

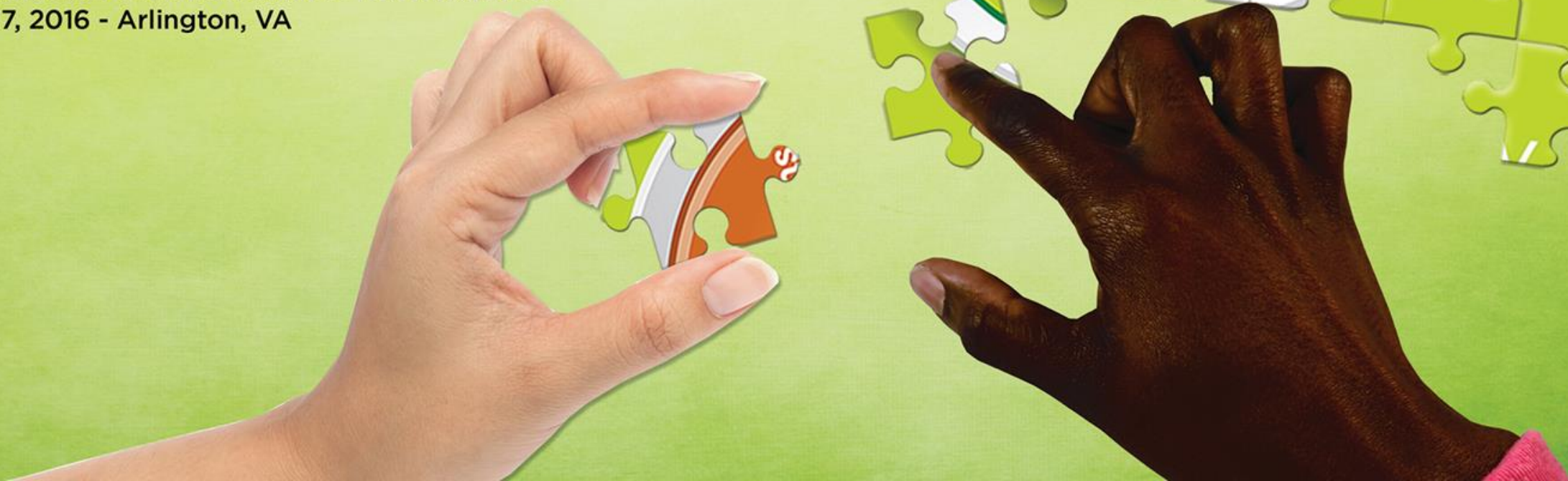


EFNEP

Connecting the Pieces

2016 National Coordinators' Conference

March 14-17, 2016 - Arlington, VA



Regional Nutrition Education and Obesity Prevention Centers of Excellence – National Coordination Center

Janet S. Kurzynske, Professor & Extension Specialist

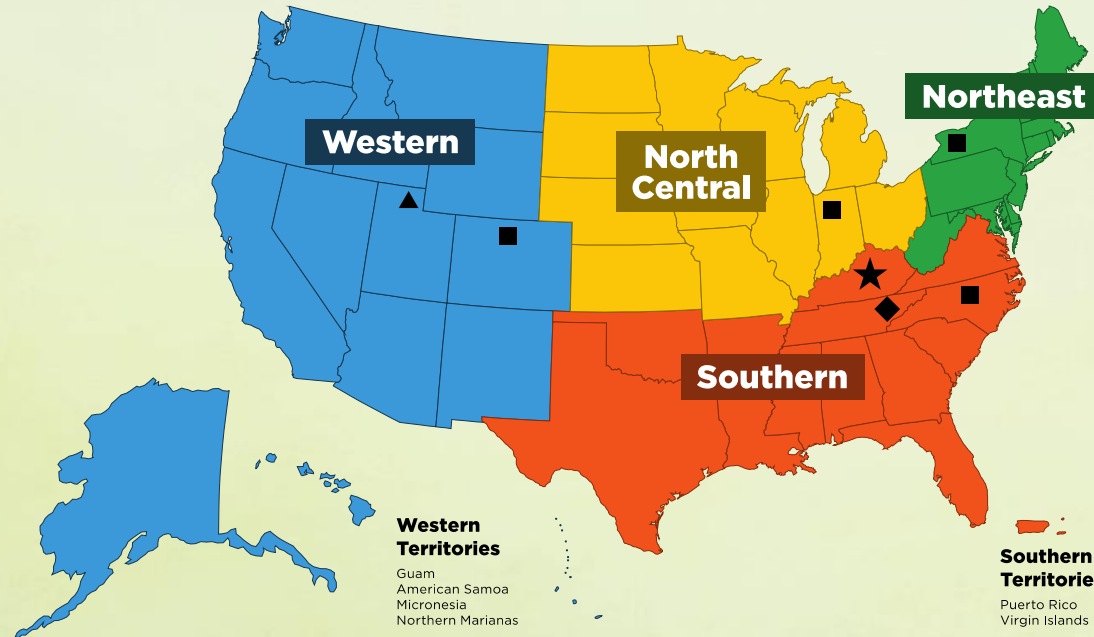
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rnece-ncc.org

