Family Nutrition Program

Missouri's SNAP-Ed Program

FY2018 Annual Report



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University of Missouri **Family Nutrition** Program

Missouri's SNAP-Ed Program

niversity of Missouri Extension is dedicated to providing research-based nutrition education to Missouri's Supplemental Nutrition Assistance Program (SNAP) recipients and eligibles. Using the socioecological model to prompt behavior change, MU Extension faculty and staff provide education to youth and adults throughout the state of Missouri.

Whether reaching out to youth and adults through classroom education or working with communities to promote healthy policies, systems and environments, the goal of the program is to help participants make behavior changes to achieve lifelong health and fitness. Along with statewide education, MU Extension coordinates the Missouri Nutrition Network activities through the Missouri Council for Activity and Nutrition (MOCAN) and collaborates with Operation Food Search to expand nutrition education throughout the state.

The Family Nutrition Program is funded through the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS) through the SNAP. This report features highlights from the fiscal year 2018 program, evaluation data and a fiscal summary.

Whether in the classroom or the community, the goal of the Missouri SNAP-Ed program is to help participants make behavior changes to achieve lifelong health and fitness.



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Funded by USDA SNAP

Family Nutrition Program Final Report 2018

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Program Objectives for FY2016–2018

Progress in meeting the objectives below is found throughout this report with the appropriate indicators.

Youth

1. The number of edible gardens (youth and adult) will increase from 180 beginning October 1, 2015, to 350 by September 30, 2018.

2. There are currently 22 Missouri child care centers with a Let's Move! or Eat Smart Child Care designation. By September 30, 2018, SNAP-Ed faculty will provide training and technical assistance to increase the number of centers to 37.

3. Currently, there are 179 schools that have enrolled in the HealthierUS School Challenge — 43 Silver designation, 175 Bronze designation and 1 Gold designation. By September 30, 2018, SNAP-Ed faculty will provide training and technical assistance so that 10 new schools will enroll in the challenge and 25 schools that recertify will improve their designation.

Adults

1. The number of edible gardens (youth and adult) will increase from 180 as of October 1, 2015, to 350 by September 30, 2018.

2. Currently, 59 percent of adults surveyed report that they shop with a list and plan meals ahead of time. By September 30, 2018, that number will increase to 70 percent of adult SNAP-Ed participants surveyed.

Missouri Nutrition Network

1. Currently, 98 school districts utilize fresh produce or animal products from local producers. The number of school districts will increase to 110 by September 30, 2018.

2. Currently, 12 parks have implemented the Eat Smart in Parks intervention. By September 30, 2018, this number will grow to 20 state and local parks that have concessionaires offering healthy food options. 3. By October 1, 2016, a new youth social marketing campaign will be developed for use with SNAP-Ed participants. By September 30, 2018, over half of MOCAN member agencies will have utilized the new youth campaign materials and provide a consistent message across the state.

4. Missouri currently has three food policy councils across the state. By September 30, 2018, this number will grow to nine.

Cooking Matters

By September 30, 2018:

1. 70 percent of all participants will graduate from Cooking Matters courses, attending four of the six classes in a series, as seen in the end-of-year reporting.

2. 60 percent of all participants will improve fruit, vegetable and whole-grain intake by the end of each class series, as seen in the end-of-year reporting.

3. 50 percent of all adult participants will report increased use of the food label by the end of a class series, as seen in the end-of-year reporting.

4. 25 percent of all adult participants will improve the amount of physical activity they do each day, as seen in end-of-year reporting.

5. 80 percent of child Cooking Matters participants will learn at least one new thing about nutrition, as seen in the end-of-year reporting.

6. 80 percent of all child participants will learn at least one new thing about cooking, as seen in the end-of-year reporting.

SNAP-Ed Evaluation Framework

Nutrition, Physical Activity and Obesity Prevention Indicator

for use with charts

| | Readiness and Capacity Short Term (ST) | Changes Medium Term (MT) | Effectiveness and Maintenance Long Term (LT) | Population Results | |
|---|--|---|---|---|--|
| Individual | Goals and Intentions | Behavioral Changes | Maintenance of Behavioral Changes | Trends and Reduction in Disparities | |
| | ST1: Healthy Eating ST2: Food Resource Management ST3: Physical Activity and Reduced Sedentary Behavior ST4: Food Safety | MT1: Healthy Eating MT2: Food Resource Management MT3: Physical Activity and Reduced Sedentary Behavior MT4: Food Safety | LT1: Healthy Eating LT2: Food Resource Management LT3: Physical Activity and Reduced Sedentary Behavior LT4: Food Safety | R1: Overall Diet Quality R2: Fruits & Vegetables R3: Whole Grains R4: Dairy R5: Beverages R6: Food Security R7: Physical Activity and | |
| Environmental Settings | Organizational Motivators | Organizational Adoption and Promotion | Organizational Implementation and Effectiveness | Reduced Sedentary Behavior R8: Breastfeeding R9: Healthy Weight | |
| Eat, Live, Work, Learn, Shop and Play | ST5: Need and Readiness ST6: Champions ST7: Organizational Partnerships | MT5: Nutrition Supports MT6: Physical Activity and Reduced Sedentary Behavior Supports | LT5: Nutrition Supports Implementation LT6: Physical Activity Supports Implementation LT7: Program Recognition LT8: Media Coverage LT9: Leveraged Resources LT10: Planned Sustainability LT11: Unexpected Benefits | R10: Family Weight R10: Family Meals R11: Quality of Life | |
| | Multi-Sector Capacity | Multi-Sector Changes | Multi-Sector Impacts | | |
| Sectors of Influence | ST8: Multi-Sector Partnerships and Planning | MT7: Government Policies MT8: Agriculture MT9: Education Policies MT10: Community Design and Safety MT11: Health Care Clinical- Community Linkages MT12: Social Marketing MT13: Media Practices | LT12: Food Systems LT13: Government Investments LT14: Agriculture Sales and Incentives LT15: Educational Attainment LT16: Shared Use Streets and Crime Reduction LT17: Health Care Cost Savings LT18: Commercial Marketing of Healthy Foods and Beverages LT19: Community-Wide Recognition Programs | | |
| | CHAN | GES IN SOCIETAL NORMS | AND VALUES | | |
| Source: <u>https://sna</u> | ped.fns.usda.gov/snap, | /EvaluationFramework/SN | IAP-EdEvaluationFramewor | <u>k.pdf</u> | |

Individual Level Indicators

The foundation of SNAP-Ed is helping youth, adults and families who are eligible to receive SNAP learn to make healthy choices about nutrition and physical activity. Information in this section reflects the progress that Missouri's participants made towards healthier choices and stretching their food dollars.

Information about how many individuals participated in Missouri SNAP-Ed begins on page 40.



- Belief systems

- Religion

- Body image

Sectors

Systems

- Government
- Education
- Health care

• Transportation

Organizations

- Public health
 - Community
 - Advocacy **Businesses & Industries**
 - Planning and development
 - Agriculture
 - Food and beverage
 - Manufacturing
 - Retail
 - Entertainment
 - Marketing
 - Media

Settings

• Homes

• Early care and

- Schools
- Worksites
- Recreational facilities
- Food service and
- retail establishments • Other community

Individual Factors

Demographics

- Age
- Sex
- Socioeconomic status
- Race/ethnicity
- Disability

Other Personal Factors

- Psychosocial
- Knowledge and skills
- Gene-environment interactions
- Food preferences

Food & Beverage Intake



= Health Outcomes

A Social-Ecological Model for Food and Physical Activity Decisions

The Social-Ecological Model can help health professionals understand how layers of influence intersect to shape a person's food and physical activity choices. The model shows how various factors influence food and beverage intake, physical activity patterns and ultimately health outcomes. Source: https://health.gov/dietaryguidelines/2015/guidelines/infographic/3-1/

Healthy Eating (Adults)

This series of indicators (ST1, MT1) focuses on how closely participant eating behaviors align with the recommendations provided in the 2015–2020 Dietary Guidelines for Americans.

Short-term impact

Short-term impacts (ST1) include intended behavior changes or goal setting by participants. Adults were surveyed about their prior behaviors and intended changes after receiving nutrition education.

| Adults | | | |
|---|---------------|-------------------------------------|--------|
| Question | Ν | Measurement scale for each question | Mean |
| How often did you eat more than one kind | Pre (N=1866) | | 3.39 |
| of vegetable each day? | Post (N=1840) | | 4.10* |
| How often did you eat more than one kind | Pre (N=1858) | | 3.21 |
| of fruit each day? | Post (N=1833) | | 3.98* |
| | | | |
| How often did you think about healthy food | Pre (N=1692) | | 3.48 |
| family? | Post (N=1680) | | 4.15* |
| | Pre (N=1765) | | 3.49 |
| morning within two hours of waking up? | Post (N=1741) | | 4.13* |
| | | | |
| How often did you eat at least one meal a | Pre (N=1363) | | 3.67 |
| day together with your children? | Post (N=1336) | | 3.98* |
| | | | |
| How often did you drink 3 cups of milk each | Pre (N=1471) | | 3.34 |
| cups? | Post (N=1458) | | 4.06* |
| *Statistically significant (p<.05; 95% confidence | interval) 1 | 2 3 4 | ı 5 |
| | er / | Almost always | |

Success Story

everal months ago this client saw the SMN board "Drink to your Health," at the local food pantry. Just recently she was at the food pantry again on the same day that I was there and she wanted to share with me that after reading that board she decided to look at how many calories was in the sweet tea that she drank everyday. She was shocked! She just hadn't thought about it, and the fact was, she drank it all day long everyday. She said she is now drinking water instead except for one glass of tea a day. She has loss 11 pounds without changing anything else in her diet. She also pointed out that she is saving a lot of money.

Submitted by Tammy Culpepper, Nutrition Program Associate, Benton County





Mary Ann Pennington, Nutrition Program Associate, teaching ESBA Lesson 1 to a group of seniors in Jasper County.

Success Story

After an Eating Smart Being Active lesson with the Ozark Area Community Action Corporation Foster Grandparent program, one of the participants came over to chat. She said there is a history of heart disease and diabetes in her family. At her last doctor's appointment, the doctor said she got an "A+" on her lab work. She appreciates the lessons, which have provided her with knowledge and encouragement to make changes in her lifestyle, to help reduce the risk of those diseases that are prevalent in her family.

> Submitted by Sherri Hull, Nutrition Program Associate, Greene County



Juanita Robertson, Nutrition Program Associate, teaching ESBA in the Kansas City area.

Healthy Eating (Youth)

This series of indicators (ST1, MT1) focuses on how closely participant eating behaviors align with the recommendations provided in the 2015-2020 Dietary Guidelines for Americans.

