

*Roundtable Presentation:*

## What SNAP-Ed PSE strategies do communities use to improve health equity for low-income Californians?



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### Roundtable Objectives:

1. Brief introductions and SNAP-Ed background
2. SNAP-Ed PSEs in California
3. Discuss PSE implementation by Local Health Departments (LHDs) in CA
  - Where do PSE strategies occur? How many people do they reach?
  - What types and combinations of PSE strategies are being implemented? Where are there areas for expansion?
  - Comparison from 2016 to 2018
4. Group discussion

### Background:

- SNAP-Ed is the nutrition education and obesity prevention component of the Supplemental Nutrition Assistance Program (SNAP). The goal of SNAP-Ed is to enable SNAP-eligible populations to make healthy choices related to nutrition and physical activity.
- SNAP-Ed is the largest annual source of federal obesity prevention funding; the budget in FY 16 was \$455 million.
- In FY 2015, SNAP-Ed Guidance was changed to include **Policy, Systems, and Environmental change strategies (PSEs)**, with FY 2016 the first year to require states to implement PSEs.



# SNAP-Ed PSEs in CA

## Defining PSEs for our local implementing agencies:

PSE change strategies focus on population-based, systematic changes that facilitate healthy eating and physical activity behavior change. PSE changes have the potential to reach large populations and reduce the health disparities that stem from structural and environmental inequities that low-income populations face, such as access to healthy foods.

## PSE Data Collection in CA:

- We work with local health departments (LHDs), which make up a bulk of the SNAP-Ed local implementing agencies
- LHDs have been reporting their PSE activities into the Program Evaluation and Reporting System (PEARS) for the past three years
- PEARS is an on-line system, with different modules for implementing agencies to report on all their SNAP-Ed activities. In addition to PSE, these include program activities, indirect activities, partnerships, and coalitions
- Overall, very user-friendly, but has some limitations
- Allows us to do aggregate analyses much more easily

## Top 5 Intervention Topics in FY 18:

1. Fruit and vegetable consumption: 61%
2. MyPlate food groups/portions: 30%
3. Water consumption: 21%
4. Limiting added sugars: 15%
5. Shopping, resource management: 13%

## CA SNAP-Ed Statewide Goals:

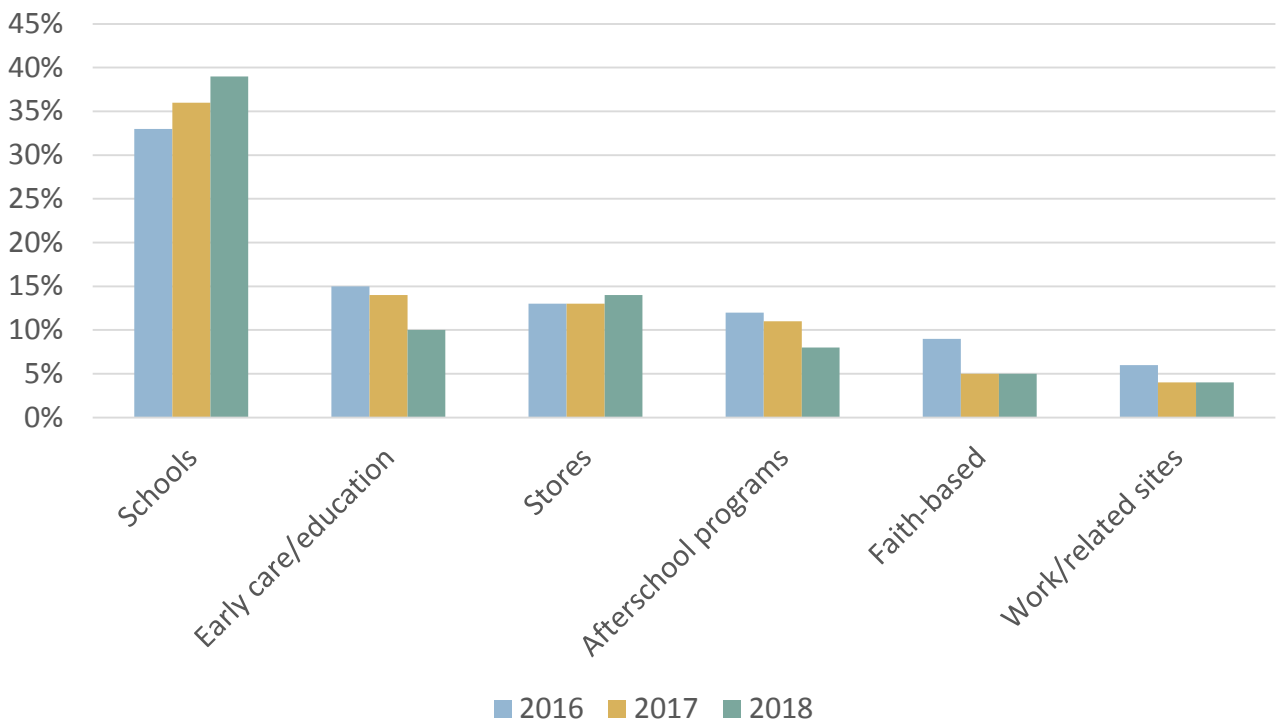
1. Increase Consumption of Healthy Foods and Beverages and Decrease Consumption of Unhealthy Foods and Beverages
2. Increase Physical Activity
3. Improve Food Resource Management
4. *Increase access to and/or appeal of healthy dietary choices and decrease access to and/or appeal of unhealthy dietary choices where people eat, live, learn, work, play, or shop.*
5. *Increase access to and/or appeal of physical activity opportunities for SNAP-Ed eligible populations.*



# Settings and Reach of PSE Efforts

Fiscal Year:	2016	2017	2018
Number of LHDs	54	56	56
Number of sites	902	1180	1062
People reached	1.5 million	2.0 million	2.0 million
Average # of sites per LHD	17	21	19
Average # of settings per LHD	3.8	4.6	4.7
% of sites by implementation stage:			
- Planning/preparation	16%	30%	16%
- Actively making changes	76%	67%	83%
- Follow-up only	8%	2%	1%

## Most frequent settings where LHDs implement PSEs



# PSE changes in schools

Reach	2018	2017	2016
Total students reached	1,052,183	706,815	472,000
Average # reached per site	3,032	2,533	1,991
# of sites reporting reach Note that some are districts	347	279	237
# of school sites in any stage of PSE work	419	423	298

	2018	2017	2016
# of schools that implemented a PSE change	345	288	227
Percent of schools that made more than 1 change	262 (76%)	232 (81%)	125 (55%)
Average and range of changes per school	3.2, 1-17	3.2, 1-15	3.1, 1-15
Percent of sites with... changes			
... nutrition only ...	57%	47%	68%
... PA only ...	9%	9%	8%
... nutrition + PA ...	34%	44%	23%

