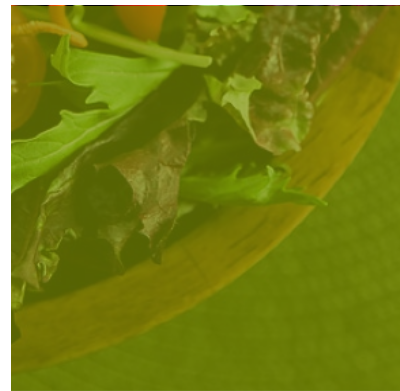


SNAC REPORT

STATE NUTRITION ACTION COALITION



COMPILED BY:

EXTENSION 
Utah State University

FOOD
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MISSION: Pull together Utah agencies to improve food security, nutrition, and health for Utahns.

COLLABORATION

Linkages both within and between agencies are essential to their capacity to meet the needs of their clients. In the past 10 years, interagency collaboration has been considered to be an important approach to foster the management of health education. Historically an absence of organization and collaboration among agencies has been a reason clients have fallen through the cracks. Clients who “fall through the cracks” do not receive sufficient amount of services that are abundantly available. Collaboration amounts to positive consequences for health education agencies and clients. These positive consequences include: providing efficient and effective treatment for clients who demand numerous services, or who change between short and long term care services; retaining funds by decreasing services that overlap or are duplicated; and supplying additional resources for supervisors to divide their community responsibilities in order to decrease stress within their agency. Interagency collaboration enables population-based planning to occur; the perspective provided encourages agencies to plan more broadly than they necessarily would if functioning in isolation. In the state of Utah, interagency collaboration has played an immense role in the success of health programs and meeting clients’ needs. The state of Utah has implemented fundamental tasks that need to be done in order to have collaborative success (*Van Eyk, & Baum, 2002*).

AGENCIES INVOLVED

- Department of Workforce Services Food Stamp SNAP Program (DWS), *Director - Kathy Link; SNAP Program Specialist - Paul Birkbeck*
- Utah State University Expanded Food and Nutrition Education Program (USU EFNEP), *Director - Paula Scott*
- Utah Department of Health, Healthy Living Through Environment, Policy and Improved Clinical Care Program (EPICC), *Assistant Program Managers - Rebecca Fronberg & Patrice Isabella*
- Supplemental Nutrition Assistance Program - Education (Food \$ense SNAP-Ed), *Director - Heidi LeBlanc*
- Utahns Against Hunger (UAH), *Outreach Coordinator & Child Nutrition Advocate - Marti Woolford*
- Women, Infants & Children (WIC), *State Nutrition Coordinator - Phyllis Crowley; Child Nutrition Specialist - Paola Velez*
- State Nutrition Action Coalition (SNAC), *Chairman - Paul Birkbeck*
- Utah State University Nutrition, Dietetics & Food Sciences (USU NDFS), *Nutrition Specialist - Carrie Durward*
- Utah State Office of Education (USOE), *Child Nutrition Programs Director - Kathleen Britton*
- International Rescue Committee (IRC), *New Roots Program Manager - Grace Henley*
- Utah Food Bank, *Chief Development Officer - Ginette Bott*

BENEFITS OF SNAC



- One of the benefits of being a part of SNAC is it allows for great collaboration with our partners who are doing similar work. This collaboration has helped UAH to align our nutrition message with other groups that are doing nutrition work with low-income people. SNAC also helps us not duplicate work which is really helpful for a small nonprofit like UAH. *-Marti Woolford, UAH*
- I've learned a lot about the services offered by the other agencies and community organizations involved in SNAC. I feel more connected and informed now about important food initiatives that benefit Utah's citizens, like school lunch and the Utah Breakfast Expansion Team. *-Paul Birkbeck, DWS*
- Networking and collaborating with other agencies statewide is beneficial to increase access to healthy foods, especially fruits and vegetables. *-Rebecca Fronberg, EPICC*
- We are definitely supportive of collaborating with other agencies and programs to address hunger. We have had a long partnership with EFNEP and SNAP-Ed, which has worked very well in reducing the prevalence of WIC children who are overweight and/or obese. And, we will continue these partnerships, as well as other partnerships including Medicaid, Maternal and Infant Health Program, and other Utah Department of Health programs (Data Resources, Health Promotion, Immunizations). *-Phyllis Crowley, WIC*
- SNAC provides a resource of collaboration between organizations and agencies that have similar goals as SNAP-Ed. It also gives Food \$ense (SNAP-Ed) employees the opportunity to become more knowledgeable about other organizations in Utah and how they benefit the low-income population. SNAC informs Food \$ense (SNAP-Ed) about important programs. *-Mateja Savoie Roskos, Food \$ense*