Medium-term impact

Medium-term impacts (MT1) reflect reported changes in eating behaviors. Youth were surveyed before and after participating in a series of nutrition education lessons.

| Youth grades 3-5 | | | |
|--|----------------|-------------------------------------|-------------|
| Question | N | Measurement scale for each question | Mean |
| Last vegetables | Pre (N=2957) | | 2.64 |
| Teat vegetables | Post (N=2882) | | 2.76* |
| | Pro (N-2951) | | 3 17 |
| l eat fruit | Post (N=2337) | | 3.17 |
| | 1031 (N=2070) | | 5.22 |
| Labore boolthy specie | Pre (N=2937) | | 2.60 |
| T Choose hearthy shacks | Post (N=2867) | | 2.65 |
| | Pre (N-2929) | | 3 47 |
| l eat breakfast | Post (N-2857) | | 3.47 |
| | 1050(11-2057) | | 5.45 |
| | l | 1 2 3 4 Never Eve | 5 ry day |
| Youth grades 6-12 | | | |
| Yesterday, how many times did you eat | Pre (N=1669) | | 2.29 |
| vegetables? | Post (N=1582) | | 2.49* |
| Vastarday, have many times did you gat | Pro (N-1666) | | 2 28 |
| fruit? | Post (N=1579) | | 2.50 |
| | 1031 (11-1575) | | 2.00 |
| Yesterday, how many times did you | Pre (N=1666) | | 2.17 |
| drink nonfat or low-fat milk? | Post (N=1579) | | 2.27 |
| | Dro (N 1667) | | 2.62 |
| Yesterday, how many times did you | Pre (N=1667) | | 2.03 |
| | Post (N=1576) | | 2.55 |
| When you eat grain products, how often | Pre (N=1662) | | 2.66 |
| do you eat whole grains? | Post (N=1575) | | 2.74 |
| When you get out at a vestering the | | | 2.22 |
| fast-food place, how often do you make | Pre (N=1662) | | 2.33 |
| healthy choices? | Post (N=1576) | | 2.43 |
| - | 1 | | 5 |
| | | None 4+ | times |

*Statistically significant (p<.05; 95% confidence interval)

I was at the grocery store the other day picking up food for a taste testing when a child from one of my first-grade classes came up to me. She wanted me to see what her family was buying for supper that night. In their cart they had foods from all five food groups. The mother said her daughter has taken the nutrition lessons very seriously and wanted her family to start eating healthier, so they came shopping tonight to pick up some heathier foods.

> Submitted by Christi Jo Crisp, Nutrition Program Associate, Wright County



Rhonda Kasper, Nutrition Program Associate, teaches children about vegetables in Cass County.



Eden Stewart, Nutrition Program Associate, helps sixth-graders at Rocky Comfort School, McDonald County, create healthy breakfasts or fast foods.

Success Story

his summer, I taught Kids in the Kitchen in Mrs. Wall's Teen Living classes in the Waynesville Middle School. We met in a FACS classroom and cooked every week, and the students received a copy of the recipe. Each week, I would ask if any of the students had tried the recipe again at home. The deviled eggs weren't too popular, but about one-quarter of the students talked about making potato wedges at home! Many relayed enthusiastic comments from friends, siblings and especially parents! A young man said that his mom had offered to help him. He said, "No, Mom, I got this!" When Dad tasted his son's wedges, he said, "Oh yeah you DO got this!" A young lady's Mom said, "These are the most amazing wedges ever." To be a part of these teenagers having positive interactions at home and building life skills is so meaningful!

> Submitted by Jean Day, Nutrition Program Associate, Pulaski County



Myrna Stark, Nutrition Program Associate, does vegetable tasting with pre-K students in Wright County.

Food Resource Management

(Adults)

This series of indicators (ST2, MT2) focuses on efficient shopping strategies and ways to help participants stretch their food resource dollars to support a healthier diet.

Short-term impact

Short-term impacts (ST2) include intended behavior changes or goal setting by participants. Adults were surveyed about their prior behaviors and intended changes after receiving nutrition education. Objective: Currently, 59% of adults surveyed report that they shop with a list and plan meals ahead of time. By September 30, 2018, that number will increase to 70% of adult SNAP-Ed participants surveyed.

| Adults report shopping w | ith a list: |
|--|-------------|
| Baseline 10/1/15 | 50.1% |
| Goal 9/30/18 | 70% |
| As of 9/30/18 | 48.5% |

 Adults report plan meals ahead of time: Baseline 10/1/15 60.2% Goal 9/30/18 70% As of 9/30/18 55.2%

| Adults | | | | | |
|---|-------------------|-------------|--------------|-------------|-------------|
| Question | N | Measurement | scale for ea | ch question | Mean |
| How often did you compare prices before | Pre (N=1696) | | | 1 | 3.66 |
| you bought food? | Post (N=1686) | | | | 4.29* |
| | [| | | | |
| How often did you shop with a grocery list? | Pre (N=1690) | | | | 3.62 |
| | Post (N=1681) | | | | 4.30* |
| | | | | | |
| How often did you use the nutrition facts | Pre (N=1690) | | | | 2.68 |
| on the food label to make food choices? | Post (N=1674) | | | | 3.80* |
| | | | | | |
| How often did you plan meals ahead of | Pre (N=1686) | | | | 3.51 |
| time? | Post (N=1674) | | | | 4.23* |
| | | | I | Γ | |
| *Statistically significant (p<.05; 95% confidence | e interval) No | 1 2 ever | 3 | 4 | 5 Almost |

Almost always

Success Story

Recently in my Eating Smart Being Active Adult Class, a client told me that she always receives collard greens from her food pantry but she never knew what to do with them, so she would just throw them out. We decided to make Black-Eyed Pea and Collard Green Soup the next class. This way she would know how to prepare her collard greens in a simple and healthy way. By making this recipe, not only did she learn how to prepare collard greens, she also felt more confident about how to prepare them and said she would make this recipe at home. So now, instead of throwing her greens away she can make a healthy and delicious meal!

> Submitted by Sarah Woodrow, Nutrition Program Associate, Marion County



Leia Darden, Nutrition Program Associate, is teaching Getting Healthy Trough Gardening at Mid-Continent Libraries, in the Kansas City area.

Food Resource Management

(Youth)

This series of indicators (ST2, MT2) focuses on efficient shopping strategies and ways to help participants stretch their food resource dollars to support a healthier diet.

Medium-term impact

Medium-term impacts (MT2) reflect reported changes in behavior. Youth were surveyed before and after participating in a series of nutrition education lessons.

| Youth grades 3-5 | | | |
|--|---------------|-----------|----------|
| Question | Ν | | Mean |
| Will you ack your family to huy your favorite fruit or yegotable? | Pre (N=2934) | | 2.54 |
| will you ask your family to buy your favorite truit of vegetable? | Post (N=2854) | | 2.58 |
| | | | |
| Will you ask your family to buy non-fat or 1% milk instead of regular | Pre (N=2928) | | 1.93 |
| whole milk? | Post (N=2855) | | 1.99 |
| | ~ | | |
| Will you ask your family to have fruits in a place like the refrigerator | Pre (N=2935) | | 2.49 |
| or a bowl on the table where you can reach them? | Post (N=2854) | | 2.52 |
| | | | |
| Will you ask your family to have cut-up vegetables in the refrigerator | Pre (N=2918) | | 2.14 |
| where you can reach them? | Post (N=2848) | | 2.19 |
| | | | |
| | | 1 2 No | 3 Yes |

| Youth grades 6-12 | | | | | |
|--|---------------|---------------|---|--------------|---------------|
| These two questions were asked of youth grades 6-8 onl | у | | | | |
| How confident are you in using measuring cups and | Pre (N=1468) | | | | 2.93 |
| measuring spoons? | Post (N=1414) | | | | 3.08* |
| | | | | | |
| How confident are you in following directions in a | Pre (N=1456) | | | | 3.18 |
| recipe? | Post (N=1401) | | | | 3.23 |
| | | | Ι | | |
| | | 1 2 | 3 | 4 | 1 |
| | l con | Not fident | | Tot confi | ally ident |

| This question was asked of youth grades 9-12 only | | | | | | | |
|---|--------------|---|---|---|---|-----|------|
| How often do you check the expiration date | Pre (N=177) | | | | | | 3.84 |
| before eating or drinking foods? | Post (N=145) | | | | | | 3.99 |
| | | ٦ | Ι | I | Ι | | I |
| | | 1 | 2 | 3 | 4 | ! | 5 |
| Never | | | | | | Alv | vays |

*Statistically significant (p<.05; 95% confidence interval)

Food Safety Behaviors (Adults)

This series of indicators (ST4, MT4) focuses on increasing personal food safety, which includes washing hands and surfaces often, avoiding cross-contamination, cooking to proper temperatures and refrigerating foods promptly.

Short-term impact

Short-term impacts (ST4) include intended behavior changes or goal setting by participants. Adults were surveyed about their prior behaviors and intended changes after receiving nutrition education.



Success Story

was doing Kids in the Kitchen with the seventh- and eighth-grades students. On my first visit, we talked about safety in the kitchen. During the lesson, knife safety was discussed and how to hand a knife from one person to another. About my third or fourth visit, the teacher informed me that late the week before an adult went to hand a knife to a student from class and that student informed the adult that the way they were handing her the knife was improper. The student explained to the adult the proper way to hand a knife to someone. The student not only explained it but also demonstrated the proper way and asked the adult to practice it with them.

Submitted by Dawn Hicks, Nutrition Program Associate, Maries County



Food Safety Behaviors (Youth)

Medium-term impact

Medium-term impacts (MT4) reflect reported changes in behavior. Youth were surveyed before and after participating in a series of nutrition education lessons.

| Youth grades 3-5 | | | | | | | |
|---|------------|-----------------|----------------------|-------------|--------------|--------------|--------|
| Question | Ν | | Measuremen | t scale for | each questio | n Mea | an |
| A pizza was left out of the refrigerator | Pre (N=294 | 14) | | | | 69% | 6 |
| correctly answering, "Do not eat the pizza." | Post (N=28 | 68) | | | | 77% | ,* |
| | | 0% | ا 25% | ا 50% | 75% | ا 100% | |
| I wash my hands before making something t | to eat. | Pre (Post (| N=2860) N=2797) | | | 3.34 3.42 | 1 * |
| *Statistically significant (p<.05; 95% confidence | interval) | | 1 Almost never | 2 | 3 | 4 Always | |

| Youth grades 6-12 | | | | | | |
|---|---------------|-----|---|---|-----|-------|
| How often do you wash your hands before | Pre (N=1655) | | | | | 3.90 |
| eating? | Post (N=1564) | | | | | 3.93 |
| | | | | | | |
| How often do you wash vegetables and | Pre (N=1646) | | | | | 4.04 |
| fruits before eating them? | Post (N=1557) | | | | | 4.13 |
| | | | | | | |
| When you take foods out of the | Pre (N=1637) | | | | | 3.90 |
| retrigerator, now often do you put them | | | | | | 4.47* |
| back within 2 hours? | Post (N=1554) | | | | | 4.1/^ |
| Least and the second | | 1 | Í | 1 | ·ii | * |
| *Statistically significant (p<.05; 95% confidence | interval) | 1 2 | 2 | 3 | 4 | 5 |
| Never Always | | | | | | |

Success Story

t is always great to get feedback from parents of students. A mom and teacher at Ray Miller let me know her fifth-grade daughter asked her while she was cooking hamburger the previous night if she was sure the hamburger reached 160 degrees. I had just taught a food safety lesson to the 5th grade that day. Rewarding to know they not only listen but also take the information home.

