Mountain Plains Region
Southwest Region

SNAP-Ed 2019

Nutrition Education Success & Impact Report: A Cross-Regional Approach to Program Outcomes

Welcome to the 2019 SNAP-Ed Cross-Regional Report

The Mountain Plains Region and the Southwest Region extend our thanks to all states for their hard work and quick return on data and information to produce the first cross-regional *2019 Nutrition Education Success & Impact report: A Cross-Regional Approach to Program Outcomes*.

We would like to acknowledge Heidi LeBlanc and Casey Combs for their hours of service in coordinating and guiding new states through the reporting process. We appreciate and recognize the MPR data work-group and PEARS for their continued guidance and commitment to data aggregation. A special heartfelt thanks to Kali McCrackin Goodenough for her countless hours of creating and editing the report, and last but not least, sincere appreciation to Mindy Meuli for supporting and sustaining this cross-regional project.

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Executive Summary

The Mountain Plains and Southwest Regional offices are excited to announce the *2019 SNAP-Ed Nutrition Education Success & Impact report: A Cross-Regional Approach to Program Outcomes*.

The Mountain Plains Region, in partnership with the Southwest Region, have combined efforts to produce the first cross-regional Supplemental Nutrition Assistance Program Education (SNAP-Ed) report. This report brings together fifteen state agencies and forty-three implementing agencies to highlight program outcomes in order to demonstrate the success of SNAP-Ed.

During Fiscal Year 2019, over 35 million people living in nearly 18 million households received SNAP in the United States. Within the Mountain Plains Region, 1.6 million people living in 778,734 thousand households received SNAP, while in the Southwest Region 6.1 million people living in 2.7 million households received SNAP. SNAP-Ed not only supports SNAP's role in addressing food insecurity, but also works to improve healthy eating to prevent or reduce diet-related chronic disease and obesity among SNAP recipients and other eligible low-income individuals.

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

SNAP-Ed has demonstrated success through the delivery of evidence-based nutrition education programs to individuals, groups, and families. The program consistently improves healthy eating and physical activity behaviors by implementing multi-level changes within the environment where we eat, learn, live, play, shop, and work.

Additionally, coordination and collaboration exists between federal, state, and local partners by supporting community and public health approaches ultimately connecting with other sectors of influence.

As in past years, we continue to utilize our current data systems, including the Program Evaluation and Reporting System (PEARS), which provides a consistent way to track detailed program impacts in alignment with the SNAP-Ed Evaluation Framework. We are also expanding our approaches in order to have a systematic process toward data aggregation.

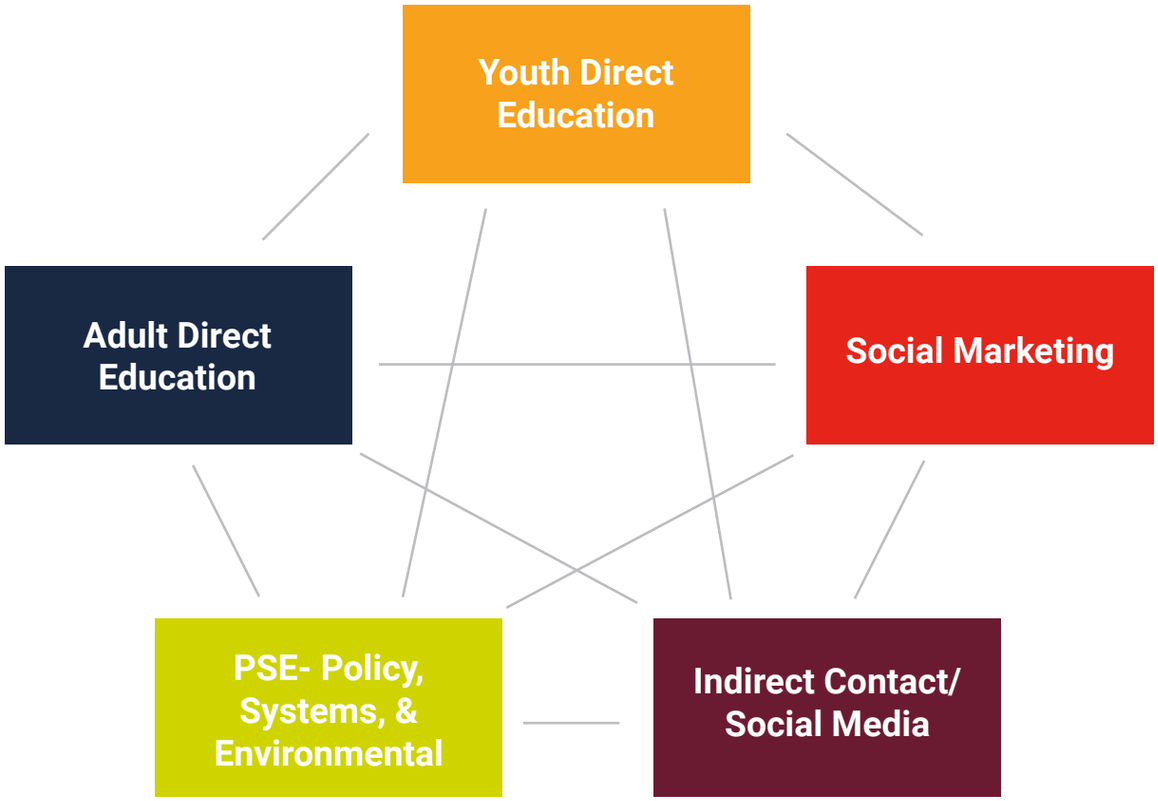
This report provides an overview of the impact each state has in the regions, including reach, partnerships, coalitions, and program activities. Success stories are also included to illustrate the positive changes from SNAP-Ed programs. Collectively, we are making a difference in the lives of the people we serve.

The SNAP-Ed Approach

In the Mountain Plains and Southwest Food and Nutrition Services (FNS) regions, states use innovative practices and approaches that 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.

The chart below demonstrates the interconnection between approaches and need to utilize a comprehensive program. SNAP-Ed provides opportunities to change multi-sector levels and each state provides state specific education and outreach efforts that meet needs through various methods. A comprehensive approach is essential to change the lives of the people we serve.



Mountain Plains Region Agencies

Colorado

State Agency
Colorado Office of Economic Security, Division of Food & Energy Assistance

Implementing Agencies
Cooking Matters | Culture of Wellness in Preschools | The Integrated Nutrition Education Program

Social Marketing Agency
Rescue Agency, Public Benefit

Iowa

State Agency
Iowa Department of Human Services

Implementing Agencies
Iowa State University Extension & Outreach | Iowa Department of Public Health

Kansas

State Agency
Kansas Department for Children & Families

Implementing Agency
Kansas State Research & Extension

Missouri

State Agency
Missouri Department of Social Services

Implementing Agency
University of Missouri Extension

Montana

State Agency
Montana Department of Public Health & Human Services

Implementing Agency
Buy, Eat, Live Better through Montana State University Extension

Nebraska

State Agency
Nebraska Department of Health & Human Services

Implementing Agency
University of Nebraska-Lincoln SNAP-Ed & EFNEP

North Dakota

State Agency
North Dakota Department of Human Services

Implementing Agency
Family Nutrition Program SNAP-Ed for North Dakota

South Dakota

State Agency
South Dakota Department of Social Services, Division of Economic Assistance

Implementing Agency
South Dakota State University Extension

Utah

State Agency
Utah Department of Workforce Services

Implementing Agency
Create Better Health SNAP-Ed through Utah State University Extension

Wyoming

State Agency
Wyoming Department of Family Services

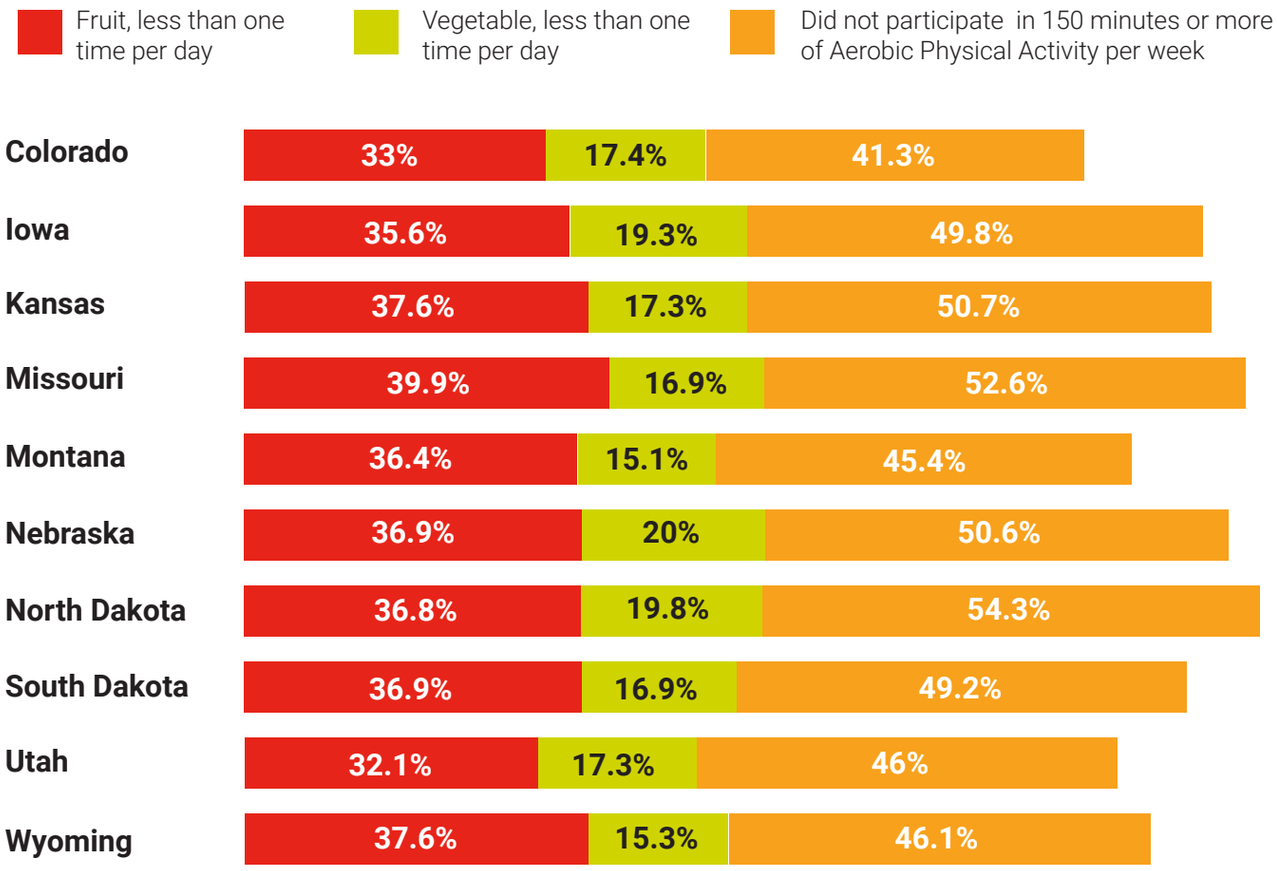
Implementing Agency
Cent$ible Nutrition Program through the University of Wyoming Extension

Mountain Plains Region Summary

The SNAP-Ed Challenge

The Supplemental Nutrition Assistance Program-Education (SNAP-Ed) delivers evidence-based nutrition education, accompanied by policy, systems, and environmental interventions, to improve the likelihood that healthy food choices are the easy choice to make, even for those with the most limited food budgets such as SNAP participants. Demonstrating program success involves sharing stories of the individuals who participate in our program as well as highlighting program outcomes at both a regional and state level.

MPR Selected Health Indicators



Data for pages 8-9 from: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2015. [accessed May 14, 2020]. URL: https://www.cdc.gov/brfss/brfssprevalence/.

MPR Obesity & Chronic Disease Rates

Mountain Plains Region Summary, Continued

The SNAP-Ed Solution

The Mountain Plains Region continues to work closely with states to identify and track common indicators and tell a similar story with aggregated outcomes. When appropriate, we use similar evaluation tools with reporting systems, such as the Program Evaluation & Reporting System (PEARS). With SNAP-Ed's ability to focus on policy, system, and environmental changes, cross program collaboration opportunities exist through the State Nutrition Action Councils (SNACs).

SNACs continue to operate within the region and serve as a focal point for maximizing efforts, leveraging resources, and supporting healthy eating and active living. By collaborating with other FNS nutrition programs, such as the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) and Child Nutrition Programs, we are able to foster ideas, share resources, and identify common goals.

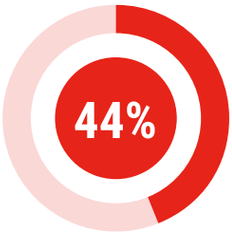
Aggregating Impacts for the Region

The aggregation of data for the Mountain Plains Region (MPR) has been a three-year long process. A sub-committee of the MPR states worked together to identify commonalities in participant survey tools as well as core questions that best represent the work of MPR SNAP-Ed programs. Seven MPR states, including Colorado, Iowa, Kansas, Montana, Nebraska, South Dakota, and Wyoming reported data from the common survey tool for each question where data was available.

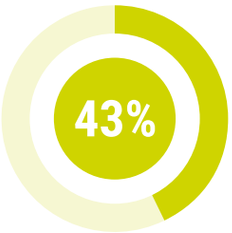
The aggregated data on the next page is from a subset of the MPR states where data could be matched between pre and post surveys for each participant. Within this subset of states, not all the states provided matched data for all of the questions considered. As not all states provided data and not all of those answered all the questions, the data is not representative of the region but indicative of trends in the MPR. On the subsequent state pages, each state shares their state-wide outcomes for direct education, as well as community impacts.

MPR Key Aggregated Individual Impacts

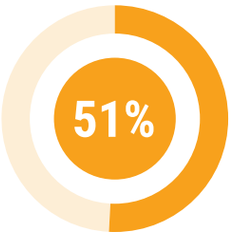
Mountain Plains Region SNAP-Ed programs focus on empowering individuals to increase fruit and vegetable consumption, increase physical activity level, and use food dollars wisely. Class participants learn skills in planning healthy meals, creating grocery lists, comparing food prices, cooking family meals, and other skills to help participants make healthy choices on a budget. After participating in SNAP-Ed programs, participants reported they practiced skills learned. The data below is an aggregation of a subset of multi-state data in the MPR, as explained on the previous page.



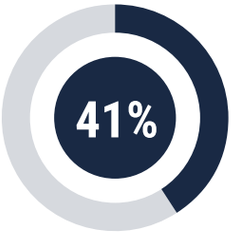
of adult participants increased the number of times they consumed fruit daily



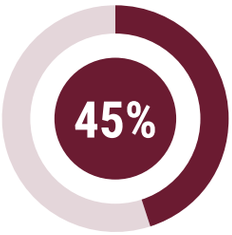
of adult participants increased the number of times they consumed vegetables daily



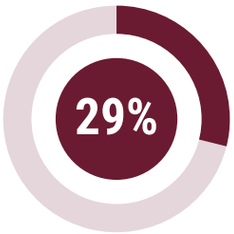
of adult participants increased the number of days they exercised for at least 30 minutes



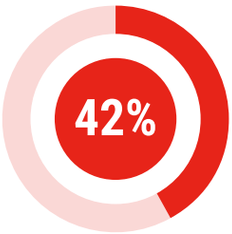
of adult participants increased making a list before going shopping



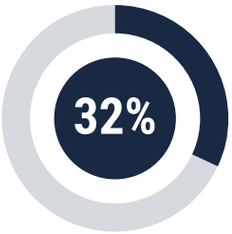
of adult participants increased planning meals ahead of time



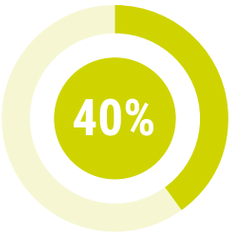
of adult participants did not have money or other resource for getting enough food for their family



of adult participants increased the number of days a week they cooked dinner at home



of adult participants ate less during the month so there is more food for their family



of adult participants increased comparing prices to save money

Colorado SNAP-Ed Impacts

Colorado's Approach

Despite the national reputation for being the healthiest state, hunger is real in too many Colorado communities. In fact, 1 in 10 struggle finding enough money to buy food, and 1 in 6 kids don't know when or where their next meal will come from.*

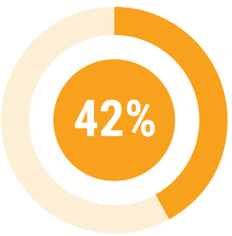
SNAP and SNAP-Ed are part of the solution to end hunger once and for all.