DEPARTMENT OF WORKFORCE SERVICES FOOD STAMP (SNAP) PROGRAM

Director - Kathy Link

SNAP Program Specialist - Paul Birkbeck

DWS 2013

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

DWS 2014

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



Director - Paula Scott

EFNEP 2013

CHANGING ADULT BEHAVIOR: NUTRITION

89% Percentage of adults improving nutrition practices.

FOOD SAVINGS

89% Percentage of adults bettering food resource management practices.

FOOD SAFETY

72% Percentage of adults improving food safety practices.

PHYSICAL ACTIVITY

32% Percentage of adults improving in physical activity. *(At least 30 to 60 minutes of exercise.)*

EFNEP 2014

CHANGING ADULT BEHAVIOR: NUTRITION

90% Percentage of adults improving nutrition practices.

FOOD SAVINGS

88% Percentage of adults bettering food resource management practices.

FOOD SAFETY

74% Percentage of adults improving food safety practices.

PHYSICAL ACTIVITY

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



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

Assistant Program Manager - Rebecca Fronberg



EPICC 2013

Utah Department of Health collected and monitored data on **overweight and obesity prevalence** at the state, local, and small area levels. They also monitored **fruit and vegetable consumption data**.

Local Health Departments worked on community coalitions to **increase access to healthy foods** in their locales (e.g., through community gardens, retail, farmers' markets, schools).

Convened partners in work groups to develop and implement strategies and policies to **increase access to healthy foods in school, child care, and community settings**.

EPICC 2014

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

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

Local Health Departments worked with the Laugh Model to implement a **healthy family meals website** and promotion statewide.

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

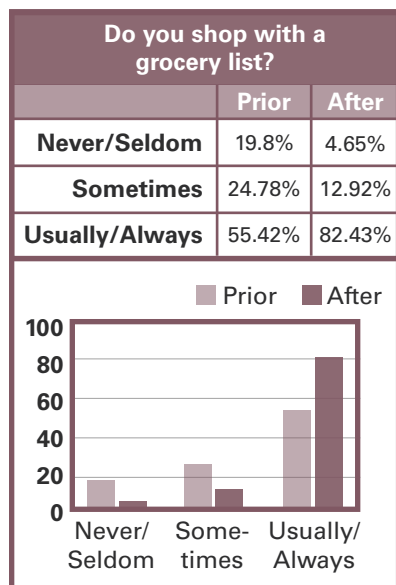
Developed **Healthy Bodies Healthy Minds Program** to increase physical activity levels of elementary students.

