

Faculty Seminar
August 17, 2018

University of Georgia Supplemental Nutrition Assistance Program Education (UGA SNAP-Ed)

*Building Collective Capacity among UGA SNAP-Ed, UGA Cooperative Extension,
Georgia CTSA, and Medically Underserved GA Communities*

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Outline

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 - UGA SNAP-Ed eLearning Safety Net Clinic Project
- **UGA SNAP-Ed Translational Impact**
- **Opportunities for Collaboration**

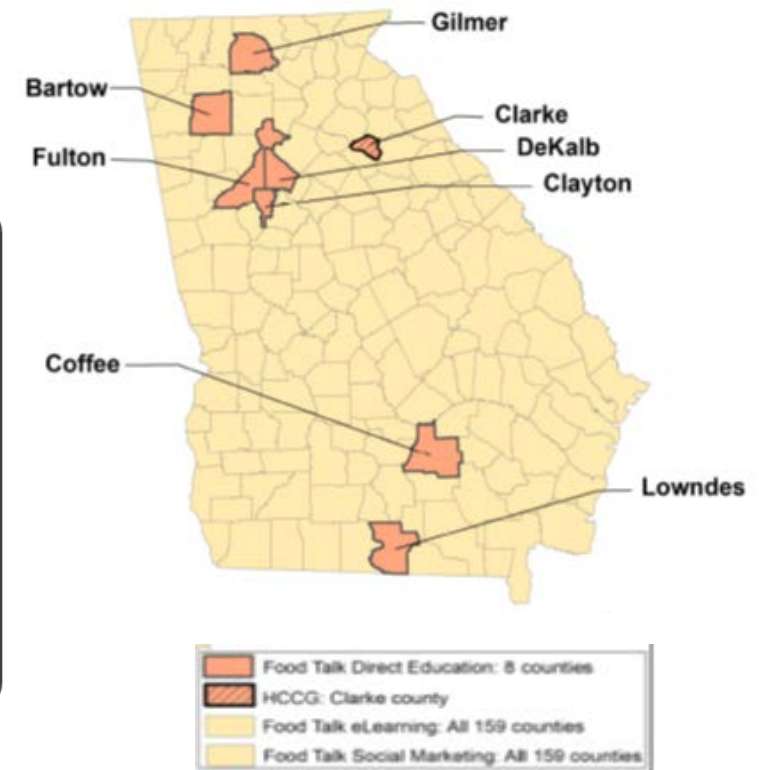
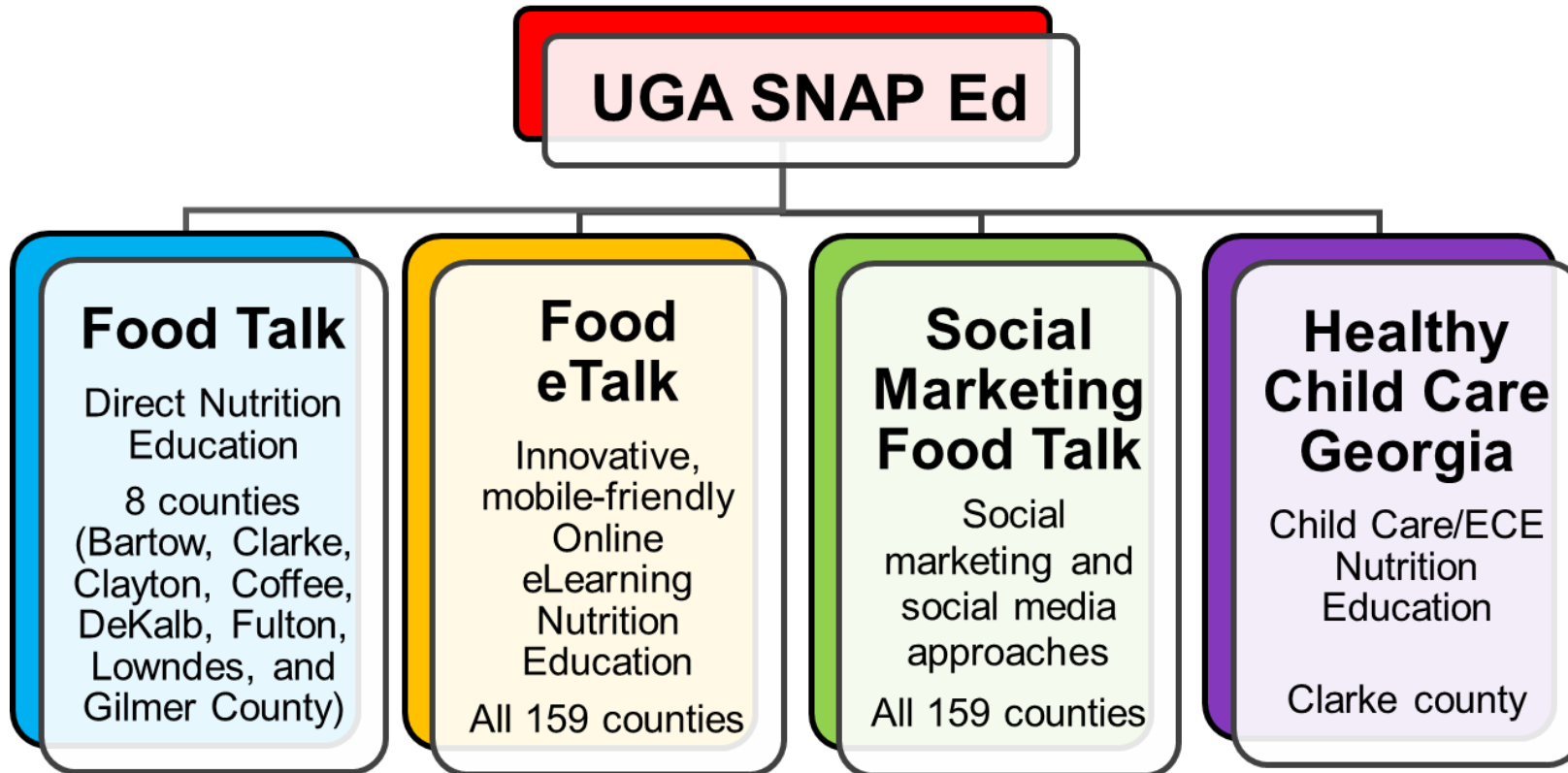