Colorado Department of Human Services (CDHS) is committed to increasing food security and reducing hunger by providing access to food and nutrition education that supports a healthful diet.

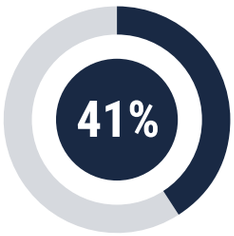
Key Adult Individual Impacts

of adult participants increased how often they eat fruits or vegetables[1]

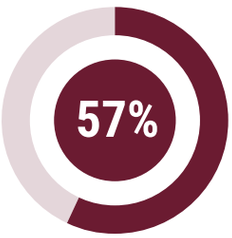
of adults decreased consumption of sugar-sweetened beverages[2]



of adults and their children improved the number of days they were physically active for at least 60 minutes per day[2]



of adult participants increased food budgeting habits[1]



of adult participants reported comparing food labels to make healthy choices[1]

Key Youth Individual Impacts

88% of parents reported purchasing more fruits[3]

84% of parents reported their children eat more cups of vegetables per day[3]

46% of children decreased the amount of television and video game viewing per day[2]

34% of children increased their water consumption[2]

*Colorado Blueprint to End Hunger, 2019 | [1]Cooking Matters Colorado | [2] Culture of Wellness in Preschools | [3] Integrated Nutrition Education Program

Community Impacts

In order to provide Coloradans with nutrition education, CDHS partners with Cooking Matters Colorado (CMCO), The Culture of Wellness in Preschools (COWP), and The Integrated Nutrition Education Program (INEP). CMCO programming helps parents and caregivers struggling with limited food budgets learn how to shop for and cook healthy, affordable meals. COWP is an early childhood obesity prevention program that focuses not only on children, but also on partners, teachers, and making the preschool environments health-promoting settings. INEP equips elementary schools, kids, and families with tools and resources to help them eat well and be active, creating a healthier future for our communities.

Healthy Retail[1]
235,872 shoppers reached
8 retail locations

Healthy Elementary Schools[3]
30,000 students reached
17 schools
126 supports adopted

Farmers' Markets[1]
737 SNAP customers reached
45 markets

Text2LiveHealthy[2, 3]
3,000+ parents reached
82% retention rate between FFY 2019 and FFY 2020

Healthy Preschools[2]
6,131 students reached
57 preschools
154 supports adopted

Community Impacts graph based on reach for each PSE

Colorado SNAP-Ed Success Stories

Supporting Healthy Retail, Cooking Matters Colorado

The grocery chain Save-A-Lot has been looking for new ways to help their shoppers increase access to healthy food, specifically fresh fruits and vegetables. Recently they partnered with Snap2Save, a shopper loyalty app, and Cooking Matters Colorado to provide an incentive specifically for fresh fruit and vegetable purchases and to integrate healthy recipes and SNAP-Ed content through their loyalty app and in-store Kiosks. Throughout the year there has been a steady increase of shoppers enrolling in the loyalty program, who immediately start to earn and redeem their healthy food rewards. All of these users have access to the food skills education content provided by Cooking Matters. With over 5,000 app users, the included content had over 40,000 in-app impressions, 35,000 additional in-store kiosk and online views, and over 2,000 rewards earned and redeemed!

Eat Better Together, a Social Marketing Campaign

We know that incorporating fruits and veggies in your diet can be challenging. And making huge changes in your diet can be tough. But small changes can still make a big difference. Eat Better Together was created in 2019 to help Coloradans eat more fruits and vegetables, and help families make healthy food choices. The website and social media pages share simple tips, tasty recipes, and easy-to-use tools. The goal is to teach families how they can do healthy their way, without compromising time, money, energy, or flavors that they like. Since the launch of the campaign, we have collected over 24 million impressions reaching an estimated 605,000 Coloradans! Campaign created by Rescue Agency.

EAT BETTER TOGETHER

www.EatBetterTogetherCO.com

RESCUE.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.
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Text2LiveHealthy

Text2LiveHealthy (T2LH) has over 3,000 subscribers in Elementary and Preschools across the state. Participants receive weekly texts in English and Spanish about nutrition and physical activity. The program has had a measurable impact on families, but the outcomes have been more pronounced among the Spanish-speaking community. The Latino participants identified language and cultural adaptation, ways to involve family in making healthy changes, and connection with community, as critical pieces of the program that made T2LH a success within this community. "I try to get involved in [programs like this] because I want to help my daughter." Latino participants felt they were "not alone" and part of a larger community working towards health. "The truth is, it looks like I am talking to someone directly, it's amazing".

Colorado SNAC Highlights

Colorado's SNAC has 13 members who represent food banks, universities, food distribution programs, non-profit organizations, and State Department of Education, Public Health, and Human Services. Colorado SNAC conducted a council membership survey to understand the SNAC members and the scope of their work. As a result, the council has a better understanding of programming similarities, differences, and gaps in services.

School Gardens

INEP worked closely with the Children's Garden in Alamosa, CO to get a school garden started at the school. This included ensuring that all students had a role in garden prep but also that the produce could be prepared in the cafeteria and served to students for a snack. The school staff are very committed to providing garden education and have even created a sustainability plan to include the garden in the school budget.

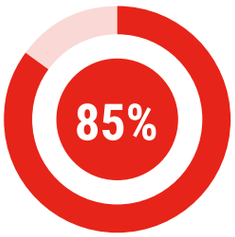
COWP helped Horizons Child Care in Colorado Springs begin a container garden for the children to interact with daily. This change was difficult to implement, as cement dominates their outdoor space. The Wellness Champion and her class planted a garden in a recycled plastic bin and spent their summer weeding, watering, and moving the garden multiple times a day to ensure it received enough sunlight. Children participated in harvesting and tasting the produce.

Iowa SNAP-Ed Impacts

Iowa's Approach

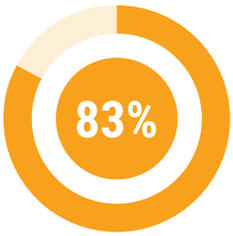
With high rates of obesity and chronic disease in Iowa, Iowa Supplemental Nutrition Assistance Program Education (SNAP-Ed) continues its effort to support SNAP-eligible Iowans through direct nutrition education and supports that make healthy choices easier. In partnership with Iowa Food Assistance, SNAP-Ed 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.

Key Adult Individual Impacts

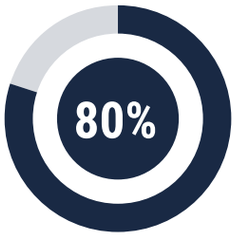


of participants reported that the program helped them be active and eat fruits and vegetables daily[1]

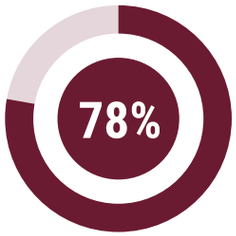
of adult graduates increased daily consumption of vegetables



of adult graduates were more physically active



of adult graduates improved food resource management skills



of adult graduates improved food safety practices

Additional Individual Impacts

562,662
adults and children with low income reached with the Pick a Better Snack™ social marketing campaign

22,718
children received the Pick a Better Snack curriculum at 101 schools

14,478
children impacted by school gardens, taste tests, local procurement and agriculture-based lessons

2,784
older adults in 61 counties participated in Fresh Conversations

[1] Fresh Conversation participants

Community Impacts

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. 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. Public health approaches complement individual education to reach large segments of the population. Community-based partnerships expand the reach and depth of SNAP-Ed programming.

Supportive Environments

30 school gardens created, maintained, or revived

28 school buildings implemented a physical activity intervention called Play Your Way

3 social marketing campaigns placed in local communities

Healthy Food Pantries

76 pantries engaged

100,000+ pantry clients served

121,000 pounds of produce donated

Access to Healthy Foods

47,840 pounds of produce delivered to vulnerable seniors

Powerful Partnerships

150% increase in Double Up Food Bucks purchases

27 partners focused on the walkability and bikeability of their communities

40 new partners joined the Iowa Senior Hunger Partnership

Iowa SNAP-Ed Success Stories

Farm to School

Students wore all black. Bean art lined the hallways. Teachers wore buttons that said "Cool Beans." This was the scene at 21 elementary schools in Cedar Rapids on the day black beans and rice was served. The celebration was part of the Cedar Rapids School District Farm to School Program as the black beans came from an Iowa farm.

Farm to school is a big part of SNAP-Ed in Iowa. SNAP-Ed nutrition educators partner with school staff and community members to support school gardens, source local fruits and vegetables and teach children about healthy foods.

The black beans and rice dish became a regular menu item. One student said, "I liked it! I can't believe [the beans] came from Iowa!" Others benefited as well. The Iowa farmer found new business, and the school met the menu requirement for legumes with a dish the kids would actually eat and not throw away.

Nutrition Education for Older Iowans

Although Beverly no longer lives in Springville, she drives there every month to be with friends and participate in Fresh Conversations. She says the program has helped her make better food choices and lead a healthier life.

Beverly has new foods on her shopping list because she had the opportunity to try them during meetings. She also has more confidence to make better choices at the grocery store. "I am more diligent in reading food labels because of what I have learned at Fresh Conversations."

Beverly enjoys being active and uses exercises from the newsletters. (She saves them all.) "I do the exercises because I need to keep up my strength, so I can keep doing all of the activities that I enjoy." And she doesn't let weather get in her way. When she can't get out and walk, she stands in front of her sink and exercises!

Modeling Healthy Choices at Home

David is recently separated and shares custody of his 12-year-old son. He tried hard to provide healthy meals for his son, but worried that he did not eat a variety of fruits and vegetables. David worked on meal planning utilizing the 5-Day Meal Planning worksheet to add fruits and vegetables to meals. In anticipation of his son's upcoming week-long stay, David planned an entire week of meals and made the shopping list. He made the Skillet Lasagna recipe and his son loved it, even with the spinach! They began making recipes using different vegetables and keeping cut up vegetables in the refrigerator for lunches and snacks.

Iowa SNAC Highlight

Iowa Department of Public Health coordinated the second Senior Hunger Summit for Iowa's Senior Hunger Partnership. 80 partners and stakeholders attended. The summit focused on strengthening senior nutrition programs to reduce food insecurity, understanding the health implications of chronic food insecurity and unique challenges in rural communities; and identifying opportunities to screen and intervene in the healthcare sector.

Making Healthy Choices Possible

We are grateful for the network of partners that are involved in the Osceola and O'Brien County Growing Together Iowa project including several churches, Upper Des Moines Opportunity food pantries, Osceola Regional Health Center, the City of Sanborn, and Osceola County Extension and Master Gardeners. During weekly produce drop offs, we have all received positive feedback from every donation site. One example comes through ATLAS. A program they work with involves taking meals to those that are low-income and home-bound and visiting with them. The fresh produce we provided, especially the tomatoes, were so well received that the volunteers could hardly wait for the next round of harvest to be delivered. In addition to the produce, we also provided recipes and cooking guides from the ISU Extension and Outreach Spend Smart. Eat Smart. website that were gone by the next week. Such rapid use of both the produce and the information proved to us that what the donation gardens are doing is extremely important and very strongly supported.

Kansas SNAP-Ed Impacts

Kansas's Approach

Kansas has the 12th highest adult obesity rate in the nation. Although Kansas is referred to as the "Breadbasket of the Nation", 370,860 Kansans were food insecure in 2019. Therefore, Kansas State University Supplemental Nutrition Assistance Program Education (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.

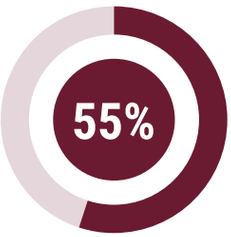
Key Adult Individual Impacts

of adults participants ate fruit more times per day

of adults participants ate vegetables more times per day

of adult participants exercised more days for at least 30 minutes

of adult participants made grocery lists more often



of adult participants planned meals more often

Additional Individual Impacts

8,357
youth graduates

1,804
adult graduates

After Kansas SNAP-Ed classes, adult participants reported ...

34%
have enough money or other way to get enough food more often

46%
washed hands more often before preparing food

54%
thawed foods on the countertop less often

Community Impacts

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts in the Kansas SNAP-Ed program are in neighborhoods, communities, grocery stores, schools and many other settings.

Partnerships

398 total partners with:

- **151** Schools
- **97** Human Services Organizations
- **29** Government Programs or Agencies
- **28** Food Banks/Food Pantries
- **21** Faith-based Groups

PSE Sites & Organizations

4,368 potential reach

53 sites

Top PSE Changes & Sites:

- **12** Farm-to-Table sites
- **12** Improved Use of Standardized and Healthy Recipes sites
- **12** Improved Lactation Support sites
- **9** Change in Food Purchasing Specifications towards Healthier Foods sites
- **9** Established and Maintained Food Gardens sites

Coalitions

61 collaborations with coalitions including:

- Public health and health care
- Education
- Agriculture
- Government

Kansas SNAP-Ed Success Stories

Community Garden for the Food Bank

Marion county SNAP-Ed is leading the efforts in maintaining a community garden benefiting the Marion county food bank. Over 3000 pounds of fresh produce from the garden has been donated to the food bank. They partnered with community volunteers, the Future Farmers of America advisor, and Master Gardeners to make this PSE initiative successful. Looking forward they are exploring a closer partnership with the local school district to access land, materials, students, and volunteers to sustain a green house.

Saving Money

After attending a Barber County SNAP-Ed *Money for Food* lesson series, a single mom of six saved $100 on groceries using the meal prepping strategies she had learned. The money saved was very important to her family, because she was also caring for her parents who were unable to work.

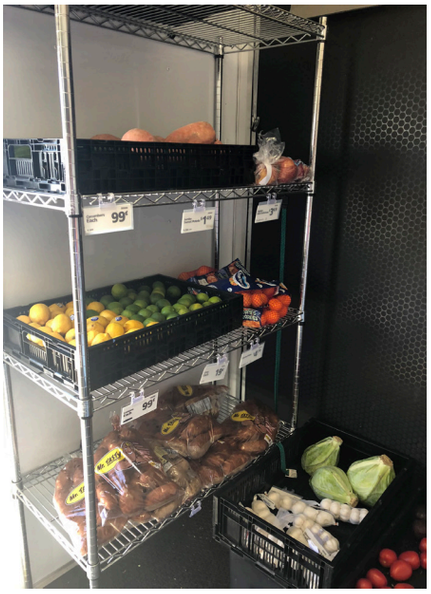
Food Thermometers

Three-quarters of 4th grade students in Osage County used food thermometers at home this year. This was a direct result of the Osage County SNAP-Ed educator's nutrition and food safety lessons to 4th grade classrooms. There was only 25% of these households using food thermometers prior to receiving the lessons.

Kansas SNAC Highlights

Kansas has positive working relationships with the Kansas Department of Education (Child Nutrition and Wellness), Kansas WIC, and the Kansas Department for Aging and Disability Services. Open communication between these state level organizations foster partnerships resource sharing and help to improve nutrition access for all Kansans.

Anchor Mobile Food Market



Cowley county SNAP-Ed supported the creation of the Anchor Mobile Food Market in Windfield, Kansas. The mobile market also accepted SNAP/EBT and made fresh fruit and vegetable access easier. The agent helped the initiatives by bringing stakeholders together, fostered community engagement, and provided planning and advice. This initiative had reached over 400 residents in the city.

