

Iowa Nutrition Network Partnership Meeting November 18, 2019



Meeting Notes

IDPH Physical Activity – Sarah, Sarah.taylorwatts@idph.iowa.gov

- Physical Activity Guidelines for Americans were updated in 2018. Major change is the emphasis that everything and every minute counts. Doesn't have to be 10-minute increments of physical activity to be beneficial.
- Move Your Way campaign based on the updated guidelines. [Excellent resources available online.](#)
- CDC launched an initiative called [Active People, Healthy Nation](#). Goal is to get 27 million people moving by 2027.
- IDPH released new [Brain Breaks booklet and supporting resources](#). Developed in collaboration with Iowa Department of Education. Recommended for classroom teachers, before and after school leaders, nutrition educators, etc.
- IDPH is working with Metropolitan Planning Organizations (MPO) to help cities improve built environments to promote active transportation, particularly for low-income seniors. Project funded by SNAP-Ed.

Pick a better snack - Suzy Wilson, suzy.wilson@idph.iowa.gov

- The Iowa Nutrition Network School Grant Program (aka Pick a better snack) is in year 2 of a six year project period. Last year worked with 18 different contractors to reach 101 elementary schools in 22 school districts. Program reached 22,000+ kindergarten through 3rd grade students.
- Monthly in-class lessons focus on a fruit or vegetable. Hands-on food prep and cooking is becoming increasingly popular in the lessons.
- Program uses two social marketing campaigns: Fuel Your Fun Pick a better snack and Play Your Way One Hour A Day. Campaign messages delivered through a variety of channels. Find campaign posts on Facebook [@IowaDepartmentofPublicHealth](#) and share.
- Farm to school is a successful initiative for Pick a better snack contractors. In 2019, SNAP-Ed supported 30 school gardens (30% of grant schools).
- Plan to update the [We Can Help brochure](#). Contact Suzy with updates.

IDPH Program Evaluator - Haley Hopkins, Haley.Hopkins@idph.iowa.gov

- Pick a better snack Impact Study – planning a study for 2020-2021 school year to reassess the effectiveness of the program. Program has changed some since last impact study so need to reevaluate.

- Fresh Conversations – impact study this fiscal year. Pre and posttest this spring and fall of 2020 respectively. Evaluate nutrition risk, nutrition self-efficacy, food selection and physical activity attitudes and intentions.
- Physical Activity Access Program – assess community PSE interventions, specifically the MPO project with older adults. Assessment includes community needs assessment, partnership assessment, organizational readiness and PSE changes adopted.
- Food Bank Study – to address food insecurity in older adults. Lit review, stakeholder interviews and PSE recommendations to better understand access to fruits and vegetables for healthy adults.

5210 Healthy Choices Count Coordinator - Erin Olsen, Erin.olson@idph.iowa.gov

- 5210 Healthy Choices Count updates
 - Funded by state legislature
 - This year, supporting 16 communities, each in different stage of implementation. Funding to community varies based on stage.
 - Find community success stories on the Healthiest State Initiative website.
 - Paid media messages on YouTube. Also, messaging through IPTV 2019 Reading Road Trip.
 - Partnership with Dept. of Ed to issue mini-grants.
 - Offered teacher licensure renewal course.
 - Provided training to childcare providers.
- Nemours Early Care Nutrition and Physical Activity Initiatives
 - Funding from CDC goes to Nemours for them to distribute. IDPH is a recipient.
 - One project: CACFP GIS Map to locate food desserts in Iowa and proximity to ECE sites. How could you use this map?
 - [Map found on the Department of Education website.](#)
 - One goal is to increase participation in CACFP.
- Systems Approaches for Healthy Communities
 - University of Minnesota developed five online modules to provide training about creating policy, system and environmental changes. 5210 communities are using this training course.

WIC - Nikki Davenport, Nikki.davenport@idph.iowa.gov

- Streamlining Certifications Project
 - Grant IDPH WIC program received for technical assistance to streamline WIC certification for families. Multi-state project. Ideas: telephone appointments, telehealth.
 - Pilot project: Certify new moms and babies for WIC during home visits.
 - Project: Develop a campaign to promote other agencies to complete WIC certifications. IDPH WIC program provides support to these agencies.
- Learn the Signs Act Early
 - IDPH WIC program is participating in this project. Training local WIC staff to identify child development delays and make referrals.
- Food Security Survey

- Administered every two years to assess participant satisfaction with WIC program and food security.
- Breastfeeding Peer Counseling Program
 - Connect breastfeeding moms with peers who have successfully breastfed.
 - Funded by USDA separate from WIC funding.
 - Eleven programs covering 55 counties. Not all WIC programs have peer-counseling programs (yet!).
 - Five local WIC agencies have received Loving Support Award of Excellence for breastfeeding promotion programs.
- CoIIN (Children’s Healthy Weight Collaborative Improvement and Innovation Network)
 - Target minority women and women returning to work
 - Provided training and resources to promote breastfeeding

IDPH Tobacco Control – Tabetha Gerdner, Tabetha.Gerdner@idph.iowa.gov

- Tobacco retail outlets assessments – report of food and beverages sold, tobacco products, alcohol. State and county level reports available.
- Smoke Free Homes Registry
 - Map of smoke-free rental properties (1,800+ units listed). Includes parks, bus stops, farmers markets, grocery stores: <https://smokefreehomes.iowa.gov/properties>

Iowa State University Extension and Outreach - Christine Hradek, hradek@iastate.edu

- Healthy Food Access Specialists are coaching food pantries to make environmental changes to make the healthy choice the easy choice. SNAP-Ed can help fund changes in most cases.
- If you would like help setting up a new food pantry, contact Christine.
- Dec. 18, 2019, 9:00 – 2:00 Regional Food System Working Group meeting. All are invited.

Iowa Department of Education – Patti Delger, patti.delger@iowa.gov

- Iowa Farm to School and ECE coalitions are merging and will undergo strategic planning in January.
- Dept of Ed is applying for a USDA Farm to School grant.

Iowa Beef Council - Rochel Gilman, Rochelle@iabeef.org

- Focus on protein needs for strength throughout life.
- Breakfast often low in protein. Shared recipes for sausage and egg muffin.
- New infographic on grass vs. grain finished beef. All beef is grass fed.