

Policy, System and Environmental Work

Paula Peters, Assistant Director FCS Extension

Becky Reid, Extension Agent, Cowley County

Christina Holmes, Extension Agent, Cherokee County

Lisa Martin, EFNEP Extension Agent, Shawnee County

Sue Sing Lim, SNAP-Ed Evaluation Specialist

Kansas State University Research and Extension

Family and Consumer Science



A SEVEN STATE RESEARCH AND EXTENSION
PROJECT





Project Overview

Multi-state

- IN, KS, MI, ND, OH, SD, WI

Multi-disciplinary team

- Nutrition
- Physical activity
- Community development
- Family and youth development



Funding

- USDA Agriculture and Food Initiative (AFRI) Grant #2011-68001-30100



Innovative Aspects



7 states collaborating

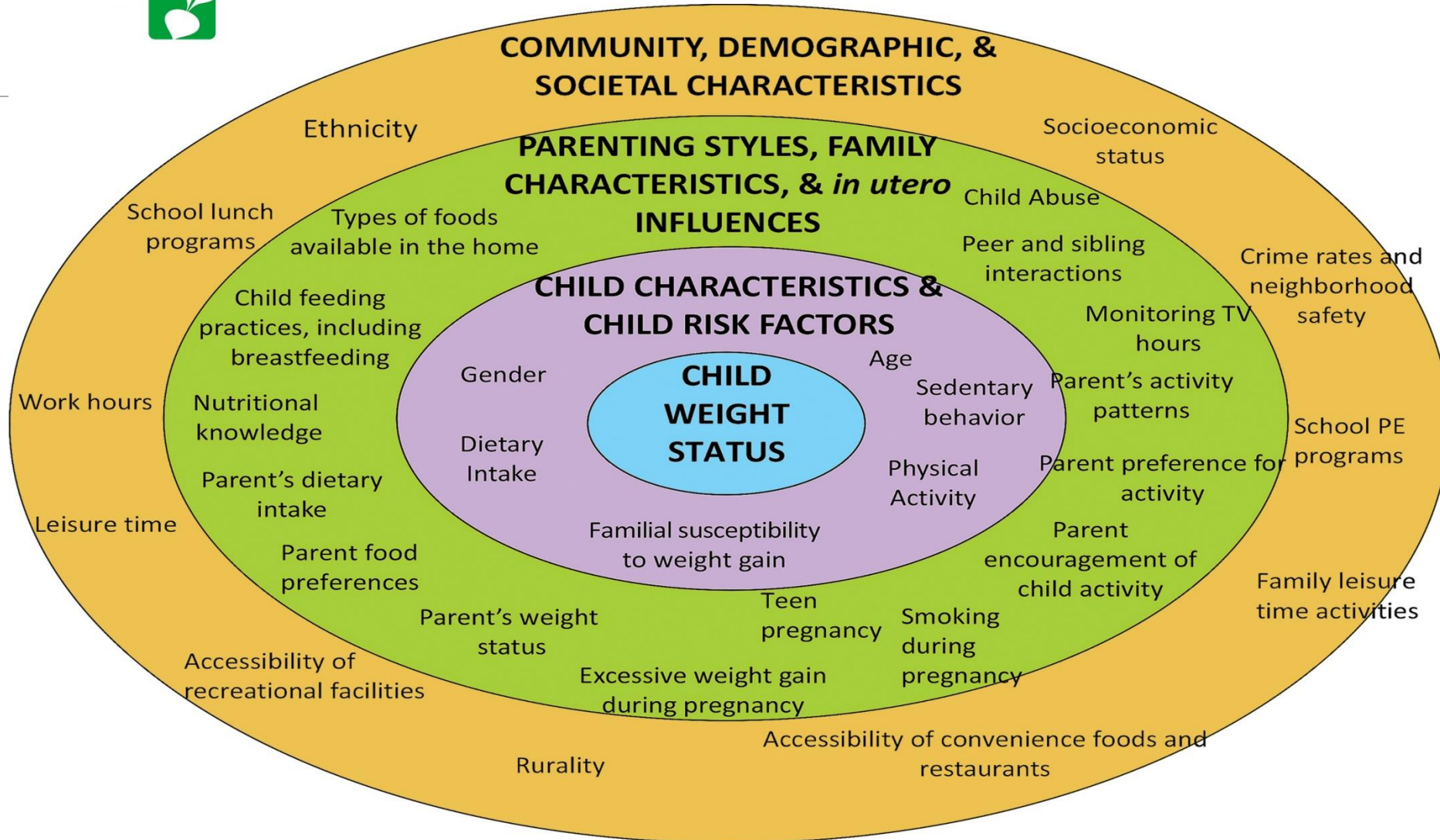
Socio-Ecological Model of Childhood Overweight

