

Nourishing Change

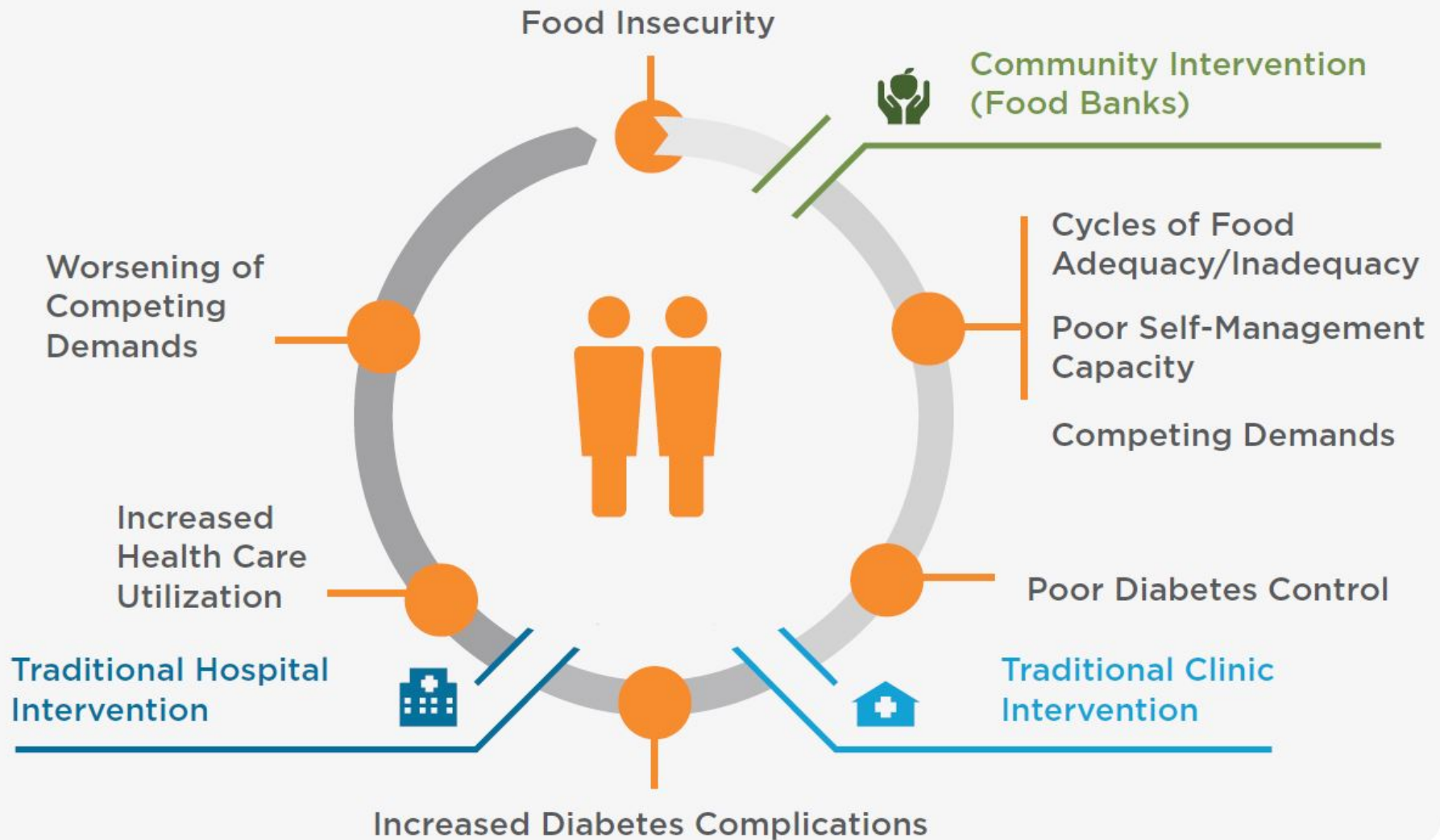
“Those struggling with food insecurity face the burden of not only getting enough to eat, but also accessing nutrient-rich foods that promote health and help reduce risk of chronic disease. With more than two-thirds of adults and one-third of children now overweight or obese, a growing body of research seeks to understand the causes and identify effective interventions to address this public health epidemic. The coexistence of food insecurity and obesity within communities, families and individuals cannot be ignored.” – Healthy Food Bank Hub

