Dear HLI Partner,

This December newsletter is full of exciting news and valuable information! First, Rachel and Kristin have completed work on the High Tunnel Manual and a unit of curriculum for Missouri agriculture teachers. To introduce teachers to high tunnels and these resources, a High Tunnel Institute will be held in late January. More information is available in the first article below.

The Economic Gains from Healthier Choices tool that Dean Crader has been developing is now complete! The article below can tell you more about this tool. Visit our website to access instructions, the tool, and more information.

Also found in this newsletter is the exciting announcement of a grant received by the Southern Boone Learning Garden as well as a news release from the Food Insecurity Symposium held earlier this fall.

Please be sure to "like" our Facebook page, and let us know if there are individuals we should add to the recipient list of this newsletter. Finally, please share with us your community newsletters! You can find our newsletters from past months now on our website at www.extension.missouri.edu/healthylife.

We appreciate all you do and your help in showing the impact of Extension support in your communities.

We hope you had a Merry Christmas and wish you a very Happy New Year!

Sincerely,
Your On-Campus HLI Team
Ann, Margie, Nancy, Kristin and Rachel

High Tunnel Institute to be Held for Missouri Agriculture Teachers

After months of work, the High Tunnel Manual has been completed and a corresponding unit of curriculum designed with Missouri agriculture teachers in mind. HLI has extended the invitation to each agriculture teacher across the state of Missouri to attend a High Tunnel Institute. **The Institute will be held on January 28, 2013 from 9:00 am to 3:30 pm at the University of Missouri Technology Center on the Bradford Research Farm and Extension Center, 5 miles east of Columbia, MO.**

High tunnels often referred to as "hoop houses," resemble greenhouses but are much different.
They are plastic-covered, passive-solar-heated structures in which crops are grown in the ground. High tunnel production facilitates the diversification of farming operations, requires less capital expenditure than greenhouse production, and for relatively low investment, often yields in higher returns. HLI has created a High Tunnel Manual and a unit of curriculum designed around the use of high tunnels tailored for you, Missouri agriculture teachers. The introduction of high tunnel production into an agricultural education program can provide a greater number of SAE opportunities to students, opportunities for profits for students and the program, and increase fruit and vegetable production to the local community.

A survey of Missouri agriculture teachers indicated a high level of interest in participating in the Institute that will be provided at no cost to attendees. HLI will also provide lunch, reimbursement for mileage to and from the event at the current University mileage reimbursement rate (currently 53.5 cents per mile). In addition, all attendees will receive a copy of the High Tunnel Manual and the High Tunnel Production Curriculum unit.

Teachers were asked to complete and return a registration form to Margie Meyer to attend this event. Few spots remain. Please encourage your local agriculture teacher(s) to attend this valuable opportunity. As an added incentive, your community could utilize HLI funds to pay a substitute for your local agriculture teacher(s) as you wish.

We are very excited about this opportunity and look forward to hosting Missouri agriculture teachers in Columbia on January 28th!

If you have any questions, please feel free to contact Rachel Kagay at rachelkagay@mail.missouri.edu or Kristin Kovar at Kristin.kovar@mail.missouri.edu.

"Like" Our Facebook Page!
You asked for a Facebook page to help facilitate better communication and collaboration - and you got it! If you use Facebook, please visit https://www.facebook.com/MUhealthylifestyleinitiative and "Like" our page! We will post any news, upcoming grant deadlines, and events that may be of interest to you.
Please feel free to use the page to share what is going on in your communities, questions you have for other HLI groups, or anything else you feel is pertinent or interesting for HLI groups across the state.

Send Us Your Newsletters!
We would love to receive your community's newsletters! Please add hli@missouri.edu to your regular newsletter mailing list. We enjoy knowing what is going on in our communities across the state, and we may include some of your news in this state-wide newsletter!

Economic Gains from Healthier Choices Tool Now Available!
The Economic Gains from Healthier Choices for Missouri Counties (EG-HC) excel tool is ready for you to use with your HLI community. Information on the development of the tool and how it can be used to show economic gain from your HLI efforts to promote and support healthier lifestyle choices in your community can be accessed on the HLI website at: http://extension.missouri.edu/healthylife/resources/EG-HC.htm.
The EG-HC is an easy-to-use tool to show cumulative economic gain, by county, for selected percentages, ranging from 5 to 50%, of the county population for the following changes:

- Increase in daily intake of fruits and vegetables
- Increase in daily physical activity
- Decrease in the number of people who are obese
Decrease in the number of people who smoke

G. Dean Crader of the Economic & Policy Analysis Research Center (EPARC) at the University of Missouri developed the tool for the Healthy Lifestyle Initiative. The tool is based on an economic model by Kevin M. Murphy and Robert H. Topel within their paper, "The Value of Health and Longevity" (NBER Working Paper 11405, 2005).

