

Health Center Partnerships to Support Nutrition & Physical Activity for Children and Adolescents

- March 14 , 2024 -



There are **4** ways to search the Clearinghouse:



Simple Search



Guided Search

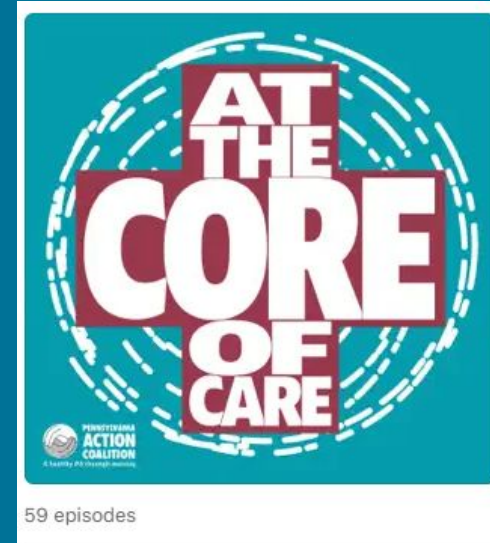


Advanced Search



A-Z Search

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Zoom Orientation

1 Captions

To adjust or remove captions, click the "Live Transcript" button at the bottom of your Zoom window and select "Hide Subtitle" or "Show Subtitle."

The icon consists of the letters "CC" in a bold, black, sans-serif font, centered within a light gray rounded rectangular button.

Live Transcript

2 Questions

Please raise your hand or add your questions for the speaker and comments for the group into the Chat box.

The icon is a light gray speech bubble shape with a tail pointing downwards, representing a chat window.

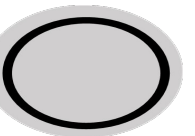
Raise Hand

3 Technical Issues

Please raise your hand to let us know or message us in the chat.

4 Recording

This session will be recorded and made available to participants in the Learning Collaborative. Your comments and questions will not be shared publicly.



Recording



NNCC/ANCC Disclosures


Accreditation Statement: The National Nurse-Led Care Consortium is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Success Completion Requirements: To obtain 1.0 contact hours of nursing continuing professional development, you must participate in the entire activity and complete the evaluation and knowledge gain assessment following the session.

**Thank you for attending the Meeting.
Please click Continue to participate in a short survey.**

you will be leaving zoom.us to access the external URL below
[https:// app.smartsheet.com/b/form/6059c5fb77494233bfb48d9b7ab0942d](https://app.smartsheet.com/b/form/6059c5fb77494233bfb48d9b7ab0942d)

Are you sure you want to continue?





The National Nurse-Led Care Consortium (NNCC) is a nonprofit public health organization working to strengthen community health through quality, compassionate, and collaborative nurse-led care.

NNCC's mission is to advance nurse-led healthcare through policy, consultation, and programs to reduce health disparities and meet people's primary care and wellness needs.

We do this through:

- training and technical assistance
- public health programing
- consultation
- direct care

NNCC's NTTAP is funded by HRSA's Bureau of Primary Health Care to provide subject matter expertise through the development, delivery, coordination, and evaluation of FREE training and technical assistance offerings to health center grantees and look-alikes.



<https://nurseledcare.phmc.org/>

NNCC's NTTAP Team



Jillian Bird

Director of Training and Technical Assistance



Matt Beierschmitt

Senior Program Manager



Fatima Smith

Project Manager



Junie Mertus

Program Intern



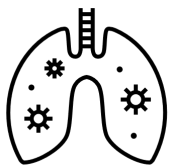
What is an NTTAP's role to support Health Center Excellence

- Provide population-specific T/TA on HRSA-defined objectives
- Support health center capacity to provide interdisciplinary, culturally competent care
- Consultation and support in developing CBO and public housing partnerships
- Connect your HC to our National Training Experts for specialty TTA on aging, unhoused populations, IPV and human trafficking, workforce retention, LGBTQ+
- Participation in national efforts to provide T/TA around SDOH, chronic disease mgt
- Support emergency preparedness and response efforts for health center populations
- Tracking trends and changes in health center training needs
- Support the incorporation of the Health Center Excellence Framework and the Health Center 2035 initiatives

