

# Refresh, Renew, Refocus: Extension Family & Community Health Spring Conference Final Schedule: March 28-31, 2022

<https://nutrition.extension.oregonstate.edu/collection/2022-fch-spring-conference>

**Monday, March 28** – *share something about yourself with your Zoom background*

[Day 1 Zoom Link](#); password: apple

9-10am **Welcome Session & 5 Year Longevity Awards** with **Ivory Lyles**, PhD, Vice Provost  
Division of Extension & Engagement, Director OSU Extension Service

10-10:30am Physical activity & break

10:30am-12pm **Designing and adapting interventions to promote community health: a multilevel, stepwise approach** with **Leslie Lytle**, PhD, Adjunct Professor,  
University of North Carolina Gillings School of Public Health

Helping communities change health behaviors is incredibly important and difficult work. Encouraging behavior change involves not just influencing individuals but also the environments that provide the context within which behaviors occur. This session provides an overview of a stepwise process to use to create or adapt a community-level intervention. Special attention is paid to the role of engaging community stakeholders, identifying the determinants of the behavior for a specific population, and how to choose the most appropriate intervention components and strategies to positively impact change.

12-1pm Lunch with virtual picnic tables, [jamboards](#) & [OSUEAFCS silent auction](#)

1-1:45pm **Peer-Reviewed Poster Roundtables** [abstracts start on page 6]

- **“Just Scratch It”, Meal Component Bags for the Food Pantry**  
**Ann Bloom** and **Deb Warnock**, Wallowa County
- **Food Group Food Drive: Engaging PTO to Refresh the Traditional Food Drive**  
**Kaitlin Greene**, **Brandi Borton**, and **Katie Ahern**, Deschutes County
- **Food Hero Ambassadors Encourage Peers to Try New Foods**  
**Brandi Borton**, **Kaitlin Greene**, and **Katie Ahern**, Deschutes County

1:45-2pm Break

2-3:30pm **Playing to your Strengths: Thriving at work through Strengths based work culture** with **Kris Elliott**, PhD, Director, Outdoor School Program & Gallup Certified Strengths Coach

Do you currently work in your dream job? Do you show up to work most days completely jazzed about what you do? According to the Gallup Organization®, only 3/10 people can enthusiastically answer yes to this question – but there is hope! When approaching our work and teams with a Strengths based approach, we can easily work toward being part of the 3/10. In this session, we will learn about our own strengths, how they can help us thrive at work, and how our knowledge of strengths can create stronger, happier, and more dynamic teams. Join over 26 million people who have learned to approach their personal and professional lives

through a Strengths-based positive psychology.

**Tuesday, March 29** – wear your favorite apron or cooking attire

[Day 2 Zoom Link](#); password: apple

9-10am

**Current Issues in Nutrition** with **Siew Sun Wong**, PhD, Professor & Interim Endowed Director, Moore Family Center for Whole Grain Foods, Nutrition & Preventive Health

What's the latest about COVID-19 and nutrition? Did you hear the recent big fat controversies? Part 1 of this session will cover COVID-19 and nutrition; dietary fats and heart disease; sugar, diabetes and cancer; genetically engineered (GE) food, food labels, and health claims. Part 2 of this session will cover social emotional learning and the role of nutrition among school-aged children.

10-10:30am

Physical activity & break

10:30am-11am

**10 Year Longevity & EPA Awards**

11am-12:30pm

**Cook Together Workshop** with **Barbara Brody**, MS, SNAP-Ed/FCH Malheur County; **Jamie Cox**, SNAP-Ed Union-Baker Counties; **Toiresa Frazier**, SNAP-Ed Malheur County; **Lily Joslin**, FCH/SNAP-Ed/SNAP-Outreach Columbia County; **Paolina Mulleneix**, SNAP-Ed/Cooking Matters Outreach Klamath-Lake Counties; **Stephanie Russell**, RD, SNAP-Ed Lincoln County/State Team; **Carol Walsh**, MS, RDN, SNAP-Ed State Team

Have you considered offering remote cooking classes? Come and learn a variety of ways to make this happen! We will be debuting a new Food Hero recipe to cook together: Mix and Match Grain Bowls – and using this recipe to talk about and demonstrate practical tips for delivering your own remote cooking classes. All are welcome in this session whether you cook together with us or not. If you do cook, you will make a grain bowl just in time for lunch.