The original model by Murphy and Topel measured the economic growth in the United States attributable to major medical advancements during the last century. As well, they projected economic gains for future medical advancements. These economic gains were calculated from agents' willingness to pay for medical advancements that increased longevity as well as quality of life. Within their model, these economic gains were then aggregated across the entire population of the United States because it was assumed that medical advancements are available to everyone in society.

The calculated economic gains within the HLI EG-HC excel tool use only the portion of Murphy and Topel's model that pertain to increased longevity. Appropriately, for the Healthy Lifestyle Initiative purposes, the aggregation of these gains is limited to those residents within Missouri counties that choose to improve their health and longevity by their own means and not through medical advancement. We assume the value of choosing a healthier lifestyle using preventative health care is equivalent to their willingness to pay for similar longevity-increasing medical advancements.

Tammy Gillespie, who is assisting Lynda Johnson in the evaluation of the Lafayette County Live Healthy, Live Well efforts, is reviewing how they can use the tool to identify potential, county-level savings if health improvements are implemented. Please let us know your ideas and plans to use the tool. If you have any questions, please contact Dean Crader at craderg@missouri.edu.

Southern Boone Learning Garden Receives 5-year Grant to Promote Healthy Community Partnerships & Expand School Gardening Program

The Southern Boone Learning Garden (SBLG) - in partnership with the City of Ashland, the Southern Boone County R-1 School District, the Columbia/Boone County Department of Public Health and Human Services, the PedNet Coalition, University of Missouri Extension's Healthy Lifestyle Initiative, the Southern Boone Chamber of Commerce, and many other local agencies, organizations, and businesses - has been awarded $471,000 in order to form a Southern Boone Healthy Community Partnership (HCP) and to expand Learning Garden services to include all students, teachers, & families throughout the district.

The funding will be provided as part of the Missouri Foundation for Health's Community Health & Prevention program, which "focuses on helping establish communities where good health, healthy behaviors, and the healthy choice are the norm." (http://www.mffh.org/content/570/community-health-prevention.aspx)

With the five-year, $475,000 grant, the SBLG intends to help Southern Boone County become a model of healthy and active living for rural communities throughout Missouri, developing a broad-based, multi-sector Healthy Community Partnership (HCP) which supports and promotes policy initiatives, programming, and changes to the built environment to facilitate a healthier, more active community in Southern Boone County.

According to SBLG co-founder Jennifer Grabner the key components of the project are:

- Conducting a thorough community-led health needs assessment, distributing the results, and then working collaboratively to promote high priority healthy living initiatives identified by Southern Boone County families, organizations, & agencies.
- Development of the Walking School Bus program in Southern Boone School District
- Providing youth gardening workshops for rural Missouri schools & communities interested
The Southern Boone Learning Garden is an Ashland-based school and community garden. The mission of the Southern Boone Learning Garden is to provide outdoor classroom space and resources; to facilitate fun, authentic learning experiences that challenge students to embrace positive life skills; and to promote collaborative efforts between the Learning Garden, the school district, and the community. Started in 2007 as an after-school garden club run by two innovative moms serving 13 elementary students, the SBLG now regularly serves 700+ students both during and after school, with the help of more than 60 volunteers. Due to the community-wide support for these efforts, the SBLG was able to capture the attention of the Missouri Foundation for Health (MFH) and garner the foundation's commitment of support for the next five years. Through the years the Southern Boone Learning Garden has received various sorts of support from Boone County HLI and from campus HLI staff. HLI communities should note that a significant component of this grant entails the conduct of workshops around the state - for both schools and communities. The idea is for staff and volunteers to share their knowledge and experience with other communities interested in developing school based programs. Some of you have already consulted with these folks. Be assured that you will be hearing more from them soon - offering expanded opportunities for sharing.

For more information, you may contact Jennifer Grabner (573-268-8431; sobocogarden@gmail.com).

Setting the Table for Food Security
Symposium Unites Research & Communities to Tackle Hunger in U.S.

We all think about it every day: what to eat at our next meal. For the millions of American households who experience food insecurity, the question is not what to eat, but if they'll eat.

