PROMOTING HEALTHY WEIGHT THROUGH MULTI-LEVEL SNAP-ED INTERVENTIONS

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Outline

- Land-grant universities and Cooperative Extension
- SNAP-Education history: transition from direct education to multi-level interventions
- UF/IFAS Extension Family Nutrition Program
- Examples of successful policy changes to promote healthy weight
Morrill Act of 1862

“without excluding other scientific and classical studies and including military tactic, to teach such branches of learning as are related to agriculture and the mechanic arts, in such manner as the legislatures of the States may respectively prescribe, in order to promote the liberal and practical education of the industrial classes in the several pursuits and professions in life.”
More History...

- Morrill Act of 1890
  - Historically Black colleges and universities

- 1994 land-grant colleges
  - Tribal colleges
Also located in US territories
Pop Quiz!

Name the two land-grant universities in Tennessee:
Land-Grant University Mission

Land grants solve public needs with college or university resources through non-formal, noncredit programs.

http://www.csrees.usda.gov/qlinks/extension.html
Cooperative Extension

- Smith Lever Act of 1914
  - Started federal funding of cooperative Extension
What is Cooperative Extension?

- Partnership among Federal, State, and Local agencies:
  - **Federal:** USDA-NIFA
  - **State:** Land-grant Universities (e.g., UF, UT)
  - **Local:** County Extension Services
Pop Quiz!

■ How many counties are there in Tennessee?
  - 95
Extension’s Mission

■ To bring the University to the people. We translate science into formats that people use to improve their lives. We work to:
  
  – *Foster better nutrition and health*
    
    ■ Family and Consumer Sciences
  
  – *Build community vitality*
    
    ■ Community Resource Development
  
  – *Help youth build the future*
    
    ■ 4H
Cont...

- *Sustain agriculture and the nation’s food supply*
  - Ag and natural resources

- *Prepare for and act in times of disaster*
  - EDEN - Extension Disaster Education Network

- *Link learners online*
  - eXtension
SNAP-EDUCATION
What is SNAP-Education (SNAP-Ed)?

- SNAP: Supplemental Nutrition Assistance Program
  - *Federal nutrition assistance for low-income families*

- SNAP-Education
  - *Teaches people eligible for or receiving SNAP to make better nutrition and physical activity choices and stretch their food dollar*
SNAP-Ed Structure

**State Level**
State Agency

**Local Level**
Implementing Agency
- CES
- Nonprofit
- DOH

**Federal Level**
USDA – United States Department of Agriculture
FNS – Food and Nutrition Service
The goal of SNAP-Ed is to improve the likelihood that persons eligible for SNAP will make healthy food and lifestyle choices that prevent obesity.
National Guidance
Helping Participants Change Their Behaviors

- Make half your plate fruits and vegetables
- Make half your grains whole grains
- Switch to fat-free or low-fat (1%) milk and dairy products
- Increase physical activity
- Reduce time spent in sedentary behaviors
- Maintain appropriate calorie balance
Who We Serve

- Must be eligible for SNAP, WIC, TANF, or gross monthly income <185% of poverty
- Primary audience is parents and other adult caregivers responsible for obtaining and preparing food for their children
- Older adults, 60 years or older
- Children and adolescent youth (Pre-kindergarten through high school)
SNAP (Food Stamp Program)
History

- Foundations in Agricultural Adjustment Act of 1933
- 1939 - Secretary of Agriculture Henry Wallace formalized Food Stamp Program
- Ended in 1943 due to economic boom
- 1961 – Kennedy authorized pilot programs
- 1964 – Food Stamp Act
- 1973 – Food Stamps added to Farm Bill by Nixon
- 1977 – Eliminated the purchase requirement
- 2008 - name changed to SNAP
History of SNAP-Ed

1964 – Food Stamp Act signed

1988 – Food Stamp Nutrition Education begins in Wisconsin
1988—SNAP-Ed Begins...