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

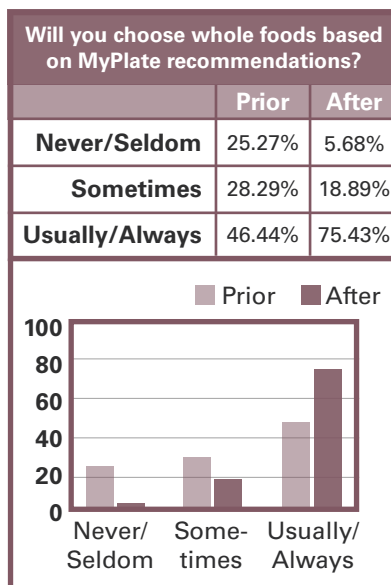
FOOD \$ENSE SNAP-ED

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - EDUCATION

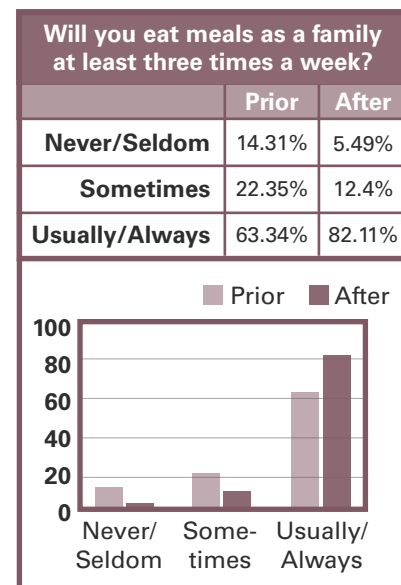
Director - Heidi LeBlanc



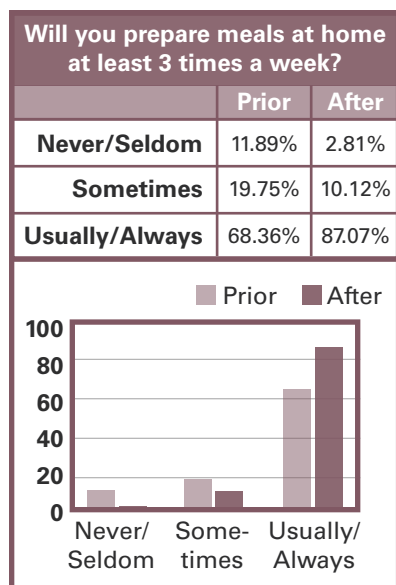
Participants in Food \$ense (SNAP-Ed) learn the value of preparing and sticking to a shopping list.



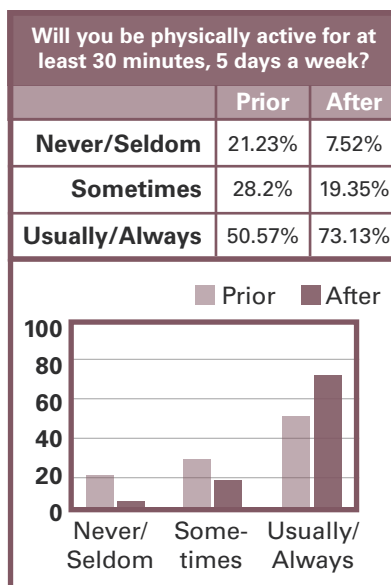
Participants in Food \$ense (SNAP-Ed) will improve their diets by following the MyPlate recommendations.



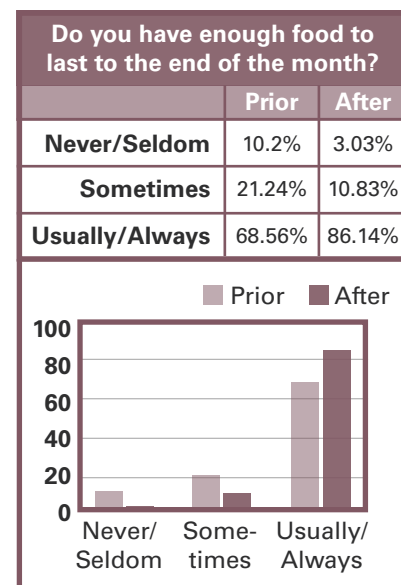
Participants in Food \$ense (SNAP-Ed) will eat more meals as a family.



Participants in Food \$ense (SNAP-Ed) will make healthy food choices consistent with the 2010 Dietary Guidelines for Americans by eating meals at home.



Participants in Food \$ense (SNAP-Ed) will increase their physical activity to meet the 2010 Dietary Guidelines for Americans.



Participants in Food \$ense (SNAP-Ed) learn to plan their food budget, enabling them to increase food security throughout the month.

UAH

UTAHNS AGAINST HUNGER

Outreach Coordinator & Child Nutrition Advocate - Marti Woolford



UAH 2013

Assisted **three farmers' markets** with grant funding to purchase a POS machine so they could accept food stamps at their markets.

Distributed **Summer Food Service Program posters** to 200 organizations across the state to educate low-income families about the program.

Assisted 50 seniors with **food stamp education** and **food stamp calculator assistance**.

