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**Nutrition and Food Policy:
Nutrition Education – EFNEP and SNAP-Ed**

BIENERGY, CLIMATE, AND ENVIRONMENT

FOOD PRODUCTION AND SUSTAINABILITY

YOUTH, FAMILY, AND COMMUNITY

FOOD SAFETY AND NUTRITION

INTERNATIONAL PROGRAMS

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**Nutrition and Food Policy:
Nutrition Education – EFNEP and SNAP-Ed**

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NIFA/USDA

Extension Risk Management Education Webinar
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Starting with the End in Mind

- Authorization and appropriation – both matter
- Programs that work – what we're achieving, where we're headed, what is needed
- Call to action – what you can do
- Navigating federal funding – understanding and following the legislation, intent of the law, and federal policy

Outline

- What is Nutrition Education – A Definition
- Nutrition Education – A USDA Priority
- Legislation and Administrative Oversight
- EFNEP and SNAP-Ed – Programs that Work
- Current and Emerging Federal Priorities
- What Does This Mean for You?
- Agricultural Act of 2014 – A Few Highlights



Nutrition Education is...

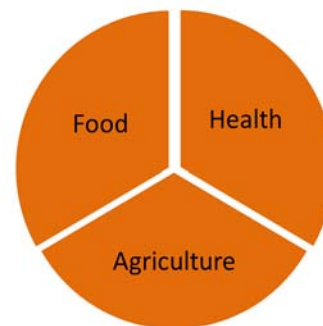
- Any combination of educational strategies
- Accompanied by environmental supports
- Designed to facilitate the voluntary adoption of food- and nutrition-related behaviors conducive to health and well-being
- Delivered through multiple venues
- Involves activities at the individual, community, and policy levels

*Source: Society for Nutrition Education and Behavior
Adapted from definition given by Isobel Contento, EdD, RD
Programs such as EFNEP and SNAP-Ed may have additional program specific criteria*



Why Nutrition Education?

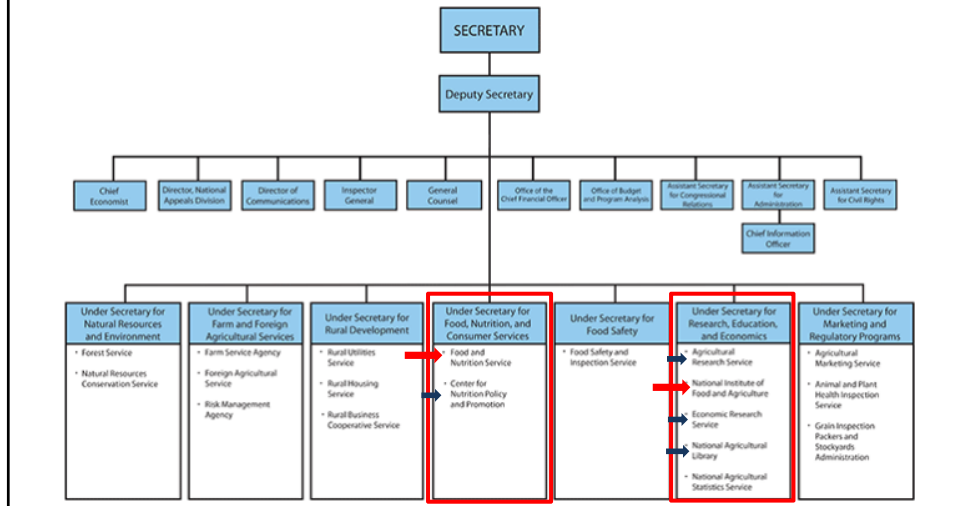
- USDA priority for nearly a half century to support healthier populations through food and agriculture
- Social, health, and economic benefits
- Ever-present need given constantly changing food and social environment
- Both general and targeted populations



GOAL – To promote health and reduce malnutrition and obesity especially in children and high-risk populations



Where is Nutrition Education Primarily Funded through USDA?



Authorization and Appropriation – Both Matter

Agricultural Act of 2014
(2014 Farm Bill)

Consolidated Appropriations Act, 2014

Healthy Hunger-Free Kids Act of 2010

Food and Nutrition Act of 2008

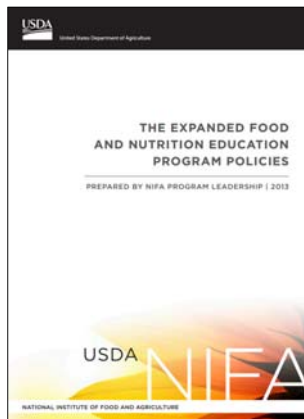


Where is Nutrition Education Found in the Farm Bill?