- Cooperative Extension faculty in Brown County, Wisconsin, and the University of Wisconsin Extension staff started SNAP-Ed in 1988.
- States would cover half of the cost of the program
- Focus was direct education
1992—SNAP-Ed Grows

- Other land grant colleges and universities soon followed
- Seven states conducted SNAP-Ed using $661,000 in federal funds
History of SNAP-Ed

- **1964** – Food Stamp Act signed
- **1988** – Food Stamp Nutrition Education begins in Wisconsin
- **2004** – Nutrition education programs in all 50 states
2004—SNAP-Ed Goes Nationwide

- Land-grant colleges and universities conducting SNAP-Ed in all 50 states either independently or in cooperation with other contractors.

- $460 million = $228.6 million in federal SNAP funds + the remainder contributed by state and local funding.
Growth Continues

- Until 2010, growth of SNAP-Ed occurred mainly through the Land-Grant University System, primarily through affiliated state Cooperative Extension Systems (CES), and to a lesser degree through nutrition departments.

- A few non-profits
History of SNAP-Ed

1964 – Food Stamp Act signed

1988 – Food Stamp Nutrition Education begins in Wisconsin

2004 – Nutrition education programs in all 50 states

2010 – Healthy, Hunger-Free Kids Act
2010—Healthy and Hunger-Free Kids Act

- Changed SNAP-Ed to a nutrition education and obesity prevention grant program
  - Multi-level approaches
  - Policy, systems, and environmental (PSE) approaches

- Feds pay 100% of funds
  - No more required match

- Funds allocation to include SNAP participant number

- Encouraged use of Socio-Ecological Model as a framework for interventions
  - Support healthy behaviors where people live, learn, work, shop, and play
  - Make the healthy choice the easy choice
Social Ecological Model
SNAP-Ed Guiding Principles

- Activities must be evidence-based
- Three main approaches:
  - Individual or group-based nutrition education
  - Comprehensive Multi-level Interventions (nutrition education + PSEs)
  - Community and public health approaches (PSEs)
- Activities should be done in collaboration with local, state, regional, and national partners to maximize impact
“Intervention activities should include not only educational schemes but also environmental changes to shift norms and enable the adoption of healthy behaviors within every day life.”

Huang TT, Drewnowski A, Kumanyika SK, Glass TA. Prev Chronic Dis 2009;6(3)
“Ultimately, interventions should strive to make healthy eating and physical activity a natural and easy way of life.”

“Make the healthy choice the easy choice.”

Huang TT, Drewnowski A, Kumanyika SK, Glass TA. Prev Chronic Dis 2009;6(3)
Policy, Systems, and Environmental Approaches (PSEs)

■ Policy: A written statement of an organizational position, decision, or course of action.

■ Systems: Unwritten, ongoing, organizational decisions or changes that result in new activities reaching large proportions of people the organization serves.

■ Environments: Includes the built or physical environments which are visual/observable, but may include economic, social, normative or message environments.

School Example

- Individual: Nutrition education in the classroom
- Settings: Smarter Lunchroom Techniques
- Sectors: Policy on local food procurement or physical activity
- Social and Cultural Norms and Values: Social marketing in the community around healthy eating
Florida SNAP Population

Florida SNAP Participants = 3.1 million people
Florida SNAP Population

Low-income Floridians = 6.7 million people
SNAP and Florida Health Statistics

- Florida has the 3rd largest SNAP-receiving population nationwide

- Floridians
  - 26% adults with obesity
  - 11% diagnosed with diabetes
  - 34% diagnosed with hypertension
  - 37% report eating fruits/veg less than once per day
Providing free nutrition education to SNAP-eligible Florida families in 40 counties.
FNP Program Areas

Creating Healthy Child Care Centers

Creating Healthy Schools

Creating Healthy Communities
FNP’s Mission

We help limited-resource families in Florida access more nutritious food choices on a budget and adopt healthier eating and physical activity habits to reduce the risk of obesity and chronic disease.
Nutrition Education

- General nutrition
- Gardening focused
- Shopping focused
- Cooking focused
  - Cooking demonstrations
  - Hands-on cooking classes
PSE History