March 16, 2016





★ **NATIONAL
COORDINATION
CENTER**
University of Kentucky
Dr. Ann Vail

● **POLICY, SYSTEMS,
AND ENVIRONMENTAL
CHANGE CENTER**
University of Tennessee
Dr. Laura Stephenson

■ **NORTH
CENTRAL REGION**
Purdue University
Dr. Dennis Savaiano

■ **NORTHEAST
REGION**
Cornell University
Dr. Jamie Dollahite

■ **SOUTHERN
REGION**
University of North
Carolina at Chapel Hill
Dr. Alice Ammerman

■ **WESTERN
REGION**
Colorado State
University
Dr. Susan Baker

▲ **THE LONGITUDINAL RESEARCH PROJECT:** Utah State University works in cooperation with the Western Regional Center.





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Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the USDA.



RNECE Initiative Program Implementation Research

- NCC and Four Regional Centers began work October 1, 2014
- Year 1 – established communications, working network, and evaluation framework; coordination among Centers with significant progress by four Regional Centers
- Year 2 - PSE Change Center and Longitudinal Research Project began work October 1, 2015



RNECE Initiative Objectives

Strengthen the evidence-base on effective nutrition education and obesity prevention programs for diverse population groups;

Evaluate the long-term effectiveness of nutrition education and obesity prevention interventions for disadvantaged and underserved populations and opportunities for new research;

Identify and create research collaborations and synergistic relationships among researchers and EFNEP/SNAP-Ed program directors, universities and other implementers, and state and federal agencies; and

Enhance the impact of state and community nutrition education and obesity prevention efforts by providing the public health-related training and evidence that practitioners need for improving nutrition and health behaviors, environments, and policies in ways that are equitable, efficient, and sustained over time.



National Coordination Center Leadership Team

Ann Vail, Project Director

Janet Kurzynske, Associate Director

Dawn Brewer, Communications

Janet Mullins, Evaluation

RNECE NCC Web Site: <http://rnece-ncc.org>



National Coordination Center

- Coordinate across the Centers
- Evaluate progress toward four objectives
- Aggregate and translate results
- Disseminate findings
- Communicate about resources



RNECE Working Groups

- Communications
- Evaluation
- National Training Program
- Affiliates Program (Implementers and Researchers)
- Comprehensive Toolkit (Direct Education and PSE)



North Central Regional Nutrition Education and Obesity Prevention Center of Excellence

Jo Britt-Rankin, Associate Dean & Extension Professor
Co-PI, RNECE – North Central
University of Missouri
March 16, 2016



- **Priorities for research:**
 - Address the policy, systems and/or environmental aspects of the **rural** communities of the North Central region
 - Address the specific needs of immigrant, minority and/or other at-risk populations in this region
 - Strengthen the evidence base on effective nutrition-education/obesity-prevention programs for diverse groups, notably SNAP-Ed and EFNEP



- **Funded research**

- University of Missouri. Eat Smart in Parks. Youth Mapping and PhotoVoice to Inform Healthy Food Environments (Rd 1)
- University of Illinois. Evaluating a Multi-Modal Community Nutrition Education Model within SNAP-Ed and EFNEP (R1 & 2)
- Ohio State University. Summer Weight and Environmental Assessment Trial (SWEAT) (Rd 2)
- Purdue University. A Longitudinal Randomized and Controlled Evaluation of the Integrated Impact of SNAP-Ed on Food Security and Obesity Prevention in Rural and Urban Counties (Rd 2)
- Michigan State University. Influence of PSA on Dietary Quality at Diverse Low Income Child Care Settings (Rd 2)

- **Considering a third round of funding in Spring 2016**



- **Affiliate Members**

- 30 to date from all 12 NC States
- Researchers and implementers
- Two webcasts to date
 - Networking research
 - Research opportunities