Alaska Food Coalition



Sarra Khlifi, AFC Manager

CYCLE OF FOOD INSECURITY & CHRONIC DISEASE: DIABETES





Alaska Division of Public Health

Prevention Promotion Protection

OBESITY AND FOOD INSECURITY

Diane Peck, MPH, RDN

Obesity Prevention and Control
Program

February 26, 2016

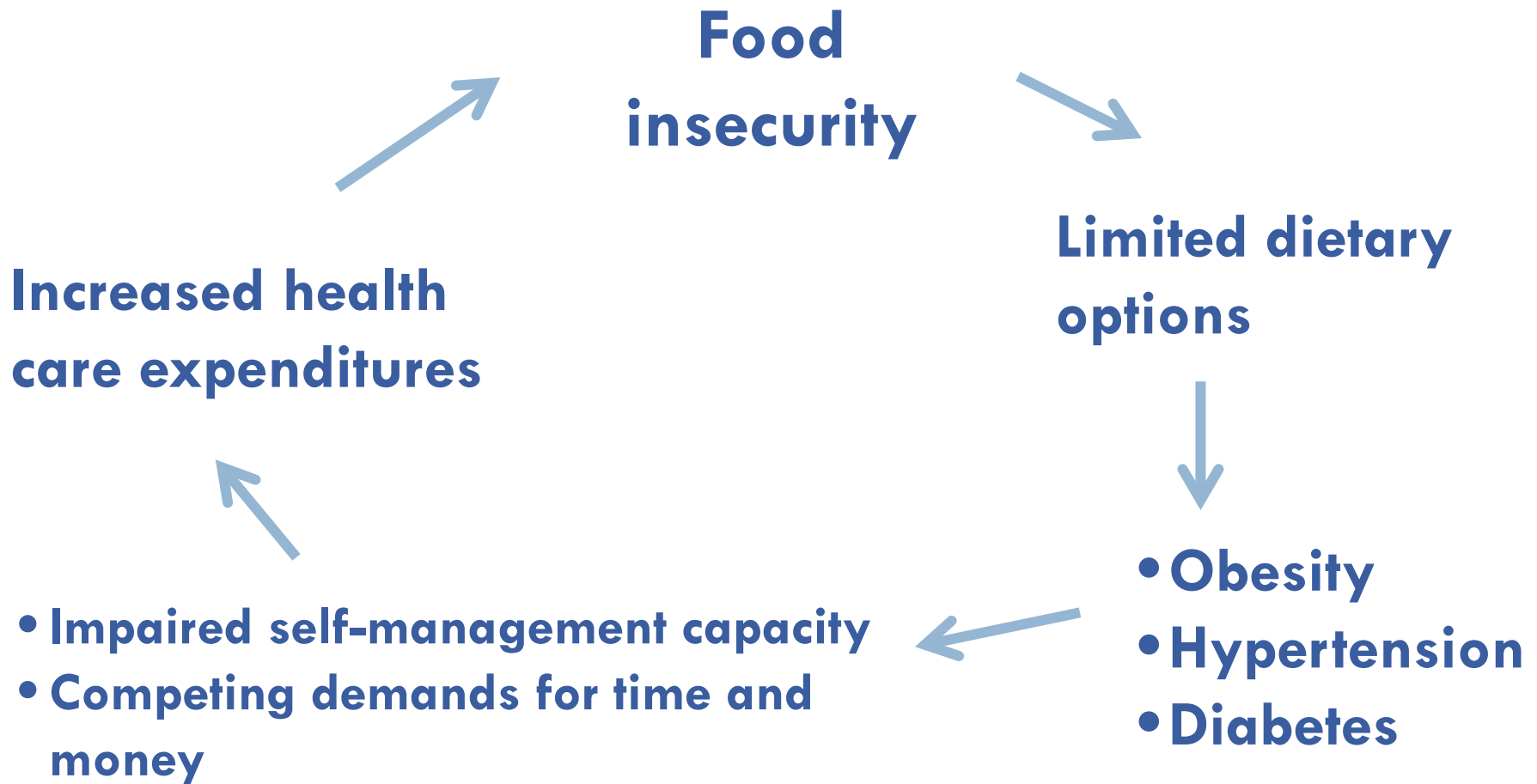
Why Care about Obesity?