- Rural communities
- Low-income families
- Preschool aged children

Community capacity development approach (PSE)

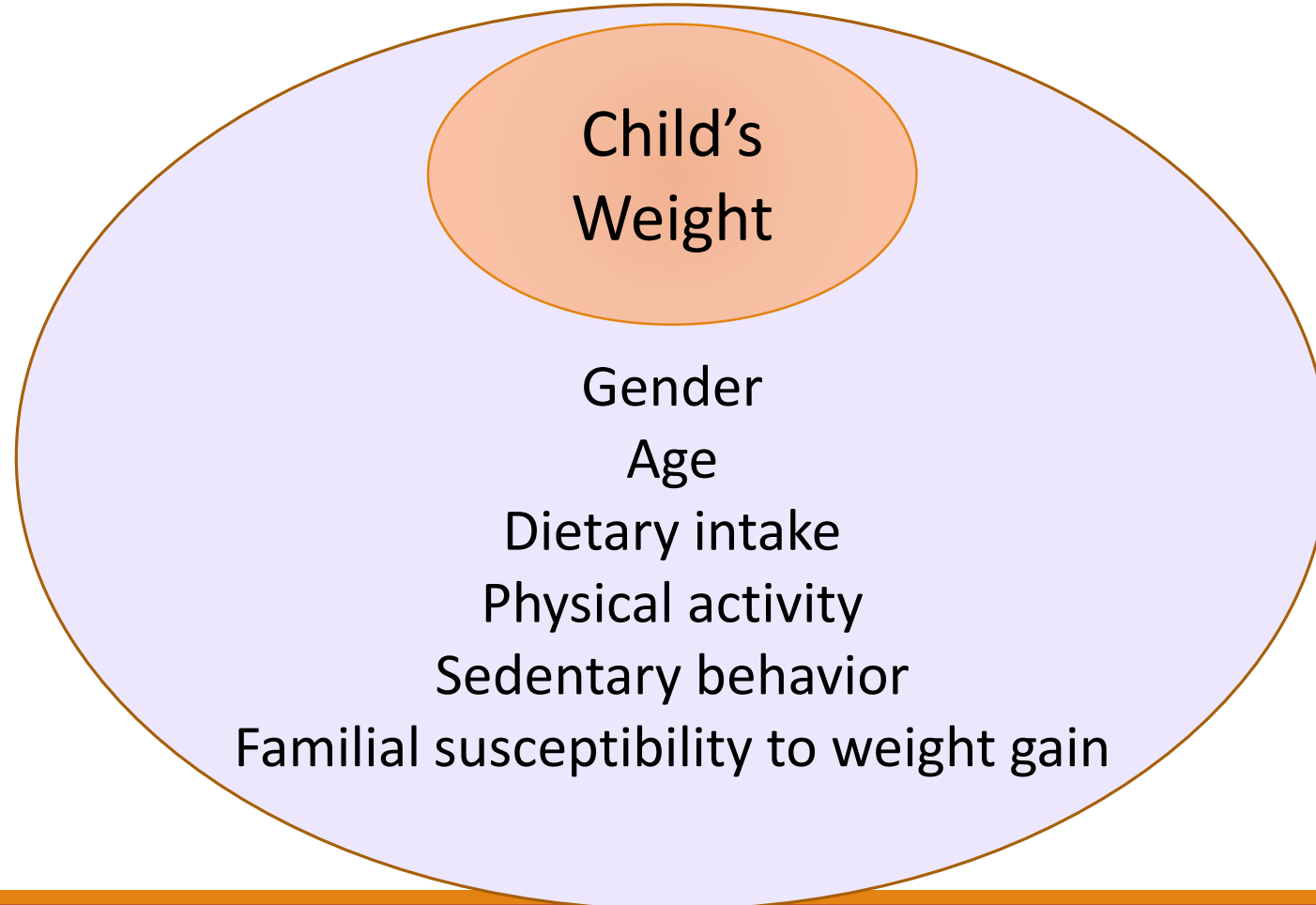


Foundation





Individual





Family Characteristics

Types of foods available in home
Child feeding practices, including breastfeeding
Nutritional knowledge
Parent's dietary intake
Parent food preferences
Parent's weight status
Excessive weight gain during pregnancy
Teen pregnancy
Smoking during pregnancy
Parent encouragement of child activity
Parent preference for activity
Parent's activity patterns
Monitoring TV hours
Peer and sibling interactions
Child abuse



Policy, Systems and Environment Influences

Ethnicity
School lunch programs
Work hours
Leisure time
Accessibility of recreational facilities
Rurality
Accessibility of convenience foods and
restaurants
Family leisure time activities
School PE programs
Crime rates and neighborhood safety
Socioeconomic status



Situation

Childhood obesity

- Greater risk in rural areas
- Greater risk in low income

Obese by age 4

- Increased risk of being overweight or obese as an adult





Why Focus on Environment?

Growing evidence shows that environment is related to the incidence of obesity

Healthy choices need to be easy choices

- Environmental changes can improve the health of the whole community, not just individuals