Missouri SNAP-Ed Impacts

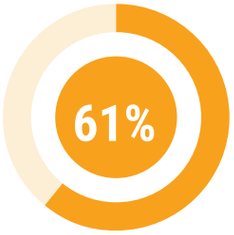
Missouri's Approach

University of Missouri Extension is dedicated to providing research-based nutrition education to Missouri's Supplemental Nutrition Assistance Program (SNAP) recipients and eligibles. Using the socio-ecological model to prompt behavior change, MU Extension faculty and staff provide education to youth and adults throughout the state of Missouri.

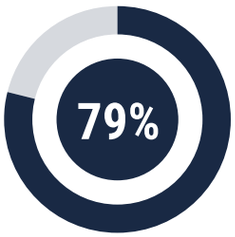
Whether reaching out to youth and adults through classroom education or working with communities to promote healthy policies, systems and environments, the goal for the program is to help participants make behavior changes to achieve lifelong health and fitness. Along with statewide education, MU Extension coordinates the Missouri Nutrition Network activities through the Missouri Council for Activity and Nutrition (MOCAN) and collaborates with Operation Food Search to expand nutrition education throughout the state.

Key Adult Individual Impacts

of adults reported 30 minutes of daily exercise



of adults reported 30 minutes of daily exercise



of adults planned meals or shopped with a grocery list

17,378
adult direct education contacts

710,286
adult indirect contacts

Key Youth Individual Impacts

88% of youth ate fruits or vegetables most days

42% of youth reported at least 1 hour of physical activity in at least 6 of the past 7 days

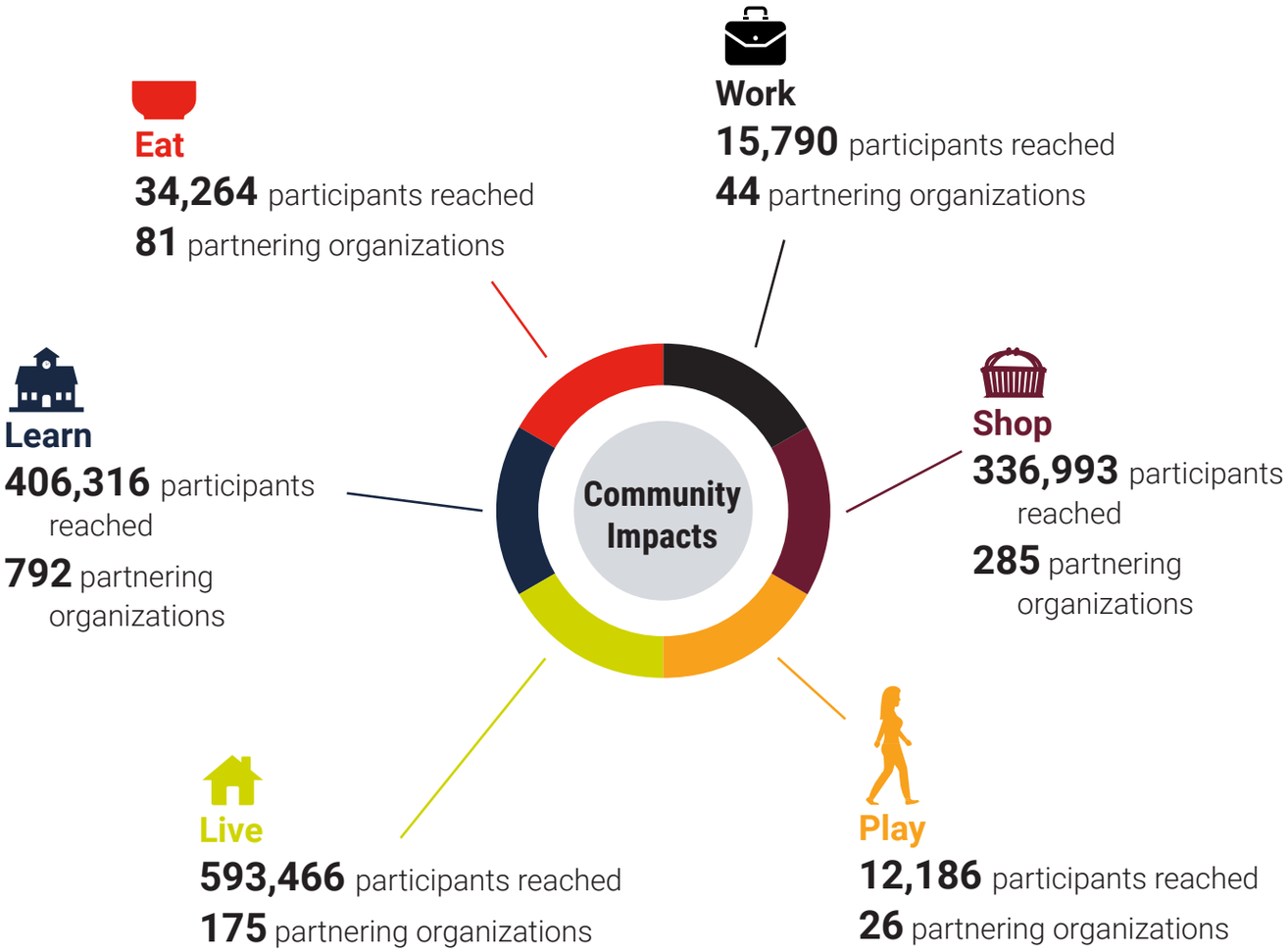
76% of youth almost always wash their hands before eating

119,607
youth direct education contacts

50,104
youth indirect contacts

Community Impacts

Missouri's SNAP-Ed program is active at places where SNAP recipients and eligibles Eat, Learn, Live, Play, Shop, and Work. In each of these settings, SNAP-Ed helps participants to establish healthy eating habits and a more physically active lifestyle. This helps to prevent or reduce the incidence of overweight, obesity and other nutrition-related conditions. Participants also learn ways to manage their food resources, which reduces reliance on emergency food systems, and increases food security.



Note: reach includes direct education, as well as indirect education, social marketing, and PSE approaches.

Missouri SNAP-Ed Success Stories

Eating from the Garden

I started teaching Eating from the Garden Curriculum this spring at the Bowden Center. There were 20 students involved with the garden. The kids learned about the maintenance, reading seed packages, and what month to plant. All the kids were able to take fresh vegetables home (lettuce, okra, cucumber, watermelon, tomatoes). Some of the students shared how they enjoy making a snack or fresh salad. Two parents discussed how their children were very picky eaters, but taking home their own vegetables and eating them was a big change.

Submitted by Barbara Cleaves, Mississippi County

School Improvement Plan Policy Changes

Clinton School District #124 added MU Extension to their new 5 Year Comprehensive School Improvement Plan (CSIP) which was unanimously approved by the School Board. The Clinton CSIP Policy now reads, "Action Step - All schools will explore opportunities to provide additional activities for students outside the school day through district programs as well as partnerships with community entities like Parks and Rec, 4-H, local churches, and the U of MO Extension." Since that time, we have scheduled SNAP-Ed nutrition classes in the district.

MOCAN Partnership Highlights

The Missouri Council for Activity and Nutrition (MOCAN) is a partnership organization that supports physical activity and nutrition statewide and at the regional level in Missouri. MOCAN serves as the SNAP-Ed Nutrition Network through implementation of the MOCAN 2016-2020 Strategic Plan. Over 250 professionals representing more than 70 organizations are members of MOCAN.

In addition to quarterly meetings, members can participate in the following work-groups:

- Food systems
- Healthcare
- Physical activity
- Policy/communications
- Schools/chıld care
- Worksites

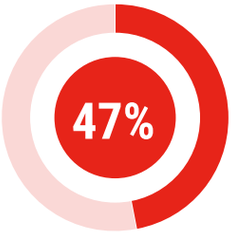
Members of each MOCAN work-group collaborate to support healthy eating and active living in Missouri communities through consistent messaging and by supporting policy, systems, and environmental changes. Many of Missouri's SNAP-Ed projects, such as workplace- and child care wellness efforts, are conducted in conjunction with MOCAN work-group activities.

Montana SNAP-Ed Impacts

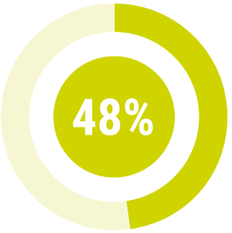
Montana's Approach

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.

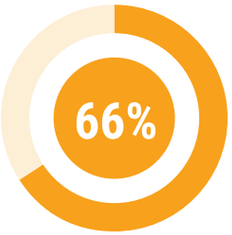
Key Adult Individual Impacts



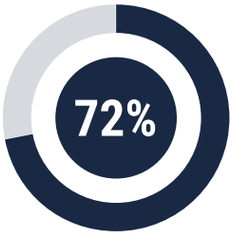
of adults participants increased daily fruit consumption



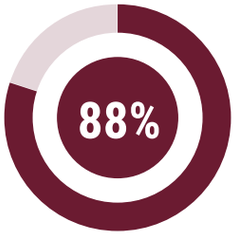
of adults participants increased daily vegetable consumption



of adult participants were more physically active



of adult participants improved food resource management practices



of adult participants improved food safety practices

Key Youth Individual Impacts

84% of youth improved their knowledge or ability to choose healthy foods

56% of youth improved their food safety knowledge or practices

39% of youth improved their physical activity knowledge or practices

Community Impacts

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. Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. 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 and layers these efforts with individual level efforts.

Farmers' Market Partnerships

9 sites
34 supports adopted
5,260 people reached
$810 of free fruit and vegetable coupons provided to SNAP-Ed class participants
$49,770 SNAP Dollars matched with Double SNAP

Harvest of the Month

27 sites
27 supports adopted
2,944 people reached

Food Bank Partnerships

11 sites
17 supports adopted
1,880 people reached

Community Garden Projects

2 sites
3 supports adopted
720 people reached
240 pounds of produce donated

School Wellness Projects

4 sites
9 supports adopted
482 people reached

Community Impacts graph based on reach for each PSE

Montana SNAP-Ed Success Stories

SNAP-Ed Promotion of Double SNAP Dollars & Coupons

Double SNAP Dollars allow farmers' market shoppers to stretch their SNAP dollars, increase their fruit and vegetable consumption, and support local agriculture. Across the state, 9 farmers' markets accepted both Double SNAP Dollars and the Double SNAP Dollar Coupons that were provided to SNAP-Ed class participants in the summer of 2019. Here is one example from a market in southwest Montana:

A weekly farmers' market that operated near low-income neighborhoods where the nearest grocery store is over a mile away, was able to accept Supplemental Nutrition Assistance Program (SNAP) dollars at the market this year! Through a multi-agency partnership, assisted by SNAP-Ed, shoppers were able to purchase household groceries at their local farmers' market using their SNAP-Electronic Benefit Transfer (EBT) card. Through local donations and a state grant, the market also offered Double SNAP Dollars to match all SNAP-EBT transactions up to $10. In addition, up to $20 in Double SNAP Coupons for fruit and vegetables purchases were provided to SNAP-Ed class participants who utilized SNAP at the market!

In the first year, the amount of SNAP participation and sales has exceeded expectations, and the market credits the Double SNAP Dollar incentive program for this success. A shopper who learned about the program while attending a SNAP-Ed nutrition class, shops the market weekly now. She spends $10 SNAP-EBT and receives $10 more for fruits and vegetables each time with Double SNAP Dollars. She shared, "This program really helps! I don't have a car, and I live alone. The farmers' market is close to my home and the SNAP program helps me get enough food for the week and some to preserve for storage. I don't have to go hungry if I can't get to the store."

Food Bank Partnership Spotlight

This year a successful partnership continued to grow between SNAP-Ed and the Montana Food Bank Network. Through a statewide effort, food bank directors and SNAP-Ed staff were paired to conduct food bank projects. Using the Healthy Food Pantry Assessment toolkit, each food bank team created an action plan to make improvements to their food bank. With technical assistance from SNAP-Ed and mini-grant project funding available from the Montana Food Bank Network, 11 food banks worked on improving policies, systems, and the environment to assist in making the healthy choice the easy choice for clients who need emergency food assistance.

Harvest of the Month

SNAP-Ed partnered with Team Nutrition's Montana Farm to School Program, MSU film students, and PBS to produce short videos on growing, processing, and preparing Montana-grown food. In the videos, SNAP-Ed staff demonstrated simple, healthy ways to prepare local food items including beets, carrots, lentils, whole grains, chickpeas, leafy greens, dairy, apples, winter squash, cherries, kale, and beef. The completed videos are publicly available: https://www.youtube.com/channel/UCOW7BO5IViwK0VfHgtY1xKw

Photo credit: http://sfp.montana.edu/sciencenaturefilm/

Trying New Foods

Trying healthy new foods can produce the feeling of fear in youth and adults alike. During a SNAP-Ed youth series at a local elementary school in Northwest Montana students became new food experts. All voted: tried it, liked it, or loved it after tasting whole grains, vegetables, dairy and fruits. Proud of overcoming the healthy food obstacle, one fifth grade student proclaimed, "I love trying new foods!" It even inspired her to take what she learned outside of class and begin cooking with her mother at home.

Montana SNAC Highlights

Montana SNAP-Ed is an active member in the Montana State Nutrition Action Coalition (SNAC), which focuses on sharing resources, networking, joint program efforts, and communicating consistent messages statewide. The state SNAC in Montana is called the Eat Right Montana Coalition (ERM). ERM is a coalition with a long-term commitment to joint action in adopting nutrition or physical activity practices. In the past year, ERM has worked to create a new strategic plan that will guide coalition efforts through 2025.

In addition to the state SNAC, Montana SNAP-Ed is a core program in the Montana Partnership to End Childhood Hunger (MT-PECH). In this coalition, members share ideas and resources as they work together to end childhood hunger in Montana. A highlight of this year's work included an opportunity for educators throughout Montana to engage in a conversation on revitalizing Native food culture at the Flavors of Home event, a Native Food Sovereignty Summit featuring Chef Sean Sherman.

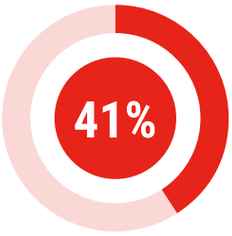
https://eatrightmontana.org/

Nebraska SNAP-Ed Impacts

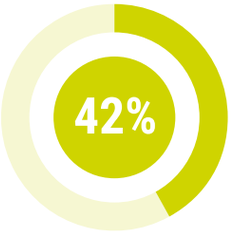
Nebraska's Approach

SNAP-Ed reached 35,386 Nebraskans during 2018-19, which included 15,729 adults and 19,657 youth. Adults participated in the Eating Smart Moving More classes, which resulted in significant improved behaviors. Youth also participated in nutrition and physical activity related programs and showed significant positive intentions, knowledge and behavior changes in nutrition and physical activity. Nebraska SNAP-Ed policy, system and environmental approaches include Go NAP SACC trainings with child care providers, Growing Together Nebraska donation garden project, Double Up Food Bucks (DUFB) and school wellness.

Key Adult Individual Impacts

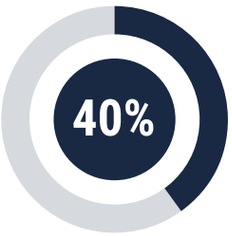


of adult participants increased fruit intake

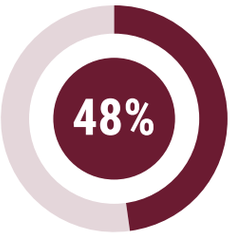


of adult participants increased vegetable intake

of adult participants increased physical activity



of adult participants implemented new price comparison skills



of adult participants increased planning meals

Key Youth Individual Impacts

Teachers who completed classroom surveys after SNAP-Ed interventions reported student improvement in the following areas:

99% improvement in awareness of nutrition

76% improvement in making healthier meal and/or snack choices

65% improvement in physical activity

85% improvement in hand washing

Community Impacts

Nebraska SNAP-Ed works with community based environmental projects within three main areas. The Go NAP SACC project is centered on improving the nutrition, physical activity and infant feeding best practices in early care and education. The Growing Together Nebraska project is a community donation garden project. The Double Up Food Bucks program is focused on food access in Nebraska and helps SNAP participants extend their food resources by purchasing additional SNAP qualifying items.