FY2013
• Multi-level interventions included as a SNAP-Ed approach

FY2014
• SNAP-Ed Guidance updated to include PSEs
• FNP absorbs FL Farm to School team (previously funded by FDACS)

FY2015
• States required to include PSEs in their plans
• FNP hires State Public Health Specialist

FY2016
• FNP expands with team of regional PH specialists and additional food systems specialists
“One way to envision the role of SNAP-Ed is that of a provider of consultation and technical assistance in creating appropriate PSE changes that benefit low-income households and communities.” (p.18)
Role of PSE Specialists

- Capacity building (internal and external)
- Develop tools, training, resources
- Build partnerships
- Identify, plan, and implement multi-level PSEs
## SNAP-ED Evaluation Framework

### Nutrition, Physical Activity, and Obesity Prevention Indicators

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<th>Changes</th>
<th>Effectiveness &amp; Maintenance</th>
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<td><strong>Medium Term (MT)</strong></td>
<td><strong>Long Term (LT)</strong></td>
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<td><strong>Individual</strong></td>
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<td><strong>Sectors of Influence</strong></td>
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<td>Goals and Intentions</td>
<td>Motivators</td>
<td>Capacity and Planning</td>
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<td>ST1: Healthy Eating</td>
<td>ST5: Need and Readiness</td>
<td>ST8: Multi-Sector Partnerships and Planning</td>
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<td>ST7: Partnerships</td>
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<td>ST4: Food Safety</td>
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<tr>
<th><strong>Behavioral Changes</strong></th>
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<td>LT6: Physical Activity Supports Implementation</td>
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<td>MT3: Physical Activity and Reduced Sedentary Behavior</td>
<td>MT7: Government Policies</td>
<td>LT7: Program Recognition</td>
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<td>MT9: Education Policies</td>
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<td>MT10: Leveraged Resources</td>
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<td>MT11: Planned Sustainability</td>
<td>LT10: Unexpected Benefits</td>
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<td>MT16: Media Practices</td>
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<th><strong>Multi-Sector Impacts</strong></th>
<th><strong>Multi-Sector Changes</strong></th>
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<td>LT16: Shared Use Streets and Crime Reduction</td>
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<td>LT17: Health Care Cost Savings</td>
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<td>LT18: Commercial Marketing of Healthy Foods and Beverages</td>
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<td>LT19: Community-Wide Recognition Programs</td>
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### Population Results (R)

- Trends and Reduction in Disparities
  - R1: Overall Diet Quality
  - R2: Fruits & Vegetables
  - R3: Whole Grains
  - R4: Dairy
  - R5: Beverages
  - R6: Food Security
  - R7: Physical Activity and Reduced Sedentary Behavior
  - R8: Breastfeeding
  - R9: Healthy Weight
  - R10: Family Meals
  - R11: Quality of Life

### Fixed Points

- MT5: Nutrition Supports
- MT6: Physical Activity and Reduced Sedentary Behavior
- MT9: Education Policies

### Changes in Societal Norms and Values

April 2018
POLICY CHANGE
EXAMPLES
PSE Highlight – Urban Agriculture

- **Forward Pinellas** – Pinellas County Metropolitan Planning Organization
- PSE specialists met with *Forward Pinellas* about connecting urban farmers with SNAP recipients
- Contributed to Knowledge Exchange Series – an online resource for municipal planners
Along with the video, FS Specialist helped edit a local Urban Agriculture handbook.