UGA SNAP-Ed | Overview

- Funded by USDA SNAP-Ed Nutrition Education and Obesity Prevention Grant Program since 2013
- To improve the likelihood that people eligible for SNAP will make healthy choices within a limited budget and choose active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate
- Provides evidence-based, culturally appropriate nutrition education and obesity prevention interventions for low-income Georgians
- Based on collective capacity of UGA, infrastructure and network of the UGA Cooperative Extension, and collaboration with diverse stakeholders and communities across the state



UGA SNAP-Ed | Programs



UGA SNAP-Ed | Programming

Dissemination and Implementation Model

- Using approaches to best communicate and spread nutrition education and obesity prevention to target audiences
 - Information
 - Packaging of the information
 - Communication channels
 - Context
 - Perceived values, preferences, beliefs

Systematic Evaluation

- Employing more rigorous and innovative evaluation methods following the USDA SNAP-Ed Guidance and the SNAP-Ed Evaluation Framework
 - Ongoing integrated series of evaluation activities
 - Using interdisciplinary mixed research methods
 - Appropriate outcome measures



UGA SNAP-Ed and Clinical Collaborations

- UGA SNAP-Ed's statewide dissemination/implementation model have the potential to 1) reach and impact the nutritional health of underserved vulnerable Georgians and 2) inform the design and conduct of effective and efficient translational research in community settings in Georgia
- Through the existing infrastructure and network of UGA Cooperative Extension and safety net clinic networks, UGA SNAP-Ed has been offering nutrition education to serve vulnerable Georgian adults in counties with or without direct nutrition education opportunities and resources