> Submitted by Jill Lane, Nutrition Program Associate, Adair County

Physical Activity and Reduced Sedentary Behavior

(Adults)

This series of indicators (ST3, MT3) focuses on increasing physical activity and/or reducing sedentary behavior.

Short-term impact

Short-term impacts (ST3) include intended behavior changes or goal setting by participants. Adults were surveyed about their prior behaviors and intended changes after receiving nutrition education.



Success Story

While teaching at Webster Elementary in the second-grade classes we were talking about ways to add exercise to your day. One young girl told me that she went home and started exercising during every commercial break. She had also encouraged her family to join in. She was happy to report on Week 3 that her whole family was joining her.

Submitted by Amber Williams, Nutrition Program Associate, Webster County

Success Story

E at Smart Be Active classes are continuing at the Glenwood Community Building. The ESBA curriculum not only contains nutrition components, but also a physical activity component. One of the participants let me know she can now open car doors due to increased strength and motion in one of her arms, since participating in the program.

> Submitted by Jill Lane, Nutrition Program Associate, Schuyler County



Crystal Doffoney, Nutrition Program Associate, teaching Show Me Nutrition in the Kansas City area.

ent scale for

uestion

3

Mean

3.18 3.28*

4

Every day



children in physical activity during a vegetables

lesson.

Physical Activity and Reduced Sedentary Behavior (Youth)

This series of indicators (ST3, MT3) focuses on increasing physical activity and/ or reducing sedentary behavior.

Medium-term impact

Medium-term impacts (MT3) reflect reported changes in behavior. Youth were surveyed before and after participating in a series of nutrition education lessons.

| Youth grades 3–5 | | |
|---|----------------|---------------------------|
| Question | N | Measurem each q |
| do physical activities like walking to school, helping around the | Pre (N=2942) | |
| ouse, using the stairs or walking the dog | Post (N=2873) | |
| | Never/ ne | 1 2 'almost ver |
| Reing active is fun | Pre (N=2945) | |
| | Dect (NL 2067) | |





*Statistically significant (p<.05; 95% confidence interval)

Cooking Matters

University of Missouri Extension is making a difference by joining forces with Operation Food Search to help end hunger in Missouri. Operation Food Search (OFS) hosts the Cooking Matters program in Missouri through a partnership with Share Our Strength, a Washington, D.C.-based anti-hunger organization. OFS focuses its programming on the Greater St. Louis area, while satellite partnerships such as its collaboration with University of Missouri (MU) Extension — extend the program's reach across the state. Cooking Matters is a hands-on, six-week cooking program that includes courses for kids, teens, adults, parents, families and child care professionals, as well as a facilitated grocery store tour called Cooking Matters at the Store.

During Cooking Matters at the Store tours, participants engage in basic nutrition lessons and learn how to use the MyPlate food guide, read a Nutrition Facts panel and compare prices using unit pricing, all while shopping for tasty, nutritious and affordable food for themselves and their families.

The Cooking Matters program is available to a host of different audiences, making a difference in the everyday lives of both young and old program participants.

OFS offered 44 courses that served 538 course participants, with a graduation rate of 83 percent. MU Extension held 51 courses that served 576 participants in 27 counties and the city of St. Louis, with a graduation rate of 80 percent. OFS delivered seven Cooking Matters at the Store tours to 584 participants, while MU Extension offered 58 Cooking Matters at the Store tours that served 514 participants in 25 different counties.

All told, MU Extension and OFS were able to serve a combined 2,212 people with the Cooking Matters program. The importance of nutrition education is invaluable, and, through Cooking Matters programming, families across Missouri are learning how to live healthier by getting the most out of their resources.





The Parents as Teachers program at the Hume School District hosted a Cooking Matters for Families course for the first time in 2018, taught by Sara Bridgewater, the area's nutrition and health specialist, and Amanda Ast, the local nutrition program associate.

Hume is a rural community with about 350 residents, and programs like Cooking Matters are not generally offered or available here. Hume families attended this class with their children once a week for six weeks. At least one member from each of the seven families who attended graduated from the program. The classes were educational and hands-on for both parents and children. Everyone enjoyed learning new ways to cook and finding out that children can be a big help in the kitchen! One student from the cooking class said, "I love the cooking supplies we got at the end of the class, and I look forward to using it to help Mom in the kitchen!"

The Hume School District's Parents as Teachers program would recommend this program, and our members are grateful we were able to implement Cooking Matters at our school this fall. Given the popularity of the program, we have already scheduled and filled another class for spring 2019.

> Brittney Brooks, Hume PAT coordinator

Environmental Settings Level Indicators

Organizations that serve low-income individuals can help reinforce and support what participants are learning in SNAP-Ed classes. Information in this section describes some of the ways that sites in Missouri have made changes in policy or practice to help people to make healthy choices.

Social and Cultural Norms and Values

- Belief systems
- Traditions
- Religion

- Body image

Sectors

Systems

- Government
- Education
- Health care
- Transportation

Organizations

- Public health
- Community
- Advocacy **Businesses & Industries**
- Planning and development
- Agriculture
- Food and beverage
- Manufacturing
- Retail
- Entertainment
- Marketing
- Media

Settings

- Homes
- Early care and
- Schools
- Worksites
- Recreational facilities
- Food service and retail establishments
- Other community

Individual Factors

Demographics

- Age
- Sex
- Socioeconomic status
- Race/ethnicity
- Disability

Other Personal Factors

- Psychosocial
- Knowledge and skills
- Gene-environment interactions

Physical

Activity

Food preferences

Food & Beverage Intake

Outcomes

A Social-Ecological Model for Food and Physical Activity Decisions

The Social-Ecological Model can help health professionals understand how layers of influence intersect to shape a person's food and physical activity choices. The model shows how various factors influence food and beverage intake, physical activity patterns and ultimately health outcomes. Source: https://health.gov/dietaryguidelines/2015/guidelines/infographic/3-1/

= Health

Need and Readiness SNAP-Ed Policy, System and

Environmental (PSE) Menu

During fiscal year 2018, Missouri SNAP-Ed delved more deeply into formalizing its approach to policy, systems and environmental (PSE) interventions.

We compiled a *SNAP-Ed Policy, Systems and Environmental* (*PSE*) *Menu* and provided training for all faculty and staff members who work in the Missouri SNAP-Ed program to ensure a common language and understanding as we talk about PSEs. The training and menu will assure statewide consistency as we help community groups, organizations and other partner agencies strategically support nutrition and physical activity behavior changes in SNAP-eligible audiences.

The five-module training was completed in the spring of 2018. Coaching sessions were offered during the training



to address questions and ensure participants understood the materials. After the training series was completed, monthly coaching was continued to provide updates and answer questions.

The interventions included in the menu are:

Eat Smart in Parks/Eat Smart to Play Hard and Healthy School Concessions

Improving the nutrition environment at parks will increase patron access to healthy choices and encourage better choices through healthy food promotion. School concession stands open during "out-of-school hours" are not regulated by



U.S. Department of Agriculture (USDA) Child Nutrition Programs, such as Smart Snacks. These stands typically offer highly processed, high-sodium and high-sugar products, and very few healthy options. See Page 20.

Food Policy Councils

A food policy council (FPC) is a group of organizations and committed individuals who work collaboratively to improve the local food system in order to provide better access to healthy foods within a community. To be most effective, the group must be diverse and represent all sectors of the food system (production, consumption, processing, distribution and waste recycling). See Page 32.

Gardening Initiatives

Gardening initiatives can increase community capacity to meet the produce needs of individuals and organizations. Gardening activities can be conducted at schools, early child care settings and community sites such as vacant lots, parks, city and business-owned property. Gardens can also engage the community in healthy eating and physical activity, and may be the focus of other community activities, such as nutrition education or food distribution. See Page 22.

Stock Healthy, Shop Healthy

As Missouri's statewide healthy retail program, Stock Healthy, Shop Healthy (SHSH) increases access to healthy foods by addressing the supply and demand of healthy food at the same time. See Page 32.

The following three new interventions will be implemented in fiscal year 2019:

Workplace Wellness

Adult Americans spend a significant amount of the day at work, so it makes sense to find new ways to encourage and promote nutrition and physical activity at the workplace. Workplace wellness programs are designed to support positive employee health decisions.

The Workplace Wellness initiative aims to help employers create environmental changes and workplace policies that make it easy for employees to initiate and follow through on voluntary health behavior changes, which may trickle down to family members and their communities. An employer's return on investment for



establishing a workplace wellness program includes reduced direct costs, such as health care expenditures and workers' compensation claims. Wellness programs can also positively affect many indirect costs, such as those related to absenteeism and productivity.

Extension faculty members use the WorkWell Missouri toolkit to work with local organizations that meet program qualifications. They support policy, system and environmental changes in Missouri workplaces that will help make healthy eating and physical activity the norm for employees.





Healthy Shelves

Healthy Shelves provides MU Extension specialists with tools to incorporate a host of health and nutrition improvement strategies into food pantry activities. The curriculum compiles best and promising practices, ranging from increasing the amount of healthy food the pantries offer to helping food pantries include health-related programs and services during food distribution. In addition, Healthy Shelves provides resources to help specialists engage with food pantry staff members, conduct food pantry assessments and develop action plans with food pantries to help them meet their goals.

Local Wellness Policy/School Health Advisory Councils

Participation in School Health Advisory Councils (SHAC) can be an excellent way to influence the wellness policies as well as the nutrition and physical activity practices in schools throughout the state. Regional University of Missouri Extension faculty members participate in SHACs across Missouri, supported by such national and local resources as the School Health Index, WellSAT 2.0 and the Missouri Coordinated School Health Coalition's (CSHC) School Health Advisory Council Guide. At the state level, MU Extension partners with a variety of agencies and organizations, such as the CSHC, the Missouri Department of Health and Senior Services and the Missouri Department of Elementary and Secondary Education, to collaborate on school health issues, share resources and coordinate the delivery of consistent school health messages.