12:30-1:30pm

Lunch with virtual picnic tables, [jamboards](#) & [OSUEAFCS silent auction](#)

1:30-3:30pm

**Peer Reviewed Sessions** [abstracts start on page 7]

- **Refocus: Adult Remote Education Supports Learner Success**  
**Shannon La Fon**, Jackson County; **Matilde Rodriguez Ortiz**, Washington County; and **Maureen Quinn Lores**, Multnomah and Washington Counties
- **Nutrition Assessment Tools and Resources for Adults**  
**Stephanie Polizzi**, Coos County
- **The Santiam Canyon Labor Day 2020 wildfires: A community health assessment, one year later**  
**Marc Braverman**, OSU Campus
- **COVID-19 Update: National, state and local trends and opportunities for vaccine outreach**  
**Roberta Riportella**, **Marc Braverman**, and **Marion Ceraso**, OSU Campus; **Tina Dodge**,

Linn & Benton Counties, **Lauren Kraemer**, Hood River & Wasco Counties; **Dusti Linnell**, Tillamook & Lincoln Counties; **Mario Magaña**, OSU Campus 4-H; **Amy Young**, OSU Campus Juntos

5-6pm **SEIU/Classified & Unclassified Union Sessions** (optional – non-work time) Note: only classified may attend the classified union meeting and only unclassified may attend the unclassified union meeting.

[SEIU/Classified Zoom link:](#)

Meeting ID: 943 5382 2595

Passcode: 906354

Unclassified Zoom link TBD

**Wednesday, March 30** – wear your favorite hat or accessories (that we can see in Zoom!)

[Day 3 Zoom Link](#); password: apple

9-9:30am **15 Year Longevity & OSUEAFCS Awards**

9:30-10:30am ***The Art of Gathering: How we meet and why it matters*** with **Lauren Kraemer**, MPH, and **Dusti Linnell**, PhD

In this book, Priya Parker lays out some principles to make every gathering meaningful. In the introduction she says, “We tend to keep gathering in the same tired ways. Most of us remain on autopilot when we bring people together, following stale formulas, hoping that the chemistry of a good meeting, conference or party will take care of itself.” She goes on to say, “Gatherings crackle and flourish when real thought goes into them, when structure is baked into them, and when a host has the curiosity, willingness, and spirit of generosity to try.” We are going to discuss the ideas provided by Parker and talk about ways we can integrate them into our meetings, conferences, and other gatherings. We’ll also reveal the ways the planning team has embedded Parker’s suggestions into our conference thus far and give you some practice in planning your own events! Please join us even if you didn’t start or finish the book!

10:30-11am Physical activity & break

11am-12pm **Living out equity and justice though SNAP-Ed: Sharing practices and models from Minnesota** with **Mary Marczak**, PhD, Director, Urban Family Development & Evaluation, University of Minnesota Extension Center for Family Development

*Mary works in Minnesota SNAP-Ed, but the lessons and practices should have **relevance for all of our FCH programs.***

This presentation explores the actions and processes Minnesota SNAP-Ed enacted to shift voice and power to those most affected by health disparities. We have developed quality models for place-based approaches, built practice based evidence utilizing participatory practices and methods, and continuously learned together to be aware of and act on inequities. Research has shown that community-engaged,

place-based work is most effective when addressing complex, wicked problems like childhood obesity, poverty, health and educational disparities, and food and other resource insecurities. This presentation will explore why these methods and processes matter when working with SNAP-Ed audiences and partners.

12-1pm

Lunch with virtual picnic tables, [jamboards](#) & [OSUEAFCS silent auction](#)

1-3pm

**Peer-Reviewed Sessions** [abstracts begin on page 9]

- **Farm to School (F2S) Featured Foods: Where Procurement Meets Education**  
**Patty Case**, Klamath County; **Paolina Mulleneix**, Klamath County
- **SNAP-Ed, Double Up Food Bucks, and Farmers Markets: Opportunities for Collaboration, Education, and Collective Impact**  
**Kelly Streit**, Clackamas County; **Katie Ahern**, Deschutes County; **Cheryl Kirk**, Jackson & Josephine Counties; **Patty Case**, Klamath County; **Mandy Hatfield**, Douglas County
- **Food Hero Around the World**  
**Ellen Radcliffe**, Jackson County
- **Physical Activity and Active Living Team Statewide Impact Report**  
**Kathy Gunter**, OSU Campus; **Katie Ahern**, Deschutes County; **Barbara Brody**, Malheur County; **Allison Harris**, Coos & Curry Counties; **Lauren Kraemer**, Hood River & Wasco Counties; **Thomas Packebush**, OSU Campus