Growing Together Nebraska (GTN)

13 garden sites

134 supports adopted

12,200 individuals received food

35,400 pounds of produce grown, worth over **$52,400**

Double Up Food Bucks (DUFB)

59 vendors

9 sites

17 supports adopted

737 families involved

$39,000 SNAP dollars spent by DUFB participants at participating farmers markets and grocery stores

$23,000 DUFB redeemed

Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC)

65 sites

833 supports adopted

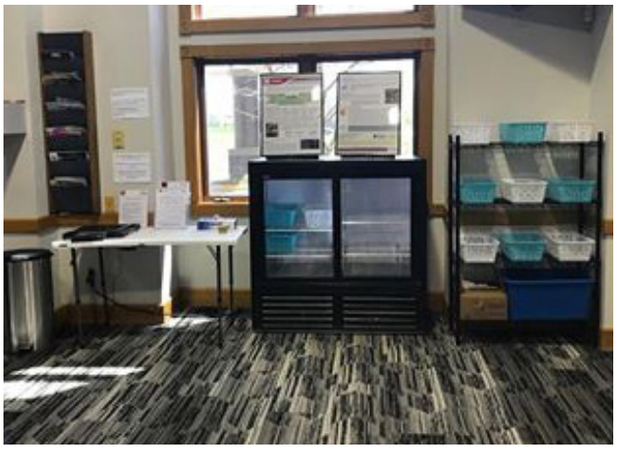
3,636 children reached through **100** childcare providers

Nebraska SNAP-Ed Success Stories

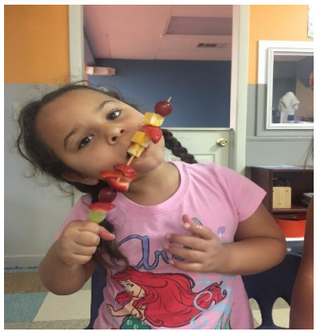
Food Access at Siouxland Community Health Center

Siouxland Community Health Center (SCHC) of Nebraska partnered with the Voices for Food (VFF) Project to establish a "hub" location for daily produce drop off to increase fresh produce access for low income medical clients. Since SCHC serves low income clients with medical needs and is open daily, this partnership was mutually beneficial. Ninety-eight percent of participants at SCHC are at or below 200% of the Federal Poverty Level guidelines. The project started with marketing the site as a hub, recruiting gardeners to drop off produce at the site and preparing the site to accept produce. Skilled gardeners at SCHC assisted with three raised beds to grow produce on site. The success of this partnership exceeded expectations, as 2,548 pounds of produce were made available (by community donations and grown on site) to over 600 low income medical clients at the health center. This collaborative effort by Nebraska Extension and SNAP-Ed's Growing Together Nebraska to engage partners in the community has strengthened the food system for families living in Dakota County.

Dave Faldmo, SCHC Medical Director said this about this work, "We screen our patients annually for social determinants of health, which includes food insecurity and this partnership has been a great addition to our efforts to address social determinants of health."



Early Childhood Health



The impact of the Go NAP SACC program has had on Corazoncitos Learning Center is evident right when you walk in the facility. Upon entering, parents, children and visitors are greeted with bi-lingual signage that shows their support for breastfeeding mothers. As you walk through the classrooms, (infant, toddler, and preschool) materials which promote movement and physical activity can be found in each room (i.e. music and movement materials, fabric tunnels, literacy connections, etc.) Teachers have also worked hard to incorporate intentional nutrition and physical activity education into their daily lesson plans. This site has also excelled in implementing family style meal services during all meals (breakfast, lunch, and dinner). While this was a challenge at the beginning of their Go NAP SACC journey. The staff embraced this new concept as a learning opportunity and now enjoy mealtimes more than ever.

Gardening Program with Tribal Organization

Two Extension professionals in Thurston county offered a summer school program in Macy, NE, which falls within the Omaha Reservation. The program was delivered to 70 elementary aged youth using the Learn, Grow, Eat & Go nutrition and gardening curriculum. They met with the youth each week, for a total of 10 sessions. The lessons focused on improving overall diet quality and physical activity, as well as food resource management skills and safe food handling practices. Youth had the opportunity to taste test a variety of fresh fruits and vegetables. Before the program began, 27% of the youth said that they liked eating cauliflower. However, after the program, 57% liked cauliflower.

Nebraska CNPC Highlights

The Community Nutrition Partnership Council (CNPC) is a group of 21 member organizations/ agencies including 46 professionals that work with limited resource individuals and families throughout Nebraska. This Council has met for more than 15 years, and serves the role of the State Nutrition Action Coalition (SNAC). The relationships built within this Council impact not only the state-level partnerships, but also trickle down to impact local-level partnerships. Partnerships are crucial in reaching and serving low-income families to ensure services are not duplicated. The Council meetings provide an opportunity for different agencies to share information about current projects and interventions, as well as issues affecting limited-resource families (e.g., specific agency programs, partnership opportunities, grant opportunities, professional development opportunities, and upcoming trainings and workshops).

In FY19, this Council met four times, twice in-person and twice via webinar.

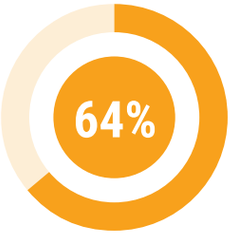
North Dakota SNAP-Ed Impacts

North Dakota's Approach

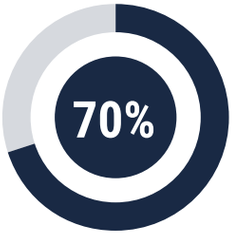
Health disparities related to poor nutrition disproportionately impact North Dakotans with low income. Health disparities related to less access to fresh food and physical activity opportunities are also seen in North Dakota's four sovereign tribal nations. NDSU Extension offers SNAP-Education through the Family Nutrition Program (FNP) to address these health disparities through evidence-based education and complementary public health approaches. Focus areas include increased fruit and vegetable consumption, balancing food with physical activity, food resource management and policy, systems, and environmental change initiatives that enhance the likelihood that participants will make healthy food choices and choose active lifestyles.

Key Adult Individual Impacts

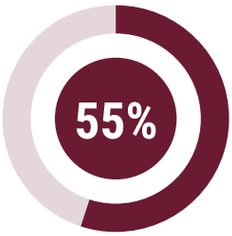
of adult participants surveyed eat vegetables 2+ times a day after programming



of adults met recommended daily physical activity most days of the week

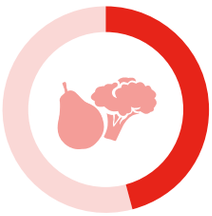


of adults adopted 1+ strategies to eat healthfully for less (meal planning, cooking at home, etc.)



of adult participants reported planning meals before grocery shopping

Key Youth Individual Impacts



46% of youth reported eating more fruits and vegetables

73% of surveyed youth choose more healthful snacks

80% of youth increased daily physical activity

61% of surveyed youth drank more water

71% of youth reported drinking fewer sweetened beverages

Community Impacts

North Dakota SNAP-Ed reached an estimated 36,095 eligible participants through multi-level interventions, including policy, systems, and environmental (PSE) change approaches. North Dakota SNAP-Ed works with over 60 key partners to enhance targeted policy, systems, and environmental supports to increase the likelihood that SNAP and SNAP-eligible participants will engage in healthy eating and physical activity behaviors consistent with recommendations from the current Dietary and Physical Activity Guidelines for Americans to delay or prevent the onset of overweight and obesity. Highlights of PSE interventions supported by SNAP-Ed in North Dakota are shown below.

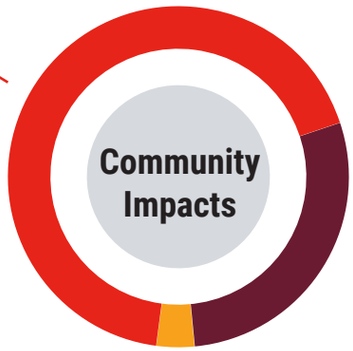
Healthy Schools

19 schools

9,026 students reached

112 supports adopted

10 schools implemented improvements in the layout or display of foods in schools to encourage students to make healthier choices.



Healthy Food Pantries

8 pantries

179 people reached

14 supports adopted

1 new pantry moved to a client-choice model.

Double Up Dakotas Farmers Market Pilot

1 market in a tribal community

5 supports adopted

63% of "Double Bucks" were redeemed at the market in the second half of the month, when food insecurity increased.

Community Impacts graph based on number of sites for each PSE

North Dakota SNAP-Ed Success Stories

SNAP-Ed Brings Communities Together

Sameia, a New American in Grand Forks, lost weight and is eating more healthfully after SNAP-Ed cooking and nutrition classes. Grateful for what she has learned, Sameia has been giving back to the community. Her family helped serve free lunches to kids through the Summer Food Service Program in 2019. She also opened a food stand at the local farmers market.

Sameia shared, "Because I wear a hijab, people think I am a terrorist. I now have many friends at the market. I am asked about how I cook the food and what spices I use. Other vendors give me leftover produce that doesn't sell at the end of the market, especially eggplant for my baba ganoush recipe. I am happy. I am now a part of the market."

Healthy Outcomes Through Indigenous Food Systems

The Centers for Disease Control and Prevention's High Obesity Program funded NDSU Extension for the implementation of evidence-based strategies to increase access to healthy foods and physical activity in counties with an adult obesity rate of more than 40%. The five-year project, Promoting Healthy Outcomes through Indigenous Food Systems, leverages partnerships between NDSU Extension-SNAP-Ed, NDSU Department of Public Health, the Standing Rock Sioux Tribe (SRST) and the Turtle Mountain Band of Chippewa Indians (TMBCI). The project seeks to improve access to healthy food and health-promoting environments using community engagement and culture as overarching strategies to reduce health disparities. SNAP-Ed supports the project in areas including obesity prevention outreach, coalition-building and policy, systems and environmental change approaches. FY 2019, activities included the formation of community wellness coalitions. The SNAP-Ed educator serving Standing Rock Sioux Tribe facilitates coalition meetings and has been working with the coalition to expand current community growing projects including the addition of hydroponics. The SNAP-Ed educator serving Turtle Mountain Band of Chippewa Indians co-facilitated coalition meetings and provided support for school-based efforts, including healthy concessions.

Building Cooking Confidence

On the Move Cooking School uses eight lessons to teach children in upper elementary school about nutrition as they explore hands-on food preparation. The program was originally developed by a SNAP-Ed educator serving the Standing Rock Sioux Tribe and has been successfully helping SNAP-Ed youth build cooking skills for more than four years. Last year, 242 youth completed the program.

Parents of student participants shared their appreciation for the program:

"I think it is a life long skill that is beneficial for the kids to learn. It helps us working families out because we don't always have the time and energy to get the kids involved in the kitchen."

"Many students in our community don't have options to learn anything in the kitchen, let alone try any new foods. This program hits both topics and many more."

Double Up Dakotas!

The Food Insecurity and Nutrition Incentive (FINI) project was a collaboration between South Dakota State University Extension and NDSU Extension. Phase 1 focused on farmers markets serving tribal communities. The Rolla farmers market serves the Turtle Mountain Band of Chippewa Indians and began accepting SNAP in the summer of 2019. Double Up Dakota Bucks funded by FINI allowed clients to double the amount of SNAP spent on eligible items. Clients received Double Up coupons, which could be used to purchase ND-grown fruits and vegetables. For the pilot year, the small market conducted $731 in EBT sales and $171 in Double Up redemption. The farmers market saw 86% of SNAP usage occurring in the first part of the month, after SNAP benefits were issued, while 63% of incentive coupons were redeemed the second half of the month, when food dollars can be scarce. SNAP-Ed provided technical assistance, promotion and educational outreach for the project. The market manager noted the benefits of accepting SNAP at the market extended to producers because it attracted more customers.

North Dakota SNAC Highlights

"Celebrating 10 and Digging In" Statewide Summit

In September 2019, the Creating a Hunger Free North Dakota Coalition (North Dakota's ad-hoc SNAC) held a statewide summit for partners and the public. Sessions included, "North Dakota's Rural Landscape – Changes in Grocery Availability" and "Food Security and Food Sovereignty." The 10-year anniversary of the Hunger Free ND Garden Project was also recognized. SNAP-Ed helped plan and promote the summit.

South Dakota SNAP-Ed Impacts

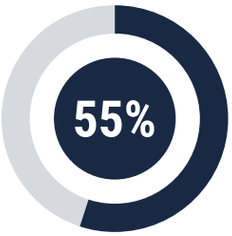
South Dakota's Approach

South Dakota communities are working on issues that impact the health and well-being of their residents, such as obesity, poverty, poor nutrition, lack of physical activity opportunities, and limited access to healthy foods. The rural nature of the state, along with these issues, present unique challenges for SNAP recipients for maintaining a healthy lifestyle. SNAP-Ed focuses on providing nutrition education, creating community wellness coalitions to improve healthy behaviors, and increasing the number of community-wide practices that promote access to and improve behaviors associated with healthy foods and physical activity.

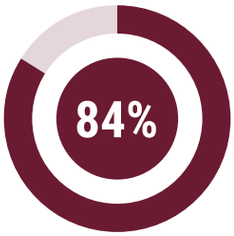
Key Individual Impacts for Adults & Youth

Adult Impacts

of adults increased their vegetable intake



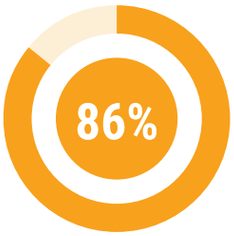
of adults planned meals before shopping for groceries



of adults washed all items and surfaces that came into contact with raw meat

Youth Impacts

of youth, aged 6th-8th grade, increased their fruit intake



of youth, aged 9th-12th grade, increased their physical activity

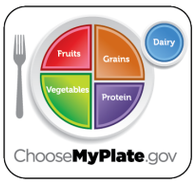
Top Educational Focuses

132 programs on fruits and vegetables

109 programs on dairy

109 programs on food preparation and food safety

106 programs on fiber



105 programs on MyPlate

Community Impacts

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.

Farmers Markets

4 markets

979 people reached

2 markets established Double Up Bucks programs

Stock Healthy, Shop Healthy

8 stores

49 foot increase in healthy food shelf space

Community Gardens

12 gardens

6,355 pounds of produce donated

South Dakota SNAP-Ed Success Stories

Native American Games

Traditional Native American Games, or Traditional Games, were used several hundred years ago to teach youth the skills they needed for adulthood, such as: responsibility, communication, healthy relationship-building, and effective problem-solving. Traditional Games help bring people together by forming social bonds and help form a connection to mother earth through crafting the game pieces from elements found in nature. In addition, Traditional Games pair education with spiritual, mental, emotional, and physical survival skills used in past Native American tradition, offering a way for Native American youth, adults, and elders to find restored cultural identity. However, the skills gained from Traditional Games are valuable to people of all backgrounds as they teach honor, respect, and responsibility to others- key values that are not highly-valued today - as modern society promotes "the individual best". Today the games are still just as relevant. The same games can still get our youth active and involved in their communities and teach them to gauge risks, stay physically fit and increase their awareness of their community and what's happening around them.

Bountiful Backpack Program (BBP)

The BBP seeks to develop cooking, food safety, and recipe preparation skills for its participants. It also aims to improve food security by linking nutrition education and preparation with weekly packages of healthy food with which to prepare the meals at home with their family. SDSU Extension Nutrition Assistants implemented the SDSU created curriculum, Bountiful Backpacks, in one elementary school and one afterschool program in Crow Creek. Funding from First Nation's Development Institute's Nourishing Native Children: Feeding Our Future grant program provided the means to send home the weekly packages of the healthy food items needed to re-create the recipe learned and practiced in class that week. From June 2017(FY18) to January 2018 (FY 19), 121 children participated in a series of six to nine Bountiful Backpack classes, and 3,920 healthy meals were provided from the food packages sent home. The program led to a 76% increase in diet quality and 33% increase in food safety knowledge among participants. In Martin, Bennett County, the Martin Wellness Coalition paired Bountiful Backpacks with the Kids in Kitchen. The coalition received a $2000 grant from the Farm Credit Services organization to support participants to prepare nutritionally balanced meals/snacks in the classroom kitchen and take-home full-sized packages of all the ingredients to make the recipe at home.

