

Nutrition and Physical Activity 2018 Annual Report

Describe the Identification and Planning for this Program:

Twenty-one percent of Cochise County residents live in poverty, totaling about 26,198 individuals (UA Census Bureau, 2017). The Arizona Department of Economic Security reports that 22,564 persons in Cochise County receive SNAP benefits (AZ Health Zone Needs Assessment 2018). The 2014 County Health Ranking reports that 22% of persons over 20 in Cochise County are physically inactive. 11.5% of children aged 2-4 years old are obese, and 14.6% are overweight. This totals 680 children in Cochise County (Arizona WIC Program Data-AZ Health Zone Needs Assessment 2018). 60% of WIC clients ever breastfeed, and only 3% of WIC client infants are exclusively breastfed at 6 months (AZ WIC Program Data, 2017). 15.4% of the Cochise County population is living in a food desert (USDA, AZ Health Zone Needs Assessment 2018). In Cochise County, 14% of the population has limited access to healthy foods, and 15% of the population experiences food insecurity (County Health Ranking, 2015). In Cochise County, the rate of deaths from Type II Diabetes is 45 per 100,000 people, which is over two times the state level of 20 people per 100,000 (County health Assessment report, 2017). Children drinking sugar-sweetened beverages has declined since 2003 however, the number of children in the US still remains high and persists among low-income, racial and ethnic minorities. Sugar-sweetened beverages cause a number of health consequences, weight gain, cardiovascular risk, insulin resistance, type 2 diabetes, and non-alcoholic fatty liver disease (Bleich, 2018). The conditions in which we live determines the health outcomes of our population (Healthy People 2020, 2019)

The 2015 Cochise County Stakeholder Survey ranks promoting healthy eating, physical activity, and positive self-image as the highest priority in helping families. Program input and strategic planning are received from social agencies, the County Health Board, and community coalitions. Program direction is received from the County Extension Board, campus and other specialists including Dr. Misner, Dr. deSilva, etc.

- The *Extension Food and Nutrition Education Program (EFNEP)* is a federally funded program to reach limited resource audiences. A series of classes is given with the intent of making behavior changes in lifestyles for nutritionally sound diets, personally and for their family. EFNEP in Cochise County shows that 87% of the participants are below the poverty level. The United States Department of Agriculture (2012) states that better health is associated with reduced health care costs, less absenteeism from work, and less dependence on emergency food assistance. Part of the educator's time on this program was bought out by the Diabetes Prevention Program that starts in 2019.
- *Supplemental Nutrition Assistance Program Education (SNAP-Ed)*- includes training to low-income schools, personnel and after-school programs to incorporate nutrition education and physical activities into their curriculum and daily events. SNAP works with care providers to assess food they have for making healthy food choices and to increase physical activity. SNAP participants receive \$2.73/meal/person or \$117/month accounting for approx. 65 meals per month when there are approx. 90 meals/month.

- The *Nutrition/Oral Health Volunteer Grant Funded Program* was established to increase our reach in areas that were not being reached by our other grant efforts. Volunteers were trained in nutrition outreach and with oral health skills similar to our existing programs.
- The *HEALTHY COCHISE INITIATIVE*: Through a strategic process across the county (2017) to produce a Community Health Assessment and Improvement Plan, three priority action areas have been identified:
 - *Mental Health & Substance Abuse*-Create policy change to keep people with mental illness out of jails and prisons. Expand mental health wellness and substance abuse resources for everyone in Cochise County.
 - *Good Jobs & Healthy Economy*-Promote business growth and job opportunities throughout Cochise County. Promote tourism and cross-border partnerships and business activities for all of Cochise County.
 - *Healthy Eating, Diabetes & Obesity (aka Healthy Eating-Active Living)*- Build and strengthen community options for healthy eating and active living. Change the cultural expectations about the definition of a good and healthy life.
- *The Building Healthy Communities (BHC) Program* was funded by the Legacy Foundation to address the Healthy Eating priority above. With this agent's leadership and the support of the County Health Department, the BHC program focuses on supporting the development of the 12 dimensions of a Healthy Community- access to care affordable quality housing, community design, community safety, economic opportunity, educational opportunity, environmental quality, food access, parks & recreation, social/cultural cohesion, social justice, and transportation options.
 - The HEALTHY COCHISE INITIATIVE has developed citizen-led community action groups in each hub of the county who prioritize and resolve disparities related to health. These Healthy Community Committees (HCCs) groups are connected to the school districts' School Health Advisory Councils (SHAC) to leverage resources to work together on larger health issues in the schools and their efforts. The BHC supports the development and maintenance and progress of the HCCs and the SHACs in order to achieve the 12 dimensions of a Healthy Community, outlined above.
- *Nutrition programs cultivate learning in various subjects including*: The Food Guide Plate & Dietary Guidelines, The Key Nutrients, Meals Planning and Healthy Choices, Forming New Habits, Reducing Fats and Calories, Food Safety, Self Esteem, Goal Setting and Self Sufficiency, Breastfeeding, Prenatal Nutrition, Child Nutrition, and Physical Activity, Leadership and Parent Engagement.

