

UC CalFresh Weekly Update April 10, 2017

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Upcoming Events & Deadlines

APRIL 2017

SUN	MON	TUE	WED	THU	FRI	SAT
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23	24	25	26	27	28	29
30						

4/11/17 LIA Budget Submission (Draft) Due to SIAs via CDSS SNAP-Ed SharePoint Site

Draft LIA Budgets are due to the SIAs via the [CDSS SNAP-Ed SharePoint Site](#) on Tuesday, April 11. UC CalFresh counties can contact [Sandy Vice \(sevice@ucdavis.edu\)](mailto:sevice@ucdavis.edu) for technical assistance regarding your FFY 2018 UC CalFresh budget development. The FFY 2018 LIA and SIA State Plan Timeline is available on the Resources tab of the CDSS SNAP-Ed SharePoint site: <https://snaped.dss.ca.gov/resources/Pages/Resources.aspx>.

4/18/17 UC CalFresh Town Hall Webinar, 12:30-2:00pm

The topic of this month's webinar is [Physical Literacy and the Role Public Health Plays](#) and will feature a presentation by Anne Lindsay, M.S., PhD, Associate Professor at the University of Nevada Reno, Cooperative Extension. Please join us this month to find out how to support physical activity throughout a lifespan. We will review what physical literacy is, how it fits into SNAP-Ed work and the role you play. We will also be reviewing [updates to the Reporting Tools Workbook \(RTW\) and new versions of forms](#)—adult demographic, sign-in and surveys with participant ID codes. Refer to the attached flyer for additional details and information.

ReadyTalk Information:

Webinar Link: <https://cc.readytalk.com/r/s0nd5s2ql05h&eom>

Event Password: apple1

Call-in Toll-Free Number: 1-866-740-1260

Access Code: 7544137

If you have any questions ahead of time, please submit them in advance to [Rolando Pinedo \(rgpinedo@ucdavis.edu\)](mailto:rgpinedo@ucdavis.edu) to ensure that they will be addressed during the webinar.

Save the Dates: CATCH Early Childhood Training, April 25-27, 2017

We look forward to seeing UC CalFresh staff at the upcoming CATCH Early Childhood Training in April! If you have any questions about the registration, please email [Michele Byrnes \(mnbyrnes@ucdavis.edu\)](mailto:MicheleByrnes@ucdavis.edu).



(Above) CATCH Early Childhood lessons being administered by extenders in Oakland Unified School District thanks to UCCE Alameda County.

UC CalFresh Success Stories

Success stories from your FFY 2017 UC CalFresh participants can be shared through the online data entry portal: <http://ucanr.edu/survey/survey.cfm?surveynumber=18908>.

“This class helped me notice and watch more what I am eating or what I give to my children. It was very educational. I want to try and implement a healthier diet for my family and I.”

—*Eating Smart, Being Active Participant, Fresno County*

“I am 85 years old. I am glad that I have [had] the opportunity to attend the 4 session nutrition class. I have learned a lot about foods, especially foods [that] are not Chinese. As a low-income senior, I learned how to watch my pocket and still be able to buy and cook food that is good for my body and stay healthy.”

—*Plan, Shop, Save and Cook Participant, San Francisco County*

Welcome New UC CalFresh Staff!

This feature is to introduce and welcome new staff to UC CalFresh. If you have new staff, please send a brief introduction and photo to Lindsay Hamasaki at lmhamasaki@ucdavis.edu.

Release of FFY 2018 SNAP-Ed Plan Guidance and Allocation Memo

FFY 2018 SNAP-Ed Plan Guidance Now Available on the SNAP-Ed Connection

USDA has announced the release of the FFY 2018 SNAP-Ed Plan Guidance, which is now available for download from the SNAP-Ed Connection website: <https://snaped.fns.usda.gov>. This document provides guidance to States for planning and implementing SNAP-Ed, with a continued focus on enhancing the program in accordance with the SNAP: Nutrition Education and Obesity Prevention Grant Program Final Rule. A link to the final rule is available on FNS's website at: <http://www.fns.usda.gov/fr-033116>.

There are no policy changes in the Guidance from the FFY 2017 release, but clarifications are provided on selected topics, such as developing multi-year plans. Estimated FFY 2018 SNAP-Ed Plan Guidance does not go into effect until October 1, 2017.

UC CalFresh in Action!