Growing Local

The Lake Andes Community Garden was established in 2015 due to a joint use agreement that was put into place between the local school district and the local food council. In the first year, only three community members were active in planting, maintaining and harvesting plots. Interest continues to grow to include outside funding resources to make the gardens more accessible, which included adding seven raised garden beds. The community gardens have exploded with community interest! During the growing and harvest season, garden workshops are being held every two weeks to cover educational topics that revolve around gardening such as how to use garden bags, soil temperatures and content, etc. Farmer's Markets are now available in this community which has embraced accepting Double-up Dakota Buck's. Any garden plots that are not taken by community members have been planted and maintained in order to donate items to the local food bank.

South Dakota SNAC Team Highlights

South Dakota has many different advisory groups, such as the Farm to School Network, Healthy SD Stakeholders Advisory Council, Chronic Disease Partners, etc. that meet regularly to share information, resources, and work on joint projects. Thus, South Dakota does not have an active SNAC at this time as SD SNAP-Ed is represented on all of these various advisory groups.

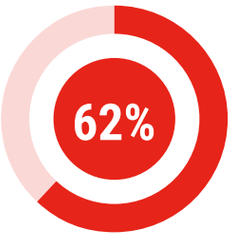
Utah SNAP-Ed Impacts

Utah's Approach

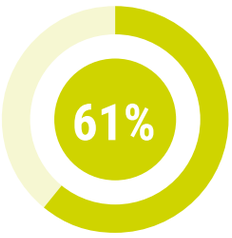
Utah State University Extension's SNAP-Ed Program, Create Better Health (CBH) aims to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans. CBH uses a comprehensive approach to reduce obesity and chronic diseases among vulnerable populations in both urban and rural locations. During 2019, Create Better Health had an active program in 65% of Utah's counties resulting in improved knowledge, skills, and healthy food access for SNAP-Ed eligible adults and youth.

Key Adult Individual Impacts

After a Utah SNAP-Ed series, adult participants reported:

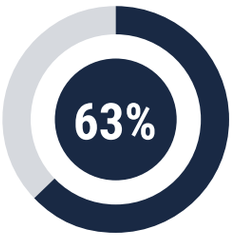


usually/always consuming at least 2 cups of fruit daily

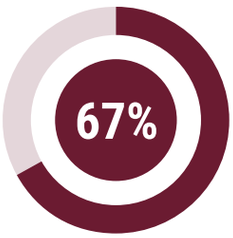


usually/always consuming at least 2.5 cups of vegetables daily

usually/always being physically active for at least 30 minutes, 5 days a week



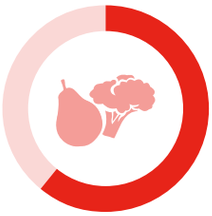
usually/always stretching their food dollar to last the month



usually/always choosing foods based on MyPlate recommendations

Key Youth Individual Impacts

After a Utah SNAP-Ed series, parents of youth participants reported the following about their child:



61% usually/always requests fruits and vegetables

74% usually/always washes their hands prior to eating

75% usually/always is active for at least 60 minutes on most days

Community Impacts

Utah's SNAP-Ed program, Create Better Health works to improve healthy food access through changes made to policies, systems and environments (PSEs) throughout the state. Priority settings for PSE work are food pantries, schools, and stores where our priority population shop, learn, and eat. As a result of PSEs SNAP-Ed partnering agencies adopted 122 supports including 12 policy, 74 system, and 36 environmental changes that made healthy choices easier to make. In addition to improving healthy food access, Create Better Health also ran a social marketing campaign aimed at helping Utahns be physically active in the winter.

Create an Active Winter Social Marketing Campaign

30 sites

>136,500 people reached

58% of survey respondents familiar with the campaign reported a positive impact on their physical activity knowledge, interest, or behaviors.

Create Healthy Food Pantries

21 food pantries

~34,000 people reached

55 supports adopted

381 pounds of produce donated

Create Healthy Stores

3 stores

7 supports adopted

Organizational Partnerships

19 partnership categories

175 partners

Create Healthy Schools

4 schools

1,526 students reached

25 supports adopted

Utah SNAP-Ed Success Stories

There's More Money in my Checking Account!

We have been teaching a Create Better Health series at the Central Davis Senior Center in Kaysville. Participants make sure to tell us every week that even though we'd think they would be set in their ways or already have a lot of recipes at their age, that these classes have been really helpful and they wish that we could come every single week.

One of the women who has attended every class in the series always shares with us how much her husband loves the recipes that we send home and the Creates handouts have been his favorite to create from. At the end of our last class, she shared with us that he's made three different soups in the last week using the Create a Soup handout we gave her the previous week and ingredients that he found in his fridge. She started out by telling us, "My husband is really loving these handouts and everything I'm learning." Then she said, "The other day there was all of this extra money in my checking account that I'm not used to and I was sure it was a mistake. But it's just because my husband has been using those handouts and things he's found in their pantry or our fridge to make dinner every night." She also said, "I'm getting a little tired of soup this week, but I love that he's making the meals."

Buy Produce for Your Neighbor

We implemented a program to increase the variety and amount of fresh produce available to clients of the Cache Community Food Pantry by providing fresh, local-grown produce sold at the Cache Valley Farmer's Market. During the market, customers are encouraged to purchase fresh produce and donate it to the food pantry by bringing it to [the SNAP-Ed] booth, where it is weighed and recorded. Immediately after the market we bring the produce to the food pantry where it is refrigerated until it can be distributed.

After running Buy Produce for Your Neighbor for only five weeks, we were able to collect 381 pounds of produce. Consumers have donated about 65% of that, the rest was donated by the farmers. Nearly everyone we speak with is interested in the program and its effects, and we have had multiple consumers at the market return on different weeks to donate again.

Full Grains are Good for My Body!

After one of my *Food, Fun and Reading* classes a mother approached me and told me her 6-year old daughter was learning so much about nutrition in these classes. She told me a few days prior, her daughter had a few friends over to play. For snack they made popcorn and she heard her daughter telling her friends, "Did you know popcorn is a "full" grain? That means it has lots of health for your body." Her mom was so happy to hear her excited and sharing her whole grain knowledge with her friends and helping to teach them the importance of healthy eating.

Utah Partnership Highlight

Farmers' Market Promotion Program (FMPP)

FMPP is a partnership between Utah SNAP-Ed, Utahns Against Hunger, Utah Department of Health, Urban Food Connections, Comunidades Unidas, Utah State University (USU) Extension, USU Departments of Environment & Society, Nutrition Dietetics and Food Sciences, and Agricultural Systems of Technology and Education. FMPP is funded through the USDA Farmers' Market Promotion Program Grant.

The goal of the FMPP is to improve access to local produce for SNAP recipients in Utah by:

- Providing SNAP training and outreach to farmers market managers and direct market farmers across Utah.
- Designing a statewide marketing and outreach campaign targeted to low-income/at risk and ethnic minority populations across Utah regarding where to find farmers markets/ direct market farmers that accept SNAP.

The Create Better Health (SNAP-Ed) program is overseeing the development of the social marketing and outreach campaign, Eat Fresh Buy Local. The campaign aims to help SNAP users find farmers markets and direct market farmers that accept SNAP. In 2019, more than 629,000 people viewed the campaign materials over 2 million times. The program also supported a farm-to-table dinner for SNAP-Ed eligible individuals where researchers learned more about their perspective on the local food environment and accessibility of local foods for SNAP recipients.

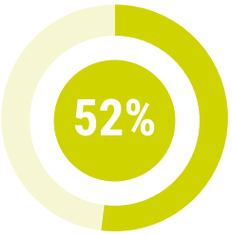
Wyoming SNAP-Ed Impacts

Wyoming's Approach

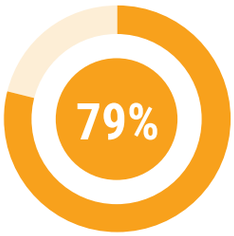
Chronic disease, obesity, and food security are concerns nationwide and in Wyoming. To help address these concerns, Wyoming SNAP-Ed, known as the Cent$ible Nutrition Program, provides direct education to adults and youth with limited resources, and works with local partners to support healthier communities. Administered through the University of Wyoming Extension, CNP serves every county in Wyoming and the Wind River Indian Reservation.

Key Adult Individual Impacts

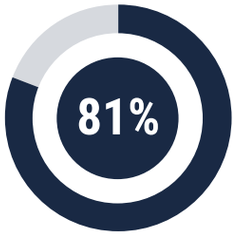
of adult participants ate fruit more often each day



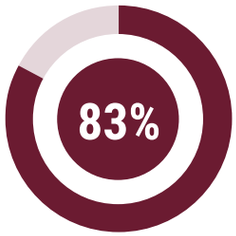
of adult participants ate vegetables more often each day



of adult participants improved 1+ physical activity behaviors



of adult participants improved 1+ food resource management practices



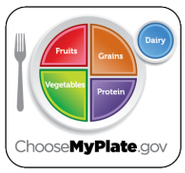
of adult participants improved 1+ food safety practices

Additional Individual Impacts

1,049 adult graduates

$51.40 saved monthly on average per family

45% improved 1+ food security indicators



94% improvement 1+ diet quality practices

944 youth graduates

36% of 3rd-5th graders ate more fruit

40% of 3rd-5th graders ate more vegetables

34% of 3rd-5th graders were active more often

Community Impacts

Wyoming SNAP-Ed (the Cent$ible Nutrition Program) focuses community intervention (policy, system, and environmental change) efforts on four primary areas: Nutrition and Physical Activity Supports in elementary school settings through the *Grazing with Marty Moose* curriculum; the Healthy Policies Toolkit for Early Childhood Education (ECE) centers; Local Food through community gardens and farmers markets; and the Healthy Food Pantry Project. The Healthy Policies Toolkit for ECEs was a new intervention in 2019 and was piloted in several sites across the state.

Grazing with Marty Moose

31 youth education sites

113 supports adopted

6,668 youth reached

Local Food (Gardens & Farmers Markets)

18 community partnerships with farmers markets and gardens

1,413 people reached

2,885 pounds of produce donated

Healthy Policies Toolkit

3 Early Care & Education sites

7 supports adopted

1 training through a partnership with the Wyoming Department of Health

Healthy Food Pantry Project

6 food pantry sites

40 supports adopted

5,638 people reached

Wyoming SNAP-Ed Success Stories

Sustainability for a Healthy Food Pantry

In late 2018, Wyoming SNAP-Ed (the Cent$ible Nutrition Program- CNP) partnered with the Afton Food Pantry to offer fresh produce and dairy products to pantry patrons.

"I never, ever thought that we'd be having fresh fruits and vegetables," said Sierra Mitchell, who started the pantry three years ago. "It is not something that ever dawned on me. You think of a food bank and you think dry goods."

The fresh food and necessary refrigeration were made possible through a community grant obtained by CNP educator Shelley Balls.

"The patrons light up when they see a table full of fresh produce and milk and eggs and cheese," said Mitchell.

With the success of this project, Balls and Mitchell started to look at options for continuing once the community grant funding ended. When Balls learned about the availability of a geodome through the Wyoming Department of Agriculture Specialty Crop Block Grant, she partnered with her Lincoln County Extension Office to have one built on site. The geodome will be a hub of community partnerships, with several groups involved in growing in and maintaining the garden.

"We are to be a beneficiary of some of those plots within that geodome, so that is a way that we will be able to grow more produce to benefit our patrons," said Mitchell.

Health & Savings with SNAP-Ed

James & Holly lived on a very tight food budget, and were always looking for ways to stretch their SNAP Benefits. After getting the Wyoming SNAP-Ed (Cent$ible Nutrition Program-CNP) cookbook and learning to cook some of the recipes, they found that making the mixes and dividing them up for different recipes saved them $15-$ 20 a week at the grocery store.

"Not only did it save us some money at the store, but we are eating much more healthier than before," said James.

"We are very happy now that we have taken the CNP classes," said Holly. "It really helped us out."

Sheridan Garden Focuses on Community

In summer 2019, Wyoming SNAP-Ed (Cent$ible Nutrition Program-CNP) educator Lori Dickinson started a community garden project at the Sheridan County Extension Office. She knew from experience that involving multiple partners was the key to success, and so she cast a wide net. Among the groups who participated were 4-H, Boy Scouts, Girl Scouts, and two groups through the Veterans Affairs (VA). Dickinson and Sheridan County Extension created two gardens, one for youth groups and one for veterans. The residential group from the VA came to the garden throughout the summer as part of their recreational therapy.

"I think that they were surprised at how much they enjoyed it," said Julie Johnson, a recreation assistant at the VA who brought veterans to the garden.

Veterans from the residential group were active in harvesting and saw it as a way to pay it forward to other veterans in the community.

"They were able to take some of the produce themselves, but they wanted to make sure that the other produce that they picked went to other veterans in the area," said Dickinson.

In total, over 1,200 pounds of produce from this garden was donated to partner agencies and people with limited resources in Sheridan.

Wyoming SNAC Highlights

The Wyoming State Nutrition Action Coalition (SNAC) includes the Wyoming Department of Education; Wyoming Department of Health, Wyoming Women, Infants and Children Program, Division on Aging, and the Maternal and Child Health Program; Wyoming SNAP-Ed through the University of Wyoming Cent$ible Nutrition Program, and Wyoming Department of Family Services. Through the SNAC team, Wyoming SNAP-Ed has developed several partnerships that have led to PSEs. Key partnership efforts include partnering with:

- The Wyoming Department of Education (WDE) for the National Farm to School initiative through a youth curriculum
- The Wyoming Department of Health (WDH) on playground stencils through a diabetes prevention grant
- The WDH, Workforce Services, Head Start Coalition on the Early Child Care Education Healthy Policy Toolkit
- The Department of Family Services (DFS) and the WDH - Division on Aging to provide recipes and nutrition information in the senior commodity boxes

Through these collaborations, the Wyoming SNAC team is able to have a greater impact on the people we serve.

Southwest Region Agencies

Arizona

State Agency
Arizona Department of Economic Security

Implementing Agencies
AZ Health Zone - Department of Health Services | Coconino County Health and Human Services | Gila County Health Services | Maricopa County Department of Public Health | Mohave County Department of Public Health | Navajo Department of Health | Yavapai County Community Health Services | Yuma County Health Services District | University of Arizona Cooperative Extension

Arkansas

State Agency
Arkansas Department of Human Service

Implementing Agencies
University of Arkansas Cooperative Extension | University of Arkansas at Pine Bluff | Arkansas Coalition for Obesity Prevention

Louisiana

State Agency
Louisiana Department of Children and Family Services

Implementing Agencies
Louisiana State University Agricultural Center | Southern University Agricultural Center | Feeding Louisiana

New Mexico

State Agency
New Mexico Human Services Department

Implementing Agencies
Cooking With Kids, Inc. | Department of Health, ONAPA | Kids Cook! | Las Cruces Public Schools | New Mexico State University Cooperative Extension | University of New Mexico Prevention Research Center

Oklahoma

State Agency
Oklahoma Department of Human Services

Implementing Agencies
Chickasaw Nation - ITO | Oklahoma Tribal Engagement Partners (OKTEP) | Oklahoma State University | University of Oklahoma, College of Public Health

Texas

State Agency
Texas Health and Human Services Commission (HHSC)

Implementing Agencies
Texas A&M University AgriLife Extension Service | Feeding Texas | San Antonio Food Bank | Common Threads | UTHealth School of Public Health - Brownsville Regional Campus | It's Time Texas | Migrant Health Promotion (MHP) Salud

Southwest Region Summary

The SNAP-Ed Challenge

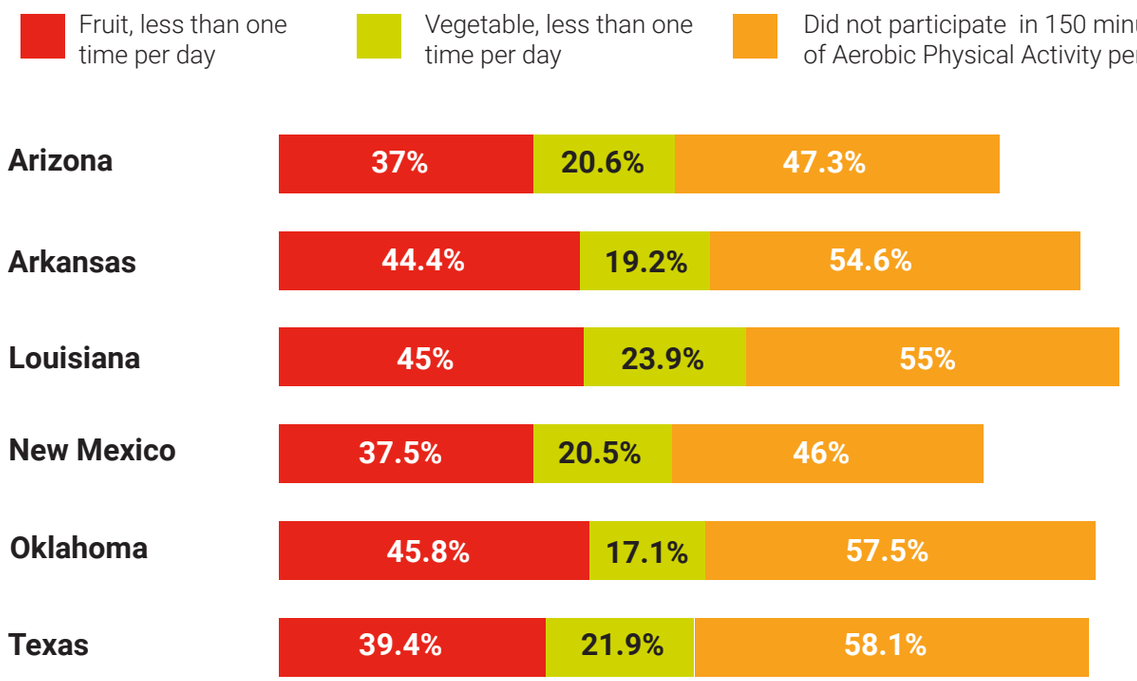
Southwest Regional Office Food and Nutrition Services mission states "we work with partners to provide food and nutrition education to people in need, in a way that inspires public confidence and supports American agriculture."

