April 27, 2022
SNAP-Ed 30th Anniversary Webinar Series

SNAP-Ed Celebrates Partnerships with Indian Tribal Organizations and Minority Serving Institutions
• This webinar is being recorded and will be available to view on the SNAP-Ed Connection soon.

• Questions for speakers? Please use the Q/A box in the lower right of your screen. Please select “all panelists” as the recipient.

• Need help with the webinar? E-mail snap-edconnection@usda.gov
SNAP-Ed 30th Anniversary Webinar Series

Agenda:

Opening Remarks: Jessica Shahin, Associate Administrator, USDA Supplemental Nutrition Assistance Program

Southeast Region and Tennessee State University’s Community Nutrition Education Program

Mountain Plains Region and Montana State University’s Buy Eat Live Better Program

Southwest Region and Southern University’s Nutrition, Health, and Wellness Program

Questions for speakers
SNAP-Ed Highlights Southeast Region
The Impact of 1890’s HBCU Land-Grant SNAP-Education Programs

M. Shea Austin Cantu, EdD
Director Community Nutrition Education Program
maustin7@tnstate.edu
shop. cook. eat.
within your budget
TSU DIVERSITY PHOTO DATABASE

The Diversity Database. This database is comprised of images from our own photoshoots.
Comparison of Social Media Metrics TSU SNAP-Education FY 2019, 2020, & 2021

Quarter 1 Quarter 2 Quarter 3 Quarter 4 Total
2019 2020 2021
Comparison of Total Indirect Education TSU SNAP-Education FY 2019, 2020, & 2021
TENNESSEE STATE UNIVERSITY DIVERSITY PHOTO DATABASE WAS SELECTED FOR INCLUSION IN THE SNAP-ED TOOLKIT IN FY 22!

VISIT SNAPEDTOOLKIT.ORG TO LEARN MORE.
Tennessee State University, University of Arkansas at Pine Bluff, and Alabama A&M University present:

THE 1890S MULTI-STATE CONFERENCE
1890 UNIVERSITIES: STANDING TOGETHER & LIFTING UP COMMUNITIES

May 18-19, 2022
Thank you!

maustin7@tnstate.edu
SNAP-Ed Highlights
Mountain Plains Region
Montana State University Extension’s Buy Eat Live Better program
(SNAP-Ed Implementing Agency)

Presenter: Leah Burnham, Director
About Montana

12 Sovereign Tribal Nations

40% of Montana’s American Indian population does not live on Reservations

50% of the counties in Montana have food deserts

71% of counties have a higher poverty prevalence than the national average

6.8 people per square mile (national average = 87.4)

About Montana’s SNAP-Ed program

• 2010 Healthy Hunger-Free Kids Act: Obesity prevention efforts expanded
• From 2015 to the present, partnerships have tripled
• Virtual education was first offered in 2020
Projects with Sovereign Nations and American Indians in Montana

• Adult curriculum, *Eating Smart Being Active*
  • Currently piloting with high school student
  • Piloting offering free pressure cookers to participants with no stove or cooking source

• Increased our recipe options which utilize indigenous ingredients

• Provide an alternative to MyPlate, called the Native Nutrition Guide
Projects with Sovereign Nations and American Indians in Montana

• Food Forests
• Community Gardens
• GusNIP-funded fruit and vegetable incentive projects
• Montana Farm to School Harvest of the Month Buffalo/Bison educational materials
• *New this year* Piloting Turtle Island Tales curriculum
Parents & caregivers want their families to be healthy in mind, body, and spirit and need support to make this happen!
American Indian communities experience disproportionate obesity

Community based participatory research to improve family health

Home-based, mailed obesity prevention toolkit

Tested in two large funded trials
  - Pilot tested as HCSF1: improved nutrition, activity, body weight parameters for 150 adult/child pairs
  - Informed HCSF2: 450 families across five geographically dispersed communities
KEY RESEARCH FINDINGS

After one-year intervention:
- Significantly improved diet, adult physical activity, readiness to change
- Trend for reduced screen time (children, p=0.06)
- Well-received by families and communities

