



**MOUNTAIN PLAINS REGION
SOUTHWEST REGION
SNAP-Ed
2020**

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



WELCOME

Welcome to the 2020 SNAP-Ed Cross-Regional Report. The Mountain Plains Region (MPR) and the Southwest Region (SWR) extends appreciation to all states for their hard work to create the second edition of the cross-regional impact report. The work of SNAP-Ed is grounded in the commitment and dedication of nutrition education professionals ensuring communities across our country have resources to reduce hunger and adopt healthy habits. At no time in recent history has this work been more relevant. This report demonstrates that commitment while also showcasing the innovative educational strategies used during the COVID-19 pandemic. Please join the team in celebrating SNAP-Ed’s success.

MPR and SWR would also like to acknowledge the following individuals and workgroups for their support in creating and editing this report. Without their dedication this would not be possible: Kali McCrackin Goodenough; Mindy Meuli; Heidi LeBlanc; Casey Combs; Sue Sing Lim; Olivia Yeip; Mia Donley; the Mountain Plains Regional Data Workgroup; and the Program Evaluation and Reporting System (PEARS).

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EXECUTIVE SUMMARY

The Supplemental Nutrition Assistance Program (SNAP) is the Nation's largest domestic food and nutrition assistance program for Americans with low income. SNAP-Education, commonly referred to as SNAP-Ed, is the nutrition education arm of SNAP benefits. SNAP-Ed aims to help individuals stretch their food budget while also supporting a healthier lifestyle.

The economic impact of COVID-19 has been severe. As rates of unemployment skyrocketed, the demand for SNAP increased similarly. By June 2020, participation rose to over 43 million people nationwide, with a yearly average of 1,956,609 participants in the Mountain Plains Region and 7,441,376 participants in the Southwest Region.

SNAP-Ed programs quickly adapted interventions to help address the growing food insecurity rates. Programs shifted from in-person nutrition education classes to a combination of strategies including virtual lessons and nutrition education tied to emergency food distribution response. SNAP-Ed interventions are often coupled with social marketing initiatives and changes to policies, systems, and environments (PSE). These approaches, while often designed to help the community practice the healthy habits they learn, also offer programmatic flexibilities that were useful during the pandemic.

Because SNAP-Ed activities are tailored to the community, many agencies quickly identified unique channels to reach eligible participants. This included utilizing social media in

new ways and exploring text messaging approaches.

Coordination and collaboration between federal, state, and local partners has also been a critical component of SNAP-Ed's success. These efforts united the strengths of various federal nutrition programs with other public health initiatives which allowed for more cohesion between programmatic interventions. These initiatives helped to create and implement mutually reinforcing activities and enhance of referral systems.

This report provides an overview depicting the impact of each state within their region. This information includes reach, partnerships, coalitions, and program activities. Success stories have also been incorporated to illustrate positive outcomes. Please join MPR and SWR in celebrating the important role SNAP-Ed plays in supporting food security.

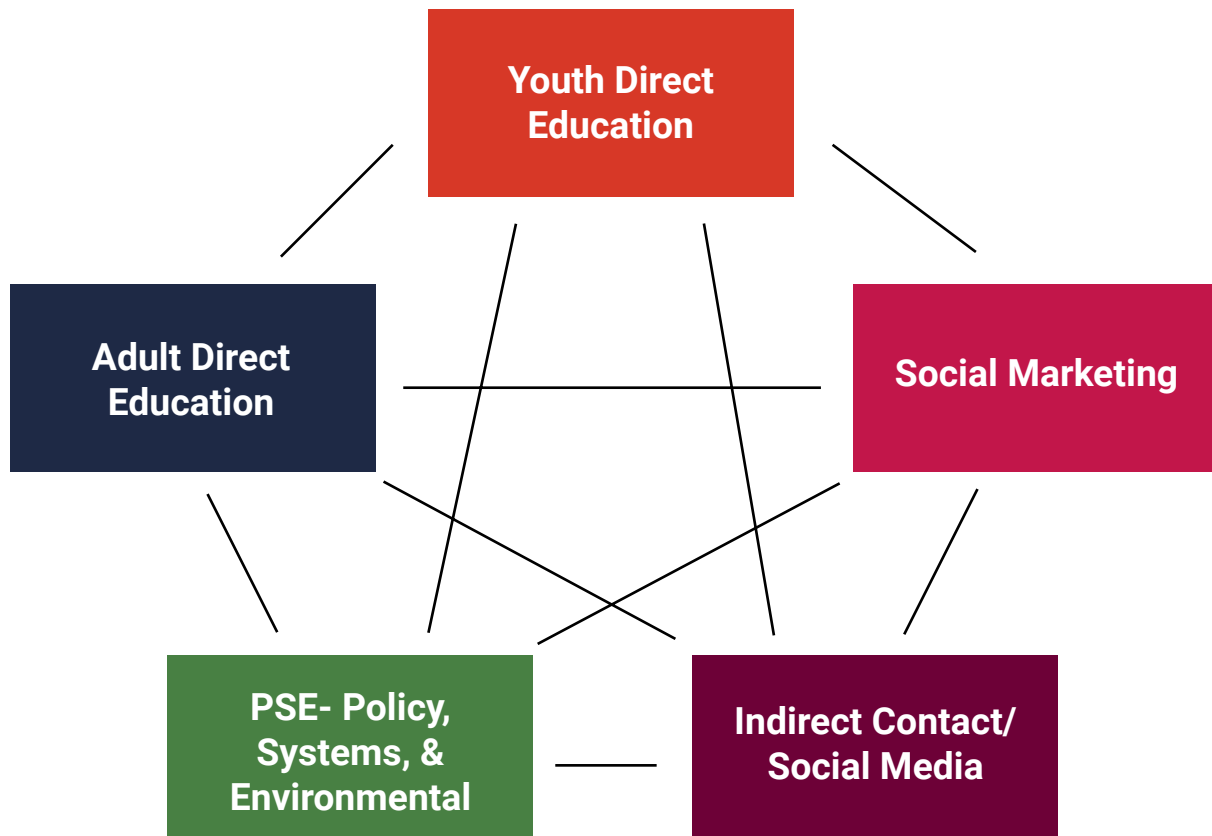


THE SNAP-Ed APPROACH

In the Mountain Plains and Southwest Food and Nutrition Service (FNS) regions, states use innovative practices and approaches including:

1. Individual, group, and family nutrition education interventions along with physical activity promotion;
2. Comprehensive, multi-level interventions that positively affect participant environments; and
3. Community and public health approaches that reach a large segment of the population.

The chart below demonstrates the connection between interventions as well as the need for a comprehensive SNAP-Ed program. Each approach to nutrition education provides an opportunity to affect multi-sector levels. Annually, each state provides a comprehensive plan to address SNAP education and outreach efforts. These endeavors meet the needs of participants through diverse educational approaches.





MOUNTAIN PLAINS REGION AGENCIES

COLORADO

State Agency

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

Implementing Agencies

Cooking Matters | University of Colorado Denver (Culture of Wellness in Preschools and The Integrated Nutrition Education Program)

Social Marketing Agency

Rescue Agency, Public Benefit

KANSAS

State Agency

Kansas Department for Children & Families

Implementing Agency

Kansas State University 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

Montana State University Extension

NEBRASKA

State Agency

Nebraska Department of Health & Human Services

Implementing Agency

University of Nebraska-Lincoln Extension

NORTH DAKOTA

State Agency

North Dakota Department of Human Services

Implementing Agency

Family Nutrition Program through North Dakota State University Extension

SOUTH DAKOTA

State Agency

South Dakota Department of Social Services

Implementing Agency

South Dakota 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

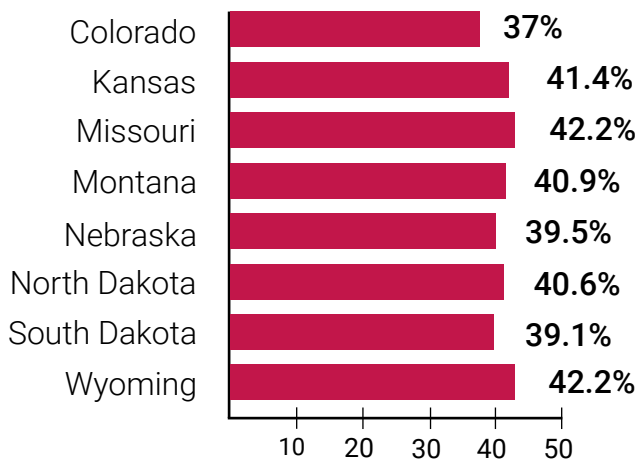
THE MPR SNAP-Ed CHALLENGE

SNAP-Ed delivers evidence-based nutrition education, accompanied by policy, system, and environmental (PSE) interventions to improve food and nutrition security. This program focuses on SNAP eligible and participating individuals.

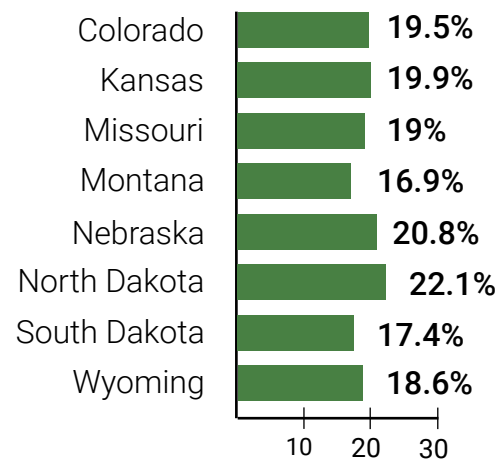
Demonstrating program success involves sharing stories of those participating in SNAP-Ed, while also highlighting positive program outcomes at the state and regional level.

MPR SELECTED HEALTH INDICATORS

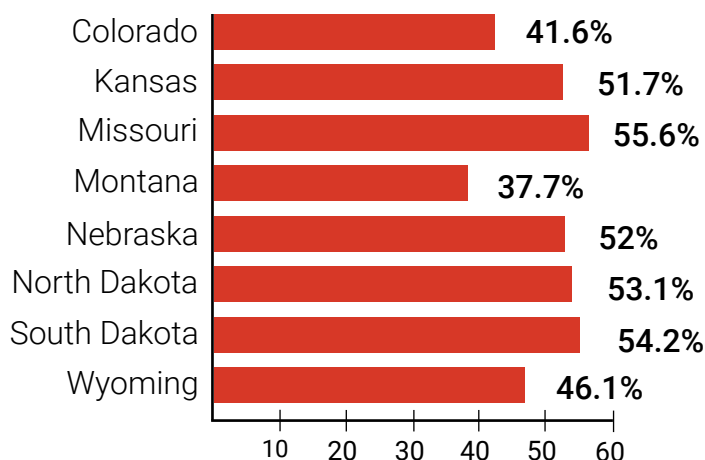
Percent of population that consumes fruit less than one time per day



Percent of population that consumes vegetables less than one time per day



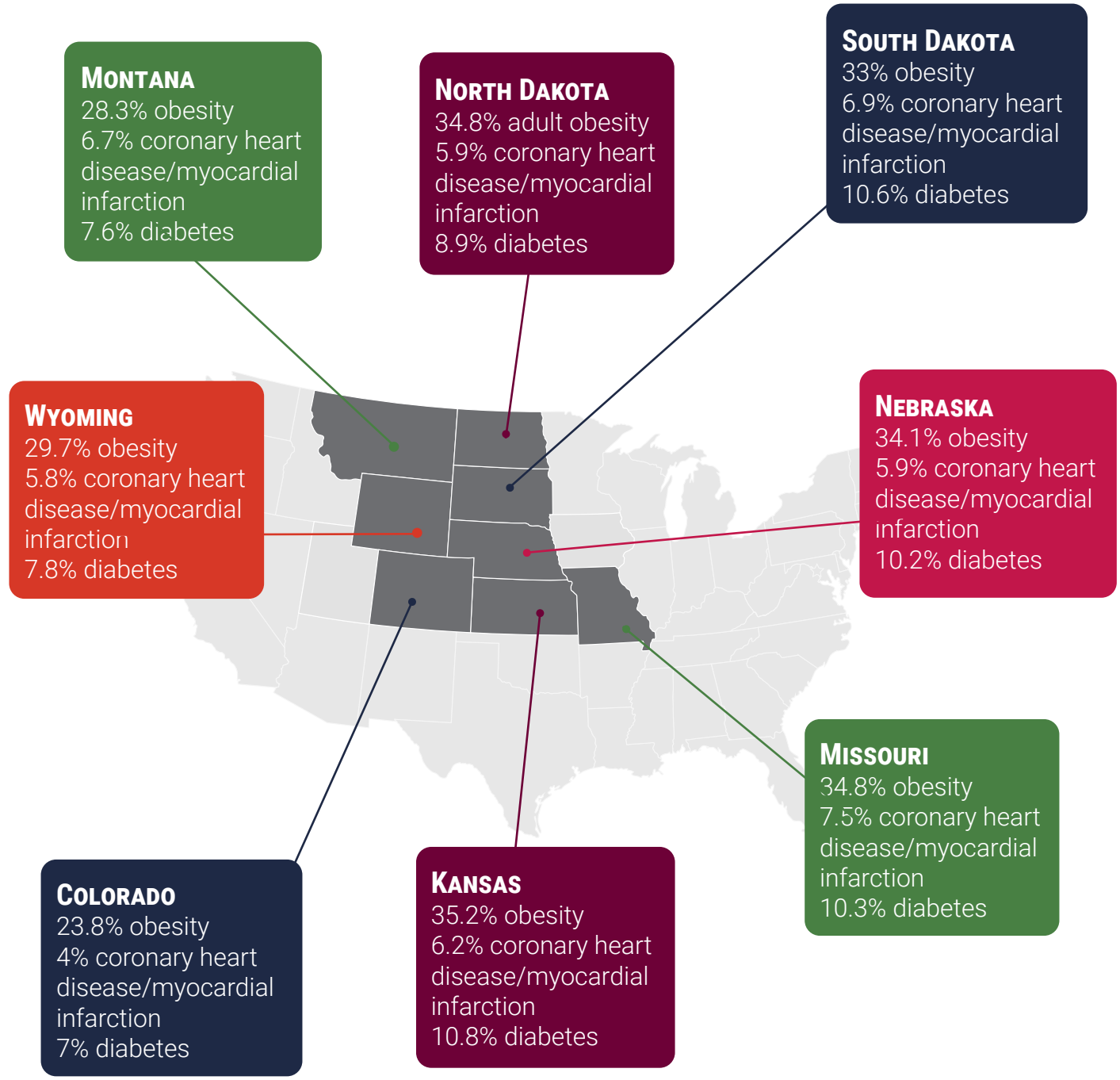
Percent of population that does not participate in 150 minutes of aerobic physical activity per week



Data for pages 6-7 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 17, 2021]. URL: <https://www.cdc.gov/brfss/brfssprevalence/>.



MPR OBESITY & CHRONIC DISEASE RATES



MPR SUMMARY, CONTINUED



THE MPR SNAP-Ed SOLUTION

The Mountain Plains Region (MPR) continues to work closely with states to identify and track common indicators between SNAP-Ed Implementing Agencies in order to tell a uniform story of SNAP-Ed's impact using aggregated behavioral health outcomes. When appropriate, the programs use similar evaluation tools and reporting systems such as the Program Evaluation & Reporting System (PEARS). With SNAP-Ed's focus on PSE changes, cross-program collaboration opportunities arise through State Nutrition Action Councils (SNACs). SNACs operate within the region and serve as leaders in maximizing efforts, leveraging resources, and supporting healthy eating and active living. By collaborating with other FNS nutrition programs, including the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) and Child Nutrition Programs, SNACs can share ideas and resources while identifying common goals.

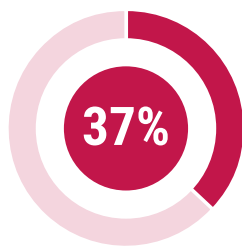
AGGREGATING IMPACTS FOR THE MPR

The aggregation of data for MPR has been a four-year long process. A data workgroup sub-committee from the MPR states identified commonalities in participant survey tools, as well as core questions best representing the work of the region's SNAP-Ed programs. Six states, including Colorado, Kansas, Montana, South Dakota, Nebraska, and Wyoming reported data from the survey tool for each question where data was available. The aggregated data on the next page is from a subset of MPR states where data could be matched between pre- and post-survey responses. Because not all states provided data, the figures are not representative of the entire region but rather indicative of trends within the region. On the subsequent pages, each state shares their outcomes for direct education and community impacts.

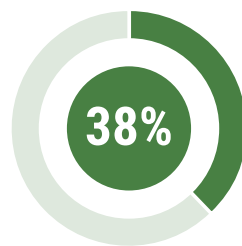


MPR KEY AGGREGATED INDIVIDUAL IMPACTS

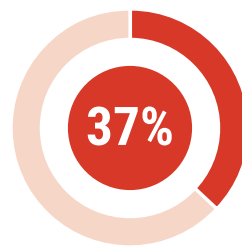
MPR SNAP-Ed programs focus on empowering individuals to increase fruit and vegetable consumption, increase physical activity, and stretch food dollars. Nutrition education participants learn how to plan healthy meals, create grocery lists, compare food prices, and cook healthier meals on a budget. The data below is an aggregation of multi-state data from within the region focused on these key areas of behavioral health change.



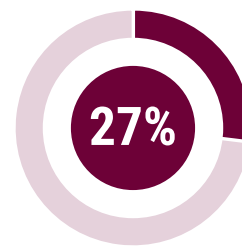
of adult participants increased the number of times they consumed fruit.



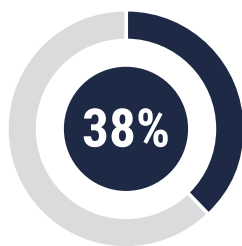
of adult participants increased the number of times they consumed vegetables.



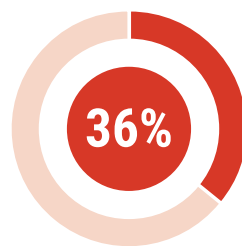
of adult participants increased the number of days they exercised for at least 30 minutes per week.



