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

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March 16, 2016
The Longitudinal Research Project: Utah State University works in cooperation with the Western Regional Center.

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University of Tennessee
Dr. Laura Stephenson

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Purdue University
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This work is supported by the U.S. Department of Agriculture (USDA), Food and Nutrition Service and National Institute of Food and Agriculture.

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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
**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.
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.
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