3-5pm

**OSUEAFCS Professional Meeting:** [meeting Zoom Link](#)

**Thursday, March 31** – wear OSU/Beaver colors or attire

[Day 4 Zoom Link](#); password: apple

9-9:15am

**20+ Year Longevity Awards and Recognition**

9:15-10:45am

**Using storytelling to build connections with clients and community: Discover your stories** with **Janice Smith**, Big Dog Little Bed

Effective storytelling is at the core of effective marketing, but we all have LOTS of stories we could tell. In this workshop we talk specifically about story; the 6 types of stories you could tell, characteristics of a good story, and the different formats you could use to tell these stories. By the end of the workshop you will have developed a list of stories you can begin using in your marketing immediately, and an idea of where and how you'll share them.

10:45-11am

Break

11am-12pm

**Roundtable Discussions** – connect with colleagues around a topic

- **Drop-in PEARS Reporting System support** with Anne Hoisington
- **Drop-in BEPA 2.0 Q&A and support** with Kathy Gunter & Thomas Packebush
- Garden Nutrition Education
- Farm to School

- Trauma-informed Classroom Management Strategies
- Engaging the Community in Program Planning
- Supporting Families with Kids Learning to Love Vegetables
- Using Remote Materials/Tools into the Future
- Writing Success & Impact Stories
- Food Preservation
- Expanding Reach to Underserved Audiences
- Collaboration with other Extension Programs

12-1pm Lunch with virtual picnic tables, [jamboards](#) & [OSUEAFCS silent auction](#)

1-2pm **Policy Panel Discussion** with **Marion Ceraso**, MHS, MA, Associate Professor of Practice School of Social and Behavioral Health Sciences; **Laurel Kincl**, PhD, CSP, Associate Professor Environmental and Occupational Health, **Lauren Gwin**, PhD, Associate Professor; Associate Director, Center for Small Farms & Community Food Systems, and **Allison Myers**, PhD, MPH, Director, Center for Health Innovation; Interim Program Leader, Extension Family & Community Health

2-2:30pm **Closing remarks**

### **[Online OSUEA-FCS Silent Auction!](#)**

New this year, OSUEA-FCS will be hosting an **ONLINE silent auction** for you to bid on some **AMAZING items** throughout the **entire week** of Spring Conference!

- The online silent auction will **open on Monday, March 28<sup>th</sup> at 9am** and **close at 12pm on Friday, April 1st.**
- On Monday, 3/28 at 9am, a link to the silent auction webpage and instructions, will be emailed to everyone, and bidding will commence!
  - You will be able to bid on as many items as you like and as many times as you wish.
  - The highest bidder for each item at 12pm on Friday, April 1st, will be the winner.
  - Winners will be notified via email, along with payment instructions. Each donor will ship their basket or item to the winner.

This is a great way to find neat gifts for friends or family members AND for yourself! And all money raised goes toward supporting your association and colleagues!

**Questions?** Please reach out to a member of the spring conference planning team: Rose Jepson-Sullivan, Lauren Kraemer, Dusti Linnell, Stephanie Polizzi, and Rocci Taylor.

## ABSTRACTS

### Monday, March 28, 1-1:45pm: Peer-Reviewed Poster Round Tables

- **“Just Scratch It”, Meal Component Bags for the Food Pantry**  
**Ann Bloom and Deb Warnock, Wallowa County**

Emergency food boxes provide food to those in need. However, the recipients don't always know how to use all the foods that are in the box or what to make with the ingredients. The idea for “Just Scratch It” meal component bags was identified as a need following a Healthy Pantry Survey in 2019. “Just Scratch It” meal component bags contain a Food Hero recipe and ingredients needed to be able to make a healthy meal. We worked with the Food Pantry to develop a timeline and assemble the kits to be distributed in the Emergency Food boxes. Using Food Hero Recipes such as Easy Skillet Chili, One Pan Spaghetti, Stove Top Tuna Casserole and Tasty Hamburger Skillet, the ingredients (from the food bank shelves) were placed in a ziplock bag. These included: cans of tuna, cream of mushroom soup and a variety of canned beans. Frozen hamburger and fresh vegetables were added at the time of pick up. The recipes were chosen based on their ease of preparation, appeal, economic value, and ingredients available at the food bank. The “Just Scratch It” kits were prepared four times and distributed at the two food pantries in the county. We were able to provide healthy Food Hero recipes that utilized items commonly available at the food bank and provide families with an easy way to make a great meal for their family. We prepared a total of 64 kits, which would total 256 meals. Food Pantry workers reported that the recipients were appreciative of the component kits and indicated they would continue to use the recipes provided. This concept can easily be replicated in other counties.