Describe the Desired Outcomes (objectives or changes due to program):

- **Short**-To increase the knowledge of EFNEP/SNAP-Ed participants from pre-post-test leading to improvements in one or more food/nutrition practices.
- **Medium**-School and early childhood educators will spend more time on nutrition-related topics to produce the behavior change of increasing consumption of fruits and vegetables and increase structured physical activity time.
- **Long**-Cochise County will have healthier and more productive citizens in the workforce with a reduction of chronic illness. County infrastructure will improve. Our programs will reduce healthcare costs per individual.

Describe the Inputs (how the program was implemented using curricula, funding, volunteers, staff, technology):

- Agent supervises, evaluates and trains staff for these programs (Aspengren & Derfus- Coordinators, Parra, Tyndall, Ruffo) with 222 volunteers. Educators conduct one-on-one and/or group instructions to children, caregivers, adults, and professionals.
- Agent and staff developed various presentations to coincide and continue the education received in the programs.
- Agencies, gardens, and grocers donate food and space for the programs.
- SNAP-Ed-35 Active Community partnerships (per AZ Health Zone reporting data- SEEDS), 12 School Districts, 27 Schools, 6 WIC clinics, 15 early childhood care facilities, 8 Head Start Centers, 5 libraries, 1 After-School Program, 1 Summer Program, 2 Senior Centers, 2 Food Banks
- Membership in 10 local community coalitions: Staff attended a total of 66 community meetings.
- SNAP-Ed: Teachers are given a survey to measure program impacts. (pre/post data is collected by staff to the state, however, it is not distributed to the individual counties) Cochise SNAP-Ed conducts independent teacher survey.
- HCC- County Health Department continued funding for 1FTE and the City of Sierra Vista acquired funding for .5FTE to run "Community Groups." UACE secured 2 Million to run this program and hire 6FTE (Taylor, Foster, Selleck, Sprietsma, Nealon)
- Volunteers were recruited from the Sierra Vista Parent's Coalition, Employment Readiness Program, The Army Volunteer Corps, The Health Department, The Healthy Arizona Worksite Program and various events throughout the county.
- The programs are federal, state and locally funded (see grants and contracts section).

What are the Outputs (results or accomplishments in terms of delivery, what we do, whom we reach?):

- Program 222 volunteers all programs (175 volunteer hours with volunteer program + 1248 volunteer hours with the SNAP program= 1423 total volunteer hours x \$24.14/hour (independent sector release 2019)) that equates to \$34,352 in-kind support.
- SNAP-Ed programming reached 300 adults through Active Living direct education, 1,350 youth through physical activity direct education, 10,260 youth through nutrition/physical activity direct education and staff development, and 1,660 preschool-age children through direction education and staff development (total direct education 13,570).
- Breastfeeding task force-11 facilities trained, 7 facilities completed the recognition process, estimated reach: 100 breastfeeding families in 2018.
- SNAP-Ed staff participated in 95 community events, with an estimated reach of over 500 (direct contact) community members (all ages).
- With the assistance of the SNAP educators: 11 District/School SHACs established/ongoing, attended 48 SHAC meetings, recruited and retained 18 Wellness Coordinators, reached an estimated 12,868 students, completed 10 WellSAT 2.0 assessments, and submitted 8 Arizona Department of Education Reviews (2017-2018 School year).

- EFNEP reached 175 adults (with 83 participating in the pre and post assessments) throughout Cochise County and 490 students from Douglas High School and Coronado Elementary School.
- Healthy Community Committee meetings are held in 10 communities monthly with 15-20 participants, 12 county Healthy Eating Active Living meetings with 20 participants, 2 county Leadership meetings are held yearly with 20 leaders.
- The Countywide teams have developed a Water Wins campaign and have purchased hydration stations to be placed throughout the county. The campaign and kick off will be delivered in 2019.
- The Volunteer program gave over 175 hours of time reaching 3,100 people of all ages who are not reached with our current programs because of grant parameters with education volunteers also attended 5 events. Extensive outreach and coordination at educational sites by the coordinator.

What are the Outcomes and Impact (changes in knowledge, attitude, skills, awareness, behavior, and/or practice) of this program:

SNAP-Ed

Team-implemented a Breastfeeding Friendly Recognition Program to increase the initiation and duration breastfeeding rates in Cochise County by educating early childhood care facilities on best breastfeeding friendly environmental and policy practices, aligning with ADHS's Empower standards.

