

Healthy Lifestyles Subcommittee

Background Reading

Meeting 4: Wednesday, March 18, 2020

Topic: Community Wellness

2019 Report on State Planning Issues, "A Healthier Delaware" Chapter

- Pages 46-51 summarize state planning efforts to “improve access to educational opportunities, health care, and human services for all Delawareans,” including:
 - The Council on Farm and Food Policy
 - Healthy Communities Delaware
 - My Healthy Communities Delaware Data Portal
 - Statewide Comprehensive Outdoor Recreation Plan
 - Outdoor Recreation Parks and Trails Program
- Pages 60-71 summarize transit-related planning and program efforts.
- <https://stateplanning.delaware.gov/publications/documents/2019-annual-report.pdf#healthy-delaware>

State of Obesity 2019, Trust for America’s Health, 2019

- Pages 33-54 provide an overview of policies (and some programs) that could fall into the community-level category; pages 50-52 are particularly focused on the built environment.
- <https://www.tfah.org/report-details/stateofobesity2019/>

CPSTF Findings for Obesity: Interventions in Community Settings, 2014.

- Summary of approaches reviewed by the Community Preventive Services Task Force, with summaries of the CPSTF finding for each: <https://www.thecommunityguide.org/content/task-force-findings-obesity#community-settings>
- Reducing screen time: <https://www.thecommunityguide.org/findings/obesity-behavioral-interventions-aim-reduce-recreational-sedentary-screen-time-among>

Rhode Island Health Equity Zones: Innovation Station, 2019

- Part 1 is an overview of Rhode Island’s award-winning model for creating healthier built environment to address social determinants of health: Health Equity Zones (HEZ)
 - Gives a list of key takeaways and data-driven outcomes
- Part 2 is an in-depth guide to implementation in other communities
- <http://www.amchp.org/programsandtopics/BestPractices/InnovationStation/ISDocs/Health%20Equity%20Zones.pdf>

Examining neighborhood and interpersonal norms and social support on fruit and vegetable intake in low-income communities: Dulin et al., 2018

- Study finding that along with neighborhood food environments, interventions need to target social support for purchasing healthy foods to increase fruit and vegetable intake
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5887203/pdf/12889_2018_Article_5356.pdf

Multilevel approaches to increase fruit and vegetable intake in low-income housing communities: final results of the ‘Live Well, Viva Bien’ cluster-randomized trial: Gans et al., 2018

- Presents results of RCT evaluating “Live Well, Viva Bien”, a multicomponent intervention that included discount, mobile fruit and vegetable markets along with nutrition education
 - Found that there was significant increase in F&V purchase and consumption in intervention group and significant impact of DVDs, recipes, and taste-tests
- <https://ijbnpa.biomedcentral.com/track/pdf/10.1186/s12966-018-0704-2>

Food Support Programs and Their Impacts on Young Children: Health Policy Brief, Health Affairs, 2019

- Overview of SNAP and WIC program goals and implementation
- Presents literature that shows programs’ effectiveness, including longer-term impact on obesity and health, and discuss challenges and future goals for SNAP and WIC
- <https://www.healthaffairs.org/doi/10.1377/hpb20190301.863688/full/>

Proposed USDA rule for SNAP benefits would impact food assistance for some Delawareans, Delaware Public Media, July 23, 2019

- <https://www.delawarepublic.org/post/proposed-usda-rule-snap-benefits-would-impact-food-assistance-some-delawareans>

SNAP-Ed Toolkit, USDA

- Supplemental Nutrition Assistance Program – Education (SNAP-Ed) is a federally funded grant program that supports evidence-based nutrition education and obesity prevention interventions and projects for persons eligible for the Supplemental Nutrition Assistance Program (SNAP) through complementary direct education, multi-level interventions, and community and public health approaches to improve nutrition. Two key federal partners are the USDA Food and Nutrition Service (FNS) and National Institute of Food and Agriculture (NIFA).
- The SNAP-Ed Toolkit helps SNAP-Ed Implementing Agencies across the country find evidence-based interventions and explore the SNAP-Ed Evaluation.
- <https://snaped.fns.usda.gov/program-administration/snap-ed-toolkit-strategies-interventions>

Delaware SNAP-Ed, University of Delaware

- In Delaware, the University of Delaware is the lead organization for SNAP-Ed. Working with partners across the state, the goal is to provide individuals and families with access to opportunities for healthy foods, and education about healthy behaviors:
<https://www.udel.edu/academics/colleges/canr/cooperative-extension/nutrition-wellness/nutrition/delaware-snap/>
- Kid CHEF is an example of a Delaware SNAP-Ed program highlighted as a success story by the Food Bank of Delaware: <https://snaped.fns.usda.gov/success-stories/kid-chef>