- **Food Group Food Drive: Engaging PTO to Refresh the Traditional Food Drive**  
**Kaitlin Greene, Brandi Borton, and Katie Ahern, Deschutes County**

*Need:* School food drives tend to promote the quantity of food item donations and not the quality of the foods donated. This leads to less healthy donated foods.

*Objective:* The SNAP-Ed program along with school partners aims to establish the Food Group Food Drive (FGFD) as the way the school conducts its food drive to increase healthier donated foods.

*Description:* The FGFD emphasizes quality over quantity so that families who receive the donations have increased access to healthy food choices. Compared to the traditional food drive model, the FGFD increases the variety of food drive donations by requesting ingredients for six specific Food Hero recipes and educates students in MyPlate concepts. Engaging the Parent Teacher Organization (PTO) is a critical step in making the FGFD part of the school's traditions. Their involvement has elevated the quality of the donations and created a more sustainable division of labor among food drive organizers.

*Implementation:* Involving the PTO begins with an ask. The SNAP-Ed EPA and co-organizer met with the PTO to describe the project and request assistance with promotion and daily activities. Giving the PTO some ownership over the FGFD has led them to contribute their own funds to support the project. The PTO's leadership role helps engage families, students, and staff and has made the project a part of the giving culture.

*Outcome:* Since 2018, the FGFD project has increased its healthy food donations four-fold. The PTO has taken on more coordinating and promotional responsibilities and continues to contribute financially, leading to a systems change for this school activity.

This presentation will outline strategies to engage and sustain the PTO to make the Food Group Food Drive and healthy donations a school tradition.

- **Food Hero Ambassadors Encourage Peers to Try New Foods**  
**Brandi Borton, Kaitlin Greene, and Katie Ahern, Deschutes County**

In 2017, school student leadership team staff members approached SNAP-Ed Educators with a new program delivery idea. They were looking for authentic opportunities for their students to practice leadership skills. With this request, Food Hero Ambassadors was created as a way to implement system changes in the schoolhouse. The goal of this program is to educate students about fruits and vegetables, provide an opportunity for students to try, and ultimately increase consumption of fruits and vegetables. Since the program started, Deschutes County SNAP-Ed Educators have expanded the program to numerous schools.

Food Hero Ambassadors lead their peers with short presentations based on the information from Food Hero Monthlies. Each participating classroom is provided four student led presentations, which are followed by the nutrition educator offering a sample of a Food Hero recipe. This program has been successfully adapted to various situations at individual schools. The nutrition educator can partner with the school leadership team, create a team of interested students to fill the role of Food Hero Ambassadors, or even work in the classroom to provide all students the opportunity to become Food Hero Ambassadors.

The first step to implement this opportunity is to find a champion. This person can be someone who has responsibilities with all the students in the school such as a counselor, PE teacher, leadership teacher or a member of the administrative team. Next steps of implementation include meeting with the leadership students, developing scripts, practicing presentation skills, and scheduling classes for the Food Hero Ambassadors to visit.

The post surveys show early indications of increasing knowledge about and desire for fruit and vegetables. Of the responses, over 50% of students whose classrooms had Food Hero Ambassador presentations self-reported that they chose more fruits and vegetables at school as well as making more healthy food choices.

## **Tuesday, March 29, 1:30-3:30pm: Peer-Reviewed Sessions**

- **Refocus: Adult Remote Education Supports Learner Success**  
**Shannon La Fon, Jackson County; Matilde Rodriguez Ortiz, Washington County; and Maureen Quinn Lores, Multnomah and Washington Counties**

*Need:* Limited-resource parents of school-age children are a high-priority audience that have historically been challenging to engage and retain in nutrition education series. Oregon's limited-income adult audiences inform the learning in a virtual-learning environment, through ongoing communication of their needs. Nutrition educators delivering the EFNEP Eating Smart Being Active series remotely over the past two years changed experiences/methods to reduce barriers and respond to participant stress, fatigue and transportation pressures. Geographically distant, underserved audiences increased participation through remote programming.