- **In Breastfeeding Center post-training follow-up/recognition surveys County(n=11):**
 - 75% reported that their facility is supportive of breastfeeding mothers
 - A 16% increase in facilities that developed and implemented Breastfeeding Friendly policies.
- SNAP-Ed Empower Arizona (Early Childhood Care Facilities) (n=11)
 - 9% of facilities fully implementing Breastfeeding Friendly Environments
 - 4% of facilities fully implementing Limiting Fruit Juice
 - 8% of facilities fully implementing Physical Activity
- **Results from 2018 Go NAP SACC County:** Nutrition and Physical Activity Assessment for Childcare (NAP SACC). Results also show an increase of topics included in the facilities policy on nutrition, from 5-8 topics in 2016 to an average of 9-10 in 2018.
- **From AZ Health Zone Teacher Survey Executive Summary County(n=14):**
 - 93% reported that teachers observed an increase in nutrition knowledge among students.
 - 57% observed an increase in students' fruits and vegetable consumption.
 - 29% reported teacher-observed decrease in students' consumption of sugar-sweetened beverages and increased consumption of low fat or fat-free milk.
 - 14% responses reported an increase in the consumption of whole grains.
 - 46% reported seeing permanent school-wide changes related to the revision of Local Wellness Policy (LWP).
 - 33% reported teacher observed changes via the implementation of Local Wellness Policy and Comprehensive School Physical Activity Programming.
 - 27% reported changes in access to nutrition information through classroom curricula

- Anecdotal: “It is so beneficial to my students. Learning about nutrition and exercise is a great way for students and teachers to stay healthy. I really like how other students encourage others to eat healthy” (Teacher Survey 17-18)

EFNEP

- **EFNEP Adult Pre/Post Survey (n=83)**
- 90% of participants showed improvement in one or more nutrition practice (i.e. plans meals, makes healthy food choices, prepares food without adding salt, reads nutrition labels or has children eat breakfast).
- 90% of participants of participants showed improvement showed improvement in one or more diet quality indicators (i.e., eating fruits, vegetables, red and orange vegetables, dark green vegetables, drinking less regular soda (not diet), drinking less fruit punch, fruit drinks, sweet tea, sports drinks, or cooking at home).
- 72% showed improvement in one or more physical activity behaviors (i.e., exercising for at least 30 minutes, doing workouts to build and strengthen muscles, or making small changes to be more active).
- 76% of participants showed improvement in one or more food resource management practices (i.e., cook dinner at home, compare food prices, plan meals before shopping, look in refrigerator or cupboard before shopping, or making a list before shopping).
- **EFNEP youth participants (n=490):**

Diet Quality

- 88% (330 of 375) Children and youth improve their abilities to choose foods according to Federal Dietary Recommendations or gain knowledge.

Physical Activity

- 66% (245 of 372) Children and youth improve their physical activity practices or gain knowledge.

Food Safety

- 60% (222 of 373) Children and youth use safe food handling practices more often or gain knowledge.

Anecdotal reports from one adult center state that participants and staff have food and nutrition conversations an average of 3 times a week. Conversations include how to research the nutritional content in foods, how to choose healthy foods, and how to limit those foods that are not nutrient dense. This is a significant change from the usual eating patterns of relying on microwaved foods. The chef in the center plans healthy meals by incorporating more plant-based foods and reducing saturated fats, sugar, and salt. The center is offering fruits for desserts.

Volunteer Program

- 170 hours of volunteer time reaching 3,100 people with Nutrition and Oral Health Education
- Letter from after-school coordinator/leader, "...we've noticed the children in our program making more conscientious choices regarding their overall health...have learned the importance of healthy eating habits, an active lifestyle, handwashing, and proper oral hygiene, some of which were new foods to many of the children...they "understand" the

importance of staying hydrated and choosing water over sugary drinks. The staff has noticed an improvement in the children opting to drink more water on their own without having to be told to do so...children point out when they see the staff making an unhealthy food or drink choice."

Building Healthy Communities

The number of Healthy Communities Committees has expanded from 8 to 10 groups that meet to create policy, systems and environmental changes in their areas.

Local Healthy Community Committees report:

- Sierra Vista-Linking transportation systems to increase medical transport, food access, shopping throughout city area.
- Tombstone-working with the bus system to create transportation from this area to grocery store, they have put together paperwork to create their own 501-C3, they have recruited a helicopter service for emergency care, working on dementia education, they have gotten AED equipment into Marshall's cars and in the tourist areas.
- Douglas-working with the parks department to create more city paths and lighting.
- Willcox is working on food access, sustainable gardens, they have written grants to sustain their gardens, they have conducted a second transportation feasibility study, they are working on bringing back a senior nursing home.
- Benson-is working on senior home visitation increased nutrition and physical activity resource access.
- Bisbee is working on affordable housing.
- Other communities developing strategic plans.

County Healthy Eating Workgroup reports:

- Hydration Stations Installed in 5 Sites
- Hydration Training for staff