Alaska Supplemental Nutrition Assistance Program Education (SNAP-Ed) Needs Assessment 2018

Prepared for the Alaska Department of Health and Social Services, Division of Public Assistance, Family Nutrition Program

by Agnew:::Beck Consulting
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Acronyms + Abbreviations

Acronym	What it Stands For
AICS	Alaska Island Community Services
BRFSS	Behavioral Risk Factor Surveillance System
CDC	U.S. Centers for Disease Control and Prevention
DASH	Dietary Approaches to Stop Hypertension
DEED	Alaska Department of Education + Early Development
DHSS	Alaska Department of Health + Social Services
DPA	Alaska Division of Public Assistance
ECE	Early Care + Education
EBT	Electronic Benefit Transfer
NSLP	National School Lunch Program
PSE	Policy, Systems and Environment
SNAP	Supplemental Nutrition Assistance Program
SNAP-Ed	Supplemental Nutrition Assistance Program Education
SCF	Southcentral Foundation
UAF-CES	University of Alaska Fairbanks – Cooperative Extension Service
USDA	U. S. Department of Agriculture
WIC	Women, Infants + Children
YRBS	Youth Risk Behavior Survey

1. Executive Summary

Needs Assessment Goals

This report completes the second phase of Alaska's Department of Health & Social Services (DHSS), Division of Public Assistance (DPA) Family Nutrition Program, Supplemental Nutrition Assistance Program Education (SNAP-Ed) needs assessment. The Phase II SNAP-Ed Needs Assessment:

1. Updates data from the 2014 Phase I Needs Assessment to inform target audience and locations.
2. Inventories obesity prevention strategies that incorporate policy, systems, and environmental interventions (PSE) for low-income populations at both the state and local agency levels.
3. Identifies needs and gaps for implementing PSE initiatives in Alaska.
4. Researches PSE approaches undertaken by other SNAP-Ed programs to increase fruit and vegetable consumption and levels of physical activity.
5. Provides recommendations to the Alaska SNAP-Ed program on prioritizing settings and target audiences for PSE activities. Identifies potential approaches at all three levels (P-S-E) for current SNAP-Ed grantees and state agencies.

DHSS DPA continues to implement recommendations from the 2014 Needs Assessment. The program has worked with grantees to focus their programs and conduct local level needs assessments for the specific communities they are serving. The 2018 Needs Assessment includes in-depth research into opportunities to promote PSE changes that can improve the health of low-income Alaskans. The results presented in this report will be used to determine settings and audiences to target Policy, System, and Environment strategies and recommend how to implement PSE change interventions for future grant opportunities.

Overview of Alaska's SNAP-Ed Program

Supplemental Nutrition Assistance Program (SNAP)[1]

The USDA Food and Nutrition Service's (FNS) Supplemental Nutrition Assistance Program (SNAP) offers nutrition assistance to millions of eligible, low-income individuals and families in the U.S. and provides economic benefits to communities throughout the nation. SNAP is the largest program in the domestic hunger safety net. FNS works with state agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

SNAP-Education Program (SNAP-Ed)

The Alaska Supplemental Nutrition Assistance Program's Nutrition Education and Obesity Prevention Program (SNAP-Ed) is a federally funded program. The goal of SNAP-Ed is to improve the likelihood that persons eligible for the Supplemental Nutrition Assistance Program (SNAP), informally known as food stamps, will make healthy food choices within a limited budget and choose physically active lifestyles

[1] USDA Food and Nutrition Services SNAP website, accessed 2/2/2018. https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap

consistent with the current Dietary Guidelines for Americans and U.S. Department of Agriculture (USDA) food guidance.[2]

SNAP-Ed supports SNAP's role in addressing food insecurity and seeks to improve nutrition and prevent or reduce diet-related chronic disease and obesity among SNAP recipients. SNAP-Ed focuses on evidence-based, outcomes-driven interventions in combination with direct education activities. Each state receives SNAP funding and carries out its own plan for delivery of SNAP-Ed services within federal guidelines.

Each state's SNAP-Ed programs must incorporate the following approaches:

1. Direct nutrition education
2. Promoting policy, systems and environmental changes
3. Community and public health approaches, including social marketing.

SNAP-Ed in Alaska has three grantees: University of Alaska Fairbanks Cooperative Extension Services (UAF-CES), Alaska Island Community Services (AICS), and Southcentral Foundation (SCF). Grantees have nutrition educators in seven locations: Anchorage, Bethel, Fairbanks, Kenai, Mat-Su, Tok, and Wrangell.

SNAP-Ed 2018 State of Alaska Program Goals

The current goals of the Alaska SNAP-Ed program state that participants will increase behaviors consistent with the 2015 USDA Dietary Guidelines for Americans and MyPlate, resulting in:

- Increase by **2%** the percentage of adults who consume recommended daily servings of fruits and vegetables.
- Increase by **2%** the percentage of adults who meet CDC recommended levels of physical activity.
- Increase by **2%** the percentage of youth who consume recommended daily servings of fruit and vegetables.
- Increase by **2%** the percentage of adolescents who meet CDC recommended levels of physical activity.

Table 1 and Table 2 illustrate the baseline data and current goals for each of the four indicators.

Table 1. SNAP-Ed Adult Goals

ADULT GOALS	SOURCE	2013	2015	GOAL 2017
Increase by 2% the percentage of adults who consume recommended daily servings of fruits and vegetables.	BRFSS	11.9%	12.1%	14.1%
Increase by 2% the percentage of adults who meet CDC recommended levels of physical activity.	BRFSS	25.0%	23.9%	25.9%

Table 2. SNAP-Ed Youth Goals

YOUTH GOALS	SOURCE	2013	2015	2017	GOAL 2019
Increase by 2% the percentage of youth who consume recommended daily servings of fruits and vegetables.	YRBS (traditional HS)	11.1%	9.7%	7.8%	9.8%
Increase by 2% the percentage of adolescents who meet CDC recommended levels of physical activity (60 minutes daily).	YRBS (traditional HS)	20.9%	20.9%	18.4%	20.4%

[2] Every 5 years, HHS and USDA publish the Dietary Guidelines for Americans, the Nation's go-to source for nutrition advice. The 2015-2020 Dietary Guidelines reflect the current body of nutrition science, help health professionals and policymakers guide Americans to make healthy food and beverage choices, and serve as the science-based foundation for vital nutrition policies and programs across the United States.US Office of Disease Prevention and Health Promotion (DPHP). Accessed 2/5/2018: https://health.gov/dietaryguidelines/

Why Implement Policy, Systems & Environment (PSE) Strategies?

Public health efforts to improve nutrition and increase physical activity have traditionally been aimed at individual behavior changes.[3] Examples of individual-level programs include: providing healthy living tips in a parent newsletter, conducting onsite health screenings for worksite employees, or hosting a Walk to School Day event. Research has found such approaches to be minimally effective in population-level changes, costly, and difficult to sustain.[4] In 2002, the Institute of Medicine endorsed a public health approach to addressing health and wellness challenges and recommended the adoption of a socioecological model, where individuals and their behavioral choices take place within and are influenced by the broader social and environmental context.[5,6] A national focus on policy, systems, and environmental (PSE) change strategies has emerged in public health, supported by evidence showing that policy has the potential to impact population health.[7,8,9,10] Examples of PSE strategies include adopting healthy meal and snack polices at schools and worksites, making staircases more accessible and attractive to use, and establishing a Safe Routes to Schools program.

Where people live affects how they live. It is not realistic to expect people to make healthy decisions if healthy options are not readily available to them. PSE change makes healthier choices a realistic option for every community member by looking at the laws, rules and environments that impact their behaviors. PSE changes modify environments, both physical and social environments, to make healthy choices practical, available, affordable and appealing to all members of a community.[11] By changing policies and laws and by shaping physical landscapes, a greater impact can be made with less time and fewer resources compared to individual-level approaches. By changing policies, systems and/or environments, communities can help reduce obesity and its related health issues such as diabetes, cancer and other chronic diseases. Figure 1 on the following page illustrates the sociological model of health to influence individual behavior changes.

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[3] Lyn, R., et. al. Policy, Systems, and Environmental Approaches for Obesity Prevention: A Framework to Inform Local and State Action. J Public Health Manag Pract. 2013 ; 19(3 Suppl 1): S23–S33.

[4] Brownson R, Haire-Joshu D, Luke D. Shaping the Context of Health: A Review of Environmental and Policy Approaches in the Prevention of Chronic Diseases. Annu Rev Public Health. 2006; 27:341–370.

[5] Gebbie, K.; Rosenstock, L.; Hernandez, LM., editors. Institute of Medicine. Who Will Keep the Public Healthy? Educating Public Health Professionals for the 21st Century. Washington, DC: The National Academies Press; 2003.

[6] Stokols D. Establishing and maintaining healthy environments. Toward a social ecology of health promotion. Am Psychol. 1992; 47 (1):6–22.

[7] The Community Preventive Services Task Force, *The guide to community preventive services (community guide),* accessed August 30, 2012.

[8] Institute of Medicine. *For the Public's Health: Revitalizing Law and Policy to Meet New Challenges*. Washington, DC: The National Academies Press; 2011.

[9] Mensah GA, Goodman RA, Zaza S, et al. Law as a tool for preventing chronic diseases: expanding the spectrum of effective public health strategies. Prev Chronic Dis. 2004; 1(2):A11.

[10] Heath GW, Parra DC, Sarmiento OL, et al. Evidence-based intervention in physical activity: lessons from around the world. Lancet. 2012; 380(9838):272–281.

[11] Cook County Public Health Department. "What Is 'Policy, Systems and Environmental Change'?" Accessed February 2, 2018. http://www.cookcountypublichealth.org/files/CPPW/PSE%20Change.pdf

Figure 1. The Socioecological Model of Population-Based Health Interventions

Source: USDA SNAP-Ed Plan Guidance, FY18 Nutrition Education and Obesity Prevention Plan.

What are PSEs?

Policy: *A written statement of an organizational position, decision, or course of action. Ideally policies describe actions, resources, implementation, evaluation, and enforcement. Policies are made in the public, non-profit, and business sectors. Policies will help to guide behavioral changes for audiences served through SNAP-ED programming.*

Systems: *Systems changes are unwritten, ongoing, organizational decisions or changes that result in new activities reaching large proportions of people the organization serves. Systems changes alter how the organization or network of organizations conducts business. An organization may adopt a new intervention, reallocate other resources, or in significant ways modify its direction to benefit low-income consumers in qualifying sites and communities. Systems changes may precede or follow a written policy.*

Environmental: *Includes the built or physical environments, but may include economic, social, normative or message environments. Modifications in settings where food is sold, served, or distributed may promote healthy food choices. Social changes may include shaping attitudes about time allotted for school meals or physical activity breaks. Economic changes may include financial disincentives or incentives to encourage a desired behavior. See Appendix A for list of PSE resources.*

Key Findings + Recommendations

Using the methodology described in Chapter 2, the project team identified the following priority locations and target populations:

Secondary Data Findings + Recommendations

- Based on the populations eligible for SNAP-Ed program participation, following regions were identified as having the greatest need for SNAP-Ed PSE activities: **Southwest** and **Northern**. The Southwest and Northern regions of Alaska have the highest rates of individual SNAP participants: 46.3 percent and 37.4 percent, respectively. These high regional rates indicate an opportunity for SNAP-Ed program eligibility and reach. Additionally, the Southwest region experienced a 7 percent increase in SNAP participation between 2012 and 2017, indicating a growing need for SNAP-Ed programming in this region.
- Based on potential SNAP participant reach, indicated by the number of individuals receiving SNAP benefits, as well as a recent growth trend, the **Anchorage** and **Mat-Su** regions were also identified as having the greatest need and potential reach for SNAP-Ed PSE activities. Anchorage and Mat-Su have the highest overall numbers of SNAP participants. This indicates an opportunity for SNAP-Ed program eligibility and potential reach. Additionally, both regions saw a recent increase in SNAP participation between 2016 and 2017 (Mat-Su increased by 7.5 percent, Anchorage by 4.4 percent), indicating a current need for SNAP-Ed programming in these regions.
- Because Alaska Native people continue to be disproportionately affected by obesity and risk factors associated with obesity (e.g. sugary beverage intake), **Alaska Native people** were identified as a priority population for targeting PSE activities. Alaska Native people are more likely to experience poverty and are disproportionately represented among SNAP recipients. Additionally, Alaska Native adults are more likely to be obese and less likely to meet nutrition and physical activity recommendations for good health. Alaska Native adults are also over three times as likely to consume sugary drinks (16 percent) as white adults (5 percent), and twice as likely as adults of other races (8 percent) to consume 3 or more sugary drinks daily.
- Childhood and adolescence are critical life stages for developing healthy habits (e.g. reaching daily recommendations for fruit and vegetable consumption and physical activity), therefore **youth** (and **families with children**) were identified as a priority population for targeting PSE activities. Alaska has regional disparities of percentage of children living in poverty: three regions have rates higher than the statewide average of 36.4 percent: Northern (42.4 percent), Southwest (41.8 percent) and Anchorage/Mat-Su (36.7 percent).
- Based on the growing number of seniors participating in SNAP, **seniors (age 60+)** were identified as a priority population for targeting PSE activities. Seniors are a growing segment of SNAP: the proportion of Alaska seniors receiving assistance from the Alaska SNAP increased 19.5 percent between 2016 and 2017. Additionally, regional disparities of percentage of seniors living in poverty exist: two regions have rates higher than the statewide average of 8.2 percent: Gulf Coast (12 percent) and Interior (9.4 percent).
- Because men are more likely to be obese, less likely to meet recommended levels of fruit/vegetable consumption and significantly more likely to consume sugary drinks than women, **men** appear to need SNAP-Ed PSE activities. Increases in overweight/obesity rates have been seen across all regions, races, genders, and education levels; however, men have a consistently higher prevalence than women. Additionally, men are less likely to meet recommended servings of fruit and vegetables, and are significantly more likely than women to consume at least one sugary drink each day (28 percent versus 17

percent, respectively), and to consume 3 or more sugary drinks each day (9 percent versus 4 percent). SNAP Ed federal guidance presents that the greatest potential impact on behaviors related to the nutrition and physical activity of the SNAP population occurs when activities target low-income households with eligible women and children. In keeping with the federal guidance, this report does not identify men as a priority target group for all PSE activities, yet encourages the Alaska SNAP Ed program to be mindful of the disparity for potential future areas of focus, in particular, the development of social marketing messages.

- **Rural communities** have additional challenges accessing affordable healthy foods such as fruits and vegetables, individuals statewide face barriers such as cost, time needed to prepare foods, and lack of convenience. SNAP-Ed PSE activities should be adapted to be applicable and relevant to rural communities, such as recognizing the limited access to and high cost of store-bought foods.
- There are no significant differences in adult obesity or overweight and obesity (combined) and fruit and vegetable intake by region of residence. Additionally, 92 percent of Alaska high school students reported not eating the daily recommended number of servings of fruit (two a day) and vegetables (three a day), and 82 percent do not meet the daily physical activity recommendations. This indicates a statewide need for interventions to encourage healthy nutrition and regular physical activity.

Primary Data Findings + Recommendation

A theme that arose during key informant interviews was that many individuals and organizations working on promoting nutrition and physical activity are not as familiar with PSE strategies as they are with individual-level interventions (e.g. direct education). Developing a work group or task force focused on educating and supporting those implementing PSE interventions would increase knowledge and capacity to implement these strategies successfully. Helpful goals the work group or task force could focus on include developing technical assistance and training tools to support stakeholders involved in implementing PSE activities. To help increase the feasibility of this recommendation, the PSE work group or task force could be imbedded into an existing coalition (e.g. Alaska Alliance for Healthy Kids, Alaska Food Policy Council) or could begin as a smaller, state agency partnership (SNAC, the State Nutrition Action Committee) focused on supporting SNAP-Ed grantees and grow to include additional statewide partners as capacity allows.

In addition, the interviews uncovered that a challenge to implementing PSE activities is that there are an overwhelming number of PSE opportunities to select from. Providing a short, prescriptive set of PSE strategies for SNAP-Ed grantees to choose from would focus their efforts and ensure SNAP-Ed resources are funding effective interventions. There are many models for this approach in other public health efforts in Alaska and other SNAP-Ed programs in the U.S.

PSE by Setting

There are numerous programs and entities that work in the area of nutrition education, physical activity promotion, and obesity prevention across Alaska, including those funded by the by the USDA, the State of Alaska, the Centers for Disease Control and Prevention, Indian Health Service, Special Diabetes Program for Indians, and the Voices for Healthy Kids grants.

The following chapters on the settings: Eat, Learn, Live, Play, Shop, Work provide an overview of Alaska's nutrition and physical activity PSE landscape. Each chapter:

- Shares example policy, system, and environment strategies per SNAP-Ed guidance and other public health literature
- Summarizes policy, system, and environmental change activities occurring in Alaska for that setting

- Highlights programs that may be ideal partners with SNAP-Ed, or are doing exemplary PSE work
- Identifies needs and gaps
- Presents recommendations for the program to engage in this setting.

The findings for each setting are summarized below. Following the findings is Table 3, a comprehensive list of recommendations for each setting with the target population indicated. Recommendations for existing partnerships and infrastructure are listed first indicating a higher priority than those that would require more initial effort. Recommendations are not ranked across settings and populations, to provide the program a menu of possible interventions from which to choose, based on the needs of specific communities.

Eat Findings

- Very little is happening related to commercial food environments: fast food chains, restaurants, and mobile vending/food trucks.
- SNAP-Ed may be better positioned to enact PSE changes at sites that already target low-income individuals such as congregate meal sites, senior nutrition centers and USDA summer meal sites.
- Exciting PSE efforts are being made to support the processing and serving of traditional subsistence foods, led by Tribal Health Organizations. These organizations are working to serve elders residing and eating in care facilities the foods they grew up eating.
- Data and interviews indicate that seniors are a growing segment of the SNAP program and thus the congregate meal sites that serve seniors are an important location to target.
- The Summer Food Service Program (DEED) has higher reimbursement rates than any other Child Nutrition Program, yet it is one of the most under-utilized federal assistance programs. Fifty-two percent (52%) of Alaska's children are eligible for free and reduced-price meals, yet only 1 out of 11 children that participate in the National School Lunch Program, participated in the Summer Food Service Program in FY16.
- The Farm to Summer Meal Program is no longer funded, yet 100% of participating sites identified they would continue or expand project activities with the help of local resources and community partnerships.
- A low percentage of eligible, rural SNAP beneficiaries use their SNAP benefits to purchase subsistence supplies.

Learn Findings

- Early Care settings are well served by the Obesity Prevention & Control Program Early Care and Education workgroup that is working on PSE strategies to impact this setting.
- Schools are a wonderful target location and the Obesity Prevention Program is laying the groundwork with promotion of their Gold Standard Health & Wellness policies.
- Alaska has 23 WIC sites that are offering nutrition education and support to pregnant and breastfeeding women.

Live Findings

- Alaska's Tribal Health System plays a key role in increasing access to healthy foods and levels of physical activity in many rural settings through diabetes prevention programing in their health clinics, special grants and other community-based activities.

- The Wellness Strategies for Health CDC Grant awarded to ANTHC has been a catalyst for policy, system, and environmental change in the sub-awardee communities.
- Robust partnerships are being forged among public health and Tribal health providers; for instance, the Obesity Prevention and Control Program's Oral Health pilot project is a promising system change project that will work with Tribal dental health providers to reduce sugar-sweetened beverage consumption for children and families in three regions of the state.
- Alaska's Federally Qualified Health Centers serve a similar target demographic as SNAP-Ed and offer a setting in which SNAP-Ed may be able to have an impact.
- Faith communities, public housing, shelters and other residential settings are other locations where little to no PSE activity is occurring. These sub-settings need additional assessment at the local level.

Play Findings

- School and community gardens are an area of strength across the state working to increase access to healthy food.
- There are many groups focused on improving walking and biking infrastructure for both health and safety reasons.
- Little PSE work related to nutrition and physical activity is happening in out of school time sites
- Overall, fewer organizations and programs were identified that address physical activity, when compared to the number of organizations and programs that address nutrition.

Shop Findings

- The WIC program has had a significant impact on the retail environment in many rural communities.
- A limited number of organizations or programs are targeting the retail environment.
- Farmer's markets are offered in many locations throughout the state, yet not all markets accept SNAP or other benefits.

Work Findings

- Current PSE strategies in the work setting do not specifically target low-income workforces, job training programs, or public assistance offices
- Opportunity exists to develop partnerships with public assistance offices within this setting.

Table 3. Summary of Recommendations by Setting + Target Population

Setting	Target Population	Recommendation	Type	Lead	Partners	Timeline	Potential Target Regions
Eat	Seniors	Increase access and appeal for healthy foods at senior sites.	Policy, System, Environment	Grantee	Senior facilities + DHSS Senior + Disabilities Services	Short, Medium	Data identifies regional variations in the growth of the Senior population. Target communities with large senior populations.
Eat	Alaska Native People	Promote the use of SNAP benefits for subsistence supplies	Social Marketing	Program	AK DNR Division of Subsist.	Short + Ongoing	Focus first on the Northern and Southwest regions with high rates of SNAP participation.
Eat	Youth Alaska Native youth	Increase the number of schools that participate in the summer meal program.	Policy	Grantee	DEED Child Nutrition Programs + AK Farm to School	Summer 2019	Regions with high rates of children in poverty: Northern, Southwest, Anchorage, Mat Su.
Eat	Youth Alaska Native youth	Increase the number of summer meal sites that are doing farm to school activities.	System	Grantee	DEED Child Nutrition Programs + AK Farm to School	Summer 2019	Regions with high rates of children in poverty: Northern, Southwest, Anchorage + Mat Su.
Learn	Youth Alaska Native youth	Support the existing work of the Obesity Prevention + Control Program in early care and K-12 sites by promoting wellness policies as appropriate.	Policy	Program + Grantee	Obesity Prevention + Control Program, individual school sites and districts	Short + Ongoing	Identify schools with a high percentage of the student population participating in the national free and reduced lunch program. Determine status of wellness policies.
Learn	Youth Alaska Native youth	Increase the number of schools that implement Smarter Lunchrooms.	Environment	Grantee	Individual school sites and districts	2018-2019 School Year	Focus on existing grantee communities and/or the regions identified in report.

Setting	Target Population	Recommendation	Type	Lead	Partners	Timeline	Potential Target Regions
Learn	Youth Alaska Native youth	Increase the number of school sites that are participating in farm to school efforts	System	Grantee	AK Farm to School + individual school sites and districts	2018-2019 School Year	Focus on schools that have a high percentage of kids participating in the national school lunch program within target regions in this report.
Live	Individuals + families on SNAP/SNAP eligible Seniors	Complete an environmental scan of "live" sites that serve low-income people to determine if there are sites that would benefit from PSE strategies	Readiness Assessment	Grantee	Local residential or faith communities	Short	Public housing, shelter sites, and residential treatment centers are priority areas, as well as senior housing facilities in regions with increasing senior populations.
Live	Individuals + families on SNAP or eligible	Bring PSE activities to non-tribal, FQHC sites.	Environment	Program + Grantee	Alaska Primary Care Association and individual health centers	Relationship Building: Long Term	Anchorage + Mat-Su; specifically: Anchorage Neighborhood Health Center and Mat-Su Health Services.
Play	Youth	Implement a PSE strategy that targets school nutrition and physical activity for out of school time providers.	Policy	Grantee	Alaska After School Alliance, DHSS Obesity Prevention and Control Program	2018-2019 School Year	Determine a pilot site for 2018/19 school year
Play	Youth	Partner with after school programs to implement a program aimed at improving the skills and knowledge of afterschool staff to more effectively incorporate physical activity into their everyday programming.	System	Grantee	Alaska After School Alliance, DHSS Obesity Prevention and Control Program	Medium, Long Term	Focus on schools that have a high percentage of kids participating in the national school lunch program within the target regions mentioned in this report, and those with after school activities.

Setting	Target Population	Recommendation	Type	Lead	Partners	Timeline	Potential Target Regions
Shop	Alaska Native people	Increase the number of small, grocers across AK that participate as vendors in WIC. For those vendors already participating in WIC identify a PSE strategy from the SNAP-Ed Toolkit to implement.	Environment	Program + Grantee		Short + Ongoing	Focus on rural communities in regions with high rates of SNAP participants (Northern and Southwest).
Shop	Individuals + families on SNAP/SNAP eligible Seniors	Increase the number of farmers markets across Alaska that take SNAP benefits and encourage the use of incentives programs at farmers markets.	System	Grantee		Medium, Long Term	Partner with the Seniors Farmers Market Program to expand their reach + bring EBT to farmers markets that do not currently have this available.
Shop	Individuals + families on SNAP/SNAP eligible	Implement healthy food donation guidelines and/or programs to improve access to healthy foods in emergency feeding programs.	Policy	Grantee	Local food pantries + food banks, Alaska Food Coalition	Medium, Long Term	Anchorage/Mat-Su, as reach maybe greater.
Shop	Individuals + families on SNAP/SNAP eligible	Support the Alaska Dental Society's efforts to propose a sugary drink excise tax (statewide or local) by providing education to community members and decision makers to help generate support for such policies.	Policy	Program + Grantee	Alaska Dental Society, DHSS Obesity Prevention + Control Program	Long Term	Regions and communities with high numbers of Alaska Native youth, as they have higher rates of sugar sweetened beverage consumption.
Universal	Men	Design messaging that specifically targets the fruit/vegetable and sugary drink consumption of men.	Social marketing	Program	Play Every Day	Long Term	

Report Components

This report includes the following chapters:

Chapter 1: Executive Summary summarizes the needs assessment goals, and overview of the SNAP-Ed program and shares key findings and recommendations.

Chapter 2: Methodology describes the study method.

Chapter 3: Target Audiences+ Locations updates the data collected in the 2014 Needs Assessment and provides a snapshot of Alaska's SNAP recipients, identifies where Alaskans who are SNAP eligible live in greatest numbers and which specific populations are disparately impacted by poverty. This chapter also presents population health data regarding obesity, food access, and physical activity.

Chapters 4 through 9 share details an analysis of policy, system, and environment activities for the following six environmental settings:

Chapter 4: Eat

Chapter 5: Learn

Chapter 6: Live

Chapter 7: Play

Chapter 8: Shop

Chapter 9: Work

2. Methodology

The project team engaged in quantitative analysis of secondary data sources and primary data gathering through structured key informant interviews. This assessment builds from the methodology used in the FY 2014 SNAP-Ed Needs Assessment, to respond to the program's current focus on policy, systems and environmental (PSE) strategies to support healthy choices by SNAP recipients.

Quantitative + Secondary Data Analysis

Comparison with 2014 Needs Assessment

The 2014 SNAP-Ed Needs Assessment used secondary data sources to characterize the SNAP-Ed program's target audience(s) and identify priority areas to focus the program's resources, including a ranking method to determine greatest level of need by geographic area. For each borough and census area, data was collected for total population, poverty rate (percent with household income below the federal poverty threshold), recommended levels of fruit and vegetable consumption, and percentage of overweight and obese individuals. For each public health region, the assessment also included the percentage of individuals who experience food insecurity. Communities and regions were ranked on each measure, and a combined overall rank calculated from those measures, which identified the top five geographic areas with the greatest need for nutrition education resources: Bethel Census Area, Matanuska Susitna Borough, Municipality of Anchorage, Kenai Peninsula Borough and Nome Census Area (Appendix B). Alaska Native people were also identified as a priority population in the 2014 assessment, as this population is significantly more likely to experience poverty and food insecurity, and be enrolled in the SNAP program. Additionally, the 2014 Needs Assessment prioritized youth as a target population due to this life stage's critical time in developing healthy habits.

For this needs assessment, the project team began by collecting updated data for all the primary measures used in the 2014 needs assessment and replicating the ranking system to determine whether there have been significant changes in the needs. While individual rankings for each measure will shift from year to year, the same five areas emerged as priorities (see Appendix B for 2014 and 2018 ranking tables). The project team believes there are significant limitations with this methodology. Many of the data sources, such as rates of obesity, fruit and vegetable consumption, and other health information are collected via statewide sampling and are often unreliable when reported out at the community level, especially in small communities where the actual sample size was small and margins of error are large. Therefore, the project team prioritized target locations and populations using alternative methods.

Since the goals of this needs assessment include focusing on expanding and implementing SNAP-Ed PSE activities, logical data in which to use to prioritize locations and populations of need and opportunity to reach eligible participants were regional numbers and rates of (a) existing SNAP participants and (b) eligible SNAP participants (low income Alaskans). Additional prioritization looked at disparate populations, both statewide and regionally, experiencing greater rates or increasing trends of poverty, SNAP participation, obesity, fruit and vegetable consumption, physical activity, and sugary beverage consumption. See Chapter 3 for more detailed discussion of current population data and prioritized locations and populations.

In addition to focusing on specific geographic areas, this assessment presents additional recommendations based on qualitative data collected during interviews as well as the results of an inventory reviewing existing PSE activities going on throughout the state. See Chapters 4 through 9 and Appendix C for more detailed information on these elements of the prioritization process.

Data Sources

The following data sources (Table 4) were analyzed to determine any new trends in the program's target audiences or areas of focus, what other data findings should inform the program's decision making as a result of this assessment, and any other information of interest regarding SNAP recipients' barriers to making healthy, affordable food choices. The project team used the most recent available dataset for each measure, and in some cases compared with previous years' data to understand long-term trends.

The data workbook, sent separately includes a more detailed list of measures and sources for each.

Table 4. Secondary Data Sources Used for Quantitative Analysis

Source	Agency	Year(s)
American Community Survey 5-year estimates	U.S. Census Bureau	2012-2016
Annual Population Estimate + Demographic Characteristics	Alaska Department of Labor & Workforce Development	2007-2017
Monthly SNAP Participation by State	U.S. Department of Agriculture	2007-2017
Annual SNAP Participation by Region	Alaska DHSS, Division of Public Assistance	2012-2017
Behavioral Risk Factor Surveillance System	Alaska Department of Health & Social Services	1991-2016
Youth Behavioral Risk Surveillance System	Alaska Department of Health & Social Services	2003-2017
Alaska Food Cost Survey	University of Alaska, Cooperative Extension	2016-2017
Food Access Research Atlas	U.S. Department of Agriculture	2015

In addition to the quantitative sources listed above, the project team also reviewed information provided by SNAP-Ed program staff from other relevant state projects, including a social marketing plan and focus groups held in rural areas to test potential messages promoting consumption of fresh, frozen or canned healthy foods. The summary findings from these focus groups, conducted by Northwest Strategies in fall 2017, provided valuable direct insights into barriers to healthy eating in rural Alaska.

Primary Data Collection

The project team conducted 36 interviews and discussions with SNAP-Ed grantees, state staff, contractors and other stakeholders to identify current needs and gaps in PSE activities occurring at the state and local level as they relate to SNAP-Ed services and goals. The project team attended the November 2017 Alaska State Nutrition Action Committee meeting and included information gathered from attendees in this report. The project team also incorporated information from previously completed interviews and focus groups, the Early Care and Education Obesity Prevention Work Group Coordination project for which the team interviewed early childhood educators and programs about their obesity prevention efforts, and Northwest Strategies' work related to messaging for a SNAP-Ed social marketing campaign to encourage fruit and vegetable consumption. The interview list is Appendix D.

Data Gathering Process

Interview SNAP-Ed Grantees

First, the team interviewed current SNAP-Ed grantees about the degree to which they were engaged in implementing policy, systems, and environmental change in their communities and to get a deeper sense of the SNAP-Ed program activities. The interview questions are Appendix E.

Statewide Inventory of Nutrition + Physical Activity PSE Activities

Through additional interviews and online research, the team developed a statewide inventory of nutrition and physical activity interventions and activities occurring throughout the state to provide an overview of what is happening alongside the SNAP-Ed program. The research focused on gathering information about activities that incorporate policy, systems, and environmental interventions (PSE) for low-income populations at state and local agency levels. The interview guide for PSE analysis is Appendix F, and the inventory is Appendix C.

Developing Recommendations + Implementation Strategy

Policy, Systems & Environmental (PSE) Change Strategies

To develop recommendations for the SNAP-Ed, the project team used the inventory to analyze PSE work in Alaska across settings and populations to identify needs and gaps in PSE programming and recommend how SNAP-Ed may help fill those needs and gaps. This was coupled with the secondary population, economic, and health data. The following tool was used (Table 5):

Table 5. PSE Analysis Tool

Program/Organization + Brief Description	**Does the Program meet the following?**
	Policy Approach (Written statements of an organizational position, decision, or course of action.)
	Systems Approach (Unwritten, ongoing, organization decisions or changes that result in new activities reaching large proportions of people the organization serve
	Environmental Approach (Includes changes to the built or physical environments which are visual / observable, but may include economic, social, normative or message environments. May include social marketing.)
	Expand Access to Healthy Food & Beverages
	Improve Appeal for Healthy Food & Beverages
	Expand Access to Physical Activity & Reduce Sedentary Time
	Improve Appeal for Healthy Physical Activity & Reduce Sedentary Time
	Activity Reach (Individual or Small Group - No?)
	Sustainable/Ongoing - Yes?

Settings + Populations

Activities were inventoried by setting and population as defined by SNAP-Ed, in addition to several other categories such as intervention type and region. See Appendix C for a full list of programs.

Activities by Setting

The 2016 SNAP-Ed Evaluation Framework identifies six domains of environmental settings (Table 6).[12] These domains were used to capture and organize current PSE work as well as needs and gaps.

[12] The Supplemental Nutrition Assistance Program Education (SNAP-ED) Evaluation Framework: Nutrition, Physical Activity, and Obesity Prevention Indicators, June 2016

Table 6. Domains of Environmental Settings

Domains of Environmental Settings[13]	
Eat	Fast food chains, restaurants, mobile vending/food trucks, congregate meal sites and other senior nutrition centers, USDA summer meal sites, cafeterias, or other places where people go to **eat** outside the home.
Learn	Before- and after-school programs, early care and education facilities, Cooperative Extension offices, family resource centers, libraries, mobile education sites, schools (K-12 as well as colleges and universities), WIC clinics, or other places where people go to **learn**.
Live	Faith/places of worship, shelters, public housing, Indian Reservations, community organizations, residential treatment centers, group living arrangements, family resource centers, low-income health clinics, or other neighborhood settings where people "live" or live nearby
Play	Parks and open spaces, bicycle and walking paths, community centers, gardens (community or school), fairgrounds, Boys and Girls Clubs, YMCA, or other places where people go to **play**.
Shop	Large food stores (4+ registers), small food stores (≤3 registers), food banks and pantries, Food Distribution Program on Indian Reservations (FDPIR) distribution sites, farmers markets, or other places where people **shop** for or otherwise access food to prepare and eat at home
Work	Worksites with low-wage workers, job training programs/Temporary Assistance for Needy Families (TANF) worksites, SNAP offices, military bases, or other places where people go to **work**.

Note: Low-wage SNAP-Ed worksites are defined as industries generally classified by the U.S. Bureau of Labor Statistics as low-wage, with at least 25 employees, and whose human resources department or management confirms that more than half of workers earn annual wages comparable to 185 percent of the federal poverty level for the state.

Activities by Population

The SNAP-Ed Toolkit identifies nine age cohorts or population groups for direct or indirect education and PSE work. These groups are identified as SNAP-Ed as focus populations, and the inventory catalogued activities based on seven groups, this needs assessment focused on groups that were identified as having the most need (Table 7). For the purposes of this report, the project team grouped the SNAP-Ed populations as noted in the following table. All populations listed are not explored in detail in this report.

Table 7. Populations identified in the SNAP-Ed Needs Assessment Inventory

SNAP-Ed Toolkit Age/Populations	Phase II Needs Assessment Groupings
1. Preschool	1. Preschool
2. Elementary	2. K-12
3. Middle School	
4. High School	
5. Pregnant/Breastfeeding Women	3. Pregnant/Breastfeeding Women
6. Parents	4. Adults/Parents

[13] ibid.

SNAP-Ed Toolkit Age/Populations	Phase II Needs Assessment Groupings
7. Adults	
8. Older Adults	5. Seniors/Elders
9. Homeless/Food Pantry Clients	6. Homeless/Food Pantry Clients
	7. Alaska Native People

Based on the 2014 Phase I SNAP-Ed Needs Assessment and current data presented in this Phase II report, Alaska Native people are also included as a specific population for direct or indirect education and PSE work.

PSE Research

With an understanding of the PSE needs and gaps across Alaska by setting and population, the project team turned to the *SNAP-Ed Strategies & Interventions: An Obesity Prevention Toolkit for States* to determine which evidence-based PSE approaches might help address those needs and gaps with a focus on Alaska's goals.[14]

The project team also conducted research on evidence-based strategies that promote fruit and vegetable consumption, physical activity and breastfeeding outside of the SNAP-Ed toolkit. Specifically, the assessment team reviewed evidence-based interventions and strategies from University of North Carolina's Center for Training and Research Translation, the Harvard School of Public Health, and the CDC's Community Strategies for Obesity Prevention in the U.S.

Lastly, the project team researched other state's SNAP-Ed programs along with other public health programs in Alaska. This research primarily yielded recommendations about process improvements and examples for how to work with grantees to implement policy, system, and environmental change.

[14] The toolkit is available at: http://www.nccor.org/downloads/SNAPEdStrategiesAndInterventionsToolkitForStates.pdf

3. Target Locations + Populations

This chapter provides a demographic summary of Alaska's SNAP recipients, identifies where Alaska's SNAP recipients live in greatest numbers, and which specific populations are disparately impacted by poverty or other relevant measures (e.g. obesity, fruit and vegetable consumption, sugary beverage consumption). This information is coupled with population health data regarding obesity and physical activity. The intent is to identify regions and populations who meet the SNAP-Ed criteria of low income Alaskans and have the greatest need for SNAP-Ed PSE programming, as well as providing some additional insights into the data trends and implications for designing effective interventions.

Key Findings

- Based on the populations eligible for SNAP-Ed program participation, following regions were identified as having the greatest need for SNAP-Ed PSE activities: **Southwest** and **Northern**. The Southwest and Northern regions of Alaska have the highest rates of individual SNAP participants: 46.3 percent and 37.4 percent, respectively. These high regional rates indicate an opportunity for SNAP-Ed program eligibility and reach. Additionally, the Southwest region experienced a 7 percent increase in SNAP participation between 2012 and 2017, indicating a growing need for SNAP-Ed programming in this region.
- Based on potential SNAP participant reach, indicated by the number of individuals receiving SNAP benefits, as well as a recent growth trend, the **Anchorage** and **Mat-Su** regions were also identified as having the greatest need and potential reach for SNAP-Ed PSE activities. Anchorage and Mat-Su have the highest overall numbers of SNAP participants. This indicates an opportunity for SNAP-Ed program eligibility and potential reach. Additionally, both regions saw a recent increase in SNAP participation between 2016 and 2017 (Mat-Su increased by 7.5 percent, Anchorage by 4.4 percent), indicating a current need for SNAP-Ed programming in these regions.
- Because Alaska Native people continue to be disproportionately affected by obesity and risk factors associated with obesity (e.g. sugary beverage intake), **Alaska Native people** were identified as a priority population for targeting PSE activities. Alaska Native people are more likely to experience poverty and are disproportionately represented among SNAP recipients. Additionally, Alaska Native adults are more likely to be obese and less likely to meet nutrition and physical activity recommendations for good health. Alaska Native adults are also over three times as likely to consume sugary drinks (16 percent) as white adults (5 percent), and twice as likely as adults of other races (8 percent) to consume 3 or more sugary drinks daily.
- Childhood and adolescence are critical life stages for developing healthy habits (e.g. reaching daily recommendations for fruit and vegetable consumption and physical activity), therefore **youth** (and **families with children**) were identified as a priority population for targeting PSE activities. Alaska has regional disparities of percentage of children living in poverty: three regions have rates higher than the statewide average of 36.4 percent: Northern (42.4 percent), Southwest (41.8 percent) and Anchorage/Mat-Su (36.7 percent).
- Based on the growing number of seniors participating in SNAP, **seniors (age 60+)** were identified as a priority population for targeting PSE activities. Seniors are a growing segment of SNAP: the proportion of Alaska seniors receiving assistance from the Alaska SNAP increased 19.5 percent between 2016 and 2017. Additionally, regional disparities of percentage of seniors living in poverty exist: two regions have rates higher than the statewide average of 8.2 percent: Gulf Coast (12 percent) and Interior (9.4 percent).

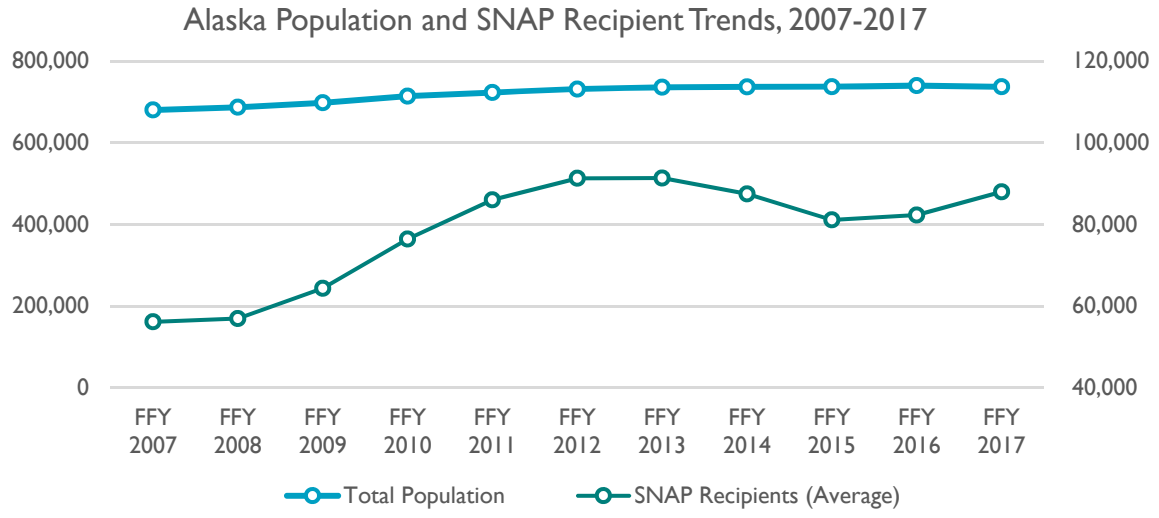
- Because men are more likely to be obese, less likely to meet recommended levels of fruit/vegetable consumption and significantly more likely to consume sugary drinks than women, **men** appear to be in greater need of SNAP-Ed PSE activities. Increases in overweight/obesity rates have been seen across all regions, races, genders, and education levels; however, men have a consistently higher prevalence than women. Additionally, men are less likely to meet recommended servings of fruit and vegetables, and are significantly more likely than women to consume at least one sugary drink each day (28 percent versus 17 percent, respectively), and to consume 3 or more sugary drinks each day (9 percent versus 4 percent).
- **Rural communities** have additional challenges accessing affordable healthy foods such as fruits and vegetables, individuals statewide face barriers such as cost, time needed to prepare foods, and lack of convenience. SNAP-Ed PSE activities should be adapted to be applicable and relevant to rural communities, such as recognizing the limited access to and high cost of store-bought foods.
- There are no significant differences in adult obesity or overweight and obesity (combined) and fruit and vegetable intake by region of residence. Additionally, 92 percent of Alaska high school students reported not eating the daily recommended number of servings of fruit (two a day) and vegetables (three a day), and 82 percent do not meet the daily physical activity recommendations. This indicates a statewide need for interventions to encourage healthy nutrition and regular physical activity.

Demographic and Socioeconomic Data

Food Assistance: SNAP Participation + Community-Based Programs

Over the past decade, SNAP recipient numbers have fluctuated while the overall Alaska population has remained steady (Figure 2). The numbers were lowest in 2007 and peaked in 2012, but have increased since 2015 because of the state's recession, and are likely to further increase or remain steady in the near future. This increase likely includes individuals and households who have not previously received SNAP benefits.

Figure 2. Alaska Population and SNAP Recipient Trends, 2007-2017

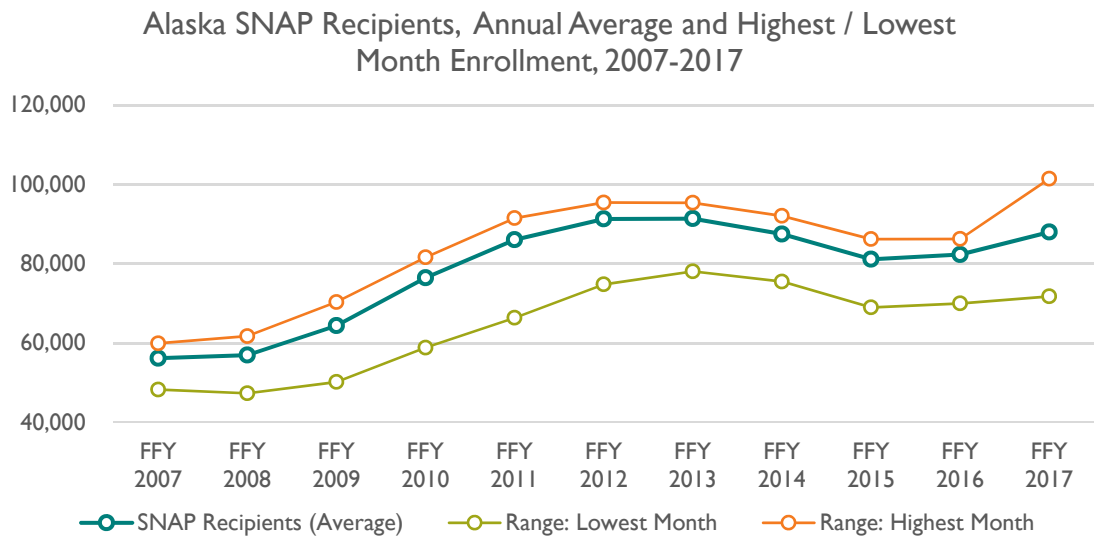


Source: Alaska Department of Labor and Workforce Development, Annual Population Estimates; U.S. Department of Agriculture, Monthly SNAP Participation by State, FFY 2007-2017.

Participation in the SNAP program in Alaska also varies by month of the year. Since 2012, the lowest numbers of SNAP recipients have been in October, while the highest numbers have occurred in April, June

or September (Figure 3). In 2017, this trend generally continued, with October being the lowest month of enrollment and September the highest, but enrollment overall increased 3.7 percent between 2016 and 2017.

Figure 3. Alaska SNAP Recipients, Annual Average and Highest/Lowest Month Enrollment, 2007-2017



Source: U.S. Department of Agriculture, Monthly SNAP Participation by State, FFY 2007-2017.

Consistent with regional variation in poverty rates, SNAP participation also varies by region (Table 8). Prior to FFY 2016, participation had decreased since its peak in 2012, with all regions except Southwest showing declines in participation between 2012 and 2017. As noted above, however, participation is increasing year over year since 2015. Mat-Su and Gulf Coast regions saw the greatest increases since 2016, and Southeast was the only region to see a one-year decrease in participation. Anchorage and Mat-Su have the most SNAP recipients of any community, consistent with being the state's population center, but Southwest has by far the largest percentage of residents who received food assistance at some point in the year, followed by Northern.

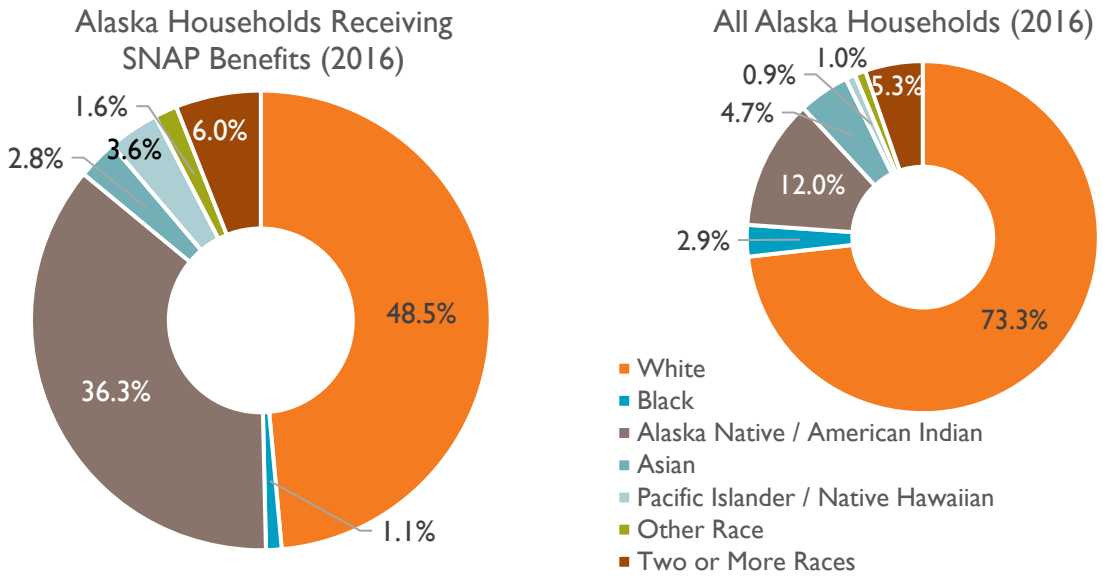
Table 8. Alaska SNAP Individual Participation by Region, 2012-2017

Public Health Region	FFY 2012	FFY 2013	FFY 2014	FFY 2015	FFY 2016	FFY 2017	% of Overall Pop.	Trend '12-'17	Trend '16-'17
Alaska Statewide	***134,435***	***134,078***	***129,310***	***123,593***	***125,835***	***130,461***	***17.7%***	***(-3.0%)***	***3.7%***
Anchorage + Mat-Su Region	68,475	68,108	65,003	60,959	63,234	66,507	16.6%	(-2.9%)	5.2%
Anchorage	50,513	50,216	48,084	44,970	46,806	48,855	16.4%	(-3.3%)	4.4%
Mat-Su	17,962	17,892	16,919	15,989	16,428	17,652	16.9%	(-1.7%)	7.5%
Gulf Coast Region	12,504	11,881	11,221	10,948	10,918	11,693	14.5%	(-6.5%)	7.1%
Interior Region	16,182	16,077	15,333	14,260	14,178	14,507	13.0%	(-10.4%)	2.3%
Northern Region	10,365	10,453	10,155	9,790	10,102	10,349	37.4%	(-0.2%)	2.4%
Southeast Region	13,610	13,362	12,833	12,209	11,903	11,852	16.3%	(-12.9%)	(-0.4%)
Southwest Region	18,256	18,865	19,180	19,197	19,429	19,527	46.3%	7.0%	0.5%

Note: Statewide participation represents unduplicated counts of individuals. Region-level counts have not been unduplicated, and may include individuals who moved within the state during the year and are counted in multiple regions.
Source: Alaska Department of Health and Social Services, Division of Public Assistance, Participation by Region.

In addition to regional disparities, there are also racial disparities among SNAP recipients (Figure 4). While Alaska Native and American Indian people comprised just 12 percent of the statewide population in 2016, this group represented 36 percent of Alaska's households receiving SNAP benefits. A similar disparity can be seen when comparing Pacific Islander and Native Hawaiian households, as well as those who identify as two or more races. African-American (Black) households are more likely to be SNAP recipients nationwide, but 2016 data suggest this is not the trend in Alaska, where Black households are approximately 3 percent of the population, but 1 percent of SNAP recipients.[15]

Figure 4. Alaska SNAP Household Characteristics by Race and All Alaska Households, 2016



Source: U.S. Census Bureau, American Community Survey, 2012-2016 5-year Estimate

There are several other community-based food assistance programs in Alaska in addition to SNAP, and many Alaskans rely on these programs in place of or in addition to SNAP. The 2013 BRFSS included questions about whether respondents had received food assistance in the previous 12 months from a community or government program (Table 9). Government programs such as SNAP represented the largest share of benefits, but comparisons by race (Alaska Native and white) and by public health region show similar disparities to those identified for poverty rate, food insecurity and SNAP participation. The higher percentage of Alaska Native people receiving government food assistance also reflects participation in the Food Distribution Program on Indian Reservations (FDPIR), including areas of rural Alaska not otherwise designated as reservations. Also of note is the share of individuals who identified as having received community-based food assistance, but not from a government program, suggesting that some Alaskans in need do not qualify for SNAP or choose not to participate, but still seek help to afford food for themselves or their family. A recent study by the Alaska Food Coalition, Food Bank of Alaska and Feeding America found that they and their partner organizations serve approximately 184,000 individuals in 63,200 households each year, or about 1 in 7 Alaskans.[16]

[15] The same measures collected in 2015 showed a slight overrepresentation of Black households receiving SNAP compared with the general population, however, so it is likely that these numbers fluctuate year over year.

[16] Gundersen, C., A. Dewey, A. Crumbaugh, M. Kato & E. Engelhard. *Map the Meal Gap 2016: Food Insecurity and Child Food Insecurity Estimates to the County Level*. Feeding America, 2016. Sullivan, Mary. "Food Insecurity in Alaska: What We Know and How We Know It," Food Bank of Alaska presentation, March 2017.

Table 9. Alaskans Who Received Food Assistance from Community or Government Program, 2013

Population	Community Program	Government Program	Either or Both	Community Only
Statewide				
Alaska Overall	**7.4%**	**16.1%**	**19.2%**	3.1%
Alaska Native	17.0%	31.9%	39.7%	7.8%
White	5.5%	11.6%	14.0%	2.4%
Public Health Region				
Anchorage and Mat-Su Region	*10.2%*	*16.2%*	*20.7%*	4.6%
Anchorage	5.8%	14.0%	15.7%	1.7%
Mat-Su	14.6%	18.3%	25.7%	7.4%
Gulf Coast Region	8.8%	15.4%	19.5%	4.1%
Interior Region	5.6%	17.0%	18.8%	1.8%
Northern Region	13.3%	30.3%	35.1%	4.8%
Southeast Region	5.8%	17.0%	19.9%	2.9%
Southwest Region	4.1%	18.4%	20.8%	2.4%

Source: Alaska BRFSS, 2013

Seniors are a growing segment of the SNAP program. The percent of seniors receiving assistance from the Alaska SNAP increased 19.5 percent between FFY 2014 and 2016 (Table 10).[17]

Table 10. Seniors in Alaska (age 60+) receiving SNAP, 2014-2016

	FY 2014	FY 2015	FY 2016
Number of Seniors in Alaska receiving SNAP	7,042	7,563	9,039
Percent Increase	N/A	7.4%	19.5%

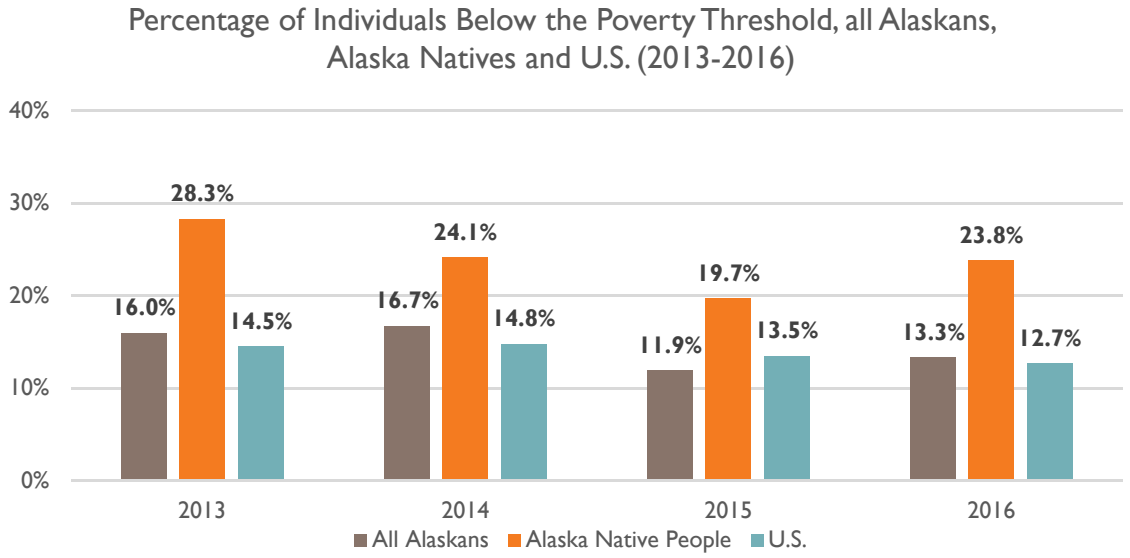
Source: Alaska Commission on Aging FY2017 Annual Report; Alaska Division of Public Assistance.

Poverty in Alaska

Poverty level is an important social determinant of health. Lack of resources may limit a person's ability to afford healthy foods and other basic goods. According to the most recent available data, 13.3 percent of Alaskans live in poverty, compared with 12.7 percent of all Americans. In Alaska, poverty levels have been declining in recent years and in 2015 dipped below the national poverty rate (Figure 5), although this trend may be slowed or reversed due to the state's current recession and related job losses. Alaska is typically among the highest ranked states in median household income, but also has a relatively high cost of living, particularly in rural areas; state data is presented at 125 percent of the federal poverty threshold, to adjust for regional differences in income and cost of living. Alaska Native people also have higher rates of poverty than Alaskans overall.

[17] The percent of seniors receiving assistance from the Alaska Supplemental Nutrition Assistance Program (SNAP) from 2016 to 2017 has increased to 9,039 families or 19.5% increase. The amount of SNAP assistance provided to each senior is based on the need and income of the entire household. http://dhss.alaska.gov/acoa/Documents/ACOA_Ar_FY2017.pdf

Figure 5. Percentage of persons living below the poverty threshold, all Alaskans, Alaska Native People and U.S. (2013-2016)



Source: U.S. Census, American Community Survey 2013 through 2016 1-Year Estimates. U.S. data presented at 100 percent of poverty thresholds. All Alaskans and Alaska Natives (alone and in combination) presented at 125 percent of poverty thresholds.

Table 11 illustrates estimated poverty rates by public health region, borough and census area. There is regional variation in poverty rates, highest in rural communities in the Northern and Southwestern regions, where cost of living is high and economic opportunities are often limited. In 2016, these two regions had over twice the rate of individuals and households living in poverty as the statewide average, with a similarly high rate in the Yukon-Koyukuk Census Area in the Interior region. Also of note is the percentage of children living in poverty and the region differences that exists throughout the state. Statewide, 36.4 percent of children under the age of 18 are living in poverty. However, in the Northern, Southwest and Anchorage regions of the state, those percentages jump to 42.4 percent, 41.8 percent and 38.5 percent respectively indicating greater opportunity to reach youth with PSE activities in those two high-need regions. Specific communities within those regions with high percentages of children living in poverty include the following census areas: Kusilvak, Bethel, Dillingham, Lake and Peninsula Borough, Northwest Arctic Borough, Nome, North Slope and Anchorage. An additional census area outside of these three regions with a high rate of children living in poverty is Hoonah-Angoon. Anchorage's high population density also make it a priority region to target PSE activities in order to reach greater overall numbers of children living in poverty.

Additionally, regional disparities of percentage of seniors living in poverty exist. Two Alaskan regions have rates of seniors living in poverty that are higher than the statewide average of 8.2 percent: Gulf Coast (12 percent) and Interior (9.4 percent). Specific communities within these regions with the highest rates of seniors living in poverty include the following census areas: Valdez-Cordova, Kenai Peninsula Borough, Kodiak Island Borough, Southeast Fairbanks, and Yukon-Koyukuk. Additional census areas outside of these two regions with high rates of seniors living in poverty also include: Wrangell City Borough, Yakutat City and Borough, Bristol Bay Borough, Sitka City and Borough and Mat-Su Borough.

Table 11. Poverty Rates by Region, Borough and Census Area, 2016

Public Health Region, Borough + Census Area	Population in Poverty (Below 1.0 FPL)	Households in Poverty (Below 1.0 FPL)	Percent of Population in Poverty Below Age 18	Percent of Population in Poverty Over Age 65
Alaska Statewide	***10.1%***	***8.61%***	***36.4%***	***8.2%***
Anchorage and Mat-Su Region	**8.5%**	**7.3%**	**36.7%**	**8.3%**
Anchorage Municipality	8.1%	6.6%	38.5%	7.6%
Matanuska-Susitna Borough	9.7%	9.6%	32.1%	10.1%
Gulf Coast Region	**10.4%**	**9.6%**	**30.4%**	**12.0%**
Kenai Peninsula Borough	11.0%	10.0%	31.1%	11.6%
Kodiak Island Borough	9.2%	8.3%	34.9%	10.7%
Valdez-Cordova Census Area	8.5%	8.8%	17.7%	16.7%
Interior Region	**9.0%**	**8.3%**	**32.5%**	**9.4%**
Denali Borough	11.3%	7.4%	9.0%	7.7%
Fairbanks North Star Borough	7.8%	7.3%	31.9%	8.6%
Southeast Fairbanks Census Area	13.6%	11.0%	37.4%	13.9%
Yukon-Koyukuk Census Area	23.5%	22.7%	36.7%	11.1%
Northern Region	**20.7%**	**19.0%**	**42.4%**	**5.0%**
Nome Census Area	27.0%	22.8%	42.2%	6.3%
North Slope Borough	11.2%	12.9%	40.2%	2.1%
Northwest Arctic Borough	24.5%	19.6%	43.9%	4.7%
Southeast Region	**9.1%**	**7.7%**	**35.2%**	**7.5%**
Haines Borough	5.3%	6.5%	13.6%	9.8%
Hoonah-Angoon Census Area	12.3%	10.8%	43.8%	8.5%
Juneau City and Borough	7.4%	5.8%	39.9%	5.0%
Ketchikan Gateway Borough	10.8%	8.8%	36.5%	8.8%
Petersburg City and Borough	9.3%	8.1%	23.8%	8.5%
Prince of Wales-Hyder Census Area	14.9%	14.3%	34.9%	4.8%
Sitka City and Borough	9.0%	7.8%	27.5%	11.2%
Skagway Municipality	5.3%	5.6%	9.4%	5.7%
Wrangell City and Borough	9.9%	8.1%	31.2%	18.6%
Yakutat City and Borough	7.9%	8.1%	31.4%	15.7%

Public Health Region, Borough + Census Area	Population in Poverty (Below 1.0 FPL)	Households in Poverty (Below 1.0 FPL)	Percent of Population in Poverty Below Age 18	Percent of Population in Poverty Over Age 65
Southwest Region	**23.1%**	**20.5%**	**41.8%**	**5.9%**
Aleutians East Borough	15.5%	12.7%	14.1%	7.8%
Aleutians West Census Area	7.7%	6.5%	17.8%	8.7%
Bethel Census Area	26.6%	23.0%	44.0%	6.4%
Bristol Bay Borough	7.3%	6.4%	25.4%	14.9%
Dillingham Census Area	16.5%	16.1%	44.0%	4.8%
Kusilvak Census Area	36.0%	34.5%	46.5%	4.6%
Lake and Peninsula Borough	18.8%	16.9%	40.3%	3.8%

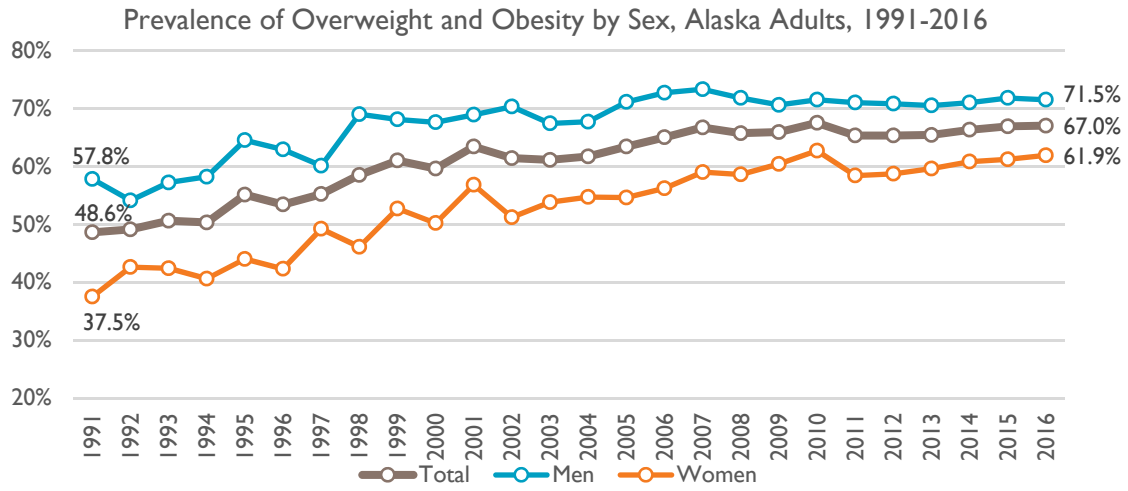
Source: U.S. Census Bureau, American Community Survey 2012-2016 5-Year Estimate.

Health + Behavioral Risk Factors

Weight Status: Adults + Youth

The prevalence of obesity, defined as a body mass index (BMI) greater than 30 for adults, has more than doubled, from 13 percent in 1991 to 31 percent in 2016. About 2 out of 3 Alaska adults are overweight (BMI of 25 to 30) or obese (Figure 6). There are no significant differences in either obesity or overweight and obesity (combined) by region of residence.[18] Increases have been seen across all regions, races, genders, and education levels; however, men are more likely to be obese than women. Alaska Native children and adults continue to have higher rates of obesity, with some variation by region. Among Alaska high school students, almost one-third are overweight or obese, defined as above 85th percentile in weight for their age (Figure 7).

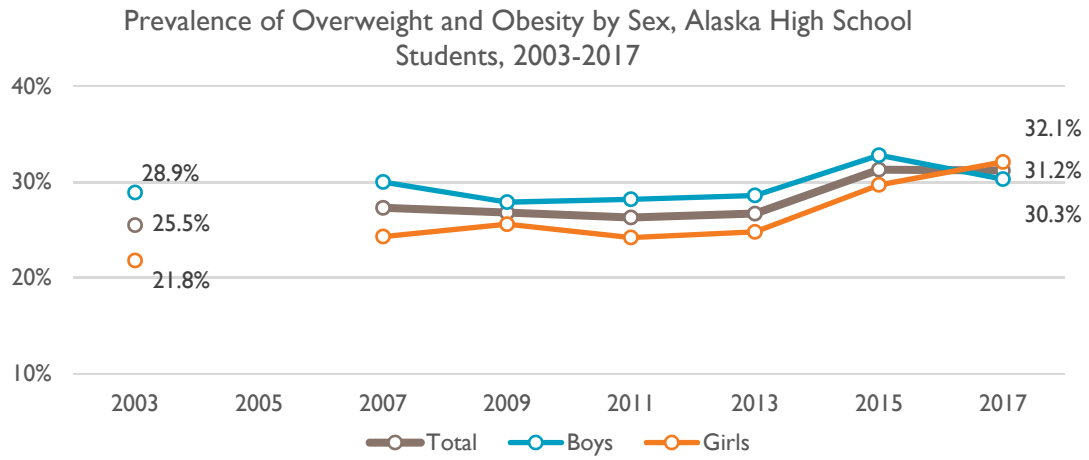
Figure 6. Prevalence of Overweight and Obesity by Sex, Alaska Adults, 1991-2016



Source: Alaska BRFSS, 1991-2016; adapted from Alaska Department of Health and Social Services, Obesity Prevention and Control Program, *Alaska Obesity Facts 2017*.

[18] Alaska Obesity Facts Report (2017).

Figure 7. Prevalence of Overweight and Obesity by Sex, Alaska High School Students, 2003-2017

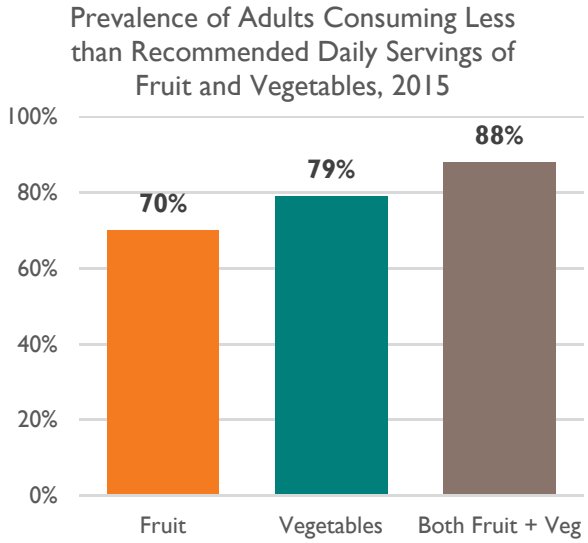


Source: Alaska YRBS, 2003-2015; adapted from Alaska Department of Health and Social Services, Obesity Prevention and Control Program, *Alaska Obesity Facts 2017*.

Nutrition: Adults & Youth Consumption of Fruits and Vegetables

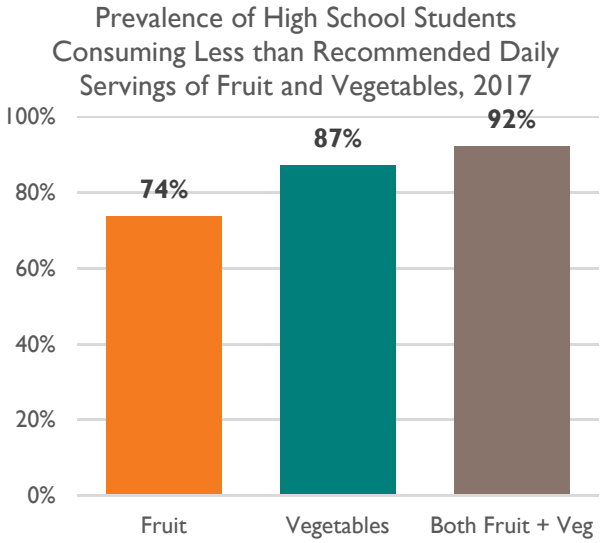
In 2015, approximately 9 out of 10 Alaska adults (88 percent) did not consume the recommended daily servings of fruit (two a day) and vegetables (three a day). While there were no significant differences by region, men were less likely to meet these recommended levels (Figure 8).[19] Nine out of 10 high school students in Alaska also eat less than the recommended number of servings of fruit and vegetables (Figure 9).

Figure 8. Adults Consuming Less than Recommended Daily Servings of Fruit and Vegetables, 2015



Source: Alaska BRFSS, 2015

Figure 9. High School Students Consuming Less than Recommended Daily Servings of Fruit and Vegetables, 2017



Source: Alaska YRBS, 2017

Charts adapted from Alaska Department of Health and Social Services, Obesity Prevention and Control Program, *Alaska Obesity Facts 2017*.

[19] Alaska BRFSS, 2015, published in Alaska Department of Health and Social Services, Obesity Prevention and Control Program, *Alaska Obesity Facts 2017*.

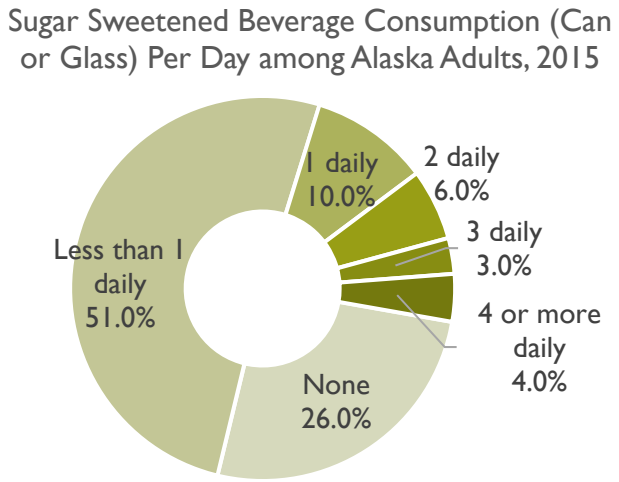
Youth meeting the requirements for consuming the daily recommended servings of fruits and vegetables declined between 2015 and 2017, from 12 percent to 8 percent. Rates for Alaska Native youth and white youth did not vary significantly (6 percent and 7 percent, respectively).[20]

Research indicates a link between increasing access to healthy food and increasing consumption of fruits and vegetables.[21] When surveyed in 2009 about reasons for not meeting these nutrition recommendations, Alaska adults gave several reasons: 58 percent cited expense, 36 percent cited lack of availability, and 27 percent cited inconvenience is a reason for not consuming more fruits and vegetables.

Nutrition: Adults + Youth Consumption of Sugar Sweetened Beverages

The 2015 BRFSS indicates that 23 percent of Alaska adults consume one or more sugary drinks daily, and 6 percent consume 3 or more daily (Figure 10). Men are more likely than women to consume at least one sugary drink each day (28 percent versus 17 percent, respectively), and to consume 3 or more sugary drinks each day (9 percent versus 4 percent). Alaska Native adults are more than three times as likely to consume sugary drinks (16 percent) as white adults (5 percent), and twice as likely as adults of other races (8 percent) to consume 3 or more sugary drinks daily.[22]

Figure 10. Sugar Sweetened Beverage Consumption (by Can or Glass) Per Day among Alaska Adults, 2015



Source: Alaska BRFSS, 2015, adapted from Alaska Department of Health and Social Services, Obesity Prevention and Control Program, *Alaska Obesity Facts 2017*.

Among Alaska high school students, 50 percent drink one or more sugary drinks each day (Figure 11). Boys are more likely than girls (53 percent versus 47 percent) to consume at least one sugary drink each day. Alaska Native students (57 percent) are more likely than white students (48 percent) to consume at least one sugary drink a day.[23] However, the Obesity Prevention and Control Program reported an encouraging, statistically significant trend of declining soda and sports drink consumption among high school students, which may have positive impacts on the overweight and obesity rate if this decline is sustained over a longer period.[24]

[20] Alaska YRBS 2017 Results: http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbsresults.aspx.

[21] Centers for Disease Control and Prevention (CDC), *Strategies to Prevent Obesity and Other Chronic Diseases: The CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables*. Atlanta: Department of Health and Human Services, 2011.

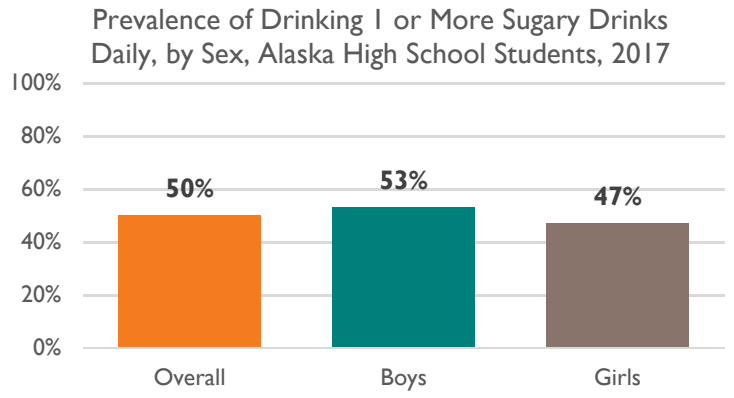
[22] Alaska BRFSS, 2015, published in Alaska Department of Health and Social Services, Obesity Prevention and Control Program, *Alaska Obesity Facts 2017*.

[23] Alaska YRBS 2017 Results: http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbsresults.aspx.

[24] Alaska Department of Health and Social Services, Obesity Prevention and Control Program, *Alaska Obesity Facts 2017*.

Sugar-sweetened beverages are generally a high-calorie, low-nutrition food, but have many healthier substitutes including water, beverages flavored with natural ingredients not high in sugar, and beverages flavored with artificial sweeteners. Encouraging consumption of healthier alternatives, all in moderation, can reduce overall calorie intake without losing nutritional value, which supports achieving or maintaining a healthy weight.

Figure 11. Prevalence of Drinking 1 or More Sugary Drinks Daily, by Sex, Alaska High School Students, 2017



Source: Alaska YRBS, 2017, adapted from Alaska Department of Health and Social Services, Obesity Prevention and Control Program, *Alaska Obesity Facts 2017*.

Physical Activity: Adults & Youth

Physical activity, like nutrition, is a key component of maintaining health and one of the focus areas for PSE strategies designed to encourage healthy behaviors and choices. Activity may include dedicated time for exercise, sports or outdoor recreation, but also includes everyday activities like walking to work or school, incorporating movement into the classroom to support learning, and many traditional cultural activities such as subsistence hunting, fishing and gathering.

Approximately 58 percent of Alaska adults meet aerobic recommendations, 33 percent meet the muscle strengthening recommendations, and only 24 percent meet both recommendations for weekly physical activity (Figure 12). Women are significantly more at risk than men of not meeting muscle strengthening recommendations. Alaska Native adults and adults of other races are more at risk than white adults of not meeting the aerobic activity recommendation. Fewer than 1 in 5 Alaska high school students (18 percent) meet the recommended level of at least 60 minutes of physical activity daily. Girls and Alaska Native youth are less likely to meet the daily physical activity recommendations.

Figure 12. Alaska Adults Not Meeting Physical Activity Recommendations, 2015

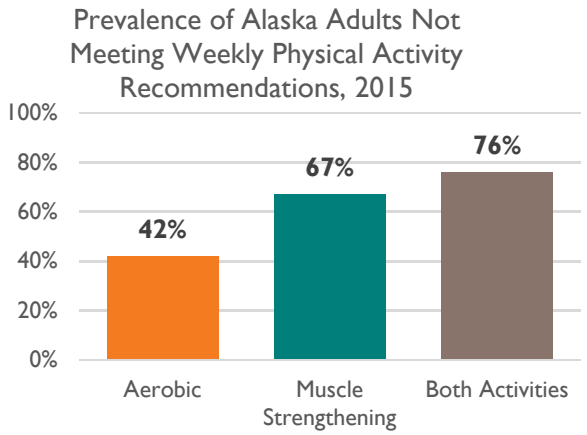
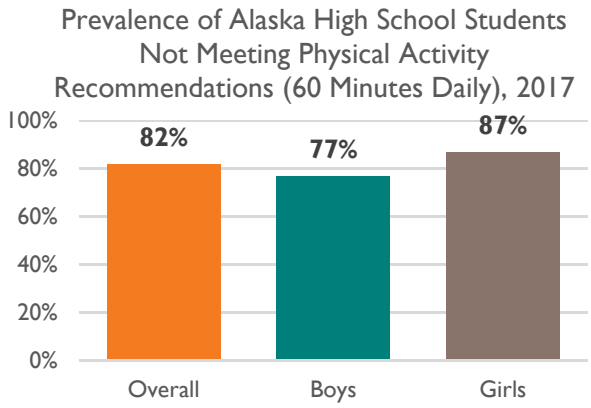


Figure 13. Alaska High School Students Not Meeting Daily Physical Activity Recommendations, 2017



Source: Alaska BRFSS, 2015

Source: Alaska YRBS, 2017

Adapted from Alaska Department of Health and Social Services, Obesity Prevention and Control Program, *Alaska Obesity Facts 2017*.

Barriers to Healthy Living

Access to Healthy Food and Beverages

A common theme throughout key informant interviews, particularly with individuals working in rural communities or those with a statewide reach, was cost and availability of healthy foods. Stores may not stock produce, or have poor-quality produce that deters buyers. Interviewees noted that stores may try to stock produce but due to weather and other travel related issues, by the time produce arrives to the community it has gone bad. When produce is available, interviewees identified that in some communities, a gallon of milk may cost $9, a watermelon may cost $25, and that the prices for water and sugary drinks are comparable in many stores. Many families in rural and even urban communities rely on subsistence to meet at least some portion of their food needs, including berry picking and fishing in the summer, hunting in the fall, and harvesting other wild plants and seafood.

This picture of food costs in Alaska is supported by data from the University of Alaska Fairbanks School of Natural Resources and Cooperative Extension Food Cost Survey, which identifies the cost of food for a family of four in communities across the state and compares with similar food purchases across the U.S. as a comparison. While the U.S. average cost for food plan decreased from 2016 to 2017, Alaska saw increases in food prices statewide, and communities off the road system have particularly high prices. Interviewees identified transportation as another access barrier to low-income people in both urban and rural communities. In some communities a gas station or convenience store may be the closest option for people to access. The 2015 USDA Food Access Research Atlas identified 48 census tracts in Alaska where low income people have low access to a supermarket (when low access is defined as living more than .5 miles from a supermarket in an urban area and more than 10 miles in a rural area).[25] Due to Alaska's sparse population and large geography, this definition encompasses most areas of the state outside the largest communities and hub communities, and excludes Anchorage, Fairbanks, large portions of the Matanuska Susitna Borough, Kenai Peninsula Borough, and several areas of the Southeast region. This measure is therefore helpful for understanding the challenges of accessing store-bought foods outside the state's population centers but does not highlight clear localized disparities in access beyond what is already known about rural Alaska communities.

Table 12. Food Cost Survey: Weekly Cost of Food for a Family of Four, 2016 and 2017

Community	2016	2017	Change '16-'17
Anchorage	$ 189.70	$ 202.10	6.54%
Bethel	$357.20	$ 371.10	3.89%
Delta	$ 240.20	$ 252.20	5.00%
Fairbanks	$ 214.50	$ 242.00	12.82%
Kenai	$ 203.80	$ 215.80	5.89%
Mat-Su	$ 192.10	$ 203.90	6.14%
Petersburg	$ 240.30	$ 255.90	6.49%
U.S. Average	$ 149.00	$ 146.70	(1.54%)

Source: University of Alaska Fairbanks, Cooperative Extension, Food Cost Survey 2016-2017

[25] United States Department of Agriculture, 2015 Food Access Research Atlas Data Download 2015. Accessible at https://www.ers.usda.gov/data-products/food-access-research-atlas/.

Subsistence

Rural Alaskan residents rely significantly on subsistence foods, harvesting an average of 275 pounds per year. This activity serves not only a source of nutritious foods, but also can provide significant physical activity, both of which are SNAP-Ed program goals, therefore this represents a great opportunity for direct service and PSE programming. The following figures adapted from a 2014 summary report on subsistence indicate the composition of wild foods harvested by rural Alaskans and the amounts harvested by area and provide context for the extent to which subsistence hunting and gathering supplements Alaskan's diets.[26]

Salmon and other fish made up the majority (53.2 percent) of wild food harvested by Alaska residents in 2014, followed by land mammals, marine mammals, wild plants, shellfish and birds and eggs (Figure 14). Regions with greatest amounts of wild food harvest (measured in pounds per person) include: Arctic, Western, rural Interior, Aleutian Islands, rural Southeast, Kodiak Island and rural Southcentral (Figure 15).

Per SNAP regulations in certain remote areas of Alaska, subsistence hunting and fishing items may be purchased with food stamp benefits. Items that can be purchased include hunting and fishing equipment such as nets, hooks, fishing line, rods, harpoons, and knives.[27]

Figure 14. Wild Food Harvest by Rural Residents

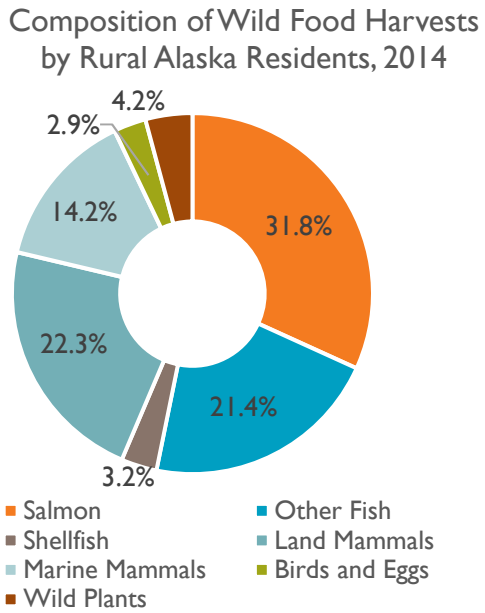
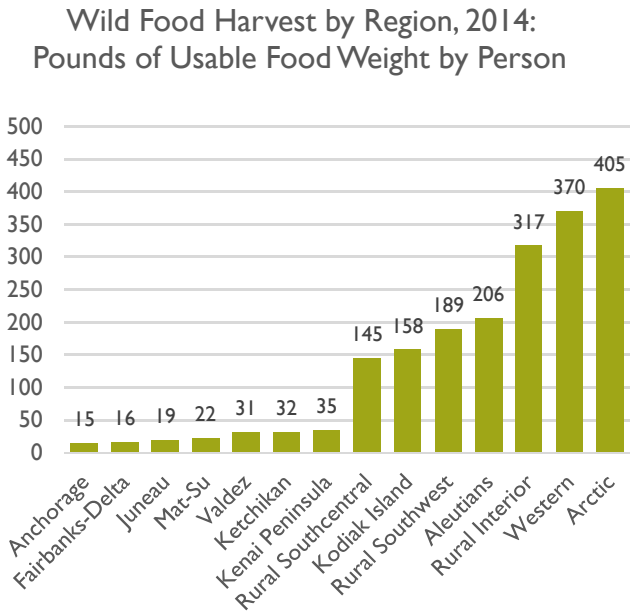


Figure 15. Wild Harvest, Pounds per Person by Region



Source: Charts adapted from Alaska Department of Fish and Game, *Alaska Subsistence Update 2014*.

Appeal of Healthy Foods and Beverages

SNAP-Ed nutrition educators noted that a common perception among adult participants in their classes state that it is "too hard to eat healthy." SNAP-Ed nutrition educators identified time as a barrier to healthy eating for their participants. When low-income families have many other pressing challenges such as safe housing,

[26] Alaska Department of Fish and Game, Alaska Subsistence Update 2014. https://www.adfg.alaska.gov/static/home/subsistence/pdfs/subsistence_update_2014.pdf

[27] Information about using SNAP benefits for subsistence is available online: http://dhss.alaska.gov/dpa/Pages/fstamps/howto.aspx

legal issues, employment, and health concerns, eating healthy can be last on the list. People are simply not in the habit of buying and preparing foods with lots of fruits and vegetables. Parents will avoid buying foods they know that their children will not eat, and stores will respond to consumer demand by choosing inventory most likely to sell. Interviewees also identified cultural differences in the appeal of vegetables, as growing and eating vegetables is not traditionally part Alaska Native culture, although harvesting and eating wild berries and plants is part of a traditional diet. This may be an opportunity for improving educational resources if wild berries and plants have not been clearly defined as fruits and vegetables. Increasing the focus on incorporating and connecting healthy cultural foods to nutrition education and messaging may make these materials more culturally relevant to Alaska Native people.[28] The "Store Outside Your Door" program and video series developed by ANTHC, for example, highlights the cultural and nutritional benefits of traditional foods, and makes healthy eating more accessible and appealing by demonstrating recipes that use traditional foods and other common ingredients.

Access to Physical Activity

Alaska's physical environment creates a variety of opportunities for physical activity, but also challenges such as weather, cold temperatures and in many communities, a built environment not conducive to travel without a car. It is important to consider a variety of ways to encourage physical movement, especially for individuals and families who have limited time and resources to invest in gear or equipment associated with exercise and sports. As noted above, traditional Alaska Native and other cultures' activities such as subsistence hunting, fishing and gathering have many benefits, including active movement in the outdoors.

For one measure of access to physical activity, the University of Wisconsin publishes County Health Rankings & Roadmaps for each county in the U.S., with one measure defined as "Access to Exercise Opportunities." Individuals are considered to have access to exercise opportunities if they:

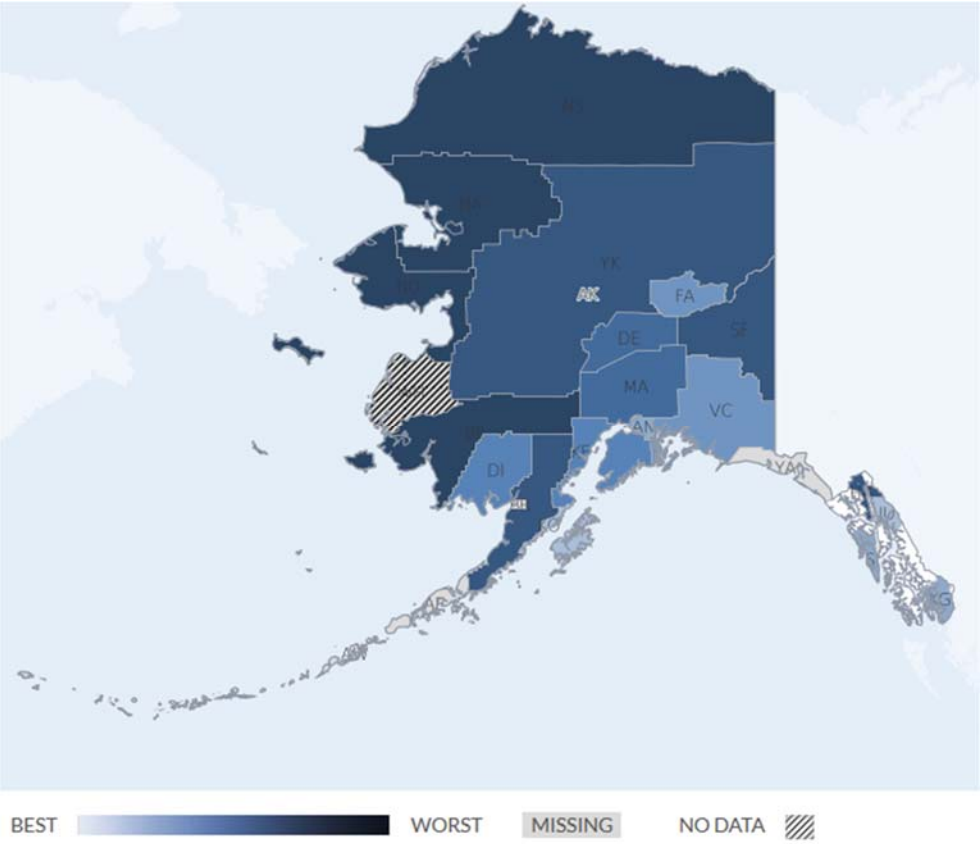
- Reside in a census block that is within a half mile of a park, or
- Reside in an urban census block that is within one mile of a recreational facility, or
- Reside in a rural census block that is within three miles of a recreational facility.[29]

While this definition, and the available data, are not inclusive of all opportunities for physical activity, the measure provides a basis for comparison among Alaska's regions for access to parks and recreational facilities. By this measure, individuals in the North Slope Borough, Northwest Arctic Borough, Nome Census Area, and Bethel Census Area have limited access to exercise facilities or parks compared to other areas in the state, while the Southeast, Gulf Coast and Anchorage regions have relatively more access to these amenities close to home (Figure 16). This disparity suggests that thinking broadly about physical activity is important in areas with fewer facilities, but where there are ample opportunities for outdoor recreation or activity. This data also highlights the importance of proximity: for individuals and families with limited time and income, or who do not have access to a car, nearby parks and other facilities are often free or low-cost options for staying active.

[28] Themes from Northwest Strategies' notes from key informant interviews for messaging campaign to encourage consumption of fruits and vegetables.

[29] University of Wisconsin Population Health Institute, "Alaska Access to Exercise Opportunities: 2017," County Health Rankings & Roadmaps website. Accessed January 2018: http://www.countyhealthrankings.org/app/alaska/2017/measure/factors/132/map.

Figure 16. Access to Exercise Opportunities by Borough and Census Area in Alaska, 2017



Source: University of Wisconsin Population Health Institute, "Alaska Access to Exercise Opportunities: 2017," County Health Rankings & Roadmaps.

Appeal of Physical Activity

A literature review of 38 studies related to adult physical activity determinants identified possible appeal related barriers to physical activity, including: lack of time, exercise is too tiring, the individual feels too weak to sustain physical activity, fear of falling, and bad weather. Social support was also identified as an important correlate to an individual's level of physical activity. Those reporting low levels of social support were more likely to have low levels of physical activity, compared with those reporting high levels of social support.[30] Data on appeal related barriers to physical activity specific to Alaska was not available at the time of this writing, and questions related to appeal related barriers were not specifically targeted in key informant interviews; this is an area for further research.

[30] Trost, S., Owen, N., Bauman, A., Sallis J., Brown, W. Correlates of adults' participation in physical activity: Review and update. *Med. Sci. Sports Exerc.*, Vol. 34, No. 12, pp. 1996 –2001, 2002.

4. Eat Setting

The **Eat** setting includes fast food chains, restaurants, mobile vending/food trucks, congregate meal sites and other senior nutrition centers, USDA summer meal sites, cafeterias, or other places where people primarily go to eat outside the home.

Key Findings

- Very little is happening related to commercial food environments: fast food chains, restaurants, and mobile vending/food trucks.
- SNAP-Ed may be better positioned to enact PSE changes at sites that already target low-income individuals such as congregate meal sites, senior nutrition centers and USDA summer meal sites.
- Exciting PSE efforts are being made to support the processing and serving of traditional subsistence foods, led by Tribal Health Organizations. These organizations are working to serve elders residing and eating in care facilities the foods they grew up eating.
- Data and interviews indicated that seniors are a growing segment of the SNAP program and thus the congregate meal sites that serve seniors are an important location to target.
- The Summer Food Service Program (DEED) has higher reimbursement rates than any other Child Nutrition Program, yet it is one of the most under-utilized federal assistance programs. Fifty-two percent (52%) of Alaska's children are eligible for free and reduced-price meals, yet only 1 out of 11 children that participate in the National School Lunch Program, participated in the Summer Food Service Program in FY16.
- The Farm to Summer Meal Program is no longer funded, yet 100% of participating sites identified they would continue or expand project activities with the help of local resources and community partnerships.
- A low number of eligible, rural SNAP beneficiaries use their SNAP benefits to purchase subsistence supplies.

Inventory Analysis

Eat-setting activity in Alaska is primarily in food distribution and ensuring specific populations of low income Alaskans, like seniors or school-aged children during the summer months, receive nutritious, free food to address hunger and food insecurity.

Following are a few example PSE strategies recommended by the SNAP-Ed toolkit and obesity prevention literature for the Eat setting. A more extensive list of Policy, System, and Environment strategies for each setting are in Appendix G.

- **Policy:** Require that advertisements of less healthy foods and beverages be limited.
- **System:** Changes in menus [variety, quality, offering lighter fares] and/or remove sugary sweetened beverages from children's menus.
- **Environment:** Label menus with calorie, fat, sodium, added sugar counts.

Fast Food, Restaurants, Mobile Vending + Food Trucks

Inventory Summary

Interviews and research yielded few policy, system, and environment efforts being undertaken in Alaska to affect the commercial food environment: fast food chains, restaurants, mobile vending and food trucks. Making change among fast food, restaurants, mobile vendors would require political will to enact policy at the local jurisdiction and/or

statewide level. At the national level, the ACA-mandated FDA rule requiring chain restaurants to share the number of calories in their offerings is a policy step in the right direction.

Anchorage has implemented an ordinance that requires the USDA MyPlate healthy food guide (choosemyplate.gov) be displayed in all municipal owned or operated facilities as part of participation in Let's Move! Cities and Towns.

Needs + Gaps

A focus on the restaurant, fast food environment appears to be missing from policy, system, and environment work in Alaska. For much of rural Alaska, there are few restaurants and no fast food chains, but urban Alaska has many restaurants and fast food options. SNAP-Ed could consider this setting for policy work with its urban grantees in Fairbanks and Anchorage.

Senior Sites + Congregate Meal Sites

Inventory Summary

The DHSS Senior & Disabilities Services Senior Congregate & Home Delivered Meals program is an important statewide program providing nutritious food for seniors. Thirty statewide grantees are encouraged to use the Dietary Approaches to Stop Hypertension (DASH) menu plan once per week, and must offer meals meeting nutrient requirements specified in the Dietary Guidelines for Americans 2015-2020. Federal policies governing this program ensure that food delivered and served is nutritious for seniors in the program. In 2017 there were 8,033 individuals participating in the congregate meal program and 3,398 received home-delivered meals in Alaska.[31] The DEED Child + Adult Care Food Program is another important statewide program providing food for seniors at three sites. One grantee, AICS in Wrangell, noted that they are actively working to provide nutrition and physical education to seniors in their community and assist with the Commodity Supplemental Food Box Program.

Figure 17. Menu at Utuqqanaat Inaat Long Term Care Facility, Kotzebue

One area in which significant policy strides have been made is serving traditional Alaska Native subsistence foods in Elder Facilities. Utuqqanaat Inaat (A Place for Elders), Maniilaq's Long Term Care Facility in Kotzebue had a vision to "Let the tundra be considered as the elder's garden," and were aware that any kitchen with a Department of Environmental Conservation permit could receive wild game directly.[32] Through hard work and persistence and the involvement of many partners, Maniilaq has opened a modern-day siġḷauq. Siġḷauq is Iñupiaq for ice cellar. Maniilaq's siġḷauq is certified by federal and state regulators to process and handle locally harvested subsistence food. Elders are now able to eat the foods that they grew up with and the efforts of Maniilaq have helped pave the way for other organizations to follow their path.

Needs + Gaps

Seniors are a growing segment of the SNAP program, making senior sites and other congregate meal sites an ideal location to target with Policy, System, and Environmental strategies. A need for targeting seniors was also identified by SNAP-Ed nutrition educators in communities around the state. This project did not conduct a comprehensive inventory of all senior sites and congregate meal sites across Alaska so it is not known whether these sites are working on policy, system, and environment activities. From a statewide standpoint the Senior & Disabilities Services Senior

[31] Email communication with Joan Gone, Health Program Manager II DHSS Senior & Disabilities Services/Grants.

[32] Anne Hillman, "To feed elders, traditional foods take untraditional route." Alaska Public Media, February 28, 2018. https://www.alaskapublic.org/2018/02/28/to-feed-elders-traditional-foods-take-untraditional-route/

Congregate & Home Delivered Meals program did not identify that they were working on policy, system or environmental strategies at a statewide level or with their grantees.

HB 179, "An Act relating to donations of fish and game to food service programs" was introduced in the 29th Alaska Legislature in April 2015. This bill would have allowed schools, medical facilities, senior centers, and child care facilities to accept and serve donated subsistence and sport caught fish, game, plants, and eggs in their food service programs. There is no equivalent legislation being considered at the time of writing, but this is a policy strategy to be pursued in the future. Current law allows schools to accept donated traditional foods; however, they are unable to receive reimbursement for the school lunch program if these foods are offered as a main meal.[33]

USDA Summer Meal Sites, Cafeterias, Other

Inventory Summary

Alaska has a federally-funded Summer Food Service Program (SFSP) that provides free, nutritious meals to children age 18 or younger living in low-income areas, or pockets of poverty during the summer months when school is not in session. The SFSP can be sponsored by public or private nonprofit schools, or school districts; public or private nonprofit organizations, day or residential summer camps; local government agencies or tribal organizations. Sponsors are reimbursed for the number of meals served to each eligible child multiplied by the appropriate reimbursement rate. In 2017 there were 162 SFSP programs in Alaska (Table 13).[34]

System Highlight :: Farm to Summer Meal Program

The Farm to Summer Meal Program, initiated in 2016 and funded through a 2015 USDA Team Nutrition Training Grant, focused on bringing the principles of Farm to School to summer meal sites. In 2017 mini-grants were awarded to twenty-seven sites and forty-three family day care homes.

Farm to Summer Meals focused on local procurement, education and school gardens with goals related to increasing access and appeal of fresh, healthy foods. Grantees had to choose at least one focus area from a defined menu of options.

There was a pre-post evaluation component to the program and sites were encouraged to connect with local resources and build partnerships for sustainability. While funding is no longer available 100% of participating sites said they would continue or expand project activities.

[33] Chlupach, Melissa Alaska Traditional Foods Initiative & Movement Presentation

[34] Email communication with Alicia Maryott, State of Alaska SFSP & CACFP At-Risk Specialist, 2/28/2018

Table 13. Summer Food Service Program Sites

Region	Communities
Anchorage + Mat-Su Region	Anchorage (30 sites), Big Lake, Eagle River, JBER (4 sites), Palmer (3 sites), Sutton, Talkeetna, Trapper Creek, Wasilla (15 sites), Willow (3 sites)
Gulf Coast Region	Akhiok, Copper Center, Cordova (6 sites), Kenai (6 sites), Kodiak, Nanwalek, Old Harbor, Soldotna (3 sites)
Interior Region	Allakaket, Chalkyitsik, Fairbanks (6 sites), Fort Wainwright, Fort Yukon, Grayling, Hughes, Huslia, Kaltag, McGrath, Nikolai, Northway, Nulato, Ruby, Shageluk, Tok
Northern Region	Ambler, Brevig Mission, Buckland, Diomede, Golovin, Kiana, Nome, Savoonga, White Mountain
Southeast Region	Douglas, Hydaburg, Juneau (3 sites), Kake, Ketchikan, Petersburg, Thorne Bay, Wrangell
Southwest Region	Akiachak, Akiak, Alakanuk, Aniak, Bethel, Chefornak, Chevak, Chignik, Chuathbaluk, Crooked Creek, Dillingham, Ekwok, Hooper Bay, Kokhanok, Koliganek, Kongiganak, Kotlik, Kwigillinok, Lower Kalskag, Marshall, Naknek, Napakiak, Napaskiak, New Stuyahok, Nondalton, Nuiqsut, Nunam Iqua, Nunapitchuk, St. Mary's, Togiak, Tuntutuliak, Tununak

Needs + Gaps

The Summer Food Service Program has higher reimbursement rates than any other Child Nutrition Program, yet it is one of the most under-utilized federal assistance programs. Fifty-two percent of Alaska's children are eligible for free and reduced-price meals, yet only one out of 11 children that participate in the National School Lunch Program, participated in the Summer Food Service Program in FY16. Increasing access to healthy food for low income Alaskan youth could be, in part, achieved by increasing the number of summer food sites in Alaska.[35] In looking at the percentage of households below the federal poverty line who are families with children and locations where current Summer Food Service Programs exist, some clear gaps emerge. Overall, the Northern region has the highest percentage of their population in poverty below age 18 at 42.4 percent, yet only nine of the communities in this region participate in SFSP. In the Southwest, additional census regions to target with SFSP expansion include the Bethel Census Area, Dillingham Census Area, Kusilvak Census Area, and the Lake and Peninsula Borough.

The Farm to Summer Meal Program is no longer funded, yet all of the participating sites identified they would continue or expand project activities with the help of local resources and community partnerships. From 2016 to 2017 there was a 25 percent increase in applicants for the mini-grants and approximately a 65 percent increase in the number of project sites. In 2017 the program reached 13 communities around the state (Anchorage, Bethel, Cordova, Dillingham, Fairbanks, Juneau, Kenai, Nondalton, Palmer, Petersburg, Tok, Unalakleet, and Wasilla) but with continued support this model could be brought to many more.[41]

Subsistence

Inventory Summary

While not an identified Eat setting by SNAP-Ed nationally, subsistence hunting and gathering is an essential food source in Alaska. In many rural communities, nature is the store: the ANTHC wellness and prevention initiative, aptly called "Store Outside Your Door," promotes the knowledge and use of traditional foods and traditional ways.

[35] https://education.alaska.gov/cnp/sfsp

Subsistence is so essential in Alaska that the SNAP program allows rural residents to use food stamps to purchase hunting and fishing equipment.

In addition to "Store Outside Your Door," there are many direct education interventions to support the use of traditional foods and subsistence hunting and gathering as well as PSE work in various settings. In terms of direct education, extensive materials have been developed, including:

- Traditional Food Guide for Alaska Native Cancer Survivors
- Traditional Food Guide for the Alaska Native People
- Qaqamiigux – Traditional Foods and Recipes from the Aleutian and Pribilof Islands (also referred to in the Learn setting)
- Traditional Food Guide Activity Book
- Southeast Alaska Traditional Food Guide
- WIC's Mini-Magazines for seven tundra plants
- Alaska Traditional Foods Poster and Toolkit

PSE efforts to support the traditional food movement are mentioned throughout this assessment and are spearheaded by the ANTHC Traditional Foods Work Group and notably, Melissa Chlupach, a dietician with NANA Management Services.

Eat Partners

- *DHSS Senior and Disabilities Services*
- *Community-based, local Senior Centers*
- *DEED Child Nutrition Summer Food Sites*
- *Alaska Farm to School Program*
- *Alaska Native Tribal Health Consortium*
- *Alaska Department of Fish & Game Division of Subsistence*

Needs + Gaps

Rural Alaskan residents rely significantly on subsistence foods, harvesting an average of 275 pounds per year. Rural residents also comprise roughly 25 percent of the state's SNAP recipients. Some rural residents can use their SNAP benefits to purchase hunting and fishing gear. A preliminary assessment of SNAP benefit utilization for subsistence gear surveyed four communities in the Lower Yukon. In all communities, fewer than 8 percent of eligible residents used their SNAP funds for gear, and it Mountain Village, were 29.5 percent of households receive SNAP benefits, only 0.8 percent utilized their benefits for subsistence gear. A follow up survey aimed at identifying causes of low benefit use for subsistence gear is planned.[36]

Recommendations

Fast Food, Restaurants, Mobile Vending + Food Trucks

Pursuing policy, systems and environmental change in this setting is likely to require a strong coalition, and may be a heavy lift for SNAP-Ed to take on as an initial target area for this work. While certainly an important area of focus, it is not a recommended focus area for SNAP-Ed at this time.

Senior Sites + Congregate Meal Sites

Increase access and appeal for healthy foods at senior sites. Seniors are a growing segment of the SNAP program, making senior sites and other congregate meal sites an ideal location to target with Policy, System, and Environmental strategies.[37] As a first step, SNAP-Ed grantees should identify and inventory the senior congregate

[36] https://www.alaskapublic.org/wp-content/uploads/2017/08/SNAP-Subsistence-in-Rural-AK.pdf

[37] The percent of seniors receiving assistance from the Alaska Supplemental Nutrition Assistance Program (SNAP) from 2016 to 2017 has increased to 9,039 families or 19.5% increase. The amount of SNAP assistance provided to each senior is based on the need and income of the entire household. http://dhss.alaska.gov/acoa/Documents/ACOA_Ar_FY2017.pdf

meal sites in their communities, determine income eligibility of those served at each site, and join forces with these programs to consider what policy, system, or environment strategies they could work on together to impact the Eat setting. Policy changes could include improved standards or rules for food served at the organization, system changes like prioritizing fresh produce, and environmental changes to improve cafeteria layout or design. One systems change that SNAP-Ed could consider modeling is:

Rhode Island Grown Farm to Senior Initiative. This local-foods promotion initiative focuses on increasing seniors' access to fresh, local food.[38] Key components of this systems change include:

- Mapping senior meal service providers, caterers, distributors, decision makers, and champions.
- Identifying local products that are affordably priced, desirable to purchasers and diners, available through the existing supply chains and plentiful throughout the growing season.
- Providing technical assistance to identified agencies to aid in sourcing and promoting locally grown produce.
- Assisting in promoting the meal by hosting activities at senior centers that increase appeal for local produce among diners.

For an Alaskan twist, SNAP-Ed could explore implementing a Fish to Senior program, like the Fish to Schools program in Sitka or the Fish for Kids program in Dillingham, which also provides fish to Dillingham's senior center.

USDA Summer Meal Sites, Cafeterias, Other

Increase the number of schools that participate in the summer meal program. SNAP-Ed can partner with DEED Child Nutrition programs to promote the USDA Summer Food Service Program across the state to increase access to nutritious foods. The USDA's *Guide to Starting the Summer Food Service Program in Your Community* may be a helpful reference for grantees. SNAP-Ed grantees could work to identify potential sponsors or sites in their communities that would be good candidates for participation. Recommended regions for intervention include the Northern Region, Bethel Census Area, Dillingham Census Area, Kusilvak Census Area, and the Lake and Peninsula Borough due to the high percentages of the population in poverty below age 18, and the relatively low numbers of SFSPs in these locations.

Increase the number of summer meal sites that are doing farm to school activities. Program methodology is summarized in the *2017 Alaska Farm to Summer Meal Site Final Report*.[39] Basic steps grantees could follow include:

- Identify local Summer Food Service Program sites, as well as partners who may be able to provide funding for gardening supplies, field trip costs, and food or food equipment purchases.
- Provide structure for the program, insuring participating sites focus on at least one of the following areas: gardening, farm tours, farmers market visits, cooking and/or preserving local foods, nutrition and healthy eating education, or taste tests.
- Offer direct education and technical assistance to include pre-post tests and assessment of site system change implementation.
- Facilitate sustainability by encouraging partnerships with available community resources.

Grantees could also adapt the Farm to School intervention identified in the SNAP-Ed Toolkit, which shares many components with the Farm to Summer Meal Site Program. Areas of focus for this work could include the regions identified above in Northern and Southwestern Alaska.

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[38] https://www.farmtoinstitution.org/sites/default/files/imce/uploads/FFRI%20Farm%20to%20Senior%20Report.pdf

[39] Robinson, David. 2017 *Alaska Farm to Summer Meal Site Sub-Gran Program for Child Nutrition Project Final Report*: December 4, 2017.

Subsistence

Promote the use of SNAP benefits for subsistence supply purchases. Work is underway to develop initiatives that promote the use of SNAP benefits for subsistence gear. SNAP-Ed grantees can be key partners in this work, helping to disseminate information through social marketing and using already developed resources such as cooking demonstration videos and mini-magazines about local plants to educate and promote food systems change.

Table 14 summarizes suggested resources associated with the Eat setting.

Table 14. SNAP-Ed Toolkit Eat Resources

Intervention Name	Intervention Type	Overview	Classification	Cost
Farm to Senior Sites	**System/Environment** (e.g. Prioritizing farm-to-table/increase in fresh or local produce.)	This local-foods promotion initiative focuses on increasing seniors' access to fresh, local food.	Pilot program in 2014	2014 Report with implementation and activity suggestions available online.
Farm to School and Summer Meal Sites	**System/Environment** (e.g. Prioritizing farm-to-table/increase in fresh or local produce.)	Farm to school is a PSE change and direct education intervention designed to give students in pre- K to 12 access to healthy, local foods as well as education opportunities such as school gardens, cooking lessons and farm field trips.	Research-tested	Evaluation and implementation resources available for free online.

5. Learn Setting

The **Learn** setting includes before- and after-school programs, early care and education facilities, Cooperative Extension offices, family resource centers, libraries, mobile education sites, schools (K-12 as well as colleges and universities), WIC clinics, or other places where people go to "learn"

Key Findings

- Early Care settings are well served by the Obesity Prevention & Control Program Early Care and Education workgroup that is working on PSE strategies to impact this setting.
- Schools are a wonderful target location and the Obesity Prevention Program is laying the groundwork with promotion of their Gold Standard Health & Wellness policies.
- Alaska has 23 WIC sites that are offering nutrition education and support to pregnant and breastfeeding women.

Inventory Analysis

The PSE inventory revealed strong policy, system, and environment work in the early care and education as well as K-12 setting. Less PSE activity is happening at afterschool programs. Colleges, universities, and libraries were not mentioned by interviewees or inventoried. Interviews with WIC staff identified that knowledge of PSE strategies may vary across sites as the WIC coordinator in Kotzebue demonstrated a strong knowledge of PSE strategies (see example in "Work" setting), while interviewees from the Anchorage WIC office were unfamiliar with the PSE approach. Grantees are not currently engaged in PSE strategies with WIC clinics. There are 23 WIC clinics offering nutrition education and support to pregnant and breastfeeding women across Alaska.

Following are a few example PSE strategies recommended by the SNAP-Ed toolkit and obesity prevention literature for the Learn setting:

- **Policy:** Increased school wellness or child care wellness policies. Improved rules for foods served in classrooms. New or increased use of school facilities during non-school hours for recreation or shared use policies.
- **System:** Prioritizing farm-to-table/increase in fresh or local produce. Improvements in incorporating physical activity into school day or during classroom-based instruction.
- **Environment:** Improvements in layout or display of food [Smarter Lunchrooms].

Many of these activities, and others, are being pursued by Alaska educational institutions.

Early Care and Education

Inventory Summary

Alaska is making great strides promoting physical activity and fruit and vegetable consumption in the early care and education setting through the DHSS Obesity Prevention Program Early Care and Education workgroup. The workgroup convenes nutrition educators and early childhood professionals and programs who are working to develop nutrition promotion and physical activity strategies for early childhood sites across the state; it is an effective coalition of agencies and individuals interested in helping young children in

Alaska grow up at a healthy weight. The workgroup is under the umbrella of the Alaska Alliance for Healthy Kids who have a goal to: *improve access to healthy choices and healthy environments for parents and children, to increase healthy eating, physical activity, and breastfeeding to reduce the prevalence of childhood obesity*. Participating organizations include: thread, RurAL CAP Head Start, Kids' Corp Inc., the Alaska Child and Adult Care Food Program, the Alaska Child Care Program Office, WIC Coordinator/DHSS Family Nutrition Programs.

The workgroup's most recent policy success has been to advise the State of Alaska Child Care Program Office to update Alaska's childcare regulations to ensure they meet the standards recommended in: *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs*, supported by the American Academy of Pediatrics, American Public Health Association, and the National Resource Center for Health and Safety in Child Care and Early Education. The policy changes will bring Alaska in line with the national standards for nutrition and physical activity within Early Childcare and Education sites and ensure that young children in licensed childcare facilities are served healthy foods, are not consuming sugar-sweetened beverages and unhealthy snacks, and have ample time for physical activity daily.

The workgroup also provides resources for early childhood educators to implement physical activity and nutrition promotion activities within their classrooms through publication of *Wellness Guidelines for Alaska's Young Children: A toolkit for Child Care Providers and Families.*

System Highlight: RurAL CAP Head Start

Related to increased access to healthy foods for children aged 0-5, RurAL CAP Head Start is a leader in Alaska. With 18 child care centers in their primarily rural service area, supplying fresh and healthy foods is a challenge.

Head Start sites in the Yukon-Kuskokwim Delta often receive outdated, spoiled food due to transportation delays. Staff searched for a local solution. They identified a farm in Bethel that could provide fresh produce to area Head Start programs and developed a partnership with them.

After a successful pilot, Meyer's Farm in Bethel now provides fresh produce to RurAL CAP Head Start sites across the Y-K Delta. This is an example of changing a ***system*** *for food acquisition to ensure more healthy offerings.*

Needs + Gaps

While current initiatives do address physical activity and increased fruit and vegetable consumption in the early childhood setting there are still needs and gaps. For instance, the Let's Move! Child Care Quiz identified three Let's Move! Child Care best practices that were the least implemented amongst the 236 ECE providers who participated in the survey.[40]

- Less than half (45 percent) of respondents reported they fully meet the standard: *Parents of preschoolers are provided screen time reduction and/or media literacy education such as special programs, newsletters, or information sheets two or more times per year*
- Almost two thirds (64 percent) of respondents reported they fully meet the standard: *All meals to preschoolers are served family-style so that children are encouraged to serve themselves with limited help.*

[40] The Quiz was administered by the DHSS Obesity Prevention Program from 2012 through 2017 to ECE sites who self-selected to participate in the quiz. More information about the results can be found here: http://dhss.alaska.gov/dph/Chronic/Documents/Obesity/EarlyCare/2017AlaskaLetsMove_ECESurveyReport_web.pdf

- Almost two thirds (65 percent) of respondents reported they fully meet the standard: *Chicken nuggets, fish sticks, and other fried or pre-fried forms of frozen and breaded meats or fish are offered to toddlers and preschoolers no more than once a month.*

Related to physical activity, Head Start providers shared that there are environmental barriers to physical activity in some of the communities they serve, including lack of age-appropriate equipment, inclement weather, and lack of space for indoor play areas.

K-12 Schools

Inventory Summary

Policy successes abound in the K-12 setting. The Alaska Obesity Prevention and Control Program created a Gold Standard Wellness Policy, as well as materials to assist in implementing a wellness policy. All districts participating in the National School Lunch or Breakfast Programs are required to have a local wellness policy.[41] In 2018, more than 500 schools in all 54 districts were Title I school eligible. The North Slope Borough School District wellness policy goes beyond the minimum federal regulations and designates their school campuses as "soda-free" in their elementary and middle schools.[42] Physical activity related policy change is also occurring at the state level and in April 2016 the Alaska Legislature passed SB 200: Physical Activity in Schools: An act relating to health education and physical activity requirements for students in grades Kindergarten through eight.[43] This policy change requires 54 minutes of physical activity during the school day.

The K-12 setting is home to many creative system and environmental changes, many of which are in the realm of the Alaska Division of Agriculture's Farm to School Program. From Fish to School in Sitka to a thriving greenhouse program in Tok, there are numerous examples to draw on. Of the 38 Alaskan school districts who responded to the 2015 Farm to School Census, three quarters (76 percent) said their district is participating in farm to school activities.

Needs + Gaps

The Alaska School Health Profiles survey is sponsored by the Centers for Disease Control and conducted by the State of Alaska Section of Chronic Disease Prevention and Health Promotion School Health Program every other year. Selected needs and gaps in school health and wellness environments identified by the 2016 survey include:

- 75 percent allowed less nutritious foods and beverages to be sold for fundraising purposes.

System Highlight: Fish for Kids

The Fish for Kids program is run and supported by Peter Pan Seafoods in Dillingham. The program allows fishermen to donate fish to schools in Dillingham and surrounding village schools. Donated fish also makes its way to the city's Head Start program and senior center. Peter Pan donates the cost of processing the fish.

In 2016 as many as 50 fishermen donated 6,000 pounds of boneless fillets.

The system is popular with the company, the schools, and the community at large as in some communities, parents and elders are invited to eat with students on "fish day" increasing access to healthy options for all.

Public-private partnerships are one avenue to bring PSE interventions to communities.

Source: Bristol Bay salmon land on Dillingham school lunch menus, Alaska Dispatch News, August 10, 2016.

[41] http://dhss.alaska.gov/dph/Chronic/Documents/Obesity/pubs/factsheet_SnacksInSchools.pdf

[42] http://dhss.alaska.gov/dph/PlayEveryDay/blog/

[43] http://dhss.alaska.gov/dph/Chronic/Pages/SchoolHealth/PALaw.aspx

- 10 percent reduced the price of nutritious foods and beverages, while increasing prices for less nutritious options.
- 42 percent place fruits and vegetables near the cafeteria cashier where they are easy to access.
- 43 percent did not offer opportunities for students to participate in physical activities before the school day.
- 36 percent had a wellness committee, school health council, or other group that offers guidance on policies or coordinates activities on health topics.[44]

SNAP-Ed grantees attended a Smarter Lunchroom training; however, only two nutrition educators identified that they went on to use the training in educational sites. Nutrition educators cited difficulty accessing school district personnel, need for further implementation support, and physical space challenges (students eating in their classrooms or gyms and all cooking being done in a centralized kitchen) as reasons for not utilizing this tool in their districts. Smarter Lunchrooms is a SNAP-Ed Toolkit recommended intervention that is not fully implemented in grantee communities.

While Farm to School programs occur in many schools and districts statewide, there is no annual accounting of what activities are occurring at each site. Additionally, the degree to which Farm to School programs are increasing access to and appeal for healthy foods goes largely uncaptured.

Recommendations

Early Care + Education

Support the existing work of the Obesity Prevention + Control Program in early care and K-12 site by promoting wellness policies as appropriate. Work in this area is led by the DHSS Division of Public Health Obesity Prevention Program Early Care and Education workgroup. SNAP-Ed program level staff should remain active in the Alaska Alliance for Healthy Kids, particularly the Early Care + Education workgroup, to stay current on PSE partnering opportunities.

Grantees can further current work in this area by assessing qualifying ECE centers using the Let's Move! Child Care best practices, making recommendations, and assisting in implementation of policy, system or environmental changes.

K-12 Schools

Support the existing work of the Obesity Prevention + Control Program in early care and K-12 site by promoting wellness policies as appropriate. Assist K-12 education providers in adoption and implementation of Gold Standard Wellness Policy developed by State of Alaska Obesity Prevention and Control Program. SNAP-Ed grantees are

Learn Partners

- *State of Alaska Child Care Program Office*
- *Municipality of Anchorage Child Care Licensing Program*
- *Alaska Early Childhood Coordinating Council*
- *Alaska Head Start Association + 17 Head Start programs statewide*
- *State of Alaska Obesity Prevention and Control Program*
- *Alaska Alliance for Healthy Kids Nutrition and PE Workgroup*
- *Alaska Farm to School*
- *Schools participating in the National School Lunch or Breakfast Programs*

[44] http://dhss.alaska.gov/dph/Chronic/Documents/Obesity/pubs/factsheet_SchoolPolicyAndPractices.pdf

already active parts of school wellness councils in some areas. The Gold Standard Wellness Policy can serve as a guide for grantees who wish to continue or start this work.

Grantees also have a role to play in implementation as they are active in the classroom setting and can communicate the policy to teachers as well as bring school staff feedback to the wellness council to address.

Increase the number of schools that implement Smarter Lunchrooms. Work with grantees to identify and address barriers to implementation of the Smarter Lunchrooms tool. Provide additional training and technical assistance to grantees who are interested in implementing Smarter Lunchrooms in local school sites.

L4. Increase the number of school sites that are participating in farm to school efforts. In partnership with the Alaska Division of Agriculture's Farm to School program to implement an evaluation for farm to school participants that captures their activities, reach, and influence on access to and appeal of healthy foods. Grantees can assist in this work by using the evaluation at the sites they work with. Example evaluation tools can be found via links on the SNAP-Ed Toolkit website. Grantees can also identify school sites that could benefit from adding or expanding their farm to school programs refer them to state Farm to School resources, or act as a champion within the school to advance farm to school principles.

Table 15 summarizes suggested resources associated with the Learn setting.

Table 15. SNAP-Ed Toolkit Learn Resources

Intervention Name	Intervention Type	Overview	Classification	Cost
Smarter Lunchrooms	**Environment** (e.g. Improvements in layout or display of food.)	Smarter Lunchrooms 'nudge' students to select and consume healthy foods.	Research-tested	Training, evaluation, and implementation resources available for free online.
Farm to School	**Systems/Environment** (e.g. Prioritizing farm-to-table/increase in fresh or local produce.)	Farm to school is an intervention designed to give students in pre- K to 12 access to healthy, local foods as well as education opportunities such as school gardens, cooking lessons and farm field trips.	Research-tested	Evaluation and implementation resources available for free online.

6. Live Setting

The **Live** setting includes faith-based organizations and places of worship, shelters, public housing, Indian Reservations, community organizations, residential treatment centers, group living arrangements, family resource centers, low-income health clinics, or other neighborhood settings where people live nearby.

Key Findings

- Alaska's Tribal Health System plays a key role in increasing access to healthy foods and levels of physical activity in many rural settings through diabetes prevention programing in their health clinics, special grants and other community-based activities.
- The Wellness Strategies for Health CDC Grant awarded to ANTHC has been a catalyst for policy, system, and environmental change in the sub-awardee communities.
- Robust partnerships are being forged among public health and Tribal health providers; for instance, the Obesity Prevention and Control Program's Oral Health pilot project is a promising system change project that will work with Tribal dental health providers to reduce sugar-sweetened beverage consumption for children and families in three regions of the state.
- Alaska's Federally Qualified Health Centers serve a similar target demographic as SNAP-Ed and offer a setting in which SNAP-Ed may be able to have an impact.
- Faith communities, public housing, shelters and other residential settings are identified as having little to no PSE activity currently. These sub-settings need additional assessment at the local level.

Inventory Analysis

The Live setting includes places of worship, shelters, public housing, Indian Reservations, community organizations, residential treatment centers, group living arrangements, family resource centers, low-income health clinics, or other neighborhood settings where people live nearby. The inventory analysis for this setting primarily centers around Alaska's tribal health network and Community Health Centers that serve low-income Alaskans. Limited PSE activity was catalogued for faith-based settings, shelters and public housing, or residential treatment centers and other group living arrangements.

Following are a few example PSE strategies recommended by the SNAP-Ed toolkit and obesity prevention literature for the Live setting:

- **Policy:** Improved standards for healthier eating across key organizations in communities.
- **Systems:** Change in food purchasing specifications or vendor agreements towards healthier foods in healthcare or other sub-settings.
- **Environment:** Improvements in access to exercise or recreational facilities.

Healthcare

Inventory Summary

A bright spot in Alaska's nutrition and physical activity landscape is the Alaska Tribal Health System and the thirty-one Tribal Health Organizations that operate health care facilities throughout the state. Tribal Health Organizations are the only healthcare providers in many areas of the state. Most Tribal Health Organizations

have diabetes prevention and/or wellness programs. The Special Diabetes Program for Indians[45] has brought funds for diabetes treatment and prevention to many communities. The Wellness Strategies for Health CDC grant has focused specifically on behavior change through policy, system, and environment strategies in five regions across the state and provides an effective model for working with grantees to implement PSE strategies. A few standout policy, system, and environment efforts are described below:

Wellness Strategies for Health Grantees have focused on the following Policy, System, and Environment activities:

Policy: Aleutians Pribilof Islands Association (APIA) passed a policy that requires their Head Start program to use the traditional food preschool curriculum that APIA developed called "Qaqamiigux: to hunt or fish for food and collect plants; subsistence."

Maniilaq passed an organizational policy that standardizes the process for height and weight screening amongst their health practitioners and ensures that patients at risk of health problems due to excess weight are referred to a dietician.

Tanana Chiefs Conference (TCC) passed a healthy food policy that sets nutritional guidelines for foods served at TCC facilities and will ensure that healthy options are available for TCC staff and patients.

System: APIA is working on healthcare systems changes to ensure that all patients are screened for diabetes, pre-diabetes, and obesity and referred for additional care as needed. To support the referral process they are also offering local health classes since there isn't a local dietician/nutritionist to refer patients to for assistance.

Southeast Alaska Regional Health Consortium (SEARHC) is working toward becoming designated as a Baby-Friendly hospital. SEARHC also offers and promotes healthy meal options, called "Mindful Meals" and developed an incentive system that offers discounts on "Mindful Meal" purchases.

Wellness Strategies for Health

Wellness Strategies for Health (WSH) is a Centers for Disease Control and Prevention (CDC) funded program that aims to reduce heart disease, diabetes, and stroke among Alaska Native and American Indian people. The program focuses on supporting healthy behaviors through effective public health approaches such as policy, systems, and environmental changes.

To achieve the goals of the program the Alaska Native EpiCenter works with five regional tribal health organization (THO) partner sites and other organizations throughout the state to increase access to traditional and healthy foods, increase physical activity, reduce tobacco use, improve health literacy, promote breastfeeding, and enhance chronic disease management

Environment: SEARHC is increasing opportunities for physical activity with upgrades to their on-site fitness center. They have removed sugar-sweetened beverages from their temporary housing facility and modified the beverage machine at the hospital so that healthier options are placed at the top level and water is offered at the same price as other beverages.

[45] In response to the diabetes epidemic among American Indians and Alaska Natives, Congress established the SDPI grant programs in 1997. This $150 million annual grant program, coordinated by IHS Division of Diabetes with guidance from the Tribal Leaders Diabetes Committee, funds for diabetes treatment and prevention to IHS, Tribal, and Urban Indian health programs across the United States. https://www.ihs.gov/sdpi/

Social Marketing: SEARHC is implementing a "StairWell" campaign to encourage staff and visitors to take the stairs in addition to conducting a public education campaign on the health effects of sugar-sweetened beverages.

The State of Alaska Obesity Prevention and Control Program is partnering with dental health providers at Tribal Health Organizations on a two-year pilot project, funded by the CDC, to cut sugary drinks consumption to improve oral health and prevent obesity and other chronic diseases. The Arctic Slope Native Association (ASNA), the Yukon Kuskokwim Health Corporation(YKHC), and the Southeast Alaska Regional Health Consortium (SEARHC) will work with dental providers to reduce sugary drink consumption among their patients, especially in families with young children; expand the Play Every Day campaign's sugary drink prevention efforts; and, provide clinics with patient educational materials. The program is modeled after the 5 A's of tobacco cessation (Ask, Advise, Assess, Assist and Arrange).[46]

Needs + Gaps

Alaska has 174 Federally Qualified Health Center (FQHC) sites and 29 grantees. FQHC sites serve areas and/or populations that are medically underserved. Underserved is determined with criteria such as poverty level and other health status indicators. In short, these Community Health Centers care for low income populations, a similar population to the SNAP-Ed target population. The inventory process did not identify any non-tribal, FQHC engaged in policy, system, and environment efforts. This may be a gap that SNAP-Ed could help fill.

Other Live Settings

There are many other community-based sites outside of healthcare to implement policy, system, and environment interventions. Food distribution sites at churches and shelters are an effective location for direct education activities and increasing access to fruits and vegetables; however, the inventory did not identify PSE activities in these sub-settings, although they may be happening in Alaska. Low-income housing sites are also effective locations for direct education and PSE change. One SNAP-Ed nutrition educator is already exploring PSE change in this sub-setting by identifying a need for healthier food items in the vending machine at a low- income housing site and locating a tool with which to assess the items currently in the machine.

A notable community-based activity documented in the PSE Inventory is a system change in Alaska's residential treatment facilities for youth. DHSS Behavioral Health regulates residential treatment facilities for youth to ensure that the facilities follow federal and state regulations which includes nutrition and physical activity recommendations. The program recently made system improvements through review of the cafeteria menus and upgrades to ensure the food offered in the facility is healthy and nutritious and aligns with quality of care. This points to a setting that could be influenced by PSE interventions.

Needs + Gaps

There is opportunity to increase PSE activities around the state in community-based settings such as churches, shelters, residential treatment facilities, behavioral health facilities, and public housing. When

[46] The 5 A's model is a standard brief intervention used in tobacco cessation. The 5As (Ask, Advise, Assess, Assist, Arrange) summarize all the activities that a primary care provider can do to help support behavior change within 3−5 minutes in a primary care setting. The steps for obesity prevention could be adapted as follows: Ask - Identify and document eating and physical activity habits, height, and weight for every patient at every visit. Advise - In a clear, strong, and personalized manner, urge overweight/obese patients to modify their behavior. Assess - Is the patient willing to make a change at this time? Assist - For the patient willing to make change, use counseling to help him or her determine a plan. Arrange - Schedule follow-up contact, in person or by telephone, or arrange a referral to a dietician, nutritionist, or other appropriate resource available in the community.

considering the SNAP-Ed target population of low-income Alaskans, shelters and public housing should be higher priority as they serve low-income Alaskans.

Recommendations

Healthcare

Bring PSE activities to non-tribal, FQHC sites by partnering with the Alaska Primary Care Association and individual centers. SNAP-Ed may want to assess policies and nutrition options available at non-tribal FQHCs, or if these facilities exist in grantee communities, work with them to implement policy, system, environment activities like those undertaken by the Wellness Strategy for Health Grantees. Non-tribal FQHC grantees are: Anchorage Neighborhood Health Center, Girdwood Health Clinic, Mat-Su Health Services, Sunshine Community Health Center, Peninsula Community Health Services, Seward Community Health Center, Cross Road Medical Center, Interior Community Health Center, Municipality of Skagway, and the Bethel Family Clinic. Focusing on the Anchorage and Mat-Su sites would reach the target regions identified in this report.

Live Partners

- *Alaska Native Tribal Health Consortium*
- *Regional Tribal Health Organizations*
- *Alaska Tobacco Prevention and Control Program*
- *Alaska Primary Care Association*
- *Federally Qualified Health Centers*
- *Faith-based communities*
- *Local public housing, shelters and other residential sites*

The SNAP-Ed Toolkit offers a specific intervention for healthcare sites and hospitals called Healthy Food Environments (HFE) which increases the availability, visibility, and affordability of healthy foods and beverages for employees, volunteers, and visitors on hospital campuses. The key principles are: provide access to healthy foods; use pricing to promote healthy foods; use marketing techniques to promote healthy foods; use benefit design and incentives to encourage behavior change and educate staff and visitors about healthy foods.[47] (See Table 16 for additional information.)

At the program level, SNAP-Ed should maintain and enhance its partnership with ANTHC and with the regional Tribal Health Organizations. A strong collaboration exists through the Statewide Nutrition Action Committee (SNAC) which includes one representative from ANTHC, along with State of Alaska representatives from DEED Child Nutrition, DHSS Obesity Prevention and Control Program, DHSS Senior & Disability Services, Alaska Division of Agriculture – Farm to School Program, and Alaska Department of Fish & Game, Division of Subsistence. In addition, SNAP-Ed recently funded the Tribal Health Organization, Southcentral Foundation, as a grantee. Additional opportunities for partnership could be explored and pursued.

Other Live Sub-settings

Complete an environmental scan of "live" sites that serve low-income people to determine if there are sites (faith communities, public housing, shelters, senior housing and other residential facilities) that would benefit from PSE strategies. Assess facilities current policies and practices related to healthy eating, nutrition, and physical education. Use assessments of individual sites to inform PSE changes. The SNAP-Ed Toolkit does not offer specific interventions for public housing, residential treatment centers, or

[47] https://snapedtoolkit.org/interventions/programs/healthy-food-environments-hfe/

other live sub-settings. However, intervention models could be adapted from other statewide examples or interventions listed in the Toolkit. If faith-based sites are chosen as a priority area by grantees, the "Faithful Families Eating Smart and Moving More" intervention offers direct education and PSE change strategies including draft policies and environmental change templates for faith communities to adopt at their sites.[48]

Table 16 summarizes suggested resources associated with the Live setting.

Table 16. SNAP-Ed Toolkit Live Resources

Intervention Name	Intervention Type	Overview	Classification	Cost
Healthy Food Environments	Environment (e.g. improvements in layout + display of food.)	HFE is a social marketing and PSE change intervention that aims to increase availability, visibility, and affordability of healthy foods and beverages for employees, volunteers, and visitors on hospital campuses.	Practice-tested	Free intervention and evaluation materials
Faithful Families Eating Smart + Moving More	Policy (e.g. Improved rules for foods served/standards for healthier eating across the organization.)	Faithful Families is a direct education and PSE change intervention that focuses on healthy environmental and policy changes within faith communities.	Practice-tested	Free intervention and evaluation materials

[48] https://snapedtoolkit.org/interventions/programs/faithful-families-eating-smart-and-moving-more-faithful-families/

7. Play Setting

The **Play** setting includes parks and open spaces, bicycle and walking paths, community centers, gardens (community or school), fairgrounds, Boys and Girls Clubs, YMCA, and other places where people go to recreate.

Key Findings

- School and community gardens are an area of strength across the state working to increase access to healthy food.
- There are many groups focused on improving walking and biking infrastructure for both health and safety reasons.
- Little PSE work related to nutrition and physical activity is happening in out of school time sites
- Overall, fewer organizations and programs were identified that address physical activity, when compared to the number of organizations and programs that address nutrition.

Inventory Analysis

Inventory analysis identified interest in and support for school and community gardens. Many urban centers have groups focused on improving walking and biking infrastructure. The DHSS Obesity Prevention and Control Program is very active in promoting PSE work with the pre-school and K-12 populations during school hours; however, there is an identified gap in targeting these populations with physical activity and nutrition PSE strategies in out of school time sites. There are statewide initiatives such as Healthy Futures and Play Every Day that emphasize physical activity, but overall there are fewer organizations and programs identified that address physical activity when compared to the number of organizations and programs that target healthy eating habits.

Following are a few example PSE strategies recommended by the SNAP-Ed toolkit and obesity prevention literature for the Play setting:

- **Policy:** Improvement in hours of operation of recreation facilities.
- **Systems:** New or improved access to structured physical activity programs
- **Environment:** Improvements in access to safe walking or biking paths, or Safe Routes to school or work programs

Parks, Open Spaces, Trails

Inventory Summary

At the state level, groundwork is being laid to improve policy related to the Safe Routes to Schools program and walking and biking infrastructure. Alaska Trails, a nonprofit organization with a mission to enhance the Alaska trail experience by supporting sustainable, world-renowned trails through advocacy, education and technical assistance, has received a grant from Voices for Healthy Kids. Alaska Trails will mobilize and advocate to solidify the Safe Routes to School Program and the Transportation Alternative Program funding as consistent funding streams for active transport. Goals of the effort are to codify the Safe Routes to School program in state statute so that it can continue to benefit children around that state and assure that Transportation Alternative Program funds will continue to be used in the manner that they were designed and

not rolled in to the general transportation budget. Many other organizations are also working to improve access to safe walking and biking routes, including the Obesity Prevention and Control Program, and the Department of Transportation's "Toward Zero Deaths" safety efforts to make roadways safe for all users.

A system improvement documented in the PSE Inventory is the Anchorage Park Foundation's Health on Trails initiative with the vision of helping Anchorage residents and visitors find fun, simple ways to improve their wellbeing by using parks and trails 365 days a year. The program features ParkRx (Figure 18), which provides a standard prescription tool to help physicians and health educators encourage patients to use parks and trails for disease prevention and treatment. The Healthy Futures Challenge is a statewide example of systems change in the physical activity realm. The challenge rewards students and schools for being active.

Figure 18. Anchorage Park Foundation, "Park Rx" Tool

One-time grant funding to the community of Naknek is affording the opportunity to make a lasting change to their environment. America Walks offers micro grants to provide funds that support grassroots efforts aimed at empowering communities to create more safe, accessible and enjoyable places to walk and be physically active. Naknek was awarded a grant for 2018 to hire a contractor to clear overgrown areas of the Sockeye Fitness Trail, resurface areas of the trail and inspect exercise equipment in the gym for any needed maintenance or safety issues.

Play Every Day is a social marketing campaign coordinated by the Alaska Department of Health and Social Services with a goal of increasing public awareness about the health risks of childhood obesity and the importance of physical activity and choosing health drinks. Play Every Day promotes physical activity through PSAs, posters, videos, and a list of suggested activities.

Alaska also has three "Let's Move! Cities," Anchorage, Utqiagvik, and Nome. Let's Move Cities and Towns commit to making progress in five key areas: 1) Start Early, Start Smart develops interagency collaboration on early care and education programs; 2) MyPlate, Your Place displays MyPlate in municipally- or county-owned or operated venues that serve food; 3) Smart Servings for Students expands children's access to programs that offer healthy food before, during and after the school day, and/or over the summer months; 4) Model Food Service implements a policy for healthy and sustainable food service guidelines aligned with the Dietary Guidelines for Americans at municipally- or county-owned or operated venues that serves food; and 5) Active Kids at Play launches recommended policies, programs, or initiatives to continue to increase access to physical activity. Anchorage has received gold medals in all five areas; Utqiagvik has taken action at level three for students and level 5, active play; Nome has not yet documented efforts. Anchorage is now considered an "All-Star" city and is currently working on four new strategies: bicycle friendly community, city design guidelines, business recognition program and community gardens/urban agriculture.

Needs + Gaps

One area that was not extensively inventoried was the degree to which smaller, rural communities use school facilities for afterhours recreation. The sense of the project team through shared knowledge of Alaska and travel to many rural locations is that generally the practice of "open gym" is in place in many rural communities since facilities are so few and infrastructure can be limited.

Improvements to the built environment to foster walking and biking and create communities that are more hospitable to good health takes consistent focus and dedicated advocates. As a young state, Alaska does not have a robust history of urban planning and intentional community design; the larger communities of

Anchorage and Fairbanks were built with vehicles prioritized over human-scale design. Improved walking and biking infrastructure remains a gap.

Overall, there were fewer resources inventoried for physical activity than for nutrition indicating a need increased physical activity initiatives statewide. One initiative that does target physical activity is Healthy Futures, which challenges youth to "build the habit of daily physical activity" through promoting events and incentivizing kids to log daily physical activity and receive prizes through their school. The Healthy Futures program identified that they are in less than half of elementary schools in the state and that it is more challenging to build personal relationships with the on-site coordinators in rural Alaska, indicating there may be more of a need for increased physical activity supports in rural communities. Healthy Futures also notes that the more affluent schools in Anchorage have higher participation rates, while schools with more students of lower socio-economic backgrounds have lower participation rates in the program. While a robust statewide program, Healthy Futures may not be effectively reaching the SNAP-Ed target population with current services.

School and Community Gardens

Inventory Summary

Community and school-based gardens are becoming increasingly common across the State and signify an area of strength in the inventory. The 2014 School Garden Census conducted by Johanna Herron identified that 31 percent of schools in Alaska utilize garden-based education in their schools, and this number has likely increased since that survey was conducted.[49] Of note is the Calypso Farms Schoolyard Garden Initiative in the Fairbanks North Star Borough. The goal of this initiative is to support a network of school gardens and programming during the school year and summer months. One of the three elementary schools they provide programming for is a Title 1 School and adolescents participating in their summer program receive "Veggie Bucks" vouchers to exchange for fresh vegetables at school farm stands and area farmers markets throughout the summer.[50]

Several communities statewide offer community gardening opportunities including: Anchorage, Craig, Fairbanks, Juneau, Wasilla, and Wrangell.[51] This list is not exhaustive, as at the time of this writing no comprehensive list of community gardens was available. For instance, the Arctic Slope Native Association Special Diabetes Program for Indians partnered with Ilisagvik College Cooperative Extension, Alaska Department of Fish & Game, Palmer Soil and Water Conservation District, the City of Utqiagvik and other partners to develop a community garden. Additionally, in 2018, the Anchorage Mayor's Office is offering a Local Food Mini-Grant Program in conjunction with Cities of Service and the Alaska Food Policy Council. The goal of the mini-grant program is to empower Anchorage residents to increase their community's access to fresh,

Alaska Community Action on Toxics: Yarducopia

Yarducopia works directly with members of the Anchorage community to build gardens and reconnect people with their food. We pair homeowners who donate yard space and tools with volunteers who want to learn organic gardening techniques. The homeowner and volunteers split the produce grown, saving ten percent to be given to a charity of their choice.

[49] http://dnr.alaska.gov/ag/FarmToSchool/FTSTuesOverviewJohannaHerron.pdf

[50] http://www.calypsofarm.org/education/

[51] http://dhss.alaska.gov/dph/PlayEveryDay/blog/Lists/Posts/Post.aspx?ID=118

locally-grown produce. Anchorage residents and community groups can apply for funding up to $1,000 for projects that will improve food security and community resilience. Priority will be given to initiatives serving low-income neighborhoods. Projects may include improvements to school or community gardens and fruit tree plantings.

The interest and increase in community and school-based gardens maybe due in part to the Farm to School program within the Alaska Department of Natural Resources. Gardening and experiential learning is a key component of the program that focuses on the school environment but also public institutions in general.

Needs + Gaps

SNAP-Ed grantees and community organizations are already very active in the development and implementation of school and community gardens and there is an identified momentum for the continuation of these activities. The 2014 SNAP-Ed Needs Assessment identified that 80 percent of nutrition educators not already involved in gardening work were interested in using this approach. However, evaluation of school and community garden efforts are lacking. When school gardening programs or projects are tied to funding such as Alaska Farm to School grants or other gardening grants, there is often an evaluation component. However, evaluations may vary, and some schools may not be evaluating their gardening efforts at all.

Afterschool and Out of School Time Care

Inventory Summary

A 2016 report by the Alaska Afterschool Network identified that 90 percent of the 160 Alaska afterschool programs assessed provide meals or snacks to participants. Of those 160 programs, 89 percent identify that they offer sports and recreation opportunities and 81 percent identify that they offer health and wellness opportunities.[52] The USDA administers the following food programs for non-school-time providers: Afterschool Care Snack Service, Child and Adult Care Food Program At-Risk Afterschool Component, and the Summer Food Service Program. These programs focus on food distribution to after school and summer school sites and have nutrition standards identified by the USDA. There are approximately 70 licensed school aged childcare programs in the state and most of these programs participate in the Afterschool Care Snack and Summer Food Service Programs. Additional, unlicensed programs also participate in these food distribution programs.

Needs + Gaps

While most afterschool and summer programs state that they offer meals or snacks, physical activity, or health and wellness opportunities there are no statewide standards for programs to adhere to. Unlicensed out of school time providers and those that do not receive funding for meal programs may not have nutritional standards in place for meals. The Alaska Afterschool Network recognizes this as a need and identified that the American Heart Association, Voices for Healthy Kids offers grant opportunities for out of school time providers to pursue policy change related to nutrition and physical education. There are certain afterschool opportunities such as 4H Clubs that tend to be more focused on outdoor sports and activities, but this does not necessarily translate to policy or standards for these programs.

Additionally, an interviewee noted a need for staff training opportunities to promote physical activity in afterschool programs. With the rise of youth technology use and screen time, the interviewee has recognized a gap in the skills and knowledge about physical activity promotion. This is true not only of the afterschool

[52] Available online at: https://static1.squarespace.com/static/589ba1f09de4bb2d44262cc8/t/58c09e5c17bffc0ccda05a6a/1489018469287/AfterSchool+Read+View.pdf

program participants, but also some young staff who have also grown up with more technology use and less physical activity. This represents an area of opportunity at the systems level to use a train the trainers approach and improve afterschool staff skills and knowledge about physical activity promotion.

Recommendations

Parks, Open Spaces, Trails

The SNAP-Ed Program and its grantees should pay attention to efforts at the state level to solidify the Safe Routes to School Program and the Transportation Alternative Program funding as consistent funding streams for active transport at the state level. While state employees or those using state funds as grantees or contractors cannot directly advocate for legislation, providing education about the benefit of Safe Routes to Schools and transportation improvements that improve walking and biking infrastructure in communities is possible. State level policy work takes a lot of effort, so the coalition backing this work needs to be robust and well-informed. SNAP-Ed can play a role in information sharing across the communities served by their grantees. For these reasons, this recommendation is not included in the executive summary.

Play Partners

- *Park & Recreation Programs*
- *Safe Routes to School*
- *Alaska Trails*
- *Alaska Food Policy Council*
- *Alaska Department of Natural Resources*
- *Alaska After School Alliance*
- *Camp Fire Alaska, Boys and Girls Clubs and other afterschool programs*
- *Play Every Day*
- *Healthy Futures*

School and Community Gardens

The recommendation for this sub-setting is a programmatic one, rather than a PSE strategy and is therefore not included in the executive summary. The SNAP-Ed Program and grantees should develop or adapt an evaluation for school and community garden initiatives that captures PSE changes. The USDA Community Food Projects Program published a Community Food Project Evaluation Handbook and companion Toolkit that are available for free download. These tools cover planning, implementation, evaluation and using results for program development. The included survey tools can be used to track behavior and environmental change for individual participants by asking about access and appeal of healthy foods. Tracking forms included in the survey can be used to identify other systems and environmental changes such as food production and distribution, garden scale and size, and overall participation.

Afterschool and Out of School Time Care

Implement a PSE strategy that targets school nutrition and physical activity for out of school time providers. One such example is the Out of School Nutrition and Physical Activity Initiative (OSANP), which is detailed in the SNAP-Ed Toolkit. Achieving change in this setting means collaboration with the Alaska After School Alliance, DHSS Obesity Prevention and Control Program and others to draft model policy for after-school providers. As with school wellness policies, grantees have a role to play in implementation and evaluation of policy changes.

Partner with afterschool programs to implement a program aimed at improving the skills and knowledge of afterschool staff to more effectively incorporate physical activity into their everyday programming. Collaborate with the Alaska Society of Health and Physical Educators (SHAPE) to take on

this effort. There are several resources on their webpage[53] and SHAPE hosts an annual conference aimed at building physical education teachers' knowledge and skills in this area. On possible systems change approach would be to have grantees become part of a "train the trainer" course related to physical activity. Grantees could then bring the training to out of school time providers in their areas. Sports Play Active Recreation for Kids (SPARK) is a SNAP-Ed Toolkit approved direct education and PSE intervention that could be considered as an implementation strategy.

Table 17 summarizes suggested resources associated with the Play setting.

Table 17. SNAP-Ed Toolkit Live Resources

Intervention Name	Intervention Type	Overview	Classification	Cost
Out of School Nutrition+ Physical Activity (OSNAP)	Policy (e.g. New or stronger limits on entertainment screen time, policy change at after-school sites).	This intervention is designed to increase healthy nutrition and physical activity and reduce screen time for children, including the frequency with which water is served during snack at afterschool programs.	Research-tested	Free intervention and evaluation materials
Sports Play Active Recreation for Kids (SPARK)	System (e.g. After-school time providers trained and given tools to implement an evidence-based physical activity curriculum)	SPARK aims to develop healthy lifestyles, movement knowledge, motor skills, and social and personal skills and include training for teachers.	Research-tested	Curriculum: $199-$399 Training: Prices upon request; Some webinars available free online

[53] Alaska Society of Health and Physical Educators (SHAPE): http://www.shapealaska.com/menu/

8. Shop Setting

The **Shop** setting includes large food stores (4 or more registers), small food stores (3 or fewer registers), food banks and pantries, Food Distribution Program on Indian Reservations (FDPIR) distribution sites, farmers markets, or other places where people "shop" for or otherwise access food to prepare and eat at home

Key Findings

- The WIC program has had a significant impact on the retail environment in many rural communities.
- Limited number of organizations or programs are targeting the retail environment
- Farmer's markets are offered in many locations throughout the state, yet not all markets accept SNAP or other benefits.

Inventory Analysis

Interviews and analysis identified the Shop sub-settings as lacking in PSE strategies. While there are numerous places where people go to shop and access nutritious food and beverages, few of these sites are targets of PSE change.

Following are a few example PSE strategies recommended by the SNAP-Ed toolkit and obesity prevention literature for the Shop setting:

- **Policy:** Improve geographic availability of supermarkets in underserved areas. Provide incentives to retailers to locate in or offer healthier food and beverage choices in underserved areas.
- **Systems:** Increase fresh or local produce.
- **Environment:** Improve layout or display of food. Point of purchase and distribution prompts.

Large and Small Food Stores

Inventory Summary

Interviews, research and inventory analysis identified few organizations or programs addressing large and small food stores in the Shop setting. SNAP-Ed grantees currently offer direct education at food store settings and cash assistance is provided by SNAP and WIC programs. One grantee identified that she is building a partnership with a local corner store, in the hopes of increasing the availability of healthy foods at the store and increasing the accessibility of these foods to SNAP recipients by helping the owners obtain an EBT machine.