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.

Southwest Region Office Program Focuses are:

- 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 help the SNAP-Ed target audience that has 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.

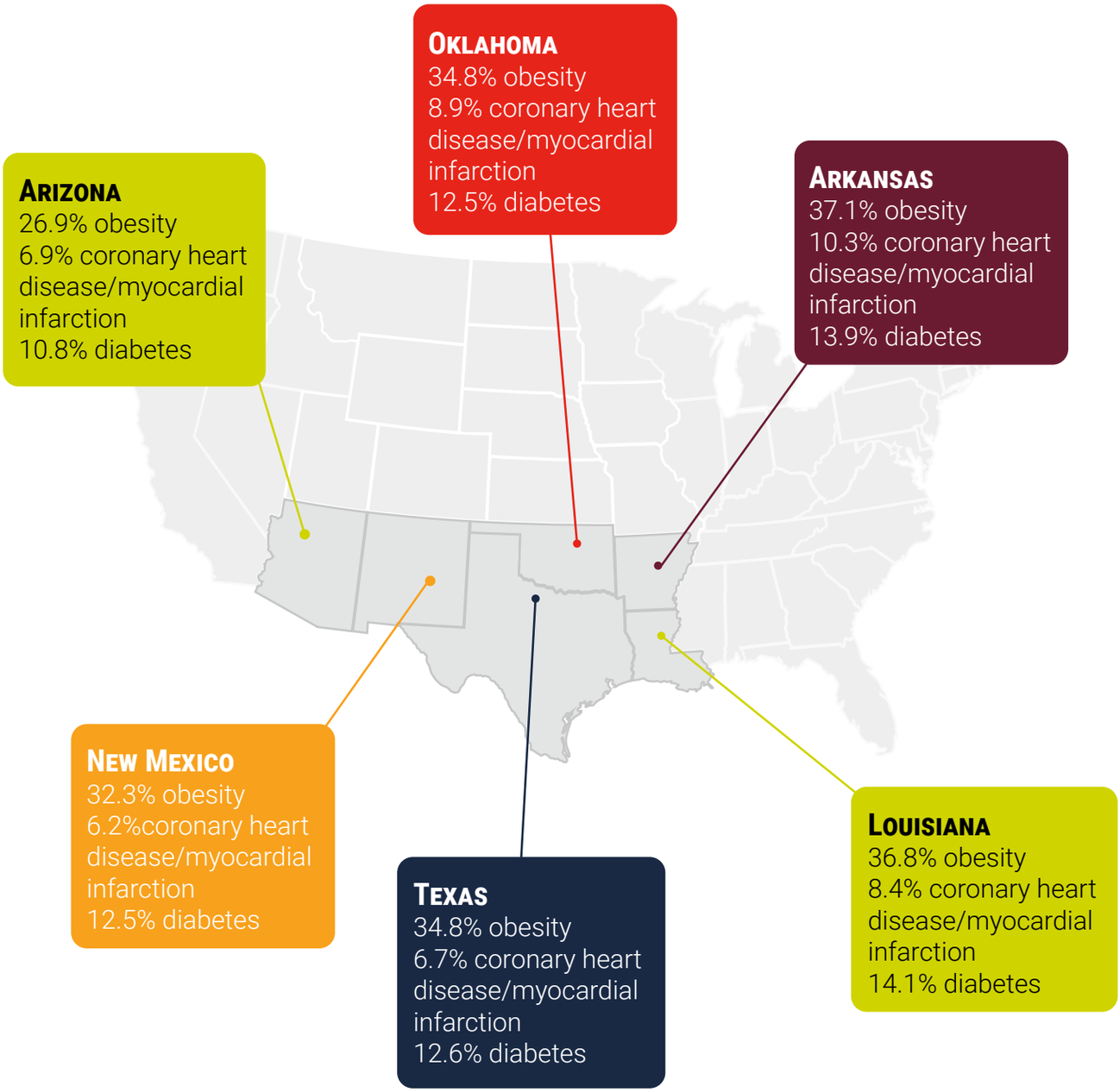
SWR Selected Health Indicators



Data for pages 53-54 from: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2015. [accessed Jun 01, 2020]. URL: https://www.cdc.gov/brfss/brfssprevalence/.

Southwest Region Summary

SWR Obesity & Chronic Disease Rates



The SNAP-Ed Solution

Over the past few years, SNAP-Ed has morphed from a simple nutrition education program into a comprehensive program reaching low-income populations through multiple ways. Innovative practices to meet the Food and Nutrition Services (FNS) guidance include multiple approaches, such as:

1. Individual, group, and family nutrition education and physical activity promotion in addition to related interventions.
2. Comprehensive, multi-level interventions in environmental settings.
3. Community and public health approaches that reach a large segment of the population.

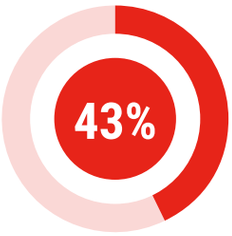
These solutions are evaluated and show that interventions and evaluations are evidence based, changing the lives of the people served by the Southwest Region.

Arizona SNAP-Ed Impacts

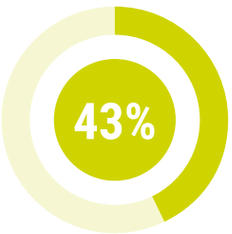
Arizona's Approach

The Arizona Department of Health Services with the Arizona Department of Economic Security provides the SNAP-Ed program – also known as the AZ Health Zone. The AZ Health Zone is a network of statewide partners that include local health departments and the University of Arizona, who form community level partnerships with tribes, school districts, food banks, and non-profit agencies. Our goal is to improve the likelihood that individuals with limited access to resources will choose physically active lifestyles and make healthy food choices. We support a comprehensive approach that includes policy, system, and environment changes, social marketing and direct education throughout Arizona communities.

Key Adult Individual Impacts

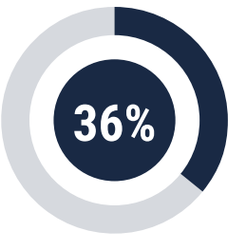


of adults improved daily fruit intake

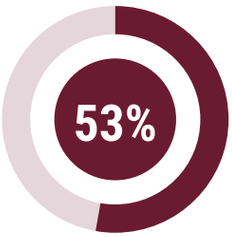


of adults improved daily vegetable intake

of adults improved their number of days active in the last week



of adults improved their use of the food label when shopping



of adults decreased their hours spent sitting in the last week

Additional Individual Impacts

Youth Impacts

+.05
increase in the mean times per day youth consumed fruit

+.10
increase in the mean times per day youth consumed vegetables

Direct Education Summary

1,777
adult graduates

166
youth graduates

71
complete adult class series of 4-6 classes delivered

Community Impacts

The AZ Health Zone program goal is to increase the likelihood that individuals and families will engage in healthful behaviors through a combination of policy, system, and environment (PSE) approaches and education outreach. The program has 15 evidence based strategies organized into four focus areas: Active Living, Early Childhood, Food Systems, and School Health. In addition to working in these areas, the AZ Health Zone runs social marketing campaigns to support being physical activity, incorporating fruits and vegetables, and supporting the Summer Food Service Program.

School Health

240 sites

6% increase in school health PSE implementation score

73,247 students reached

Food Systems

126 sites

103,046 people reached

30% increase in retail supports for fresh produce and a **16%** retail supports for beverages and frozen

Active Living Policy Changes

86 sites

2 policies/plans passed

712,205 people reached

Agriculture Changes

148 sites

66,788 people reached

13 farmers markets navigators established, reaching over **400** shoppers with Double up Bucks information and market support

Physical Activity & Reduced Sedentary Behavior Supports

363 sites

51,338 people reached

Signage with distance markers developed and installed on Rio Rico trails

Community Impacts graph based on number of sites for each PSE

Arizona SNAP-Ed Success Stories

Collaborative Approach in the Sunnyslope Community

Situated within the Phoenix metropolitan area, the Sunnyslope community celebrates a unique history and cultural identity. For over three years, the Maricopa County Department of Public Health (MCDPH) and the Desert Mission Food Bank programs have fostered a collaborative approach in Sunnyslope, becoming a model for how to integrate all SNAP-Ed strategies and leverage other projects.

Desert Mission continues to be a strong community partner with its implementation of the Sunnyslope nutrition policy and support for Snack Pac weekend meals, senior center food boxes, and gardens. Healthy retail is also a robust community initiative, including a partnership with the International Rescue Committee to support local refugee farmers in bringing their produce to the Sunnyslope markets.

This year, the MCDPH and Desert Mission continued to partner on an annual community event—the Heart of Sunnyslope—where residents learned about community health resources, received free health screenings, and took home a bag of free vegetables. The event continues to grow and has received national attention, with the schools and community gardens working together to provide engagement opportunities for residents.

Aside from the event, ongoing coordinated efforts with the Washington Elementary School District supported gardens, the district's wellness policy, walking to school, nutrition and physical activity lessons in classrooms, and the Summer Food Service Program.

New Signs for Rio Rico Trails

Through our collaboration with the Santa Cruz County Public Works Department, [we were] able to purchase trail signs and distance markers for approved walking trails near Rio Rico. The signage promotes the AZ Health Zone and contributing partners, encourages physical activity for a healthy lifestyle, and explains how the distance markers work. Blue reflective markers will be put every tenth of a mile along the trails, with red reflective markers at each mile. The hope is that novice walkers will be encouraged to walk at least a tenth of a mile more each day. – UA Cooperative Extension, Santa Cruz

Tribal Wellness Efforts

Mohave Valley is a census designated area that overlaps with Fort Mojave tribal lands. The AZ Health Zone Cooperative Extension in Mohave County has worked with the Mohave Valley community to provide multilevel intervention support that spans food systems, active living, early childhood, and direct education. This year, LIA staff collaborated with tribal partners to promote wellness in existing and newly constructed sites.

"We worked very closely with the wellness team at the Fort Mohave Wellness Center to promote the resource to all age groups… In April, the Wellness Center hosted a youth basketball league, and we delivered a lesson series with cooking demonstrations for younger kids. This allowed parents to utilize the center while their kids attended [SNAP-Ed] activities…In July, we did activities with youth from the Boys and Girls Club next door to the center: age groups ranging from elementary to high school rotated through our activities as well as physical activities led by Wellness Center trainers...in addition, the Lunch and Learn events that we were doing with adults at the Fort Mojave Indian Tribe Health Center are now being held at the Wellness Center. We provide the nutrition and physical activity [lessons] and food demonstrations. The clinical dietitian and case manager provide additional dietary information and answer [health-related] questions. After the lesson, adults can join in on physical activities at the center. " – UA Cooperative Extension, Mohave

Supporting Efforts to Enhance Food Security

The Grand Canyon community includes the Grand Canyon Village and the towns of Tusayan and Valle. In support of food systems and active living, the AZ Health Zone Coconino has been an active participant in the Tusayan/ Grand Canyon Wellness Coalition for three years.

The Wellness Coalition also fostered a collaboration to address the Weekend Backpack Food Program, which provides children with food backpacks for weekend consumption. In FY18, the St. Mary's Food Bank, Delaware North Hospitality, the Grand Canyon Recreation Center, and other coalition members developed a plan for expanding the program: The Grand Canyon Recreation Center would be the Weekend Backpack pick-up location for Grand Canyon area families, while families living in the Valle and Tusayan areas could pick theirs up from the Tusayan General Store, where they would be stored in lockers purchased by the store operator, Delaware North Hospitality.

Since implementation, the coalition has found that this delivery method reduced student stigma and provided greater flexibility to participating families. This has increased participation rates, and enabled the program to extend into the summer months. The AZ Health Zone Coconino now helps to sustain the program by sorting foods for backpacks based upon four weekly menus.

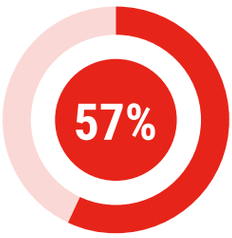
The AZ Health Zone Coconino supported a collaboration among the St. Mary's Food Bank, the National Park Service, and the City of Tusayan to accelerate their local food bank initiative. The Grand Canyon Food Bank opened in March 2019, with a larger location now in the planning stages.

Arkansas SNAP-Ed Impacts

Arkansas' Approach

The Arkansas Supplemental Nutrition Assistance Program – Education (SNAP-Ed) is a partnership between the University of Arkansas Cooperative Extension Service, the University of Arkansas Pine Bluff, and the Arkansas Coalition for Obesity Prevention. The goal of SNAP-Ed 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 Dietary Guidelines for Americans.

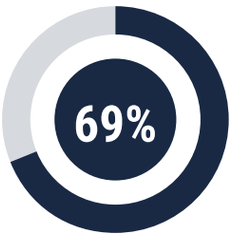
Key Adult Individual Impacts



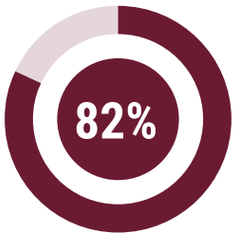
of adult participants increased fruit consumption[1]

of adult participants increased vegetable consumption[1]

of adult participants increased physical activity[1]



of adult participants adopted 1+ food resource management practices[1]



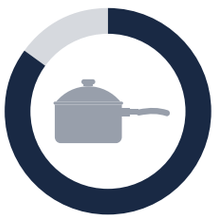
of adult participants increased nutrition knowledge[1]

Key Youth Individual Impacts

61% of youth increased fruit consumption[1]

57% of youth increased vegetable consumption[1]

61% of youth increased physical activity[1]



85% of youth increased food preparation skills[1]

81% of youth increased knowledge of MyPlate[1]

[1] University of Arkansas Cooperative Extension Service | [2] University of Arkansas at Pine Bluff

Community Impacts

The activities that take place in support of the Arkansas SNAP-Ed program are community driven and are generated by each county's assessed issues and needs as they relate to nutrition education. Individual county agents' partner with advisory committees/coalitions consisting of representatives of local and state agencies that provide assistance to SNAP recipients, school personnel, and former and current SNAP participants to assess the needs of the target audience in their respective counties. Community partners provide input on target audience needs, direction and support for program implementation, and assist in the evaluation of the program. Arkansas SNAP Education's implementing agencies (IA) work with county staff to determine feasibility of implementing a program/project in the county, taking into consideration community support for program, staff workloads, and how the program/project will enhance or weaken other county programs. Arkansas community projects involved 151 sites.