- Risk factor for a variety of chronic conditions
- Associated with premature death
- Significant economic costs

Overweight and Obese Individuals Are at Greater Risk of:

- Hypertension
- Dyslipidemia
- Coronary Heart Disease
- Stroke
- Type II Diabetes
- Osteoarthritis
- Sleep Apnea
- Breast, Prostate, and Colon Cancers
- Complications of Pregnancy
- Menstrual Irregularities
- Depression

Food Insecurity and Chronic Disease



Seligman HK, Davis TC, Schillinger D, Wolf MS., **Food insecurity is associated with hypoglycemia and poor diabetes self-management in a low-income sample with diabetes.** J Health Care Poor Underserved. 2010 Nov;21(4):1227-33. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3004431/pdf/nihms-251752.pdf>

Seligman HK, Schillinger D. **Hunger and socioeconomic disparities in chronic disease.** N Engl J Med. 2010 Jul 1;363(1):6-9.

Food Insecurity and Obesity-Related Access Issues

Lack of access to healthy affordable foods

Shift toward energy dense foods that provide maximum calories at least cost, in large part due to added sugar and fat.

Lack of access to physical activity resources

Parks, green spaces, bike paths, and recreational facilities.

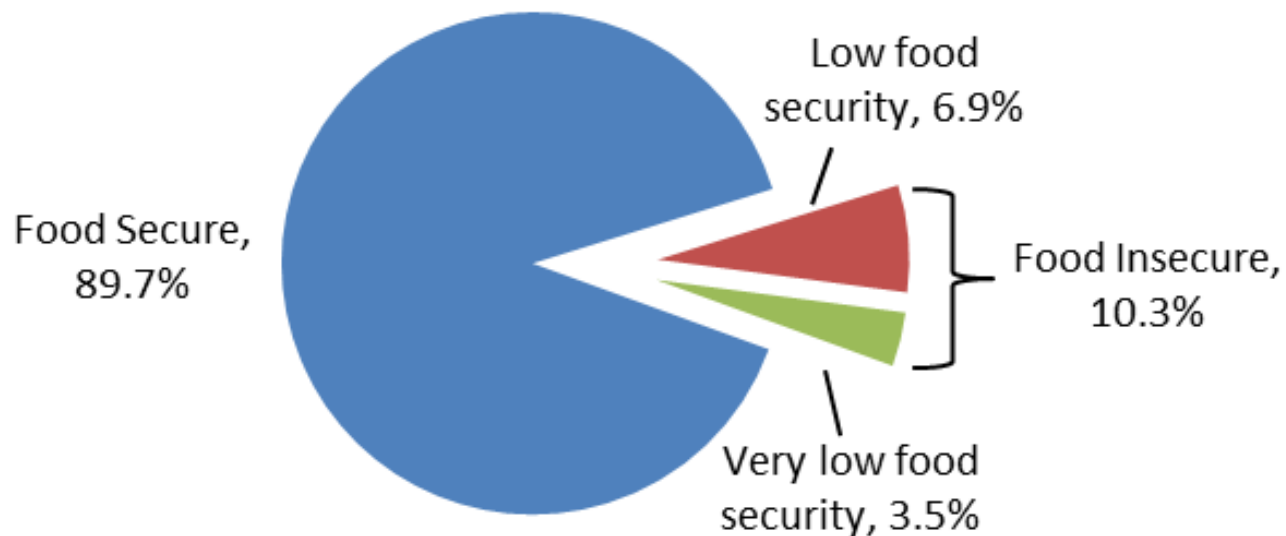
Crime, traffic, and unsafe neighborhoods.