*Objectives:* Inspire participants to use a combination of digital and hard copy nutrition materials, in-tandem with a live, personalized weekly lesson workshop to discover and implement their own shifts in food and physical activity behaviors along their own journey to a healthier lifestyle. Maintain data required for programming.

*Description, Application/Implementation:* Provide nutrition, food safety, cooking skills, and physical activity education to adults with families using remote delivery method. Foster personalized connection with participants through phone, mail, and email combination to support registration and pre/post data collection process. Lessons facilitated through a combination of weekly emailed video links, cooking and physical activity assignments, live zoom discussions, and recipe demonstrations. Participants pick up lesson materials at intervals over the series to support learning at home. EFNEP educators using the Eating

Smart Being Active curriculum prioritized learner-centered methods, which transfer to other adult programming.

*Indicators of Success:* “ ... I really enjoyed having the option of two different times for zoom meetings because it was convenient and I was able to do all classes and not miss any.” Program participant. Increased attendance and retention occurred with remote class format. Improved knowledge, skills and confidence showed in participants’ self-reported data. Deepened participant understanding and implementation of nutrition behaviors at home emerged in participants’ oral, written, and pictorial feedback.

- **Nutrition Assessment Tools and Resources for Adults**  
**Stephanie Polizzi, Coos County**

*Purpose:* The Coos County health assessment identified cancer and other diet-related diseases as key contributors to illness and death. Research shows intake of fruits and vegetables can improve outcomes of patient care. Therefore, diet assessment should be included in treatment plans. Conducting a community study allowed for the evaluation of current practices in nutrition education with residents seeking healthcare. Study results facilitated the identification of strategies to bridge gaps in patient nutrition education.

*Methods:* Health professionals from 10 medical facilities were surveyed to determine resources and practices used to assist patients in nutrition. Cancer patients and caregivers were surveyed to assess their nutrition-related experience with providers. Both cohorts were invited to suggest and prioritize solutions using surveys and focus groups.

*Results:* Three interventions were selected and piloted in a clinical site: a 1-page nutrition assessment and 3-page patient key, written nutrition guidelines and a Nutrition Resource Guide including local food access points and reputable online resources. The lack of referral options to nutrition experts or programs was identified as a major disparity. A health coach certification training was held to assist with creating community capacity in nutrition referral options. Evaluation surveys from both cohorts showed the intervention tools were easy to use and helpful in assessing intake and making dietary recommendations.

*Conclusion:* Although nutrition status is perceived as important by healthcare staff and patients, it is not being addressed in medical appointments. The nutrition assessment and study resources direct users to improve intake of healthy plant foods which can prevent, arrest, and in some cases, reverse chronic disease markers. These tools can be used in clinical or non-clinical settings, by groups or individuals, skilled or unskilled. Extension faculty can use these tools to implement programs that measure pre/post intake of fruits and vegetables for adults and provide skill-building activities.

- **The Santiam Canyon Labor Day 2020 wildfires: A community health assessment, one year later**  
**Marc Braverman, OSU Campus**

The 2020 Santiam wildfire was devastating to the communities of the Santiam Canyon in Marion and Linn Counties. This community health assessment project was conducted in fall 2021 to examine the ongoing physical and mental health needs of wildfire survivors in the affected communities, and to provide recommendations for addressing these needs. Funding for the study was provided by Marion County through the State of Oregon Community Development Block Grants Program.

A four-person team (consisting of Marc Braverman, Sandi Phibbs, Amanda Rau and Elijah Penner) conducted the assessment. We examined five major health-related areas of interest: environmental health, housing, mental and behavioral health, food security and adequate healthy eating, and personal health. For each area, we sought to determine what needs were created by the wildfires, how those needs have been addressed by government agencies and local organizations, and what needs still exist. We also developed recommendations for addressing those needs.



The information and data used in our analysis came from three primary sources. First, we conducted a range of key informant interviews with community leaders, agency contacts, OSU Extension personnel (including FCH), and subject matter experts. Second, we conducted an online, web-based anonymous survey of Santiam Canyon residents (n=80). Third, we conducted three focus group interviews with Canyon residents (total n=23).

