

Nutrition News You Can Use



Adrienne Z. Udarbe, MS, RD

Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



In The Spotlight

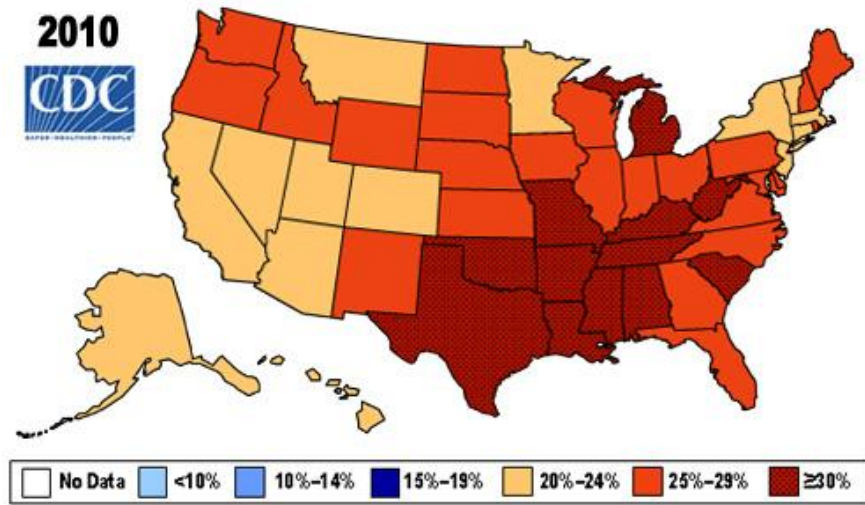
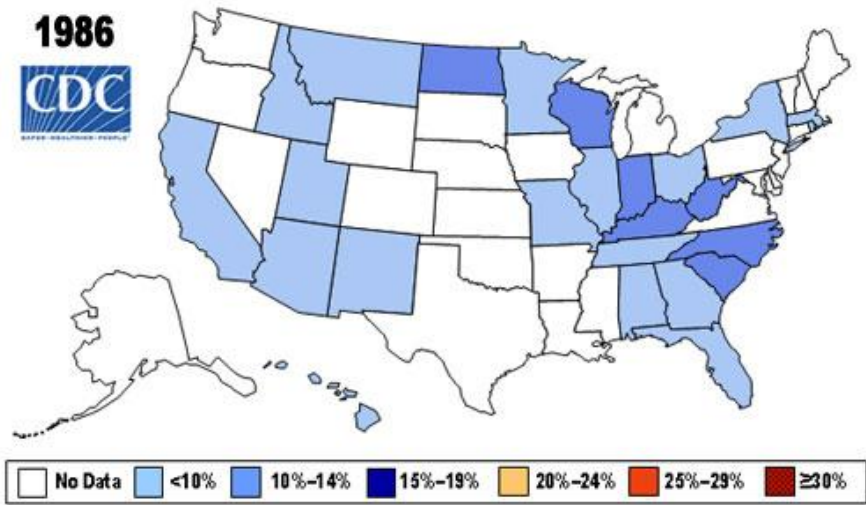


Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



State Obesity Prevalence



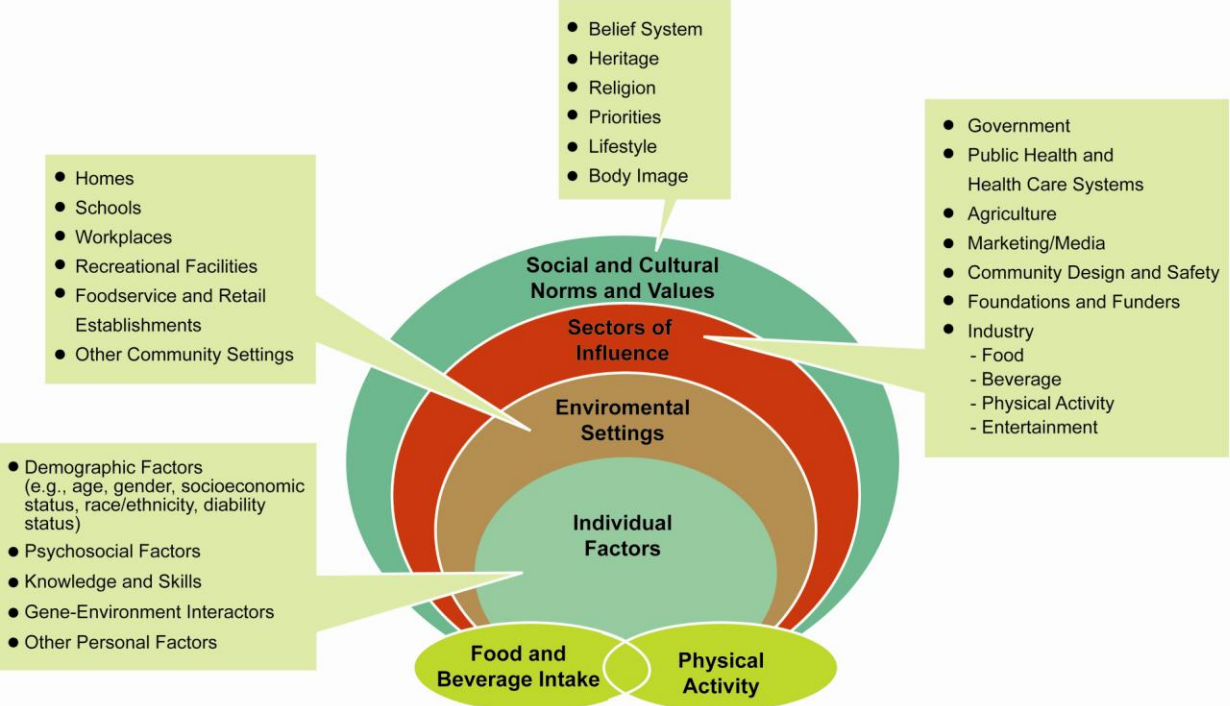
Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



Influence

A Social Ecological Framework for Nutrition and Physical Activity Decisions



Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



Our Role in Obesity Prevention



Create environments where healthy eating and being active are the easy, natural choices.

Bureau of Nutrition and Physical Activity

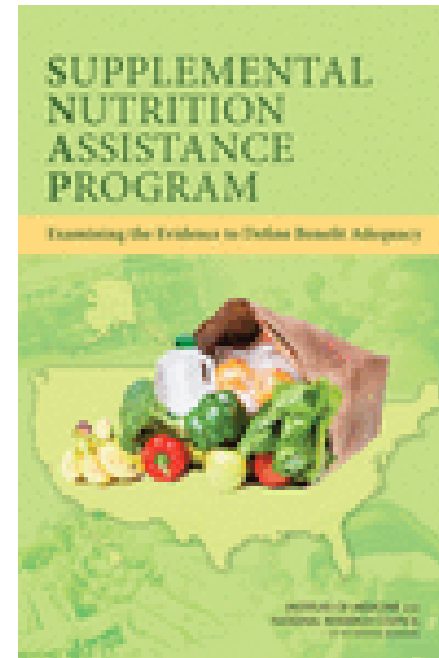
Health and Wellness for all Arizonans



IOM Report

Supplemental Nutrition Assistance Program: Examining the Evidence to Define Benefit Adequacy

In response to questions about whether there are different ways to define the adequacy of SNAP allotments consistent with the program goals of improving food security and access to a healthy diet, USDA's Food and Nutrition Service (FNS) asked the Institute of Medicine (IOM) to conduct a study to examine the feasibility of defining the adequacy of SNAP allotments.