UGA SNAP-Ed and Clinical Collaborations

	Fruit and Vegetable Prescription (FVRx) Program	UGA SNAP-Ed eLearning Safety Net Clinic Project	
Key Partners	<ul style="list-style-type: none"> ○ UGA SNAP-Ed ○ UGA Cooperative Extension (Clarke County) ○ Athens Nurses Clinic (Athens, GA) ○ Athens Farmers Market ○ Pinewood Community 	<ul style="list-style-type: none"> ○ UGA SNAP-Ed ○ UGA Cooperative Extension (Clarke County) ○ Mercy Health Center (Athens, GA) 	<ul style="list-style-type: none"> ○ UGA SNAP-Ed ○ UGA Cooperative Extension (Lowndes County) ○ UGA CTRU ○ Partnership for Health (Valdosta, GA) ○ Local farmer
Funding	<ul style="list-style-type: none"> ○ USDA SNAP-Ed ○ Wholesome Wave GA ○ UGA Sustainable Office 	<ul style="list-style-type: none"> ○ USDA SNAP-Ed ○ Kaiser Foundation 	<ul style="list-style-type: none"> ○ USDA SNAP-Ed ○ Georgia CTSA Seed Grant (UL1TR002378) ○ UGA CAES Seed Grant



UGA SNAP-Ed eLearning Safety Net Clinic Project in Valdosta, GA | **Purposes**

- To examine the feasibility of an implementation model of UGA SNAP-Ed eLearning program and supplemental Georgia-grown produce to improve food security and clinical outcomes among low-income patients at safety-net clinics
 - 1) Examine the feasibility of the proposed dissemination model
 - 2) Understand the experiences of key stakeholders
 - 3) Determine the impacts on participants
 - 4) Explore the capacity of UGA CTRU in designing, conducting, and evaluating the proposed eLearning nutrition education implementation model through safety net clinics



UGA SNAP-Ed eLearning Safety Net Clinic Project in Valdosta, GA | Design

- **Non-randomized control study design** with mixed methodology
- **Partnership for Health** safety net clinic in Valdosta, GA providing medical care for ~5,700 patients/year
- **Intervention:** 12 week UGA SNAP-Ed eLearning program and supplemental weekly free produce
- A convenience sample of 30 SNAP-Ed eligible English speaking adults
- **Data Collection:**
 - Quantitative: pre- and post-measurements on anthropometrics (weight, height) and biometrics (blood pressure, lipid panel, blood glucose, HgA1C); self-reported 24-hour dietary recall; food insecurity
 - Qualitative: pre- and post-focus groups with study participants; individual interviews with key stakeholders
- University of Georgia IRB approved the study protocol



UGA SNAP- Ed eLearning Programs

- Developed for smartphone screen size
- Interactive games
- Short, user-friendly lessons
- Southern influence
- Educational videos (cooking, food shopping, and physical activity)
- Voiceover and closed captioning
- Two comprehensive programs
 - **Food eTalk:** Based on DASH diet principles; focusing on sodium reduction, food safety, food resource management
 - **Food eTalk: Better U:** Based on DPP principles; focusing on weight management and obesity prevention, physical activity, and goal setting