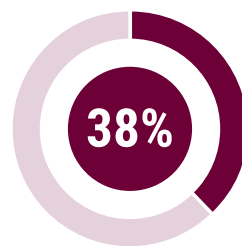
of adult participants increased their food security status.



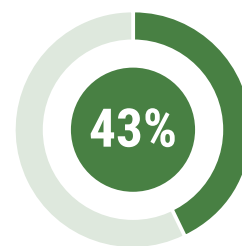
of adult participants increased the number of times they cook dinner at home or make meals from scratch.



of adult participants increased comparing food prices when shopping.



of adult participants increased making and using a grocery list before going shopping.



of adult participants increased planning meals.

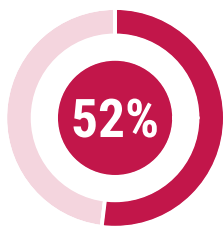
COLORADO SNAP-Ed IMPACTS

COLORADO'S APPROACH

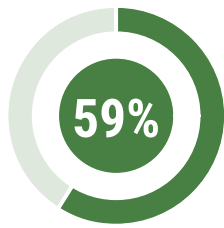
Despite the national reputation for being the healthiest state, hunger is real in too many Colorado communities and the COVID-19 pandemic has only exacerbated the issue. Recent data shows that 2 in 5 households are experiencing food insecurity with greater need in families with children and people of color. Colorado Department of

Human Services (CDHS) is committed to increasing food security through a person-first approach by providing access to food and nutrition education that supports a healthful diet. Colorado SNAP-Ed uses multi-level interventions to provide culturally relevant programming and meet individuals where they are in their health journey.

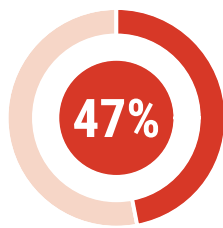
KEY INDIVIDUAL IMPACTS



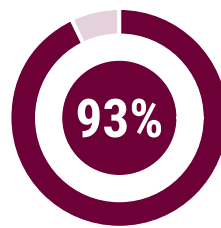
of adults and children increased their servings of vegetables per day.¹



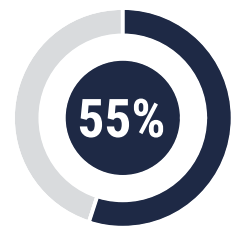
of adults and children increased the number of glasses of water they drink per day.¹



of adults and children reported spending fewer hours per day playing video or computer games.¹

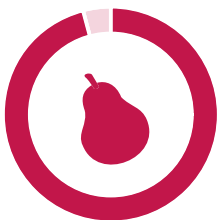


of adults reported that they will use a food preparation skill they learned in class in the next 7 days.²



of adults reported an increase in key food skills and strategies for making healthy food choices.²

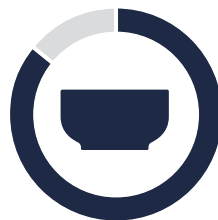
KEY FOOD RESOURCE MANAGEMENT IMPACTS



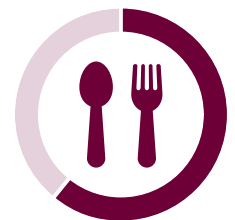
96% of parents reported that they buy more fruits and vegetables (fresh, frozen, dried or canned in 100% juice).¹



67% of childcare professionals have started serving more vegetables to kids in their care.²



86% of adults reported feeling confident in their ability to feed their family healthy food with the money they have available.²



61% of adults reported an increase in how often they eat fruit, vegetables, whole grains, or low-fat dairy.²

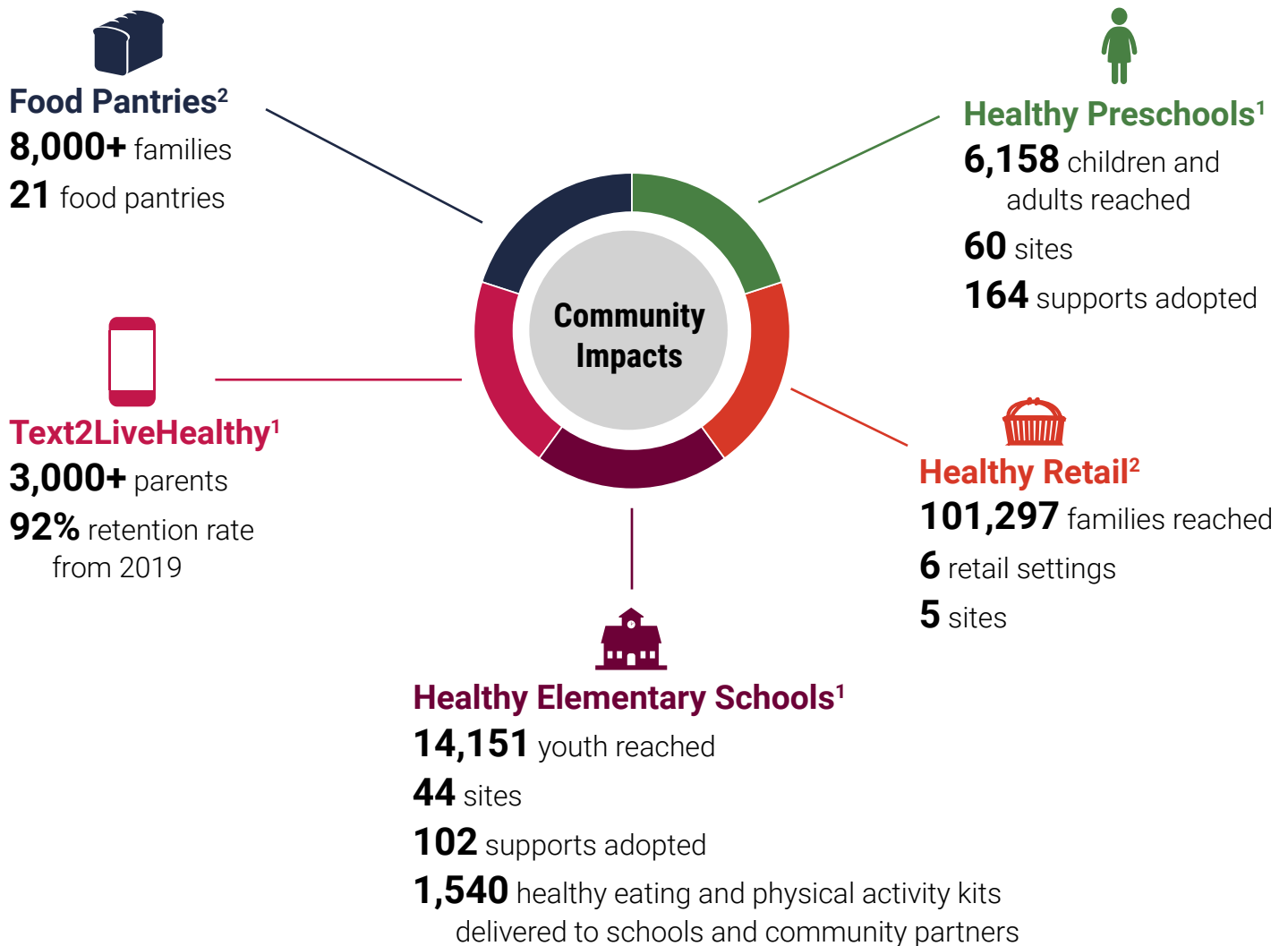
¹University of Colorado Denver, ²Cooking Matters Colorado



COMMUNITY IMPACTS

In order to provide Coloradans with nutrition education, CDHS partners with Cooking Matters Colorado (CMCO) and University of Colorado Denver (UCD). UCD administers 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 focuses not only on early childcare children, but also on parents, teachers, and making the preschool environments health-promoting settings. INEP equips elementary schools, kids, and families to eat well and be active, creating a healthier future for our community.



COLORADO COVID-19 INNOVATIONS

SUMMARY

Colorado's implementing agencies Cooking Matters Colorado (CMCO) and University of Colorado Denver (UCD) quickly pivoted their programming and education to reach families and meet their needs during the COVID-19 pandemic.

DIRECT EDUCATION



In-person **programming** was **cancelled** due to local and state public health policies.



CMCO and UCD adapted classes to **online lessons**. Each IA delivered classes through Zoom, video or PowerPoint slides, and Facebook Live.



8 lessons were developed online reaching **1,737 adults online**



"These workshops served me and I want to participate more!"
- Parent

COMMUNITY INTERVENTIONS



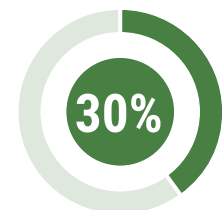
Families experienced **greater food insecurity** due to limited or no access to food pantries or other food assistance programs.



CMCO developed and **distributed food skills education materials** linked to online programming. UCD pivoted traditional **Text2LiveHealthy messaging** to include resources for food access.



21 partners distributed over **8,200** food skills education materials to families across Colorado.



increase in click rates for resource links in text messages sent to **2,000 English subscribers** and **1,100 Spanish subscribers**.

COLORADO SUCCESS STORIES

Connecting with Parents via Text

UCD quickly adapted programming to meet the needs of families during the COVID-19 outbreak. Their Text2LiveHealthy (T2LH) program is an interactive nutrition and physical activity digital outreach effort aligned with INEP and COWP programming to strengthen the home-school connection. In March 2020, T2LH began including programming that connected communities with local resources. Families, both rural and urban, were feeling the strains of COVID-19, so messaging shifted to include information on food resource management, recipes using canned foods, indoor physical activities, and community resources. Over 150 statewide and local COVID-19 messages and two evaluation questions were distributed from March to July 2020 to 3,200 participants in English and Spanish. One parent shared, "This [the texts] helps me a huge amount! My family would not have gotten through it without them!" Following the completion of this messaging, phone interviews will be conducted to better understand the participants' experience of the utilization and helpfulness of the T2LH messages.

Colorado SNAC Highlights

Colorado's SNAC has 13 members who represent Food Banks, Universities, Non-profit Organizations, and State Department of Education, Public Health, and Human Services. In light of the current events of racial justice, the Colorado SNAC has prioritized the need of ensuring justice, equity, inclusion, and diversity in programming. Colorado's SNAC continues to examine and explore areas for collaboration and gaps in services to provide culturally relevant programs that center the community's voice.

Engaging Community Partners



In the wake of the COVID-19 outbreak, Cooking Matters in-person programming screeched to

a halt, and also caused Coloradans to experience higher levels of food insecurity. Cooking Matters coordinators in the San Luis Valley, Lois and Zoila, saw this as an opportunity to engage with community partners in new and innovative ways to support the community. Zoila and

Lois partnered with the Valley Roots Food Hub and local WIC clinics to provide free, weekly CSA boxes to 30 families in the surrounding area for 13 weeks. Each weekly box contained an assortment of fresh Colorado- and locally-grown produce along with educational packets on recipes, food skills, and tips to involve kids in the kitchen. Recipients were also invited to participate in Cooking Matters online programs where Zoila and Lois could teach classes using the food box items. One recipient shared, "I just want to say thank you... It helps [sic] a healthier living for myself and my kids to try new things. And being home, especially during a pandemic, it's been a big help of what we can do at home."

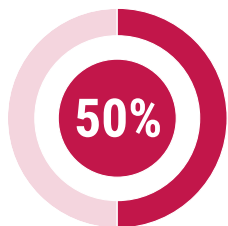
KANSAS SNAP-Ed IMPACTS

KANSAS'S APPROACH

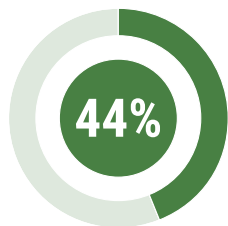
Kansas remains the 12th highest adult obesity rate in the nation. Although Kansas is referred to as the "Breadbasket of the Nation", over 400,000 Kansans were food insecure in 2020. Therefore, Kansas State University Supplemental Nutrition Assistance Program Education (SNAP-

Ed), coordinated and delivered by Kansas State Research and Extension (KSRE), uses multi-level interventions, including direct education, to reach its population in ways that are relevant, while addressing policy, systems, and environmental constraints in the community.

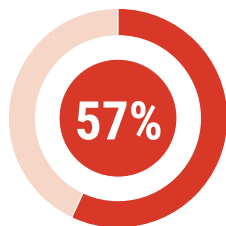
KEY ADULT INDIVIDUAL IMPACTS



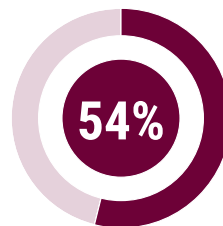
of adult participants ate fruit more times per day.



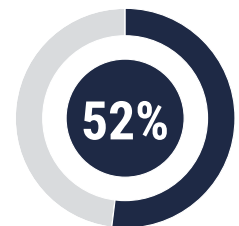
of adult participants ate vegetables more times per day.



of adult participants exercised more days for at least 30 minutes.

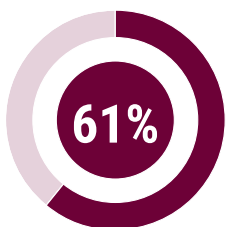


of adult participants made grocery lists more often.

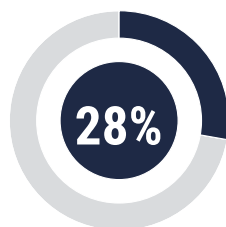


of adult participants planned meals more often.

ADDITIONAL INDIVIDUAL IMPACTS



of adult participants thawed foods correctly more often.



of adult participants have enough money or other way to get food more often.



935

adults reached



4,600

youth reached



3,464

parents and guardians reached via parent newsletters.

COMMUNITY IMPACTS

Kansas SNAP-Ed program utilizes community and public health approaches that affect a large segment of targeted low-income population in the communities. SNAP-Ed staff worked with stakeholders and clients to increase affordable healthy food by implementing evidence-based solutions to reach community members. Below are some policy, system, and environmental change activities supported by the Kansas SNAP-Ed program.



KANSAS TRIBAL COVID-19 PROGRAM HIGHLIGHTS

SUMMARY

Due to the COVID-19 pandemic, the Kansas Tribal Food Systems Team developed creative strategies used for direct education to be delivered virtually and for PSE activities implementation.

DIRECT EDUCATION



Tribal nutrition assistants completed training before March 2020

Stay-at-Home orders were issued due to the pandemic. Planned community face-to-face classes were not allowed.

Tribal Food Systems staff pivoted to offer on-line classes via Zoom

Participants practiced healthier behaviors after education including:

- Ate fruits and vegetables more often
- Exercised at least 30 minutes almost 3 or more days
- Planned meals more often

COMMUNITY INTERVENTIONS

Community gardens were established and maintained in tribal communities to increase food access.



Produce from the **Prairie Band Potawatomi Nation garden** was donated to elders and Diabetes Prevention program participants.



SECTORS OF INFLUENCE



Tribal Food Systems staff continued to coordinate with the Tribal Health Summit Planning Committee and the Tribal Food Systems Advisory Team to **encourage** and **promote food access** in tribal communities.

This project is a jointly funded through efforts of the American Heart Association Midwest Affiliate, Sunflower Foundation, and K-State Research and Extension SNAP-Ed in cooperation with the 4 federally recognized tribes in Kansas: The Iowa Tribe of Kansas and Nebraska, the Kickapoo Tribe in Kansas, Prairie Band Potawatomi Nation and the Sac & Fox Nation of Missouri in Kansas and Nebraska

KANSAS SUCCESS STORIES

Farmers Markets Accept EBT

The farmers markets in Arkansas City and Winfield successfully implemented SNAP EBT in July 2020. SNAP-Ed staff from Cowley county have contributed by coordinating application for EBT equipment, providing materials, and training vendors and market managers on how to accept SNAP-EBT and eligible products. Despite the pandemic, the soft opening was a success with \$115 tokens distributed and \$107 redeemed with 10 vendors. SNAP-Ed will continue to increase awareness of the availability of EBT acceptance in farmers markets.



Partnership 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 and Cooperative Extension. Open communication between these state level organizations foster partnership, resource sharing, and activities that help to improve nutrition and food access for under-served Kansans.

New Food Pantries in COVID-19



The Lindsborg community in McPherson County had limited access to the county food bank due to location and days and times that the county food bank was open. Together the Associated Churches of Lindsborg (TACOL), Messiah Lutheran Church, Bethany College Student Ministries, and SNAP-Ed were able to establish a new food pantry, Dala Pantry, and have it up and running by mid-June and at full capacity by mid-July.

The SNAP-Ed educator offered valuable guidance and protocol to help with the opening of the food bank. She coordinated with the Kansas Food Bank, local businesses, local grocers, and volunteers for donation efforts. She also partnered with local farmers markets to receive food donations that were not being sold. She subsequently provided recipes, nutrition, and food safety handouts, and helped as needed.

In the future, she plans to obtain additional funds for refrigeration equipment to expand food storage and implement nutrition classes for the food pantry clients.

MISSOURI SNAP-Ed IMPACTS

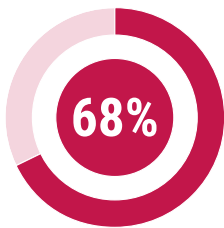
MISSOURI'S APPROACH

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.

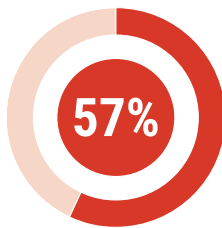
Whether reaching out to youth and adults through classroom education or working with

communities to promote healthy policies, systems and environments, the goal of 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



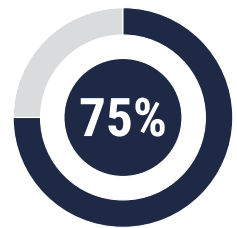
of adults at more fruits or vegetables.



of adults reported 30 minutes of daily exercise.



of SNAP offices provide information to clients about SNAP-Ed.



of adults planned meals or shopped with a grocery list.

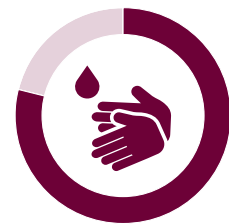
KEY YOUTH INDIVIDUAL IMPACTS



81% of youth ate fruits or vegetables most days or every day.