Lack of access to reliable transportation

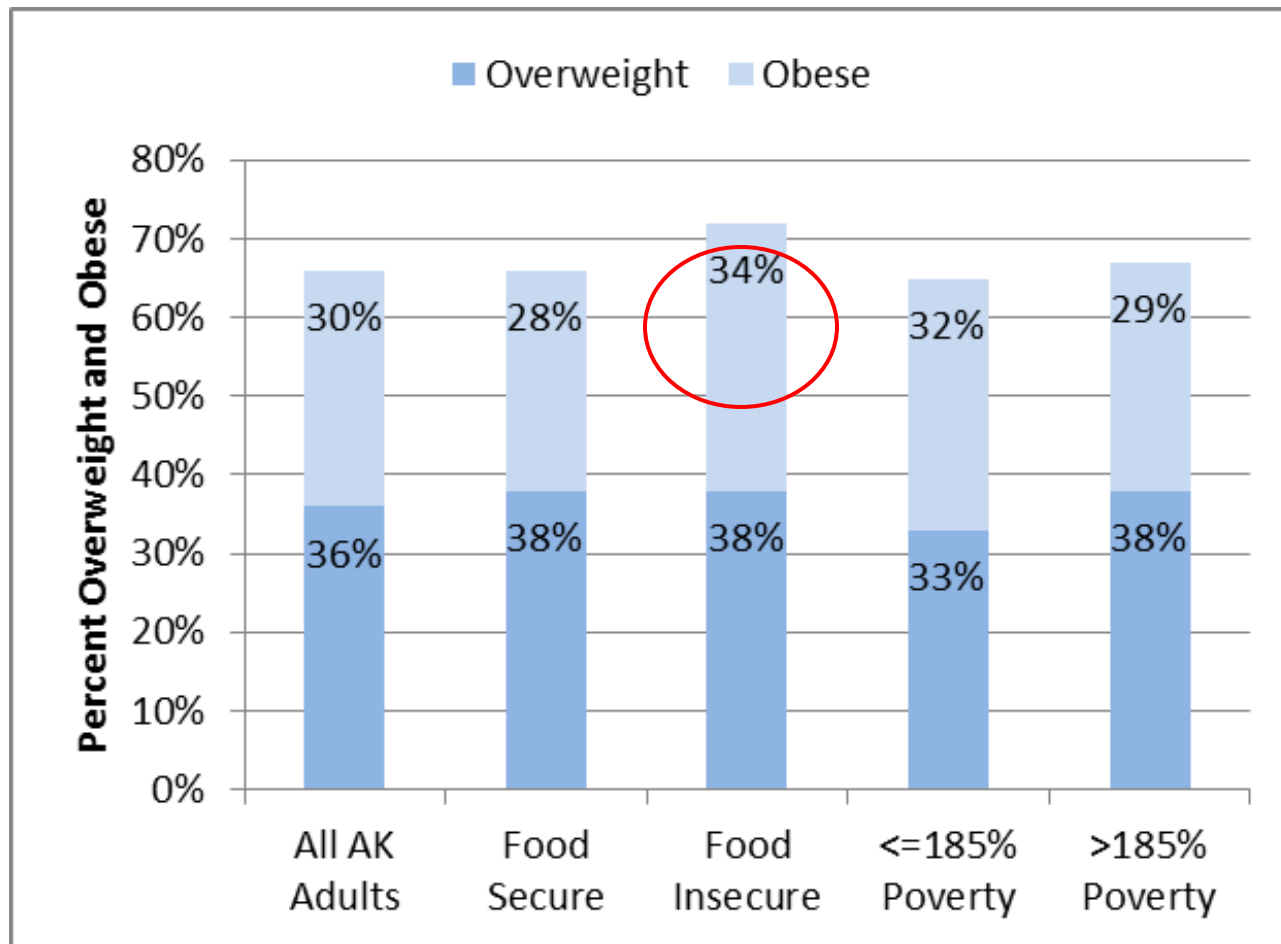


Percent Food Secure and Insecure in Alaska Adults, 2013 (BRFSS)