UC CalFresh Nutrition Corners

The UC CalFresh State Office is interested in seeing the creative ways your program and partners have used the Nutrition Corners in your county. Please send photos and a brief description to Lindsay Hamasaki at lmhamasaki@ucdavis.edu.

Nutrition and Food Questions Web Page

Do your participants ask questions about nutrition or needs that you find difficult to respond to? Check the [Nutrition and Food Questions](#) web page for a response. If your question is not answered there you can submit a new question. You can find the link on the UC CalFresh website under [Resources > Resources for Educators](#). Please contact Lyn Brock (rlbrock@ucanr.edu) if you have any questions.

Roundtable and Poster Confirmations for the 2017 Childhood Obesity Conference

Congratulations to the UC CalFresh State Office and county staff who received confirmation of their roundtables and/or posters for the upcoming 2017 Childhood Obesity Conference! If you submitted a roundtable and/or poster for the 2017 Childhood Obesity Conference, please share the details with the UC CalFresh State Office! Please forward the details of your roundtable and/or poster to Andra Nicoli at amnicoli@ucdavis.edu.

UC Delivers

This is a friendly reminder that counties should contact Andra Nicoli (amnicoli@ucdavis.edu) at the State Office if you are interested in developing a UC Delivers or have recently submitted a UC Delivers without State Office involvement. For those developing a UC Delivers, Andra can assist you in writing/editing/submitting a UC Delivers story. The State Office is also interested in keeping track of UC Delivers stories that are being submitted directly from counties. For those not requiring writing/editing services from the State Office, please share a copy of your submissions with Andra. In this way, we can track the type of stories UC CalFresh is submitting and advocate for your story!



The Smarter Lunchrooms Movement of California

The UC CalFresh State Office would like to see how the Smarter Lunchroom Movement of California has been implemented in your county! Please share your success stories and photos with MaryAnn Mills via e-mail: mamills@ucdavis.edu.



The Smarter Lunchrooms Movement of California *Monthly Nudge*

The Smarter Lunchrooms Movement of California *Monthly Nudge* is a monthly newsletter which provides updates on how the Smarter Lunchrooms Movement is moving throughout California and is brought to you by the SLM of CA Collaborative. The newsletter provides updates, upcoming trainings and events, and more! If you are interested in signing up to receive the *Monthly Nudge*, please [click here!](#)

SLM 201: Technical Advising Professionals Workshops, Various Dates

The Smarter Lunchrooms Movement Technical Advising Professionals Workshop provides participants with the knowledge and necessary skills to guide food service staff through the entire SLM process including assessment, implementation and evaluation.

The Training:

- * Includes a brief overview of the principals and practices of the Smarter Lunchrooms Movement
- * Provides hands-on training for providing technical advising to food service staff
- * Provides resources and tools for implementation and evaluation of SLM
- * Includes a guided site visit where TAPs will perform a lunchroom observation and provide feedback to food service staff at a school site

Prior to the training, ALL PARTICIPANTS ARE REQUIRED to complete the online training module unless you have previously attended a Smarter Lunchrooms Training. The module will give you an introduction to the Smarter Lunchrooms Movement principles. To complete the training module go to: <https://ucdavis.box.com/v/SLM-Pre-Training>. Make sure you download the PowerPoint Presentation and view in slide show mode.

Please also note the following:

1. The Pre-Requisite 2-Hour Online Training Module developed by Cornell is currently unavailable. If you have staff that have not completed an introductory SLM training, and are planning to attend the TAPs Training they are now required to review [the Smarter Lunchrooms Movement Pre-Training](#) and complete the survey at the end of the presentation *prior* to the upcoming training.
2. The training location in San Joaquin has been identified (see location in table below)
3. Registration will close two weeks prior to each training (see registration close dates in table below)

Location	Date	Registration Link	Registration Close
Fresno University of California Building 550 E Shaw Ave Fresno, CA 93710	May 4th	http://www.surveygizmo.com/s3/3347736/Fresno-SLM-Technical-Advising-Professionals-Training	April 21st at 5:00pm

Please refer to the attached, updated flyer and contact [MaryAnn Mills](#) at mamills@ucdavis.edu if you have any questions or for additional information.

Save the Date: TAPs Smarter Lunchroom Webinar, April 12, 2017, 9:00-9:45am

Please join us for the TAPs Smarter Lunchroom Webinar on Wednesday, April 12, 2017 to review the new online TAPs Toolkit. The webinar will also provide quick Smarter Lunchrooms Highlight. To participate in this webinar, please visit: <https://cc.readytalk.com/r/aaxygmbr7off&eom> to register. (Dial-in Number: 1-866-740-1260, Access Code: 7544934).