www.foodtalk.org



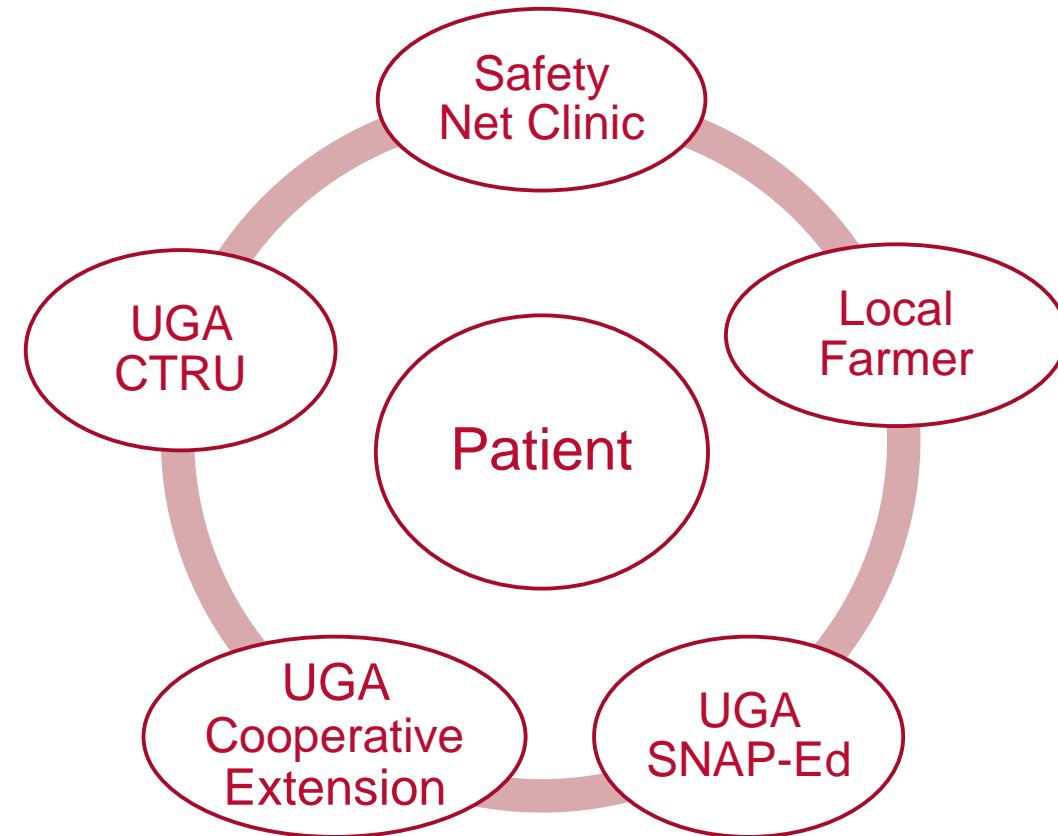
Supplemental Locally-Grown Produce

- Provided from a local farmer identified through Lowndes County Extension Office
- Intention to provide seasonal, locally-grown supplemental produce
- Box size varies depending on number of members in a family
- Farmer delivers to the clinic on Tuesday mornings for 12 weeks, participants pick up from the clinic that day



UGA SNAP-Ed eLearning Safety Net Clinic Project in Valdosta, GA | Key Partners

Key Partners	Proposed Role
UGA Cooperative Extension	Provide county-based leadership, program coordination, identification of clinic and farmers, eLearning nutrition education and produce coordination, serve as location for produce pick-up
UGA SNAP-Ed	Provide eLearning nutrition education program and evaluation leadership (both qualitative and quantitative)
Safety net clinic	Recruit interested participants
Local farmer	Provide fresh produce, transport produce to distribution location
UGA CTRU	Assist with recruitment, retention, reminder calls, collect clinical data



“Our ultimate goal is to translate science to healthcare, but also do community outreach is just as important and community education. Doing a project like this shows how nutrition and healthcare are so closely tied together, and how they rely on one another, and how it can improve or affect a community for the better outcome. This project helps us to show we're doing community outreach with our already resources that we have at the university and we're collaborating in the community with other institutions, and we're making a difference.”

(UGA CTRU representative)

“Also just Ag been doing what we're supposed to do, be a resource for ag education. We're going to be educating them on where their fruit and vegetables coming from, and also connecting them with the source to where they can get fresh produce if they want some.”

(UGA Extension representative)

“It's like, the produce grown down the street could be sold right here at the clinic where the patients come anyway, and I think the Extension office – it's right down the road – not even far.” **(Safety net clinic representative)**



UGA SNAP-Ed Translational Impact

- Highlight strengths and capacity of UGA Extension and GA CTSA to work with communities and to improve the nutritional health of medically underserved low-income Georgians
- Understand strategies to harness existing resources and expertise of key partners to design implement, and evaluate community-based programs
- Serve to model new interdisciplinary collaboration among UGA Cooperative Extension and Georgia CTSA affiliated institutions researchers
- Build collective capacity among medically underserved GA communities, UGA SNAP-Ed, UGA Cooperative Extension, and Georgia CTSA
- Explore sustainable solutions to reduce food insecurity and nutritional health disparities in underserved populations



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Thank you!
Any questions?

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