UAH 2014

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

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

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

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

WIC

WOMEN, INFANTS & CHILDREN

State Nutrition Coordinator - Phyllis Crowley
Child Nutrition Specialist - Paola Velez

The Utah WIC Program has referred WIC participants to SNAP-Ed and EFNEP for the past 13 years to reduce the prevalence of overweight and obese WIC children. This strong collaboration has been reported in the Maternal and Child Health Block Grant. In the table below it can be seen that this prevalence decreased in 2013 from 24.60% to 23.02% (Annual Indicator) in 2014. In support of WIC mothers and fathers, the Utah WIC Program continued to collaborate with the Utah State University Food \$ense Program also called SNAP-Ed and the Expanded Food and Nutrition Education Program which is known as the EFNEP Program. WIC children who were at risk of overweight or overweight were referred to these nutrition programs for Healthy Lifestyle classes. During FY 2014, more than

PREVALENCE OF OVERWEIGHT AND OBESE WIC CHILDREN

Reporting Year 2014

YEAR	PERCENT
2013	24.60%
2014	23.02%

5,000 WIC participants received the Healthy Lifestyle classes either in the Utah WIC clinics or at a Food \$ense (SNAP-Ed) location. These classes contained information about healthy eating, budgeting food dollars, becoming more physically active, choosing healthy recipes and food preparation. The class approach was interactive centering on family mealtime which allowed participants to experience cooking and setting goals to achieve healthy lifestyle changes. All of the topics were well received by the WIC participants. SNAP-Ed and EFNEP are programs that have made a positive impact in reducing the prevalence of overweight and obese WIC children.



SUCCESS STORIES

FROM NUTRITION OUTREACH

I am so grateful for your classes and everything I have learned! After taking Food \$ense classes I have started buying fruits and vegetables every week, something I did not do before. I am making progress with getting my children to eat more produce. *-Food \$ense Participant*

One lady told us that we were teaching her daughter at Lincoln Elementary, and they had put one of our MyPlate handouts on the fridge. She reported that her daughter looks at it each day to make sure she is getting all the food groups! *-Food \$ense Nutrition Education Assistant*

“My favorite part of Food \$ense is the confidence it has given me to be in control in the kitchen rather than having the kitchen control me.”

KERRY GARVIN

Melissa loved getting new recipes. With more ideas of what to cook, she went from cooking two times a week to five times a week. As a result, her family is eating more healthy meals. She is planning ahead better and saving money at the grocery store. She is reading labels all the time now. Instead of just reading the nutrition facts, she is reading the ingredient list and is making healthier choices and is more aware of what she is eating. *-EFNEP Participant*

The EFNEP program has been wonderful for my family and I. Luckily, while I was taking these classes my little boy transitioned into eating solid foods. We have changed the way we eat at our house and it has helped him to get a good start because he eats a lot of healthy foods. I now like to buy 100% whole wheat or multigrain bread and 100% whole wheat tortillas. We eat a lot of fruits and vegetables. We even get protein from sources other than just meat. We eat beans, nuts, quinoa and eggs. Lisa was able to teach me how to cook healthy food that I didn't know how to make before. I learned how to make bread and cook quinoa, asparagus and squash. *-EFNEP Participant*

Receiving the Select 25 grant from Select Health enabled us to do a pilot of the Double-Up Food Bucks incentive program. This was a great success last year. It wasn't a huge amount of money, but it allowed us to provide a \$10 match to be used for purchasing local produce at the Downtown Farmers' Market. We met EBT users who had never been to the market before and said they were only there because of the match program. This success led us to apply for the Food Insecurity Nutrition Incentives grant to hopefully be able to offer mini-grants to farmers' markets that want to have a Double-Up Food Bucks program of their own. *-Marti Woolford, UAH*

2013 Department of Workforce Services (DWS) started a Food Stamp Outreach Project with three food pantries in Northern Utah to support customer access to the online Food Stamp application. DWS plans to expand this project to other areas of the state in 2015. In the 2013 Federal Fiscal Year, Utah had a 97.89% accuracy rate in issuing Food Stamps. *-Paul Birkbeck, DWS*

2014 In the 2014 Federal Fiscal Year (Oct 2013-Aug 2014), Utah has a 97.44% accuracy rate in issuing Food Stamps. DWS is working with USU Food \$ense to provide services to 33 Intergenerational Poverty (IGP) families at James Madison Elementary to help them progress towards self-sufficiency. *-Paul Birkbeck, DWS*