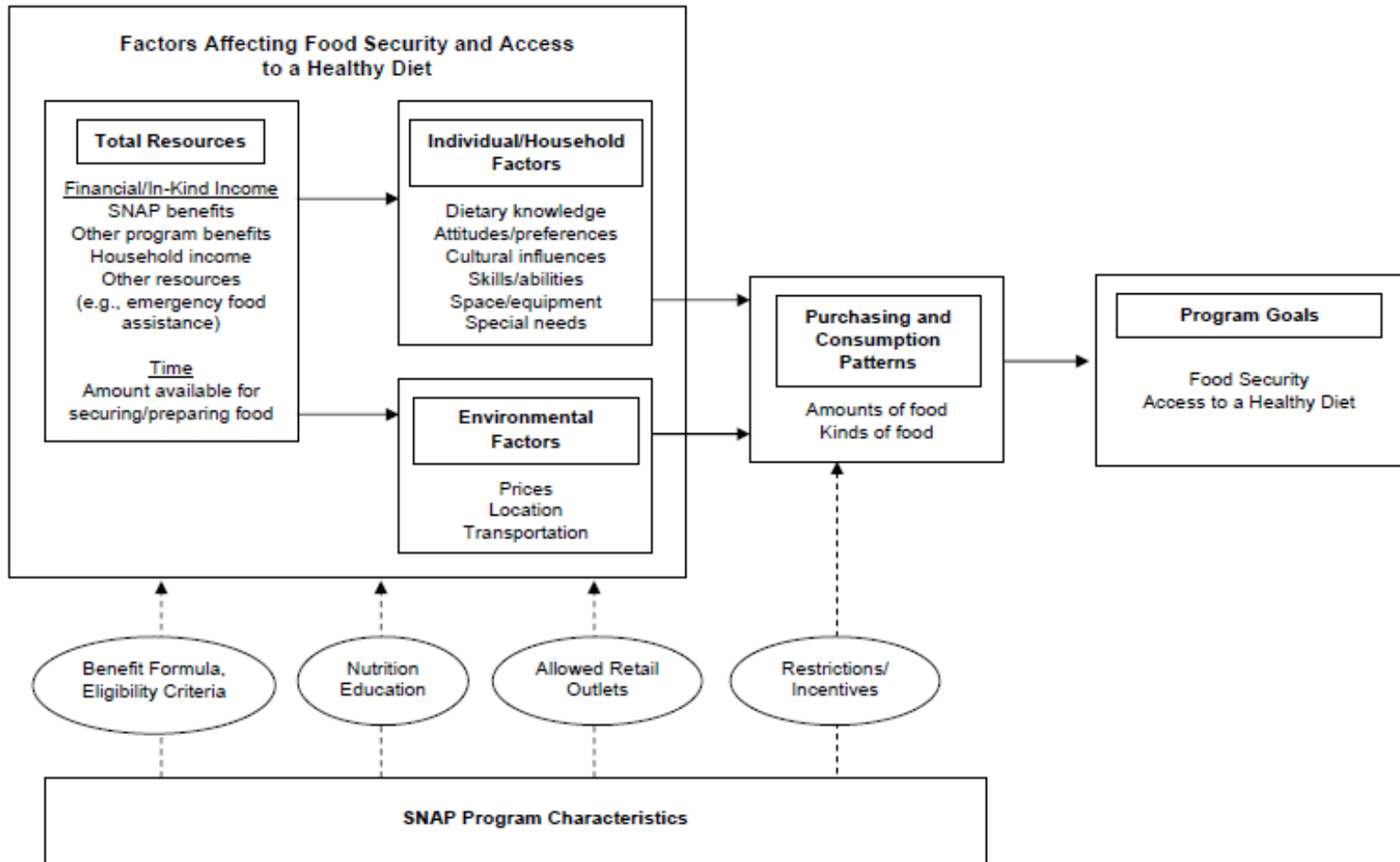


Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



Framework for Determining Feasibility



Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



Conclusion 1: The Adequacy of SNAP Allotments Can Be Defined

Doing so entails identifying the factors that affect the ability of participants to attain food security and access to a healthy diet. The available evidence has some limitations, but it is possible to obtain the evidence needed for a science-driven definition of allotment adequacy. First, evidence must be taken into account on the degree to which specific individual, household, and environmental factors influence SNAP participants' purchasing power, given a dollar value of their SNAP benefits. Second, evidence must be taken into account on the impacts of factors related to the computation of the dollar value of the SNAP allotment itself, as well as other SNAP program characteristics.

Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



Conclusion 2: The Adequacy of SNAP Allotments Is Influenced by Individual, Household, and Environmental Factors

The opportunity for SNAP participants to meet the program goals, given a dollar value of their SNAP benefits, is influenced by a number of individual, household, and environmental factors that impact the purchasing power of the allotments. The committee found that a definition of the adequacy of SNAP allotments must account for these factors according to the magnitude and significance of their influence on the allotment's purchasing power. Although SNAP allotments might be adequate in the absence of these factors, the evidence suggests that these factors can act as barriers to obtaining nutritious foods and preparing nutritious meals.

Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



Conclusion 3: The Adequacy of SNAP Allotments Is Influenced by Program Characteristics

The evidence suggests that a number of factors related to how the dollar value of SNAP allotments is calculated, as well as other SNAP program characteristics, can influence the feasibility of defining an adequate SNAP allotment. The evidence supports the conclusion that the maximum monthly benefit, the benefit reduction rate, and the net income calculation have important impacts on the definition of the adequacy of SNAP allotments.

Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



“Nutrition education interventions, such as those delivered through SNAP-Ed, vary dramatically in terms of age, gender, cultural background, and the contextual factors that impact participants’ ability to both engage in and benefit from the interventions. In addition, interventions differ greatly in the specific behavioral objectives targeted, the educational dose administered, and the approach employed (e.g., direct education with and without changes in the surrounding food and activity environment; whether the intervention is delivered by professional nutritionists or trained paraprofessionals), thus making an overall assessment of the effectiveness of nutrition education challenging. Moreover, while each of the studies cited above reports at least some positive results of these interventions, each has weaknesses in study design and/or assessment of outcomes. For example, the intensity of interventions studied varies dramatically, and the committee found no studies assessing the educational dose needed to elicit positive outcomes.”

Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



AND SNAP Expert Survey

A Qualitative Study of Diverse Experts' Views about Barriers and Strategies to Improve the Diets and Health of Supplemental Nutrition Assistance Program (SNAP) Beneficiaries.

Six themes emerged among 27 experts

At least 5 years of experience working with SNAP in the sectors of academia/research (n7), government (n7), anti-hunger or health advocacy (n10), or industry (n3).

- 1) Providing SNAP participants with incentives to purchase nutrient-rich food consistent with the 2010 Dietary Guidelines for Americans
- 2) Restricting the purchase of nutrient-poor foods and beverages with program benefits
- 3) Modifying the frequency of SNAP benefit distribution
- 4) Enhancing nutrition education
- 5) Improving the SNAP retailer environment
- 6) Increasing state and federal level coordination and consistency of program implementation.

