Utah State University Food $ense (SNAP-Ed) Socio-Ecological Model

Introduction: Utah State University Food $ense (SNAP-Ed) has utilized the Western Region SNAP-Ed Evaluation Framework: Nutrition, Physical Activity and Obesity Prevention Outcomes to indicate the measurements and effectiveness of Utah’s SNAP-Ed activities.

The Dietary Guidelines for Americans provide a descriptive approach that coordinates system-wide changes and results that improve obesity and health of participants. The Social Ecological Model (SEM) includes a multi-framework approach:

1. Individual: Utah State University Food $ense (SNAP-Ed) programming improves participants’ diet, physical activity and health.
2. Environmental: Utah State University Food $ense (SNAP-Ed) programming facilitates access and create appeal for improved dietary and physical activity choices in the settings where nutrition education is provided.
3. Sectors of Influence: Utah State University Food $ense (SNAP-Ed) programming integrates comprehensive strategies that collectively impact lifelong healthy eating and active living in low-income communities.
4. Social and Cultural Norms and Values: Utah State University Food $ense (SNAP-Ed) provide community-level obesity prevention strategies that impact the public’s priorities, lifestyle choices, and values for healthy living.

<table>
<thead>
<tr>
<th>Scope of Intervention</th>
<th>Individual</th>
<th>Environmental</th>
<th>Sectors of Influence</th>
<th>Social and Cultural Norms</th>
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<tbody>
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<td>Overarching Evaluation Hypothesis:</td>
<td>Food $ense (SNAP-Ed) programming positively impacts participants’ diet, physical activity and health.</td>
<td>Food $ense (SNAP-Ed) facilitates access and creates appeal for improved dietary and physical activity choices in the settings where the nutrition education is provided.</td>
<td>Food $ense (SNAP-Ed) works to integrate comprehensive strategies that collectively impact lifelong healthy eating and active living in low-income communities.</td>
<td>Food $ense (SNAP-Ed) influence has assisted in community-level obesity prevention strategies that impact the public’s priorities, lifestyle choices, and values for healthy living.</td>
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| Short Term: | Focus: class satisfaction, intentions  
- Educational experience satisfaction  
- Stretch food $ to last through the month  
- Shop with a list  
- Prepare meals at home  
- Choose to be physically active (3X a week)  
- Choose whole foods based on MyPlate  
- Follow USDA Food Safety recommendations | Focus: Organizational and Individual support  
- Opportunity Identification (local and state community partnerships)  
- Local champions  
- Partnerships | Focus: Community capacity  
- Community partnerships  
- Community obesity prevention plan | Focus: Norms and values  
- Family Meals  
- Obesity Prevention Beliefs  
- Breastfeeding Norms  
- Physical Activity Norms  
- Active Commuting |
| --- | --- | --- | --- | --- |
| Medium Term: | Focus: behavior changes through 6 month follow up  
- Stretch food $ to last through the month  
- Shop with a list  
- Prepare meals at home  
- Choose to be physically active (3X a week)  
- Choose whole foods based on MyPlate  
- Follow USDA Food Safety recommendations | Focus: adoptions and outreach  
- Nutrition supports adopted  
- Physical Activity supports adopted  
- Marketing and messaging  
- Collaborations | Focus: Community changes  
- Food industry  
- Local government  
- Agriculture  
- Education  
- Community Design and Safety  
- Health care  
- Media | |
| Long Term: | Focus: interviews and focus groups **** | Focus: Implementation and Effectiveness  
- Nutrition supports implemented  
- Physical activity supports implemented  
- Program recognition  
- Media coverage | Focus: Community Benefits  
- Food Industry Healthy Outlets  
- Local Government Healthy Food Sales  
- Agriculture Sales  
- Educational Attainment  
- Shared Use Streets  
- Crime Reduction  
- Health Care Cost Savings  
- Healthy Advertising | |
| Impacts: | Focus: Healthy Lifestyle, Public Value  
- Decrease in disease  
- Increase in healthy lifestyle including:  
- Healthy weight  
- Increase in quality of life | Focus: Maintenance Resources  
- Sustainability plan  
- Barriers mitigated | Focus: Sustainability  
- Let's Move Recognition  
- Regional Food Hubs  
- Nutrition in Community General Plan | |