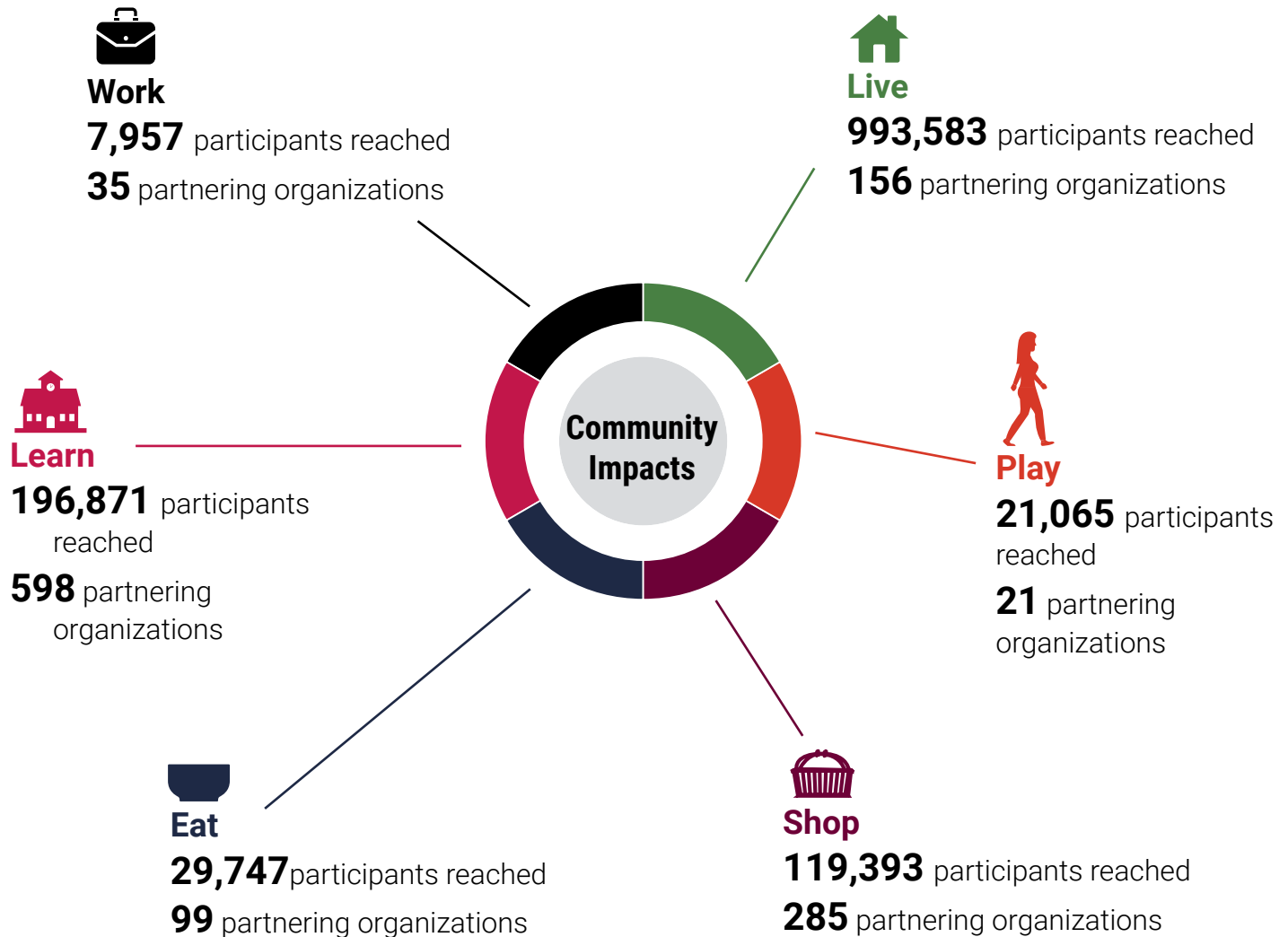
49% of youth reported at least 1 hour of physical activity in at least 6 of the past 7 days.



79% of youth almost always washed their hands before eating.

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. Participants also learn ways to manage their food resources, which reduces reliance on emergency food systems and increases food security. MU Extension SNAP-Ed works to prevent or reduce the incidence of overweight, obesity and other nutrition-related conditions.



Note: reach includes direct education, as well as those reached through indirect intervention channels, social marketing, and approaches involving changes in policies, systems, or environmental settings.

MISSOURI COVID-19 INNOVATIONS

SUMMARY

The COVID-19 pandemic brought several challenges to Missourians. In addition to health conditions, many Missourians faced food insecurity and a loss or reduction in income.

DIRECT EDUCATION



Challenges:

Many Missourians were **new to receiving SNAP benefits**, which created a further **need for SNAP-Ed**. Local restrictions on group size and social distancing requirements **limited the amount of in-person contact** we could have.



Solution:

Missouri SNAP-Ed maintained connection with our audiences by strategies such as **virtual learning, social media, and distribution of print educational materials**.



Results:

17,217 individuals received direct education
104,933 individuals received printed educational materials or other indirect education
246,296 individuals reached with through social marketing efforts

MAKING THE DIFFERENCE



Challenges:

Producers and local food systems experienced **disruptions as markets and selling opportunities closed** to prevent the spread of COVID-19. Consumers had **heightened concerns about food availability** and some of their usual food options became more limited.



Solution:

The new **ShowMeFood.org** website easily **connects Missouri consumers with producers** growing and selling locally produced food, and other local food resources to address food insecurity.



Results:

279 farmers, growers and local producers in
86 counties registered their locations on the ShowMeFood.org website.
15,000+ unique users visited the website in FY20

MISSOURI SUCCESS STORIES

Senior Farmers Market

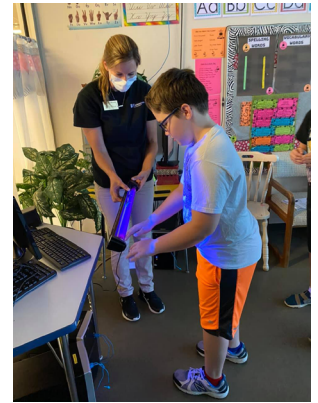
In Cass County, we partner with the Senior Farmers Market program sponsored by Missouri Department of Agriculture, which allows income-eligible senior citizens to receive \$50 in vouchers to use at the local farmer's markets. I was working with a local senior housing site and about half way through the summer, the housing coordinator indicated that a lot of the residents were not using their vouchers because they were not able to get to the farmer's markets. I contacted a local vendor from the farmer's market (another new partnership) to see if they would be willing to do a mobile farmer's market at the three senior housing locations. I was able to connect the vendor and the housing coordinator and they made arrangements for the mobile farmer's market to be at the three senior housing sites. I also talked with the coordinator at the sites and she indicated that she has already talked with the vendor to do the mobile farmer's market program next year at their senior housing sites.

This has definitely been a WIN - WIN for everyone involved. We have been able to assist seniors with making healthier food choices, to eat more fresh fruits and vegetables, to budget their food dollars and enhance their meal planning and to keep them from going without food. Additionally, we have been able to work with two new partners. All of this during the pandemic.

Submitted by Rhonda Kasper, Cass County

Handwashing

Today I worked with Montgomery City Elementary students during summer school. We were discussing hand washing, and the amount of time it really takes to clean the germs off your hands. In this picture you can see a student realizing that even though he thought he washed his hands well He's still "glowing" with germs! This is always an eye opening lesson for the kids, and really makes them realize how important proper hand washing is!



Submitted by Heather Warren, Montgomery County

Lentil Tacos

I was programming at the Least of These food pantry, and a client reported that she tried the lentil tacos with her family. I had given out samples of the lentil tacos the month before while I was teaching a Healthy Change Workshop. She made the tacos for her family and had enough of the lentils left over to make burritos for the following evening. Her family liked them and she was able to feed 5 kids using the items she had received from the food pantry.

Submitted by Joey Johns, Christian County

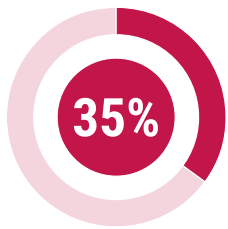
MONTANA SNAP-Ed IMPACTS

MONTANA'S APPROACH

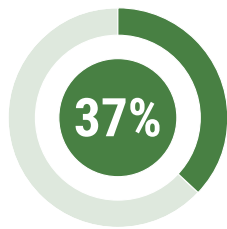
The increase of chronic disease and obesity in the United States is a public health concern. Montana State University Extension's Buy Eat Live Better Program, funded in part by the Supplemental Nutrition Assistance Program – Education (SNAP-Ed), continues its statewide effort to prevent obesity and other 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.

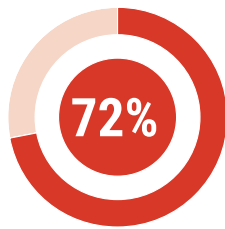
KEY ADULT INDIVIDUAL IMPACTS



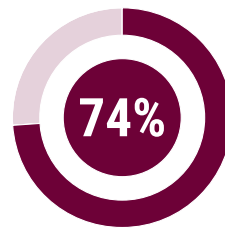
35% of adult participants increased daily fruit consumption.



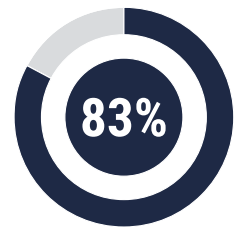
37% of adult participants increased daily vegetable consumption.



72% of adult participants were more physically active.



74% of adult participants improved food safety practices.



83% of adult participants improved food resource management practices.

KEY YOUTH INDIVIDUAL IMPACTS



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



39% of youth improved their physical activity knowledge or practices.



55% of youth improved their food safety knowledge or practices.



COMMUNITY IMPACTS

According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels of the socio-ecological model 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

14 sites
36 supports adopted
4,405 people reached
\$1,480 of free fruit and veggie coupons provided to SNAP-Ed class participants



Community Garden Projects

10 sites
23 supports adopted
914 people reached



Community Impacts



Food Bank Partnerships

7 sites
19 supports adopted
2,732 people reached



Harvest of the Month

30 sites
30 supports adopted
2,109 people reached



Physical Activity Projects

3 sites
3 supports adopted
221 people reached

MONTANA COVID-19 INNOVATIONS

SUMMARY

Due to the COVID-19 pandemic, the Montana SNAP-Education Program worked to make direct education available online for youth and adults using innovative approaches, worked to meet the needs of participants and partners, and adapted approaches to continue policy, systems, and environment work during the pandemic.

DELIVERING EDUCATION



Challenges:

K-12 Schools and many **organizations** where classes were held were **closed** in spring. More Montanans were experiencing **food insecurity** and cooking at home more often.



Solution:

- **Virtual and modified in-person classes** with safety precautions
- YouTube nutrition **videos**
- **Social media**
- Including **educational resources** in food boxes.



Results:

82 virtual or blended (virtual and in-person) classes

63 in-person classes

10,737 individuals reached with educational messages outside of the classroom

MAKING THE DIFFERENCE



Challenges:

SNAP-Education **partnership** projects were **constrained** by necessary safety precautions.



Solution:

Projects related to the outdoors including **physical activity, gardening, and farmers markets flourished.**

Montana SNAP-Education Collaborated with

14 farmers markets to accept free fruit and veggie coupons from class participants

10 community garden projects

7 food bank projects

3 community-wide physical activity promotion projects

MONTANA SUCCESS STORIES

Montana SNAC Highlights

Montana SNAP-Ed is an active member in the state SNAC, which focuses on sharing resources, networking, and communicating consistent messages statewide. The state SNAC in Montana is called the Eat Right Montana Coalition and houses the Action for Healthy Kids Program (ERM/AFHK). ERM/AFHK is a Coalition with a long-term commitment to joint action in adopting nutrition or physical activity practices. ERM/AFHK honors health heroes in the state through the annual Health Hero Awards. Members work together on joint program efforts throughout the year. In the past year, ERM has worked to create a new strategic plan that will guide coalition efforts through 2024.

Saving Money

A young wife and mother from a reservation in Montana became temporarily unemployed during the COVID-19 pandemic. She found it extremely difficult to prepare healthy meals for her family and stay within her monthly budget for food. While attending a series of nine SNAP-Ed nutrition education classes offered online, she was introduced to new recipes and new ways to prepare healthy meals for her family. Because she takes time to plan her meals now, she has enough food to last all month and extra quality time to spend with her family.



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, 14 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 2020. To the right is one example.



The Northwest Montana SNAP-Education program had an instrumental role connecting local, community grown food to residents that have limited financial resources during this summer's farmers market season. The nutrition educator did this through promoting classes and resources online and through the farmers market and offering farmers market coupons during classes.

The nutrition educator collaborated with a local food access organization that runs the Double SNAP Dollar booth at three local farmers markets to promote the program and offer farmers market coupon incentives during classes. In addition, the educator connected with a market new to the Double SNAP Dollar program to offer technical assistance to the new project. On the opening day the coordinator and nutrition educator were at the entrance booth to share information and gather enthusiasm for the new program. The educator promoted the markets over Facebook Live, and attended farmers markets throughout the season to promote the program. In the end, participants that used Double SNAP Dollars and the coupons were able to buy more local fruits and vegetables from area farmers and growers to add to their plates!

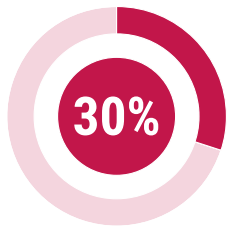
NEBRASKA SNAP-Ed IMPACTS

NEBRASKA'S APPROACH

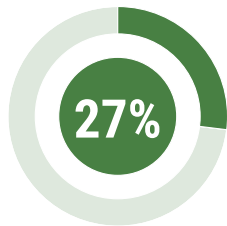
SNAP-Ed reached 12,723 Nebraskans during 2019-20, including 2,470 adults and 10,253 youth. Adults participated in Eating Smart Moving More classes, which resulted in significant improved behaviors in daily diet frequencies and nutrition/physical activity related behaviors. Youth participated in nutrition and physical activity related programs and showed significant

positive intentions, knowledge and behavior changes in nutrition and physical activity. Due to COVID-19, virtual programs for adults (The Dish: Real Talk About Food) and youth (Marathon Kids, CATCH) were available. Policy, system, and environmental strategies were offered through Go NAP SACC, Growing Together Nebraska, and Double Up Food Bucks (DUFB).

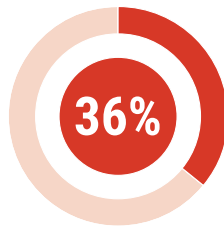
KEY ADULT INDIVIDUAL IMPACTS



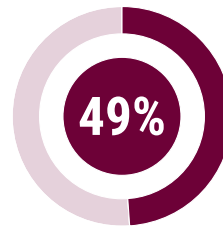
of adult program graduates increased fruit intake.



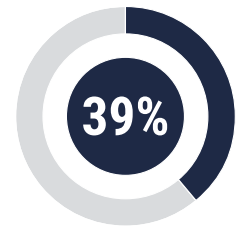
of adult program graduates increased vegetable intake.



of adult program graduates increased physical activity.



of adult program graduates improved using the nutrition facts label to make food choices.



of adult program graduates increased meal planning.

ADDITIONAL INDIVIDUAL IMPACTS



2,470
adults reached



10,253
youth reached



59% of youth paid attention to the amount of fruit they eat each day.



49% of youth paid attention to the amount of vegetables they eat each day.



78% of youth reported that they plan to stay physically active.



89% of youth correctly identified that they should wash their hands before handling food.

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 increases access to fresh fruits and vegetables in food pantries. 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 foods. SNAP-Ed reached 32,796 Nebraskans through policy, system and environmental work and an additional 47,151 Nebraskans through indirect education.



Go NAP SACC

42 childcare centers
107 changes adopted
2,998 youth reached



Growing Together Nebraska

16 gardens with **42** food pantries/
distribution sites
76 changes adopted
15,165 people reached
40,934 pounds of produce grown, worth
\$51,718



Double Up Food Bucks (DUFb)

80 vendors
4 changes adopted
1,048 SNAP recipients reached
\$72,933 in Double Up Food Bucks were redeemed at participating farmers markets and grocery stores

NEBRASKA COVID-19 INNOVATIONS

SUMMARY

Due to the COVID-19 pandemic, Nebraska SNAP-Ed developed strategies to offer direct education using virtual formats.

DIRECT EDUCATION



Schools closed, people stayed home making it harder to reach priority populations and **community agencies closed** their doors to partners, making it hard to deliver programs.

Nebraska SNAP-Ed adapted and developed virtual programs to meet audiences in new ways:



1,807 individuals participated in virtual or blended programs. **244 classes** were offered through **52** virtual or blended programs.



47,151 individuals were reached through traditional media and social media.



Educational resources about nutrition were offered to a variety of community partners, and also included in food donation boxes.

COMMUNITY INTERVENTIONS



Partnerships with community organizations were impacted by the directed health measures, however **gardens** and **childcare centers were considered essential**, and had added pressure to remain functioning, while following health measures.



The **Growing Together Nebraska** SNAP-Ed team coordinated efforts at **16 donation gardens** donating over **40,000 pounds** of fresh produce.

Go NAP SACC transitioned to virtual program delivery. Content was customized to meet the challenges of directed health measures. **3 virtual Go NAP SACC training workshops** were offered during the pandemic, serving:

- 110** childcare providers from
- 11** home childcare settings and
- 31** childcare centers

NEBRASKA SUCCESS STORIES

Growing Together Nebraska: Donation Garden

The Schuyler Community Garden received SNAP-Ed funds for the first time this year to support a community plot, with the produce grown being donated to Colfax County Food Pantry, Colfax County Attorney for distribution to families and the Garden Giving Basket. The garden relied heavily on coordination by the Schuyler Community Garden Committee who, with the help of FFA students, their sponsors, an Extension Master Gardener Volunteer, SCHS Greenhouse director, and community volunteers, managed the planting, maintenance, harvest and clean up.