The WIC program has a beneficial impact on the food environment because, as the WIC program website states: "The Alaska WIC Program relies on authorized retail grocers to help provide nutritious foods to eligible women, infants, and children in our state." This means that stores that participate in WIC must have milk, eggs, legumes, a variety of whole grain products, and fruit and vegetables, even in small, rural communities where these items may otherwise be hard to come by. Another example of environmental change in the shopping environment is the Fred Meyer "Fruit for Kids" campaign which offers free fresh fruit for children to enjoy as a snack while shopping. A recent project that may influence or provide more information about the Shop setting is a grant that ANTHC + RurAL CAP received through the National

Institute of Health to look at the food environment in rural Alaska. As part of this project they will conduct focus groups and interviews with food distributors and rural grocery stores. This may be an opportunity to learn more about the challenges and barriers getting fresh, healthy food to rural communities. The Alaska Food Policy Council is also involved in work focused on the Shop setting is forming the building blocks for PSE work by completing food system assessments and updating existing assessments.

The suggestion to move forward with a sugary drinks tax arose during multiple key informant interviews. Although state and federally funded grantees are restricted from participating in specific lobbying efforts, providing education to community members and decision makers about the benefits of such a policy is allowable. The Alaska Dental Society has listed the sugary drinks tax to its list of legislative priorities, and appears to be in the best position to lead the effort in moving Alaska's sugary drinks tax forward.[54] SNAP-Ed grantees may consider partnering with local Dental Society representatives to help educate community members and local decision makers about the benefits of such a policy change and build local level support.

As one interviewee noted, although a statewide sugar-sweetened beverage tax would be ideal, local level laws have been effective in tobacco prevention work and could have a great impact on obesity prevention, as well. If the political will to implement a statewide tax does not currently exist, the Alaska Dental Society could first focus its efforts locally in communities where the readiness to implement such a tax is strong. At a local level, the City of Sitka developed a presentation on a proposal for a sugar sweetened beverage excise tax.[55] Looking to smoke-free local ordinances could be helpful in determining which communities to focus on. Facilitating a local readiness survey (to measure how supportive a community is for implementing a sugary drink tax) may also be a helpful activity that SNAP-Ed grantees could facilitate.

Another policy issue is to explore and understand the bypass mail system that subsidizes what is mailed to rural communities. An observation was made that much of the sugar sweetened beverages that are sold in rural grocery stores are mailed using this system.

To learn more about sugar-sweetened beverages, the DHSS Obesity Prevention + Control Program has the following information:

- *Burden of sugary drinks in Alaska*
- *Alaskans' knowledge, attitudes and behaviors about the health risks of sugary drinks*
- *Public education materials about the health risks of sugary drinks*
- *Health provider tools to address patient sugary drink intake*
- *Consultation + technical assistance regarding evidence-based practices to decrease sugary drink intake*

Needs + Gaps

Access and availability of nutritious foods in small and large food stores is an issue statewide and is a gap felt most acutely in rural areas. A review of the SNAP-Ed Toolkit and obesity prevention literature identified incentivizing retailers to offer healthier food and beverage choices and utilizing point of purchase prompts as promising PSE approaches in this setting; however, interviews and inventory analysis did not identify organizations actively working in these areas.[56] Southcentral Foundation grantees identified that after presenting the Rethink Your Drink display at a health fair in

[54] Alaska Dental Society: http://www.akdental.org/docs/librariesprovider9/legislative/2017-ads-oral-health-plan.pdf?sfvrsn=2

[55] City of Sitka, Sugar Sweetened Beverage Excise Tax Presentation. Available online at: http://www.cityofsitka.com/government/clerk/boards/info/ctf/documents/SugarSweetenedBeverageExciseTaxProposal-CTFPresentation.pdf

[56] SNAP-Ed Toolkit, CDC Common Community Measures for Obesity Prevention

Illiamna, children in the community identified that there was a need for healthier drinks in their community and asked the local store to provide them with better choices. Without tracking, technical assistance, and follow up, it is not known if the store made the changes as requested.

Alaska has high rates of sugar-sweetened beverage consumption but approaches to reduce consumption do not currently move beyond direct education and social marketing.

Food Banks and Pantries

While numerous organizations and programs offer direct education and food distribution, few are involved in PSE work. The Alaska Food Coalition is a collaborative group of non-profit, faith based and state agencies whose goals are to strengthen and coordinate public and private food and nutrition assistance programs and educate policy makers about Alaska food needs. Their involvement in policy and systems work is an opportunity for engagement by SNAP-Ed grantees.

Needs + Gaps

The SNAP-Ed toolkit identifies point-of-distribution prompts as a social marketing strategy impacting the food environment. While several grantees are providing materials to local food banks and pantries there does not appear to be a coordinated information campaign.

Food Distribution Program on Indian Reservation Sites

There are currently 16 tribal agencies that administer the Food Distribution Program on Indian Reservation (FDPIR) sites. An assessment of each site was not completed, as it was beyond the scope of this assessment. However, conversations with the ANTHC program manager indicated that there is limited PSE work happening at individual sites. The FDPIR food packages must adhere to federal nutrition guidelines and offer recipes and tips for using food in healthy ways that supplement a subsistence diet. The FDPIR Food Package Review Committee advocates for local foods to be included in the food packages. The FDPIR program conducts visits to all sites and through these visits they host and promote a healthy event in the community. One resource they often bring is a "Nutrition/Physical Activity" kit that they leave behind so that community organizations such as the tribe, clinic, boys and girls club can host events outside of the Program visit. Generally, the kit includes jump ropes, fruit and veggie bingo, berry picking hike suggestions, for example. The FDPIR program always promotes local harvest and encourages communities with messages such as: "Remember the plants that you've grown up picking." They point out that hunting/gathering in and of itself is physical activity. The food they distribute is meant to be used in conjunction with local, traditional foods.

Needs + Gaps

While the FDPIR Food Package Review Committee advocates for local foods to be included, this remains a challenge because of strict FDA standards which require any food distributed through the program be packaged in an approved facility. The interview with FDPIR staff underscored many of the themes and challenges shared elsewhere in this assessment that the availability of fresh produce is highly variable by region and community. The FDPIR program shares the same goal as SNAP-Ed, to increase fruit and vegetable intake; however, staff posited that this may not be relevant or prevalent in the diet of some of the communities they serve. "Southeast is an example of communities that are pretty darn ahead because they have access to fruits, vegetables, plants – this is scarcer and scarcer as you go further north in Alaska."

Farmers Markets

Inventory Summary

The 2016 Alaska Farmers Market Brochure identified 40 farmers markets in Alaska of which 15 accept SNAP benefits.[57] Farmers market produce also is made more accessible to low-income people through the Farmers Market Nutrition Programs for WIC recipients and seniors. The Alaska Food Policy Council 2012-2015 Strategic Plan identified a strategy of: *helping develop policy and regulation to encourage farmers markets and CSA/CSFs to accept SNAP/WIC benefits and to explore incentives to assist low-income residents to purchase healthy food.* This strategy was pursued and successfully implemented in the past, but is not currently funded, described below.

The Alaska Farmers Market Association, in conjunction with the DHSS Obesity Prevention and Control Program, is currently researching EBT usage at farmers markets and working to identify the cost of a statewide farmers market EBT program. Alaska formerly had a statewide program, but lost funding, so participation is now based on individual markets' willingness to participate. If such a program were to begin again, the Alaska Farmers Market Association is identified as the best organization to implement the program.[58]

Needs + Gaps

Less than 40 percent of all farmers markets in Alaska currently accept SNAP benefits. While the number of markets accepting SNAP benefits has increased since the 2014 SNAP-Ed Needs Assessment there is more work to be done to ensure that SNAP recipients are able to use their benefits at their closest market. A specific example of need is identified in Anchorage Census Tract 9.01, where 37.5 percent of households receive SNAP benefits but the farmers market located within this tract does not currently accept SNAP benefits. The use of incentives programs is a highlighted PSE strategy in the SNAP-Ed toolkit and further assessment is needed to identify farmers markets that are currently or have historically used incentive programs as part of their markets.

Recommendations

Large and Small Food Stores

Increase the number of small, grocers across AK that participate as vendors in WIC. For those vendors already participating in WIC, identify a PSE strategy from the SNAP-Ed Toolkit to implement. Baltimore Healthy Stores, California Retail Program, Healthy Retail Recognition Pilot, and Stock Healthy, Shop Healthy are examples of interventions in this setting.

Table 18 summarizes suggested resources associated with the Shop setting.

Shop Partners

- *Alaska Food Policy Council*
- *Alaska Food Coalition*
- *Alaska Farmers Market Association*
- *ANTHC + FDPIR*
- *Alaska Dental Society*
- *DHSS Obesity Prevention + Control Program*
- *Grocers + Food retailers*
- *Local food pantries + food banks*

[57] http://dnr.alaska.gov/ag/Marketing/FarmersMarkets2016.pdf

[58] Interview with Diane Peck, Alaska DHSS Obesity Prevention and Control Program.

Table 18. SNAP-Ed Toolkit Shop Resources

Intervention Name	Incentivizing retailers	Point of purchase prompts	Rural Implementation	Classification	Cost of intervention materials
Baltimore Health Stores	No	Yes	Yes	Research-tested	Free
California DPH Retail Program	No	Yes	No	Research-tested	Online resources; Costs for materials
Healthy Retail Recognition Pilot	Yes	Yes	No	Emerging	Online resources
Stock Healthy, Shop Healthy	Yes	Yes	Yes	Research-tested	Free

Support the Alaska Dental Society's efforts to propose a sugary drink excise tax (statewide or local) by providing education to community members and decision makers to help generate support for such policies. Part of this work could also involve tracking the national debate related to restrictions on the food and drinks that can be purchased with SNAP benefits and considering becoming a pilot state for testing of this policy strategy if the opportunity is made available.

Food Banks and Pantries

Implement healthy food donation guidelines and/or programs to improve access to healthy foods in emergency feeding programs. Partnerships with SNAP outreach coordinators and food bank sites could be formed to implement activities similar to those outlined in the SNAP-Ed Toolkit's "Just Say Yes to Fruits and Veggies". Intervention components include:

- Distribution of fresh produce to participants attending nutrition education and cooking workshops (from partner food banks)
- Distribution of Health Bucks for use at farmer's markets ($2 coupons for purchase of fruits and veggies)
- Implementing healthy food donation guidelines for Food Banks and "Healthy Shelf" program to improve access to healthy foods in emergency feeding programs.

As part of this work, SNAP-Ed can use their membership in the Alaska Food Coalition to identify potential partners and build support for PSE work at food pantry and food bank sites. Prior to purchasing or receiving training on a specific intervention, the SNAP-Ed program or grantees could conduct a readiness assessment to identify what type of intervention these food distribution programs may be most interested in implementing.

Food Distribution Program on Indian Reservation Sites

This program reaches the same population that SNAP-Ed seeks to serve: low income Alaskans. ANTHC's FDPIR already offers direct education and events to communities with distribution sites. SNAP-Ed should pay attention to the work of the FDPIR, share this assessment with the program, and stay alert for opportunities to partner. A focus on PSE strategies at FDPIR sites is not recommended at this time.

Farmers Markets

Increase the number of farmers markets across Alaska that take SNAP benefits and encourage the use of incentives programs at farmers markets. Assessment of current and past farmers market incentive programs should be considered as well as SNAP-Ed Toolkit interventions such as "Health Bucks."

Resources are available to assist farmers markets in accepting SNAP benefits including grant funds available through the partnership between the USDA Food and Nutrition Service and the Farmers Market Coalition. The Farmers Market Coalition Free SNAP EBT Equipment Program provides eligible farmers markets and direct marketing farmers with free electronic benefit transfer (EBT) equipment necessary to process SNAP benefits.[59] The *Accepting SNAP Benefits at your Farmers Market or Market Booth Toolkit* is another resource available to SNAP-Ed staff to assist farmers markets in this process. The Alaska Farmers Market Association is a key partner in this system change.

SNAP-Ed could also consider partnering with the Seniors Farmers Market Nutrition Program to expand their reach to additional markets, specifically in regions with higher percentages of seniors in poverty (Interior and Gulf Coast).

[59] Farmers Market Coalition, Free SNAP EBT Equipment Program. https://farmersmarketcoalition.org/programs/freesnapebt/

9. Work Setting

The **Work** setting includes worksites with low-wage workers, job training programs/Temporary Assistance for Needy Families (TANF) worksites, SNAP offices, military bases and employment sites.

Key Findings

- Current PSE strategies in the work setting do not specifically target low-income workforces, job training programs, or public assistance offices
- Opportunity to develop partnerships with public assistance offices within this setting

Inventory Analysis

The worksite setting includes worksites with low-wage workers, job training programs/TANF worksites, SNAP offices, military bases or other places where people go to work.

Following are a few example PSE strategies recommended by the SNAP-Ed toolkit and obesity prevention literature for the Work setting:

- **Policy:** Workplace access to physical activity facilities at reduced or no cost; improve policies for working parents.
- **Systems:** Change in food purchasing specifications or vendor agreements towards healthier foods.
- **Environment:** Improvements in access to or appeal of stairwells to encourage physical activity.

Many worksites in the state are implementing PSE strategies; however, these worksites and strategies do not specifically target the low-income population. Even so, there are lessons to be learned and partnerships to build based on existing efforts.

Policy Highlight: Maniilaq Association

The WIC coordinator in Kotzebue identified an opportunity for policy change within Maniilaq Association, a large employer in the region.

WIC worked with the Maniilaq Association Human Resources office to write a policy change that increased the time new moms could bring their infants to work from three months to six months. This policy change increased access and appeal of breastfeeding among working mothers.

WIC took this change further and secured a grant to furnish a breastfeeding room for employees in the Maniilaq Health Center.

Worksites with Low-Wage Workers

Low wage SNAP-Ed worksites are defined as industries generally classified by the Bureau of Labor Statistics as low-wage, with at least 25 employees, and whose human resources department or management confirms that more than half of workers earn annual wages comparable to 185 percent of the federal poverty level for the state.[60] Worksites with PSE initiatives are cataloged in the inventory located in Appendix C, but are not enumerated here, as none of the identified initiatives target low-wage workers. Worksites identified in the inventory are not inclusive of all worksite wellness policies and programs in the

[60] https://snaped.fns.usda.gov/sites/default/files/uploads/SNAP-EdEvaluationFrameworkInterpretiveGuide.PDF

state as gathering that information is beyond the scope of this project. Selected organizations were included in the inventory because the consultant learned about their work through key informant interviews or the worksite's status as a grantee receiving funds for worksite wellness. Inventoried organizations can be used as a point of reference for SNAP-Ed staff who may wish to pursue initiatives in this setting. Alaska Native health organizations such as SEARHC, Tanana Chiefs Conference, Maniilaq Association and Southcentral Foundation were all identified as having engaged in PSE change in the worksite and could be key contacts for furthering this work. At the state level, Work Well Alaska offers technical assistance to businesses to develop health and wellness programs and could offer support to grantees who wish to target worksite settings.

Other Worksites

Other worksites include: job training programs, TANF worksites, SNAP offices, military bases or other places where people go to work. SNAP-Ed grantees currently offer direct education at job training programs and bring materials to public assistance offices. No PSE strategies were identified in these settings.

Needs + Gaps

Community level assessment is needed to identify worksites that qualify as low-income. Further assessment and inventory of job training programs, TANF worksites, and public assistance offices is needed at the community level in order to identify potential locations for partnership and the readiness of these sites for PSE change. SNAP-Ed grantees identified that they bring educational information to public assistance offices but have difficulty establishing relationships and building partnerships at these sites. PSE strategies in low-income worksites were not identified by this needs assessment.

Recommendations

Worksites with Low-Wage Workers

To reach this population community level assessments of low-wage or potentially low-wage worksites is needed to identify what, if any, are appropriate for SNAP-Ed grantee interventions.

As this setting requires a deeper level of assessment and data gathering than is likely publicly available it may not be a top priority for SNAP-Ed grantees. If grantees do wish to work within this setting there are Alaska worksites to model as well as resources available in the SNAP-Ed Toolkit.

Table 19 summarizes suggested resources associated with the Work setting.

Table 19. SNAP-Ed Toolkit Work Resources

Intervention Name	Overview	Classification	Cost
TX Mother-Friendly Worksite Program	Employer recognition program to support development of written policy that supports breastfeeding employees	Practice-tested	Free Toolkit + Resources
CA Fit Business Kit	13 components to develop + implement a worksite culture and environment that supports healthy eating and physical activity	Emerging	Free Toolkit + Resources
Farm to Work	Employees are provided a weekly or biweekly opportunity to order a basket of local fresh produce delivered to the worksite	Emerging	Free Toolkit + Resources

Other Worksites

The PSE needs of these settings may be best met by direct education coupled with targeted social marketing. SNAP-Ed grantees could benefit from coordinated planning and problem-solving related to issues they have with establishing and building partnerships with public assistance offices. Identifying the specific needs of public assistance offices and developing targeted strategies to address those needs may be a useful first step towards PSE work in these settings.

Appendix A: PSE Strategies Resources

Policy, Systems and Environmental Strategies Resources

Resource	Source	Description	Link
SNAP-Ed Strategies & Interventions: An Obesity Prevention Toolkit for States	USDA, ASNNA, Center TRT, NCCOR	A toolkit that features evidence-based policy, systems and environmental changes that support direct education and social marketing and ways to evaluate them across various settings.	http://www.nccor.org/downloads/SNAPEdStrategiesAndInterventionsToolkitForStates.pdf
SNAP-Ed PSE Interactive Map	RNECE Policy, Systems + Environmental Change Center at the University of Tennessee	Interactive map, separated by setting (Eat, Learn, Live, Play, Shop, Work), providing tips and videos on how to implement PSE activities in each setting.	https://snapedpse.org/
Policy, Systems, and Environmental Change Resource Guide	American Cancer Society	The purpose of the Resource Guide is to provide resources, as well as models and tools, designed to assist you with planning and implementing a PSE agenda.	http://mncanceralliance.org/wp-content/uploads/2015/06/PSE-Resource-Guide.pdf
Center for Training and Research Translation (TRT) Website - Interventions	UNC Center for Health Promotion and Disease Prevention-Center TRT	The Center TRT's mission is to enhance the public health impact of state and community obesity prevention efforts by providing the training and evidence public health practitioners need to improve health behaviors, environments, and policies in ways that are equitable, efficient, and sustained over time. Includes list of 26 strategies based on the best available evidence for preventing obesity. Searchable by PSE and setting.	http://www.centertrt.org/
Regional Nutrition Education and Obesity Prevention Centers of Excellence (RNECE) Website	USDA	RNECE build the evidence-base for nutrition education and obesity prevention strategies and interventions that produce measurable improvements in health, obesity, nutrition (food behavior), and physical activity-related outcomes of interest to USDA; and develop effective education/extension, environmental, systems, and policy translational activities that promote health and prevent/reduce obesity in disadvantaged low-income families and children.	https://nifa.usda.gov/program/regional-nutrition-education-and-obesity-prevention-centers-excellence-rnece

Resource	Source	Description	Link
CDC's Community Strategies and Measurements to Prevent Obesity in the U.S. (COCOMO)	CDC	The objective of COCOMO project was to identify and recommend a set of strategies and associated measurements that communities and local governments can use to plan and monitor environmental and policy-level changes for obesity prevention. This report describes the expert panel process that was used to identify 24 recommended strategies for obesity prevention and a suggested measurement for each strategy that communities can use to assess performance and track progress over time.	https://www.cdc.gov/obesity/downloads/community_strategies_guide.pdf
The Community Guide by the Community Prevention Services Task Force	CDC	The Guide to Community Preventive Services (The Community Guide) is a collection of evidence-based findings of the Community Preventive Services Task Force (CPSTF). It is a resource to help select interventions to improve health and prevent disease in your state, community, community organization, business, healthcare organization, or school.	https://www.thecommunityguide.org/topic/obesity
Institute of Medicine's (IOM) Early Childhood Obesity Prevention Policies	IOM	The IOM reviewed factors related to overweight and obesity from birth to age five, with a focus on nutrition, physical activity, and sedentary behavior. In this report, the IOM recommends actions that healthcare professionals, caregivers, and policymakers can take to prevent obesity in children five and younger.	http://www.nationalacademies.org/hmd/Reports/2011/Early-Childhood-Obesity-Prevention-Policies.aspx
Local Government Actions to Prevent Childhood Obesity	IOM	This report is the first in a series of publications dedicated to providing brief, succinct information on childhood obesity prevention specifically for policy makers.	https://www.nap.edu/read/12674/chapter/1
Promising Strategies for Creating Healthy Eating & Active Living	Healthy Eating Active Living Convergence Partnership	Promising Strategies for Creating Healthy Eating and Active Living Environments offers a comprehensive and cross-cutting review of policy, strategy, and program recommendations to realize this vision: healthy people in healthy places.	https://www.preventioninstitute.org/sites/default/files/publications/promisingstrategies.pdf
Interventions Component of the SNAP-Ed Toolkit	SNAP-Ed	The Interventions component of the SNAP-Ed Toolkit helps state SNAP-Ed administrative and implementing agencies identify and implement evidence-based obesity prevention and PSE change interventions to include in SNAP-Ed Plans.	https://snapedtoolkit.org/interventions/find/

Resource	Source	Description	Link
Nutrition-Related Policy and Environmental Strategies to Prevent Obesity in Rural Communities: A Systematic Review of the Literature, 2002-2013	CDC	Policy and environmental-change strategies supporting healthier dietary intake can prevent obesity and promote health equity. Evidence in support of these strategies is based largely on urban and suburban studies; little is known about use of these strategies in rural communities. The purpose of this review was to synthesize available evidence on the adaptation, implementation, and effectiveness of policy and environmental obesity-prevention strategies in rural settings. Findings from this literature review provide guidance on adapting and implementing policy and environmental strategies in rural communities.	https://www.cdc.gov/pcd/issues/2015/14_0540.htm
Healthy Food Environments: How eating well becomes the easy choice.	Harvard T.H. Chan School of Public Health	Policy and environmental changes are the foundation of obesity prevention. The goal of this resource is to inform and empower people with science-based information about what can and must be done to prevent adult and childhood obesity; to help those who are overweight achieve a healthier weight; and ultimately, to turn back the obesity epidemic's global spread.	https://www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/food-environment/
Healthy Active Environments: Building places that get people moving.	Harvard T.H. Chan School of Public Health	Policy and environmental changes are the foundation of obesity prevention. The goal of this resource is to inform and empower people with science-based information about what can and must be done to prevent adult and childhood obesity; to help those who are overweight achieve a healthier weight; and ultimately, to turn back the obesity epidemic's global spread.	https://www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/physical-activity-environment/
ChangeLab Solutions	ChangeLab Solutions	Creating healthier communities for all through better laws and policies.	https://www.changelabsolutions.org/
Healthy Food Policy Project	USDA	Includes food policy database, food systems crosswalk and case studies.	http://healthyfoodpolicyproject.org/
Action 4 PSE Change	GW Cancer Center	Information and training about what are PSE-level strategies/interventions, how to go about making PSE changes and examples of successful PSE activities (related to cancer prevention in general, but includes promotion of healthy foods and physical activity).	http://action4psechange.org/

Appendix B: Ranking Methodology

2014 and 2018 Ranking Using 2014 Needs Assessment Ranking Methodology

Ranking Methodology + Results, Excerpted from 2014 SNAP-Ed Needs Assessment

Table 18
Ranking of Census and Borough Areas**

Public Health Region	Food Insecurity Rank	Census and Borough Area	Pop. Rank	Poverty Rank	< 5 Fruit & Veg Rank	Overweight & Obesity Rank	Overall rank**
Anchorage and Mat-Su Region	4	**Municipality of Anchorage**	**1**	**24**	**16**	**18**	**3**
		Matanuska-Susitna	**3**	**16**	**12**	**11**	**2**
Gulf Coast Region	3	**Kenai Peninsula Borough**	**4**	**15**	**11**	**23**	**4**
		Kodiak Island Borough	7	20	18	12	8
		Valdez-Cordova	10	22	6	6	12
Interior Region	5	Denali Borough	25	18	15	17	24
		Fairbanks North Star	2	25	19	20	6
		Southeast Fairbanks	15	12	8	8	16
		Yukon-Koyukuk	17	5	3	14	14
Northern Region	2	**Nome Census Area**	**9**	**2**	**2**	**25**	**5**
		North Slope Borough	11	8	14	21	11
		Northwest Arctic Borough	14	4	1	5	9
Southeast Region	6	Haines Borough	22	19	23	26	23
		Hoonah-Angoon	24	7	-	3	-
		Juneau City and Borough	5	26	13	15	7
		Ketchikan Gateway	8	21	21	10	13
		Petersburg Census Area	20	11	22	7	21
		Prince of Wales-Hyder	16	9	5	4	15
		Sitka City and Borough	12	17	20	22	17
		Skagway Municipality	27	-	-	-	-
		Wrangell City and Borough	23	13	7	16	22
		Yakutat City and Borough	29	-	-	-	-
Southwest Region	1	Aleutians East Borough	21	10		19	18
		Aleutians West	18	23	9	13	20
		Bethel Census Area	**6**	**3**	**4**	**24**	**1**
		Bristol Bay Borough	28	14	-	1	-
		Dillingham Census Area	19	6	17	9	19
		Lake and Peninsula	26	-	-	2	-
		Wade Hampton	13	1	10	27	10

**** Overall rank is based on the sum of the census and borough regions: [poverty ranking + vegetable and fruit intake ranking + obesity prevalence ranking + (population size*5].**

Source: Alaska Department of Health and Social Services, Division of Public Assistance, Family Nutrition Services. *SNAP-Ed Program Needs Assessment 2014*. Prepared for the Department by University of Alaska Fairbanks.

Updated 2014 Ranking Methodology with Updated Data Measures, Ranked by Borough + Census Area

Public Health Region	Food Insecurity Rank	Borough and Census Area	Overall Rank (Using 2014 Methodology)	Population Rank	Poverty Rank	Adult Obesity Rank	Adult Fruit+Veg Rank
Anchorage and Mat-Su Region	5	**Anchorage Municipality**	**4**	1	23	18	22
	2	**Matanuska-Susitna Borough**	**1**	2	19	11	15
Gulf Coast Region	3	**Kenai Peninsula Borough**	**5**	4	20	16	17
		Kodiak Island Borough	9	8	15	9	23
		Valdez-Cordova Census Area	14	11	16	15	13
Interior Region	6	Denali Borough	21	25	11	27	8
		Fairbanks North Star Borough	6	3	24	19	16
		Southeast Fairbanks Census Area	N/A	15	10	8	N/A
		Yukon-Koyukuk Census Area	15	18	5	17	2
Northern Region	1	**Nome Census Area**	**3**	9	2	7	7
		North Slope Borough	11	10	18	13	11
		Northwest Arctic Borough	8	14	4	4	1
Southeast Region	7	Haines Borough	24	22	28	25	24
		Hoonah-Angoon Census Area	19	24	13	21	6
		Juneau City and Borough	10	5	26	20	21
		Ketchikan Gateway Borough	7	7	12	10	19
		Petersburg Census Area	20	20	17	24	20
		Prince of Wales-Hyder Census Area	12	16	9	2	4
		Sitka City and Borough	16	12	21	23	18
		Skagway Municipality	N/A	27	29	N/A	N/A
		Wrangell City and Borough	18	23	14	1	5
		Yakutat City and Borough	N/A	29	27	N/A	N/A
Southwest Region	4	Aleutians East Borough	17	21	8	6	12
		Aleutians West Census Area	N/A	17	22	12	N/A
		Bethel Census Area	**2**	6	3	14	9
		Bristol Bay Borough	23	28	25	3	10
		Dillingham Census Area	N/A	19	6	5	N/A
		Kusilvak Census Area	13	13	1	26	3
		Lake and Peninsula Borough	22	26	7	22	14

Food insecurity data is available from the 2006 and 2013 BRFSS data, and has been updated to provide separate data points for Anchorage and Mat-Su, although they are part of the same public health region. The ranking in the 2018 table has been adjusted to show separate rankings for these two areas, for a total of 7 areas ranked on this measure. The 2006 and 2013 data indicate that Mat Su residents are more likely to experience food insecurity, resulting in significantly different rankings than the data for the combined region.

Appendix C: Inventory of PSE Activities

Policy, Systems and Environmental Activities Inventory

The following pages include the full inventory of PSE activities happening at sites across Alaska.