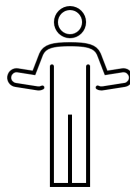


Community Health Center Program

- HRSA funds over 1,500 health centers (HC) & and look-alike (LAL) organizations
- These HC and LALs operate more than 17,890 service delivery sites in communities across the country and serve more than 30.5 million people, or 1 in 11 people nationwide.
- 108 HCs are funded as PHPC and serve over 850,000 patients.
- Residents of public housing are living with higher rates of:



Chronic
Disease



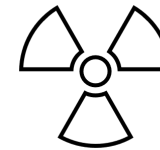
Social
Isolation



Disability
or a
Caregiver



Aging



Environmental
risks



Complex
medical and
social needs



Health Center Partnerships to Support Nutrition & Physical Activity for Children and Adolescents

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15 min Intro/Welcome

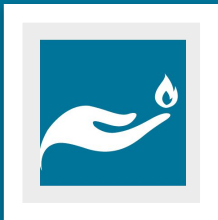
35 min Background and importance of the SNAP-Ed and the Eat Right Philly Programs

10 min SNAP-ED in Health Centers, programs for younger patients and families, and the importance of fostering collaboration within health centers and their communities

10 min Questions/Wrap-up



- Name + Credentials
- Location
- Role
- and....





Inspiring health, wellness, and better learning.

WHO WE ARE

- Drexel University's PA SNAP-Ed/EAT RIGHT PHILLY Nutrition Education Program



Judy Ensslin, MS, RDN, LDN
Program Director
PA SNAP-Ed/Eat Right Philly Nut



MELISSA D. MATSUMURA, MS, RD, LDN
Assistant Director
PA SNAP-Ed/EAT RIGHT PHILLY Nutrition Education Progra



Supporting Healthy Habits in Pennsylvania SNAP-ED



What is SNAP-Ed

Supplemental Nutrition Assistance Program Education

- SNAP is a federal assistance program that provides economic benefits to eligible, low-income individuals and families for food purchases
- SNAP-Ed is the nutrition promotion and obesity prevention component of SNAP



Goal of SNAP-Ed

To improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and life-style choices that will prevent obesity

SNAP-Ed Funding and Administration

Food and Nutrition Services of the USDA

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graph TD; A[Food and Nutrition Services of the USDA] --> B[Pennsylvania Department of Human Services]; B --> C[Penn State University]; C --> D[20 SNAP-Ed Partners throughout the state];
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Pennsylvania Department of Human Services

Penn State University

20 SNAP-Ed Partners throughout the state



Inspiring health, wellness, and
better learning.

EAT RIGHT PHILLY - School District of Philadelphia's official PA SNAP-Ed Nutrition Education Program

- EAT RIGHT PHILLY Partners
 - School District of Philadelphia's EAT RIGHT PHILLY Program
 - Agatston Urban Nutrition Initiative (AUNI)
 - Thomas Jefferson – at Einstein Medical Center
 - Drexel University PA SNAP-Ed/EAT RIGHT PHILLY
 - Health Promotion Council of Southeastern PA (HPC)
 - The Food Trust
 - Vetri Community Partnership

DREXEL Eat Right Philly

- 75 Schools in the School District of Philadelphia
 - Includes 66 district schools and 9 charter schools
 - 42 High Schools
 - 13 Middle Schools
 - 20 Elementary Schools
- 3 Community Sites
 - 1 Recreation Center
 - 1 Community Sites
 - 1 Health Center



REACH

- In the 2022 – 2023 school year:
 - **2,028** Nutrition lessons
 - **11,472** students and adults participated in lessons
 - **50,118** total contacts
 - **34,282** participants reached through Wellness initiatives
 - **116,975** Food Tastings





What We Do
Provide free nutrition education programs and services to SNAP eligible adults and children



Classroom and After-School Lessons



Cooking Clubs



Curriculum

- Approved for use by PA SNAP-Ed
- Meet National Health Education Standards
- Drexel Nutrition Curriculum
 - Middle School Series
 - Special Needs Series
 - High School Series
 - Cooking Club Series
 - Caregiver Series