The study's key conclusions and recommendations will be shared. Among the conclusions were the following: (1) Water quality and access were the most significant concerns in terms of known impacts, but the potential health impacts of unknown contaminants were also a major concern for Canyon residents. (2) Of the more than 700 residents who lost their homes, the great majority were still in temporary living quarters. (3) The primary impacts on families of housing loss include trauma, depression, and chronic stress and anxiety.

- **COVID-19 Update: National, state and local trends and opportunities for vaccine outreach**  
**Roberta Riportella, Marc Braverman, and Marion Ceraso**, OSU Campus; **Tina Dodge**, Linn & Benton Counties; **Lauren Kraemer**, Hood River & Wasco Counties; **Dusti Linnell**, Tillamook & Lincoln Counties; **Mario Magaña**, OSU Campus 4-H; **Amy Young**, OSU Campus Juntos

The COVID-19 pandemic has presented unprecedented challenges to communities across Oregon, spurring public health efforts to curtail the spread of illness. As you all know, we in Extension have played a major role as a trusted information source and catalyst for community change. In 2020, we began responding to emerging needs related to COVID-19, growing capacity and strengthening partnerships, becoming more recognized as a partner in county COVID-19 response, helping to distribute PPE and valuable safety information particularly to vulnerable populations. Most pressing this year has been building on that momentum to help protect Oregonians through vaccination, playing a critical role in these efforts in multiple ways. In this session we will provide 1) a timely update on our understanding of COVID-19 including data on cases, hospitalizations, severe outcomes and death, nationally and in Oregon; 2) best guidance as to mitigation strategies; 3) reflections on the current mandate calls nationally, in Oregon, and at OSU; and 4) tools and opportunities for OSU Extension (including all of FCH, 4-H, Juntos and others) to be part of ongoing mitigation strategies.

### **Wednesday, March 30, 1-3pm: Peer-Reviewed Sessions**

- **F2S Featured Foods: Where Procurement Meets Education**  
**Patty Case**, Klamath County; **Paolina Mulleneix**, Klamath County

Farm to school programs increase children's access to, and knowledge of, fresh and local foods. One of the most popular farm to school activities is serving local foods in school meals. Purchasing local products can stimulate local/regional food economies and connect students to local food and the growers that produce it. But, without a clear process for aligning education and promotion with the food served, students and their families may fail to make the connection.

Klamath Extension and Klamath County School District (KCS D) embarked on a multi-year journey to integrate procurement with education in the cafeteria. The objective was to develop a Featured Food program that would spotlight a food served in the cafeteria each month that was produced in Klamath County and/or Oregon. Visuals would be displayed in nearly all 18 cafeterias in the district to help students and their families learn more about the Featured Food—who grew it, how it grows, how to cook it, etc.

The program has multiple components which operate jointly including 1) fostering team vision and delineated roles/responsibilities 2) identifying availability of local foods 3) building connections and capacity with local growers 4) developing promotional materials useable by cafeteria 5) engaging Nutrition Service staff.

Partnering with Nutrition Services on Featured Food education and promotion can integrate nutrition education from the classroom to the cafeteria so that students hear, see and taste a consistent message on healthy local food choices.

As a result of Extension partnering with KCSD, system changes are emerging which include:

- Increased number of purchase requisitions between KCSD and local/regional growers •Increased funding by KCSD allocated to local/regional purchases
- Bimonthly trainings offered to cook managers to build capacity
- Developed “template” for Featured Food display materials
- Completed Featured Food calendar for 2021-22 and 2022-23 school years
- Developed KCSD Farm to School website/FB posts

- **SNAP-Ed, DUFB, and Farmers Markets: Opportunities for Collaboration, Education, and Collective Impact**

**Kelly Streit**, Clackamas County; **Katie Ahern**, Deschutes County; **Cheryl Kirk**, Jackson & Josephine Counties; **Patty Case**, Klamath County; **Mandy Hatfield**, Douglas County

Farmers Markets (FM) throughout Oregon can increase SNAP shopper access to fresh fruits and vegetables when they accept EBT or offer Nutrition Incentive Programs (NIP) such as Double Up Food Bucks (DUFB). Markets, particularly those located in underserved regions, often struggle to make a profit and are frequently operated by volunteers or part-time staff only. FCH/SNAP-Ed faculty and staff can play a variety of roles at FM to add value to the shopper experience and/or build capacity of the FM to serve SNAP shoppers.