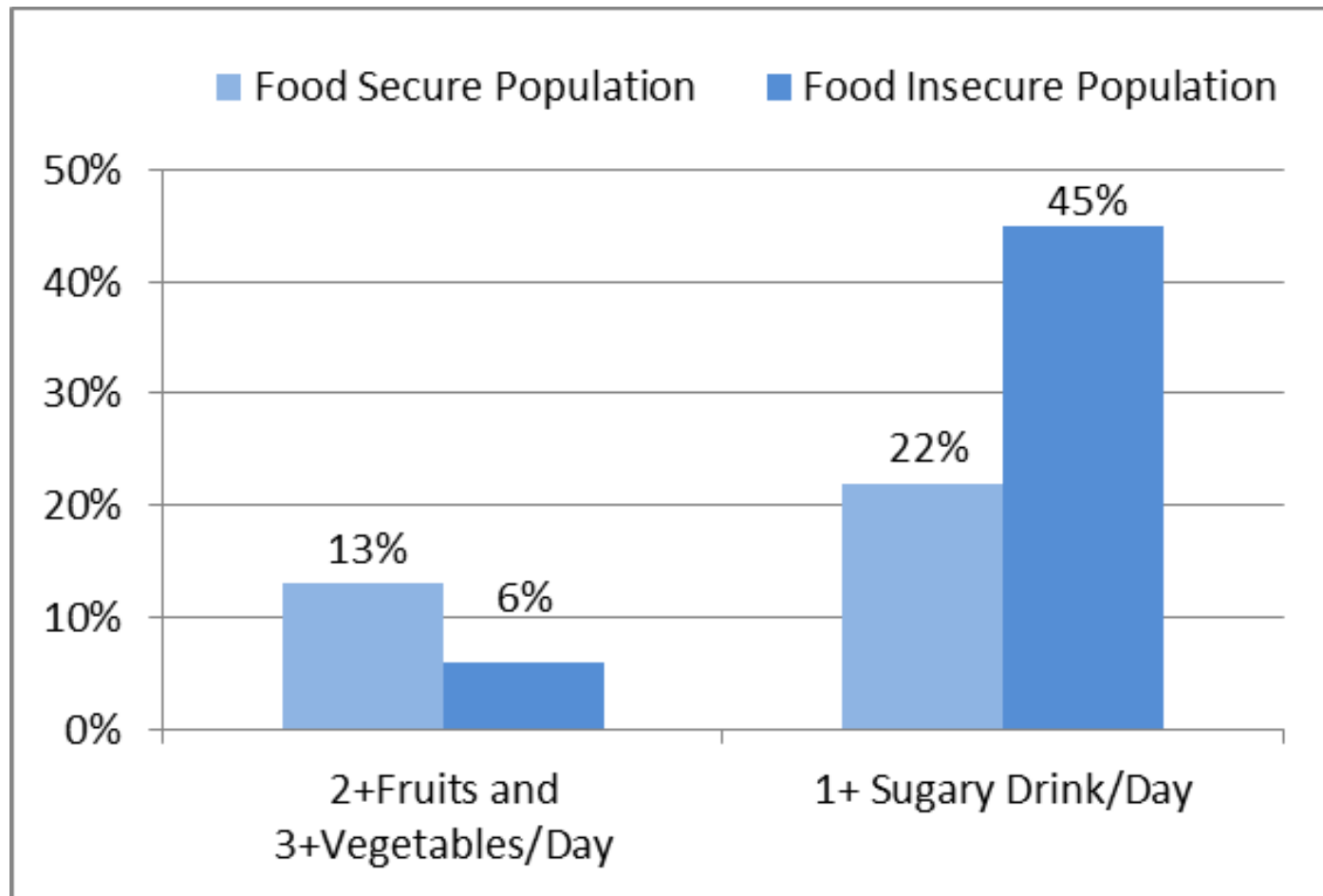
Figure 1



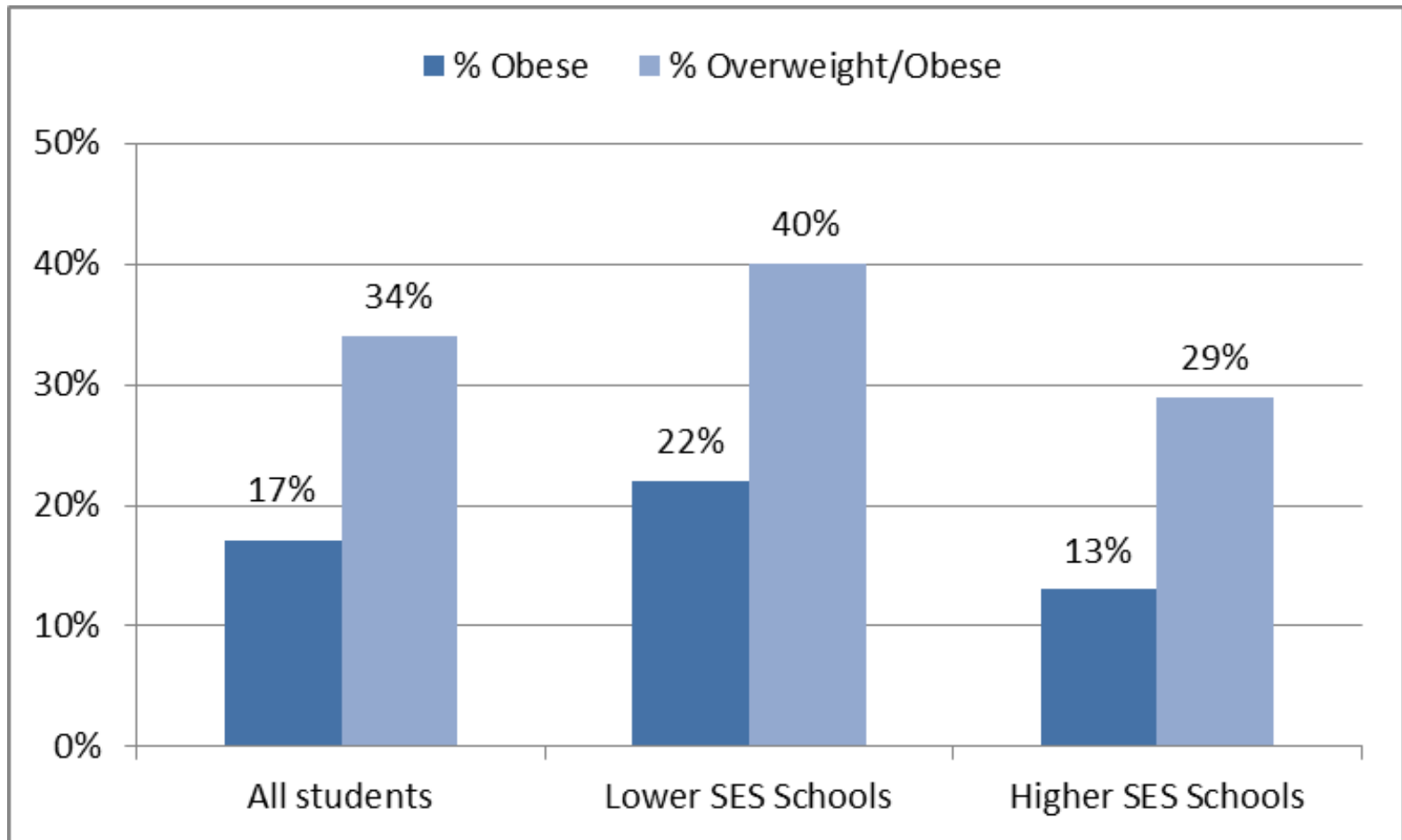
Weight Status by Food Security and Income in Alaska Adults, 2013 (BRFSS)