2013 Received basic and expanded CDC 1305 funding which established the EPICC Program, combining former programs in Physical Activity and Nutrition, Heart Disease and Stroke Prevention, and Diabetes. Through partnership with Local Health Departments, expanded SNAP EBT at farmers markets in Summit and Tooele counties. *-Rebecca Fronberg, EPICC*

2014 Received additional funding to expand efforts regarding access to healthy foods, focusing on four Local Health Departments (Salt Lake County, Tooele County, Bear River District, and Weber-Morgan Health Departments). LHDs in Weber and Davis counties partnered with UAH to expand SNAP benefits at farmers' markets. *-Rebecca Fronberg, EPICC*

“Doing the menu planning and shopping lists has helped me stay within my budget with my food stamps, but the best part is that for the first time, I always know what I am making for dinner and we are eating as a family.”

JILLIAN AUSTAD

SNAC PROJECTS

\$10,000 for SNAC through grant written by **Utah State University Food \$ense (SNAP-Ed)** to work on IGP, UBET, and SNAC baseline data collection.



UTAH BREAKFAST EXPANSION TEAM (UBET)

- Developing a report of Utah schools providing breakfast.
- Developing a report showcasing the benefits of school breakfast including:
 - Changes in school-wide test scores after school breakfast is implemented
 - Changes in attendance and tardies after school breakfast is implemented
 - Parent survey to compare against assumptions made at administrative levels (i.e. breakfast should be/is provided in the home)
- Increasing breakfasts in schools.
- Collaborating to troubleshoot and assist schools in the areas needed to overcome breakfast in school barriers.

FARMERS MARKET OUTREACH

- Providing Double-Up Bucks to SNAP recipients at select farmers' markets. This was made possible through collaborative efforts of SNAC, Utahns Against Hunger, and Utah State University. Together the program directors received a FINI grant to fund this initiative.
- Developing the Sunnyvale Farmers' Market in Salt Lake City. The International Rescue Committee (IRC) is collaborating with Utah State University to secure a USDA Community Food Project grant. This farmers' market, located at 4013 South 700 West Salt Lake City, will provide access to fresh, healthy foods, as well as nutrition education, for residents living in Salt Lake County's largest food desert.
- Providing nutrition education at farmers' markets with EBT machines. Utah State University Food \$ense (SNAP-Ed) and EFNEP are providing food demonstrations, recipes, and education at farmers' markets which host EBT machines for SNAP recipients.

INTERGENERATIONAL POVERTY (IGP)

- Piloting a Nutrition Education Program for families who have been on government assistance for multiple generations. Department of Workforce Services and Utah State University Food \$ense (SNAP-Ed) taught a series of classes to six IGP families. These families attended and participated together. End results included:
 - Increase in confidence
 - Increase in cooking skills
 - Improved self-efficacy
 - Increase in hand-washing

SUCCESS STORIES OF IGP EDUCATORS:

- I was able to see Kim, who was the mom who ended up on the news at another class I taught at the DWS Work Success program. I demonstrated the Create a Skillet class. I used whole wheat noodles and said that you probably couldn't even tell a difference. She mentioned that her son, who is one of the pickiest eaters, even liked it. I think this shows that it is important to try new things and that you might even like them.
- I had another lady tell me she couldn't believe she could make a healthy dinner that tasted so good in such a short amount of time.
- During the exercise where the families got to choose what to make, one mom was very nervous because she said she had never really put ingredients like that together before. She had also never cooked with fresh tomatoes. She indicated she wasn't sure it would taste good, and didn't dare serve it to the others. She was so pleased when it all came together, had great eye appeal, and tasted great.
- Most of the clients had a hard time using enough spices. During the exercise where they got to choose what to make, we had three different entrees. One was really bland, another was OK, and the third had lots of flavor. It worked well because we used it as a teaching tool on how they could really use the amount it said in the recipe and what they could have done to make it taste better. The one that had enough flavor was one I had helped with and I had her taste. Next time we will have the families taste their food more.

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