

## Plan of Work (July 1-June 30)

**MAP Title:** Accessing Nutritious Foods

**Program Plan:** SNAP-Education

**PAC Codes:** 260, 262

### **Situation:**

According to the Center for Disease Control and Prevention, Kentucky adult obesity rates rank among the 10 highest in the US; and, Kentucky youth rank among the 10 highest for obesity in the US. Thirty percent of Kentucky adults report not participating in any physical activity. The CDC also reports Kentucky adults rank in the 10 highest for poor consumption of fruits and vegetables in the US. In addition to these health indicators, according to the US Census, approximately 19% of Kentucky's total population is living in poverty; and, approximately 27% percent of children and youth under the age of 18 live in poverty.

(Insert County Need Statement. Potential sources for information: <http://www.kentuckyhealthfacts.org/data/location/> and <http://census.gov/> )

SNAP-Education programs help limited resource families increase access to affordable nutritious food, stretch food dollars, develop food preparation skills and improve food safety practices. SNAP-Education efforts also help communities address nutrition and obesity prevention issues related to the social, environmental, and policy work which supports limited resource individuals in making healthy lifestyle changes.

### **Long-term Outcomes:**

- Individuals will reduce their risk for nutrition-related health problems.
- Individuals will maintain a healthy weight.
- Individuals will prepare meals at home 5 or more times a week.
- Fewer foodborne illnesses will be reported by healthcare providers.
- The instance of food insecurity will decline in the community.
- Individuals will increase their physical stamina.
- Individuals will increase food availability by accessing additional healthy foods via community systems and personal productivity.
- Community social, environmental, and policy systems will reinforce healthy lifestyle behaviors.

### **Intermediate Outcomes:**

- Individuals will adopt one recommendation from the dietary guidelines.
- Individuals demonstrate food preparation skills.
- Individuals engage in good food safety practices.
- Individuals adopt one food resource management practice.
- Mothers adopt breastfeeding practices.
- Individuals engage in regular physical activity.
- Individuals utilize community support systems (farmers market, community gardens, WIC, food pantry, etc.) that provide access to healthy foods.
- Individuals will grow, care for, produce and preserve foods from personal gardens and orchards to gain access to healthy foods.

- Community social, environmental, and policy systems will design opportunities to support individuals toward living a healthier lifestyle.

**Initial Outcomes:**

- Individuals will be able to identify the components of a healthy diet as defined by the Dietary Guidelines for Americans.
- Individuals will describe food preparation techniques.
- Individuals will be able to describe food safety practices.
- Individuals will identify food resource management practices.
- Mothers will know the health and economic benefits of breastfeeding.
- Individuals will recognize the importance of physical activity as part of a healthy lifestyle.
- Individuals will locate community support systems (farmers market, WIC, food pantry, etc.) that provide access to healthy foods.
- Individuals will develop skills and knowledge to grow their own garden and/or orchard.
- Partners will recognize the need for community social, environmental, and policy systems to address efforts toward improving healthier lifestyles.

**Evaluation:**

Long-term Evaluations

Long-term Outcome: Individuals will reduce their risk for nutrition-related health problems.

Indicator: Individuals will report reduced nutrition-related health problems as a result of making healthy eating choices.

Method: Pre/Post written evaluation. Change in health/disease data from Kentucky County Healthcare Profile Data (CEDIK).

Timeline:

Long-term Outcome: Individuals will maintain a healthy weight.

Indicator: Individuals will report sustained weight loss or healthy weight maintenance as a result of making healthy eating choices and physical activity.

Method: Pre/Post written evaluation. Change in BMI data from Kentucky County Healthcare Profile Data (CEDIK).

Timeline:

Long-term Outcome: Individuals will prepare meals at home 5 or more times a week.

Indicator: Number of individuals reporting preparing meals 5 more times a week.

Method: Pre/Post written evaluation.

Timeline:

Long-term Outcome: Fewer foodborne illnesses will be reported by healthcare providers.

Indicator: A decrease in the number of foodborne illness reported.