Partner Employment Opportunities

Two (2) Regional Community Nutrition Adviser Opportunities, Far Northern California & Northern California, Dairy Council of California

The Dairy Council of California is looking for two great individuals to join their team to support healthy eating in schools and the community. Position requires a 4-year degree in nutrition/dietetics, health or education at a minimum. For additional information regarding these two positions, please visit: <http://www.healthyeating.org/About-Us/Career-Opportunities.aspx>.

Articles & Research

2017 County Health Rankings Key Findings Report

The *County Health Rankings & Roadmaps* program helps communities identify and implement solutions that make it easier for people to be healthy in their neighborhoods, schools, and workplaces. Ranking the health of nearly every county in the nation, the *County Health Rankings* illustrate [what we know](#) when it comes to what is keeping people healthy or making people sick and how the opportunity for good health differs from one county to the next. Supporting a call to action, the *Roadmaps* show [what we can do](#) to create healthier places for everyone to live, learn, work, and play. The Robert Wood Johnson Foundation collaborates with the University of Wisconsin Population Health Institute to bring this program to communities across the nation. [Read full report. See results for your county.](#)

USDA Expands Meat and Poultry Hotline Hours to Further Provide Food Safety Information to Consumers

The U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) announced that it is increasing the delivery of food safe handling and preparation information by expanding the hours of its Meat and Poultry Hotline and Ask Karen chat services. As detailed in the Agency's 2017-2021 Strategic Plan, FSIS is focusing on the reduction of foodborne illness, and one way to contribute to that reduction is to increase public awareness of safe food handling information. FSIS' Meat and Poultry Hotline has been educating consumers since 1985. The toll-free telephone service assists in the prevention of foodborne illnesses by answering consumers' questions about the safe storage, handling and preparation of meat, poultry and egg products. Beginning April 3, the hotline will be open for two additional hours, from 10am to 6pm ET. "Our hotline provides a valuable service in educating consumers about how to safely prepare food," said FSIS Administrator Al Almanza. "By keeping the hotline open an additional two hours, we are expanding our outreach to allow more consumers, including those on the West Coast, to have their food safety questions answered." The hotline is accompanied by Ask Karen, a 24-hour online service that provides answers to thousands of frequently asked questions and also allows consumers to email or live-chat with a food safety specialist during operating hours.

[Read full news release.](#)

Bay Area Pilot Program Makes Produce Less Costly for Low-Income Families

For low-income families, the cost of produce is one big barrier to food access. Two hundred and fifty farmers markets across California currently participate in [Market Match](#) programs to help [CalFresh](#) recipients stretch their budget by giving a penny-for-penny match on produce. Now, for the first time in California, the same concept is being tested with California-grown produce at the supermarket. Eli Zigas is the Food and Agriculture Policy Director with [SPUR](#), a Bay Area non-profit in the urban planning sector. He lauds the work of Market Match and hopes to see them grow at farmers markets across the state. Bit Zigas also points out that [eighty-four percent of CalFresh purchases](#) are made at big-box stores and super markets. In [contrast], less than one percent of CalFresh purchases are made at farmers markets. Given that, SPUR decided to design a food access pilot to meet low-income shoppers where they buy the bulk of their food. In other words, at the grocery store. "All Americans but especially low-income Americans face an economic barrier to make a healthy choice," explains Zigas. "Sometimes fruits and vegetables are expensive. And Double Up Food Bucks makes California grown fruits and vegetables less expensive and makes it easier to make a healthy choice." Linking this incentive program with California-grown produce is the twist that makes this pilot the first of its kind in a super market setting. The program is funded by a food insecurity grant from the [USDA](#) and it's being piloted at three grocery stores in San Jose and Gilroy in Santa Clara County. Eli Zigas says the aim is to reach two thousand CalFresh households over the course of 2017. [Read full article.](#)