Community Coaching



One community per state
assigned a “Community Coach”

“A Community Coach: a guide
who supports communities and
organizations in identifying and
achieving their goals.”

(Emery, Hubbell, & Miles-Polka, 2011)



Project Goals

1. To empower rural communities to create and sustain environments that support healthy lifestyles for young children, with emphasis on good nutrition and physical activity.
2. Test a community coaching model.





Approach – Methods

1 intervention, 1
comparison community
per state

Community coach hired
and placed with
intervention coalition

Each community received
funding

- Nutrition
- Physical activity





Community Assessments



- Parent survey
- Coalition assessed the community resources that might affect a young child's weight
- Coalition self assessments





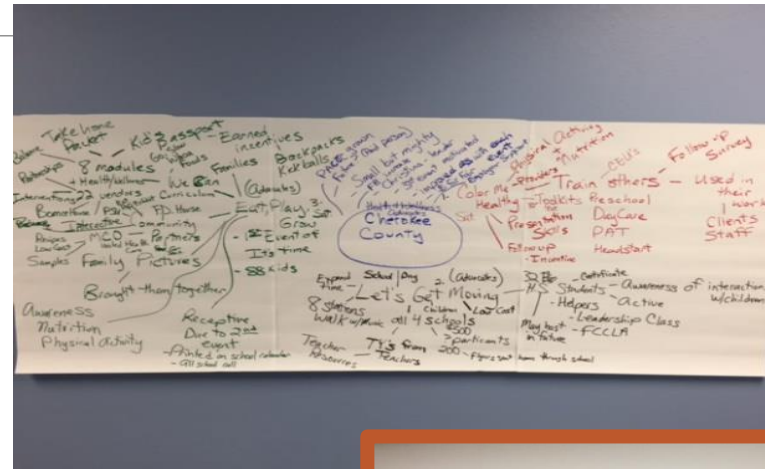
Kansas Counties Involved

Cowley County

- Community coach

Cherokee County

- No community coach





Insights



Community Coaching is being “refined”

- No “right” way

Relationships and partnerships are essential

- Coalition members
- Coaches, staff, students

Reflection is critical

Sustaining community involvement over an extended time is challenging



Research Team

Program Director:

Paula Peters, PhD

Kansas Co-Director:

Sandy Procter, PhD, RD

Community Partners:

Becky Reid, Cowley County

Christina Holmes, Cherokee County

Modules: <http://media.cph.ohio-state.edu/articulate/CPCOToolkit/story.html>

PDF version: <http://media.cph.ohio-state.edu/articulate/CPCOToolkit/story.html>

Communities Preventing Childhood Obesity

BECKY REID, EXTENSION AGENT

CHRISTINA HOLMES, EXTENSION AGENT



COMMUNITIES

Preventing Childhood Obesity







BIKE RACK DESIGN CONTEST

who gets to participate?
Cowley County youth, ages 10-18
 what do we do?
Design a bike rack for your community. If your design is selected, we'll pay to have it built and installed! We suggest it be 6-8 feet long and suitable to secure at least 4-6 bikes
 when is my design due?
January 29, 2016
 how do I submit it?
**Cowley County Extension Office,
 PO Box 538, Winfield; deliver to
 311 E 9th, Winfield OR e-mail
 cowleyhealthycommunities@gmail.com**

A BIT MORE INFO:
Will there be a prize?
 Winning design(s) will receive a sweet award. Plus, you'll get to park your bike at a rack YOU designed!
Who picks the winner?
 A panel of judges--made-up of welders, artists, and avid bike riders.
What communities in Cowley get bike racks?
 We are working to select locations in Arkansas City, Winfield, Udall and Eastern Cowley County
How exactly do I submit my design?
 Please draw on an 8 1/2" x 11" piece of paper or use the contest submission sheet and title your design, if you need to write a short description to clarify your concept, please do! Include your name, age, hometown and a phone number.

Get your creative juices flowing:
CHECK THESE OUT!





Community Gardens and Local Food Councils

LISA MARTIN, EFNEP EXTENSION AGENT

Evaluation for PSE intervention

SUE SING LIM, SNAP-ED EVALUATION SPECIALIST

A solid orange horizontal bar at the bottom of the slide.

There is no PSE
intervention yet.

Have you looked at data online to get a whole picture of problems in your counties/districts?

Communitycommons.org,
kic.kdheks,
datacenter.kidscount.org

yes

Have the Advocacy Committee survey been conducted?

yes

Is there any coalition, organization or others to work with you?

No

Talk to your community members.

yes

There is planning for
PSE intervention.

Have you and your coalition/organization discuss how to collect baseline data before implementation of programs?

This is different than the advisory committee survey. This focus on the specific issue you and your partners want to tackle.

yes

Have you and your coalition/organization discuss if you want to know how well the programs run?

yes

Have you and your coalition/organization discuss the method to identify if your program is effective or not?

yes

PSE intervention is up
and running.

Is there a particular site for PSE intervention?

yes

Have you entered PSE information into PEARS?

Activity time!

Scenario #1

You have been doing SNAP-Ed nutrition education for young children especially in childcare centers. Now, you are unable to do only nutrition education directly with Pre-K students. You still have a deep connection with the kids, parents, and childcare providers and you believe there are needs to be addressed.

What may be the problems in terms of PSE?

Who are the stakeholders (people will be affected)?

What are some barriers?

Who or what can you ask for help?

What are some evaluation questions?

Scenario #2

You have joined a coalition that is concerned with the health of Hispanics/Latinos. You and your coalition have done your part to determine problems at your communities pertaining to the goals of SNAP-Ed, such as improving identification of healthy foods, improving overall dietary quality and increasing participation in physical activity.

In terms of PSE, what can you and your coalition tackle?

What are some special needs in this demographic?

What can you do to guide your coalition when planning PSE interventions?

What are some evaluation questions?

Scenario #3

You are in the rural part of Kansas. Food access is definitely the most critical problem based on data and your own experiences. However, you and your coalition/organization/partners are unsure what to do as food access is such a broad issue.

What can you and your partner do to narrow down the problem?

How would you and your partners plan PSE intervention?

How do you and your partners determine priorities of the problem?

What are some evaluation questions?

Services Sue Sing can provide for SNAP-Ed agents and educators:

Make sense of PEARS data

Identify validated surveys

- Analyze data

Provide insights on method of collecting data

Site visits

Questions

02/07/2017