

**DC EAT SMART/MOVE MORE
PROGRAM**

Supplemental Nutrition Assistance Program:
Nutrition Education and Obesity Prevention
Grant Program (SNAP-Ed)

**Fiscal Year 2015-2016 STATE PLAN
(Abridged Version)**

Program Overview

The Supplemental Nutrition Assistance Program: Nutrition Education and Obesity Prevention Grant Program (SNAP-Ed) is a nutrition education program in the [District of Columbia Department of Health](#) that is funded by the USDA [Food and Nutrition Service](#) (FNS). SNAP-Ed is a partnership between the District of Columbia Department of Health, Nutrition and Physical Fitness Bureau and the Department of Human Services, Economic Security Administration.

Our mission is to promote healthy lifestyles and encourage SNAP participation in the District of Columbia. SNAP is the largest program in the domestic hunger safety net.

The goal of our program is to provide nutrition education to residents of the District of Columbia that will help them to make healthy food choices that are consistent with the Dietary Guidelines for Americans and My Plate.

Coordination Efforts

USDA Food and Nutrition Services (FNS) Programs as Administered in the District of Columbia

1. The District of Columbia Department of Health will provide nutrition professionals and paraprofessionals to conduct nutrition education activities for various wellness and healthy lifestyle activities planned for employees. SNAP-Ed, Farmers Market Nutrition Program (FMNP), and the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) are all part of DOH's Nutrition and Physical Fitness Bureau making coordination amongst these programs possible.
2. The Economic Security Administration (ESA) Supplemental Nutrition Assistance Program Service Centers coordinates closely with the DC SNAP-Ed program.

SNAP-Ed will provide nutrition education and food resource management information to The Temporary Assistance for Needy Families (TANF) clients at Four TANF Service Centers in the District. SNAP-Ed will coordinate with the Economic Security Administration (ESA) Supplemental Nutrition Assistance Program Service Centers by providing brochures and nutrition material for dissemination to their centers. We will also work with DC SNAP program through TANF (The Temporary Assistance for Needy Families) clients at Four TANF Service Centers in the District, providing nutrition education and food resource management information.

3. The District of Columbia Office on Aging (DCOA) administers the Grocery Plus (formerly known as CSFP) Program. DCOA partners with SNAP-Ed staff to provide nutrition education classes and activities at Grocery Plus/ Senior Farmers' Market Nutrition Program (SFMNP) local agency food distribution centers.

4. The Farmers' Market Nutrition Program collaborates with SNAP-Ed program staff to help promote nutrition information on the health benefits of fruits and vegetables, what counts as a serving portion and a guide to selecting seasonal fruits and vegetables.
5. The Office of the State Superintendent of Education (OSSE) and D.C. Hunger Solutions administers the Free Summer Meals Program which partners with SNAP-Ed to provide nutrition activities for children participating in the programs.

Two-Year DC SNAP-Ed Plan for Fiscal Years 2015 -2016

The District of Columbia (DC) SNAP-Ed Program is submitting this plan for Fiscal Year 2015 through 2016. This will be the first two-year State Plan submission for the District. The following sections will describe the goals and objectives of the plan including the emphasis on increasing physical activity throughout DC. This plan takes into consideration the Healthy People 2020 goals and objectives, the Dietary Guidelines for Americans, and two District specific health and wellness plans: Sustainable DC (<http://sustainable.dc.gov/>) and the One City Action Plan for the District of Columbia (<http://ocap.dc.gov/page/one-city-action-plan>). Childhood obesity prevention and management is a mayoral priority and this plan reflects the emphasis that has been mandated.

Brief Description of Two Year Plan

Over the next two years, DC SNAP-Ed staff and partners will coordinate efforts to ensure that state and federal laws that mandate and impact service will be followed. This includes the Healthy Hunger Free Kids Act of 2010, the DC Overweight Obesity Action Plan, the DC Healthy Tots Act, and others.