Obesity Quadruples Diabetes Risk for Most US Adults

Obese adults between the ages of 25 and 64 are at least four times more likely to have been diagnosed with diabetes than those who are normal weight, according to the Gallup-Healthways Well-Being Index. By their mid-to-late 30s, 9.3% of adults who are obese have been diagnosed with diabetes, compared with 1.8% among those who are normal weight. These results are based on nearly 500,000 interviews conducted in the U.S. from 2014 through 2016 as part of the Gallup-Healthways Well-Being Index. Unlike some government estimates of obesity, the Gallup-Healthways Well-Being Index uses respondents' self-reported height and weight to calculate body mass index (BMI) and subsequent weight classes. It does not involve clinical measurements that typically result in higher obesity estimates. A BMI of 30 or higher results in an obese classification. Additionally, the Well-Being Index does not discern between Type 1 and Type 2 diabetes, but rather asks: "Has a doctor or nurse ever told you that you have diabetes?" In 2016, 28.4% of all U.S. adults were classified as obese, and 11.6% reported having been diagnosed with diabetes. Researchers from the Centers for Disease Control and Prevention (CDC) have estimated that about one in three Americans born in the year 2000 will be diagnosed with diabetes in their lifetime, and that the percentage of Americans with the disease will at least double from current levels by the year 2050. Not all individuals who are obese will develop diabetes, and some who are normal weight will get the disease. Factors other than obesity status or age could increase the risk of developing diabetes, including physical inactivity, race and ethnicity, and genetic predisposition. Still, the odds of having been diagnosed with diabetes are substantially higher among those who are obese than among those who are overweight or normal weight, and remain elevated between the ages of 25 and 64. [Read full article.](#)

Articles & Research *(continued)*

Community Supported Agriculture—New Models for Changing Markets

CSAs are being challenged by the need to compete successfully in an increasingly crowded local food marketplace while maintaining a distinct and appealing identity to customers. To develop greater financial stability and organizational resilience, CSAs are adding new services and amenities to better accommodate customer desires for broader product selection, extended product availability and flexible subscription/payment terms. USDA's Agricultural Marketing Service's new research report, *Community Supported Agriculture: New Models for Changing Markets*, supported by a cooperative research agreement with the University of Kentucky, explores how innovation is taking the CSA world by storm, as managers and growers experiment with non-traditional business practices in order to build a wider base of consumer support. [Read full report.](#)

Education & Resources

Training Opportunities for SNAP-Ed Local Implementing Agencies

On behalf of the California Department of Social Services, the California Department of Public Health Nutrition Education and Obesity Prevention Branch, UC CalFresh, California Department of Aging, and Catholic Charities of California, we are pleased to announce upcoming SNAP-Ed trainings available to appropriate staff from SNAP-Ed state and local implementing agencies in California. The [FFY2017 California SNAP-Ed Training Schedule](#) is now available on the [Training and Events Calendar webpage](#).

- * Let's Get Fiscally Fit!
- * Dietary Guidelines for Americans Series—Protein: What's at Stake?
- * Early Care and Education Physical Activity Training with Dr. Diane Craft (English and Spanish sessions)
- * Youth Engagement— Supporting Student Nutrition Action Committees in Creating Healthy Changes in the Lunchroom (In-Person, Riverside)
- * Youth Engagement— Supporting Youth Leadership in Peer to Peer Education (In-Person, Fresno)
- * Youth Engagement— Introduction to Youth-Led Participatory Action Research (YPAR) (In-Person, Sacramento)
- * Youth Engagement— Supporting Youth Use of Data and Mapping for Community Change (In-Person, various locations)

These trainings are also posted on the NEOPB Training and Events Calendar, available online at: <http://www.cdph.ca.gov/programs/NEOPB/Pages/NEOPB%20Calendar%20of%20Events.aspx>.

NCCOR Connect & Explore Webinar (Part 2): New NCCOR Measures Registry User Guides: Selecting the Best Measures, April 12, 2017, 11:00am PT

NCCOR launched the [Measures Registry User Guides](#) in February to help childhood obesity researchers and practitioners choose appropriate measures for their research and evaluation efforts. The User Guides build on NCCOR's Measures Registry—a free, online repository of scientific articles about measures—and are widely recognized as a key resource for researchers and practitioners to access detailed information on measures in an easy-to-search location. The four User Guides focus on core areas of childhood obesity research: individual diet, food environment, individual physical activity, and physical activity environment. NCCOR is hosting the second in a series of Connect & Explore webinars on the Measures Registry User Guides. The User Guides provide an overview of measurement, describe general principles of measurement selection, present case studies that walk users through the process of using the Measures Registry, and direct researchers and practitioners to additional resources. On April 12, Connect & Explore will cover the Individual Physical Activity and Physical Activity Environment Guides. Guest speakers will cover the behavior epidemiology framework, socio-ecological framework for active living, and validity and reliability of different measures using GIS-based measures. This special Connect & Explore series gives you the chance to hear from the authors of each of the Measures Registry User Guides, all of whom are experts in their respective fields. The event is free, but attendance is limited. To register for this webinar, please visit: <https://www.eventbrite.com/e/new-nccor-measures-registry-user-guides-selecting-the-best-measures-tickets-32589274397>.