In March, the Pantry switched from a walk-in pantry to a drive-through pantry to accommodate the increased usage and to provide a safe process. Prior to the COVID-19 outbreak, the Pantry had been serving an average of 25 families per week; by the end of March, they were serving over 100 families per week. The demand for food and produce was great. The Schuyler Community Garden Committee was able to donate 1,381 pounds of fresh, healthy produce to over 3,300 individuals.

Virtual Go NAP SACC

When COVID-19 forced NE Extension, including SNAP-Ed, to cancel all in-person classes, the Go NAP SACC team had to evaluate trainings with providers. Providers were frontline workers experiencing high levels of stress as they tried to remain open and keep the children they care for healthy. As a result of the pandemic, many childcare facilities were closed or had decreased enrollment. A needs assessment was conducted to gauge the interest of providers participation in Go NAP SACC virtual workshops during the pandemic. 85% preferred virtual training and 93% stated they had equipment available to participate. The workshop content was redesigned for virtual delivery. 110 childcare providers attended three virtual workshops during the pandemic. 70% of participants strongly agreed that the content effectively addressed the objectives, 30% agreed. 67% of participants strongly agreed that the training they received will be useful in their work environment, 33% agreed.

Morning Move-It

The Morning Move-It program at Newell Elementary began as an in-person program and transitioned to a virtual program. Each week, up to 33 elementary students met for 25 minutes before school three days a week. Using the CATCH Kids Club curriculum, students were able to get moving and engage their brains before the school day. Due to COVID-19 the in-person program transitioned to a virtual program. The physical activities included nutritional aspects to incorporate learning in a different way. Students, teachers and parents all shared that Morning Move-It had a positive impact on the students and the school. "The students love going to Morning Move-It. It helps them focus in class."

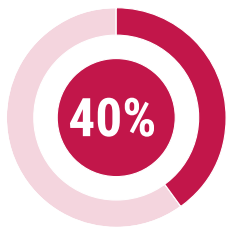
NORTH DAKOTA SNAP-Ed IMPACTS

NORTH DAKOTA'S APPROACH

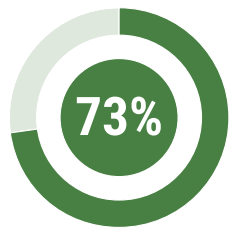
Health disparities related to poor nutrition and limited access to healthful foods and physical activity opportunities disproportionately impact North Dakotans with low income. North Dakota State University (NDSU) Extension offers SNAP-Education (SNAP-Ed) through the Family Nutrition Program (FNP) to address these health disparities through evidence-based education and complementary public health approaches.

FNP serves 16 counties and four sovereign tribal nations with SNAP-Ed. 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.

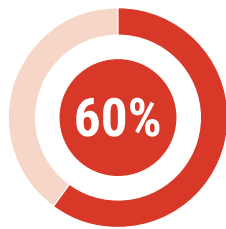
KEY ADULT INDIVIDUAL IMPACTS



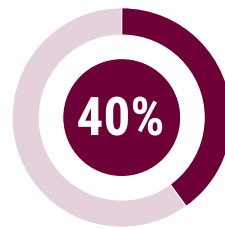
of adults eat fruit and vegetables more often after programming.



of adults showed improvement in one or more dietary indicators.



of adults exercise for at least 30 minutes or more days a week after programming.



of adults plan meals more often after programming.



670

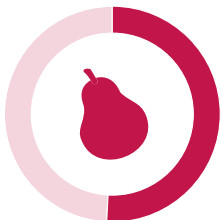
adults reached



2,085

youth reached

ADDITIONAL YOUTH INDIVIDUAL IMPACTS



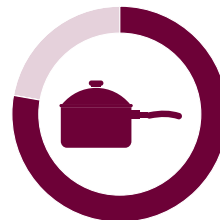
51% of youth choose more healthful snacks after programming.



69% of youth eat more vegetables after programming.



49% of youth increased daily physical activity after programming.



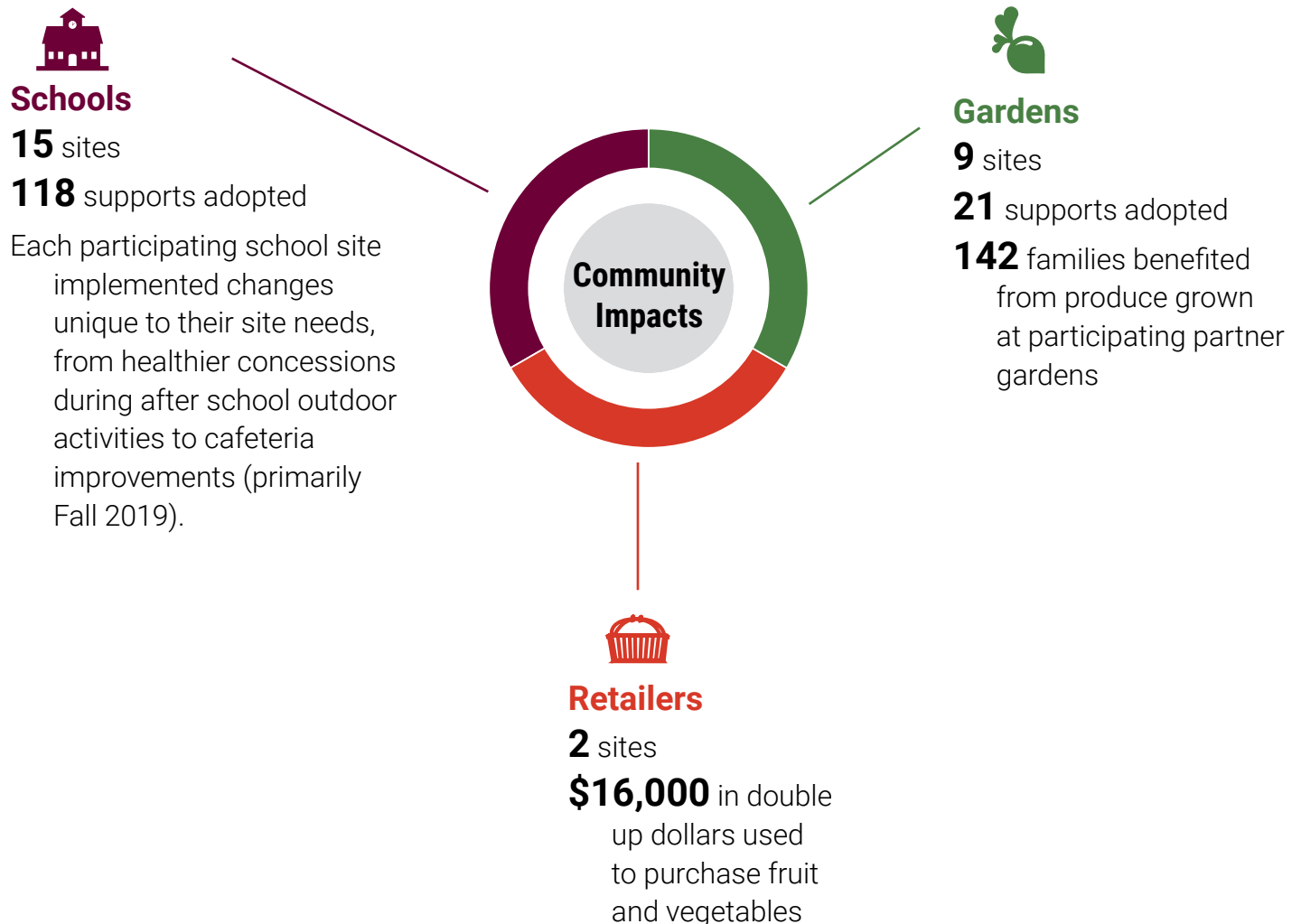
78% of youth are independently preparing food at home after programming.



61% of youth drink more water after programming.

COMMUNITY IMPACTS

North Dakota SNAP-Ed reached an estimated 45,836 eligible community members through multi-level interventions, including policy, systems, and environmental change approaches. North Dakota SNAP-Ed worked with over 71 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.



NORTH DAKOTA COVID-19 INNOVATIONS

SUMMARY

Due to the COVID-19 pandemic, the North Dakota SNAP-Ed Program developed creative strategies for virtual education and addressed emerging needs of food insecure families with new resources and community interventions.

DIRECT EDUCATION



Schools, etc. closed and re-opened slowly under **new restrictions**. Teachers and other partners were busy with their own pandemic-related challenges and had less capacity to coordinate with SNAP-Ed.



3 youth curricula and **1 adult curriculum** were adapted for **remote delivery**. Limited in-person classes adapted to new public health guidelines and by using spaces like **outdoor classrooms**.



2,085 youth and **670 adults** reached through traditional and hybrid direct education.

26,000 youth and **7,000 adults** reached through outreach like videos, social media, and nutrition notes in pick-up school meals.



"I've learned so much, from price checking to preserving food and much more."

- Participant,
Cooking 101 in the park

COMMUNITY INTERVENTIONS



North Dakota had the **highest percent change in food insecurity** between 2018 and 2020, **almost doubling in 2020**.



Gardening, garden-to-food pantry produce donations, and SNAP incentives increased.



More **social media** and resources created to connect nutrition and food assistance.

9 new gardens started.

\$16,000+ redeemed in Double Up coupons.

40,000+ pounds of produce donated.

47,000+ people reached with targeted social media content.

10 counties created food access resources.

NORTH DAKOTA SUCCESS STORIES

Kids Keep Cooking



NDSU Extension specialists worked with SNAP-Education to quickly adapt the Kids Cooking School and reach 112 youth with the remote and hybrid models. Through additional grant funding and donations from North Dakota food companies, Virtual Kids Cooking (& Baking) School participants received cooking kits, which included ingredients to try the recipes at home. This offered a hands-on educational experience for youth, while providing food insecure families with food. One youth participant shared, "The thing I like most about kids cooking school/camp was the meals we got to make. It was very fun and helped me pass time in quarantine."

Fresh Boxes of Veggies

SNAP-Education serving Spirit Lake Nation, worked with the Cankdeska Cikana Community College (CCCC) to plant a raised children's garden and in-ground garden in 2020. The gardens were funded by a Junior Master Gardener grant. Through the gardens and SNAP-Education, CCCC Head Start program youth were able to have access to more fresh produce while learning about growing, harvesting and eating vegetables. SNAP-Education also created and worked with volunteers to distribute periodic "Fresh Boxes of Veggies" with garden produce and recipes for the 48 participating Head Start families.

Need to Seed Gardening Initiative

The Turtle Mountain Healthy Living Coalition's "Need to Seed" gardening pilot in 2020 addressed health and food access disparities by increasing access to health-promoting environments through the development and support of garden sites in several communities across Rolette County and the Turtle Mountain Band of Chippewa Indians. As new concerns about food access arose during the pandemic and project momentum grew, the project doubled in scope from four to eight garden sites. SNAP-Education provided assistance by helping coordinate the partners, providing technical assistance and sharing food and horticulture knowledge and skills with participating community members. The CDC High Obesity Program grant covered the majority of costs associated with the gardens. Site partners, including the Tribal Diabetes Program, Miikanaake Fatherhood Program, Dunseith Nursing Home, Turtle Mountain Home Visiting Program, Rolette Community Care Center and Rolette Community Housing, contributed additional resources. Aside from the direct benefit of more local produce into the food system, the project built capacity by increasing knowledge, self-efficacy and acceptance of gardening, and connected community knowledge and traditions. Ultimately the project aims to increase garden sites, drive tribal wellness policies related to gardening and move the communities towards greater food sovereignty.

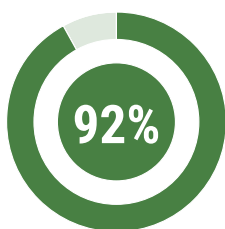
SOUTH DAKOTA SNAP-Ed IMPACTS

SOUTH DAKOTA'S APPROACH

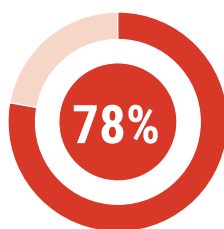
South Dakota communities are working on issues that impact the health and well-being of their residents, such as obesity, poverty, poor nutrition, lack of physical activity opportunities, and limited access to healthy foods. The rural nature of the state, along with these issues, present unique challenges 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.

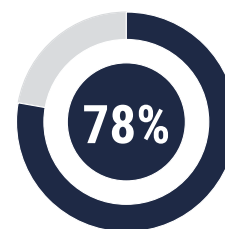
KEY ADULT INDIVIDUAL IMPACTS



of adult participants improved healthy eating behaviors.



of adult participants improved physical activity.



of adult participants improved food resource management behaviors.

ADDITIONAL INDIVIDUAL IMPACTS



377

adults reached



1,046

youth reached



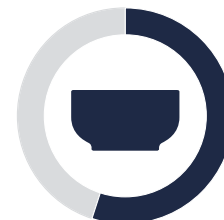
90% of youth increased eating fruits & vegetables.



95% of youth increased healthy eating behavior.



65% of youth increased physical activity knowledge.



55% of youth increased food resource management practices.

COMMUNITY IMPACTS

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts impact neighborhoods, communities, other jurisdictions, grocery stores, schools, and more. Evidence through SNAP-Ed work has shown comprehensive impacts.



Outside Funds for SNAP-Ed Initiatives

7 sites

\$6.6 million



Community Gardens

14 garden settings

5,585 pounds of produce

566 cups of herbs



Physical Activity Opportunities

46 supports adopted



Farmers Markets

8 farmers markets

SOUTH DAKOTA COVID-19 INNOVATIONS

SUMMARY

South Dakota SNAP-Ed creatively helped people with limited financial resources gain knowledge and skills to stretch food dollars, increase food access, and increase physical activity during the COVID-19 pandemic.

DIRECT EDUCATION



Challenges:

School and program site closures. Food/cooking tastings/demonstrations were eliminated.

Adaption to virtual programs met audiences needs in new ways



755 people reached through **Zoom** lessons.



186,000 people reached through **social media**.



690 people reached through **micro-lessons**.

As part of our food preparation activities, students can prepare the recipe themselves. These children also learn that healthy food can taste good and are more willing to try it when they get to make it.



SECTORS OF INFLUENCE



Challenges:

Limited opportunity to engage with in-person wellness coalitions.



Moved to **Zoom-based wellness coalition meetings**.

Engagement in wellness coalitions:

137 multi-sector partners.

26 new partnerships.

7 communities obtained.

\$6.6 million collectively to enhance SNAP-Ed generated initiatives.

SOUTH DAKOTA SUCCESS STORIES

Lake Andes Community Garden



The Lake Andes Community Garden was established in 2015. Interest continues to grow to include outside funding resources to make the gardens more accessible, which includes raised garden beds. 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. In FY2020 Farmer's Market were able to increase SNAP sales along with 285 customers this year, averaging 36 customers/market day.

Little Free Pantry

Through a partnerships with the Rapid City Police Department, Rapid City Rotary Club and SD SNAP-Ed a little free food pantry was located at Lakota Homes Rapid City. Lakota Community Homes is a Family low income housing apartment subsidized by the federal governments Housing and Urban Development Division. With the establishment of this pantry, food is available at no cost to all residents of Lakota Homes. The Rotary Club provides packaged food to be placed inside the pantry for refilling as needed to increase food access for the residents.

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.

Revitalized Basketball Court

City of Martin received \$25,000 Wellmark Foundation grant to revitalize a basketball court. The outdoor basketball court which is located in Brooks Memorial Park, Martin's largest city park and the heart of the town. The basketball court is heavily used but it has fallen into disrepair over the years. This project would resurface the court and create a pickleball court. The Martin Wellness Coalition will also install a bike rack to enhance connectivity to safe destinations and active transportation providing another option for users to get to Brooks Memorial Park.

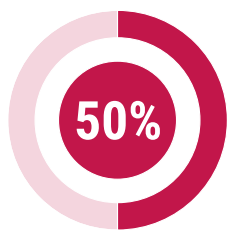
WYOMING SNAP-Ed IMPACTS

WYOMING'S APPROACH

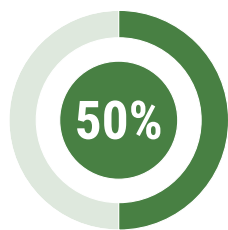
Wyoming SNAP-Ed, known as the Cent\$ible Nutrition Program, seeks to address food insecurity, chronic disease, obesity, and health disparities through a multi-level approach. Educators teach nutrition lesson series to both adults and youth with limited resources,

and partner with a variety of community organizations to support projects leading to healthier communities. Wyoming SNAP-Ed is administered through the University of Wyoming Extension and serves every county in the state and the Wind River Indian Reservation.

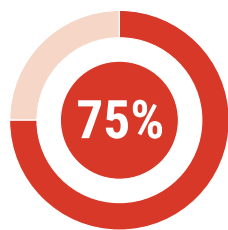
KEY ADULT INDIVIDUAL IMPACTS



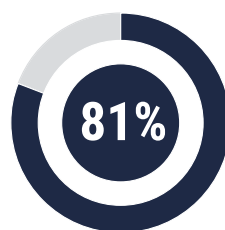
50%
of adult participants ate fruit more often each day.



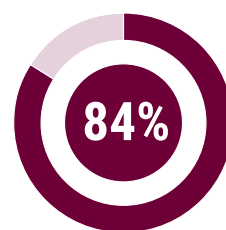
50%
of adult participants ate vegetables more often each day.



75%
of adult participants improved 1+ physical activity behaviors.



81%
of adult participants improved 1+ food resource management practices.



84%
of adult participants improved 1+ food safety practices.

KEY YOUTH INDIVIDUAL IMPACTS

After 3rd-5th grade youth completed the Wyoming SNAP-Ed lesson series, they showed the following:



36% of youth participants ate more fruits.



42% of youth participants ate more vegetables.



45% of youth increased how long they do physical activity.



46% of youth participants decreased drinking fruit-flavored or sports drinks.



37% of youth participants washed hands more often.