During Year One of the State Plan five priorities will be met:

1. DC SNAP-Ed will work closely with public and private partners to establish standardized nutrition messaging for the following target populations. This will involve collaborative partnerships with the Office of the State Superintendent of Education, DC Public Schools, early childhood education providers and providers at senior centers. There are numerous public and private groups that provide education throughout the District and it is the best interest of the public that these services are consistent with Dietary Guidelines for Americans and Healthy People guidelines.
 - a. Early Childhood (ages infancy through 5 years)
 - b. Seniors

2. DC SNAP-Ed will engage in a concerted rebranding effort to increase Program visibility. This will involve at a minimum, a partnership with American University, the University of the District of Columbia, and the DOH Public Information Officer. Efforts will continue towards enhancing the DC SNAP-Ed web presence.
3. Increasing transparency will be the third major priority for FY15. There is an opportunity to increase collaboration and improve provision of services when stakeholders are provided an opportunity to give input during the planning process. During the fiscal year, components of the DC SNAP-Ed State Plan will be shared in advance of the FY17 planning process which will begin in late 2016.
4. SNAP-Ed staff will begin the process of planning for a citywide Food Demonstration Guidelines training. In an effort to support nutrition education efforts targeting low income residents, SNAP-Ed expertise will be directed towards encouraging the safe use of food demonstrations as a way to educate and promote behavior change. Providers will be given an opportunity to learn and practice safe food demonstrations skills. Additionally, they will be exposed to USDA and other evidence-based resources that they will be encouraged to use in their programs
5. SNAP-Ed administration will release requests for applications to increase the number and variety of providers of nutrition education in the District. There will be an emphasis on increasing service to ethnic groups including Spanish speaking residents. Additionally, there is a great need to provide service during the evening and on the weekends.

During Year Two of the State Plan:

1. During year two, SNAP-Ed staff will continue with promoting standardized messaging for children and seniors. We will work with our partners to monitor success of the project. Additionally, efforts will begin to standardize messaging for young adults and adults using evidence based curriculum. Monitoring will begin during FY17.
2. Efforts to rebrand SNAP-Ed will continue with an evaluation component added to assess effectiveness. The proposed project with American University will begin to be used and evaluated.
3. Public comments received during FY15 about the State Plan will be reviewed and used to inform decisions for 2016 and 2017. This will be the first public comment process for the SNAP-Ed State Planning Process.
4. Food Demonstration trainings will continue during FY16. We will work with our partners to monitor success of the project.

5. New SNAP-Education providers will be trained during the latter part of 2015 and 2016. There will be an opportunity to review the District Community Needs Assessment and determine the success of the new services. We will work with our partners to monitor success of the project.

Goals and Objectives

State SNAP-Education Goals and Objectives

As noted previously, this DC SNAP-Education two year State Plan takes into consideration Healthy People 2020 goals, the Dietary Guidelines for Americans, and objectives from both the Sustainable DC and One City Action Plan for the District of Columbia. The goals and objectives of SNAP-Education in the District of Columbia as addressed in this plan include three key behavioral outcomes and two additional non-behavioral outcomes: (1) eat fruits and vegetables, whole grains, and fat-free or low-fat milk products every day; (2) be physically active every day as part of a healthy lifestyle in order to prevent obesity; (3) balance caloric intake from food and beverages with calories expended; (4) planning and budgeting SNAP benefits; and (5) promoting integration between gardening and classroom curriculum. Food safety will be an underlying theme presented during education sessions. The DC SNAP-Education Program anticipates reaching about 12,000 SNAP and SNAP eligible clients during FY15 through FY16. SNAP-Education will utilize the compiled nutrition education data from one year to another to compare the effectiveness of the nutritional messages presented and to design a program to meet the needs where ever there is a shortfall.

State Plan Projections for 2015-2016

The DC SNAP-Education Program will continue with individual contacts during Fiscal Years 2015 and 2016. The latter part of FY 2015 will be spent with planning for stakeholder engagement that will involve increasing partnerships that will ensure that the Program expands its reach into more ethnically diverse communities. Efforts have begun to introduce a Train the Trainer series that will be implemented in FY 2016. The Train the Trainer series will consist of nutrition education sessions geared toward training paraprofessionals to reach a larger pool of SNAP eligibles than are reached currently. The series will target food service managers at senior nutrition wellness sites, recreation centers in low income areas, faith based organizations, and Head Start facilities. Paraprofessionals will receive intensive training in the following areas: food safety, effective communication, customer care, conflict resolution, and effective nutrition education strategies.

Additionally, SNAP-Education will redouble its efforts to collaborate with the DC Departments of Human Services, Department of Parks and Recreation, the Office on Planning, the Office on Aging, and Healthcare Finance.

Education Focus on SNAP Target Audience

Influence intent to increase consumption of vegetables and fruits, whole grains and fat-free or low-fat milk products and increase physical activities per day by:

- Increasing knowledge and awareness of the benefits of eating fruits and vegetables
- Increasing knowledge and benefits of eating whole grains
- Increasing knowledge and benefits of eating low-fat and non-fat dairy products
- Increase the knowledge of the importance of Food Safety
- Promote and provide interactive physical activity
- Demonstrate increased knowledge on how to incorporate physical activity into daily life
- Increasing awareness of the benefits of physical activity

Influence intent to increase participants' knowledge of the relationship between caloric intake and calories expended through:

- Increasing ability to identify recommended portion sizes
- Identifying high caloric foods and beverages
- Relationship between caloric intake and physical activity to maintain a healthy body weight

Influence and increase participants' knowledge in meal planning, comparison shopping and reading food labels by:

- Increasing usage of a shopping list when shopping
- Establish and increase the process of comparative shopping before purchasing food
- Develop the skill of reading the Nutrition Facts on the food label

SNAP-Ed's Progress in Achieving Overarching Goal(s) in FY14:

- Five hundred and ten (510) students received the kindergarten through second grade pre and posttest which consisted of five (5) pictorial nutrition based knowledge questions that required a circle response to one of the two given choices. The nutrition staff read each question aloud to the students.
 - Average pretest scores for K-2nd grade ranged from 83% to 97%
 - Post test scores ranged from 93% to 100% showing a 3% to 14% increase in overall knowledge.

- Three hundred ninety eight (398) third through eighth grade students received the pre and posttest which consisted of five nutrition education knowledge questions on food groups, serving sizes and physical activity.
 - Average pretest scores for 3rd-8th grade pretest ranged from 46% to 81%.
 - Post test scores ranged from 77% to 98% indicating a 15% to 49% overall increase in knowledge.

Seniors:

The average pretest and posttest scores for the senior/adult population revealed:

- Fruit and vegetable assessment: 60% pretest, 100% posttest, 40% increase
- Food safety assessment: 53% pretest, 93% posttest, 40% increase
- Low-fat milk products assessment: 67% pretest, 100% posttest, 33% increase
- Meal planning: 81% pretest, 100% posttest, 19% improvement
- Physical activity: 53% pretest, 100% posttest, 47% improvement
- Whole grain: 46% pretest, 91% posttest, 53% improvement
- Calcium: 79% pretest, 100% posttest, 21% improvement
- My Plate: 40% pretest, 100% posttest, 60% improvement
- The importance of drinking water: 73% pretest, 100% posttest, 27% improvement
- Vitamin C: 68% pretest, 100% posttest, 32% improvement
- Nutrition facts label: 83%, 100% posttest, 17% improvement
- Fruit: 65% pretest, 99% posttest, 34% improvement
- National Nutrition Month 65% pretest, 100% posttest, 35% improvement

FY14 –SNAP-Ed (DOH+UDC) served unduplicated data

Less than 5 Years	5-17 Years Grades K-12	18-59 Years	60 Years or More	All Ages Combined
12,079	1,991	3,303	3,638	21,011

FY14 –SNAP-Ed (DOH+UDC) served duplicated data

Less than 5 Years	5-17 Years Grades K-12	18-59 Years	60 Years or More	All Ages Combined
68,915	5,518	5,293	3,676	83,402

Sub Grantee: University of the District of Columbia (UDC)

The University of the District of Columbia, Cooperative Extension Service, and Center for Nutrition, Diet and Health is the implementing agency and sub grantee of the State Supplemental Nutrition Assistance Program (SNAP) to develop and deliver nutrition education activities in the state.

UDC will provide nutrition paraprofessionals to conduct nutrition education for DC Head Start and the Office of Early Childhood Development daycare centers.

UDC 2015/2016 SNAP-Ed Goals and Objectives

Overarching State Goal:

Increase the percentage of DC childcare and senior facilities that provide SNAP-Ed nutrition education to SNAP recipients and SNAP eligible individuals and families. In the District of Columbia, many seniors are raising grandchildren.

The goals and objectives of this plan address two of the four nutrition education domains including: 1) Dietary Quality and 2) Food Safety.

Dietary Quality Goal:

Increase the percentage of SNAP participants who are assisted to adopt diet and physical activity practices consistent with the Dietary Guidelines for Americans and MyPlate, by 10% over the previous year baseline. (Baseline: Developmental 2014).

Dietary Quality Objectives:

Dietary Quality Objective 1.0 (Teachers/Facilitators):

By September 30, 2015, increase the percentage of teachers/facilitators of SNAP and eligible children and seniors who complete SNAP-Ed training and implement nutrition education and physical activity, by 10% over the previous year baseline (Baseline: Developmental 2014).