April NFSN Farm to Early Care and Education Webinar: Statewide Farm to ECE Network Building, April 12, 2017, 12:30-1:30pm PT

Statewide farm to early care and education (ECE) network building is a key approach to institutionalizing farm to ECE and increasing opportunities for all children, families, and communities to reap the many benefits of farm to ECE. Join the April NFSN Farm to ECE Webinar where you will hear from Emily Jackson of the North Carolina Farm to Preschool Network and Erin Croom of the Georgia Farm to Early Care and Education Coalition who will share models from their states and identify keys to success in building a statewide farm to ECE network. To register for this webinar, please visit: <https://attendee.gotowebinar.com/register/5018350669558555907>.

Education & Resources *(continued)*

How Do You Ensure Every Kid is Healthy? Join Every Kid Healthy Week 2017, April 24-28, 2017

Action for Healthy Kids invites you to join them for the 5th Annual Every Kid Healthy Week, April 24-28, 2017. Every Kid Healthy Week is an annual observance created to celebrate school health and wellness achievements and recognized on the calendar of National Health Observances. Learn more about how to get involved at EveryKidHealthyWeek.org and register your school's event to join the movement on AFHK's School Portal. Questions about registering or planning your event? Check out their step-by-step guide to registering your school and other great resources at: <http://everykidhealthyweek.org/>.

Save the Date! Early Childhood and Education, No Cost Physical Activity Training in San Diego, CA, June 3, 2017, Two Sessions (English & Spanish)

The *California Department of Public Health* is proud to have Dr. Diane Craft teach two sessions (English & Spanish) for Preschool Teachers, Child Care Providers & others who work on behalf of young children. Attendees will learn about:

- * The development of fundamental movement skills & physical fitness
- * Getting toddlers & preschoolers to play together
- * Easy-to-lead, fun activities
- * Inexpensive, readily available equipment
- * Including children with special needs

Registration for this no cost, physical activity will be made available soon. Please refer to the [flyer](#) on the [CA SNAP-Ed Trainings and Events Calendar](#) for additional information. Question may be directed to Melba Hinojosa (Melba.Hinojosa@cdph.ca.gov) or Lauren Barker (lhbarker@ucsd.edu).

USDA Announces \$6.3 million in Available Funding to Combat Childhood Obesity

The U.S. Department of Agriculture's (USDA) National Institute of Food and Agriculture (NIFA) announced \$6.3 million in available funding for projects to help combat childhood obesity, which affects more than 12 million children in the United States. Funding is made through NIFA's Agriculture and Food Research Initiative (AFRI), authorized by the 2014 Farm Bill. "Obesity is more likely to affect low-income children," said NIFA Director Sonny Ramaswamy. "NIFA investments help at-risk communities by promoting nutrition and healthy living, which lead to the longer-term goals of obesity prevention and lower healthcare costs." AFRI is America's flagship competitive grants programs for addressing critical societal issues through the food and agricultural sciences. The [AFRI Childhood Obesity Prevention Challenge Area](#) supports projects to better understand the factors behind childhood weight gain. Projects may also develop and expand effective interventions or increase the number of trained parents, caregivers and educators equipped to promote childhood obesity prevention. In FY 2017, this Challenge Area is only accepting applications for integrated research, education, and extension projects. Eligible applicants include colleges and universities, 1994 land-grant institutions, and Hispanic-serving institutions. The deadline for applications is June 28, 2017. [See request for applications for details.](#) [Read full press release.](#)

We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please email Lindsay Hamasaki at lmhamasaki@ucdavis.edu to share your comments, stories, photos or other items you would like to see featured in future Weekly Updates.

The UC CalFresh Weekly Updates are sent by the UC CalFresh State Office on behalf of David Ginsburg, Director of the UC CalFresh Nutrition Education Program. Electronic versions of the Weekly Updates are also posted on the UC CalFresh website: <http://www.uccalfresh.org/weekly-updates>.

The University of California CalFresh Nutrition Education Program (UC CalFresh) is funded through a joint agreement among the U.S. Department of Agriculture/Food & Nutrition Service (USDA/FNS), the California Department of Social Services (CDSS) CalFresh Branch, and the University of California Cooperative Extension (UCCE). This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.



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