Method: Reports from the Department of Public Health.

Timeline:

Long-term Outcome: Individuals will have improved food security.

Indicator: A decrease in the number of individuals reporting hunger.

Method: Pre/Post written evaluation. Web-NEERS reports. Change in food security data from the Kentucky County Agriculture and Food Profiles (CEDIK).

Timeline:

Long-term Outcome: Individuals will increase their physical stamina.

Indicator: Increase in the number of individuals reporting the ability to engage in physical activity for a sustained period of time.

Method: Pre/Post written evaluation. Web-NEERS. Changes in physical activity data from the Kentucky County Healthcare Profile Data (CEDIK).

Timeline:

Long-term Outcome: Individuals will increase food availability by accessing additional healthy foods via community systems (community gardens, WIC, food pantry, etc).

Indicator: Food insecurity decreases. .

Method: Pre/Post written evaluation. Web-NEERS reports. Change in food security data from the Kentucky County Agriculture and Food Profiles (CEDIK).

Timeline:

Long-term Outcome: Individuals will increase consumption of fruits and vegetables through home gardens and orchards.

Indicator: Changes in food security. Yields of produce grown. Quantity of food preserved.

Method: Pre/Post written evaluation. Web-NEERS reports. Garden Survey. Change in food security data from the Kentucky County Agriculture and Food Profiles (CEDIK).

Timeline:

Long-term Outcome: Community social, environmental, and policy systems will promote a healthier lifestyle.

Indicator: Increase in the number of social, environmental, and policy changes implemented to support healthier lifestyles.

Method: Community surveillance. Changes in Kentucky County Healthcare Profile Data related to recreational facilities in the physical environment (CEDIK).

Timeline:

### Intermediate Evaluations

Intermediate Outcome: Individuals will adopt one recommendation from the dietary guidelines for the purpose of improving their diet.

Indicator: Number of individuals who reported adopting at least one of the recommendations from the dietary guidelines.

Method: Pre/Post written evaluation. Web-NEERS reports.

Timeline:

Intermediate Outcome: Individuals demonstrate food preparation skills.

Indicator: Number of individuals who implemented food preparation practices and behaviors.

Method: Pre/Post written evaluation. Web-NEERS reports.

Timeline:

Intermediate Outcome: Individuals engage in good food safety practices.

Indicator: Number of individuals who implemented the recommended practices for safe storage, handling, or preparation of food.

Method: Pre/Post written evaluation. Web-NEERS reports.

Timeline:

Intermediate Outcome: Individuals adopt one food resource management practice.

Indicator: Number of individuals reporting adopting one or more practices to make food more affordable.

Method: Pre/Post written evaluation. Garden survey. Web-NEERS reports.

Timeline:

Intermediate Outcome: Mothers adopt breastfeeding practices.

Indicator: Number of mothers who report breastfeeding.

Method: Pre/Post written evaluation. Web-NEERS reports.

Timeline:

Intermediate Outcome: Individuals engage in regular physical activity.

Indicator: Number of individuals reporting participation in regular physical activity.

Method: Pre/Post written evaluation. Web-NEERS Reports.

Timeline:

Intermediate Outcome: Individuals utilize community systems (farmers market, WIC, food pantry, etc.) that provide access to healthy foods.

Indicator: Number of individuals reporting utilization of community systems that provide access to healthy foods.

Method: Pre/Post written evaluation. Web-NEERS reports.

Timeline:

Intermediate Outcome: Individuals will grow, care for, produce and preserve foods from personal gardens and orchards to gain access to healthy foods.

Indicator: Number of individual reporting growing, producing, and preserving fruits and vegetables.

Method: Pre/Post written evaluation. Web-NEERS reports. Garden Survey.

Timeline:

Intermediate Outcome: Community social, environmental, and policy systems will design opportunities to support individuals toward living a healthier lifestyle.

Indicator: Number of community social, environmental, and policy systems implemented for the purpose of addressing healthier lifestyles for limited resource and SNAP-eligible individuals.