*Extremely* high rates of food insecurity

Facebook as important recruitment/retention tool

Additional findings on sleep, physical activity, obesity correlates

“This program has helped me to be a better parent to my children. I thank you for the support in everything that this program has given to me and my child...and for helping me to be a better person and showing me a different and a healthier lifestyle.”
HOW DO WE BRING THIS EVIDENCE-BASED PROGRAM TO INTERESTED COMMUNITIES?
Alex Adams
Center for American Indian and Rural Health Equity, Montana State University

Emily Tomayko

Eliza Webber

Emily Matt Salois, (Blackfeet)

Darnell Rides at the Door (Blackfeet)

Brianna Routh, MSU Extension

Leah Burnham, MSU Extension

Current & Former MSU students: Annika Lundstrom, Julia Barkelew, Emory Hoelscher-Hull, Taylee Rides at the Door

MSU American Indigenous Business Leaders: Terrance Limpy (far right)

Jodi Duncan, MSU Extension

Kaitlyn Sharp, MSU Extension

TURTLE ISLAND TALES: CURRENT TEAM
TURTLE ISLAND TALES MISSION

Turtle Island Tales seeks to improve the mental, physical, emotional, and spiritual wellbeing of families with young children and for that of the next seven generations via a educational, story-based, monthly mailed program
Holistic Approach

Designed for In-Home Use (ages 3-8)

Story/Character Based

Rooted in Native Culture
## Program Structure

### Printed Lesson Booklet

- **Beginning the Journey**: Program introduction
- **On Track Snacks**: Healthy snacking
- **Feeling Your Feelings**: Emotional regulation [child]
- **Naturally Sweet**: Fruit, added sugar
- **Outdoor Adventures**: Outdoor physical activity
- **Fast Lane to Health**: Fast food, food choice

### Children’s Book

- **Gifts from the Land**: Vegetables
- **Sleep Tight**: Healthy sleep, sleep routines
- **Sneaky Screen Time**: Screen time management
- **Maintaining Harmony**: Stress management [adult]
- **Active Anywhere**: Indoor physical activity
- **Healthy Balance**: Closing

### Wellness/Support Items

### Social Media Support
SAMPLE WELLNESS AND SUPPORT MATERIALS
Partnership Development

IRB Approval Process

Program Recruitment

Enrollment: 57 Families
ONGOING & FUTURE OPPORTUNITIES

Exploring sustainable community dissemination

Developing educational content through partnership with Montana PBS
GET IN TOUCH!

www.turtleislandtales.org

@TurtleIslandTales on Instagram, FB

Sign up for our quarterly newsletter

Watch the current Igmu films

Contact us at turtleislandtales@gmail.com

Montana SNAP-ED Implementing Agency Contact:
Leah Burnham leah.burnham@montana.edu
SNAP-Ed Highlights Southwest Region
Celebrating 30 Years

Supplemental Nutrition Assistance Program Education

(SNAP-Ed)
Historical Background

The Southern University Ag Center’s SNAP-Ed Program aims to combat the health and physical well-being of Louisiana’s historically marginalized local parishes and communities. Our nutrition education programs (SNAP-Ed and EFNEP) provide 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. Our programs include Nutrition Education, Food Safety, Healthy Recipes, Physical Activity, Gardening, and Community Involvement. Our programs operate in 13 parishes throughout the state of Louisiana: Ascension, Avoyelles, Calcasieu, East Baton Rouge, East Carroll, East Feliciana, Evangeline, Jefferson Davis, Madison, Morehouse, St. James, Richland, and West Carroll.
De’Shoin A. York, Ph.D.

The Southern University Agricultural Research and Extension Center’s SNAP-Ed Program was started over 20+ years ago under the direction of Dr. De’Shoin A. York.