COMMUNITY IMPACTS

Wyoming SNAP-Ed partners with community organizations serving populations with limited resources at both the local and state level. Community interventions (policy, systems, and environmental changes) work to create healthier communities in settings like elementary schools, food pantries, and early childcare education centers, and through efforts like community gardens and agency referral systems. During the COVID-19 pandemic, these partnerships were essential and helped to provide additional resources at food pantries and expand partnerships to better meet community needs. Details on COVID-19 impacts are on the next page. The data below encompasses all community intervention efforts during grant year 2020.



Local Food (Gardens & Farmers Markets)

14 community partnerships with farmers markets and gardens

4,621 people reached

12,460 pounds of produce donated



Healthy Food Pantry Project

11 food pantry sites

64 supports adopted

6,364 people reached



Agency Referrals

970 referrals from the Wyoming Department of Family Services

3.4% of SNAP-Ed graduates were DFS referrals



Elementary Schools

18 youth education sites

82 supports adopted

3,467 youth reached



Healthy Policies Toolkit

11 Early childcare education sites

42 supports adopted

1,527 youth reached

WYOMING COVID-19 INNOVATIONS

SUMMARY

Wyoming SNAP-Ed used a multi-level approach to adapt programming and pivot efforts to collaborate with partners to meet community needs during the COVID-19 pandemic.

DIRECT EDUCATION



Challenges:

34 classes canceled, 7 classes postponed, restrictions for in-person classes

Pivot to virtual, hybrid, and adapted education programs:



8 lessons for adults adapted to online.

22 online class series.



136 online only participants.

15 face-to-face class series.

1 hybrid class series.

COMMUNITY INTERVENTIONS



Challenges:

Events canceled, new constraints and needs, and increasing concerns about food security.

New resources to support the community:

11 Facebook Live educational videos.



20+ different recipe cards delivered to thousands of people in food pantry boxes.

2 new Facebook pages for community resources.

1 COVID-19 response website.



5 cooking resource videos.

SECTORS OF INFLUENCE



Challenges:

Collaborative projects canceled. New needs and priorities realized.

Partnerships to address COVID-19 challenges:



2 new/alterd garden projects reaching **2,595 people**.

216 continuing partnerships.



3 Facebook Live videos with partners reaching **1,861 people**.

74 expanded partnerships.

14 new partnerships.

WYOMING SUCCESS STORIES

Green Thumbs in Laramie County

In 2019, Wyoming SNAP-Ed, in coordination with Wyoming Workforce Services and the Department of Health, launched a new toolkit to assist early childcare and education (ECE) centers increase healthy practices and policies. Wyoming SNAP-Ed provides technical assistance to qualifying ECEs but due to COVID-19 planned work with ECEs had to adapt. Growing gardens is one way Laramie County SNAP-Ed and its ECE partners decided to add some healthy changes.

SNAP-Ed educators assisted ECEs with starting seeds and getting the gardens started, as well as providing educational materials for using the produce. Due to an early snowstorm, the garden season was cut short, but ECEs grew 64 pounds of produce, which was used in ECE meals and snacks, and adopted 32 nutrition and physical activity supports through the gardens.

“We are so grateful for getting the opportunity to be able to do this with our students, it’s amazing!” said Brittany Wilson and Tess Barnes, Directors at Creative Compass School. “Our thumbs might have a tiny bit of green in them after all.”



Pivoting to Online Classes

Teaching classes online was a new challenge for Wyoming SNAP-Ed, but one that opened up new possibilities. From individuals to partner agencies, online classes allowed Wyoming SNAP-Ed to continue to provide nutrition education with success.

“Zoom worked really well with the participants,” said Kelly Poniatowski, a coordinator at Overture, an agency that provides services and supports for people with intellectual and developmental disabilities. “They could hear the program very clearly and participate really well.”

“We loved the class 100%,” said a couple who attended the virtual class by calling in via phone. “It has helped us more than we can say. We are eating more healthy, better quality foods and less garbage. We have saved 10% on our food bill, and we are still working on that...I have dropped 3 pounds by eating more whole wheat, and because we have been making smoothies with fruits and vegetables.”

Wyoming SNAC Team

In Wyoming, the State Nutrition Action Coalition (SNAC) meets quarterly to collaborate and share information. This year, the SNAC team served as the Healthy People work group for the Wyoming Food Policy Coalition. SNAC team agencies were active during the COVID-19 pandemic, working to provide food and nutrition resources to those in need, including work to support the First Lady of Wyoming’s Wyoming Hunger Initiative. The SNAC team expanded this year, including the addition of the Wind River Indian Reservation Food Sovereignty program.



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

UTAH

State Agency

Utah Department of Workforce Services

Implementing Agency

Create Better Health SNAP-Ed through Utah State University Extension

SOUTHWEST REGION SUMMARY

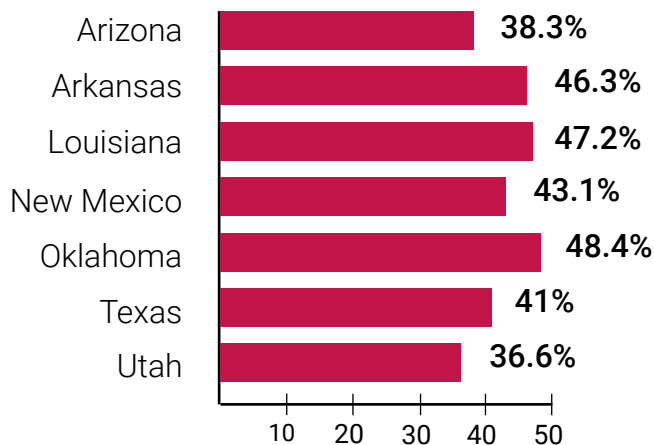
THE SWR SNAP-Ed CHALLENGE

Southwest Regional Office Food and Nutrition Services mission states, "We work with our 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

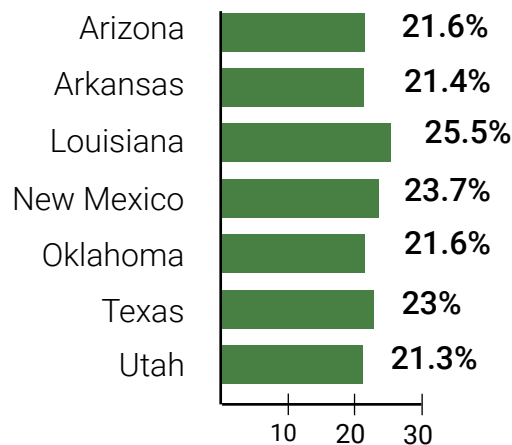
that persons eligible for the Supplemental Nutrition Assistance Program (SNAP) will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans (DGA) and the United States Department of Agriculture (USDA) Food Guidance.

SWR SELECTED HEALTH INDICATORS

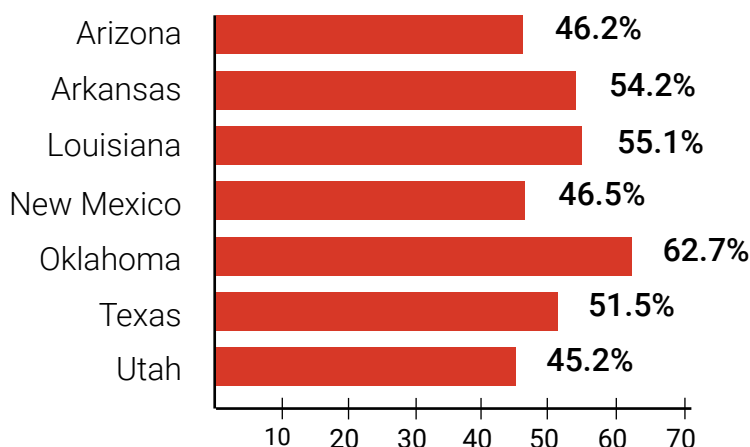
Percent of population that consumes fruit less than one time per day



Percent of population that consumes vegetables less than one time per day



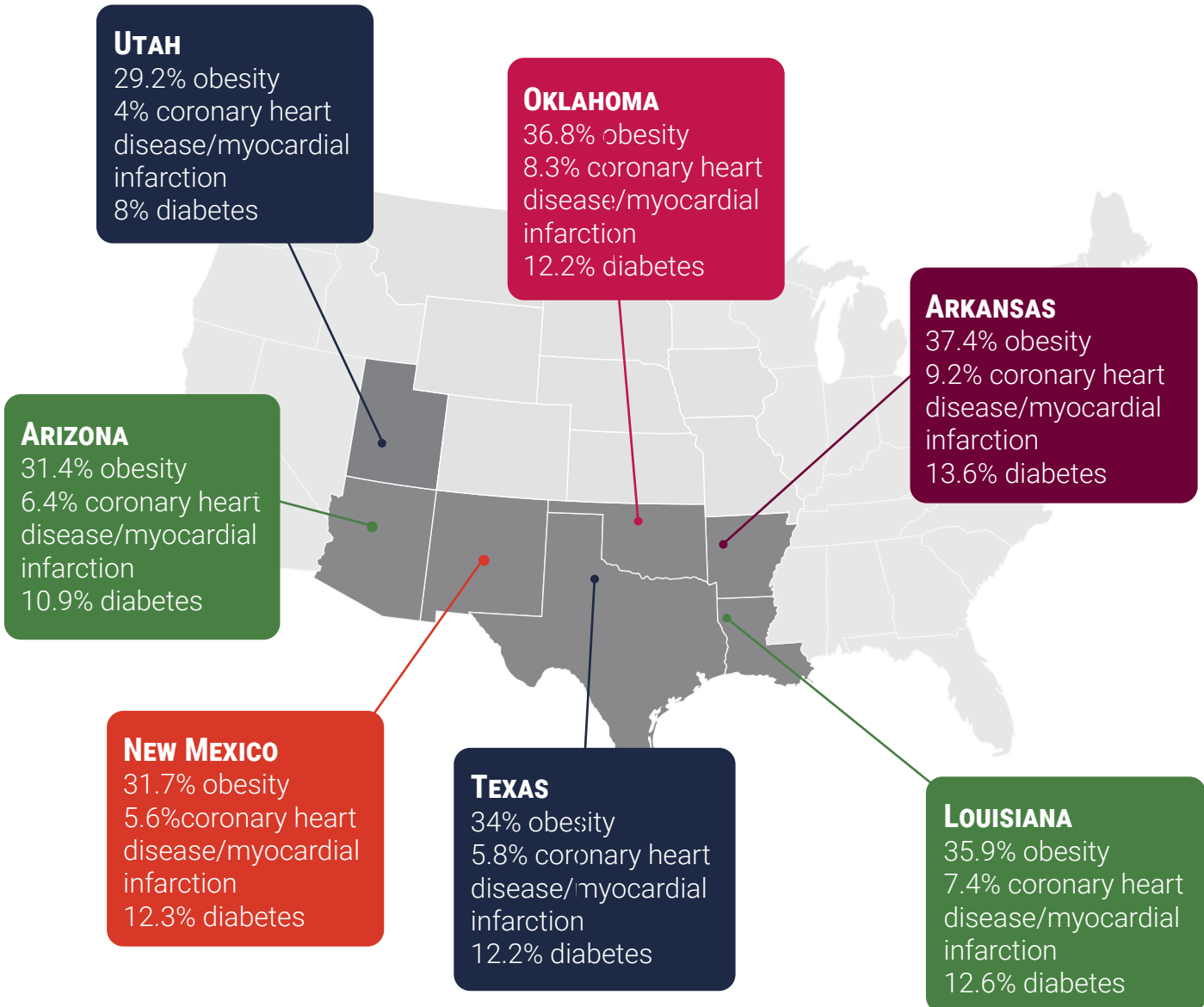
Percent of population that does not participate in 150 minutes of aerobic physical activity per week



Data for pages 43-44 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 17, 2021]. URL: <https://www.cdc.gov/brfss/brfssprevalence/>.

SWR SUMMARY, CONTINUED

SWR OBESITY & CHRONIC DISEASE RATES





THE SWR 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. Promotional interventions related to individual, group, and family nutrition education and physical activity.
2. Comprehensive, multi-level interventions in environmental settings.
3. Community and public health approaches reaching a large segment of the population.

All solutions are evaluated to show implemented interventions are evidence-based and will change the lives of communities in 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



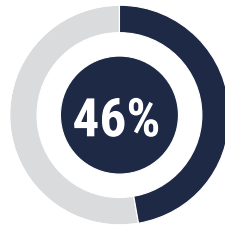
+ .2 cups

After completing a class series, adult participants' mean fruit intake increased to 1.5 cups daily, compared to 1.3 cups before the series.



+ .2 cups

After completing a class series, adult participants' mean vegetable intake increased to 1.4 cups daily, compared to 1.2 cups before the series.



of participants reported increased use of the nutrition facts label after completing a class series.



- .7 hours

The average amount of time spent sitting on a weekday decreased from 3.4 to 2.7 hours among adult participants.



- .5 hours

The average amount of time spent sitting on a weekend day decreased from 3.1 to 2.6 hours among adult participants.

KEY YOUTH INDIVIDUAL IMPACTS



1.5x

Youth reported a sustained increase in vegetable intake from 1.2 to 1.5 times per day about four months after receiving SNAP-Ed multi-level interventions.



+1.3 bouts

The average weekly bouts of physical activity increased from 10.5 to 11.8 among youth participants after receiving some combination of SNAP-Ed multi-level interventions during the school year.

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.



Multi-sector Coalitions for Active Living Community Changes

55 coalition members from **6** active living coalitions shared perspectives on their coalitions



Childcare Centers

40 childcare centers were assessed in FY 20, with **5** of those site assessed for changes after 2 years
11% increase in good nutrition practices from FY18 to FY20
17% increase in best practices for feeding



Supporting Free Meals for Children During COVID-19

1,058 program actions by **6** local implementing agencies in **12** out of 15 counties
104 sites



School Wellness Policy Review & Improvement

74 schools and districts
47 school wellness policies assessed from 2018-2020
32% score increase for physical activity policy comprehensiveness
45% score increase for competitive foods and drinks policy strength

ARIZONA COVID-19 INNOVATIONS

SUMMARY

When the COVID-19 pandemic hit, existing disparities in access to healthy food—already a challenge for SNAP-Ed eligible individuals and families—were exacerbated. The crisis has affected many aspects of food resource management, leaving Arizona’s most vulnerable populations at an increased risk of food insecurity. In response, our dedicated AZ Health Zone Local Implementing Agencies (LIAs) supported their community partners to fill the gaps in local food systems by working with school districts, early care and education (ECE) centers, local coalitions, farmers, food banks, and others to provide food and SNAP educational materials.

BRINGING RESOURCES & FOOD TO COMMUNITIES

Distributing Food & Supplies to ECE Families



The UA Extension, Yavapai partnered with Head Starts to develop produce bag pick-ups. They distributed **110 produce bags** with recipes and QR codes for the LIA’s website and YouTube nutrition education videos.

Connecting Local Growers to Families in Need



The Yuma SNAP-Ed team provided food boxes to community sites. They developed a pickup-and-delivery loop that gave **over 300 food boxes** to people in need.

Moving Garden Plants & Produce into Communities



The UA Cooperative Extension, Apache aided garden produce distribution and an edible plant giveaway. The garden produced **120 pounds of produce** that was given to the community and **650 tomato, pepper, and tomatillo plant** starts to beginner gardeners at the plant give away.

Getting Health-Related Supplies to Schools



The UA Extension, La Paz organized a school supply drive. LIA staff provided SNAP-eligible students with water bottles and collected community donations, including: **500 hand sanitizers, 600 tote bags, school supplies, and face masks.**

ARIZONA SUCCESS STORIES

Park Improvement Plans

Preferred locations for trees and shade were captured by residents on maps that were used by the City of Phoenix Parks and Recreation Department to compare to the tree master plan. The city encouraged this process and welcomed and valued the community input. They installed 120 trees in El Prado Park [in South Phoenix] and will soon complete planting in other parks. Many residents told us they have participated in surveys and other municipal activities but have never seen any direct outcomes; this time was different. Now when they visit their park, they will see the direct impact their voice had in the project.



Playing a Convener Role During COVID-19

“We’ve been called upon by our community to step up and fill this convener role in a very direct and significant way. We have been present on community-wide resource calls, asked to present about what outlets are available for food access, suddenly been seen as experts in understanding food issues from restaurants, farms and gardens, schools, emergency food, individuals, families, and institutions. It is not uncommon during this COVID period to have a farmer say they have food rotting in the ground and a Head Start to say they have 3 families in dire need. We offered up our parking lot, use of our vehicles, personnel, social media and email lists, anything and everything we can get our hands on to help our community contacts and larger community. We haven’t said no during this time.”

Arizona SNAC Team

Arizona’s SNAC strategically aligns state nutrition and physical activity efforts across programs, which became critical to support free meals for children during the pandemic.



During this time, LIA activities in partnership with SNAC included:

- Developing consistent strategies & timelines for marketing meal programs.
- Supporting sponsors in communicating state & federal waivers & operational changes.
- Providing partner sites & families with the most updated information.

These strategies were used alongside the AZ Health Zone’s online meals map and English/Spanish digital marketing toolkits.

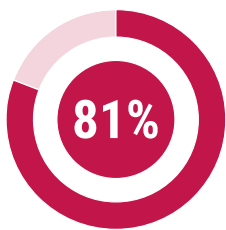
ARKANSAS SNAP-Ed IMPACTS

ARKANSAS' APPROACH

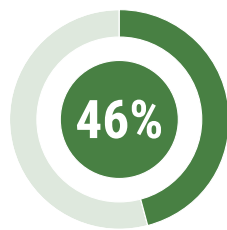
The Arkansas Supplemental Nutrition Assistance Program – Education (SNAP Ed) is a partnership between the University of Arkansas Cooperative Extension Service, the University of Arkansas Pine Bluff, and the Arkansas Coalition for Obesity Prevention. The goal of SNAP-Ed is

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.

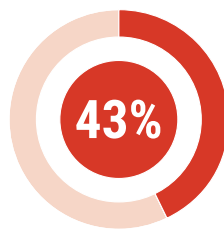
KEY ADULT INDIVIDUAL IMPACTS



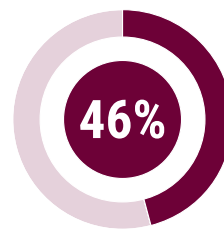
of adults increased using MyPlate to make food choices.