Consumption of Fruits, Vegetables and Sugary Drinks by Food Secure and Food Insecure Alaska Adults, 2013 (BRFSS)



Prevalence of Overweight and Obesity in ASD & MSBSD Student,s Grades K, 1, 3, 4, & 7, by School Socioeconomic Status (SES)*, 2013-14 School Year



Nutrition Assistance Programs

- Supplemental Nutrition Assistance Program (SNAP)
- Women, Infants and Children Program (WIC)
- Free or Reduced School Lunch or Breakfast Program (NSLP)
- Child and Adult Care Food Program (CACFP)
- Expanded Food and Nutrition Education

Farmers' Market-Quest Program



Diane Peck

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UAA partnership with FBA/AFC

- My role addressing public health & hunger:
 - ▣ Remind new social workers that food matters
 - ▣ Remind “local food” advocates to remember poor people
- Service-learning class
- Research efforts:
 - ▣ Users of Anchorage pantries with 2 undergraduate social work students
 - ▣ Users of rural-accessible community pantries with Cara Durr of AFC/FBA
 - ▣ Both: in-depth interviews, convenience sampling, mostly non-Native participants

Health implications from studies

- Indications of health conditions and disabilities came up indirectly
 - ▣ No direct question about this; surprised by how many participants were affected, probably undercount
 - ▣ People who indicated they or someone in their household received SSI, SSDI
 - ▣ People who referred to health conditions as part of telling stories about what they ate and what they would like to eat

Disabilities and Health Conditions

- Some conditions affect the kinds of food they can/should eat:
 - ▣ Diabetes, IBS, blood pressure, cholesterol
- Some conditions make it hard to get to the pantry and get food home:
 - ▣ recent surgeries, back problems, cancer and side effects from treatment

Education is not the problem

- Lots of awareness of nutritional compromises involved in being poor, using pantries
 - ▣ Lots of starch, processed foods, canned foods, little protein
 - ▣ Some dairy and produce but often spoiled

- Strong desire for fresh and “local” food (especially outside Anc)
 - ▣ **Harvested** in Alaska
 - Grown
 - Gathered
 - * Hunted
 - * Fished
 - ▣ Extensive literature documenting nutritional benefits of Alaskan wild foods as well as cultivated produce

Rural study:

Engagement w/ local food

- Variations in access to local food
 - ▣ Direct and indirect access
- Sample fell approximately into thirds

- Comparison of what is eaten by most-engaged with least-engaged groups:
 - Relatively more fresh and local foods
 - Better diet(?)

Intervention: Increase access

- Broaden scope of SNAP subsistence benefits

- Currently:
 - ▣ Food Stamps pays for some subsistence equipment in the most remote communities
 - ▣ Subsistence uses of SNAP are framed as an alternative to purchasing food only when market foods are unavailable (purchase is preferred by policy)
 - ▣ Recipients must “rely substantially” on subsistence

SNAP “local foods” benefits?

- Statewide eligibility
- Hunting/fishing equipment (as now)
- Growing equipment & supplies
- Storage & processing equipment (e.g. canning)



Alaska Tilth

Feeding Alaskans in Need & Training Future Farmers



Imagine a box of fresh Alaska Grown produce arriving weekly at senior centers, My House, and the Mat-Su Women's Shelter...

...as the University of Alaska Fairbanks (UAF) Family Nutrition Educator sautées garlic, cooks a meal, and teaches nutrition. The comforting aroma makes recipients feel cared for and empowers them to prepare healthy food for themselves and their families.

Behind the scenes, agriculture interns will work the farms at UAF's Matanuska Experiment Farm and Alaska Pacific University's (APU) Spring Creek Farm to produce the vegetables. The Plant Materials Center (PMC) will also donate produce grown at their research facility.

Your generous gift of \$600 will purchase a Community Supported Agriculture (CSA) "share" and for 18 weeks during the summer of 2016, a box of fresh, local produce will be delivered to those in need.