Method: Community surveillance to report number of systems changes as a result of partnership efforts.

Timeline:

### Initial Evaluations

Initial Outcome: Individuals will be able to identify the components of a healthy diet as defined by the Dietary Guidelines for Americans.

Indicator: Number of individuals reporting an increase in knowledge related to the components of a healthy diet.

Method: Pre/Post written evaluation. Web-NEERS reports.

Timeline:

Initial Outcome: Individuals will describe food preparation techniques.

Indicator: Number of individuals reporting an increase in knowledge related to food preparation techniques.

Method: Pre/Post written evaluation. Web-NEERS reports.

Timeline:

Initial Outcome: Individuals will be able to describe food safety practices.

Indicator: Number of individuals reporting an increase in knowledge or opinion change related to food safety practices.

Method: Pre/Post written evaluation. Web-NEERS reports.

Timeline:

Initial Outcome: Individuals will identify food resource management practices.

Indicator: Number of individuals reporting change in knowledge related to food resource management practices.

Method: Pre/Post written evaluation. Web-NEERS reports.

Timeline:

Initial Outcome: Mothers will know the health and economic benefits of breastfeeding.

Indicator: Number of mothers reporting knowledge change related to breastfeeding practices.

Method: Pre/Post written evaluation.

Timeline:

Initial Outcome: Individuals will recognize the importance of physical activity as part of a healthy lifestyle.

Indicator: Number of individuals reporting understanding the importance of physical activity related to a healthy diet.

Method: Pre/Post written evaluation. Web-NEERS Reports.

Timeline:

Initial Outcome: Individuals will locate community support systems (farmers market, WIC, food pantry, etc.) that provide access to healthy foods.

Indicator: Number of individuals reporting knowledge of community systems (farmers market, WIC, food pantry, etc.) that provide for food security.

Method: Pre/Post written evaluation. Web-NEERS reports.

Timeline:

Initial Outcome: Individuals will develop skills and knowledge to grow their own garden and/or orchard.

Indicator: Number of individuals reporting positive knowledge change and skill development related to home gardening and orchard growing practices.

Method: Pre/post written evaluation. Garden Survey.

Timeline:

Initial Outcome: Partners will recognize the need for community social, environmental, and policy systems to address efforts toward improving healthier lifestyles.

Indicator: Number of partners aspiring to address policy, systems, and environmental changes to support a healthier lifestyle.

Method: Community surveillance for increased partnerships.

Timeline:

## **Education Activities**

### Direct Education

Topic: Increase access to affordable and healthy food

Possible Curriculum/Education:

- Guide to Kentucky Fresh Vegetables
- Home & Garden Vegetable Publications
- Food Preservation
- Farm to School Curriculum (youth)
- LEAP Curriculum (youth)
- Weight the Reality Series Curriculum
- UK NEP Adult Curriculum
- Money Wise
- Super Star Chef Goes to the Farmers Market
- Dining with Diabetes
- Wildcat Way to Wellness
- Teen Cuisine (youth)
- Taking Ownership of Your Diabetes
- Where Does Your Money Go
- Making Your Money Work
- Lunch from the Land

Topic: Obesity prevention (nutrition and physical activity)

Possible Curriculum/Education:

- Get Moving Kentucky
- Home Vegetable Gardening/Production
- Food Preservation
- Weight the Reality Series Curriculum
- UK NEP Adult Curriculum
- Money Wise
- Dining with Diabetes
- Taking Ownership of Your Diabetes
- Wildcat Way to Wellness
- USDA materials
- Plate It Up
- Food preparation programs
- Steps to a Healthier Teen Curriculum (youth)

- Teen Cuisine (youth)
- Power Panther (youth)
- We Can: Energizing Our Community (youth)
- Jump into Food and Fitness (youth)

Topic: Increase the number of new mothers who attempt to breastfeed their babies and increase duration of breastfeeding

Possible Curriculum/Education:

- Just in Time Parenting (JITP)
- USDA materials
- UK NEP Adult Curriculum

Topic: Increase food preparation skills

Possible Curriculum/Education:

- Home-based food processing
- Plate It Up
- Food preparation programs
- Small Steps to Health and Wealth for Youth
- UK NEP Adult Curriculum
- USDA materials
- Weight the Reality Series Curriculum
- Steps to a Healthier Teen Curriculum (youth)
- Teen Cuisine (youth)
- Taking Ownership of Your Diabetes
- SuperStar Chef
- Lunch from the Land

Topic: Increase adoption of appropriate food safety behaviors

Possible Curriculum/Education:

- UK NEP Adult Curriculum
- Glow Germ (Youth)

Topic: Increase knowledge and behavior changes toward adopting the recommendations of the dietary guidelines

Possible Curriculum/Education:

- Professor Popcorn curriculum (youth)
- OrganWise curriculum (youth)
- Wellness in Kentucky (WIN) Kentucky curriculum (youth)
- Super Star Chef curriculum (youth/adults)
- LEAP curriculum (youth)
- Weight the Reality Series curriculum
- Champion Food Volunteers
- UK NEP Adult Curriculum
- Food Preservation
- Farm to School Curriculum (youth)
- USDA materials
- Dining with Diabetes

- Wildcat Way to Wellness
- Get Moving Kentucky
- Steps to a Healthier Teen Curriculum (youth)
- Teen Cuisine (youth)
- Taking Ownership of Your Diabetes
- Jump into Food and Fitness

*Policy, System & Environment All sectors of society, including individuals and families, communities, organizations, businesses, and policymakers, contribute to the food and physical activity environments in which people live. Community and public health approaches help create conditions where the healthy choice becomes the easy and preferred choice, which is facilitated through changes in policy, systems, and the environment. These approaches can reach large numbers of low-income Kentuckians and possibly produce meaningful impact. Inclusion on coalitions and committees, as well as facilitating and implementing policies and programs are approaches County Agents can use to affect change in their communities that benefit SNAP and SNAP eligible citizens.*

Topic: Food Systems

Possible PSE Efforts/Partnerships:

- Farmers Market
- GAP Training
- Farm to School
- Farm to Food Bank
- Farm to Preschool
- Local Food Brokers
- Sustainable Community Food Systems
- School or Community Gardens
- Food Deserts
- Summer Food Service Programs
- Faith and Community Partnerships
- Food Pantry
- Grocery and Food Retailing Promoting SNAP Benefit Acceptance

Topic: Nutrition PSE

Possible PSE Efforts/Partnerships:

- Better Bites
- Smarter Lunchrooms
- School Breakfast Expansion
- Food Pantry
- Grocery and Food Retailing Promoting SNAP Benefit Acceptance
- The Hunger-Obesity Paradox
- Worksite Wellness
- Nutrition Billboard Campaigns and Related Programs



Topic: Schools & Youth Programs

Possible PSE Efforts/Partnerships:

- Steps to a Healthier Teen environmental surveillance activities (youth)
- School Wellness Policy
- School Wellness Committees
- School Health and Physical Education Networks
- Community Shared Use Facilities
- Smarter Lunchrooms
- School Breakfast Expansion
- Farm to School
- Backpack Programs
- Physical Activity Breaks
- Faith and Community Partnerships
- Early Care in Education Policies

Topic: Physical Activity

Possible PSE Efforts/Partnerships:

- Steps to a Healthier Teen environmental surveillance activities (youth)
- Walking/Biking Trails
- Pedestrian Plans and Complete Streets/Sidewalks
- Trail Towns
- School Health and Physical Education Networks
- Community Shared Use Facilities
- Physical Activity Breaks
- Faith and Community Partnerships
- Worksite Wellness

Indirect Education

Possible Indirect Education Efforts:

- Nutrition Education Radio Educational Message
- Chop Chop Magazine
- Nutrition Education TV Educational Message
- Nutrition Education Newspaper Articles
- Grocery Store Display
- Community Event Fairs
- Newsletter Distribution
- Website/Social Media Educational Message
- NEP Calendar Distribution