Dietary Quality Objective 1.1 (Teachers/Facilitators):

By September 30, 2015, increase the percentage of teachers/facilitators who report implementation of the SNAP-Ed curricula in the classroom, by 10% greater efficiency over previous year performance. (Baseline: Developmental 2014).

Dietary Quality Objective 1.2 (Children and seniors):

By September 30, 2015, increase the percentages of participants (children and seniors) who demonstrate motivation to increase their consumption of fruits and vegetables and increase their weekly physical activity by 20 minutes per day, by 10% over previous year measures. (Baseline: Developmental 2014).

Dietary Quality Objective 1.3 (Children and Seniors):

By September 30, 2015, increase by 10% the percentage of participants (children and seniors) who engage in healthier food choices at home and when dining out. (Baseline: Developmental 2014)

Dietary Quality Objective 1.4 (Children and Seniors):

By September 30, 2015, increase by 10% the participants (children and seniors) who report consuming at least one more vegetable per day and an increase in the number of healthy snack items. (Baseline: Developmental 2014).

Dietary Quality Objective 1.5 (Children and Seniors):

By September 30, 2015, increase the percentage of participants (children and seniors) who are able to list at least two food safety measures that can be used when handling foods during meal preparation and service by 10% over the previous year performance. (Baseline: Developmental 2014).

Dietary Quality Objective 1.6 (Children and Seniors):

By September 30, 2015, increase by 10% the percentage of participants who are able to compare the nutritional values of meals prepared at home to fast foods. (Baseline: Developmental 2014).

Dietary Quality Objective 1.7 (Children and Families)

By September 30, 2015, increase the percentage of children who, upon completion of the Fit Kidz television series, will be able to identify healthy foods and unhealthy foods by 10% over the previous year performance. (Baseline: Developmental 2014).

Dietary Quality Objective 1.8 (Children, Seniors and Families)

By September 30, 2015, increase the percentage of participant seniors and parents who are able to identify healthier foods for themselves and their children, by 10% over previous year performances. (Baseline: Developmental 2014).

Food Safety Goals:

Improve safe food handling, preparation and storage of food in SNAP households (Children, Seniors and Families).

Implement food safety and activity lessons in classroom settings for participants (Children and Seniors) from SNAP and SNAP-eligible households.

Food Safety Objective 2.0 (Teachers/Facilitators)

By September 30, 2015, Increase the percentage of teachers and facilitators who complete the training and implement the food safety classroom instruction and activity lessons with the participants (children and seniors) by 10% over the previous year performance. (Baseline: Developmental 2014).

Food Safety Objective 2.1 (Teachers/Facilitators):

By September 30, 2015, increase the percentage of teachers/facilitators who complete training and implement food safety curricula in the classroom setting by 10% over the previous year performance. (Baseline: Developmental 2014).

Food Safety Objective 2.2 (Teachers):

By September 30, 2015, increase by 10% over the previous year performance the percentage of teachers implementing the nutritional concepts of each of the SNAP-Ed television series into the curriculum. (Baseline: Developmental 2014).

Food Safety Objective 2.3 (Children, Seniors and Families)

By September 30, 2015, increase the percentage of participants (children and elders) who are able to identify positive food safety practices and negative food safety practices, by 10% over the previous year performance. (Baseline: Developmental 2014).

Food Safety Objective 2.4 (Children, Seniors and Families)

By September 30, 2015, increase the percentage of SNAP households that report implementing one or more practices in safe food handling, preparation and storage of food, by 10% over previous year reports. (Baseline: Developmental 2014).

UDC FY14 Pre/Post Evaluation Results

Retrospective survey was used for data collection. The retrospective instrument is described in the UDC 2014 SNAP-Ed Plan. The instrument was administered at the end of the school year. The instrument questions were design to measure the key/core messages taught to the children. The findings were as follows:

- 89.9% of the children were consuming at least the recommended amounts of fruit and vegetables daily
- 92.7% of the children were consuming the recommended servings of low fat and fat free milk and milk products daily
- 86.6% of the children were consuming the recommended servings of grains including at least half the grains whole grains
- 91.4% of the children were more physically active daily
- 93.9% of the children consistently washed their hands prior to handling food
- 90.5% of the children are able to identify healthy food choices
- 95.1% of the children try new foods (foods unfamiliar to them)