DRAGON Project

Designed for high school students



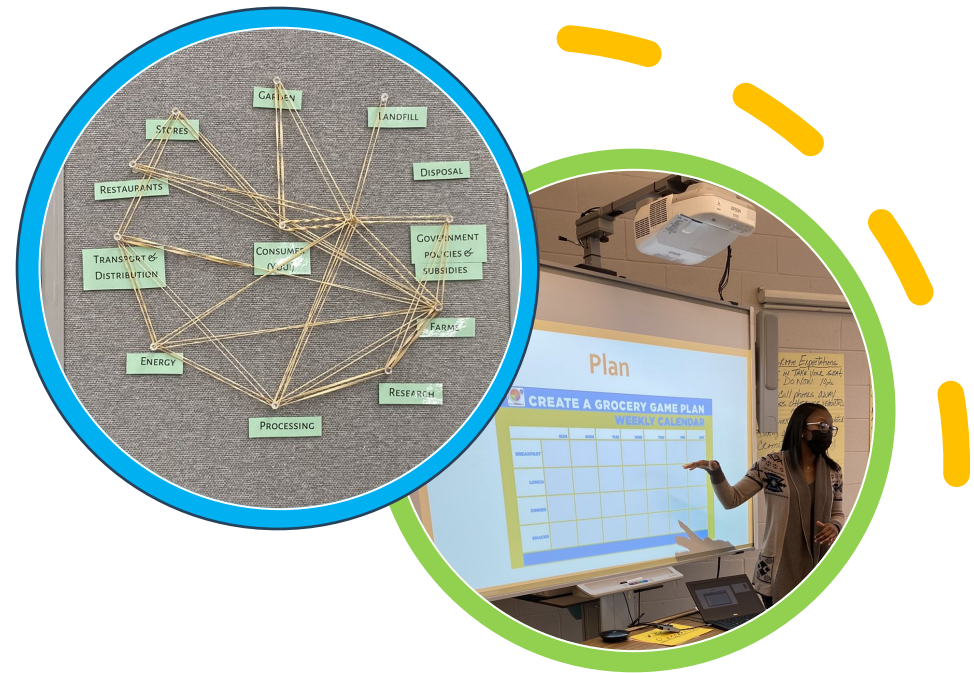
11 session series includes:

5 direct education lessons
6 project-based learning sessions

Themes

Mindfulness
Goal Setting
Group Work

DRAGON Project Success



The Dragon Project

Determine Goalsetting
Recognize Through
Achieve Nutrition



• What is it?

An 11 session nutrition series which includes a student-led wellness project

• Who is it For?

Any upper grades that have successfully completed a nutrition series before. Think about engaged classrooms you have worked with before!

• Who can we work with?

Any classrooms that are not conducting core science or health

What Students Learn?

- Mindfulness
- Factors Influencing Food Choices
- Sustainability
- Goal Setting
- Food Resources
- Navigate Food Shopping
- Project Management
- Leadership Skills

Time Planning!

- Schedule Ahead!
- Plan weekly, bi-weekly - whatever works for you!
- Each lesson is approximately 45 minutes

Celebrate!

After completing the DRAGON Project, take time to reflect on and celebrate learning, challenges and success!

Session #1: Introduction

1. Introduction to the DRAGON Project:
 - Explain the DRAGON project
 - Introduction to goalsetting
 - Assess Food Intake
 - Develop a Wellness Goal

Sessions #2-6: Lessons

2. Exploring Food Choices
 - Identify factors that influence choice
 - Identify strategies to change behavior
3. Where to Find Our Food
 - Explore food resources in our community
4. Shop Right to Eat Right
 - Explore the grocery store
 - Learn menu planning and shopping tips
5. Understanding The Food Web
 - Understand the food pathway
 - Illustrate the food system as an integrated web
6. Sustainability: The Attainable Choice
 - Define and explore a sustainable diet
 - Assess food choice impact on the environment

Sessions #7-11: Project Learning

7. Assess the School
 - Implement a school wellness assessment
8. Survey Analysis
 - Collate data and analyze the assessment
 - Identify areas for improvement
9. Prioritizing Areas
 - Work on priority areas of change
10. Plan and Implement the Project
 - Plan and implement the project to address an identified school wellness issue
11. Evaluate and Celebrate
 - Identify project successes
 - Identify opportunities for improvement
 - Celebrate the completion

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).

- Personal Success
- Group Success

Gardening Lessons and Activities





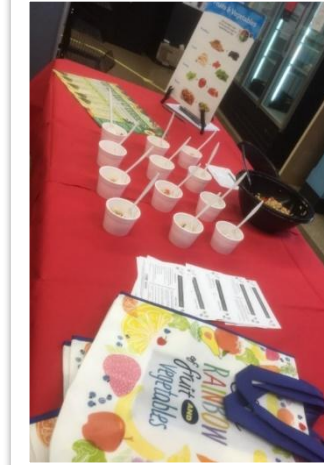
Wellness Initiatives

- Hydration Promotion
- Fruit and Vegetable of the Month
- Breakfast Participation Promotion
- Healthy Fund Raisers
- Increasing Physical Activity

Food Access Partners

• EAT RIGHT PHILLY provides nutrition education programming and assistance with the following partners:

- FAWN – Food and Wellness Network – Food Pantries
- Philabundance - Back-pack Program; produce boxes, snack program, pantries, Fresh-for-All
- SHARE Food Program – Meaningful Meals, Produce Boxes
- GIANT Foods – Groceries for Good





Adult Workshops



- Subject Matter Expert -



Tiana Matthews-Martinez, MS, RD, LDN
Registered Dietitian and Nutrition Educator
Drexel Adjunct Professor – Dept Nutrition Science
Stephen & Sandra Sheller 11th St Family Health Services



**Drexel University
11th Street Family
Health Services
Child and Family
Nutrition Programs**

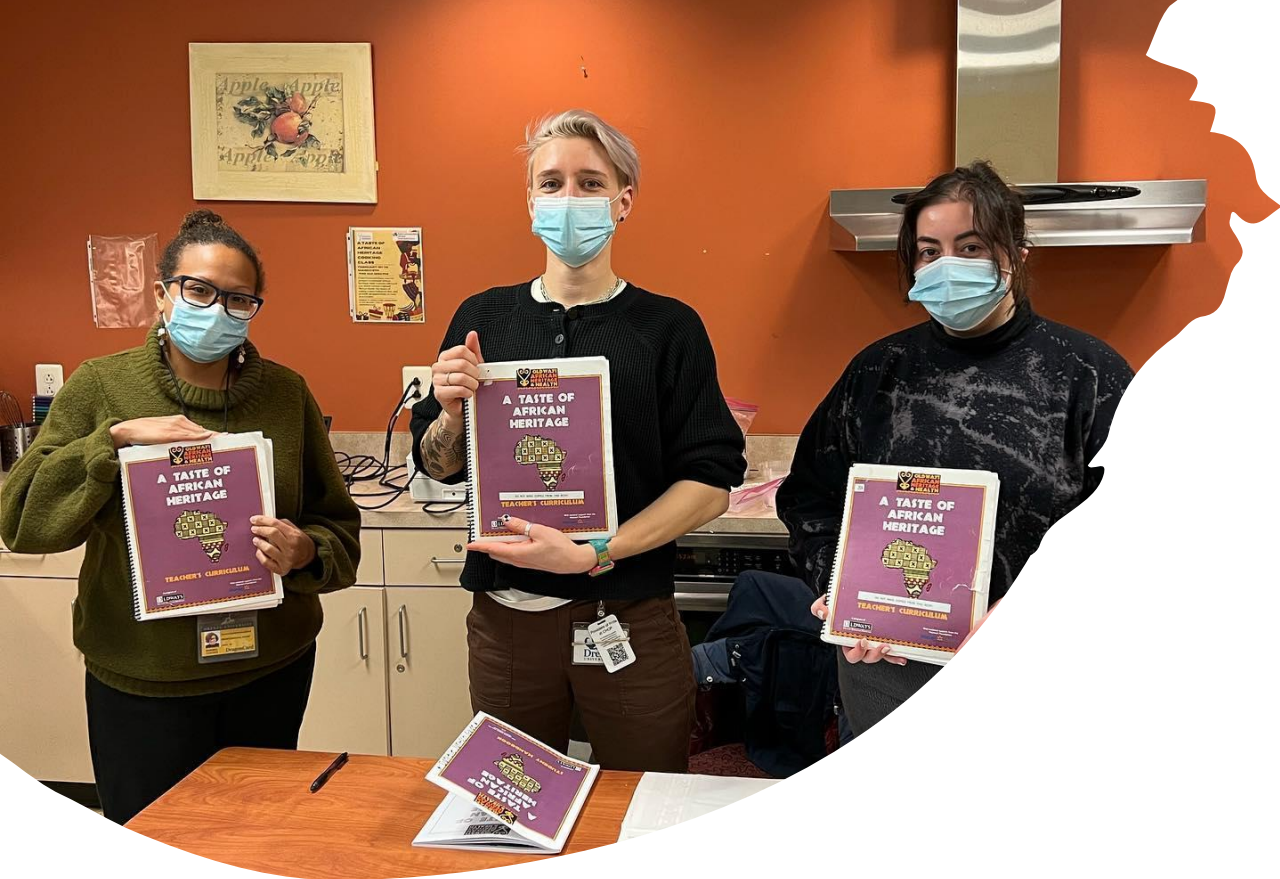
Presentation by:
Tiana Matthews-Martinez MS, RD, LDN

11th St Family Health Services



Focus on
wellness –
not just
disease
management

- Primary Care
- BH
- Dental
- Pharmacy
- Physical Therapy
- Fitness
- Mind Body & Wellness
- Mental Health Support Groups
- Creative Arts Therapy
- Nutrition and Cooking Classes



SNAP-Ed Nutrition Support for Adults

Eat Healthy Be Active

- Enjoy Healthy Foods Choices That Taste Great
- Quick, Healthy, Meals and Snacks
- Eating Healthy on a Budget
- Tips for Losing Weight and Keeping it Off
- Making Healthy Eating a Part of Your Lifestyle
- Physical Activity is Key to Living Well

Taste of African Heritage

Farms to Families

Recipes





Kids Cooking Classes

Goals

- Increase basic culinary skills (mixing, cutting, stirring, measuring) and using kitchen equipment
- Increase exposure to whole food ingredients – especially fiber-rich plant foods.
- Reduce stereotypes around healthy eating (bland, expensive, or not culturally normal)
- Provide opportunities for kids to connect with food, their peers, and their parents
- Improve self-efficacy and autonomy with meeting nutrition needs
- Improve health outcomes and reduce risk for long-term disease
- Reinforce academic concepts via culinary exploration
 - i.e. math, culture, and literacy

Kids Cooking Classes

Recruitment

- Targeted via EMR reports
- Program interest surveys via adult nutrition and wellness programs
- Community partnerships with local schools

Themes

- Berry shortcake
- Healthy Halloween
- Salsa gardening and cooking
- Microgreens gardening and cooking
 - Green Eggs and Ham
- Snowman pizzas
- Hawaiian luau





Lobby Nutrition Activities

What is That?!? Fruit and Vegetable Tastings

- Identification
- Exposure
- Integration

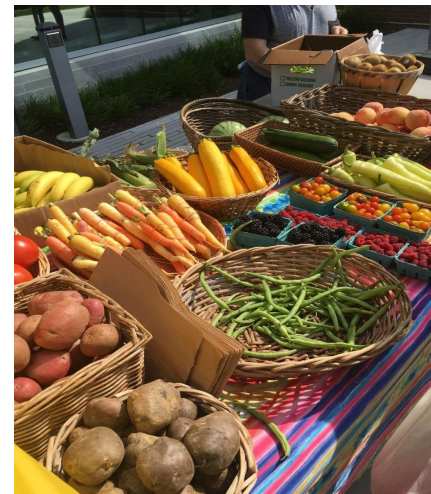
Well Child Clinics

- Nutrition Displays and Education

Free Produce Giveaways



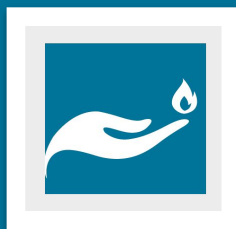
A legacy of meeting community health needs