Bureau of Nutrition and Physical Activity

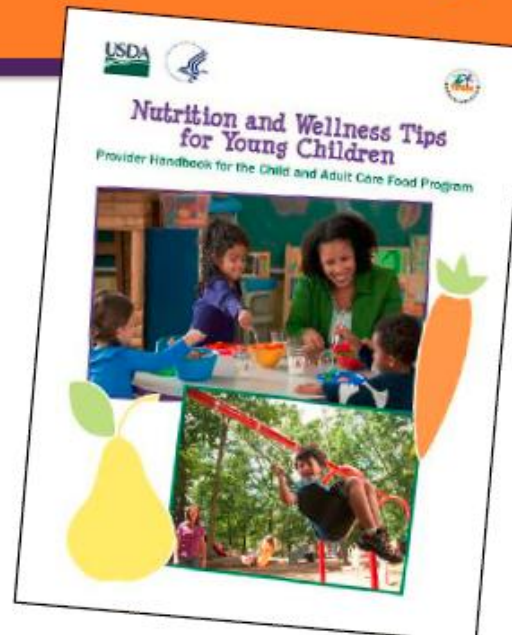
Health and Wellness for all Arizonans



Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program



A joint publication by the
U.S. Department of Agriculture
and the
U.S. Department of Health and Human Services



Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



The National Resource Center on Nutrition and Aging

- [What Are the Components of a Quality Nutrition Program? Part 1](#)
When: February 12, 2013
Time: 3:30 to 4:30 pm (Eastern)
(2:30 p.m. Central / 12:30 p.m. Pacific)
- [What Are the Components of a Quality Nutrition Program? Part 2](#)
When: February 26, 2013
Time: 3:30 to 4:45 pm (Eastern)
(2:30 p.m. Central / 12:30 p.m. Pacific)

Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



Program Highlight

California Nutrition Network – Physical Activity Integration

- The PA Specialists are charged with the task of integrating physical activity into all Network-funded nutrition education efforts and programs
- Tools for Learning – Fuel For Moving
- Performance Related Nutrition Kindergarten – High School

Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



**Tools for Learning
Fuel for Moving**

Performance-Related
Nutrition Instructional Materials for
Physical Education and
Physical Activity Programs

This material was developed by the California Department of Education under contract with the California Department of Public Health's Network for a Healthy California. Funding was provided by the United States Department of Agriculture, Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-947-3563. For important nutrition information, visit www.cactampsonforchange.net

The graphic features a green and blue wavy header. Below it is the "Champions for Change" logo, which includes a stylized sun and the text "CHAMPIONS for CHANGE Network for a Healthy California". To the right of the logo is the title "Tools for Learning Fuel for Moving" in green. Below the title is the subtitle "Performance-Related Nutrition Instructional Materials for Physical Education and Physical Activity Programs" in blue. In the center, there are four images: a soccer ball, a head of broccoli, a pair of white sneakers, and three strawberries. At the bottom, there is a small text block providing information about the material's development and funding.

Curriculum/Materials Highlight

The screenshot shows a web browser window displaying the Fuel Up To Play 60 website. The address bar shows the URL: <http://school.fueluptoplay60.com/tools/nutrition-education/school-nutrition.php>. The page features a navigation menu with links for Welcome, Six Steps, Playbook, Funding, Tools & Resources, and Success Stories. A prominent banner reads "Nutrition Education Resources". Below this, a text block explains the importance of school nutrition professionals in helping students "fuel up" with nutrient-rich foods. A table lists resources such as "Agriculture in the Classroom", "Ask the Expert: Why Breakfast?", "Breakfast = Achievement", and "Breakfast at School: Fast and Healthy Food for Thought", each with "Expand" and "View" options. A "Success Stories" section is also visible on the right. The Windows taskbar at the bottom shows the date as Thursday, January 24, 2013, at 5:58 AM.