Nutrition Supports

Because of the nature of the Socio-Ecological Model, many interventions overlap into more than one indicator area. Gardening at a site, such as a school or community center, is an excellent example of an overlap between Nutrition Supports (MT5) and Physical Activity and Reduced Sedentary Behavior Supports. On the one hand, gardening can be a Nutrition Support if the food produced is consumed by individuals within a group of people, such as schoolchildren or those participating in a food pantry, and a Physical Activity and Reduced Sedentary Behavior Support if the individuals within that group are caring for the garden. In Missouri, Nutrition Supports are realized in parks, retail outlets, schools, worksites, child care facilities, community centers, senior citizen centers and other settings. While Healthy Concessions is featured in this section, Stock **Objective:** Currently, 12 parks have implemented the Eat Smart in Parks intervention. By September 30, 2018, this number will grow to 20 state and local parks that have concessionaires who offer healthy options.

| Parks which have implemented | | | | |
|--|----|--|--|--|
| Eat Smart in Parks: | | | | |
| Baseline 10/1/15 12 | | | | |
| Goal 9/30/18 | 20 | | | |
| As of 9/30/18 | 34 | | | |

Healthy, Shop Healthy (see Page 32); Smarter Lunchrooms; and Farm to School (see Page 29), and other interventions also have a Nutrition Support component.



Healthy Concessions

University of Missouri Extension implements two interventions that focus on improving the healthfulness of the food environment at youthcentric sites. The Eat Smart in Parks (ESIP) program focuses on improving the nutrition environment in concession and vending operations in municipal parks and recreation centers, while the Eat Smart, Play Hard (ESPH) program targets school concession stands. These settings were selected for intervention because youth and their families often frequent them. These sites also traditionally offer few — if any — healthy options.

Both ESIP and ESPH follow the same approach, which includes an assessment of the existing site environment and menu, customer surveys, healthy taste tests, menu changes and evaluation. In addition, marketing materials are provided to park and school sites to support their efforts to promote their new healthy choices. Training for both audiences is conducted at professional conferences, such as the annual Missouri Park and Recreation Association conference. MU Extension's Performance Nutrition course also is promoted to appropriate audiences in hopes of driving demand for healthy concession options by improving key youth influencers' understanding of the importance of nutrition in athletic performance. Regional faculty members assist as needed with program implementation. Target audiences for both interventions also receive toolkits that guide them in implementing the interventions.

MU Extension continues to collaborate with the Missouri Department of Health and Senior Services to support the ESIP program. In fiscal year 2018, Missouri received a Centers for Disease Control and Prevention Physical Activity and Nutrition grant that included funding to support ESIP program enhancements. These enhancements include the development of a concession worker training program and the creation of healthy concession procedure manual templates. One significant Healthy Concessions highlight of fiscal year 2018 is the success of the Joplin Area Food Network coalition (JFAN). In fiscal year 2017, JFAN received a grant to implement ESIP in Jasper County. In addition to improving the concessions at two area parks and a community center, JFAN made healthy changes at Missouri Southern State University's (MSSU) concession operations. Spearheaded by MSSU kinesiology professor and JFAN member Andrea Cullers, the project involved students in its implementation and received the approval and enthusiastic



support of the MSSU athletic director. JFAN used some of its grant to purchase electric menu boards for MSSU that promote only healthy items and a mobile concession stand for healthy food vending. The JFAN coalition plans to apply for another grant to extend its healthy concessions success to other local communities.

Local Partnerships

Partners at the state and regional level can influence and change settings within communities, as well as influence changes in the lives of SNAP-Ed participants.

Success Story

A local bank had money that they needed to use in the community and they wanted to partnership with us in order to use it. We enrolled 15 people in a Saturday morning class and we taught Plan, Shop and Save. The bank bought the ingredients for a crock pot recipe. The class worked together to make the recipe and then the bank provided each person a crock pot, liners for the crock pot and the ingredients for the recipe to take home. This was a totally successful day and the bank asked if we could make this a yearly event.

> Submitted by Sharon Sutherland, Nutrition Program Associate, Dunklin County

Success Story

The Garden Club at Minnie Cline Elementary in Andrew County doubled its number of raised beds to six. The students wanted to make their garden more accessible to the Savannah community, so they wrote letters to request soil donations for their new raised beds. They also sent out a survey to find out what the community thought they should plant. This was a tremendous success, with over 80 responses. The students are now looking at seed packets, researching plants and using the survey responses to plan their garden beds. Thanks to Amie Whipple, fourth-grade science teacher at Minnie Cline, for her hard work and dedication. It is great to partner with agencies and bring the Eating From the Garden curriculum to them!

> Submitted by Sue Robison, Nutrition Program Associate, Andrew County

Physical Activity and Reduced Sedentary Behaviors

Behavior Supports

Because of the nature of the Socio-Ecological Model, many interventions overlap into more than one indicator area. Gardening at a site, such as a school or community center, is an excellent example of an overlap between Nutrition Supports and Physical Activity and Reduced Sedentary Behavior Supports (MT6). On the one hand, gardening can be a Nutrition Support if the food produced is consumed by individuals within a group of people, such as school children or those participating in a food pantry, and a Physical Activity and Reduced Sedentary Behavior Support if the individuals within that group are caring for the garden. In Missouri, Physical Activity and Reduced Sedentary Behavior Supports are realized in schools, work sites, child care facilities, community centers, senior citizen centers and other settings. While gardening is featured in this section, Workplace Wellness (see Page 20) and Let's Move! (see Page 24), among others, also have a Physical Activity and Reduced Sedentary Behavior Supports component.



Gardening efforts at the St. Louis Dream Center, St. Louis City.

Objective: The number of edible gardens (youth and adult) will increase from 180 beginning October 1, 2015, to 350 by September 30, 2018.

| • Edible gardens (youth and adult): | | | |
|-------------------------------------|-----|--|--|
| Baseline 10/1/15 | 180 | | |
| Goal 9/30/18 | 350 | | |
| As of 9/30/18 | 751 | | |

Eating From the Garden

Participation in Missouri SNAP-Ed's Eating From the Garden grew again last year, as SNAP-Ed nutrition program associates ramped up the program.

The number of affiliated gardens went from over 300 in fiscal year 2016 to more than 600 in fiscal year 2017 and to 751 in 2018, meeting both client educational and financial needs. New gardens are blossoming throughout the state partly because more schools and clients are learning about the program. Meanwhile, SNAP-eligible Missourians need to stretch their food budgets further — and are looking to gardens to help out.

As a result, children are learning where their food comes from, and are eager to taste what they have grown. The food grown in these gardens goes for cooking lessons, samples, food banks, school lunch programs and to client homes. University of Missouri Extension also has teamed up with high school FFA classes to help grow more than 1,200 plants that will be transplanted into SNAP-Ed gardens. The Missouri SNAP-Ed team is looking forward to new gardens across the state and more opportunities during the next year.



Larry Roberts, Gardening Initiatives State Coordinator, conducts a gardening in-service for the Southeast Region faculty and staff.

| Eating From the Garden | | | | | |
|------------------------|-------|-------------------|--|--|--|
| Region | Sites | Pounds of Produce | | | |
| East Central | 45 | 621 | | | |
| Northeast | 27 | 900 | | | |
| Northwest | 50 | 225 | | | |
| Southeast | 134 | 4,330 | | | |
| Southwest | 143 | 1,650 | | | |
| Urban East | 30 | 210 | | | |
| Urban West | 38 | 305 | | | |
| West Central | 34 | 800 | | | |
| Total | 501 | 9,041 | | | |



Larry Roberts, Gardening Initiatives State Coordinator, conducts a gardening in-service for the Southeast Region faculty and staff.

Garden Sites by County

Fifty-nine counties had garden sites for a total of 751 gardens (raised beds/container/ traditional), which grew 9,041 pounds of produce with a retail value of \$36,500.



Program Recognition

Recognition programs (LT7) publicly identify sites that meet specific standards to support nutrition or physical activity. These standards guide programs about changes to be made in policy or practice, and recognition

awards can motivate them to do them. The information below lists recognition programs available to schools and child care providers in Missouri that support the health of the youth and families they serve.

HealthierUS School Challenge: Smarter Lunchrooms Total Missouri Schools by Certification Designation

Missouri SNAP-Ed faculty provide training and technical assistance to help schools and child care providers support positive nutrition and physical activity. The following table summarizes program accomplishments achieved by Missouri sites (LT7).

| | | Total sites | Total through | SNAP-Ed goal by | Percent of goal |
|---|---|-------------|---------------|-----------------|-----------------|
| | | 9/30/15 | 9/30/18 | 9/30/18 | achieved |
| а | HealthierUS School Challenge: Smarter Lunchrooms designation* | 179 | 221 | - | - |
| | New certifications | - | 42 | 10 | 320.0% |
| | Improved designation upon recertification (e.g., Bronze to Silver) | - | 27 | 25 | 108.0% |
| b | Missouri Eat Smart Child Care Recognition Awards* | 141 | 144 | - | - |
| с | Missouri MOve Smart Child Care recognition awards | 48 | 106 | - | - |
| d | Let's Move! Child Care designation* | 22 | 37 | 37 | 100.0% |

* This recognition program ended or was suspended during the reporting period.

Data sources:

a - USDA Food and Nutrition Service, 2016. HealthierUS School Challenge Missouri award winners. Retrieved November 2018 from https://www.fns.usda.gov/ hussc/missouri-award-winners.

b - Missouri Department of Health and Senior Services, 2016. Recognized Missouri Eat Smart child care centers and homes. Retrieved January 2019 from http://health.mo.gov/living/wellness/nutrition/eatsmartquidelines/.

c - Missouri Department of Health and Senior Services, 2016. Recognized Missouri MOve Smart child care centers and homes. Retrieved January 2019 from http://health.mo.gov/living/wellness/nutrition/movesmartguidelines/.

d - Nemours Foundation, 2017. Let's Move! Child Care. Retrieved January 2018 from https://healthykidshealthyfuture.org/.

Objective: By September 30, 2018, SNAP-Ed faculty will provide training and technical assistance so that 10 new schools will enroll in the challenge and 25 schools that recertify will improve their designation.*

Sectors of Influence Indicators

Coordinated efforts by multiple organizations within a sector — and even across multiple sectors — can create systemic support for healthy choices. Work across several sectors is described in this section.

Social and Cultural Norms and Values

- Belief systems
- Traditions
- Heritage
- Religion
- Prioritie
- Lifestyle
- Body image

Sectors

Systems

- Government
- Education
- Health care
- Transportation
- Organizations
- Public health
- Community
- Advocacy
- **Businesses & Industries**
- Planning and development
- Agriculture
- Food and beverage
- Manufacturing
- Retail
- Entertainment
- Marketing
- Media

Settings

• Homes

• Schools

• Worksites

• Early care and education

• Recreational facilities

retail establishments

• Food service and

• Other community

- Age
 - Sex
 - Socioeconomic status

Individual Factors

• Race/ethnicity

Demographics

• Disability

Other Personal Factors

- Psychosocial
- Knowledge and skills
- Gene-environment interactions

Physical

Activity

• Food preferences

Food & Beverage Intake

= Health Outcomes

A Social-Ecological Model for Food and Physical Activity Decisions

The Social-Ecological Model can help health professionals understand how layers of influence intersect to shape a person's food and physical activity choices. The model shows how various factors influence food and beverage intake, physical activity patterns, and ultimately health outcomes. Source: https://health.gov/dietaryguidelines/2015/guidelines/infographic/3-1/

Multi-Sector Partnerships and Planning



Through statewide partnerships, Missouri Council for Activity and Nutrition (MOCAN) professional organizations worked to begin and sustain several exciting efforts over the course of 2018. MOCAN serves as the SNAP-Ed Nutrition Network through implementation of the MOCAN 2016–2020 Strategic Plan. MOCAN work groups collaborate to support healthy eating and active living in Missouri communities through consistent messages and policy, systems and environmental change.