Northeast Regional Nutrition Education and Obesity Prevention Center of Excellence

Joan Paddock, EFNEP Coordinator, Cornell University
Mira Mehta, EFNEP Leader, University of Maryland
March 16, 2016



Signature Research Program

Research Question

- *Does the combination of direct nutrition education and PSE changes have greater impact on dietary intake and physical activity than either strategy alone?*

Overview of Projects

- 5 projects, variation in race, ethnicity, and cultural contexts, target audience, and methods of delivery
- 2 implemented in SNAP-Ed, 3 in EFNEP
- 3 urban, 1 suburban, 1 rural in 2 sites with micropolitan areas
- 3 RCTs; 2 quasi-experimental designs



Transforming Lifestyles: Integrating Direct Nutrition Education with Physical Activity Using the Health Care System Expansion Model



- University of Maryland EFNEP
- Effectiveness of engaging primary health care providers in assessing children's physical activity levels and providing information and referrals to physical activity resources and EFNEP.
- Direct-Ed *Eating Smart Being Active* and *Cooking Matters for Kids*
- PSE Systems change in health clinic



Regional Nutrition Education and Obesity Prevention Center of Excellence Policies, Systems, and Environmental Change Center

Karen Franck, Co-Director, University of Tennessee

Jacquelyn White, Co-PI, FCS Program Leader, Prairie View

March 16, 2016



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Policy, Systems, and Environmental Change Center
at the University of Tennessee





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Rationale: SNAP-Ed and EFNEP networks critically need a *pedagogically sound competency-based training system, an organized collection of resources and access to broad network of technical assistance* to support effective PSE implementation based upon a continuum of readiness levels.





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Regional Nutrition Education and
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Policy, Systems, and Environmental Change Center
at the University of Tennessee

Objectives

Objective 1: Enhance the ability of SNAP-Ed and EFNEP networks to effectively implement and evaluate obesity prevention PSE strategies for low-income populations throughout the lifespan

Objective 2: Strengthen SNAP-Ed and EFNEP nutrition education interventions through incorporation of effective culturally-responsive public health approaches that are centered on readiness to change best practices





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Policy, Systems, and Environmental Change Center
at the University of Tennessee

How Are PSEs Working in EFNEP?

- Discussion about the role of PSEs in EFNEP
- Collect input and feedback about PSEs in your state
- Technical assistance needs



Southern Regional Nutrition Education and Obesity Prevention Center of Excellence

Lorelei Jones, M.Ed.

RNECE-South Co-Director

EFNEP Coordinator, North Carolina State University

www.rnece-south.org

March 16, 2016



RNECE-South Research Projects

Research Goal: To expand the evidence of strategies for direct education and PSE affecting EFNEP and SNAP-Ed audiences and program impacts.

Projects

- Signature Award Program: Faithful Families
 - University of Arkansas
 - University of Florida
 - University of Tennessee
- Innovative Award Program
 - University of Georgia
- Rural Healthy Stores Project
- Social Media Engagement Project



Faithful Families Program



- The University of Arkansas (Lisa Washburn DrPH, Principle Investigator)
- The University of Florida (Karla Shulnutt PhD RD, Principle Investigator)
- The University of Tennessee (Karen Franck PhD, Principle Investigator)



Western Region Nutrition Education and Obesity Prevention Center of Excellence

Susan Baker, Associate Professor, EFNEP, & Director RNECE – West
Colorado State University

Karen Barale, Associate Professor, State EFNEP Leader, co-Director RNECE - West
Washington State University

March 16, 2016



RNECE-West Research

Direct Education

Long-term
Evaluation

Behavior Checklist

PSE

Environmental
Support Activities

Food Pantry E-Scans

YPAR

Sub-Awards

Alaska: Sugar
Sweetened
Beverage Analysis

Utah: Food Purchase
Evaluation



Research

- Long-term evaluation of adult EFNEP participants (6 and 12 months after graduation)
- Evaluation of changes in grocery store food purchases by adult EFNEP graduates



Round Table Discussions

- 1 = North Central – Affiliate Program, Researchers & Implementers
- 2 = North East - Integrating Direct Nutrition Education with Physical Activity Using the Health Care System Expansion Model
- 3 = PSE – PSE and EFNEP roles, feedback, and needs
- 4 = Southern – Faithful Families Program
- 5 = Western – long term evaluation of EFNEP participants & grocery store food purchases