Bureau of Nutrition and Physical Activity

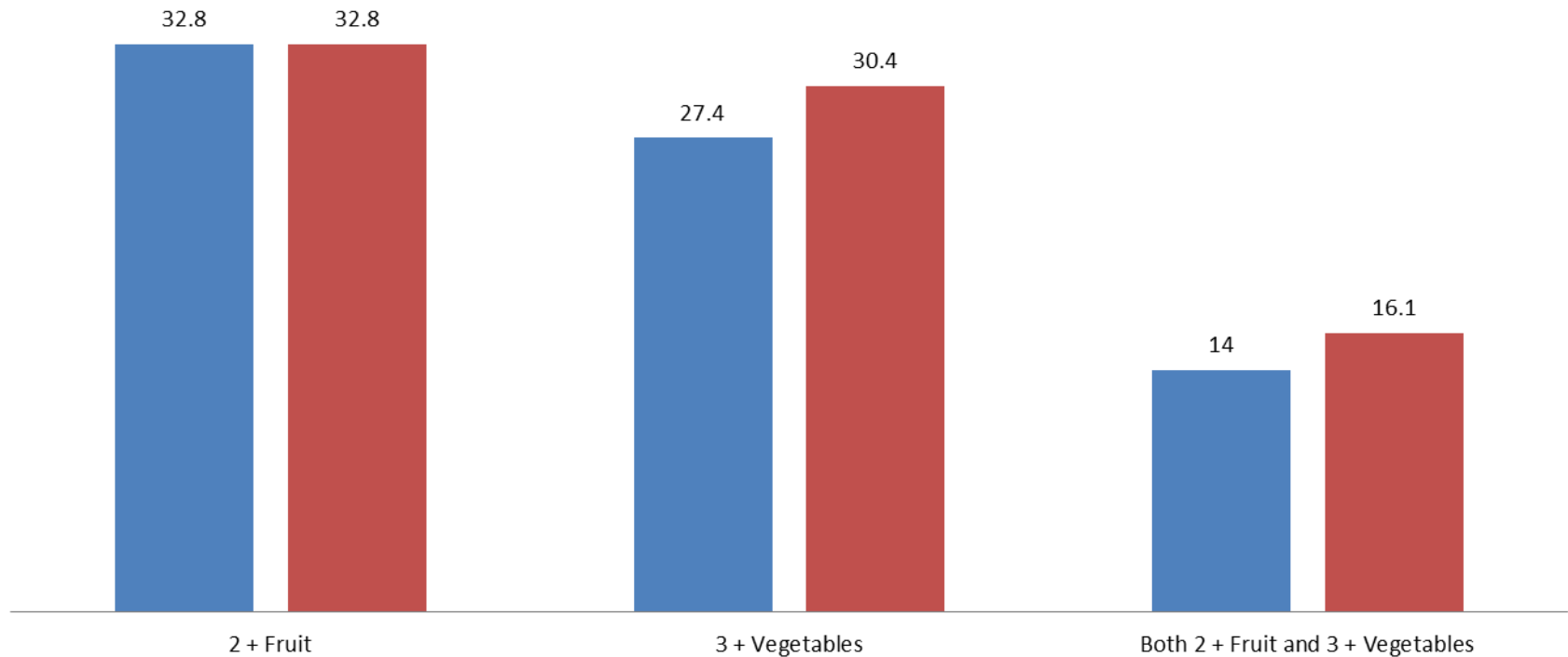
Health and Wellness for all Arizonans



Fruit and Veggie Consumption – The Magic Bullet?

U.S. & Arizona Fruit and Vegetable Consumption Daily Frequency Among Adults

■ U.S. National Adults ■ Arizona Adults



Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



CDC Guide to Increase the Consumption of Fruits and Vegetables

- Promote food policy councils
- Improve access to retail stores
- Farm-to-institution programs
- Farmers' markets
- Community supported agriculture
- Ensure access to fruits and vegetables & establish policies to incorporate these foods in school activities
- Community and home gardens

Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



Barriers

- **Challenges/Barriers to Improving Diets and Health of SNAP Recipients:**
 - High cost of nutrient-rich foods
 - Heavy marketing & low cost of unhealthy foods
 - Inadequate SNAP benefit amounts
 - Limited access to purchasing healthy foods
 - Environmental factors associated with poverty

Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



Partnering for Success



Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



National Nutrition Month: Eat Right, Your Way, Every Day



eat right. Academy of Nutrition and Dietetics

National Nutrition Month® 2013

Everyone is different!
The Academy encourages personalized healthy eating styles.

Learn more at www.eatright.org/nnm.

Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



Questions?



Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans

