

# Alaska



Promote Healthy Eating and Active Lifestyles

*Promoting Health Eating & Active Lifestyles*



# SNAP - State Nutrition Action Plan

*An effort to strengthen collaborations on nutrition education and promotion efforts among the States Nutrition Assistance (NA) programs of USDA.*

## Each year, USDA nutrition assistance programs

- Reach 1 in 5 Americans
- Provide about \$500 million to States support nutrition education interventions and activities aimed at promoting healthy eating and related lifestyle behaviors.

**2003 – USDA convened National Meeting to initiate collaboration**

*"Developing these joint State plans provides a unique opportunity to stem the expanding prevalence of diet-related diseases and prevent the increasing incidence of overweight and obesity."*

**Eric Bost**  
**Former Under Secretary**  
**Food, Nutrition and Consumer Services**

# Alaska SNAP – *at a glance...*

- The Alaska Department of Education and Early Development
  - Child Nutrition Programs
- The Alaska Department of Health and Social Services - Public Assistance
  - Food Stamps Program
  - Family Nutrition Programs - WIC
- The University of Alaska Fairbanks, Cooperative Extension Services

# Alaska Stats – *our impact*

## Funding FY 2005

- USDA NA Programs  
\$127,419,105
- Nutrition Education  
\$1,598,913

## Participation

- Monthly Average  
103,000
- Daily Average  
75,443 Monthly

# Alaska Health & Social Services Dept

## Public Assistance

### Family Nutrition Programs



**WIC** Women, Infant & Child Nutrition Assistance Program

**FMNP** Farmer Market Nutrition Program

**SFMNP** Senior Farmer Market Nutrition Program

**CSFP** Commodity Supplemental Food Program

*Promoting Health Eating & Active Lifestyles*



*FNP Purpose* Support Alaskan families in making nutrition decisions for life-long health and wellbeing

### Goals

1. Meet or exceed federal caseload targets
2. Assure program continuity in the face of flat federal funding levels
3. Develop quality nutrition services for clients in compliance with federal requirements
4. Reduce the Prevalence of Overweight and Obesity among Alaskan Children and Adolescents. *Healthy Alaska 2010 Nutrition Indicator #2.*

# Alaska Health & Social Services Dept Public Assistance & UAF Cooperative Extension Service



**FSP** Food Stamp Program

**FSNEP** Food Stamp Nutrition Education Program

**EFNEP** Expanded Food Nutrition Education Program

**FDPIR** Food Distribution Program on Indian Reservations



*Promoting Health Eating & Active Lifestyles*



*FSP provides* food benefits to low-income households and is cornerstone of the federal food assistance programs

### Goals

- Provides crucial support to needy households and to those making the transition from welfare to work
- Delivers economic benefits to communities by increasing food purchases.
- Enables low-income households (130% of the Alaska poverty guideline) to buy nutritious food with Electronic Benefits Transfer (EBT) cards – in Alaska called “Quest cards”.
- Provides benefits to buy food in authorized retail food stores – the amount depends on the household size and countable income.

# University of Alaska Fairbanks

## UAF Cooperative Extension Service



HEC Home Economics Program

*Promoting Health Eating & Active Lifestyles*



*UAF HEC belief* Alaska's families, in all their diverse forms, are Alaska's future.

### Goals

- Promote positive change and growth for the family system within the community and the larger society.
- Program faculty help people improve their lives through an educational process that uses research based knowledge focused on issues and needs defined by the clientele.

# Alaska Health & Social Services Dept

## Child Nutrition Programs



**NSLP** National School Lunch

**CCAFFP** Child and Adult Care Food Program

**SFSP** Summer Food Service Program

**FCCEP**

**TEFAP** The Emergency Food Assistance Program

*CNP Belief* Alaska's children should have access to nutritious, child-friendly meals and snacks in order to help them to be "ready to learn."

- Increase the number of children that receive nutritious meals in Alaska
- Expand the School Breakfast Program statewide
- Expand the Summer Food Service Program statewide
- Help child nutrition program sponsors operate affordable food service programs
- Promote child wellness through increased nutrition and physical activity initiatives and opportunities that reduce childhood obesity and diabetes

# Alaska's SNAP Goal

## Promote Healthy Eating and Active Lifestyles

- Promote adoption of healthy dietary patterns and regular physical activity among individuals, families and communities based on key messages in the Dietary Guidelines for Americans.  
*(Use/adapt Team Nutrition, Loving Support, Eat Smart. Play Hard.TM, and other national resources whenever possible.)*



# Alaska Fruits & Veggies

WIC & Senior  
Farmer's Market  
Nutrition  
Program

Alaska Grown &  
Wild Produce

Frozen &  
Canned Produce

*Alaska Way to 5 a Day*



## Family Meals & Breastfeeding:



*The Heart of  
Good Eating*

**Objective 2:** Choose and plan the statewide dissemination of a unified nutrition education theme geared to promote active lifestyles.