Name of Program or Intervention	Description	Source	Status	Intervention Type: Cash Assistance	Food Distribution	Direct Education	Policy	System	Environment	Social Marketing	Nutrition	Physical Activity	Region: Anchorage + Mat Su	Gulf Coast	Interior	Northern	Southeast	Southwest	Statewide	Specific Communities Involved	Primary Setting: EAT	LIVE	LEARN	WORK	PLAY	SHOP	UNIVERSAL	Population/Age Group: Preschool	K-12	Parents/Adults	Pregnant + B-feeding Mothers	Seniors/Elders	Homeless/Food Pantry Clients	Alaska Native People
Alaska Food Coalition	The Alaska Food Coalition (AFC) is a statewide group of over 125 non-profit, faith based and state agencies working to help hungry Alaskans throughout the state. The Alaska Good Coalition's goals are to support these organizations, to strengthen and coordinate public and private food and nutrition assistance programs, and to educate policy makers about Alaskan food needs. AFC conducts outreach for SNAP, Senior Benefits, ATAP/TANF and other programs. AFC offers mini-grants to member agencies involved in fighting hunger in Alaska.	http://alaskafood.org/	Grant funded			x	x	x			x							x							x				x		x	x	
Arctic Food Security + Nutrition Network	In Fall 2015 AFSNN members identified 3 goals: • Reduce food insecurity in Alaska, Yukon, and Northern Canada, • Make policy makers aware of what we are doing and how they can help, and • Establish cross-border relationships on food security and nutrition.	http://dhss.alaska.gov/dpa/Pages/nutri/arctic-nutrition.aspx	Ongoing				x				x								x	Statewide + Yukon + Northern Canada							x							
DEED - Head Start	The Department of Education & Early Development works to support Head Start sites to increase access to healthy food. They do not have specific priorities related to obesity prevention. A particularly helpful resource they provide is their early learning update e-newsletter sent out bi-weekly.	Interview with Supanika Ackerman	Ongoing																x				x						x					
DEED - School Nutrition Programs: National School Lunch Program, School Breakfast Program, After School Snack Program + Special Milk Program	The National School Lunch Program (NSLP), School Breakfast Program (SBP), Special Milk Program (SMP), and After School Snack Program are federally assisted meal programs operating in public and nonprofit private schools and residential child care institutions. These programs provide nutritionally balanced, low-cost or free lunches to children each school day.	https://www.eed.state.ak.us/cnp/nslp	Ongoing		x						x							x					x						x	x				
DEED - Summer Food Service Program	The Summer Food Service Program (SFSP) is a federally-funded program that provides free, nutritious meals to children age 18 or younger living in low-income areas, or pockets of poverty during the summer months when school is not in session. The SFSP can be sponsored by public or private nonprofit schools, or school districts; public or private nonprofit organizations, day or residential summer camps; local government agencies or tribal organizations. Summer feeding sites can be located in schools, public housing centers, playgrounds, camps, parks, churches, rec centers, and many other facilities as long as the site meets the SFSP eligibility criteria.	https://www.eed.state.ak.us/cnp/sfsp	Ongoing		x						x							x	165 sites	x									x	x				
DEED - The Emergency Food Assistance Program (TEFAP)	The Emergency Food Assistance Program (TEFAP) is a Federal program that helps supplement the diets of low-income Americans by providing them with emergency food and nutrition assistance at no cost. States provide the food to local agencies that they have selected to distribute the food to soup kitchens and food pantries that directly serve the public.	AK Dept of Ed and Early Dev. (USDA Commodities)	Ongoing		x						x							x	Congregate feeding sites: Anchorage, Juneau, Fairbanks, Nome, Wasilla, Dillingham, Bethel, Ketchikan, Sitka; 43 household	x					x							x	

Name of Program or Intervention	Description	Source	Status	Intervention Type: Cash Assistance	Food Distribution	Direct Education	Policy	System	Environment	Social Marketing	Nutrition	Physical Activity	Region: Anchorage + Mat Su	Gulf Coast	Interior	Northern	Southeast	Southwest	Statewide	Specific Communities Involved	Primary Setting: EAT	LIVE	LEARN	WORK	PLAY	SHOP	UNIVERSAL	Population/Age Group: Preschool	K-12	Parents/Adults	Pregnant + B-feeding Mothers	Seniors/Elders	Homeless/Food Pantry Clients	Alaska Native People
DEED Alaska School Wellness Policies	The goal of a Local School Wellness Policy is to promote the health of students and address the ever growing childhood obesity problem. Wellness Policies should set goals for nutrition education, physical activity, and guidelines for food and beverages that are available on school campuses during the school day. Each local educational agency that participates in the National School Lunch Program or other federal Child Nutrition programs is required by federal law to establish a local school wellness policy for all schools and residential child care institutions under its jurisdiction. All school districts and residential child care institutions should have Local School Wellness Policies on file and evaluate the implementation of these policies. The Department of Education and Early Development (AK DEED) provides a searchable database of wellness policies across Alaska.	https://education.alaska.gov/cnp/wellness	On-going				X				X	X						X	See searchable database			X						X	X					
DEED Child + Adult Care Food Program	The Child and Adult Care Food Program (CACFP) is a program that provides healthy meals and snacks to children and adults receiving day care. It plays a vital role in improving the quality of day care and making it healthy meals more affordable for low-income families. CACFP is available to qualifying child care centers, at-risk afterschool meals programs, family day care homes, homeless shelters, and adult day care centers. A list of current participants by community can be found on their website.	https://www.eed.state.ak.us/cnp/cacfp	Ongoing		X						X							X	See community list on website	X	X		X				X	X		X			
DEED Fresh Fruit + Vegetable Program	The Fresh Fruit and Vegetable Program (FFVP) provides all children in participating schools with a variety of free fresh fruits and vegetables at times other than during the school meals. It is an effective and creative way of introducing fresh fruits and vegetables as healthy snack options. The FFVP also encourages community partnerships to support the schools when they offer free fruit and vegetables to children during the school day.	https://www.eed.state.ak.us/cnp/ffvp	Ongoing		X						X							X	35 school districts, 220 schools			X					X	X					
DEED USDA Food Distribution Program	Commodities are distributed to State Agencies for use by eligible outlets. In Alaska the State Department of Education & Early Development acts as the Distributing Agency for the USDA Commodity Program. Eligible outlets include schools and residential child care institutions participating in the National School Lunch Program, child care centers participating in the Child Care Food Program, approved sponsors of a Summer Food Service Program, food banks, food pantries, soup kitchens, etc., participating in the Emergency Food Assistance Program (TEFAP).	AK Dept of Ed and Early Dev.	Ongoing		X													X		X		X		X	X							X	

Name of Program or Intervention	Description	Source	Status	Intervention Type: Cash Assistance	Food Distribution	Direct Education	Policy	System	Environment	Social Marketing	Nutrition	Physical Activity	Region: Anchorage + Mat Su	Gulf Coast	Interior	Northern	Southeast	Southwest	Statewide	Specific Communities Involved	Primary Setting: EAT	LIVE	LEARN	WORK	PLAY	SHOP	UNIVERSAL	Population/Age Group: Preschool	K-12	Parents/Adults	Pregnant + B-feeding Mothers	Seniors/Elders	Homeless/Food Pantry Clients	Alaska Native People
DHSS DPA Commodity Supplemental Food Program (CSFP)	The Commodity Supplemental Food Program (CSFP) works to improve the health of low-income seniors at least 60 years of age by supplementing their diets with nutritious USDA commodity foods. Local Grantees that provide the CSFP in the state of Alaska:	https://fns-prod.azureedge.net/sites/default/files/csfp/programFactSheet-csfp.pdf	Ongoing, federally funded.		X						X		X	X	X		X			Fairbanks Community Food Bank Food Bank of Alaska: Anchorage, Mat-Su, Southeast, Kenai Peninsula						X						X	X	
DHSS DPA Farmer's Market Nutrition Program (FMNP)	The Alaska Farmers' Market program introduces WIC participants and eligible seniors to produce grown in Alaska. Through this program, participants are issued coupons that they can exchange for Alaska-grown fruits, vegetables and herbs at local Farmers' Markets and farm stands.	http://dhss.alaska.gov/dpa/Pages/nutri/default.aspx	Ongoing, federally funded.	X							X		X	X	X			X		Anchorage, Fairbanks, Homer, Kenai, Kodiak, Dillingham, Palmer/Wasilla						X					X	X		
DHSS DPA Senior Farmer's Market Nutrition Program (SFMNP)	The Alaska Senior Farmers' Market Nutrition Program (SFMNP) provides low-income seniors with coupons that can be exchanged for fresh Alaska-grown fruits, vegetables, fresh-cut herbs and honey at farmers' markets, and authorized farms and roadside stands.	DHSS	Ongoing	X							X		X		X					Anchorage, Fairbanks, Palmer/Wasilla						X					X			
DHSS DPA Supplemental Nutrition Assistance Program (SNAP)	The Alaska Food Stamp Program provides food benefits to low-income households.	DHSS DPA	Ongoing	X							X								X	N/A						X							X	
DHSS DPA Supplemental Nutrition Assistance Program Education (SNAP-Ed)	Provides nutrition education for low income Alaskans. The goal of SNAP-ED is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles	DHSS	Ongoing, federally funded based on number of SNAP recipients in the State.			X	X	X	X	X	X	X							X	Grantees: UAF-CES, AICS, Southcentral Foundation							X	X	X	X	X	X	X	X
DHSS DPA Women, Infants and Children Program (WIC)	WIC is the Special Supplemental Nutrition Program for Women, Infants and Children. This public health program is designed to improve health outcomes and influence lifetime nutrition and health behaviors in targeted, at-risk populations. Nutrition education is the cornerstone of the WIC Program. Text4Baby is a new resource offered by WIC for pregnant mothers. This service delivers free health related text messages to pregnant women and new mothers.	DHSS	Ongoing	X		X					X								X							X					X				
Fairbanks Community Food Bank	The Fairbanks Community Food Bank offers the following programs: Emergency Food Box, Thanksgiving Food Box, Bone Builders Summer Food Program, Agency Shopping, Commodity Supplemental Food Program, and Temporary Emergency Food Assistance.	http://www.fairbanksfoodbank.org/	Ongoing		X						X				X					Fairbanks/Tanana Valley residents					X	X							X		
Food Bank of Alaska	The Food Bank of Alaska offers the following federal programs: Summer Food Service Program, Child + Adult Care Food Program, The Emergency Food Assistance Program, Senior Boxes - Commodity Supplemental Food Program and the Food Distribution Program on Indian Reservations.	http://www.foodbankofalaska.org/	Ongoing, federally funded		X						X								X			X		X		X							X		

Name of Program or Intervention	Description	Source	Status	Intervention Type: Cash Assistance	Food Distribution	Direct Education	Policy	System	Environment	Social Marketing	Nutrition	Physical Activity	Region: Anchorage + Mat Su	Gulf Coast	Interior	Northern	Southeast	Southwest	Statewide	Specific Communities Involved	Primary Setting: EAT	LIVE	LEARN	WORK	PLAY	SHOP	UNIVERSAL	Population/Age Group: Preschool	K-12	Parents/Adults	Pregnant + B-feeding Mothers	Seniors/Elders	Homeless/Food Pantry Clients	Alaska Native People
Kenai Peninsula Food Bank	Our Food Bank is a non-governmental organization that distributes food through four different programs all under one roof. The KPFB distributes USDA Commodities, administers The Emergency Food Assistance Program, collects and redistributes food through the warehouse distribution program for member agencies, and serves a hot meal daily (Monday-Friday). They also offer gardening and nutrition classes on site.	http://www.kpfoodbank.org/	Ongoing		X	X					X			X						Kenai Peninsula Borough	X					X							X	
Kenaitze Indian Tribe (KIC) Food Cache	KIC food cache is operated by Na'ini Family and Social Services team. Donations from the community as well as fish in the tribal net stock the food cache. A wild game harvest program, operated in partnership with state and community agencies allows KIC to harvest meat from roadkill moose and other wildlife, and make it available to those in need. The program is open to all community members.	https://www.kenaitze.org/assistance/food-bank/	Ongoing		X						X			X						Kenai, Soldotna, Nikiski, Ninilchik		X											X	X
Kids Corp, Inc.	Kids Corp Head Start has focused on encouraging healthy lifestyles in classrooms to include no screen time, outdoor play time, healthy food. Kids Corp has been partnering with WIC to offer appointments with WIC at their site to get their clients/parents onto WIC.	Interview with Kelsey Beecher	Ongoing			X		X			X	X	X										X				X		X				
Municipality of Anchorage Community Food Project Grants	The Mayor's Office is offering the Local Food Mini-Grant Program in conjunction with Cities of Service and the Alaska Food Policy Council. The goal of the mini-grant program is to empower Anchorage residents to increase their community's access to fresh, locally-grown produce. Anchorage residents and community groups can apply for mini-grants of up to $1000 for projects that will improve food security and community resilience. Priority will be given to initiatives that serve low-income neighborhoods. Projects could include improvements to school or community gardens, fruit tree plantings, classroom indoor growing systems, and much more.	http://www.muni.org/departments/mayor/boards/pages/grants.aspx	one-time funding opportunity for 2018					X			X	X	X						Anchorage					X			X	X					
Rural CAP Head Start	Engaged in numerous obesity prevention activities. Specifically, their sites participated in the thread Let's Move childcare quality initiative, they have partnered with local canneries to get fresh salmon into the classrooms, they were recently awarded two grants related to obesity prevention and traditional food promotion. In the Bethel area, they are working with a local farm to supply fresh fruit and vegetables to their sites, and they have a dietician on staff to provide training and assessment for height and weight analysis.	Interview with Kayse Hinrichsen	Ongoing			X		X			X		X	X		X	X		Akiak, Akiachak, Anchorage, Chevak, Emmonak, Haines, Homer, Hooper Bay, Kake, Ketchikan, Kluti Kaah, Kodiak, Kwethluk, Marshall, Mountain Village, Napaskiak,				X				X						X
SNAP-Ed Grantee - AICS	AICS grantee targets include young children and families through the communities childcare centers such as Tlingit & Haida Wrangell Head Start. Additional targets are to obtain referrals from medical and behavioral health clinics and to provide education and assist with food distribution for seniors.	Grantee interviews/State Plan	Ongoing		X	X					X	X				X				Wrangell	X		X					X				X	X	X
SNAP-Ed Grantee - Southcentral Foundation	SCF grantee is targeting homeless, runaway, and at-risk youth as well as pregnant/parenting teens through direct education programming at Covenant House. About 50% of youth served are Alaska Native.	Grantee interviews/State Plan	Ongoing			X					X		X							Anchorage	X		X					X		X		X	X	X

Name of Program or Intervention	Description	Source	Status	Intervention Type: Cash Assistance	Food Distribution	Direct Education	Policy	System	Environment	Social Marketing	Nutrition	Physical Activity	Region: Anchorage + Mat Su	Gulf Coast	Interior	Northern	Southeast	Southwest	Statewide	Specific Communities Involved	Primary Setting: EAT	LIVE	LEARN	WORK	PLAY	SHOP	UNIVERSAL	Population/Age Group: Preschool	K-12	Parents/Adults	Pregnant + B-feeding Mothers	Seniors/Elders	Homeless/Food Pantry Clients	Alaska Native People
SNAP-Ed Grantee - UAF-CES	UAF-CES grantees are active in providing direct education and facilitating community and school garden initiatives. Many nutrition educators are involved in state or local food policy councils or local or school district wellness councils.	Grantee interviews/State Plan	Ongoing			X					X		X		X					Anchorage, Mat-Su, Fairbanks, Tok, Kenai		X	X					X	X	X				
Southeast Alaska Food Bank	Southeast Alaska Food Bank is the only food bank in the Juneau area. We supply the food pantries in the area with the foodstuffs they hand out to the public. We hand out non perishable food items to our agency providers who then in turn hand out the food the to general public.	http://getconnected.unitedwayseak.org/agency/detail/?agency_id=44085	Ongoing		X						X						X			Juneau						X							X	
Statewide Nutrition Action Committee (SNAC)	Statewide coordinating committee for nutrition collaboration		Ongoing					X											X								X	X	X	X	X	X	X	X
Tundra to Table + Tundra Plan Mini-Magazines	A SNAP/WIC promotional program created to increase appeal of nutritious foods.	http://dhss.alaska.gov/dpa/Pages/nutri/default.aspx	Unknown			X			X	X	X								X							X			X		X		
AK DNR Farm to School Program	The Farm to School (FTS) program is designed to offer expertise and support to all areas of the state to pursue farm to school activities and interests. The prevailing program goal is having product produced and/or harvested in Alaska available in the school food environment. We hope that through a variety of outreach efforts, we will increase the procurement and use of food grown in the state by public schools and other institutions. (school gardens, etc.). Farm to School is a nationwide group operating with a three-pronged approach: • Procurement of local products and goods • Garden and experiential learning • Nutrition education	AK DNR Division of Agriculture http://dnr.alaska.gov/ag/FarmToSchool/FTSFLY.pdf	Ongoing		X	X		X	X		X	X							X							X		X	X				

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AK DNR Farm to Summer Meal Site	Farm to School Program worked the summer of 2017 to focus on working within early childhood education with their farm to summer meal program funded with a Team Nutrition grant. The focus was on teaching students to grow and enjoy and taste their own food and become aware of healthful food. The program awarded mini-grants to 20-day care sites and 43 family daycare homes participated. Farm to School Program offers a lot of great materials to support AK Native harvested crops by "Alaskanizing" lower 48 products and projects.	Interview with David Robinson and Jodie Anderson + final report provided by program.	Complete.			X		X	X		X	X	X		X	X	X	X	X	Unalakleet, Fairbanks, Tok, Anchorage, Wasilla, Cordova, Kenai, Palmer, Juneau, Petersburg, Dillingham, Bethel, Nondalton, Bering Strait School District.			X				X	X					
AK DOT Safe Routes to School	Offers grant funding to communities to support safe walking and biking routes to schools. Projects must incorporate education, encouragement, enforcement, engineering, and evaluation.	http://www.dot.state.ak.us/stwdplng/saferoutes/about_five_es.shtml	Grant funded			X	X	X	X			X							X	Anchorage, Fairbanks, Juneau, Bristol Bay, Nome, Kodiak, Haines, Mat-Su Borough, Palmer, Gustavus, Sitka, Soldotna, Sterling, Yakutat			X		X			X				
AK Trails	AK Trails is working to solidify the Safe Routes to School Program (SRTS) and the Transportation Alternative Program (TAP) funding as consistent funding streams for active transport at the state level. Goals of the effort are to codify the SRTS program in to state law so that it can continue to benefit kids around that state and assure that TAP funds will continue to be used in the manner that they were designed and not rolled in to the general transportation budget.	http://www.alaska-trails.org/safe-routes-to-school.html	Ongoing				X		X			X							X					X			X		X	X			
Alaska Alliance for Healthy Kids	The mission of the Alaska Alliance for Healthy Kids is to reverse the upward trend of childhood overweight and obesity prevalence and its impact on the Alaska economy to improve the well-being of current and future Alaskans. They have identified 4 priority areas: • Promoting comprehensive, high quality physical & health education, • Promoting evidence based practices for prevention, screening, diagnosis and treatment of overweight and obesity from pregnancy through adolescence, • Improve access to healthy choices and healthy environments, and • Maintain a comprehensive public education and communications effort that	http://akhealthykids.org/the-plan/	Ongoing				X	X	X	X	X	X							X				X	X			X	X	X	X		
Alaska Botanical Garden	The Alaska Botanical Garden offers educational opportunities for adults and children, including school-based programming.	http://alaskabg.org/programsevents/workshopseducation/	Ongoing			X								X									X	X				X	X			

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Alaska Community Action on Toxics - Yarducopia	Yarducopia works directly with members of the Anchorage community to build gardens and reconnect people with their food. We pair homeowners who donate yard space and tools with volunteers who want to learn organic gardening techniques. The homeowner and volunteers split the produce grown, saving ten percent to be given to a charity of their choice.	https://yarducopia.org/	Annual - Summer		X	X			X		X	X	X												X					X				
Alaska Early Childhood Coordinating Council	The AECCC will facilitate the integration and alignment of services, planning efforts, resources, policy development, and funding as well as establish connections between health, mental health, education and family support systems and public and private partners.	http://dhss.alaska.gov/ocs/Pages/aeccc/default.aspx	Ongoing																X				X					X							
Alaska Farmers Market Association	The mission of the Alaska Farmers Market Association is to support and promote vibrant and sustainable farmers markets throughout Alaska. The Obesity Prevention Program is currently working with the Farmer's Market Association to assess SNAP usage at farmers markets.	https://alaskafarmersmarkets.org/; Interview with Diane Peck	Ongoing		X						X								X	40 markets						X				X				
Alaska Food Policy Council	The Alaska Food Policy Council works to strengthen Alaska's food systems to spur local economic development, increase food security, and improve nutrition and health.	http://dhss.alaska.gov/dph/Chronic/Pages/Obesity/nutrition/foodpolicy.aspx	Ongoing				X	X	X	X	X								X								X		X	X				
Alaska Native Tribal Health Organizations Diabetes Prevention and Wellness Programs	Most Alaska Native Tribal Health Organizations have diabetes prevention and/or wellness programs. A few of these programs entail specific PSE related activities, received grant funds such as SDPI or WSH and are doing PSE work, or were mentioned as exceptional programs. These programs are broken out throughout the inventory, while the rest are summarized here.	https://www.ihs.gov/alaska/tribalhealthorganizations/	Ongoing			X					X	X						X	31 tribal health care organizations statewide	X													X
Aleutian Pribalof Island Associations (APIA)	"Qaqamiigux: Head Start Traditional Foods Preschool Curriculum" provides a series of lessons and activities that preschool teachers can use to teach the nutritional value of the local, traditional foods in the Aleutian and Pribilof Islands Region. The aim is to provide culturally-relevant nutrition curriculum specific to the foods in the region.	https://www.apiai.org/services/education/head-start/qaqamiigux-head-start-traditional-foods-preschool-curriculum/	Ongoing			X					X							X	Akutan, Atka, Belkofski, False Pass, King Cove, Nelson Lagoon, Nikolski, Pauloff Harbor, Sand Point, St. George, St. Paul, Unalaska, Unga			X						X						X
America Walks Community Change Grants: Naknek Grantee	America Walks offers micro grants to provide funds that support grassroots efforts aimed at empowering communities to create more safe, accessible and enjoyable places to walk and be physically active. Naknek, AK was awarded a grant for 2018 to hire a contractor to clear overgrown areas of the Sockeye Fitness Trail, resurface areas of the trail and inspect exercise equipment in the gym for any needed maintenance or safety issues.	http://americawalks.org/america-walks-announces-community-change-grantees/	Grant funding for specific project	X					X			X						X	Naknek					X				X		X				X

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Anchorage Park Foundation	The Anchorage Park Foundation offers Challenge Grants to community groups for municipal park or trail improvements. APF also supports Schools on Trails initiatives and other work to increase access to outdoor recreation. APF supports a Health on Trails initiative. Current Health on Trails projects include: ParkRX - helping doctors and health educators encourage patients to use parks and trails for disease prevention and treatment, Wellness Routes - partnering with employers to create wellness route maps and encourage employees to walk outside during break times, and supporting walking programs like Walk with a Doc and Health Talk N Walk.	http://anchorageparkfoundation.org/	Ongoing			x		x	x			x	x							Anchorage		x	x	x	x				x	x			
ANTHC Alaskan Plants as Food & Medicine	Regional symposiums promoting traditional plant knowledge and ethical harvesting	ANTHC	One-time events throughout the year			x					x								x			x								x				x
ANTHC Food Distribution Program on Indian Reservations	Led by ANTHC's Food Distribution Program, the Food Distribution Program on Indian Reservations (FDPIR) provides a month's supply of nutritional food to eligible households.	ANTHC https://anthc.org/what-we-do/traditional-foods-and-nutrition/	Ongoing		x						x								x	16 triibal agencies						x				x				x
ANTHC Store Outside Your Door	The Store Outside Your Door project is an ANTHC Wellness and Prevention initiative to promote the knowledge and use of traditional foods and traditional ways. The Store Outside Your Door webisode series highlights traditional foods from around the state. Each webisode takes you out to harvest from the "Store Outside Your Door" then into the kitchen	ANTHC	Unknown			x				x	x								x								x			x				x
ANTHC Traditional Food Guide Activity Workbook	A "Traditional Food Guide Activity Book" funded by the Prevent Cancer Foundation. The target population is Alaska Native children living in rural Alaska in 3rd & 4th grads. The goal is to provide nutrition information for	hs.gov/telebehavioral/includes/themes/	Ongoing			x					x								x	62 elementary schools in 24 rural school districts			x						x				x
Calypso Farms: Schoolyard Garden Initiative	The Schoolyard Garden initiative responds to the need for hands-on educational opportunities in schools, a gardening and nutrition connection for children and locally grown food for the community. The goal of the initiative is to support a network of school gardens functioning as experiential learning environments for teachers and students during the	http://www.calypsofarm.org/education/school-garden-initiative-sgi/	Ongoing			x		x	x						x					Fairbanks					x				x					
Center for Alaska Native Health Research Grant	UAF Center for Alaska Native Health Research works on a diverse range of projects that focus on reducing chronic disease among Alaska Native people and eliminating health disparities. They have received several grants over the past few years related to childhood obesity prevention that have supported research about the benefit of traditional food diets, the importance of subsistence foods to local communities, and allowed for interventions in some communities to promote better nutrition. Current Work: USDA grant to prevent childhood obesity for 3-5 year -olds entitled "Gifts from the Tundra". Target area is the YK delta. CANHR will provide education and materials to promote behavior change related to physical activity and nutrition in the home setting. They will use the previously piloted text4happykids program as part of this work.	Interviews with Andrea Bersamin and Kelsey Beecher	Grant funded for 5 years			x				x	x	x					x		YK Delta	x					x			x					x

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Chugachimiut Diabetes Care + Prevention, Weight + Nutrition	The Diabetes Prevention Program educates communities in the prevention and treatment of diabetes, promotes village infrastructure for encouraging healthy lifestyles, tracks patients and those at risk of contracting, and to prevent complications from the disease.	http://www.chugachmiut.org/health-social-services/health-education-wellness/diabetes-care-prevention/	Ongoing			X			X		X	X		X						Chenega Bay, Nanwalek, Port Graham, Seward, Tatitlek.		X							X	X				X
DHSS - DPH - Work Well Alaska	The Alaska Section of Chronic Disease Prevention and Health Promotion has partnered with local groups to provide resources and help for organizations interested in planning and implementing effective worksite wellness programs. Free e-listserv to receive information about worksite wellness efforts, funding opportunities, and other relevant news.	http://dhss.alaska.gov/dph/Chronic/Pages/WorkWell/default.aspx	Ongoing				X	X	X		X	X							X					X					X	X			
DHSS Behavioral Health Residential Tratment Program Menu Updates	DHSS Behavioral Health regulates residential treatment facilites for outh and ensures the facilites follow federal and state regulations which include nutrition and physical activity recommendations. The program recently made system improveemtns through review of the cafeteria menus adn upgrades to ensure the food offered is health and nutritions and aligns with quality of care.	Irina Cline	Ongoing					X			X								X			X							X					
DHSS DPH School Health Program	Our purpose is to raise awareness about the importance of addressing all aspects of a student's health to ensure their best chance at academic success, and to promote policies and practices supporting that purpose.	http://dhss.alaska.gov/dph/Chronic/Pages/SchoolHealth/default.aspx	Ongoing			X	X	X			X	X							X				X						X					
DHSS OPCP - Dental Clinic Partnership	The Oral Health and Obesity Prevention programs are working on a 2-year pilot project, funded by the CDC, to cut sugary drinks consumption in order to improve oral health and prevent obesity and other chronic diseases. Between September 2016 and August 2018, the programs will work with dental providers to reduce sugary drink consumption among their patients − especially in families with young children − expand the Play Every Day campaign's sugary drink prevention efforts, and provide clinics with patient educational materials. The program is modeled after the 5 A's of tobacco cessation (Ask, Advise, Assess, Assist and Arrange). They are piloting this program with ASNA and YKHC. SEARHC will be the next organization to pilot the program.	http://dhss.alaska.gov/dph/Chronic/Pages/Obesity/sugarydrinks/healthydrinks.aspx	Pilot Project: 2016-2018			X		X		X	X			X	X	X		Communities served by ASNA, YKHC, and SEARHC		X						X	X	X			X

Name of Program or Intervention	Description	Source	Status	Intervention Type						Geographic Area							Specific Communities Involved	Primary Setting							Population/Age Group						
					Policy	System	Environment	Social Marketing	Nutrition	Physical Activity	Anchorage + Mat Su	Gulf Coast	Interior	Northern	Southeast	Southwest	Statewide		EAT	LIVE	LEARN	WORK	PLAY	SHOP	UNIVERSAL	Preschool	K-12	Parents/Adults	Pregnant + B-feeding Mothers	Seniors/Elders	Homeless/Food Pantry Clients	Alaska Native People
DHSS OPCP - Early Care and Education Initiatives	The Obesity Prevention and Control Program works with early care and education (ECE) programs and partners to help Alaska's young children (birth to 5 years old) grow up at a healthy weight. Current strategies in this area are a partnership with the AK Alliance for Healthy Kids to develop and make early childhood licensing recommendations. These recommendations have been presented to the Childcare Program Office. They are also starting implementation of the Go Knapsack program, which is an online training for ECE providers focused on changing the ECE environment and making ECE centers nutrition, physical activity, and breastfeeding friendly.	DHSS Website; Interview with Diane Peck	Ongoing		x	x	x		x	x							x				x					x						
DHSS OPCP - Public Education/Social Marketing	The public education and social marketing initiatives include Play Every Day, sugar sweetened beverage PSAs and school and parent education.	http://dhss.alaska.gov/dph/PlayEveryDay/pages/default.aspx	Ongoing					x	x	x							x								x	x	x	x			
DHSS OPCP - Schools Initiatives	Partners with DEED Child Nutrition Programs, DEED School Health & Wellness, Safe Routes to School, and School Nursing/School Health Programs. The Obesity Prevention School Grant Program was part of this work, but ended in 2015.	DHSS Website	Ongoing; Obesity Prevention School Grant Program ended 2015		x				x	x							x				x						x					
DHSS OPCP - Community Nutrition Initiatives	Provides funding for partners doing direct work, such as the AK Food Policy Council.	Interview with Diane Peck	Ongoing						x								x								x				x		
DHSS OPCP Walk and Bikeability Initiatives	Focus is on enhancing walkability and bikeability in partnership with DHSS DPA Injury Prevention.	Interview with Karol Fink	New focus area				x			x							x						x				x		x		
DHSS OPCP Worksite Wellness Program	Piloting a project with the Anchorage Parks Foundation to create office walk/bike maps similar to schools on trails but for worksites. They are organizing lunch and learns and promoting the walking maps as well as doing a pre-post survey to measure change.	Interview with Karol Fink	Pilot project			x				x	x							Anchorage				x	x					x			
DHSS Senior and Disabilities Services Senior Congregate and Home Delivered Meals	Senior and Disabilities Services Senior Congregate and Home Delivered Meals program offers home delivered and/or congregate meals for seniors through approximately 30 grantees statewide.	DHSS website; Interview with Joan Gone	Ongoing	x													x		x												x
Fairbanks Soil and Water Conservation District	The Fairbanks Soil and Water Conservation District offers gardening, food preservation, and cooking classes. FSWCD partners with community organizations to develop community gardens.	http://www.fairbankssoilwater.org/index.htm	Ongoing		x		x		x	x			x								x		x				x	x			
Fred Meyer "Fruit for Kids" Campaign	Stores have a small display with clementines, bananas, and apples for kids to snack on while shopping.	http://www.kptv.com/story/31768518/fred-meyer-offering-free-fruits-to-kids-in-store	Unknown				x	x	x		x							Anchorage; Other participating stores unknown						x		x	x				