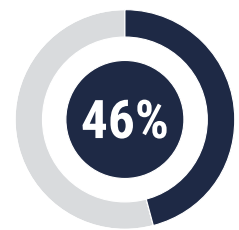
of adult participants reported seldom running out of food by the end of the month.



of adult participants increased their daily consumption of whole grains.



of adults increased using the nutrition facts labels to make food choices.



of adult participants increased their daily consumption of low-fat or fat-free milk.

ADDITIONAL INDIVIDUAL IMPACTS



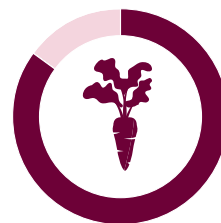
97% of youth increased knowledge in Arkansas foods.



81% of youth intended to increase their fruit/vegetable consumption.



66% of parents and children have been more physically active.



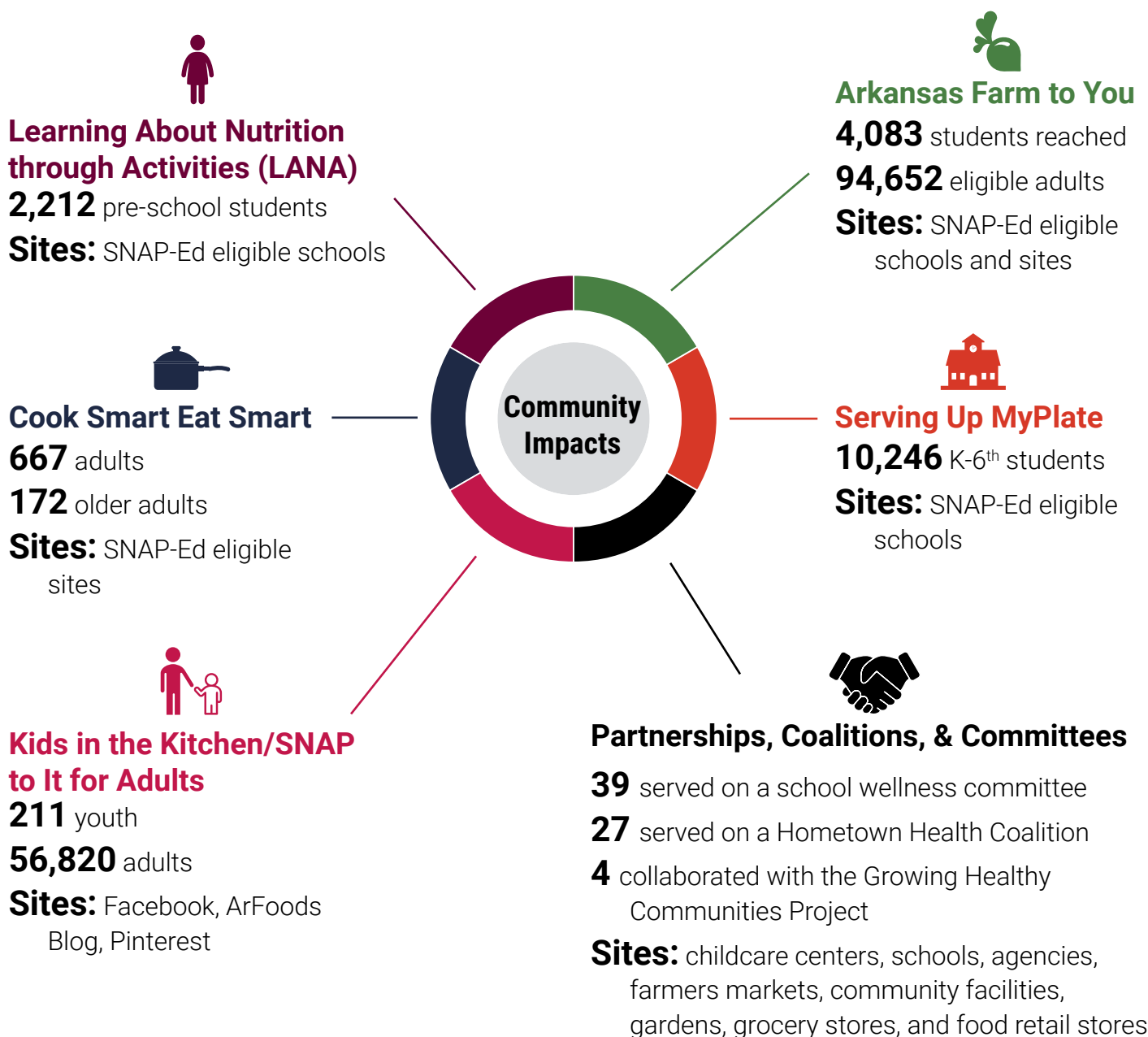
85% of parents said their child was more willing to try new foods.



100% of youth more confident in their food preparation.

COMMUNITY IMPACTS

Arkansas SNAP Ed's primary goal is to increase the consumption of more fruits and vegetables through SNAP with education on how to access affordable healthy food, food preparations skills, smart shopping skills, and nutrition education.



ARKANSAS COVID-19 INNOVATIONS

SUMMARY

Due to the COVID-19 pandemic, Arkansas SNAP Ed developed creative strategies used for direct education to be delivered virtually.

DIRECT EDUCATION



SNAP-Ed **face-to-face programming** was **interrupted** due to the COVID-19 pandemic.



Agents adapted to the pandemic by finding creative ways to **reach participants virtually** and keeping an open line of communication with their SNAP-Ed partners.



A Facebook pilot project was implemented to reach SNAP Ed participants virtually.



"The better I eat
the better I feel."
- *Student Participant*

COMMUNITY INTERVENTIONS



The overall **goal of Arkansas SNAP-Ed** is to improve the likelihood that persons eligible for the SNAP Program will **make healthy food choices** within a limited budget and choose active lifestyles.



The Snap to It! project was developed and offered to SNAP-Ed participants through Facebook Groups. The SNAP-Ed social media campaign on Facebook **reached 56,820 people** with reach **engagement of 5,513**.

ARKANSAS SUCCESS STORIES

Adopting Healthy Habits

A Supplemental Nutrition Assistance Program Education (SNAP-Ed) participant said she wanted to start making more healthy lifestyle changes to achieve a healthier weight and alleviate some of her knee pain. In just over three months, she has lost 10 pounds thanks to adopting healthy exercise and eating habits.

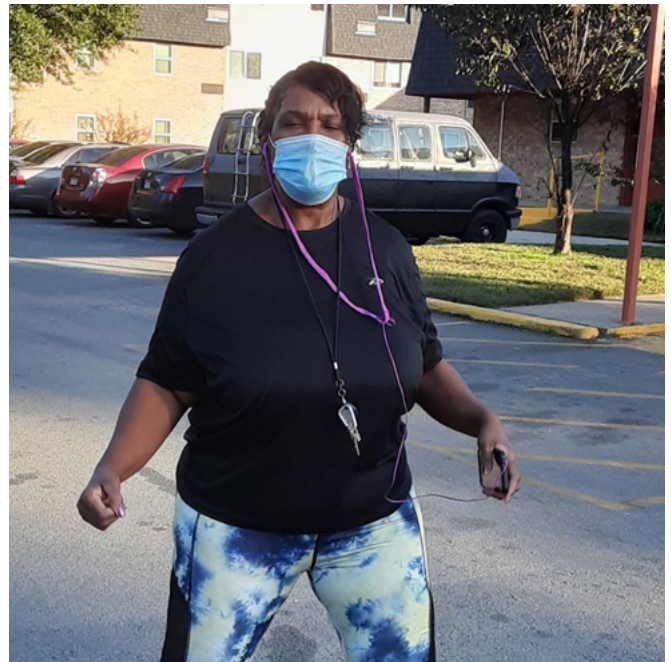
The participant has been attending cooking classes offered through University of Arkansas at Pine Bluff SNAP-Ed for four years. At the start of her recent health and weight loss journey, I encouraged her to start small, set realistic goals and practice patience while waiting for results. I also emphasized that variety and moderation are important parts of establishing a healthy eating pattern.

Over time, the participant learned to read food labels, cut back on high salt food items and select the best types of fruits and vegetables. She regularly cooks SNAP-Ed recipes and has learned to practice portion control.

Exercise is now a regular part of the participant's daily routine. She went from walking in the mall and around the local high school track to walking stairs and practicing a variety of exercises outdoors. I noticed that she started to extend the length of time spent exercising every session.

The participant reported that she now hardly uses salt and always tries to incorporate fruits and vegetables in her diet. She has also noted other changes. She has made a point to stop eating after 7 p.m. And instead of eating after going power walking, she now goes power walking after eating.

One of the main challenges for the people I work with who want to lose weight or be healthier overall include self-control (resisting their food



temptations and cravings), time-management and endurance/perseverance. One of the most important things for people to remember when they want to adopt new healthy habits is to start small so the body and digestive system can adapt slowly and not be thrown in shock. It is also important to make a conscious choice to incorporate a new fruit and/or vegetable every week to broaden their food variety.

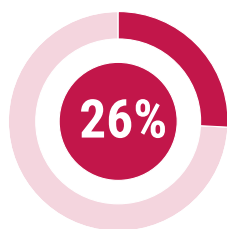
LOUISIANA SNAP-Ed IMPACTS

LOUISIANA'S APPROACH

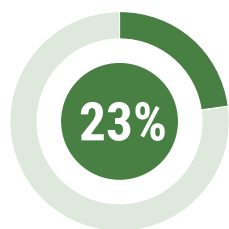
Louisiana SNAP-Ed's approach is to link Louisiana citizens to opportunities for success by encouraging progressive lifestyle changes as it relates to nutrition, diet and health. Our goal is to make the healthy choice the easy choice for SNAP-Ed eligible participants. Although the COVID-19 pandemic impacted evaluation efforts, many youth and adult participants in the LSU AgCenter SNAP-Ed program reported significant

changes to their eating and physical activity behaviors. Additionally, Southern University Ag Center's nutrition education programs provided research-based nutrition education that coincides with the USDA Dietary Guidelines and MyPlate Food Guidance System. Year round, our programs are available and innovatively tailored to meet our communities' nutritional needs.

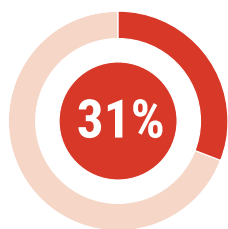
KEY ADULT INDIVIDUAL IMPACTS



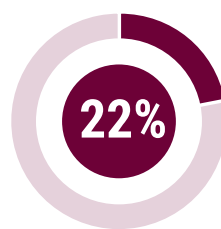
26% of adults increased in fruit consumption.



23% of adults increased in vegetable consumption.



31% of adults increased in days per week spent exercising for 30 minutes or more.



22% of adults increased in days per week spent strength training.



30% of adults decreased in sugar-sweetened beverage consumption.

KEY YOUTH INDIVIDUAL IMPACTS



32% of youth reported increased fruit intake.



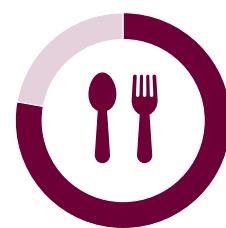
32% of youth reported increased vegetable intake.



60% of youth reported any positive change to physical activity behaviors.



31% of youth reported increased length of time being physically active.



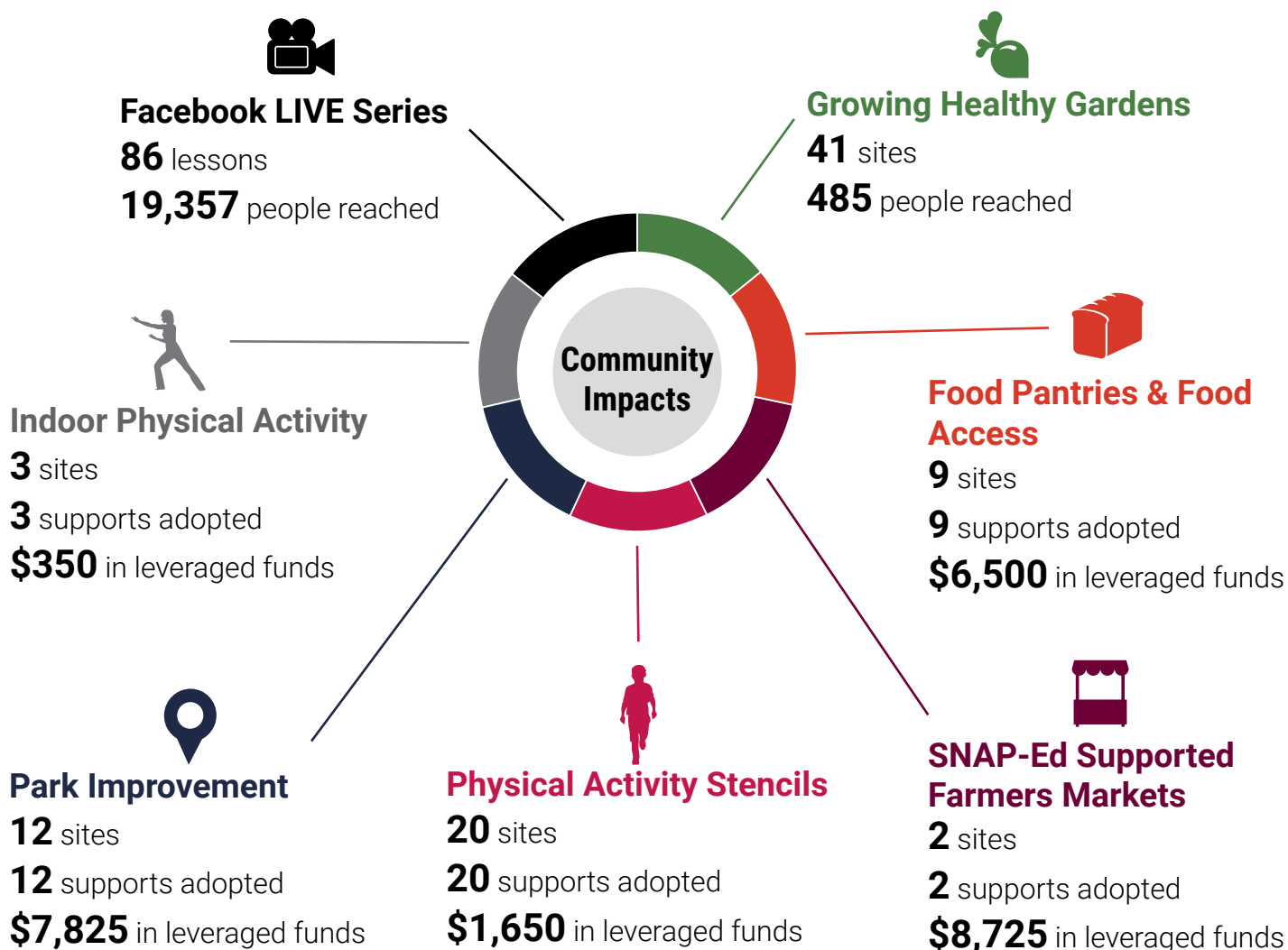
78% of youth reported any positive nutrition behavior change.

WALKING GARDEN



COMMUNITY IMPACTS

The LSU AgCenter implements the Healthy Communities Initiative, a program unique to the AgCenter which is a 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. Also in 2020, the SU AgCenter implemented a new component of virtual programming, a new Facebook Live Series. This new and innovative method allowed SU to continue engaging with the local communities and beyond with virtual nutrition education, physical activity, and gardening lessons. In addition, SU also began to initiate Facebook Challenges.



LOUISIANA COVID-19 INNOVATIONS

SUMMARY

Due to the COVID-19 pandemic, Louisiana SNAP-Ed developed creative strategies for direct education to be delivered virtually.

DIRECT EDUCATION



Face-to-face interactions were suspended due to enforced public and health safety precautions put into place after the start of the COVID19 pandemic.



The SU AgCenter's Nutrition Programs (SNAP-Ed and EFNEP) adapted its direct education programming methods by starting **virtual nutrition education, physical Activity and gardening lessons** via Facebook Live, with PowerPoint Presentations.



68 live lessons were completed with **viewership** totaling to over **19,357**. This expanded our reach far beyond our normal audiences and took us to a national platform.

COMMUNITY INTERVENTIONS



Louisiana residents were impacted by **food insecurity** in greater numbers due to the **lack of financial stability** and other resources that provide access to healthy food options.



The SU AgCenter's Nutrition Programs partnered with local **commodity sites** to provide **nutrition education resource toolkits** for participants that partake in their food distribution programs. Together these coalitions not only secured food donations to numerous households in need, but also added **1,307 nutrition and health related resources kits** to help educate participants on the importance of an active and healthy life.

LOUISIANA SUCCESS STORIES

Longfellow-Evangeline Historic Site

“The opportunity to maintain the community garden at the Longfellow-Evangeline Historic Site gives all ARC day program participants as well as ARC-supported independent living individuals an outdoor activity in the community,” said Joan Cormier, day program supervisor for the ARC of St. Martin. “We also hope the process of planting, growing and eating the vegetables they grow will educate these individuals about the food they eat and lead to a healthier lifestyle. Staff will have ongoing discussions with participants about the nutritional value and benefits of eating the vegetables they grow.”

Cormier noted that outdoor activities like gardening provide an opportunity to remain active and connected while social distancing. The garden also features two rows of bench seating perfect for accommodating field trip groups and families.

The LSU AgCenter’s SNAP-Ed and Healthy Communities programs have partnered with like-minded organizations in St. Martinville, La.,

to improve physical activity opportunities at a park located on a state historic site. The walking and biking trail now features signs with fitness messages

about warm-ups, stretches, bench exercises, trail distances, hydration and nutrition. The additions at the site also include a StoryWalk® and a vegetable garden.

“These new projects add a whole new element to the park. Where we have previously focused on historic elements, we are now expanding our interpretive programs to include nature, health and wellness,” said Christi Disher, manager of Longfellow-Evangeline State Historic Site.