A guide for city planners and staff on the basics of urban agriculture terms and needs, benefits, and concerns in planning.
Changes to Land-Use Policy

- Land-use policies are used to guide the type of development allowed in different areas of a city or county
- Coalition of urban gardeners and farmers, gardening associations, city staff, and FNP worked together
- As a result, Forward Pinellas has recommended that Pinellas County allow for a new type of land use – “Agricultural Use – Light”
Changes to Land-Use Policy

Goal is to increase fresh food grown in a very urban county to increase healthy food access, food entrepreneurship, and understanding of where food comes from.
PSE Highlight: Wellness Policy

• Healthy and Hunger Free Kids Act of 2010 set new requirements for District Wellness Policies – great opportunity for FNP to support healthy policy changes

• PH Specialist presented best practices, research, and model language to School Wellness Committees and FNS Directors

• All changes successfully supported a district-wide HUSSC application
Wellness Policy Changes Include:

- Mandatory recess of at least 20 minutes daily
- Requirement to teach key nutrition education topics (i.e. My Plate, importance of eating fruits and vegetables, a variety of foods, etc.)
- Encourages healthy or non-food rewards, celebrations, and fundraisers. District will post healthy options/ideas on web site
- District must serve Smart Snacks and cannot advertise non-compliant foods on campus during school hours
- Promotes Farm-to-School initiatives and evidenced-based approaches, such as Smarter Lunchrooms
PSE Highlight: Miami-Dade County

• PH specialist represented FNP on Miami-Dade County Public Schools Wellness Advisory Committee since Fall 2016

• Recess was only required 3 times a week for 15 min or 2 times a week for 20 min for K-5 students

• In February 2017, a new district policy was approved requiring all schools to provide at least 20 minutes of recess per day to all K-5 students

• With 73% of MDC students on free/reduced lunch, this impacted 215,138 students at FNP eligible schools
Other Policy Efforts

■ Settings
  - **ECE Settings:** Healthy Kids, Healthy Future recommendations
  - **Schools:** food and physical activity policies; shared use policies
  - **Healthcare:** food and physical activity policies
  - **Community:** food access; transportation; corner store makeovers
  - **Home and family:** family meals; screen time; physical activity

2018 FLORIDA SNAP-ED IMPACT

UF/IFAS Extension Family Nutrition Program (FNP)
Providing SNAP Education in Florida since 1996

SNAP (Supplemental Nutrition Assistance Program) Education helps limited-resource families eat healthier on a budget and get more physically active to reduce the risk of obesity and chronic diseases.

FLORIDA'S NEED

- 6.6 million Floridians qualify for SNAP Education
- 2.9 million are food insecure
- 1 in 6 youth ages 10-17 have obesity
- 1 in 4 adults have obesity
- 45% of 9th-12th graders do not eat vegetables every day
- 34% of adults do not eat fruit every day

OUR REACH

- 41 counties
- 25,208 classes taught
- 834,430 people reached through nutrition education classes
- 1,451 partner organizations

OUR IMPACT

In 2018, FNP made an impact in each of these 41 counties by influencing people’s shopping and eating behaviors, reducing food insecurity, and improving the health of local communities.

After taking part in nutrition education classes, participants:
- saved money at the grocery store
- were more physically active
- ate more fruits and vegetables
- 508 policy, systems, and environmental changes implemented
- 101,207 people benefited from increased access to healthy foods
- 341 gardens supported
- An estimated 21,000 youth and adults actively participated in school and community gardens
- 2,501 partners trained on promoting healthy behaviors and reducing food insecurity in their communities

Partner with us for a healthier Florida!

"Following the things that I have learned throughout these weeks, my blood pressure and cholesterol levels have dropped significantly!"
— Adult participant, Davie County

Sources:
1. U.S. Census Bureau, American Community Survey, 2019-20
2. U.S. Census Bureau, population estimates, July 1, 2020
3. Map the Need 2019, Florida Depart of Agriculture and Consumer Services
4. Florida Department of Agriculture and Consumer Services
5. Extension Risk Tiller Surveillance System (ERTS), 2007

This material was funded by the USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.
In Summary

- Behavior change is more likely to happen when intervention influences multiple levels of socio-ecological model.

- The change from individual approaches to multi-level approaches in SNAP-Ed programming allows us to help make the healthy choice the easy choice
  - Participants can implement behavior change

- In particular, policies that support healthy choices support the sustainability of changes that can impact nutrition and physical activity and promote healthy weight.
QUESTIONS??