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Get Outdoors Anchorage	A national grassroots movement with statewide and community based coalitions to address concerns about children's detachment from nature and the subsequent lack of physical exercise. The Anchorage based coalition maintains a Facebook page and is a collaborator with other community groups.	http://getoutdoorsalaska.org/	Unknown									X	X							Anchorage					X			X	X				
Girls on the Run of Greater Alaska	Girls on the Run is a physical activity-based youth program that uses a research-based curricula to support a 10 week program for 3rd-8th grade girls.	https://www.gotrgreateralaska.org/our-locations	Active/Ongoing			X						X							X	Anchorage, Mat-Su, Cordova, Fairbanks, Haines, Homer, Kake, Ketchikan, Petersburg, Sitka, Utqiagvik, Unalaska, Wrangell, Juneau					X			X					
Healthy Futures Challenge	The Alaska Department of Health and Social Services partners with Healthy Futures to empower Alaska's young children to build the habit of daily physical activity for the best health. Healthy Futures is the signature program of the nonprofit Alaska Sports Hall of Fame. The Healthy Futures Challenge is a three-month challenge that takes place each spring and fall and encourages Alaska's kids to get out and play, every day. They also advocate for policy issues important to their mission.	https://healthyfuturesak.org/the-challenge/elementary-schools/	Active/Ongoing			X	X	X	X			X						X					X				X						
Igiugig Traditional Food Challenge	Igiugig's high school literature class read "In Defense of Food" by Michael Pollan and decided to do a 6 week challenge similar to one described in the book. The community prepped for 8 months to prepare enough subsistence foods. In fall of 2017 they ate only traditional, locally raised foods (and oatmeal) for 6 weeks.	Anchorage Daily News	Concluded October 28, 2017			X		X			X	X						X		Igiugig		X	X					X					X
Interior Alaska Food Network	Interior Alaska Food Network is a coalition of stakeholders from Fairbanks and Interior Alaska working to improve our local food system. They recently introduced a new brand and logo "Golden Heart Grown" to showcase locally grown or produced food.	https://interioralaskafood.wordpress.com/about/	Ongoing					X			X				X											X			X				
Kenai Local Food Connection	The Kenai Local Food Connection is an informal group of local food advocates, growers, parents, cooks and friends. Some of us also work in positions dedicated to food and health. It's a grassroots effort to forge connections within our community to increase access to local foods and knowledge about healthy eating. They publish a Kanai Local Food Directory.	https://www.kenailocalfood.org/	Ongoing			X					X			X						Kenai Peninsula						X			X				
Kenaitze Indian Tribe (KIC) Wellness Department, Diabetes Prevention	KIC Wellness Department works in conjunction with programs across the Dena'ina Wellness Center to help customers achieve good habits and a healthy lifestyle. Diabetes prevention and management, nutrition, and fitness are just a few areas of assistance.	https://www.kenaitze.org/denaina-wellness-center/wellness/	Ongoing			X					X	X	X							Kenai, Soldotna, Nikiski, Ninilchik	X								X				X

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Kodiak Area Native Association (KANA) Physical Activity Program for Diabetes & Chronic Disease Prevention	A guided physical activity program with coaching and teaching how to make small, sustainable changes to daily habits that will add up to significant health benefits.	http://kodiakhealthcare.org/health-services/wellness-center/	Ongoing			x						x		x								x												x
Let's Move Cities Towns and Counties - All Stars: Anchorage	Let's Move! Cities, Towns and Counties (LMCTC) calls upon local elected officials to adopt long-term, sustainable and holistic approaches to addressing childhood obesity. Local elected officials who sign up as an LMCTC site are willing to commit to five goals. All-Star Strategies were developed as a next level for cities achieving the first 5 goals. Anchorage is an All-Star city and is currently working on four new strategies: Bicycle friendly community, City design guidelines, business recognition program and community gardens/urban agriculture.	www.healthycommunieshealthyfuture.org	Ongoing				x	x	x		x	x	x							Anchorage							x		x	x				
Let's Move Cities Towns and Counties - Utqiagvik	officials to adopt long-term, sustainable and holistic approaches to addressing childhood obesity. Local elected officials who sign up as an LMCTC site are willing to commit to five goals. The website identifies Utqiagvik as having a gold medal for publicizing availability of programs that	www.healthycommunieshealthyfuture.org	Unknown						x		x					x					Utqiagvik		x		x				x					
Maniilaq Association: Policy for New Mothers	WIC Coordinator in Kotzebue worked with Maniilaq Association to increase the length of time new mothers could bring their infants to work from 3 months to 6 months for all Maniilaq employees. Coordinator was also able to secure a grant to furnish a breastfeeding room for hospital employees.	Interview with Tracy Gregg	Ongoing				x		x		x					x					Kotzebue, Communities served by Maniilaq Association			x							x			
Maniilaq Association: Utuqqanaat Inaat, Siglauq Program	Maniilaq Association constructed a traditional foods processing facility to be able to provide traditional foods to elders in their longterm care facility.	Melissa Chulupach Powerpoint presentation	Ongoing					x			x					x					Kotzebue	x										x		x
Municipality of Anchorage Planning & Zoning Commission	T21 Code Amendment to allow farmers markets in parks and recreation districts and to allow buildings with greenhouses located on rooftops to exceed the height limit of the district	http://www.muni.org/CityViewPortal/Planning/Status?planningId=16358	Hearing on proposal Feb. 27											x							Anchorage						x			x				
NANA Nordic/Skiku	Two programs that serve 40 communities across Alaska to foster health and recreation through the promotion of cross-country skiing, biathlon, and summer running.	http://www.skiku.com/	Ongoing			x						x						x						x				x						x

Name of Program or Intervention	Description	Source	Status	Intervention Type: Cash Assistance	Food Distribution	Direct Education	Policy	System	Environment	Social Marketing	Nutrition	Physical Activity	Region: Anchorage + Mat Su	Gulf Coast	Interior	Northern	Southeast	Southwest	Statewide	Specific Communities Involved	Primary Setting: EAT	LIVE	LEARN	WORK	PLAY	SHOP	UNIVERSAL	Population/Age Group: Preschool	K-12	Parents/Adults	Pregnant + B-feeding Mothers	Seniors/Elders	Homeless/Food Pantry Clients	Alaska Native People
National Nutrition Month	An event with a toolkit developed by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.	https://www.eatright.org/food/resources/national-nutrition-month/national-nutrition-month-celebration-toolkit	Annually			x				x	x	x							x				x						x	x				
Positive Leadership for Active Alaska Youth (PLAAY)	Organizing PLAAY day event to support 30 minutes of synchronized physical activity for elementary students across the state. Host of PLAAY Summit, an education opportunity for coaches, teachers, parents, nurses and others involved mentoring youth in sports and physical activity.	http://plaay.org/	Unknown			x						x							x					x					x					
Rethink Your Drink	Rethink Your Drink is a national social marketing campaign that is used as a teaching tool throughout Alaska. It provides information about the caloric values in different beverages, a brief lesson on reading nutrition labels, and offers suggestions for healthier options.	https://www.cdc.gov/nutrition/downloads/rethink_your_drink.pdf	Ongoing			x				x									x								x		x	x				
Seldovia Village Tribe (SVT) Health & Wellness	Provides nutritional and lifestyle coaching as well as "To your health" blog featuring recipes and wellness tips.	http://svthw.org/to-your-health-2/	Ongoing			x					x				x					Homer, Seldovia, Anchor Point,		x							x	x				x
Sitka Conservation Society: Fish to Schools	Our mission is to deepen youth understanding of local seafood resources by integrating locally-caught seafood into the school lunch program, introducing "stream to plate" curricula, and fostering a connection to the local fishing culture.	http://www.sitkawild.org/fish_to_schools	Ongoing		x	x		x			x							x		Sitka			x						x					
Sitka Local Foods Network	The Sitka Local Foods Network is a non-profit whose mission is to increase the amount of locally produced and harvested foods in the diets of Southeast Alaskans. Major focus areas include: Sitka Farmers Market operations, expanding community and family gardens, providing educational opportunities, promoting responsible and sustainable use of traditional foods, and planning a community greenhouse.	https://sitkalocalfoodsnetwork.org/about/	Ongoing			x			x		x							x		Sitka							x			x				
Southcentral Foundation Worksite Wellness Policy	SCF wellness policies include a employee wellness leave benefit wherein an employee may take up to one hour of paid time off per week to attend a health related class or participate in a physical activity. SCF also offers the My Alaska Wellness portal to employees and beneficiaries that includes health coaching, meal planning, recipes and physical activity videos.	Interview with SCF grantees	Ongoing			x	x			x	x	x								Anchorage, Mat-Su				x						x				x

Name of Program or Intervention	Description	Source	Status	Intervention Type: Cash Assistance	Food Distribution	Direct Education	Policy	System	Environment	Social Marketing	Nutrition	Physical Activity	Region: Anchorage + Mat Su	Gulf Coast	Interior	Northern	Southeast	Southwest	Statewide	Specific Communities Involved	Primary Setting: EAT	LIVE	LEARN	WORK	PLAY	SHOP	UNIVERSAL	Population/Age Group: Preschool	K-12	Parents/Adults	Pregnant + B-feeding Mothers	Seniors/Elders	Homeless/Food Pantry Clients	Alaska Native People
Southeast Alaska Regional Health Consortium (SEARHC) Diabetes Prevention + Traditional Foods	The Diabetes Prevention Program offers a full range of health care services for people with diabetes or those at risk, including diabetes education, nutrition education and visiting medical specialists. Multi-session class series are available to help anyone learn what they need to stay on track with their health goals. The Traditional Foods Programs offers community-based activities aimed to make Alaska's traditional and customary Native foods a regular part of everyone's diet. The grant-funded programs collaborate strongly with local elders and experts to teach gathering, harvesting, and processing skills for local fish and plants. The programs also emphasize Native dance, language, storytelling, and culture.	http://searhc.org/service/health-promotion/	Ongoing			x					x					x			SEARHC communities		x													x
Special Diabetes Program for Indians - Access to Physical Activity	Many SDPI grantees utilize SDPI funding to ensure access to safe, warm places to be active. SDPI dollars provide access to fitness centers in 5 larger communities and open gym times in rural locales.	Living in Wellness - Special Diabetes Program for Indians	Grant funded						x			x							x			x												x
Special Diabetes Program for Indians - ASNA Utqiagvik Test Garden	The ASNA SDPI program partnered with Ilisagvik Cooperative Extension, AK Dept. of Fish & Game, Palmer Soil and Water Conservation District, the City of Utqiagvik and other partners to develop a community garden.	Living in Wellness - Special Diabetes Program for Indians	Grant funded						x							x				Utqiagvik				x										x
Special Diabetes Program for Indians - BBAHC Berry Picking Challenge	The Berry Picking Challenge is an event sponsored by the BBAHC SDPI program that promotes increased physical activity while enjoying traditional subsistence activities and healthy eating. The challenge is offered in all villages throughout the region. The contest encourages families to pick berries together while getting exercise and stocking up on health food for the upcoming year.	Living in Wellness - Special Diabetes Program for Indians	Grant funded							x							x			Bristol Bay communities		x													x
Special Diabetes Program for Indians - Breastfeeding support	5 SDPI programs worked with local hospital administration providing evidence-based information that led to implementation of medical protocols and policies to support breastfeeding. SDPI programs also provide breastfeeding education and community events to pregnant and breastfeeding mothers.	Living in Wellness - Special Diabetes Program for Indians	Grant funded			x	x											x				x									x		x
Special Diabetes Program for Indians - Youth Culture Camps	Grantees utilized SPDI funds to support camps related to traditional Alaska Native foods and subsistence activities.	Living in Wellness - Special Diabetes Program for Indians	Grant funded			x								x			x			Ouzinkie, Bethel				x					x					x
Special Diabetes Program for Indians (SDPI) - ANTHC Strong Kids	The ANTHC SDPI program developed the Strong Kids curriculum aimed at promoting healthy behaviors among Alaska Native youth. ANTHC partnered with CampFire Alaska to turn this curriculum into a statewide initiative. The program traveled to 31 communities during summer 2016.	Living in Wellness - Special Diabetes Program for Indians	Grant funded			x		x										x		31 communities			x						x					x

Name of Program or Intervention	Description	Source	Status	Intervention Type									Region							Specific Communities Involved	Primary Setting							Population/Age Group						
				Cash Assistance	Food Distribution	Direct Education	Policy	System	Environment	Social Marketing	Nutrition	Physical Activity	Anchorage + Mat Su	Gulf Coast	Interior	Northern	Southeast	Southwest	Statewide		EAT	LIVE	LEARN	WORK	PLAY	SHOP	UNIVERSAL	Preschool	K-12	Parents/Adults	Pregnant + B-feeding Mothers	Seniors/Elders	Homeless/Food Pantry Clients	Alaska Native People
Special Diabetes Program for Indians (SDPI) iKANAdoFit	iKANAdoFit is a youth fitness program and collaboration between Kodiak Area Native Association SDPI program, community health aides and the local school district. Physical activity and healthy eating are the focus for this diabetes prevention program. The program includes physical activity testing before and at the end of the program.	Living in Wellness - Special Diabetes Program for Indians	Grant funded			x				x				x									x		x				x						x
Sustainable Southeast Partnership	The Sustainable Southeast Partnership is a diverse network of organizations and individuals working together to reach cultural, ecological and economic prosperity for our communities and region. They work in four main areas: Forestry and fisheries, energy independence, food security, and localized economy.	http://sustainablesoutheast.net/	Ongoing			x		x	x	x	x						x			Kake, Klawock, Sitka, Kasaan, Hydaburg, Hoonah, Yakutat				x					x					
thread Let's Move Child Care Quality Initiative	thread offers a professional development opportunity called the Let's Move Child Care Quality Initiative, which focuses on obesity prevention and is based on First Lady Michelle Obama's national Let's Move Child Care initiative. Through this quality initiative, thread is helping programs statewide work on implementing best practices to prevent childhood obesity.	http://threadalaska.org/blog/index.cfm/2016/11/10/Obesity-Prevention-in-Alaskas-Early-Care--Learning-Settings	Ongoing					x		x	x								x				x						x						
Traditional Foods Movement Policies	Department of Environmental Conservation Alaska Food Code and the Agricultural Act of 2014 Sec 4004 and Sec 4033 are inportant policies related to the service of traditional foods in public facilities.	Melissa Chulupach Powerpoint presentation	Ongoing				x			x									x		x	x													x
UAF Cooperative Extension Health, Home and Family Development (HHFD)	StrongWomen: a nutrition and physical education program, including strength-training.	http://www.uaf.edu/ces/hhfd/	Ongoing			x					x	x	x	x						Palmer and Wasilla, Kenai and Soldotna, Fairbanks				x						x			x	
UAF Early Child Development	UAF Early Childhood Education Program educates and prepares Alaska's early education workforce. Course curriculum has a focus on wellness best practices and how to create a healthy early education classroom environment. Courses cultivate student skills in how to talk with families and young children and create a learning environment that's conducive to health and well-being.	Interviews with Veronica Plumb + Patty Merrit	Ongoing			x		x		x	x			x					x				x								x				
Walk with a Doc	Walk with a Doc is a national walking program for everyone interested in taking steps for a healthier lifestyle. The mission is to encourage healthy physical activity in people of all ages, and reverse the consequences on a sedentary lifestyle in order to improve the health and well-being of the country.	http://walkwithadoc.org/	Ongoing			x					x	x	x							Anchorage, Homer, Valdez					x				x		x	x		x

Name of Program or Intervention	Description	Source	Status	Intervention Type									Region							Specific Communities Involved	Primary Setting							Population/Age Group						
				Cash Assistance	Food Distribution	Direct Education	Policy	System	Environment	Social Marketing	Nutrition	Physical Activity	Anchorage + Mat Su	Gulf Coast	Interior	Northern	Southeast	Southwest	Statewide		EAT	LIVE	LEARN	WORK	PLAY	SHOP	UNIVERSAL	Preschool	K-12	Parents/Adults	Pregnant + B-feeding Mothers	Seniors/Elders	Homeless/Food Pantry Clients	Alaska Native People
Wellness Strategies for Health Grantee: Maniilaq Association	Maniilaq passed a policy in 2016 that standardizes the process for height and weight screening and ensures that patients at risk of health problems due to excess weight are offered a referral to a dietician.	http://anthctoday.org/epicenter/WSH/Maniilaq%20ActSpot.pdf	Grant funded				x				x					x				Kotzebue, Communities served by Maniilaq Association		x												x
Wellness Strategies for Health Grantee: SEARHC	SEARHC utilized the Mobilizing for Action through Planning and Partnerships strategic planning process to complete a comprehensive community health needs assessment to identify priority areas. SEARHC identified PSE strategies to address their priority areas. They are working on becoming designated as a Baby-Friendly hospital, increasing opportunities for physical activity with upgrades to their on-site fitness center, implementing a "StairWell" campaign to encourage staff and visitors to take the stairs, and were recognized as a bicycle-friendly business. SEARHC also offers and promotes healthy meal options, called "Mindful Meals" and developed an incentive system the offers discounts on "Mindful Meal" purchases. SEARHC also removed soda from their temporary housing facility and modified the beverage machine at the hospital so that healthier options are placed at the top level and water is offered at the same price as other beverages. Other vending machines offer healthy options like small salads, fruit, and low fat yogurt. SEARHC is also conducting a public education campaign on the health effects of sugar sweetened beverages.	http://anthctoday.org/epicenter/wsh.html#kic	Grant funded				x	x	x	x	x	x				x				Sitka, communities served by SEARHC	x	x		x				x	x	x				x
Wellness Strategies for Health Grantee: TCC	TCC passed a healthy food policy in 2016 that sets nutritional guidelines for foods served at TCC facilities and will ensure that healthy options are available for TCC staff and patients. TCC is also working to develop and activate electronic health record reminders that prompt clinical staff to conduct additional assessment and referral of patients at risk for diabetes and pre-diabetes. Patients can then be referred to diabetes prevention or management programs offered by TCC.	http://anthctoday.org/epicenter/wsh.html#kic	Ongoing				x	x	x		x	x			x					Fairbanks, communities served by TCC	x	x		x						x				x

Appendix D: Interview List

Interviews Conducted for 2018 Needs Assessment

Grantees

Alaska Island Community Services

1. Rachel Harris, Health and Wellness Program Manager
2. Sierra Reil, Health and Wellness Coordinator

University of Alaska, Fairbanks, Cooperative Extension Services

3. Rita Abel, Nutrition Educator – Tok
4. Kat Anderson, Nutrition Educator – Anchorage
5. Sharon Chakuchin, Nutrition Educator – Bethel
6. Adair Harman, Nutrition Educator – Mat-Su/Copper River
7. Reina Hasting, Program Coordinator – Fairbanks
8. Amorette Payment, Nutrition Educator – Kenai Peninsula

South Central Foundation

9. Velda Miller, Health Education Supervisor
10. Laurie Wiese, Health Education Manager

Stakeholders Interviewed

11. Jodie Anderson, Farm to School Program Coordinator – Division of Agriculture
12. Thomas Azzarella, Director – Alaska Afterschool Network
13. Andrea Bersamin, Researcher – UAF Center for Alaska Native Health Research
14. Kim Blood, Diabetes Coordinator – Tanana Chiefs Conference
15. Steve Cleary, Executive Director – Alaska Trails
16. Lisa Cruz, WIC Program Assistant Manager – DHHS Anchorage
17. Tracy Gregg, WIC Coordinator – Maniilaq Association
18. Kris Green, WIC Program Manager – DHHS Anchorage
19. Britta Hamre, SNAP Campaign Coordinator – Food Bank of Alaska
20. Lauren Kelsey, School Partnership Coordinator – DHSS Division of Public Health
21. Kathy Koller, Researcher – ANTHC
22. Gregory Nothstine, Food Distribution on Indian Reservations Program Manager – ANTHC
23. Patty Owen, Former Staff - DEED
24. Ann Potempa, Play Every Day Coordinator – DHSS Division of Public Health
25. Jennifer Probert, Fitness Center Attendant + Outreach Coordinator – Tanana Chiefs Conference
26. Harlow Robinson, Executive Director – Alaska Sports Hall of Fame
27. Keriann Shine, Food Service Coordinator – RurAL CAP
28. Luz Smeenk, Community Educator – ANTHC
29. Sue Unger, Wellness Program Coordinator APIA – Aleutian Pribilof Island Association

Contract Technical Assistance Staff

30. Iris Matthews, President – Stellar Group

Alaska State Nutrition Action Committee Members Interviewed

31. Kathleen Wayne – DHSS Family Nutrition Programs

32. Jennifer Johnson – DHSS WIC Statewide Coordinator
33. Dana Diehl, Wellness and Prevention Department Director – ANTHC [was sitting in for Marcia Anderson]
34. Marcia Anderson, Health Promotion Program Manager – ANTHC
35. Jo Dawson, Child Nutrition Programs Director – DEED
36. Joan Gone, Health Program Manager II – DHSS Senior + Disabilities Services
37. Diane Peck, Public Health Nutritionist – DHSS Division of Public Health
38. Karol Fink, Obesity Prevention and Control Program Manager, DHSS Division of Public Health

Early Childhood Obesity Prevention Stakeholders

The following individuals were previously interviewed for a related project and information from these interviews informed this needs assessment.

- Supanika Ackerman, Education Specialist II - DEED
- Kelsey Beecher, Health + Nutrition Coordinator – Kids Corp, Inc.
- Kayse Hinrichsen, Program Manager – RurAL CAP
- Patty Meritt, Professor of Early Childhood Education – University of Alaska Fairbanks
- Veronica Plumb, Assistant Professor – University of Alaska Fairbanks

Appendix E: Interview Guide for Grantees

Interview Guide for SNAP-Ed Grantees

BACKGROUND: Alaska's Supplemental Nutrition Assistance Nutrition Education and Obesity Prevention Program (SNAP-ED) program provides nutrition education for low income Alaskans. The goal of SNAP-ED is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate. To be strategic and use finite resources wisely, SNAP-ED is conducting a Needs Assessment to:

- Update population + needs data from 2014 SNAP-ED Needs Assessment
- Identify Policy, Social, and Environmental (PSE) strategies for SNAP-ED Grantees and the State
- Recommend target locations and audiences for PSE activities

As part of the Needs Assessment, interviews are being conducted with nutrition professionals and health educators to help identify gaps in nutrition education services at the state and local level and the degree to which policy, social, and environmental strategies are being used across the state as part of SNAP nutrition education and nutrition education generally.

Following are the questions that will guide the interviews. Tanya Iden or Aaron Mondada from Agnew::Beck will contact you to talk through the questions.

Interview Questions

1. INTRODUCTION: Help us understand what you do. Describe a typical education interaction, or a few examples of different interactions.
2. DELIVERY/APPROACH: How do you deliver resources, education, information about nutrition education? Do you find face-to-face, community-based/public health approach, or distance delivery to be most effective? Which method(s) do you feel most comfortable engaging in?
3. MATERIALS/CURRICULA: What nutrition education resources do you currently use, educational materials, curricula, etc.? Are they effective? Do they feel relevant to the populations you're working with? Do you want others?
4. CHALLENGES/OPPORTUNITIES: Please share some of the challenges and opportunities you encounter when delivering nutrition education in Alaska.
    a. Challenges:
    b. Opportunities:
5. UNMET NEEDS/PRIORITY POPULATIONS: In Alaska, whose nutrition education needs are unmet and whose needs would you prioritize? (Both geographically and sub-populations).
6. BARRIERS TO HEALTHY EATING: What do you think the people you serve experience as the greatest barrier to eating healthy?
   [e.g. access to healthy food, affordability, time to prepare good food, cooking skills, etc.]
7. CLIENT HEALTH CHALLENGES: What health challenges do the people you work with experience? Do you feel like you're able to address these through the nutrition education you provide?

8. PUBLIC HEALTH MODEL: Are you familiar with PSE (policy, systems, environment) public health approaches to increasing healthy nutrition/physical activity? Are any of these happening in your community or at the sites where you work? If not, would any be particularly effective or interesting to try? Why/why not.
   [Examples include: Active transport like safe routes to schools, farmers markets and farm-to-institution programs, wellness councils, school/community gardens, social marketing, nutrition and or physical activity policies at schools, health clinics.]
9. PARTNERS: Have you developed partnerships with other programs or organizations in Alaska? [e.g. – Local SNAP office, other public health or nutrition programs, Food Bank/Pantry, Head Start, Commodity Food Programs, Fruit + Veggies: More Matters, WIC, Team Nutrition or other school based programs.]
10. OTHER: Do you have suggestions for who else we should talk to? Are there other questions we should ask? Any last thoughts?

Appendix F: Interview Guide for Other Organizations

Interview Guide: Inventory of PSE Activities

Background

Alaska's Supplemental Nutrition Assistance Program - Education (SNAP-Ed) program provides nutrition education for low income Alaskans. The goal of SNAP-Ed is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate. To be strategic and use finite resources wisely, SNAP-Ed is conducting a needs assessment to:

- Update population + needs data from 2014 SNAP-ED needs assessment
- Identify Policy, Social, and Environmental (PSE) strategies for SNAP-ED Grantees and the State
- Recommend target locations and audiences for PSE activities

As part of the needs assessment, interviews are being conducted with nutrition and physical activity promotion professionals to help identify gaps in PSE activities at the state and local level and the degree to which PSE activities are being used across the state.

Interview Questions

Over the past several years, there has been an effort within the nutrition and physical education promotion profession to expand nutrition and physical activity education/promotion activities beyond direct education, to utilize a public health approach that focuses on policy-, systems- and environmental-change activities (or PSE's for short). Please see summary of CDC Recommended Community Strategies to Prevent Obesity Summary (Healthy Eating & Physical Education Strategies) below to help spark some thoughts when thinking about the following questions. See also our working definitions of policy, systems and environmental strategies below.

INCREASE ACCESS

1. Which organizations or programs in the state are working on **policy**-change activities which aim to **increase access to healthy food**?

   1a. **….increase access to physical activity?**

2. Which organizations or programs in the state are working on **systems**-change activities which aim to **increase access** to **healthy food**?

   2a. **….increase access to physical activity?**

3. Which organizations or programs in the state are working on **environmental**-change activities which aim to **increase access** to **healthy food**?

   3a. **….increase access to physical activity?**

INCREASE APPEAL

4. Which organizations or programs in the state are working on **policy**-change activities which aim to **increase the appeal/desirability of healthy food**?

4a. **…. increase the appeal/desirability of physical activity?**

5. Which organizations or programs in the state are working on **systems**-change activities which aim to **increase the appeal/desirability of healthy food**?

   5a. **…. increase the appeal/desirability of physical activity?**

6. Which organizations or programs in the state are working on **environmental**-change activities which aim to **increase the appeal/desirability of healthy food**?

   6a. **…. increase the appeal/desirability of physical activity?**

7. Of these programs listed, which (if any) are targeted at reaching **low-income Alaskans**?

REFLECTIONS + RECOMMENDATIONS

8. What do you feel are some of the **greatest barriers to doing PSE** work here in Alaska?

   8a. …do you have suggested **recommendations for overcoming** those barriers?

9. Which **locations** and/or **audiences** do you recommend that **PSE activities target** moving forward?

10. Is there anything else we haven't talked about that you would like to share with me related to this project?

Appendix G: PSE Strategies by Setting

PSE Strategies by Setting

Summarized from the SNAP-Ed Toolkit (https://snapedtoolkit.org/framework/components/mt6/)

			Setting					
Nutrition or Physical Activity	**PSE**	**Settings + Recommendations**	**EAT**	**Learn**	**Live**	**Play**	**Shop**	**Work**
N	P	•Improved/enhanced hours of operation/time allotted for meals or food services.	X	X			X	
N	P	•Improved policies for working parents.						X
N	P	•Improved rules for foods served in meetings or in classrooms.	X	X	X	X		
N	P	•Improved standards for healthier eating across the organization.	X	X	X	X	X	X
N	P	•Increased school wellness or child care wellness policy.		X		X		
N	S	•Changes in menus [variety, quality, offering lighter fares].	X	X	X	X	X	
N	S	•Removing sugary sweetened beverages from children's menus.	X	X	X	X	X	
N	S	•Improved free water access, taste, quality, smell, or temperature.	X	X	X	X	X	X
N	S	•Increased restrictions on use of food as rewards during celebrations.		X	X	X		X
N	S	•Change in food purchasing specifications towards healthier foods.	X	X	X	X	X	
N	S	•Change in vendor agreements towards healthier foods.	X	X	X	X	X	
N	S	•Prioritizing farm-to-table/increase in fresh or local produce.	X	X	X	X	X	
N	S	•Enhanced training on menu design and healthy cooking techniques (for schools, businesses and organizations serving many people, not individual classes).	X	X	X	X		
N	S	•Use of standardized, healthy recipes.	X	X	X	X		
N	S	•Collecting excess wholesome foods to donate to charitable organizations	X	X	X	X	X	X
N	E	•Improvements in layout or display of food [Smarter Lunchrooms].	X	X	X		X	
N	E	•Editable gardens (establish, reinvigorate or maintain food gardens).	X	X	X		X	
N	E	•Healthier vending machine initiatives (e.g. access to healthier foods and beverages).	X	X	X	X	X	X
N	E	•Point of purchase and distribution prompts.	X	X	X		X	
N	E	•Menu labeling with calorie, fat, sodium, added sugar counts.	X	X	X			
N	E	•Vending machine labeling (e.g. calories, traffic light coding).	X	X	X			X
N	E	•Increased awareness of the PSE changes by target audiences.	X	X	X	X	X	X
PA	p	•Improvements in hours of operation of recreational facilities.		X		X		
PA	p	•New or increased use of school facilities during non-school hours for recreation or shared use policies.		X				
PA	p	•New or stronger limits on entertainment screen time (in accordance with the American Academics of Pediatrics).		X				
PA	p	•Increase in school days/time spent in physical education.		X				
PA	p	•Improvements in time spent in daily recess.		X				
PA	p	•Workplace access to physical activity facilitates at reduced or no cost.			X	X		X
PA	S	•Increased number of *Let's Move!* Active schools.		X				
PA	S	•Improvements in incorporating physically activity into school day or during classroom-based instruction.		X				
PA	S	•New or improved access to structured physical activity programs.		X	X			
PA	E	•Improvements in access to safe walking or biking paths, or Safe Routes to school or work programs.		X	X	X	X	X
PA	E	•Addition of bike racks.		X	X	X	X	X
PA	E	•Improvements in access to or appeal of stairwells.		X	X			X
PA	E	•Improvements in access to exercise or recreational facilities.		X	X	X		X
PA	E	•Increased signage of prompts for use of walking or biking paths.		X	X	X		X
PA	E	•New or improved stairwell prompts.		X	X			X
PA	E	•Increased awareness of PSE change by the target audience.		X	X	X	X	X