices.

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#### FOOD SAVINGS

**88%** Percentage of adults bettering food resource management practices.

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#### FOOD SAFETY

**74%** Percentage of adults improving food safety practices.

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#### PHYSICAL ACTIVITY

**41%** Percentage of adults with a positive change in physical activity.

### EFNEP 2015

#### CHANGING ADULT BEHAVIOR: NUTRITION

**94%** Percentage of adults improving nutrition practices.

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#### FOOD SAVINGS

**91%** Percentage of adults bettering food resource management practices.

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#### FOOD SAFETY

**76%** Percentage of adults improving food safety practices.

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#### PHYSICAL ACTIVITY

**43%** Percentage of adults with a positive change in physical activity.



# EPICC

## HEALTHY LIVING THROUGH ENVIRONMENT, POLICY, AND IMPROVED CLINICAL CARE PROGRAM

### EPICC 2014

Collected and analyzed data on **BMI status** of elementary school students statewide.

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Expanded TOP Star, **Targeting Obesity in Preschool and Child Care Settings**, program statewide.

.....

Local Health Departments worked with the Laugh Model to implement a **Healthy Family Meals Website** and promoted it statewide.

.....

Updated Indicator Based Information System (IBIS) with **fruit and vegetable, overweight, and obesity data**.

.....

Developed **Healthy Bodies Healthy Minds Program** to increase physical activity levels of elementary students.

.....

Worked to **increase nutrition standards** in wellness policies in schools, child care settings, and worksites.

### EPICC 2015

Along with Food Sense participated in No Kids Hungry conference and formed partnerships to **increase access to school breakfast**.

.....

**Now have 56 endorsed TOP Star child care providers** statewide with the TOP Star program becoming available in 9 local health departments statewide.

.....

Continued to work with local Health Departments to promote Healthy Family Meals through **social media and events across the state**.

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Local Health Departments health consultants worked with child care providers to **promote healthy habits and weight**.

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Local Health Departments worked to **implement and promote SNAP** at nearby Farmers' Markets.

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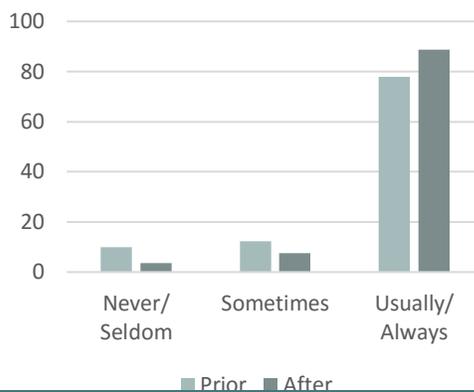
Partnered with UAH and received a **grant for Double Up Food Bucks** and promoted this program.

# FOOD \$ENSE (SNAP-Ed) 2015 DATA

## SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM-EDUCATION

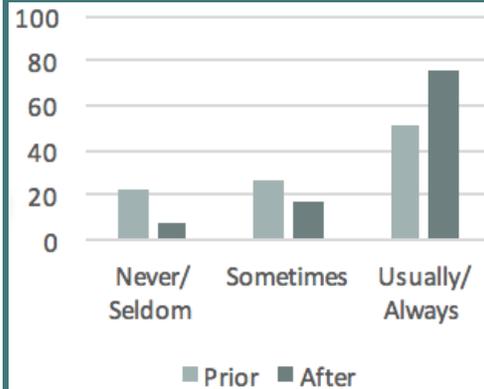
Will you prepare meals at home at least 3 times a week?

	Prior	After
Never/Seldom	9.89%	3.71%
Sometimes	12.35%	7.55%
Usually/Always	77.76%	88.74%



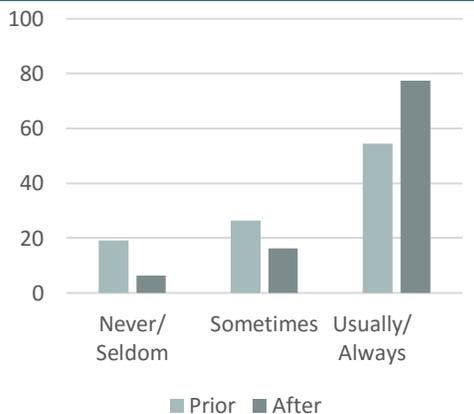
Will you eat whole foods based on MyPlate recommendations?

	Prior	After
Never/Seldom	22.26%	7.25%
Sometimes	27.01%	17.54%
Usually/Always	50.73%	75.21%



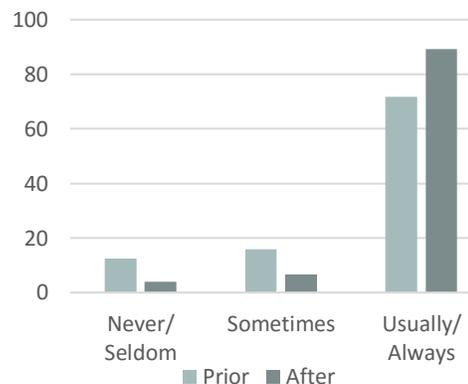
Will you be physically active for at least 30 minutes, 5 days a week?

	Prior	After
Never/Seldom	19.26%	6.25%
Sometimes	26.37%	16.24%
Usually/Always	54.37%	77.51%



Do you have enough food to last to the end of the month?

	Prior	After
Never/Seldom	12.35%	4.03%
Sometimes	15.84%	6.63%
Usually/Always	71.81%	89.34%



# UAH

## UTAHNS AGAINST HUNGER



### UAH 2014

Established the **Utah Breakfast Expansion Team (UBET)**.

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Received a grant for \$2500 to offer **Double Up Food Bucks** at the Downtown Farmers' Market.

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Recruited **five new farmers' markets** to accept food stamp benefits at their markets – now available from Logan to Moab to St. George.

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Recruited **nearly 30 community partners** to **host children's activities** at four different Summer Food Service Program supper sites.

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### UAH 2015

Provided **\$30,989 worth of incentives** to SNAP participants throughout **17 farmers' markets**.

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Distributed **mailers to approximately 23,000 SNAP households** in zip codes near participating farmers' markets.

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Taught about food stamps **to 340 individuals** with the help of five volunteers through **food stamp outreach**.

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Mailed and emailed **370 flyers and posters throughout the state** regarding the Summer Food program and received **220 calls in response**.

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Distributed **3,300 Senior Nutrition brochures** and **27 food stamp posters** across Salt Lake County.

# WIC

## WOMEN, INFANTS, AND CHILDREN

### Prevalence of Overweight and Obese WIC Children

Year	Percent
2013	24.60%
2014	23.02%
2015	18.32%

The Utah WIC Program has referred WIC participants to SNAP-Ed and EFNEP for the past 14 years to reduce the prevalence of overweight and obese WIC children. This strong collaboration has been reported in the Maternal and Child Health Block Grant. The table above shows the prevalence decreased from 23.02% in 2014 to 18.32% in 2015 (Annual Indicator). In support of WIC mothers and fathers, the Utah WIC Program continued to collaborate with the Utah State University Food \$ense Program (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). The Memorandum of Agreement between the Utah WIC Program and Food \$ense was updated and continued to support a strong collaboration between the two programs with mutual referrals and partnering on education efforts. WIC children who were at risk of overweight or obese were referred to Food \$ense and EFNEP for Healthy Lifestyle classes. During FY 2015, more than 6,000 WIC participants received these Healthy Lifestyle classes. These classes contained information about healthy eating, budgeting food dollars, becoming more physically active, choosing healthy recipes, and food preparation. The class approach was interactive and centered on family mealtime which allowed participants to experience cooking and setting goals to achieve healthy lifestyle changes. All of the topics were well received by the WIC participants. Food \$ense and EFNEP are valuable programs that have made a positive impact in significantly reducing the prevalence of overweight and obese WIC children.



# SUCCESS STORIES

## FROM NUTRITION OUTREACH

“I was talking with a participant at our Mommy & Me class this past week. After attending a class, she taught her children about MyPlate and the importance of eating the correct things and using snacks as *mini-meals* to round out MyPlate. She said over the last couple weeks her kids would look at their plates and say what they were eating and what was missing. Now that her children have the knowledge, they are excited to make good choices on their own.”