Three work groups received funding from a partner agency to support initiatives in worksites, school and policy settings. While the Schools/ Child Care and Policy Work Groups are in the planning stages of their projects, the Worksites Work Group has continued to host a Work@ Health training and promote use of the WorkWell Missouri Toolkit by establishing a Missouri Workplace Wellness Award.

The Healthcare Work Group continued to implement recommendations from the Missouri Children's Services Commission that address childhood obesity. Specifically, members advanced the reimbursement of licensed professionals for training on providing family-centered, evidencebased weight management programs through Missouri Medicaid. In the fall of 2018, work group members hosted a training for licensed providers, and Missouri Medicaid released proposed rules to expand coverage. Two health care professionals received the seventh annual MOCAN Healthcare Professional Award. The awardees, a family physician in Eldon and a health educator in Barton County, presented their strategies for engaging rural residents in local health initiatives (Figure 2).

Members of the Physical Activity Work Group partnered with bicycle and pedestrian organizations to establish a total of three Traffic Calming Lending Libraries in Kansas City, St. Louis and Springfield. The libraries are used to encourage development of safe and accessible routes for non-motorized users of the street in support of active living and transportation in communities (Figure 1).

Schools/Child Care Work Group members partnered to revise the Missouri MOve Smart Workbook in an effort to promote the use of this regional, evidence-based resource.

MOCAN membership continues to grow, with over 250 professionals representing more than 70 organizations. Sixty-one members completed a survey to evaluate member collaboration and professional/organizational support. Overall, members value the purpose and network opportunities of the council. Results indicate improvements are needed to strengthen communication across the network and increase membership diversity. MOCAN hosted one farm tour and three

Multi-sector partnerships and planning efforts (ST8) increase the collective impact toward achieving SNAP-Ed goals. Working across multiple sectors helps to coordinate the ways that all partners support nutrition and physical activity changes.

> traditional council meetings in Columbia, with remote sites in Kansas City and Joplin. Professional development opportunities were provided during the council meetings, including sessions on evidence-based strategies in policy and program messaging, mindfulness in the workplace, addressing trauma-induced communities, engaging disabled populations and connecting with Missouri efforts to improve healthy eating and active living.



Figure 1: Award recipient Dr. Scott Griswold presents "One Community's Path to Better Health" at the MOCAN October Meeting.



Figure 2: Use of traffic calming materials in Midtown, from BikeWalkKC blog article, "Pop-up Traffic Calming Demonstration Yields Great Success."

Health Care Clinical-Community Linkages

Health care providers play an important role in protecting the health of the population. They are also in a unique position to make referrals to community-based services that can benefit their patients (MT11). Because of this, health care providers can be great allies in supporting SNAP-Ed goals.

| Weight screening at HRSA-funded facilities | Missouri | Region* | US | |
|--|----------|-----------|------------|--|
| MT11b. Adolescent weight status | | | | |
| Youth ages 3 to 17 who had documentation of Body Mass Index (BMI) percentile and counseling for nutrition and physical activity during the measurement year | 57.04% | 59.16% | 61.70% | |
| MT11b. Adult weight status | | | | |
| Patients aged 18 and older who had their BMI recorded, and who had a follow- up plan documented if their BMI was outside of a healthy range | 71.32% | 62.13% | 61.79% | |
| MT11e. Total patients at HRSA-funded facilities | 489,379 | 2,093,037 | 26,842,555 | |
| *The Mountain Plains Region consists of Colorado, Iowa, Kansas, Missouri, Montanta, Nebraska, North Dakota, South Dakota, Utah, and Wyoming. | | | | |
| Data Source. US Department of Health & Human Services, Health Resources and Services Administration. 2016. Data were accessed from https://snaped. | | | | |

Data Source. US Department of Health & Human Services, Health Resources and Services Administration. 2016. Data were accessed from https://snaped. engagementnetwork.org/, which included additional data analysis by the University of Missouri's Center for Applied Research and Engagement Systems (CARES). Data were accessed in January, 2019.



WISEWOMAN

The Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN) program provides heart disease and stroke prevention health screenings, health risk assessment

and lifestyle intervention education to clients of the Show Me Healthy Women (SMHW) program, Missouri's National Early Breast and Cervical Cancer Control Project. Participants must meet the program's age requirements (35–64 years) as well as income guidelines. Thirty-four Missouri counties offered the WISEWOMAN program in fiscal year 2018.

WISEWOMAN providers referred 141 clients to the Eating Smart Being Active program for lifestyle intervention, including nutrition and physical activity education. Fifty-two women completed at least one class, and seven women completed six classes.

Resource lists were developed or updated for providers in each WISEWOMAN county to distribute to program participants. The resource lists provide information about services and resources in each county, including community and health resources, physical activity resources, food pantries, grocery stores, farmers markets and SNAP offices.

Addressing childhood obesity

The Children's Services Commission (CSC) convened the Subcommittee on Childhood Obesity to review the evidence regarding prevention and treatment approaches, the current service gaps in Missouri and the issues that contribute to childhood obesity. In 2014, the subcommittee compiled, publicly vetted and presented five statewide, impactful, actionable and feasible recommendations to the CSC. Many partners are collaborating to implement those actions throughout the state via the Missouri Council for Activity and Nutrition (MOCAN).

This group trains medical providers, dietitians and behavioral interventionists in family treatment and intervention techniques that address childhood obesity. During fiscal year 2018, five training sessions were presented to a total of 180 medical providers, and two training sessions were conducted for 51 dietitians. While most of the trainings have occurred in the Kansas City area, the intent is to have the training widely available by providing it online. During the next round of training, information about community resources and education opportunities will be provided. Education and the effects of policy, systems and environmental (PSE) efforts through SNAP-Ed will be available to lower-income families.

Agriculture

The agriculture sector (MT8) is essential in helping to ensure that children and families eligible for SNAP-Ed have access to fresh and locally-grown foods. Those working in or with the agriculture sector can strive to increase the availability of these foods through local distribution channels such as farmers markets, on-farm markets, community supported agriculture and farm-to-school activities. Objective: Currently, 98 school districts utilize fresh produce or animal products from local producers. The number of school districts will increase to 110 by September 30, 2018.

| Baseline 10/1/15 | 98 |
|------------------|-----|
| Goal 9/30/18 | 110 |
| As of 9/30/18 | 143 |

| Data | | Missouri | Region* | US | |
|--|---|------------------|----------------|-------------|--|
| a.b | MT8a-1 Total number of farmers markets that accent SNAP benefits per 10 000 SNAP recipients | | | | |
| ., | Number of farmers markets | 261 | 1,168 | 9.059 | |
| | Farmers markets accepting SNAP | 50 | 279 | 3,220 | |
| | Farmers markets accepting SNAP, rate per 10,000 SNAP recipients | 0.26 | 0.39 | 0.32 | |
| a,b | MT8a-2. Total number of on-farm markets that accept SNAP ben | efits per 10,00 | 0 SNAP recipi | ents | |
| | Number of on-farm markets | 50 | 137 | 1,455 | |
| | On-farm markets accepting SNAP | 0 | 10 | 138 | |
| | On-farm markets accepting SNAP, rate per 10,000 SNAP recipients | 0 | 0.01 | 0.01 | |
| ah | MT8a-3. Total number of community supported agriculture (CSA |) initiatives th | at accept SNA | P benefits | |
| a,u | per 10,000 SNAP recipients | | 1 | | |
| | Number of CSAs | 14 | 84 | 794 | |
| | CSAs accepting SNAP | 4 | 16 | 163 | |
| | CSAs accepting SNAP, rate per 10,000 SNAP recipients | 0.02 | 0.02 | 0.02 | |
| с | MT8b. Number of school districts that participate in farm-to-sch | ool activities | | | |
| | Total number of districts surveyed | 522 | 2,161 | 12,522 | |
| | Number participating in farm-to-school activities | 143 | 683 | 5,258 | |
| | Percent participating in farm-to-school activities | 27.39% | 31.61% | 41.99% | |
| a,d,e | MT8d. Proportion of low-income communities with farmers markets | | | | |
| | Percent SNAP recipients living within distance of a farmers market | | | | |
| | that accepts SNAP | | | | |
| | Within 1 mile | 4.89% | 5.53% | 9.49% | |
| | Between 1.1 and 3.0 miles | 14.50% | 18.47% | 19.67% | |
| | Between 3.1 and 5.0 miles | 9.07% | 12.92% | 12.24% | |
| | Between 5.1 and 10.0 miles | 17.76% | 14.55% | 15.10% | |
| | Over 10.0 miles | 53.77% | 48.53% | 43.50% | |
| d.e | MT8e. Estimated number of people in the target population who | o have increas | ed access to o | r benefit | |
| | from the agricultural policy or intervention | | [| | |
| | Total number of persons in the census-defined area(s) | 6,045,448 | 25,228,666 | 320,076,027 | |
| | Number of persons who are SNAP-Ed eligible | 1,892,413 | 7,152,403 | 99,940,032 | |
| | Percent of persons who are SNAP-Ed eligible | 31.3% | 28.4% | 31.2% | |
| *The Mountain Plains Region consists of Colorado, Iowa, Kansas, Missouri, Montana, Nebraska, North Dakota, South Dakota, Utah, | | | | | |

and Wyoming.

Data Sources. Data were accessed from https://snaped.engagementnetwork.org/, which included additional data analysis by the University of Missouri's Center for Applied Research and Engagement Systems (CARES). Data were accessed in January, 2019, and the following data sources were used:

a - Local Food Directory, December 2017. US Department of Agriculture, Agricultural Marketing Service.

b - Small Area Income and Poverty Estimates, 2016. US Census Bureau.

c - Farm to School Census, 2015. U.S. Department of Agriculture, Food and Nutrition Service, USDA - Farm to School Program.

d - 2010 Deciennial Census. U.S. Census Bureau.

e - American Community Survey, 2010-2014. U.S. Census Bureau.

Agriculture Farm to School Program

Farm to School program initiatives continue to grow across the state, featuring increased farmer and community partner participation.

Here are some highlights:

Growth in Missouri

According to the latest U.S. Department of Agriculture Farm to School census, Missouri currently has 143 school districts participating in Farm to School activities. That means 911 schools and nearly 432,000 students are consuming locally grown foods in their school lunchrooms. Nationally, 23.6 million students are impacted by Farm to School programs, and \$789 million is spent on local foods.

Horticulture, agriculture business, community development and nutrition specialists are all collaborating across Missouri with producers and consumers to help get more fruits and vegetables grown, sold and consumed throughout the state.

Extension continues to be the lead agency in Farm to School efforts, and serves as the state lead agency with the National Farm to School Network. The program relies on state partnerships with the Missouri Department of Agriculture, the Missouri Department of Health and Senior Services and the Missouri Department of Education to continue to ease purchasing guidelines, help source local foods and provide producer education and food preparation training and technical assistance. New partnerships have also been formed with KC Healthy Kids in Kansas City to help grow and develop Farm to School partnerships and networks in the Kansas City area. Plans are underway to partner with Missouri and Kansas organizations to conduct a bistate Farm to School summit in 2019.

Missouri Farm to Institution work is known and recognized as a model program within the National Farm to School Network for its state partnerships and growth.

Farm to Fort initiative Fort Osage R-I School District, Independence, Mo.

Fort Osage R–I School District launched an extensive process to implement Farm to School in several aspects of its programming. School and community stakeholders meet quarterly to report on their progress and continue their work.

In October 2018, the district coordinated an official kickoff to its efforts with an Apple Crunch event that garnered media coverage in the Kansas City area. The district also began direct purchasing from three area producers for its school lunch program.

With MU Extension's help as a resource and mediator, plans are in motion to continue this program.

Though it's currently seeking grant funds, the group is making local purchasing, food education and school gardening a component of its day-to-day operations as it builds toward a sustainable system that can succeed with or without outside funding.



Brenda Carter, Johnson County Nutrition Program Associate, works with Kim Hall, 4-H Specialist, and Dedra Thomas, Field Specialist in Financial Planning, during the "Johnson County Summer Bash."

Food hubs

Food hub initiatives and rural farmer-owned grocery stores are continuing to gain momentum in Missouri.

Two new hub-type businesses have begun operation, joining many farmer-owned roadside markets operating within Missouri in 2018. A hub in Kansas City continues to build upon its existing farmer base, and a new hub and a training center in Pilot Grove emerged in 2018 as leaders in the movement. Economic viability and food access are two major goals that these operations address, prompted in part by a consumer drive to understand how food is grown close to them. More hub-type businesses are currently under construction or in the planning stage.

Farmers markets/ Double Up Food Bucks program

F armers markets continue to thrive in Missouri. Efforts are underway to find an easier way for farmers and markets to gain accessibility to EBT machines to make transactions easier. Technology such as new apps created for phones and tablets have helped more markets gain accessibility to EBT/SNAP usage.

Missouri also is working toward a senior matching program with farmers markets to enable older residents to benefit more from local healthy foods. Healthy food access grants and the Double Up Food Bucks program have been instrumental in the growth of markets within the state, particularly in more urban markets. The Double Up Food Bucks program has proven itself a financially beneficial asset to producers at markets, while helping users increase their consumption of fresh fruits and vegetables. MU Extension is partnering with the Mid-America Regional Council to help implement the Double Up Food Bucks program in more communities across the state

Eat Smart on the go food truck

The Eat Smart on the go demonstration truck has been an excellent way to showcase locally grown, in-season foods as well as foods produced throughout Missouri.

The demo truck, which has a mobile kitchen that meets all food safety

guidelines, gives MU Extension staff members the opportunity to provide cooking demonstrations and food tastings throughout Missouri. Demo recipes are from the "Seasonal and Simple" cookbook and app, which helps users select, store and prepare fresh fruits and vegetables. Event participants are able to interact with instructors

during the demos, getting a closeup look at healthy ingredients and learning food safety and food preparation techniques.

Demos are scheduled for larger events, such as job fairs, health events, statewide fairs and festivals. Eat Smart *on the go* traveled over 5,000 miles throughout seven Missouri counties in 2018, handing out more than 4,700 samples of fresh recipes. It also was featured at the Missouri State Fair.

Moreover, the Missouri Department of Health and Senior Services has used the demonstration truck as a food safety model in training other portable kitchens and food trucks.



Callie Vail, Nutrition Program Associate, highlighting recipes from "Seasonal and Simple" at the Mid-town farmers market, St. Louis City.

Objective: Missouri currently has three food policy councils statewide. By September 30, 2018, this number will grow to nine.

Food Systems

Outcome Measures

This indicator (LT12) quantifies the number of a variety of food system improvements that specifically support SNAP-Ed eligible communities and are due, in whole or in part, to efforts by SNAP-Ed and its partners, including:

Food policy councils in Missouri

| Baseline 10/1/15 | 3 |
|------------------|---|
| Goal by 9/30/18 | 9 |
| As of 9/30/18 | 9 |

| Data sources | | Missouri | Region* | US |
|-----------------|--|----------------|------------|-------------|
| a,b | LT12b. Food hubs | | | |
| | Number of food hubs | 3 | 17 | 203 |
| | Food hubs accepting SNAP | 3 | 12 | 160 |
| | Food hubs accepting SNAP, rate per 10,000 SNAP recipients | 0.02 | 0.02 | 0.02 |
| С | Number of federal investments (grants or projects) in local pro | duction incent | tives | |
| | U.S. Department of Agriculture investments | 149 | 661 | 4,175 |
| | Other federal investments | 5 | 16 | 213 |
| | Total federal investments | 154 | 667 | 4,388 |
| с | Number of federal investments by primary purpose of project | | | |
| | Production incentives (LT12c) | | | |
| | Local infrastructure | 67 | 173 | 1,126 |
| | Local meat, poultry and fish | 13 | 38 | 190 |
| | Farm-to-community initiatives (LT12d) | | | |
| | Marketing and promotion | 16 | 130 | 961 |
| | Farm to institution | 9 | 68 | 450 |
| | Location and development incentives (LT12e) | | | |
| | Healthy food access | 25 | 93 | 732 |
| | Careers in agriculture | 3 | 37 | 244 |
| | Research | 20 | 129 | 628 |
| | Stewardship | 1 | 9 | 56 |
| d | LT12f. Census tracts with healthier food retailers | | | |
| | Total population in Census tracts | 5,988,926 | 24,547,633 | 312,474,470 |
| | Percent with no food outlet | 0.64% | 1.56% | 0.99% |
| | Percent with no healthy food outlet | 21.82% | 21.23% | 18.63% |
| | Percent with low healthy food access | 27.45% | 24.10% | 30.89% |
| | Percent with moderate healthy food access | 45.26% | 45.83% | 43.28% |
| | Percent with high healthy food access | 4.83% | 7.29% | 5.02% |
| *The Moun | The Mountain Plains Region consists of Colorado, Iowa, Kansas, Missouri, Montanta, Nebraska, North Dakota, South Dakota, Utah and Wyoming. | | | |

Data Sources. Data were accessed from https://snaped.engagementnetwork.org/, which included additional data analysis by the University of Missouri's Center for Applied Research and Environmental Systems (CARES). Data were accessed in January 2019, and the following data sources were used:

a - Local Food Directory, December 2017. US Department of Agriculture, Agricultural Marketing Service.

b - Small Area Income and Poverty Estimates, 2016. US Census Bureau.

c - Know Your Farmer Compass. 2015. US Department of Agriculture.

d - Modified Retail Food Environmental Index (mRFEI), 2011. Division of Nutrition, Physical Activity, and Obesity, Centers of Disease Control and Prevention.

Food Systems

Food Policy Councils

During the last year, as part of the Voices for Food project, Stone County finished forming a community food policy council under the umbrella of a local 501(c) (3) organization, while Barry County formed a food policy council under a 501(c)(3) community coalition. These additions brought the number of organized councils in Missouri to nine, five of which are located in rural areas.

In addition, the Missouri Convergence Partnership has brought together a group of food systems stakeholders to examine and improve the food environment in Missouri. This group is continuing to meet on a regular basis to discuss food systems issues and potential solutions. The partnership is a funders collaborative — including several other partner agencies as advisors — and is committed to improving equitable access to healthy foods and resources for active living across the state



Food policy councils at work in the Voices for Food project.





Stock Healthy, Shop Healthy

Stock Healthy, Shop Healthy (SHSH) is a community-driven healthy retail initiative that uses evidence-

based practices to increase access to healthy foods by addressing supply and demand at the same time. The program uses nutrition education and community engagement to build demand for healthy foods, bolstered by community organization coalitions that support both demand and awareness. Meanwhile, SHSH addresses the supply of healthy food items through store merchandising, inventory change and promotion tactics.

Environmental audits assess the presence or absence of various products and the quantity of shelf space dedicated to healthy products. Developed by MU Extension SNAP-Ed, this tool serves as a proxy for sales data. During fiscal year 2018, the amount of shelf space dedicated to healthy foods at participating stores increased by 25 percent.

Other fiscal year 2018 accomplishment highlights include:

 The Stock Healthy, Shop Healthy network expanded into Idaho, Kansas, North Dakota and South Dakota. All four states now deliver SHSH through their SNAP-Ed program. Key environmental changes were made to participating stores last year. For example, some participating Missouri stores moved produce items to the front, near the cash register; built a new entry to make the store more inviting; purchased additional freezers to enable the sale of more frozen healthy items; and displayed shelf talkers and other nutrition prompts to make the healthy choice the obvious choice throughout the store.



Sandy Williford, Nutrition Program Associate, conducts taste testing, Butler County.

Social Marketing

Comprehensive, multilevel social marketing campaigns raise awareness of SNAP-Ed messages and help reinforce changes that are in line with SNAP-Ed goals. A social marketing campaign is unified by elements such as a consistent message or call to action, logo, tagline or catchphrase and corresponding objectives for individuals and populations. Effective social marketing campaigns often rely on strong partnerships to help spread the messaging across a full range of marketing outlets. Objective: By October 1, 2016, a new youth social marketing campaign will be developed for use with SNAP-Ed participants. By September 30, 2018, over half of MOCAN member agencies will have utilized the new youth campaign materials and utilize a consistent message across the state.

| Youth Social Marketing C | ampaign |
|--------------------------|---------|
| Baseline 10/1/15 | 0 |
| Goal 10/1/16 | 1 |
| As of 9/30/18 | 1 |

MOCAN member agencies using campaign Baseline 10/1/15 0 Goal 9/30/18 more than 50% As of 9/30/18 1



Screenshot of MU Nutrition and Health Extension Facebook page.

Screenshot of MU Nutrition and Health Extension Facebook post.

Social media

The social media campaign leads the way for engagement and social marketing efforts. The focus in 2018 was on reaching two specific target audiences: youth/teens and adults. Messages were strategically planned for these audiences to spark reader interest and correlate with SNAP-Ed goals and objectives while helping to reinforce health and nutrition information.

All accounts were called MU Nutrition and Health Extension, and featured a wide variety of posts and

information in order to reach multiple audiences simultaneously. This social media campaign aimed to engage all low-income Missourians and show ways to be healthier in different areas of the state. Social media is a great tool for connecting with people without having to be physically present.

The new social media campaign has generated an increase of 15 percent in MU Nutrition and Health Extension's following, which spans 45 Missouri counties.

Billboards

MU Extension SNAP-Ed again collaborated with MU athletics in a statewide billboard campaign that specifically targeted youth and youth influencers. The billboards were strategically placed around the state in areas where more than 50 percent of the people with incomes less than 185 percent of the federal poverty guidelines live. Athletes from the University of Missouri were featured on each billboard, including Drew Lock and Ish Witter from the football team, Sophie Cunningham and Kevin Puryear from the women's and men's basketball teams teams, Rylee Pierce from the softball team and Ellie Wright from the tennis team. The billboards said "Eat smart like a Tiger!" during the spring campaign and "Eat smart, move more" during the fall.

Thirty-six billboards were installed across the state, resulting in 500,000 impressions per week. These billboards help reinforce SNAP-Ed messages taught across the state through classes and programming.

Radio

U Extension's SNAP-Ed initiative also launched the "Eat smart like a Tiger!" rural radio campaign in 2018, with coverage in counties where 70 percent of the people with incomes less than 185 percent of the federal poverty guidelines live. The radio ads feature the MU athletes pictured on the billboards and highlight their healthy snack choices and outdoor exercise, highlighting the phrase "Eat smart like a Tiger!"

Engagement

Engagement is a crucial piece in the social marketing campaign effort to make the lives of Missourians better.



Examples of billboards placed around the state in SNAP-Edapproved areas.

Rylee Pierce MU SOFTBALL

Eat smart, move more.

Ellie Wright MU TENNS

UNIVERSITY OF MISSOURI

Live like Your Life Depends





Population Results

At the broadest level, population-level data illustrates how those eligible to participate in SNAP-Ed compare to the population as a whole. Populations that make healthier choices are less likely to experience chronic health conditions and are more likely to enjoy a higher quality of life. Data in this section shows how Missouri is doing relative to the region and nationally.

Social and Cultural Norms and Values

- Belief systems
- Traditions
- Heritage
- Religion
- Priorities
- Lifestyle
- Body image

Sectors

Systems

- Government
- Education
- Health care
- Transportation
- Organizations
- Public health
- Community
- Advocacy
- Businesses & Industries
- Planning and development
- Agriculture
- Food and beverage
- Manufacturing
- Retail
- Entertainment
- Marketing
- Media

Settings

- Homes
- Early care and education
- Schools
- Worksites
- Recreational facilities
- Food service and
- retail establishmentsOther community
- settings

Individual Factors Demographics

- Age
- Sex
- Socioeconomic status
- Race/ethnicity
- Disability

Other Personal Factors

- Psychosocial
- Knowledge and skills
- Gene-environment interactions
- Food preferences

Food & Beverage Intake

Physical Activity

A Social-Ecological Model for Food and Physical Activity Decisions

The Social-Ecological Model can help health professionals understand how layers of influence intersect to shape a person's food and physical activity choices. The model shows how various factors influence food and beverage intake, physical activity patterns and ultimately health outcomes. Source: https://health.gov/dietaryguidelines/2015/guidelines/infographic/3-1/ = Health Outcomes

Comparison of Missouri-Specific Data to National and Regional* Data for Selected Population Results

| Data | Data Fruits and Vegetables (R2) | | Percentage | | Daily average consumption, total servings | |
|---------|---|---------------|---------------------|-----------------------|--|-----------------------|
| sources | | | Total population | SNAP-Ed population | Total population | SNAP-Ed population |
| | R2a. Fruit consumption (all fruits). | Missouri | 25.12% | 20.91% | 1.30 | 1.1 |
| а | a Adults ages 18 and older who have two or more daily servings. | Region | 27.83% | 25.42% | 1.30 | 1.2 |
| | | United States | 28.57% | 26.84% | 1.33 | 1.3 |
| | Whole fruit Adults ages 18 and | Missouri | 44.68% | 35.53% | 0.91 | 0.77 |
| | older who have one or more daily | Region | 48.82% | 42.51% | 0.98 | 0.88 |
| | servings. | United States | 48.68% | 43.35% | 0.97 | 0.88 |
| | 100% fruit iuice Adults ages 18 | Missouri | 16.49% | 16.33% | 0.33 | 0.38 |
| | and older who have one or more daily | Region | 16.30% | 17.65% | 0.32 | 0.38 |
| | servings. | United States | 18.52% | 20.19% | 0.36 | 0.42 |
| | R2b. Vegetable consumption (all vegetables). Adults ages 18 and older | Missouri | 35.15% | 29.38% | 1.82 | 1.6 |
| а | | Region | 37.30% | 33.54% | 1.87 | 1.8 |
| | who have two or more daily servings. | United States | 38.83% | 34.01% | 1.93 | 1.8 |
| | | Missouri | 3.98% | 5.23% | 0.24 | 0.23 |
| | Beans. Adults ages 18 and older who have one or more daily servings | Region | 5.72% | 9.25% | 0.27 | 0.31 |
| | | United States | 8.45% | 14.03% | 0.31 | 0.38 |
| | Green vegetables, Adults ages 18 | Missouri | 19.79% | 16.96% | 0.52 | 0.46 |
| | and older who have one or more daily | Region | 20.40% | 18.04% | 0.53 | 0.47 |
| | servings. | United States | 23.33% | 20.05% | 0.58 | 0.50 |
| | Orange vegetables. Adults ages 18 | Missouri | 5.95% | 4.65% | 0.25 | 0.21 |
| | and older who have one or more daily | Region | 7.09% | 7.32% | 0.27 | 0.26 |
| | servings. | United States | 7.79% | 8.30% | 0.28 | 0.27 |
| | Other vegetables. Adults ages 18 | Missouri | 41.60% | 40.41% | 0.81 | 0.75 |
| | and older who have one or more daily | Region | 40.72% | 36.99% | 0.80 | 0.74 |
| | servings. | United States | 37.92% | 31.58% | 0.76 | 0.66 |

*The Mountain Plains Region consists of Colorado, Iowa, Kansas, Missouri, Montana, Nebraska, North Dakota, South Dakota, Utah and Wyoming.

| Data | Povoranos / | Powerscer (PE) | | Percentage Daily | | consumption, ervings |
|---------|--|----------------|---------------------|-----------------------|---------------------|-------------------------|
| sources | Beverages (NJ) | | Total population | SNAP-Ed population | Total population | SNAP-Ed population |
| | R5a. Water consumption. | Missouri | no data | no data | no data | no data |
| b | Adults drinking three or more cups of plain drinking water (tap or bottled) in glasses per day. | Region | no data | no data | no data | no data |
| | | United States | 49.08% | 43.54% | 4.38 | 3.95 |
| а | R5b. Sweetened beverages (all). Adults consuming more than one regular soda and/or sugary, fruit- flavored beverage per day. | Missouri | no data | no data | no data | no data |
| | | Region* | 27.48% | 36.20% | 0.70 | 1.00 |
| | | United States | 29.06% | 40.08% | 0.80 | 1.20 |
| | | Missouri | no data | no data | no data | no data |
| | Sugary fruit-flavored drinks: More than one serving per day. | Region* | 9.54% | 13.31% | 0.20 | 0.30 |
| | | United States | 13.67% | 19.58% | 0.30 | 0.50 |
| | | Missouri | no data | no data | no data | no data |
| | Soda or pop: More than one serving per day. | Region* | 20.60% | 27.82% | 0.50 | 0.60 |
| | | United States | 19.11% | 27.17% | 0.50 | 0.70 |

* For each of these indicators, regional data reflect the six (of 10) states that collected data on this indicator: Iowa, Kansas, Montana, Nebraska, South Dakota and Utah.

| _ | Physical Activity and Rodu | cod | Perce | ntage |
|-----------------|--|---------------|--------|--------------------|
| Data sources | Sedentary Behaviors (R7) | | | SNAP-Ed population |
| | R7a. Aerobic physical activity. | Missouri | 50.54% | 46.28% |
| а | Adults meeting recommended guidelines of at least 150 minutes per week of moderate-intensity aerobic physical activity, or 75 | Region | 53.32% | 46.30% |
| | minutes per week of vigorous-intensity physical activity. | United States | 50.69% | 42.52% |
| а | R7b. Muscle strengthening activities. | Missouri | 28.79% | 24.40% |
| | Adults meeting recommended guidelines of muscle-strengthening activities on two or more days a week that work all major muscle | Region | 31.34% | 26.41% |
| | groups. | United States | 30.18% | 23.67% |
| | R7c. Sedentary behavior: Entertainment-based screen time. | Missouri | 44.88% | 43.31% |
| с | Children ages 6 to 17 who reported spending two hours or less viewing television, or using computers or hand-held electronic | Region 47.64% | 44.48% | |
| | devices for entertainment on an average weekday. | United States | 43.72% | 38.52% |
| | R7d. Active commuting. | Missouri | 3.46% | 8.53%* |
| d | Workers who commute by walking or by using public | Region | 4.48% | 9.46%* |
| | transportation. | United States | 7.83% | 12.92%* |

*For this indicator, data reflect those at 150% federal poverty level or less, rather than the 185% SNAP-Ed threshold.

| Data | | | | ntage |
|---------|--|---------------|------------|------------|
| sources | Breastfeeding (R8) | | Total | SNAP-Ed |
| | | 1 | population | population |
| | | Missouri | 74.09% | 68.04% |
| с | R8a. Ever breastfed | Region | 81.09% | 75.99% |
| | | United States | 79.20% | 71.63% |
| | | Missouri | 38.88% | 27.71% |
| с | R8b. Breastfeeding at six months | Region | 51.02% | 41.47% |
| | | United States | 47.58% | 38.29% |
| | | Missouri | 25.75% | 18.26% |
| с | R8c. Breastfeeding at 12 months | Region | 31.22% | 24.66% |
| | | United States | 28.09% | 21.79% |
| | | Missouri | 30.74% | 23.17% |
| с | R8d. Exclusive breastfeeding at three months | Region | 37.86% | 34.14% |
| | | United States | 34.20% | 28.60% |
| с | | Missouri | 11.77% | 5.54% |
| | R8e. Exclusive breastfeeding at six months | Region | 16.36% | 13.37% |
| | | United States | 14.64% | 11.96% |

| | | 14 | Percentage | | Percent of SNAP-Ed population by weight status (BMI) | | | | |
|---|--|------------------|---------------------|--------------------|--|----------------------------------|---------------------------|-----------------------|--|
| Data sources | Weight (R9) | | Total population | SNAP-Ed population | Underweight (Below 18.5) | Healthy weight (18.5-24.9) | Overweight (25.0-29.9) | Obese (Above 29.9) | |
| R9a. Adults. Adults a whose body mass index (BMI) = 18.5-24.9 | Missouri | 30.54% | 34.26% | 2.68% | 34.26% | 27.32% | 35.74% | | |
| | Adults whose body mass index (BMI) = 18.5-24.9 | Region | 33.59% | 34.25% | 2.75% | 34.25% | 30.14% | 32.86% | |
| | | United States | 33.20% | 30.68% | 2.64% | 30.68% | 31.98% | 34.71% | |
| с | R9b. Youth . Healthy weight, | Missouri | 65.04% | 54.65% | 8.47% | 54.65% | 19.45% | 17.43% | |
| | | Region | 66.28% | 56.04% | 7.73% | 56.04% | 17.33% | 18.90% | |
| | youth ages 10 to 17 | United States | 62.88% | 52.60% | 5.52% | 52.60% | 18.56% | 23.32% | |

* BMIs reflect adult ranges. For youth, weight status is calculated using body mass index (BMI) and CDC BMI-for-age growth charts as follows:

Underweight - Less than 5th percentile; normal or healthy weight - 5th to 85th percentile; Overweight - 85th to 94th percentile; and Obese - 95th percentile or greater.

| Data | Family Moale | (D10) | Perce | ntage | Number of family meals per week, percent of SNAP-Ed population | | | |
|--|---|------------------|---------------------|--------------------|--|--------------|-----------------|--|
| sources | es Failing Meals (RTU) | | Total population | SNAP-Ed population | Less than 3 meals | 3 to 4 meals | 5 or more meals | |
| c R10a. repor meal. Childr all me five or | R10a. Families that report eating a family meal. Children who eat meals with | Missouri | 68.98% | 74.64% | 9.32% | 16.04% | 74.64% | |
| | | Region | 70.48% | 72.81% | 11.54% | 15.65% | 72.81% | |
| | all members of their family, five or more times per week. | United States | 67.85% | 71.43% | 13.60% | 14.97% | 71.43% | |

| Data | | Percentage | | |
|---------|---|---------------------|--------------------|------------|
| sources | Quality of Life (R11) | Total population | SNAP-Ed population | |
| | | Missouri | 82.17% | 67.35% |
| а | Adults ages 18 or older who report that their general health is | Region | 85.15% | 70.87% |
| | | United States | 82.29% | 68.04% |
| | | Missouri | 25.67 days | 22.79 days |
| а | Average number of good physical health days in the last 30 days, adults ages 18 or older. | Region | 26.38 days | 23.86 days |
| | | United States | 26.09 days | 23.88 days |
| а | | Missouri | 25.96 days | 22.01 days |
| | Average number of good mental health days in the last 30 | Region | 26.52 days | 23.65 days |
| | | United States | 26.31 days | 24.22 days |

Data Sources: Data were accessed from CommunityCommons.org, which included additional data analysis by the University of Missouri's Center for Applied Research and Engagement Systems (CARES). Data were accessed in January 2019, and the following data sources were used:

a - Behavioral Risk Factor Surveillance System, 2015. Centers for Disease Control and Prevention. https://www.cdc.gov/brfss/ Note: Data for sweetened beverages (R5) was based on surveys conducted in 2012 and 2013.

b - National Health and Nutrition Examination Survey, 2011-2012. Centers for Disease Control and Prevention, National Center for Health Statistics. https://www.cdc.gov/nchs/nhanes/index.htm.

c - National Survey of Children's Health, 2011-2012. Child and Adolescent Health Measurement Initiative, Data Resource Center on Child and Adolescent Health. http://childhealthdata.org/learn/NSCH.

d - American Community Survey, 2010-2014. U.S. Census Bureau. https://www.census.gov/programs-surveys/acs/.

Participants Per County

FNP Fiscal Year 2017



Total Participants: 735,541

Total direct programming: 140,845

Total indirect programming: 594,696

Shaded areas on the map show the MU Extension regions

| Partnering Organizations | | | | |
|---|--------|--|--|--|
| Type of partner | Number | | | |
| Agricultural organizations (includes farmers markets) | 9 | | | |
| Early care and education facilities | 104 | | | |
| Faith-based groups | 32 | | | |
| Food banks/food pantries | 298 | | | |
| Food stores | 23 | | | |
| Nonprofits | 161 | | | |
| Government program/agency | 129 | | | |
| Human services organizations | 31 | | | |
| Labor/workforce development groups | 10 | | | |
| Parks and recreation centers | 23 | | | |
| Public health organizations | 55 | | | |
| Schools (preschools, K-12, elementary, middle and high) | 571 | | | |
| Schools (colleges and universities) | 2 | | | |
| Worksites | 2 | | | |

| Participant Data for Direct Contacts | | | | |
|---|-----------|--|--|--|
| Participants by age | | | | |
| Youth participants (through grade 12) | 125,706 | | | |
| Adult participants (age 19+) | 15,139 | | | |
| Participants by race* | | | | |
| Caucasian | 117,626 | | | |
| African-American | 15,472 | | | |
| Native American | 345 | | | |
| Asian | 1,022 | | | |
| Native Hawaiian or Pacific Island | 826 | | | |
| Other | 5,554 | | | |
| Participants of Hispanic ethnicity* | 5,612 | | | |
| Participants by gender | | | | |
| Male | 68,267 | | | |
| Female | 72,578 | | | |
| Educational contacts | | | | |
| Direct contacts** | 690,141 | | | |
| Indirect contacts | | | | |
| (family newsletters, health fairs, food pantries, Show Me Nutrition Line) | 2,242,249 | | | |
| Total educational contacts | 2,932,390 | | | |
| Groups | | | | |
| Number of groups that participated | 7,543 | | | |
| Average number of visits per group | 4.9 | | | |

| Grade Level or Age | | | | |
|--|------------------------|--|--|--|
| Grade level | Number of participants | | | |
| Prekindergarten | 13,370 | | | |
| Elementary school (K–5th Grade) | 97,040 | | | |
| Middle school (6th–8th Grade) | 13,788 | | | |
| High school (9th–12th Grade) | 1,463 | | | |
| Combined grades Pre-K-12 | 45 | | | |
| Indirect contacts, grades pre-K–12 | 46,190 | | | |
| Adults age 19–64 | 10,008 | | | |
| Adults age 65+ | 5,131 | | | |
| Indirect contacts, adults age 19+ | 548,506 | | | |
| Total participants | 735,541 | | | |
| Total youth participants (through grade 12) | 171,896 | | | |
| Total adult participants | 563,645 | | | |

* Race/ethnicity numbers are estimated.

** Total face-to-face educational contacts for all groups. Educational contacts for one group = (number of participants in one group) × (number of visits for the group).

| Curriculum Statewide Direct Contacts Summary 2018 | | | | |
|---|---------|--------|---------|--|
| Curriculum | Youth | Adult | Total | |
| Let's Read about Health Eating | 11,674 | | 11,674 | |
| Adventures in Nutrition With the Show-Me Chef | 17,038 | 4 | 17,042 | |
| Fun With Food & Fitness | 17,394 | _ | 17,394 | |
| Food Group Express | 14,902 | _ | 14,902 | |
| Building My Body | 12,169 | 1 | 12,170 | |
| Choosing Foods for Me | 10,944 | 4 | 10,948 | |
| Exploring the Food Groups | 9,813 | _ | 9,813 | |
| Digging Deeper | 4,783 | _ | 4,783 | |
| Choices and Challenges | 5,355 | _ | 5,355 | |
| Kids in the Kitchen | 10,584 | 21 | 10,605 | |
| Cooking Matters for Kids | 145 | _ | 145 | |
| Eating From the Garden | 3,514 | 17 | 3,531 | |
| Live It | 1,442 | | 1,442 | |
| Cooking Matters for Teens | 29 | 8 | 37 | |
| Eating Smart, Being Active | 115 | 4,105 | 4,220 | |
| Cooking Matters for Adults* | 1 | 447 | 448 | |
| Cooking Matters at the Store* | 40 | 819 | 859 | |
| Eat Smart, Live Strong | | 408 | 408 | |
| Serving Up MyPlate: A Yummy Curriculum | 2,961 | _ | 2,961 | |
| Cooking Matters for Parents* | 3 | 50 | 53 | |
| Grow It, Try It, Like It | 2,734 | _ | 2,734 | |
| Getting Healthy Through Gardening | | 113 | 113 | |
| Cooking Matters for Families* | 66 | 87 | 153 | |
| Stay Strong, Stay Healthy | | 247 | 247 | |
| Stay Strong, Stay Healthy — Advanced | _ | 7 | 7 | |
| Healthy Change Workshops | _ | 8,801 | 8,801 | |
| Totals | 125,706 | 15,139 | 140,845 | |
| * This curriculum includes classes taught by Operation Food Search. | | | | |

Missouri FNP Budget Fiscal Year 2018

| Item | Budget STATE (\$) | Actuals* STATE (\$) |
|---|---------------------------------------|---------------------|
| Personnel | · · · · · · · · · · · · · · · · · · · | |
| Salaries and wages | 5,428,986 | 4,838,834 |
| Benefits | 1,813,083 | 1,618,279 |
| Supplies | | |
| Postage | 52,800 | 46,356 |
| Office supplies | 160,698 | 61,030 |
| Telephones | 16,150 | 24,920 |
| Advertising | 155,600 | 320,685 |
| Nutrition education materials with copying | 656,779 | 425,504 |
| Travel | | |
| In/out-state | 399,630 | 287,979 |
| Administrative expenses | | |
| Building lease/rental | 373,888 | 364,700 |
| Maintenance | - | - |
| Other | 26,000 | 37,193 |
| Contract/grants | 45,000 | 43,417 |
| Total operating | 1,886,545 | 1,611,785 |
| Direct costs | 9,128,614 | 8,068,898 |
| Total indirect* | 2,271,029 | 1,920,361 |
| Total federal costs | 11,399,643 | 9,989,261 |
| TOTAL COST | 11,399,643 | 9,989,261 |
| * Indirect costs are calculated at 26 percent of the total aw | arded amount. | |

Missouri FNP Publications and Presentations

| Conference | When/Where | Contact | Title |
|---|----------------------------------|------------------------------|---|
| Southern Obesity Summit | Oct. 17, 2017 Atlanta, GA | DeBlauw, C. | Eat Smart in Parks: Helping Parks Offer More Nutritious Concessions |
| National Extension Association of Family and Consumer Sciences | Oct. 17, 2017 Omaha, NE | Lubischer, K., Sebade, M. | Stock Healthy, Shop Healthy: Building Demand for Healthy Foods at the Local Level |
| Coordinated School Health | Dec. 17, 2017 Osage Beach, MO | DeBlauw, C., Hampton, N. | Healthy Concessions Overcoming Hurdles |
| Society for Nutrition Education and Behavior | July 21, 2018 Minneapolis, MN | Mehrle, D. | Voices for Food |

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Running out of money for food?

Contact your local food stamp office or go online to https://mydss.mo.gov/foodassistance/food-stamp-program

For more information on nutrition and physical activities you can do with your family, call MU Extension's Show Me Nutrition line at

1-888-515-0016



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