Dr. York’s dedication of service to this program has been in place since its inception and continues today as she now serves as the Vice-Chancellor of Extension and Outreach at the Southern University Agricultural Research and Extension Center.
SNAP-Ed Program Administration & Staff

Joshua B. McDonald, MPA
Nutrition Education Programs Coordinator

Carolyn Robinson, MPA
Regional Supervisor

Allison Ezidore-Tassin, MBA
Graphic Artists & Web Content Specialist

Si-Arah McCray, MHA
SNAP-Ed Field Coordinator

Tamika Porter
Program Manager

Stephanie Elwood, MS
Growing Healthy Gardens Program Coordinator

Myra Campbell
Accountant
SNAP-Ed & EFNEP Nutrition Educators

Sharnet Nixon SNAP-Ed
East Baton Rouge & East Feliciana Parishes

Evan Egana SNAP-Ed
East Baton Rouge & East Feliciana Parishes

Camellia Brown SNAP-Ed
Evangeline & Avoyelles Parishes

Marianna Langston SNAP-Ed
Morehouse Parish

Lisa Weber SNAP-Ed
St. James Parish

Brittny Sims-Washington SNAP-Ed
Richland & Madison Parishes

Theresa Sammons SNAP-Ed
East Carroll & West Carroll Parishes

Salette Tennie EFNEP
Evangeline & Avoyelles Parishes

Melody Coco EFNEP
Rapides Parish
Overall State Level Goal & Objective

**Goal**: To improve the likelihood that SNAP target audiences (youth and adults) will adopt healthy food choices within a limited budget and incorporate active lifestyles and habits that promote good health.

**Objective**: Statewide 25% of SNAP target audiences will increase consumption of either fruits, vegetables, whole grains or nonfat and low-fat dairy by one serving per day by September 30, 2022, due to data indicating 85% of Louisiana low-income residents reported that they do not consume the recommended 5 servings of fruits and vegetables every day.
Intervention Strategies

**Intervention 1:** “Let’s Eat for the Health of It” Nutrition Education Project
• Direct Education

**Intervention 2:** Social Marketing Campaign
• Website, Billboards, Social Media, Magazines, Fact Sheets

**Intervention 3:** Growing Healthy Gardening Initiative

**Intervention 4:** C.H.E.F. Youth Cooking Camp

*Virtual Programming Innovation*
Progress & Success

Our SNAP-Ed Program has been proven successful in its mantras of “Nutritionally Yours” and “Healthy Living, Healthy Communities” through its achieved impacts and successful progress.

We pride ourselves in finding innovative ways to reach our primarily underserved low-income audiences and communities.

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<th>SCHOOL SITES</th>
<th>SOCIAL SERVICE</th>
<th>GROWING HEALTHY</th>
<th>C.H.E.F. CAMPS</th>
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Social Marketing Campaigns

Billboards, Publications & Magazines
Growing Healthy Gardening Program
Growing Healthy Gardening Program

The **Growing Healthy Gardening Program** has been a part of Southern University’s SNAP-Ed Program for many years. The services of this program are coordinated by Ms. Stephanie Elwood, Master Gardener & Licensed Horticulturalist for the Southern University Ag Center. This program offers free resources and instructional education to many different communities and sites such as childcare centers, schools, juvenile centers, elderly homes, and more.

**The SNAP Dragons training guide was designed to teach basic organic and substantial gardening techniques to implement and upkeep school, home, or community gardens.**
Gardens provide exercise, recreation, therapy, a sense of community support, and an opportunity to be close to nature.
Gardening helps to improve the human spirit and teaches vital lessons about sharing, nurturing yourself, and living in harmony with the earth.
C.H.E.F. Camp

The C.H.E.F. camps are designed to teach youth basic cooking principles and nutrition education based on the USDA’s, “MyPlate” food guidance system and Dietary Guidelines.

Each day, participants work together to create an entire meal while learning healthy eating and physical activity principles, food preparation, kitchen and food safety, common cooking terms, proper food handling, measuring techniques, critical thinking, team-building skills, food planning, and time management.

This project is conducted in collaboration with the LSU AgCenter SNAP-Ed and EFNEP programs.
C.H.E.F. Camp Success
Facebook Live Series

In this online programming initiative, our nutrition programs are able to extend beyond their local parish communities. By utilizing Facebook’s social media platform, our programs conduct live lessons.

Topics covered during the series included: eating healthy on a budget, incorporating exercise into your daily schedule, healthy eating snacks for children during summer, preserving and canning, container gardening, food safety, and more.
Facebook Live Series SUccess
Southern University Agricultural Research and Extension Center
Nutrition, Health and Wellness Department
Nutrition Education Programs
SNAP-Ed & EFNEP
Submit questions for the speakers via the Q/A box.

Please Select “all panelists” as the recipient.