Childcare centers & Schools
MyPlate Guidelines
supports adopted

Agencies
Food Resource Management
supports adopted

Community Partnerships
Food Safety Practice
supports adopted

Arkansas SNAP-Ed Success Stories

Success Story from an Adult Participant

My husband is so proud of me; I am cooking healthier meals at home now. The whole family has benefited from these classes!

-Adult participating in SNAP-Ed programming[1]

Success Story from a Parent

The program has been very helpful. My kids now eat vegetables they never ate before. They love to get together at family time and make the recipes out of the cooking magazines that are sent home.

-Parent of youth participating in SNAP-Ed programming[1]

Success Story from a Teacher

Parents have stopped me in the grocery store and asked for recipes of our healthy foods that we made in class. Grandparents have told me that their grandkids are asking for water or milk instead of soda. Big win!

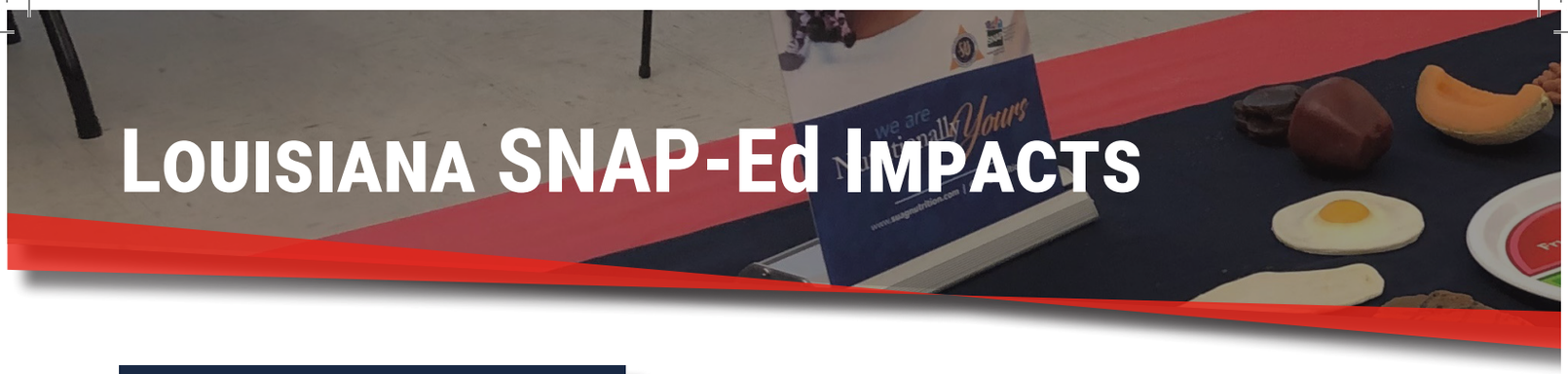
- Teacher from classroom receiving SNAP-Ed programming[1]

Cutting Back on Salt

Obesity, poor nutrition and limited physical activity are major health concerns in Arkansas. According to the U.S. Census Bureau and the Arkansas Department of Health, Arkansas is the seventh worst state in the nation in terms of obesity levels, with 30 percent of the population designated as obese. To combat obesity in adults, it is important for individuals to learn to eat healthy and add physical activity to their daily routines.

The University of Arkansas at Pine Bluff Supplemental Nutrition Assistance Program Education (SNAP-Ed) offered a series of nutrition classes at a senior living facility in Jefferson County, Arkansas. The classes featured activities that focused on food resource management, diet quality and food safety and were intended to help individuals make smarter nutrition decisions. One topic that program administrators focused on was the danger associated with sodium-heavy diets.

Upon completion of the nutrition course, SNAP-Ed associates followed up with participants individually to assess the program's impact. One female participant said she has eliminated salt from nearly all her meals. She made the change incrementally, using less and less salt each week. She reported that her taste buds are now sensitive to salt, and she prefers the taste of food with no salt added. Whereas the participant previously liked to put salt on her eggs and fruit, she now eats those foods without the needless addition of salt.[2]



Louisiana SNAP-Ed Impacts

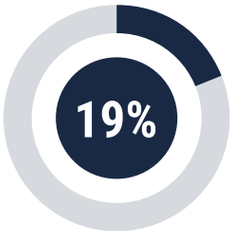
Louisiana's Approach

Louisiana SNAP-Ed's approach is to link Louisiana citizens to opportunities for success by encouraging progressive lifestyle changes as it relates to nutrition, diet and health. Our nutrition education program provides research based, nutrition that coincides with the USDA dietary Guidelines and MyPlate Food Guidance Systems. Our goal is to make the healthy choice the easy choice for SNAP-Ed eligible participants.

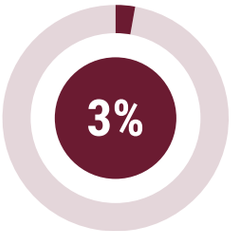
Key Adult Individual Impacts

increase in fruit and vegetable consumption for adult participants

increase in whole grain consumption for adult participants



increase in dairy consumption for adult participants



increase in non-dairy beverage consumption for adult participants

Additional Individual Impacts

Teen Participant Impacts

improvement in physical activity beliefs and attitudes

increase in physical activity participation

Youth Participant Impacts

14% increase in fruit and vegetable consumption

13% increase in whole grain consumption

5% increase in dairy consumption

Community Impacts

The LSU AgCenter implements the Healthy Communities Initiative, a program unique to the AgCenter which is community driven process of identifying and prioritizing PSE change projects. SNAP-Ed staff facilitate a community forum in which SNAP-Ed eligible community members generate ideas for PSE changes, and then a community coalition is formed to take action on those projects. This process of making PSE changes allows for more collaboration with partners. Changes made are sustainable thanks to increased community buy-in. Because each community in which we work has different needs, each community implements different PSE change projects.

Physical Activity Stencils

31 sites
10,000 people reached (estimate)
31 supports adopted

Community Gardens

3 sites
5,000 people reached (estimate)
3 supports adopted

Indoor Recess Facilities

1 sites
300 people reached (estimate)
2 supports adopted

School Gardens

13 sites
5,000 people reached (estimate)
13 supports adopted

Stock Healthy, Shop Healthy

5 sites
1,000 people reached (estimate)
5 supports adopted

Community Impacts graph based on number of sites for each PSE

Louisiana SNAP-Ed Success Stories

Increasing Access to Fresh Produce

The downtown Houma healthy community forum was held in January of 2019 and it was discovered that community members felt that there was a lack of fresh and affordable produce within the area. An action-oriented work-group of multiple partners formed to create the Harmon Park Community Garden, a community sponsored garden responsible for bringing in 500lbs of produce to local food pantries per year. The garden also serves as a learning site for food-insecure individuals to learn to grow, cook, and preserve produce through the Greauxing at Home program.

The garden is funded through community sponsors. Each raised garden bed will be sponsored by a business or organization and includes a first year fee and annual maintenance fee. This model will increase community engagement and provide sustainability. Sponsors are asked to be committed for a minimum of 3 years to secure the success of the garden. Businesses are provided with a plaque for the bed with their name on it and are allowed to paint the box, engaging employees and increasing ownership. Live Healthy Houma continues to meet monthly to discuss the garden initiative and to build onto it. Currently, there are plans to create a basketball court on-site to encourage physical activity.

Holy Grill Health Fair

Interfaith Federation of Greater Baton Rouge
Cultivating Unity, Justice and Peace

Dear Marquetta and Kiyana,

Thank you for your presence at today's Holy Grill Heath Fair. Thank you for being on time, ready to engage in conversation, and open to sharing your wealth of information. What a gift you are to our community.

At the Health Fair, individuals had time to talk in depth with others and get answers to important health issues. We believe participants greatly gained from the personal attention at the Holy Grill Health Fair. Thank you for your time and commitment to the Zion City and North Baton Rouge.

The Interfaith Federation of Greater Baton Rouge has been feeding the hungry in Zion City for over 30 years. In recent years, we have tried to deepen and widen our impact in Zion City. Let us continue to seek creative ways to make a tangible difference in the lives of children, youth, and adults.

Again, thank you for your partnership.

Rev. Robin McCullough

Executive Director

Susan Hymel
Holy Grill Health Fair Coordinator

New Mexico SNAP-Ed Impacts

New Mexico's Approach

SNAP-Ed New Mexico focuses on promoting healthy eating and active living, specifically among low- income populations across the state. In NM, about one in five people live below the federal poverty level (19.7%), which is higher than the US average (13.4%). Poverty in NM is even greater among children (under age 18) at 26.2% compared with 18.4% nationally. In 2019, seven SNAP-Ed implementing agencies collaborated to conduct a social marketing campaign, support policy, system and environmental change efforts, and provide nutrition education to SNAP-eligible populations in schools, at Farmers' Markets, in Senior Centers, at WIC clinics, etc.

Key Impacts

Direct Education Impacts

99,927

direct education SNAP Ed classes were attended by both adults and youth

955,110

individuals were exposed to SNAP-Ed in New Mexico

SPAN-ET Assessment Summary

For more information on the SPAN-ET assessment, see the **Key Focus Area** section on the next page. Below is a snapshot of the project.

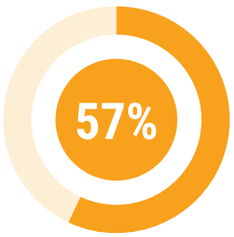
19

schools participated in the School Physical Activity and Nutrition Environment Tool (SPAN-ET) assessment

27

areas of interest in the SPAN-ET assessment

of schools met the nutrition wellness standards at baseline



of schools met the physical activity wellness standards at baseline

Key Focus Area

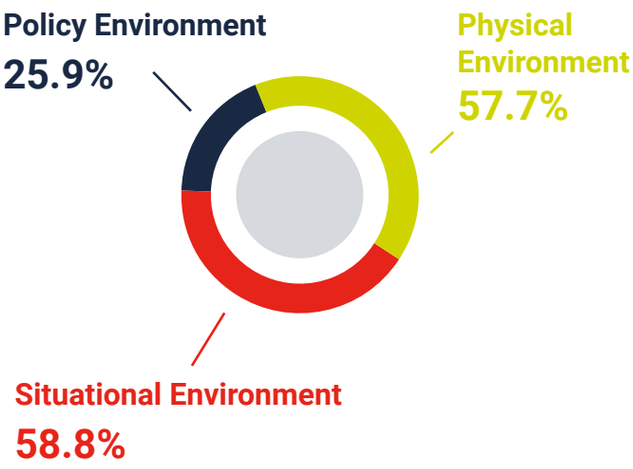
In FFY2019, the School Physical Activity and Nutrition Environment Tool (SPAN-ET) was used to assess New Mexico schools served by SNAP-Ed funded nutrition programs. The survey included 27 Areas of Interest (AOIs) and each one contained questions designed to assess the physical, situational, and policy environments related to two categories: physical activity and nutrition. In each AOI, a series of statements were evaluated based on a description and standardized criteria. Each element was then marked “met” or “not met”.

Fourteen public elementary schools, one public charter elementary school, one Pueblo community school serving children in grades K-6, one middle school, and two high schools participated in the assessment. All selected sites agreed to participate in the evaluation.

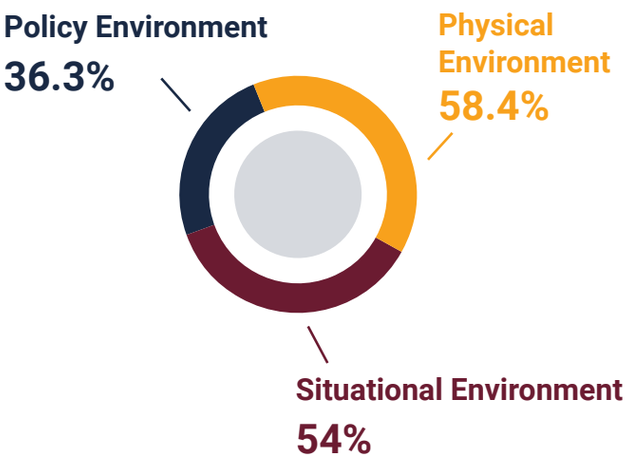
No schools were meeting all recommended nutrition and physical activity policy, systems and environmental supports. The average school score was 54%, with individual school scores ranging from 40% - 67%. Schools generally scored higher in physical activity supports than in nutrition supports. Schools were also more likely to have environmental supports in place than in written policies. On average, the lowest scores were for having nutrition and physical activity wellness committees, policies in place that were well-communicated, and school gardens with recommended features. The highest average scores were for having safe school yards, clean cafeterias, and structured physical education with trained instructors.

The graphs below show the percentage of schools meeting wellness standards at baseline for each of the 6 wellness standard areas.

Nutrition Standards



Physical Activity Standards



New Mexico SNAP-Ed Success Stories

Free, Hands-on Nutrition Education for Seniors

Ideas for Cooking and Nutrition (ICAN) works with people across the age spectrum to inspire healthy eating and active living. ICAN makes a special effort to reach older adults with limited-resources throughout New Mexico with evidence-based nutrition education and practical skills such as cooking, food resource management, and food safety.

At AHEPA 501 apartments, a senior living community in Albuquerque, committed ICAN staff provide nutrition lessons to older adults. Service coordinator, Mary Shortell, observed that residents learned so much from the lessons and many altered their nutrition behaviors as a result. She stated, "Some changes I see in residents are them adding more fruits and veggies to their dishes. They also told me they have begun reading labels on foods and looking for foods with less sugar and sodium content."

Mary commented that ICAN nutrition educator, Tina Louise Carpenito, is a big reason why the residents love the program so much. "She makes everything fun, and makes them feel valued," Ms. Shortell stated.

Robyn Kowice, food service manager at Isleta Pueblo Elder Center, has also seen changes in the elders. Ms. Kowice stated that Ms. Carpenito talks with the elders about nutrition and that it helps them change their eating. "Elders will listen to an educator. I have heard them talk about how they have been to the doctor and their weight is coming down!" Robyn stated that Ms. Carpenito will gather questions from the elders each class, come back the next month, and answer each question and teach about the nutritional facts and recipes. "I don't know if the program is offered everywhere, but this is an amazing program that everyone should have access to."

Cooking With Kids: A Recipe for Fun & Healthier Eating

Cooking with Kids (CWK) is a USDA SNAP-Ed funded program that works with pre-kindergarten through sixth grade students in Santa Fe and Española Public Schools. The program motivates and empowers children to make healthy food choices through hands-on learning with fresh, affordable foods from diverse cultural traditions. Children engage in positive sensory experiences while cooking healthy foods and they identify personal food preferences, practice food preparation skills, and learn about cultures of the world.

[Continued next page: Cooking with Kids]

[From page 70: Cooking with kids]

Principal Felicia Torres at Amy Biehl Community School knows first-hand how CWK can make a difference. It provides her students with opportunities to prepare a variety of healthy foods – an opportunity they may not get at home. After her son participated in the program, Principal Torres noticed that he likes to try and learn about new foods.

She said, "He is more interested in what he is eating." Her son also wants to help with the grocery list and he is more helpful and patient in the kitchen.

Other families have also had some great things to say about how CWK classes have influenced their daily lives. Rebecca Martinez, whose son attends Española Elementary School, stated that her son enjoyed the class. He and his classmates learned how to cook meals they can enjoy. And they want to share the recipes with their families and get more involved in preparing foods at home. Overall, Mrs. Martinez found CWK to be "such a positive class for the kids.