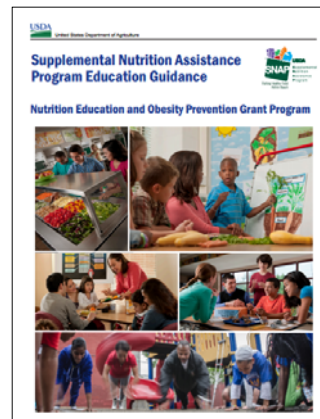
- Title IV. Nutrition
 - Supplemental Nutrition Assistance Program - Education (SNAP-Ed)
 - Others
- Title VII. Research, Extension, and Related Matters
 - Expanded Food and Nutrition Education Program (EFNEP)

Agency Program Policy Guidance Also Matters

NIFA



FNS



EFNEP and SNAP-Ed Administration

EFNEP

- Began in 1969
- Oversight by NIFA
- Administered by 1862 and 1890 land-grant universities
- In all 50 states, the District of Columbia, and 6 U.S. territories
- FY 2014 funding - \$67,934,000

SNAP-Ed

- Began in 1992
- Oversight by FNS
- Administered by land-grant universities, public health agencies, non-profits, and others (LGU's in 47 of 50 states)
- In all 50 states, the District of Columbia, and 1 U.S. territory
- FY 2014, funding \$401,000,000.

EFNEP: A Program that Works

- More than 500 thousand adults and youth taught each year
- More than 90% of adults who complete the program report improved food and physical activity behaviors, such as consuming an extra cup of fruits and vegetables
- 2012 Data: Healthy Eating Index Score: 50.7 at entry; 55.1 at exit; scores improved by 4.4 points

http://www.nifa.usda.gov/nea/food/efnep/pdf/impact_data_report_2012.pdf
Accessed 3 April 2014.

An EFNEP graduate reported that before she started the nutrition classes she was very depressed because of her weight and health issues. After completing EFNEP, she lost a total of 19 lbs. and felt more energetic. In addition, she was able to reduce her blood pressure medications. After implementing what she learned in class with her family, her daughter went from a size 13 to a size 9 and her husband lost a total of 12 lbs. She stated, "I'm very happy because I got a job at a hotel where I'm in charge of breakfast. I am using the recipes from the food demonstrations in class and the clients love them. I'm implementing what I learned and I'm proud of my [EFNEP graduation] certificate."

-- Peer Educator, Texas EFNEP

"When I arrived to teach nutrition, the kids were always eating candy and drinking soda from the snack bar. I talked with the staff and the Director about it and eventually a few nutritious items were added; but the candy always sold first. After going over label reading, we took the youth shopping. They were amazed at the high sodium, sugar, and fat of snack bar items. They, by themselves, eliminated items from the list because they weren't nutritious. They voted to make the snack bar a candy/soda free zone and the Director supported it. These young people are making healthy choices and developing healthy habits."

-- Peer Educator, Alaska EFNEP

SNAP-Ed: A Program that Works*

- 2010 - More than 4.5 million people and 54.6 million contacts reached by land-grant universities' cooperative extension service and partners
- 2010 – More than 50% of participants reported eating closer to recommended amounts for grains, vegetables, and fruits

*Data represents a SUBSET of total SNAP-Ed participation. Actual reach and potential impact would be greater

SNAP-Ed Through the Land-grant University System for FY2010: A Retrospective Review, 2013.
http://www.nifa.usda.gov/nea/food/fsne/pdfs/lgu_final_rep_2012.pdf. Accessed 3 April 2014.