**Tactics:**

1. Adopt and adapt a unified nutrition education theme geared to promote active lifestyles.
2. Assess and summarize NA Programs infrastructure, networks and population served.
3. Assess and summarize NA Programs Strategic Plans, Visions, Goals and Objectives to incorporate into a logic model for FY 2007 SNAP.
4. Assess existing materials supporting a nutrition education theme geared to promote active lifestyles.

## *Alaska tactics continued (2)*

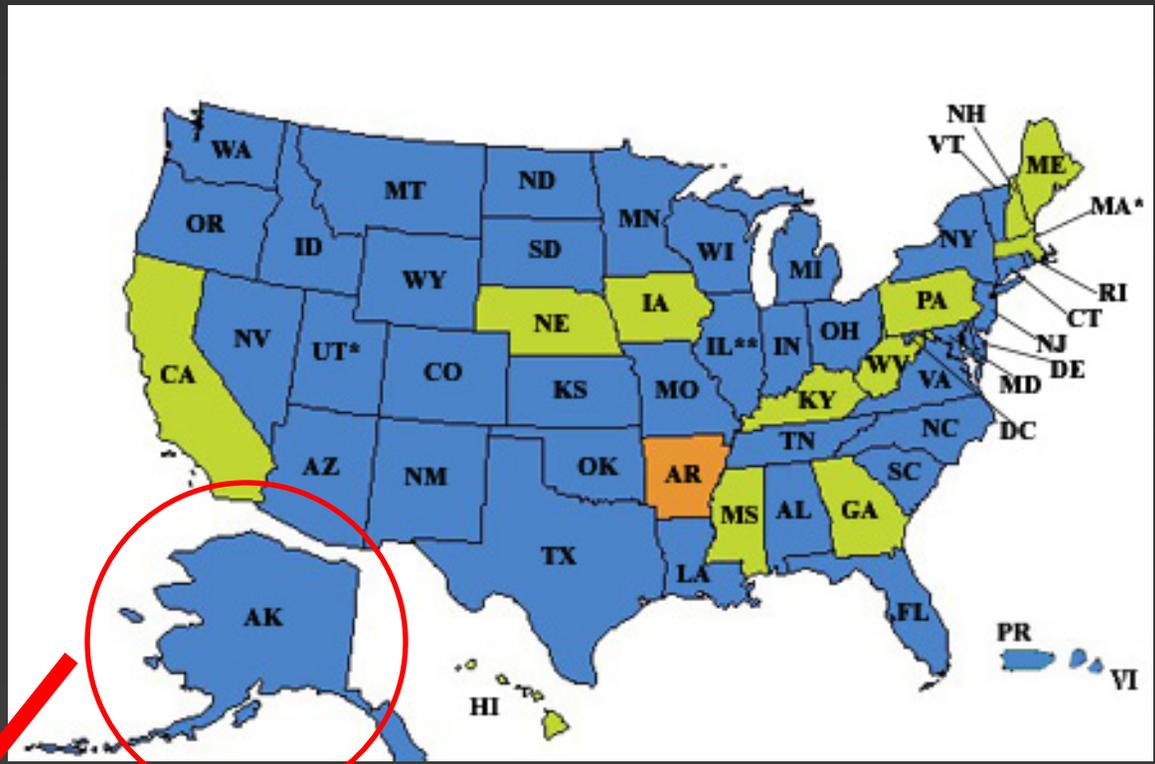
5. Develop a SNAP Tool Kit.
6. Educate NS Programs Staff about SNAP, using the Alaska SNAP Tool Kit.
7. Educate Networks identified about SNAP, using the Alaska SNAP Tool Kit.
8. Disseminate a statewide unified nutrition education theme geared to promote active lifestyles.

## *Alaska tactics continued (3)*

9. Disseminate SNAP information through an existing websites.
10. Formulate an action plan for the distribution, dissemination, and evaluation of a unified nutrition education theme.
11. Develop partnerships with Public Health.



*Across the country...*



 Promote Healthy Eating and Active Lifestyles

 Promote Breastfeeding

 Promote Healthy Community/School Nutrition Environment

 Massachusetts and Utah have two goals.

 Promote Fruit and Vegetable Consumption

 Illinois has two goals.

*Promoting Health Eating & Active Lifestyles*



# Resources

[www.familynutrition.alaska.gov](http://www.familynutrition.alaska.gov)

[www.fns.usda.gov/oane/SNAP/Plans/Alaska.htm](http://www.fns.usda.gov/oane/SNAP/Plans/Alaska.htm)

[www.fns.usda.gov/oane/SNAP/Resources.htm](http://www.fns.usda.gov/oane/SNAP/Resources.htm)