MU EXTENSION SW REGION
NUTRITION & HEALTH SPECIALIST

PAM DUISTMAN
<table>
<thead>
<tr>
<th>Project/Assignment</th>
<th>Percent time</th>
<th>Geographic Assignment/Counties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regional Health and Nutrition Specialist</td>
<td>Full Time</td>
<td>SW Region: Assignments in 8 Counties</td>
</tr>
<tr>
<td>MU Extension Program Integration</td>
<td>20%</td>
<td>Statewide</td>
</tr>
<tr>
<td>Voices for Food State Coordinator</td>
<td>75%</td>
<td>Working with 6 states; 4 SW MO counties</td>
</tr>
</tbody>
</table>
FOICES FOR FOOD COORDINATOR

- Five year grant from USDA/AFRI
- Pays NHS salary and part time support staff
- Focus: improving community food security:
  “a prevention-oriented concept that supports the development and enhancement of sustainable, community-based strategies to improve access of low-income households to healthful nutritious food supplies, to increase the self-reliance of communities in providing for their own food needs, and to promote comprehensive responses to local food, farm, and nutrition issues”
A structured approach to interdisciplinary work in five theme areas, with teams dedicated to developing and improving programming in each thematic area:

- Educational attainment
- Environmental concerns
- Community, economic, business and workforce development
- Global food systems
- Health systems
NUTRITION & HEALTH SPECIALIST WORK

• Assignments across SW Region; primary work in Greene
• Primary areas of programming:
  • Community Food Systems/Food Security
  • Chronic Disease Prevention and Management
  • Nutrition and Health
  • Community Health – Healthy Lifestyles – 2 counties
  • Health Insurance Education Initiative
CHRONIC DISEASE SELF MANAGEMENT

- All expenses paid by CDC grant including: mileage, books & CDs for every participant, light snacks, markers, flip-charts, tent cards/name tags, copies
- $1,640 average cost of one class in Greene County (CDC also covers marketing, newsletters, PSAs, etc.)
- 14 six-week sessions in the past year (84 classes at 3 hours per class) 625 individuals participating in Greene (Actual cost covered by CDC: $22,960)
- Partner with Cox, Mercy, Jordan Valley; Physician office referral
Reports from class participants:

- 100% “I am more confident in my ability to take care of my chronic condition”
- >90%:
  - “improved my ability to deal with problems caused by my chronic condition”
  - “increased my independence and ability to carry-out routine daily activities”
  - “improved the emotional distress (i.e. depression, etc.) caused by their chronic condition”
CHRONIC DISEASE SELF MANAGEMENT OUTCOMES

• >75% report that they had **improved physical symptoms** (i.e. pain, stiffness) caused by their chronic condition
• >90% report that the “class led me to **change something** (action or knowledge) based on what I learned or experienced.

• Physicians report reduced use of health care system by class participants
• Greene County Health Systems & Physician offices have come to rely on MU Extension to teach this course.
Community
Food System
Work

Environmental Health
- Food Processing, Distribution, and Marketing
- Food Production
- Food Consumption

Social Equity & Human Health

Economic Vitality
Strong community food systems lead to improved nutrition, public health, local economic development; reduced hunger
LOCAL FOOD SYSTEM/FOOD SECURITY
Community Development & Educational Opportunities

Greene County since January 2013:
- 57 events/classes
- 753 participants

Topics:
- Community Food Systems classes/seminars/workshops
- Seasonal and Simple
- Nutrition and Cooking classes

Wide variety of partners – increased reach and visibility of MU Extension’s community involvement
Leadership for good food, strong farms, healthy communities.

OVER 50 MEMBER ORGANIZATIONS

HTTP://WWW.OZARKSREGIONALFPC.ORG/
OZARKS REGIONAL FPC

• Serve on Executive Committee
• Chair, Healthy People Subcommittee
• Food System Assessment -- $100 K from MFH
  • 140,000 people in SW Missouri, including 50,000 children, do not have a consistent, secure source of food every day.
• Nearly 88% of adults in the region do not consume the recommended five servings of fruits and vegetables a day
• 12 Key Policy Recommendations designed to advance the development of a regional food system for SW Missouri that produces good food, strengthens the local economy, protects our natural resources, and improves our health.
• Adopted by multiple partners such as City of Springfield
• Improved community food system work flow
• On-going work
EXAMPLES OF POLICY CHANGES RECOMMENDED BY ORFPC

- School System Policies to support farm-to-school and incorporation of garden initiatives into pre-k through 12 curricula
- Farmers Markets to accept SNAP benefits
- Establish food hubs connecting farmers and consumers
  - manage transportation, marketing, distribution of local food products
  - helps farmers to satisfy wholesale, retail and institutional demand
GREENE COUNTY POLICY CHANGES RECOMMENDED BY ORFPC

- Encourage education and training on sustainable production methods for new and established farmers
- Establish and expand policies and programs to improve access to and affordability of healthy foods in “food deserts”
MU EXTENSION -- GREENE COUNTY
FOOD SYSTEM COMMUNITY PROJECTS

• Seeds of Prosperity -- Chair
  • Grants to this office totaling $6,500
  • Conferences
  • All day track at MOA Friday February 6, 2015 – University Plaza Convention Center

• Central Springfield Good Food Cooperative – Co-Chair
  • Community Collaborative Project
  • $15,000 + to this office for Extension

• Food Pantry Collaborative
• Food Hub Feasibility study and Food Hub Board
• Food Day – Co-Chair
Food Day 2014

- MU Extension co-chaired with Ozarks Food Harvest
- Springfield Food Day Celebration surpassed 700 fans on Facebook one month after it was published
- Year round programming and marketing
- Community collaboration to reach unprecedented numbers.
goals
QUESTIONS?