– *Nutrition Education Assistant, Food \$ense*

“The TOP Star Program is available in nine local health departments across Utah. Local Health Department health consultants work with child care providers to implement nutrition and physical activity policies and practices to promote healthy habits and weight.”

–*Patrice Isabella, EPICC*

“During FY 2015, more than 6,000 WIC participants received Healthy Lifestyle classes. These classes contained information about healthy eating, budgeting food dollars, becoming more physically active, choosing healthy recipes and food preparation.”

– *Women, Infants, and Children (WIC)*

“We go to the food pantries to recruit for our classes. I went to tell a group of people about our classes and to share the Food \$ense (SNAP-Ed) information, when a lady in the group said, “Hey! That’s the lady who taught me about the sweet potato flautas.” She started telling everyone about them and how good they are. She told us about a time that she went down to the salvation army, and they had tons of sweet potatoes, and she was so excited because before then she hadn’t known how to eat sweet potatoes. But we had taught her how and she was so excited! It was so great! I love when that happens. It makes me feel like we really are teaching people valuable lessons.”

– *Nutrition Education Assistant, Food \$ense*

“We provided \$30,989 worth of incentives to SNAP participants throughout 17 farmers’ markets as part of the Double Up Food Bucks Program.”

– *Utahns Against Hunger*

“During the 2014-2015 year, EFNEP was able to reach 743 adults directly, 2750 family members indirectly, and 7117 youth.”

– *Expanded Food and Nutrition Education Program (EFNEP)*

# SNAC PROJECTS



## UTAH BREAKFAST EXPANSION TEAM (UBET)

- Formed in 2014 in response to Utah’s consistently low participation in the School Breakfast Program (SBP).
- In final development stages of a Utah school breakfast report titled, “Starting the Day Right: Best Practices for Increasing School Breakfast Participation in Utah Schools.”
- Utah School Breakfast Report features:
  - The academic, health, and wellness benefits of school breakfast
  - Strategies to increase participation in the SBP
  - Alternative breakfast service models
  - SBP success stories
  - Steps to increase participation in the SBP for district leaders, state education leaders, and legislators
  - Current participation rates for all Utah districts and schools
  - Parent survey data revealing barriers for participating in the SBP
  - Parent survey data from 14 different school districts

## SNAC VIDEOS AND PRESENTATIONS

- Developed 3 short animated videos describing nutrition services available throughout the state. These videos aim to inform both potential recipients of services, as well as referring providers and agencies of available nutrition programs and resources. (These videos are currently being piloted in the Bear River Health Department WIC office.)
- Developed a SNAC Prezi presentation for stakeholders and other statewide agencies explaining the services provided by all participating SNAC programs.

## FARMERS' MARKET OUTREACH

- For the second year, Double Up Food Bucks (DUFB) are available for SNAP recipients at select farmers' markets. DUFB is made possible through a USDA FINI grant and local matching funds. Utahns Against Hunger manages the statewide program. Other program partners include: Utah State University Extension, the Utah Department of Health, and the Utah Department of Workforce Services. SNAC agencies, including Food \$ense and EPICC, are involved in the promotion of the program statewide.
- The International Rescue Committee (IRC) offered the Fresh Funds matching incentive program for SNAP, WIC, SSI recipients who shopped at their Sunnyvale Farmers' Market in Salt Lake City. The market continues to provide fresh, healthy foods and nutrition education to residents -- including many refugees -- who live in Salt Lake County's largest food desert. Fresh Fund is made possible through a USDA FINI grant.
- Utah State University Food \$ense (SNAP-Ed) and EFNEP continue to provide nutrition education and recipe sampling at farmers' markets which host EBT machines for SNAP recipients.

## INTERGENERATIONAL POVERTY

- *Create Family Meals* nutrition education and cooking program is provided for families who have been on government assistance for multiple generations. This program expanded to four counties this year.
- Department of Workforce Services and Utah State University Food \$ense (SNAP-Ed) taught more than 80 families the *Create Family Meals* series of 15 classes.
- As a result of the classes participants reported:
  - Preparing meals at home at least 3x per week
  - Eating meals as a family at least 3x per week
  - Choosing whole foods based on MyPlate
  - Stretching food dollars to the end of the month

Additional counties will offer *Create Family Meals* in 2017



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