Addressing that issue was on the table at a recent symposium hosted at MU: Food Insecurity: Assessing Disparities, Consequences, and Policies. The symposium, sponsored by Mizzou Advantage and the Chancellor's Fund for Excellence, brought together nationwide experts from diverse disciplines including sociologists, economists, community development specialists, anthropologists, social workers, community activists, nutritionists and geographers to assess the state of food insecurity and food justice and unpack a simple question with incredibly complex answers: where do we go from here?

"The here is complicated, but we go much more blindly into the future if we don't have a good idea of what we know and how we know it and what we don't know and what information we need to know and how are we going to find it," said Sandy Rikoon, professor and Curators' Distinguished Teaching Professor of Rural Sociology and Director of the Interdisciplinary Center for Food Security, which coordinated the event.

More than 400 people attended the symposium, which began with a presentation by Patricia Allen, chair of the Department of Food Systems and Society at Marylhurst University.

Allen began her talk, Serving Food Justice, with a definition she helped craft in 2004 in a collaborative effort with academics and activists: "A socially just food system is one in which power and material resources are shared equitably so that people in communities can meet their needs, live with security and dignity now and into the future."

Achieving that food system requires working within the current food system at multiple leverage points. Allen explained the paradox that workers in the food system are among the lowest paid and work in some of the most difficult and often the most dangerous conditions. "Why do the
people who harvest our food often not have enough to eat themselves?" she asked rhetorically.

Allen posited two pathways to impact food justice: embodying justice, and catalyzing justice and incubating change. She shared a story of a student movement at UC Santa Cruz that wanted more local and organic food in their dining halls, but when they learned of the labor conditions there, they redirected their efforts to help workers get regular salaries and health benefits, thus catalyzing food justice.

"When we're serving food justice I think we have phenomenal opportunities," she said. "There's no other public issue that's as accessible to people in their daily lives as that of food. We all think about food every day; if we're lucky, we eat food every day. This spans age, gender, ethnicity, social class - we're all involved and we're also all implicated."

It's a message that resonates with Rikoon, whose research helped create the Missouri Hunger Atlas, a resource that provides comprehensive information about hunger across the state and demonstrates that the face of hunger in Missouri is a multi-faceted one demanding innovative, targeted and localized solutions. Rikoon and his team research and employ those solutions through the Food Pantry Nutrition Project, an integrated research and extension project employing a food systems approach to enhance healthy food options and education in food pantries.

Food availability and access and the health consequences connected to them, were persistent themes throughout the event. David Holben, acting associate dean of the College of Health Sciences and Professions, Ohio University, turned an old health adage on its head in his public address: "an apple a day still leaves you two-three servings short."

According to USDA data, nearly 18 million U.S. households experienced food insecurity in 2011, meaning they worried about being able to provide sufficient food for their household. In a country with incredible agricultural capacity, producing nearly 4,000 calories per day for every American, the scope of food insecurity is often surprising to those who haven't experienced it. Holben, his students and members of their community in Athens have worked to improve access by planting fruit trees in public, highly trafficked places to help make fruit more readily available in their community.

Improving access to healthy foods was one of myriad strategies attendees discussed, debated and theorized about. On the closing morning of the symposium, Rikoon orchestrated round-table discussions to synthesize ideas, form partnerships and channel the efforts of the group.

Learn more about the work to reduce hunger at the Interdisciplinary Center for Food Security's site.

This article has been an excerpt from a CAFNRnews Press Release. Read the full press release, view pictures, and listen to audio from the Symposium at http://cafnrnews.com/2012/11/setting-the-table-for-food-security/

Photovoice Missouri Website and Resources
For anyone who is thinking about, working on or just wants to know more about Photovoice, there is a new resource for you.

The Photovoice Missouri website will let you know what we've been up to, who we're working with and what we're all about - http://www.photovicemissouri.org/

Additionally, we've developed several social media resources, including:

- Facebook - where we post the latest information on Photovoice projects and other relevant information about healthy lifestyles and nutrition (http://www.facebook.com/pages/Photovoice-Missouri/159912340748020)
- Pinterest - where you can look at many of our photos and those done by other groups, as well as videos, press releases and other relevant info all in visual forms (http://pinterest.com/photovicemo/)
• YouTube - where we have videos showing what we did in our first year as well as instructional videos, including how to write good captions for the photos (http://www.youtube.com/playlist?list=PL9789C67253E8568F)

We hope you'll check out our site and follow us on our social media platforms.