Kids Cook! Gets Kids Cooking in Classrooms and with Community Partners

Kids Cook! provides hands-on experiential learning for elementary and middle school students and their families. The program promotes eating real food, with variety, and in moderation. Kids learn to prepare multicultural meals together and then they sit down and enjoy it as a class. Then they are encouraged to make the recipes at home with their families.

nabel Olivas, a volunteer at Parajito Elementary School, can attest to the difference the program makes. Mrs. Olivas said, "My experience with Kids Cook! is really good. I love it. My kids enjoy it and they look so happy. And I love to see my kids happy." She also noticed changes in her children after participating in the program. They began to talk more about healthy foods at home and they now actually ask her to cook healthier foods.

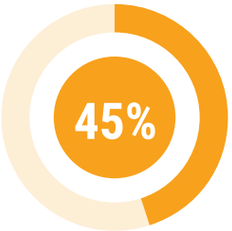
Community partners also had great things to say about Kids Cook! Anzia Bennett, Executive Director of Three Sisters Kitchen, can attest to the great things Kids Cook! has done for her business and the community. "It is really incredible. So many people from all over the city ask about the Kids Cook! classes held at Three Sisters Kitchen. And the focus of the program is exactly what we want; teaching kids and families to take control of their physical health while also enjoying good food!"

Oklahoma SNAP-Ed Impacts

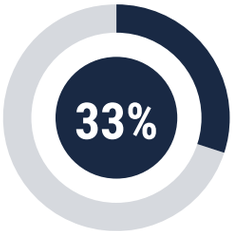
Oklahoma's Approach

Oklahoma delivers SNAP-Ed programming through 4 implementing agencies: The Chickasaw Nation (Get Fresh!), Hudson College of Public Health at the University of Oklahoma Health Sciences Center with the Oklahoma Nutrition Information and Education Project (ONIE), Oklahoma State University/ Oklahoma Nutrition Education (ONE), and Oklahoma Tribal Engagement Partners (OKTEP). It is our desire to improve the health of vulnerable Oklahomans by offering relevant and culturally appropriate nutrition education, directly and indirectly, to individuals of all ages and backgrounds. Programming includes opportunities to practice skills through hands on experiences such as cooking demonstrations, community gardens, and community-wide events.

Key Individual Impacts



of adult graduates reported exercising for at least 30 minutes more days a week[1]



of adult graduates reported drinking regular soda less often[1]

423

participants finished the *Let's Get Midwest City Moving* 5k. **65%** were adults and **35%** were youth participants[2]

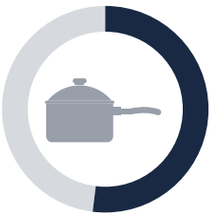
Key Youth Individual Impacts

After the Eagle Adventure series, parents/caregivers of youth participants reported the following:

76% report their family tried Eagle Adventure moving activities[3]

64% report their child more often eats a fruit for a snack[3]

56% report their child more often eats a vegetable for dinner[4]



52% report families made Eagle Adventure recipes together[4]

[1] ONE | [2] ONIE | [3] Get Fresh | [4] OKTEP

Community Impacts

Collaboration and diversity of programming allows Oklahoma SNAP-Ed to better meet the needs of our state. Some of the PSE efforts in Oklahoma include community gardens, changes in classroom rewards by local teachers, placement of healthier choices in travel stops, and arrangement of items in school cafeterias.

ONIEPROJECT.ORG [2]

725,867 people digitally reached through the website, Facebook, and Instagram in both English and Spanish languages. Content includes blogs, recipes, and other resources.

Community Garden for Community Good[1]

128 people reached

4 sites

3 supports adopted

Tai Chi & Chai Tea[1]

50 participants

6 sites

3 supports adopted

Farmers Market Utilization[2]

50 sites

35 food demonstrations

$140,328 SNAP benefit redemptions at sites

Community Gardens[3]

430 participants reached by nutrition education classes that utilized vegetables and/or herbs from our community gardens

4 gardens

Tribal Partnerships[4]

Collaborations with **21** of 39 federally recognized tribes in Oklahoma

Oklahoma SNAP-Ed Success Stories

Diabetes is Not Our Destiny

Diabetes is Not Our Destiny is a social marketing campaign that complements the Eagle Adventure program with inter-generational messages of healthful eating and physical activity. The campaign uses an asset-based approach to promote realistic change that builds on community and cultural strengths, traditions and capabilities. The campaign is building social media presence on Facebook, Instagram, YouTube and Twitter with the username /NotOurDestiny.

SNAP at the Farmers Markets

ONIE Project's *Taste the Difference* initiative applied social marketing to increase the utilization of farmers markets and direct farmers by SNAP participants as well as strengthened their capacity to better serve this clientele. Beginning in 2010, the number of SNAP accepting markets and direct farmers increased from 9 to 50. More applications are pending. In 2019, there were 8,175 SNAP transactions and $140,328.86 SNAP benefits redeemed. Strategies include assisting farmers markets/farmers with applications to accept SNAP, reducing the burden of using SNAP at markets, and promoting markets and fresh vegetable consumption with live-radio remotes, donated media, food demonstrations, and kid-friendly activities. Lawton Farmers Market shared, "ONIE provided complete support to help us reach SNAP users. We would never have done this without them." Moreover, ONIE hosts an annual farmers market conference attended by market managers, vendors, and community organizations with on-site assistance to apply to accept SNAP.

Eagle Adventure

Eagle Adventure, a youth curriculum, was accepted into the SNAP-Ed toolkit. To date, it is the only Native American focused intervention in the tool kit.

One teacher said, "We are doing Fit and Fun Friday this year where we walk about 30 minutes as a school every Friday morning."

Healthy Choices & New Goals

A family was referred to our Oklahoma State University Oklahoma Nutrition Education (ONE) program from a local home health agency. The individual, a 700+ pound male in his 20s, lives with his parents and is home bound and unable to walk.

The family reports that they are enjoying the new recipes and cooking healthier foods. They have learned about portion sizes, are reading food labels, and decreased fast food. The participant reports he is getting up to eat meals at the table with his family and is no longer drinking soda. While working with our program and his physical therapist, he has been more active and is now able to walk the length of the home daily. He states his life has changed as "[His] body has changed, [there is] less fluid on [his] body and [his] mood and mental health have improved." He has set a one-year goal to be out of the house and working.

Oklahoma Partnership Highlights

Collaboration is an important part of our program. The Infant Mortality Alliance (IMA) is one effort involving all IAs in Oklahoma. IMA is charged with reducing the number of infant deaths among African Americans in Oklahoma. We have been part of a work group focused on food and nutrition. In addition to food security and access, this group has provided educational opportunities for pregnant women and families with children through small group parenting events with cooking demonstrations, health fairs, and the inclusion of information such as recipe cards in gift baskets for new moms.

Tai Chi & Chai Tea

A participant enrolled in *Tai Chi & Chai Tea* was pretty doubtful when she started. She said she might as well try because she knew her balance wasn't as good as it should be. She learned the Tai Chi for better balance and reported that she has been practicing it at home. She also said that she has been using the nutrition tips she received in class. She is eating better balanced meals now and says she feels better overall.

Let's Get Midwest City Moving

One participant shared, "*Let's Get Midwest City Moving* is where I started my first 5k and I just loved running ever since. Ever since that first run I have joined the gym, I've gotten better and I now do other 5Ks, but I'm so appreciative of you guys throwing the free events for the community."

Texas SNAP-Ed Impacts

Texas' Approach

The Texas SNAP-Ed program is administered by the Texas Health and Human Services Commission (HHSC) with the objective of promoting healthy eating and active living to eligible Texans through nutrition education and obesity prevention interventions and initiatives. HHSC contracted with seven nonprofits and universities or implementing agencies to deliver SNAP-Ed services. Implementing agencies included Texas A&M University AgriLife Extension Service, Feeding Texas, San Antonio Food Bank, Common Threads, UTHealth School of Public Health - Brownsville Regional Campus, It's Time Texas, and Migrant Health Promotion (MHP) Salud.

Key Adult Individual Impacts

33% of adult participants increased their physical activity[1]

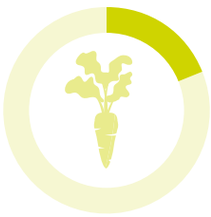
Adult participants significantly improved both availability and accessibility of vegetables and fruits in the home ($p<.0001$)[2]

Adult participants increased their vegetable intake ($p<.001$) and fruit intake ($p<.001$)[3]

Key Youth Individual Impacts

Significantly improved outcomes related to food insecurity and consumption, selection, and preparation of healthy foods for children ($p<.05$)[7]

86% of youth reported making half their plates fruits and vegetables[4]



18.8% of youth improved their nutrition knowledge ($p<.01$)[5]

[1]UTHealth School of Public Health - Brownsville Regional Campus's Tu Salud Si Cuenta Diabetes Prevention Program | [2]Texas A&M AgriLife Extension Service's Growing & Nourishing Healthy Communities Gardening Course | [3] Migrant Health Promotion Salud's Together We Can group health education series | [4] San Antonio Food Bank's MyFitBody-Moving & Eating Healthy Afterschool program | [5]Common Threads's Small Bites program | [6] It's Time Texas | [7] Feeding Texas's Empower Healthy Choices program

Community Impacts

The Texas SNAP-Ed Program made progress in achieving state level goals by maximizing delivery of evidence-based programming in multiple venues across all levels of the socioecological model through direct education, targeted social marketing efforts, environmental strategies to encourage healthy food selection, and use of technology to reach people and communities eligible for SNAP-Ed.

Common Bytes

34,820 participants engaged in digital games and learning resources through the Small Bites lessons and healthy teacher training supplements[5]

Reach

7 implementing agencies reaching individuals

33,027 direct education sessions

4,865,366 individuals reached

Teach Healthier

8,507 educators served through the It's Time Texas Teach Healthier mobile app

Initiatives

70 initiatives delivered including:

- **41** direct education
- **12** social marketing
- **17** policy, systems, and environmental

Sites

4,071 sites where programming was delivered

70%+ interventions took place where people learn and live

Community Challenge

256 communities

25,603 registrants in the statewide It's Time Texas Community Challenge health competition

Texas SNAP-Ed Success Stories

Common Threads

Common Threads partnered with professional soccer teams Houston Dynamo and Houston Dash to bring 200, 2nd graders a Nutrition and Soccer event. The event featured a fruit and vegetable lesson with fruit skewers, and the Dynamo and Dash coaches put on a soccer clinic. The players helped assemble the food demo and talked about the importance of eating the rainbow. The students loved the snacks and commented on how much they enjoyed the fruit and the soccer clinic. One teacher commented that as a result of students participating in the Small Bites programs, parents have been really conscious of the snacks they have been sending for the class. Snacks have been healthier (carrot sticks, apples, tangerines) rather than the sugary snacks provided in the past.

MHP Salud

¡Juntos Podemos! (Together We Can!) is programming geared towards Hispanic/Latino SNAP-eligible or receiving individuals residing in the four counties composing the Lower Rio Grande Valley (LRGV). The series ensures individuals receive group health education classes and physical activity classes. The participants have access to four 90-minute weekly sessions. Overall, a total of 16,383 SNAP-eligible individuals were reached during FY19, and 2,669 have participated in the program's health education classes. The program has worked in partnership with 147 agencies/organizations and offered a total of 276 sessions.

San Antonio Food Bank

The San Antonio Food Bank worked in partnership with the University of the Incarnate Word to launch a Healthy Corner Store imitative. A TV appearance promoting the Healthy Corner Store initiative took place on July 7, 2019 at KENS-5 with estimated audience of 70,000 and 6 participants in the studio. The Viva SA Healthy Corner Stores Initiative was created after a study done by the University of the Incarnate Word School of Osteopathic Medicine that showed how diabetes and food desert prevention could save the city of San Antonio $400 million dollars. UIWSOM partnered with community health leaders to bring fresh and affordable produce to District 3 families.

Texas A&M AgriLife Extension Service

AgriLife Extension continued collaborations and partnerships both within the Texas A&M system and with external agencies/ organizations. The Healthy Texas program, initially implemented in the South and Southeast Regions, added more counties in the East and North Regions (Panhandle). The Healthy Texas program focuses on healthier eating by increasing fruit and vegetable consumption, along with the importance of being physically active. The Healthy Texas Agents in these counties also implemented Learn, Grow, Eat & GO!, Step Up, Scale Down, and Walk Across Texas! along with other single-educational programs such as Path to the Plate, a research-based education program for consumers that focuses on agriculture, the food we eat, and the connection to health.

It's Time Texas

It's Time Texas continued to work towards increasing knowledge of healthy choices among SNAP eligible Texans through a variety of community programs and initiatives. The 2019 Community Challenge concluded in March, enabling more than 22,000 registrants across Texas to promote health and well-being in their families and communities. It's Time Texas was able to recruit participants in 356 participating communities, and was able to secure 79 mayor pledges. The challenge is an 8-week competition that unites and mobilizes schools, businesses, organizations, and community members towards a common goal of transforming the health of the community. Three out of the five community winners and four out of the five school district winners of the Community Challenge were from the Rio Grande Valley, a historically under-served region.

Texas Stories, Continued

UTHealth-Brownsville

The Tu Salud ¡Sí Cuenta! (TSSC) program sponsored by UTHealth School of Public Health - Brownsville Regional Campus offered an average of 145 free exercise and nutrition classes per week throughout 11 communities. These classes were offered at times convenient to both working and non-working participants (morning and evening), in English and Spanish, and for men and women. These classes were led by trained Community Health Workers (CHWs) and certified instructors. In addition to the nutrition education and physical activity opportunities offered to the public, CHWs were trained to enroll participants into the TSSC program. This means that CHWs collect information from individuals ranging from demographic factors to primary care information and current levels of physical activity and fruit and vegetable consumption. The CHWs were tasked with following up with these individuals to provide health education and motivational interviewing strategies in an effort to increase healthy behaviors and in turn increase levels of physical activity and fruit and vegetable consumption.

Feeding Texas

Feeding Texas partners with a network of 21 member food banks to implement nutrition programs. The Tarrant Area Food Bank offers Cooking Matters, a program of Share our Strength, to provide basic nutrition, cooking and budgeting education. Part of the class takes place at a grocery store where participants receive a $10 gift card to practice their skills in selecting healthy ingredients from 3-4 food groups to feed at least four people.

As part of the $10 shopping challenge, Juan, a participant, made a pico de gallo style salad with shrimp, avocado, and orange. He replaced the more expensive red and yellow bell peppers with green bell peppers on sale that were turning red. He added a can of corn instead of crackers made with refined flour. Juan impressed his classmates when he brought it to class the next week.

The Tarrant Area Food Bank Learning Garden, a 0.25-acre garden in Fort Worth, exists to educate the community about gardening and its benefits while producing fresh produce for local food pantries. Volunteers came to the garden for a variety of reasons and represented diverse groups from schools, scout troops, charity organizations, local businesses, and other organizations. Volunteers produce approximately 2,500 pounds of vegetables and fruits each year. About a tenth of the total land area was allocated for compost production. This created a hands-on education opportunity for volunteers and participants to learn about sustainability and healthy soils while participating in a moderate-level exercise activity.

Texas Partnership Highlights

In federal fiscal year 2018, Texas SNAP-Ed program increased partnerships with other state and local agencies focusing on nutrition education, physical activity, prevention of chronic disease, diabetes and obesity prevention services. More specifically, HHSC and the Texas SNAP-Ed Program cultivated partnerships with Department of State Health Services (DSHS) Health Promotion and Chronic Disease Prevention, DSHS Office of Border Public Health, HHSC Aging Services-Texercise, HHSC Early Childhood Intervention, HHSC WIC, and Texas A&M University Colonias Program to develop new projects for the upcoming fiscal year aimed at providing nutrition education and physical activity services to harder to reach and higher risk SNAP-Ed eligible populations.

Implementing Agencies

Texas A&M AgriLife Extension

Feeding Texas

San Antonio Food Bank — Serving Southwest Texas

Common Threads

Tu Salud ¡Sí Cuenta! — Your Health Matters!

It's Time Texas — Make Healthy Easier

MHP Salud

PEARS

PROGRAM EVALUATION
AND REPORTING SYSTEM

Data collection facilitated in part by the Program Evaluation And Reporting System (PEARS).

SNAP

Putting Healthy Food
Within Reach

USDA
Supplemental
Nutrition
Assistance
Program

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