Smaller donations will also be accepted towards the purchase of shares. 100% of your donation will go directly to project costs. With the support of generous Alaskans, we can provide fresh Alaska Grown produce to participants while educating the next generation of farmers.

For more information call: Megan Talley • 907-746-2714 • MTalley@alaskapacific.edu

Your donation can help feed the hungry, homeless, elderly and families in the Mat-Su Valley.

Please accept the enclosed check of \$600 (or other amount \$ _____) to donate a CSA share on my behalf:

Name _____

Address _____

Phone _____

Email _____

Check donations may be made out to 'Alaska Pacific University' (please write 'Alaska Tilth' in the memo) and mailed to:
APU President's Office • 4101 University Dr., Anchorage, Ak 99508





<http://www.ktuu.com/news/news/grow-palmer-volunteers/26296740>



Fresh From the Garden

Cooking Demonstrations

Winona Benson, UAF CES

Nutrition Educator. 907-745-3423

The CSA weekly vegetables



Cooking Demo and instruction



Simple, healthy, and budget friendly recipes are shared each week.



Each week new vegetables, recipes and nutrition tips are shared with the community. This group meets weekly at a local church near the food bank. A selection of vegetables are split up and shared with those in attendance.

Fresh produce, Food preparation, food safety, cooking demonstrations and tasting each week.

Fresh produce handed out to those in attendance so they can try these foods at home as well.



"Hail to the Kale Salad"

Reports of more cooking with fresh foods, lowered blood pressure, weight loss, shared food and recipes and overall happiness with receiving fresh foods!



"Lemon-Basil Snow peas"



Fresh vegetable distribution

TESTIMONIALS

“I learned a lot more than I thought! The handouts / recipes gave me great ideas on how to use the WIC vouchers for the Farmer’s Market

I am a 20 year cancer survivor and understand that my immune system benefits from good nutrition. This information was helpful and handouts are great since they are all about seasonal vegetables.

The ladies at the Women’s Shelter love the fresh produce, we even have a chef staying here who is preparing delicious meals with all the fresh foods! It’s wonderful!

I am going to use this information at home and for my church dinners as well and other events. I will be sharing how to use kohlrabi!

From the Food Pantry a lady said, “This is just so wonderful! I live in a small apartment with my kids and we can’t afford much in fresh produce, thank you!”

From My House: We love the fresh produce!! It has been wonderful for the youth here to learn to recognize the difference between a turnip and a rutabaga, they have been adding the produce to fresh soups and salads all summer! Conversations have sparked about gardening for the café, they are even thinking about expanding the garden plot we have with the City of Wasilla!

I have lost weight and lowered my blood pressure since coming to these classes!

I shared my food with a family who just lost their home, they were very grateful

**UAF Mat-Su Community
Garden Plots**



UAF Cooperative Extension Service



NATIONAL 4-H WEEK 2015 OPEN HOUSE
OCT. 8TH 4-6PM @ THE COOPERATIVE EXTENSION OFFICE
1500 S. GEORGESON RD., PALMER
CELEBRATE 4-H & FIND OUT ALL ABOUT YOUTH EVENTS.



Nourished Health Coaching Services

Winona Benson Health Coach

"I want to help you make changes that will improve your quality of life, build your confidence, increase your health, and help you to find



I offer education and services to include:

Nutrition Lessons
Cooking Classes
Event Speaking
Wellness Groups
School Nutrition Lessons
Wellness and Weight Loss
Exercise Plans



Health Coach and Owner of Nourished Health Coaching Services, LLC.
7 years experience as a Nutrition Educator through University of Alaska Fairbanks, Cooperative Extension Service
Currently enrolled in Institute for Integrative Nutrition
Certified Health Coach from American Council on Exercise 2015
Advanced Nutritarian Studies: Nutrition Educator from Nutritional Education Institute 2014
Plant Based Nutrition Certification from Colin Campbell Foundation 2013
National Nutrition Paraprofessional Certification from Utah State University 2012