Living a Healthier Live with SNAP-Ed

Dear Ms. Grace Siggers,

Bessie Haynes is my name. My money for groceries always runs out before the month ends. As a result, I was always trying to find something for my family to eat the last week of the month. Looking in the pantry, I would find Ramen Noodles to feed my family. I found out from attending the SNAP-Ed program session that they are filled with empty calories and provide no nutrients. Not to mention lots of sodium.

Enrolled in the program taught by Mrs. Siggers has been a real guide for my making a grocery list, planning menus, and cooking meals to make my money stretch further. I am now able to serve my family more nutritious meal for the entire month. The 10 lessons from your program has helped my family live a healthier life.

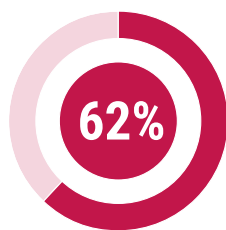
NEW MEXICO SNAP-Ed IMPACTS

NEW MEXICO'S APPROACH

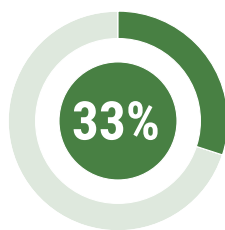
SNAP-Ed New Mexico focuses on promoting healthy eating and active living, specifically among low-income populations across the state. In NM, about one in five people live below the federal poverty level (19.7%), which is higher than the US average (13.4%). Poverty in NM is even greater among children (under age 18) at 26.2% compared with

18.4% nationally. In 2020, six 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 a variety of locations including schools, senior centers, WIC clinics, and on virtual platforms.

KEY INDIVIDUAL IMPACTS



of adult participants in Seed to Supper reported eating fruit more often.



of adult participants in Seed to Supper reported eating vegetables more often.



33,001 adults reached



33,557 youth reached

ADDITIONAL INDIVIDUAL IMPACTS

Students from a random sample of 17 schools in NM responded to the NM Healthy Habits Survey. The survey measured fruit and vegetable intake as well as associations between predictor variables and sedentary behavior, physical activity, and eating fruits and vegetables. Below are key results:



Average daily fruit intake increased from 1.89 to **2.09 servings** among youth reached with Eat Smart to Play Hard.



Average daily vegetable intake increased from 1.74 to **1.83 servings** among youth reached with Eat Smart to Play Hard.



Parents being physically active together with their children was significantly associated with increased physical activity in children.



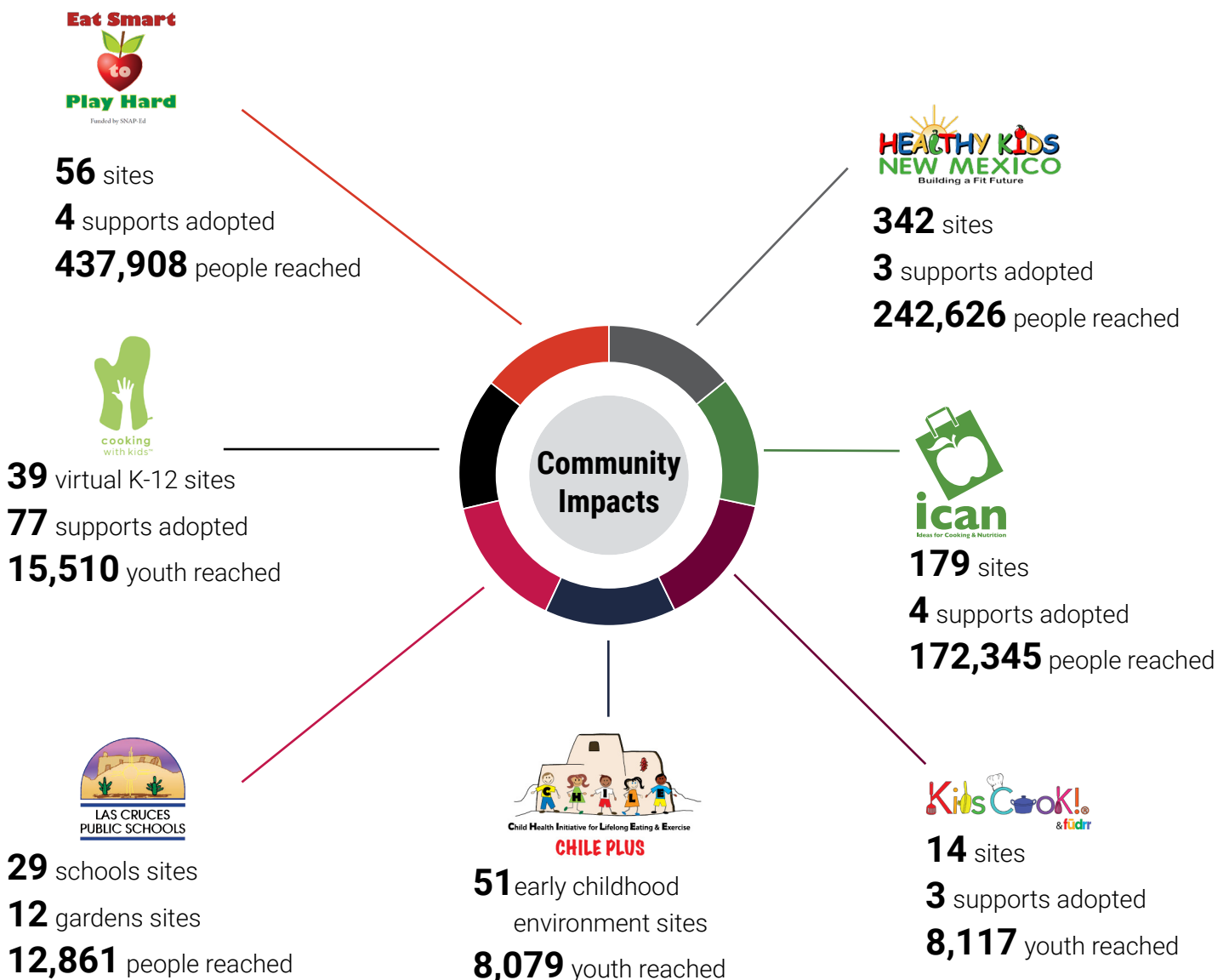
Having a TV or other electronic device in the room where the child sleeps was significantly associated with increased screen time, as was the number of days that the TV was on during mealtime.



Children helping to prepare meals, the number of days per week that a family ate their main meal together, and parents who think role modeling healthy eating is important were all significantly associated with increased fruit and vegetable consumption in children.

COMMUNITY IMPACTS

SNAP-Ed NM is using direct education (DE) and policy, system and environmental (PSE) change strategies to support healthy eating and active living. SNAP-Ed delivery in FFY 20 faced many challenges as a worldwide pandemic, COVID-19, forced statewide closings of schools, senior centers, farmers markets, and all other places where DE would normally take place. As a result, SNAP-Ed NM made drastic and timely pivots in how delivery was made. DE was quickly shifted to digital formats for students, seniors, and the general SNAP-eligible population. As a result, reach spanned far and wide as New Mexicans were quite receptive to online SNAP-Ed formats.



NEW MEXICO COVID-19 INNOVATIONS

SUMMARY

SNAP-Ed NM is dedicated to helping SNAP-eligible populations navigate healthy eating and good physical activity behaviors even during the COVID-19 pandemic.

DIRECT EDUCATION



Schools, senior centers, SNAP offices, farmers markets, etc. all **closed or were severely impacted** by COVID 19.



SNAP-Ed New Mexico developed **online classes** utilizing Facebook, Zoom, and other electronic means.



Fresh **fruit and vegetable samples** were given out with printed tasting lessons during school lunch pick-ups.



"Kids Cook! is doing a great job of adapting the program so that it is accessible and engaging for students during distance learning. Thank you!"

- Participant



I've made a few recipes during quarantine! Yummy as always!

- Participant

COMMUNITY INTERVENTIONS



New Mexico felt a dramatic **increase in food insecurity** due to the pandemic. Many jobs were lost, and SNAP benefit eligibility increased substantially.



The **Seed to Supper** program was **expanded** to provide **seeds for home gardens**. Radio spots were used to promote healthy eating and physical activity. Schools were recruited for Activity Party Kits once in-person learning resumes.



SNAP-Ed New Mexico reached **897,446 youth and adults** by means of community intervention efforts in FFY2020.

NEW MEXICO SUCCESS STORY

Virtual Eat Smart to Play Hard in Zuni, NM



During the past year, SNAP-Ed NM implementing agencies successfully pivoted to reach families and communities across the state through virtual activities including Family Cooking Nights, Seed-to-Supper gardening classes, professional development for teachers, and collaborations to improve school wellness policies. One example, highlighted here, is the implementation of Eat Smart to Play Hard (ESPH), the SNAP-Ed NM social marketing campaign, in the tribal community of Zuni.

In 2020, the Zuni Youth Enrichment Project (ZYEP) and Shiwi Ts'ana Elementary School (STE) responded to the COVID-19 pandemic by staying committed to Zuni youth and getting creative with virtual learning. They implemented

ESPH, a campaign that encourages youth to eat more fruits and vegetables by appealing to their values of fun and play. Due to COVID-19 and virtual school, virtual programming was conducted through PE and Library classes where ESPH complemented and supported the curricula. Library class included reading books about food and nutrition and showing ESPH recipe demonstration videos to students and encouraging them to “eat smart” and stay hydrated. PE class incorporated the ESPH Fun Book Activities. The campaign culminated in a virtual “Fun Day”, where STE teachers and ZYEP staff had dance-offs, games, and action-based storytelling with students.

The campaign reached more than 550 students each week for 4 weeks with over 2,200 nutrition education contacts. More than 200 students received medals, ribbons and other prizes for active participation. Post-surveys showed that students reported increased enjoyment of learning about nutrition and that eating fruit and vegetables was more important to them after ESPH. After the campaign, students also continued to use water infusion bottles and ESPH activity items. ESPH also provided opportunities for the school community to come together. This is just one example of the partnerships and collaborations that make SNAP-Ed NM work!



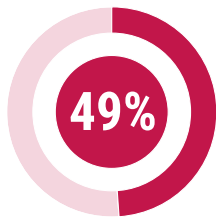
OKLAHOMA SNAP-Ed IMPACTS

OKLAHOMA'S APPROACH

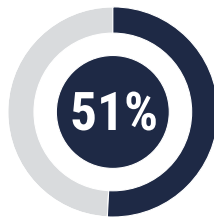
Oklahoma delivers SNAP-Ed programming through 4 implementing agencies: The Chickasaw Nation/ Impa Kilimpi' (strong food) formerly known as Get Fresh!, Hudson College of Public Health at the University of Oklahoma Health Sciences Center with the Oklahoma Nutrition Information and Education Project (ONIE), Oklahoma State University/ Oklahoma Nutrition Education (ONE), and Oklahoma Tribal Engagement Partners (OKTEP). Our desire is to improve the health of vulnerable Oklahomans

by offering relevant, culturally appropriate nutrition education to individuals of all ages and backgrounds. Programs are designed to encourage participants to make healthier food choices within a limited budget and adapt a more physically active lifestyle. Programming includes opportunities to practice skills through hands-on experiences such as cooking demonstrations, community gardens, and community-wide events. Social marketing campaigns play an important role in SNAP-Ed in Oklahoma.

KEY INDIVIDUAL IMPACTS



of adult direct education participants reported eating fruit more often each day.



adult direct education participants reported exercising for at least 30 minutes each day more often.



Participants reported a significant ($p=0.03$)

increase in the number of days they did 30 minutes or more of physical activity in the previous week after being reached by the Let's Get Moving Campaign.

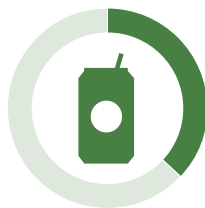


New participants reported an increase in physical activity after being reached by the Let's Get Moving Campaign.

KEY YOUTH INDIVIDUAL IMPACTS



54% of parents/caregivers reported their children asked them to purchase fruit at the store more often.¹



37% of parents/caregivers reported their children asked them less often to purchase candy, soda and sweets at the store.¹



61% of parents/caregivers reported their family tried Eagle Adventure moving activities.²



82% of parents/caregivers reported reading the Eagle Books with their family.²



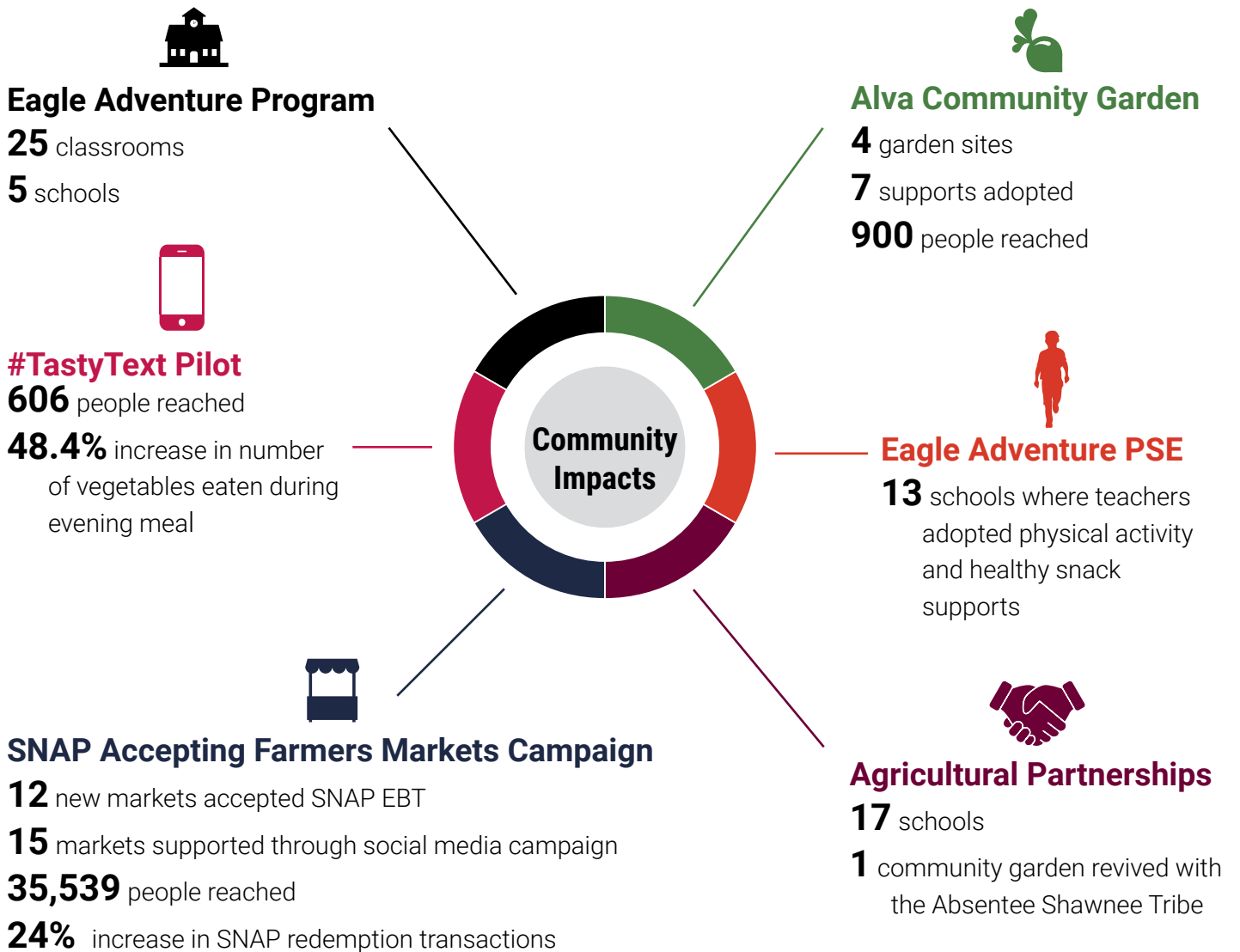
30% of parents/caregivers reported their child more often helps make a shopping list.²

¹ Chickasaw Nation, Eagle Adventure Program ² Oklahoma Tribal Engagement Partners



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. Increased use of online platforms such as Zoom, YouTube, Facebook, Instagram, and Twitter allowed nutrition education programs to continue during the COVID-19 pandemic. In a time of uncertainty, use of this technology allowed educators to maintain connections with those they serve. These relationships helped implementing agencies innovate and adapt programming to meet the needs of their communities.



OKLAHOMA COVID-19 INNOVATIONS

SUMMARY

Due to the COVID-19 pandemic, Oklahoma SNAP Ed developed creative strategies used for direct education to be delivered virtually.

DIRECT EDUCATION



Social distancing guidelines implemented statewide resulted in **schools closing** for the remainder of the school year and ended **in-person programming**.



All implementing agencies quickly transitioned to **virtual programming** on various platforms and distributed resources electronically or safely in-person.



300 virtual participants.³

67,756 participants, family members, and community members reached with the help of **129** community partners.³

COMMUNITY INTERVENTIONS

Abrupt shutdown of schools and businesses resulted in an **increase in food insecurity**, including an estimated **1 in 3 children**.



ONIE provided social media marketing to **15 farmers markets**. There was a **24% increase in SNAP redemption** at farmers markets.



Over **26,000 individuals** were served through food distribution events assisted by the Chickaaw Nation and some of their **132 partnerships**.



OSU Growers **donated produce** to a local agencies, reaching over **800 individuals**.



Over **248 students** and their families received Pawnee **black beans and Arikara sunflower** seeds to plant to promote food sovereignty and access.



Not Our Destiny social media was enhanced. Viewership increased, with the most popular post having a **reach of 46,500**.