The objective of this effort was to collaborate with SNAP-Ed/FCH faculty across Oregon to extend education and outreach of the DUFB and other incentive programs during the summer of 2021. The goal was to learn from each other and further expand these programs in 2022. To accomplish this, an FCH faculty lead a team that envisioned a process for delivering a variety of interventions at FMs during the pandemic. Each FCH/SNAP-Ed program adapted their approach to the needs of their own FM. Approaches ranged from direct education to building FM capacity.

DUFB redemption rates at farmers markets showed steady increases throughout the market season. Post surveys and informal interviews revealed that SNAP shoppers gained knowledge and skills to purchase fresh fruits and vegetables at the best prices and prepare them in new ways. These results may be in due, in part, to contributions made by FCH/SNAP-Ed staff.

FCH/SNAP-Ed can play an important role to enable FMs to successfully implement NIPs, as they bring trained staff, established partnerships with local stakeholders, and educational offerings that promote nutrition security to the table.

- **Food Hero Around the World**  
**Ellen Radcliffe**, Jackson County

In our increasingly diverse and multicultural society, educators need to incorporate culturally responsive instruction and foster inclusion and awareness around diversity in and out of the classroom. Food Hero Around the World is a refreshed and creative adaptation of Food Hero lessons for children ages 4-11 that promotes physical activity and healthy eating patterns through a cultural lens. For the past two years, Food Hero Around the World was taught as a youth summer program at the local housing authority and YMCA sites. In each lesson, Food Hero “travels” to a new country, and the youth explore and learn about culture through food, music, dance, and children’s games. BEPA 2.0 activities and Food Hero recipes are aligned with the country of interest.

Through this presentation, SNAP-Ed staff will gain a new perspective and method to incorporate cultural

elements into nutrition lessons that are fun and engaging for kids. Food Hero Around the World can be implemented as a single lesson or as a series for youth physical activity promotion in afterschool or summer programs, and at summer meal sites.

Here's feedback from program partners:

“There has been little structure in many of our children’s lives. Incorporating health, wellness, and culture into one very fun hour of activity was well-received.” Susan Lynch

“This is a program that site managers always request to have at their sites during the summer for the kids because it is a program that includes many subjects such as art and crafts, food tasting, learning about a new country, culture, physical movement with dancing, and joy.” Sandra Padilla

- **Physical Activity and Active Living Team Statewide Impact Report**

**Kathy Gunter**, OSU Campus; **Katie Ahern**, Deschutes County; **Barbara Brody**, Malheur County; **Allison Harris**, Coos & Curry Counties; **Lauren Kraemer**, Hood River & Wasco Counties; **Thomas Packebush**, OSU Campus

In 2017, the Family and Community Health (FCH) Program established implementation teams tasked with developing strategies to better support adoption, implementation and evaluation of focus area efforts. Teams were formed in three distinct areas: Healthy Eating and Community Food Systems, Healthy Equitable Communities, and Physical Activity and Active Living (PAAL). The PAAL team has been meeting monthly since 2017 to inform guidance, develop curricula and education modalities, and evaluate PAAL-related efforts across the state. Our work waned in some ways and accelerated in others in response to the COVID-19 pandemic. The *purpose* of this presentation is to share the 2020-2021 impact report from the Physical Activity and Active Living Implementation Team documenting our efforts, reach and effectiveness over 2020-2021.

*Methods.* Impact report data consist primarily of program evaluation and reach metrics. Data have been collected via registration forms, pre- and post- survey data, and qualitative feedback from participants and partners. The presentation focus is on sharing ways we pivoted to meet evolving needs and on effectiveness of new online, asynchronous trainings for supported programs including Better Bones & Balance (BBB) and BEPA 2.0. We also include participation data for the Walk with Ease (WWE) and Strong People programs.

*Results.* At the time of this proposal, statewide data are being aggregated and analyzed. Preliminary data from both BEPA 2.0 and BBB online trainings suggest these modalities are as effective as in-person trainings in increasing program knowledge and implementation self-efficacy among practitioners across a variety of sectors, including education, extension, and community-based organizations.

*Conclusion.* PAAL activities were significantly impacted by the COVID-19 pandemic. Nevertheless, statewide supported PAAL programs were, for the most part, sustained through innovative and collaborative approaches. OSU Extension provided access to health promoting physical activity for many of Oregon’s most vulnerable when they likely needed it most.