SNAP-Ed through the LGU System FY 2010: A Retrospective Review

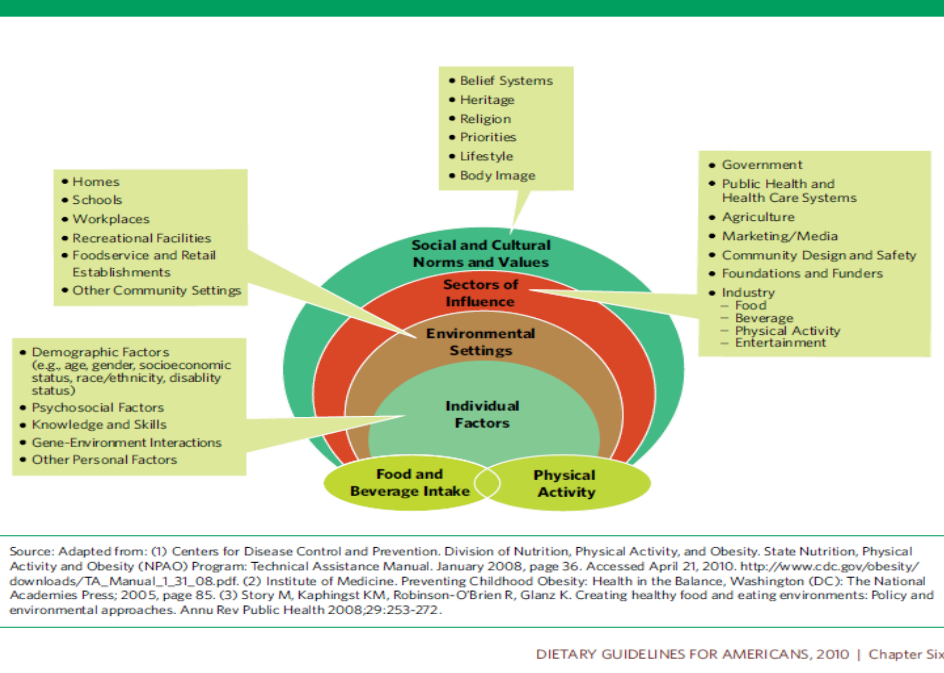


Findings - Environmental Settings (Examples)

LGUs contributed to joint efforts. Reported outcomes include:

- Increased referrals across organizations
- Joint efforts to improve diet quality and physical activity within communities
- Increased availability of nutritious foods in schools, restaurants, grocery stores, and farmers' markets
- Trends for increased support for community anti-hunger programs
- Increased availability of nutritious foods to low-income people due to new grocery stores or farmers' markets in low-income communities and/or new community gardens

FIGURE 6 1: A Social Ecological Framework for Nutrition and Physical Activity Decisions



A Comprehensive Approach for Change

- Utilizes a socio-ecological framework
 - Individual/Families
 - Environmental Settings
 - Sectors of Influence
- Reflects change on multiple levels – knowledge, behaviors, and changed condition

<http://www.nifa.usda.gov/nea/food/fsne/logicmodeloverview.pdf>. Accessed 3 April 2014.

Addresses Real Needs – Four Core Areas

- Diet Quality and Physical Activity
 - Health issues (obesity, health care costs)
 - *Example: make half of plate fruits and vegetables; half of grains whole grains; switch to fat-free or low-fat milk and milk products*
- Food Security
 - Food access issues (emergency and non-emergency food access)
- Food Resource Management
 - Economic issues (food costs, job loss)
- Food Safety
 - Food safety issues (salmonella and other outbreaks)

Federal Priorities

- Coordination, cooperation, collaboration
 - Socio-ecological framework
- Breadth and reach
- Effectiveness
 - Focus
 - **Programs that work – evidence base**
 - **Program – research connection**
- Integrity and accountability
 - Program and fiscal



Call to Action

- Remember stewardship for how we use Federal funds
 - For Nutrition Education the goal is: **To promote health and reduce malnutrition and obesity especially in children and high-risk populations**
- Understand and comply with legislation, legislative intent, and agency policies
 - Bill Text - legislation
 - Statement of Managers – legislative intent
 - <https://agriculture.house.gov/bill/agricultural-act-2014>
- Seek opportunities to coordinate, cooperate, and collaborate with other partners
- Strengthen research, reporting, and evaluation



Agricultural Act of 2014 A Few Highlights

Title IV. Nutrition

- SNAP-Ed – inclusion of physical activity (Sec. 4028)
- Program research and evaluation cooperation (Sec.4023)
- New/continuing programs
 - Community Food Projects (increased annual mandatory funding to \$9 million, beginning in FY 2015; Sec. 4026)
 - Food Insecurity Nutrition Incentive (mandatory funding of \$100 million total over five years; Sec. 4208)
 - Food and Agriculture Service Learning Program (not mandatory; Sec. 4209)

Title VII. Research, Extension, and Related Matters

- EFNEP – updated the year (Sec. 7110)
- Other initiatives of note
 - Matching funds provision (Sec. 7128)
 - Foundation for Food and Agriculture Research (Sec. 7601)
 - New institutions for 1994's and 1890's list (Sec. 7129 and 7402)

For Further Information on Agricultural Act of 2014 Contact

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Final Points

- Authorization and appropriation – both matter
- Programs that work – what we’re achieving, where we’re headed, what is needed
- Call to action – what you can do
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Thank You

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