OKLAHOMA SUCCESS STORIES

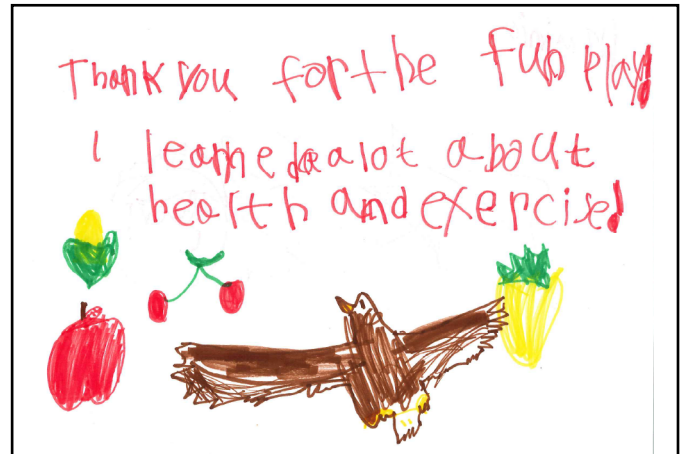
From OSU

The Hope Center is a pantry that has been serving citizens to address hunger since 1996. The food pantry was originally called the Westville Food Pantry Inc.; however, in 2014 it was renamed the Hope Center. Prior to starting this project I was volunteering and trying to see how I could apply for grants and get this pantry equipment that increased access to healthier foods. I came across the CNEP Grant which allowed me to start the project I had been longing for. With the \$500 awarded to me I was able to purchase a refrigerator for them, which was a huge deal because they currently did not have one! This opened the door for greater things. With my High Obesity Program (HOP; CDC grant program) money I was able to add to this project by purchasing four deep freezers and six shelving units! This has been such a blessing not only to the ones we serve, but our entire community. Without the CNEP Grant I don't think this project would have blossomed like it did!"

From Chickasaw Nation

After participating in Eagle Adventure programs, teachers reported students trying foods they normally wouldn't and students often return from lunch reporting the fruits and vegetables they had that day. Teachers also noted an increase in students' willingness to participate in more physical activity. One teacher reported a student had starting a running routine with his parents in a local park. The interactive nature of the short lessons have had an impact on participating students.

From OKTEP



One of the most exciting parts of Eagle Adventure is the feedback from participants. Several teachers report making changes in their classroom as a result of participating in the Eagle Adventure. Some of these changes include adding a 5 minute workout video for students twice per day and improving the selection of snacks of Friday snack days. It is important to mention OKTEP has collaborations with 20 of 39 federally recognized Tribes in Oklahoma. These efforts include work to expand access to healthful food planning through coordination with clinics and tribal vending companies.

From ONIE

ONIE completed a SMS Pilot called #TastyText. Participants reported increases in the number of days vegetables were eaten as part of the evening meal. Almost 81% also reported making 3-4 of the 7 recipes sent during the pilot. The level of engagement of this pilot, launched during a pandemic, is promising and provides hope for future expansion.

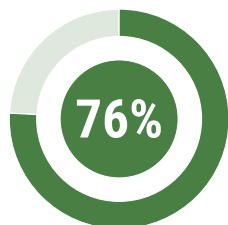
TEXAS SNAP-Ed IMPACTS

TEXAS' APPROACH

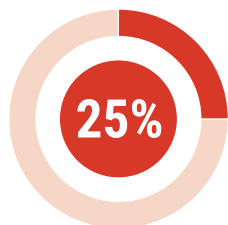
The Texas Health and Human Services Commission (HHSC) administered SNAP-Ed by contracting with 13 nonprofits, state agencies, and universities as implementing agencies to deliver nutrition education and obesity-prevention services. Implementing agencies included Common Threads, the Texas Department of State Health Services (DSHS) Health Promotion and Chronic Disease

Prevention Section, DSHS Office of Border Public Health, Feeding Texas, HHSC WIC, HHSC Early Childhood Intervention (ECI), HHSC Aging Services Coordination's Texercise program, It's Time Texas, MHP Salud, San Antonio Food Bank, Texas A&M University (TAMU) AgriLife Extension Service, TAMU Colonias Program, and UTHealth School of Public Health – Brownsville.

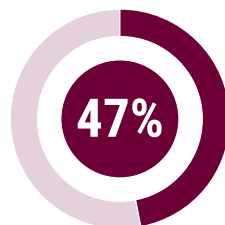
KEY ADULT INDIVIDUAL IMPACTS



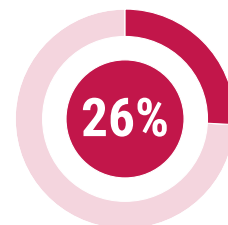
of adult participants increased their fruit and vegetable intake.¹



of adult participants reported increasing physical activity to meet recommendations of 150 minutes of activity per week.²



of adult participants increased the number of days they get 30 minutes or more of physical exercise.³



of adult participants increased following the MyPlate recommendations for fruit consumption.⁴

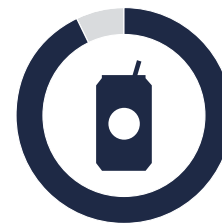
KEY YOUTH INDIVIDUAL IMPACTS



Whole grain consumption by youth participants improved by **28%** ($p < .001$).⁵



Youth participants increased their frequency of eating different kinds of fruit by **10%** ($p = .0012$).⁶



93% of youth participants reported reducing their daily intake of sugar-sweetened beverages by **10%**.⁴

¹ UTHealth School of Public Health - Brownsville ² HHSC ASC Texercise ³ TAMU AgriLife Extension Service

⁴ San Antonio Food Bank ⁵ Common Threads ⁶ Feeding Texas



TEXAS
Health and Human
Services

Texas Department of State
Health Services

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, and the use of technology to reach eligible people and communities.



Reach

13 implementing agencies
41,150 people reached through direct education sessions
39,328,023 individuals reached



Sites

5,523 sites where programming was delivered
77% of interventions took place where people learn or live



Interventions

100 total interventions including:
43 direct education
19 social marketing
38 policy, systems, and environmental



Televised Media Stories

52 Tu Salud ¡Sí Cuenta! Spanish televised media stories reaching¹
16,018,600 people



Community Challenge

432 communities
33,194 registrants in the statewide It's Time Texas Community Challenge health competition¹

TEXAS COVID-19 INNOVATIONS

SUMMARY

Texas implementing agencies showed resilience during the COVID-19 pandemic and quickly shifted their operations to deliver SNAP-Ed services using the following strategies.

ADAPTED PROGRAMMING



80% of projects were adapted to social distancing guidelines by using **virtual programming** and **printed materials**, like flyers and recipes.



HHSC Early Childhood Intervention dropped off **nutrition materials** to families' porches and offered **nutrition lessons** as an add-on to regular **telehealth appointments** with families.



Food banks in the Feeding Texas network used online platforms, grew their **social media** presence and added **nutrition education** to **food boxes**. Many food pantries converted to drive-through mobile distributions.

INCREASED REACH



Even though **43% of projects reached fewer people** than before the pandemic, **11% of projects reached more people** due to social marketing, virtual programming, and indirect education.



UTHealth Brownsville transitioned to online programming and added text messages, WhatsApp groups, and phone calls. They moved **76 of 199 class** series online to reach **8,926 participants**, an increase from 4,357 prior to COVID-19.



Feeding Texas **reached a total of 489,566 individuals** through indirect education, surpassing their **goal of 50,000** by almost 10 times.

NEW PARTNERSHIPS



While partnership-building was reduced for 2% of projects, **new partnerships** were established for **11% of projects**.



San Antonio Food Bank delivered a live virtual program with **interactive gardening toolkits**, which were distributed with new partners, including two public libraries, the Girl Scouts of America, and San Antonio youth. They conducted **276 virtual classes**, reaching **1,386 participants**.

TEXAS SUCCESS STORIES

Texas A&M University AgriLife Extension Service



The Better Living for Texans (BLT) program provides opportunities to help Texans live healthier lives in more than 210 counties by offering 10 different programs. AgriLife worked with agents and staff to deliver program content on social media sites and platforms. Agents were encouraged to explore and practice new virtual and online delivery methods, along with in-person methods. The timeline to develop, pilot and launch an online course for the program, A Fresh Start to a Healthier You!, was accelerated. As a result, the program served about the same number of participants as the previous year.

DSHS Health Promotion & Chronic Disease Prevention Section

COVID-19 required rethinking the ways subcontracting local health departments outreached to their communities beyond direct education. Focus shifted to using social media, radio messaging and billboards to get health messages out to the public. In three months, six subcontracting local health departments integrated social marketing into their projects through 615 social media posts, three billboards and two radio broadcasts. Social marketing messages included the impact of obesity and chronic disease on COVID-19 risk, health resources and healthy recipes.

San Antonio Food Bank

The San Antonio Food Bank's Sow Healthy: Garden to Table Series focuses on translating theory into knowledge with a hands-on approach to gardening and cooking. In-person classes were adapted to virtual classes through partnerships with public libraries and school learning centers. The San Antonio Public Library commented on their experience, "The educators expertly engage children in building their knowledge and skills about healthy food and living. Feedback from parents and children is overwhelmingly positive, with children more confidently and independently creating their own healthy snacks or growing their own tiny gardens."

HHSC Early Childhood Intervention

HHSC Early Childhood Intervention (ECI) subcontractor, the Texana Center, coaches parents and children on healthy eating, physical activity and exploring foods from seed to table. They held virtual classes on family-oriented exercises utilizing things like chalk and bean bags. They also held a virtual gardening class, and a local plant nursery donated items to grow herbs and vegetables at home. A participant said, "Now I eat more fruits and vegetables, and recently I've learned how to use positive phrases that help my children eat vegetables."

TEXAS STORIES, CONTINUED

HHSC WIC

A partnership between a local children's hospital's WIC program and a library resulted in a Rainbow Garden that provides on-site and virtual nutrition classes for children and adults. Parents were encouraged to garden with their children and to check out gardening and nutrition books from the library. The Rainbow Garden was also regularly visited by a local after-school program. The hospital's WIC coordinator is proud of the teamwork that made this initiative a success. "The garden and partnership that we built will provide long-term benefits for the families in our community."



It's Time Texas

The annual Healthier Texas Summit is a statewide event that brings together community health leaders to share best practices for building community health capacity. The change to a virtual platform extended the duration and reach of the summit. Some sessions featured SNAP-Ed implementing agencies that shared strategies on breaking health barriers. After attending, leaders were better equipped to decrease the prevalence of obesity and related chronic diseases. One participant said, "Not all areas have the same encounters, and the summit provided a broad look at the different challenges across the state."

UTHealth School of Public Health

The Tu Salud ¡Sí Cuenta! (TSSC) program promotes physical activity and healthy eating in the Rio Grande Valley region of the Texas-Mexico border. TSSC is culturally tailored to a predominantly Hispanic population and has been implemented in 11 communities. One participant began attending TSSC exercise classes before COVID-19 and spoke of her experience with the program, "Thanks to the exercise classes, I have been improving my health. I was pre-diabetic, but recently I took some medical exams that show I am no longer there." She recommended the program to her community as a step toward chronic disease prevention.

Common Threads

Common Threads provides training to educators to facilitate Small Bites, a series of lessons combining nutrition and healthy cooking preparation for young children. Common Threads partnered with over 27 independent school districts and expanded community organization partners. Caregivers and parents who participated with their children in Common Threads programs saw behavior change in their child's eating habits. One site coordinator in El Paso expressed that Small Bites was often a student's favorite part of their after-school program.

TEXAS STORIES, CONTINUED

Feeding Texas



Feeding Texas' member food banks aim to promote healthy eating and active living by providing nutrition classes in food banks, food pantries and community centers throughout the state. The Tarrant Area Food Bank incorporated hands-on gardening experiences into educational sessions with their quarter-acre garden. The garden provided moderate-level physical activity opportunities, gardening experience, and education about growing a variety of fruits and vegetables, all while producing approximately 2,600 pounds of fresh produce for the community.

HHSC ASC Texercise

Texercise is a statewide health initiative that educates and engages Texans age 45 and older in healthy lifestyle behaviors related to physical activity and nutrition. Programs were held at sites where older adults gather, such as community/senior centers and long-term care facilities using pandemic safety measures. Texercise developed a process for virtual classes, resulting in 15 virtual implementations and a collaboration with Meals on Wheels Central Texas for their virtual fitness challenge, reaching even more participants. By using Texercise health-related tools, people and communities proactively prepared for aging and associated issues.

MHP Salud

MHP Salud's Juntos Podemos program promotes healthy lifestyles for families in the Rio Grande Valley through health education sessions led by community health workers. Sessions were offered in English and Spanish at different locations and virtually. As a result, communities felt more empowered to make changes to improve their health. A participant said, "Since the course I have been exercising 20 minutes on my treadmill on a daily basis. I have also rationed my meals to smaller portions and feel a lot healthier now that I have added vegetables to my meals."



UTAH SNAP-Ed IMPACTS

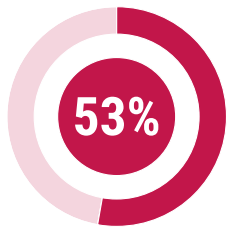
UTAH'S APPROACH

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. CBH uses a comprehensive approach to reduce obesity and chronic diseases among

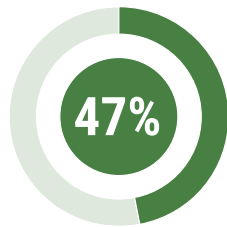
vulnerable populations in urban and rural locations. While 2020 was a challenging year, CBH's dedicated team found innovative ways to reach our audience in meaningful ways. Utah had an active program in 65% of counties resulting in improved knowledge, skills, and healthy food access for SNAP-Ed eligible adults and youth.

KEY ADULT INDIVIDUAL IMPACTS

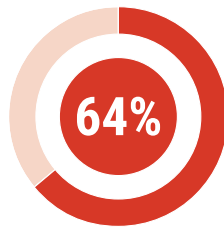
At least 6-months after participating in a Utah SNAP-Ed series, participants shared the following:



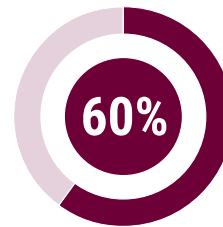
of adults increased the amount of fruit they eat weekly.



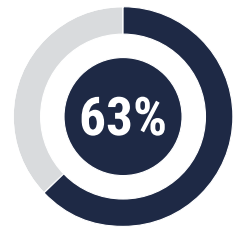
of adults increased the amount of vegetables they eat weekly.



of adults increased the number of days they are physically active each week.



of adults increased using MyPlate to make food choices.



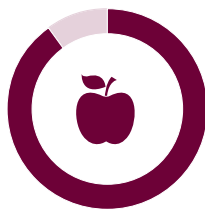
of adults increased using the nutrition facts labels to make food choices.

KEY YOUTH INDIVIDUAL IMPACTS

After their child participated in a Utah SNAP-Ed series, parents/guardians shared the following:



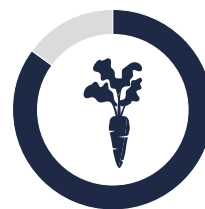
73% reported their child eats more fruit.



90% reported their child has increased knowledge about fruit.



85% reported their child eats more vegetables.



85% reported their child has increased knowledge about vegetables.



62% reported their child is more physically active.

COMMUNITY IMPACTS

Utah's SNAP-Ed program, Create Better Health (CBH) works to improve healthy food access through changes made to policies, systems, and environments (PSEs) throughout the state. Priority settings for PSE during 2020 included food pantries and schools. As a result of PSEs, SNAP-Ed partnering agencies adopted 3 policy, 40 system, and 46 environmental supports that made healthy food choices easier to make. In addition to improving healthy food access, CBH also ran a social marketing campaign that promoted farmers markets to SNAP recipients.



UTAH COVID-19 INNOVATIONS

SUMMARY

While half the year was heavily impacted by the COVID-19 pandemic, through innovative programming, Utah's Create Better Health program was still able to reach their audience with meaningful projects.

DIRECT EDUCATION



All in-person adult and youth classes were canceled for **6 months** of the fiscal year.



Educators pivoted to reach their audiences virtually through platforms including **Facebook Live, Zoom,** and **Google Meet.**



Educators taught **104 youth classes** and **262 adult classes.** An intent to change survey offered to virtual adult class participants found **similar impacts as one-time in-person classes.**

COMMUNITY INTERVENTIONS



Utah experienced **>300% increase** in food insecurity as a result of the pandemic. Additionally, market losses left many farmers without an outlet for their products.



Food pantries saw a **significant increase** in the number of **individuals seeking emergency food.** Pantries expressed a **need for fresh fruits and vegetables.**



Utah SNAP-Ed partnered with the Utah Farm Bureau to develop **Farmers Feeding Utah (FFU)** which purchases products from farmers and donates them to food insecure families or food pantries.



Over **550,000 pounds** of farm fresh foods distributed to over **9,000 families** and **24 food pantries.**



Buy Produce for Your Neighbor and **community garden** efforts collected and donated fresh produce to food pantries.



Approximately **2,500 pounds of fresh produce** were donated to **12 pantries.**

UTAH SUCCESS STORIES

Seeing a Difference

As I was reviewing if the class participants had eaten more fruits and vegetables in their diets in the last month since our Fruit and Vegetables lesson, [a participant] said that she had gone in for a checkup with her doctor. She said her A1C levels had dropped from 7.1 to 6.1 and she had told her doctor that she was attending Create Better Health classes and learning to eat healthier and she was making changes. She then said, "My doctor told me to come back and thank you because you are teaching me to eat healthy and my A1C levels dropped from 7.1 to 6.1."

-Create Better Health Ambassador

Trying New Foods

"My son hated vegetables and wasn't much of a fan when it came to fruits. I noticed a huge difference when he started taking classes, as he walked around the grocery store he'd point out and name certain vegetables and would say things like 'can we get some of that? I'd like to try it.' For meals he will either ask for vegetables and or fruit on the side, because he says they are 'filling and healthy for his body,' We are so amazed and proud of the knowledge he now has because of the classes he took! I love the recipes!"

-Participant Parent

Community Gardening



One of the families participating at the Community Garden, shared that they have been enjoying this summer activity as a family. The son has been helping and learning a lot during the process. The mother noticed the family has been eating more vegetables. She is happy because the youngest kid, a six-year-old girl, is learning to try different vegetables that she didn't want to eat before. "If she helps harvesting, the mother says, then she tries a bite."

-Create Better Health Ambassador





PROGRAM EVALUATION
AND REPORTING SYSTEM

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