Jon Stemmle
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Upcoming Dates and Events

Postharvest Handling and Food Safety Workshop for Fruit and Vegetable Growers
January 17th, 2013
Presented by Growing Growers, Kansas City and FamilyFarmed.org
University of Missouri Platte County Extension Office ~ Kansas City, MO
Participating producers will receive a free copy of FamilyFarmed.org's Wholesale Success Manual. Attendees will learn about postharvest handling, food safety needs of wholesale buyers, packing and grading, and maintaining the cold chain. Participants will also have the opportunity to meet wholesale buyers and start building relationships.

For registration or other information contact Katie Nixon at (660) 427-5555 or nixonk@lincolnu.edu.

Wholesale Success: A Farmer's Guide to Postharvest Handling and Packing Produce
Saturday, January 19, 2013
10in, Meet the Buyers Reception 5-6pm
Saint Stephens Church ~ 33 N Clay Ave, Ferguson, MO 63135
Farmer and workshop leader Atina Diffley, author of the memoir, Turn Here Sweet Corn, draws on her decades of experience in vegetable production and marketing to provide operators of produce farms of any size with useful, practical, profit-making guidance on how to achieve the highest quality produce for sale. Workshop attendees will receive a free copy of FamilyFarmed.org's Wholesale Success Manual.

Cost: $10.00
Registration and More Information Available at: http://tinyurl.com/Wholesale-Success

Save the Date!
2013 Healthy Communities Movement Summit
April 18-19, 2013
Columbia, MO

Community Conservation Workshop
May 7-9, 2013
Stony Creek Inn ~ Columbia, MO
Registration Coming Soon
This three-day workshop, hosted by the Missouri Department of Conservation, will provide opportunities to learn how to integrate ecological services into the built environment of your community. Attend the workshop to learn about: planning trends that include green infrastructure and conservation development practices; Missouri eco-regions and natural communities; and tools for municipalities to succeed with community conservation.

Grants and Funding Opportunities

Emerson Charitable Trust Emerson Charitable Trust offers grants in the areas of education,
health and human services, arts and culture, civic, and youth in St. Louis. For more information click here. Award amounts vary between $10,000 and $100,000.

**Deadline:** Rolling, the fiscal year begins in October.

**NRCS EQIP Funding in Missouri**

EQIP provides financial assistance for a variety of conservation activities, such as irrigation water management, reduced tillage, field buffers, rotational grazing systems, animal waste management systems and much more. Additionally, NRCS offers special initiatives through EQIP, including:

- **On-Farm Energy Initiative:** helps producers conserve energy on their operations.
- **Seasonal High Tunnel Initiative:** helps producers install high tunnels designed to extend the growing season into the cold months, increase productivity, keep plants at a steady temperature and conserve water and energy.
- **Organic Initiative:** helps producers to install conservation practices on certified organic operations or those working toward organic certification.

Applicants can sign up at their local NRCS service center. To find the service center nearest you, look in the telephone directory under "U.S. Government, Department of Agriculture" or go to this website: [http://offices.sc.egov.usda.gov/locator/app?agency=nrcs](http://offices.sc.egov.usda.gov/locator/app?agency=nrcs). NRCS employees in county offices can provide more information about EQIP and how to apply for benefits offered by NRCS through the program.

**Deadline: January 18, 2013**

**The National Education Association Foundation Learning and Leadership grants support**

public school teachers, public education support professionals, and/or faculty and staff in public institutions of higher education to fund participation in high-quality professional development experiences, such as summer institutes or action research. All professional development must improve practice, curriculum, and student achievement. Apply for funding to attend the SPARK Institutes today!

**Deadline:** February 1, 2013

**Award Amount:** $2,000

Application and more information available at: [http://www.neafoundation.org/pages/educators/grant-programs/learning-and-leadership](http://www.neafoundation.org/pages/educators/grant-programs/learning-and-leadership)

**COS Funding Opportunities**

COS provides the world's most comprehensive funding resource, with more than 25,000 records worth over $33 billion. To search for funding opportunities you may be eligible for visit [http://pivot.cos.com/](http://pivot.cos.com/).

See our website for a detailed list of funding opportunities and deadlines. Many grants have rolling submission deadlines, so look closely!

**Comments or Suggestions? Let Us Know!**

In order to be the most effective we can be for you, we need your feedback! Please feel free to reply to this e-mail or send us an e-mail to hli@missouri.edu to let us know what you thought of this newsletter and what you'd like to see in newsletters to come!