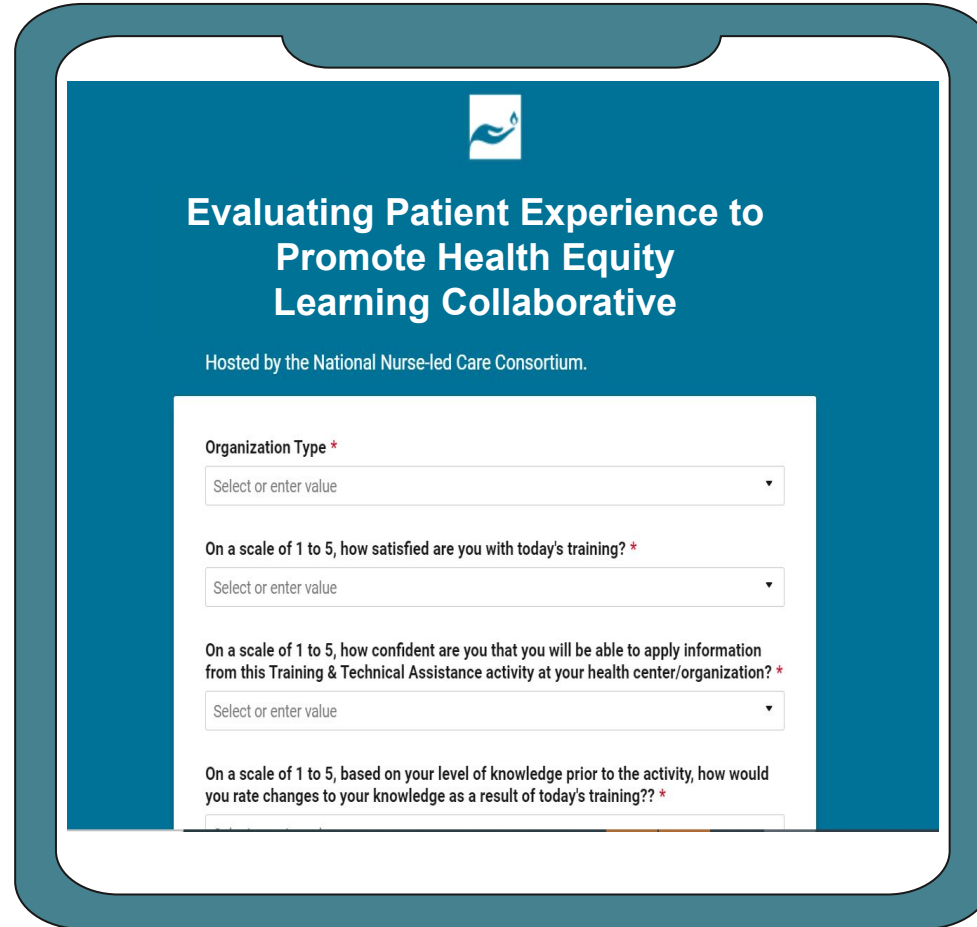


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Questions & Answers



Evaluation Survey



The image shows a tablet displaying a survey form. The form has a dark blue header with a white logo of a hand holding a flame. Below the header, the title 'Evaluating Patient Experience to Promote Health Equity Learning Collaborative' is centered in white. Underneath, it says 'Hosted by the National Nurse-led Care Consortium.' The main content area is white and contains four questions, each with a dropdown menu. The questions are: 1. 'Organization Type *' with a dropdown showing 'Select or enter value'. 2. 'On a scale of 1 to 5, how satisfied are you with today's training? *' with a dropdown showing 'Select or enter value'. 3. 'On a scale of 1 to 5, how confident are you that you will be able to apply information from this Training & Technical Assistance activity at your health center/organization? *' with a dropdown showing 'Select or enter value'. 4. 'On a scale of 1 to 5, based on your level of knowledge prior to the activity, how would you rate changes to your knowledge as a result of today's training?? *' with a dropdown showing 'Select or enter value'.



Evaluating Patient Experience to Promote Health Equity Learning Collaborative

Hosted by the National Nurse-led Care Consortium.

Organization Type *

Select or enter value

On a scale of 1 to 5, how satisfied are you with today's training? *

Select or enter value

On a scale of 1 to 5, how confident are you that you will be able to apply information from this Training & Technical Assistance activity at your health center/organization? *

Select or enter value

On a scale of 1 to 5, based on your level of knowledge prior to the activity, how would you rate changes to your knowledge as a result of today's training?? *

Select or enter value



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All Hazards Emergency Preparedness and Response Competencies for Health Center Staff

To successfully perform their assigned emergency/disaster roles, health center staff must understand how their organization will respond to hazards, including the use of altered management structures and modified operations. The National Nurse-Led Care Consortium (NNCC) and the Community Health Care Association of New York State (CHCANYS) created a set of competencies to improve the emergency and disaster preparedness of all health center staff. This publication provides a comprehensive overview of those competencies and sub-competencies, as well as a description of their development process. The competencies are intended to form the foundation of health center staff education and preparedness for all-hazards emergency and disaster response and will allow health centers to direct their limited training time and resources to cover the most essential preparedness aspects.

ALL HAZARDS EMERGENCY PREPAREDNESS AND RESPONSE COMPETENCIES FOR HEALTH CENTER STAFF

*Recommendations from the National Nurse-Led Care Consortium (NNCC) and
Community Health Care Association of New York State (CHCANYS).*

September 2022

This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling



Upcoming Trainings

- **May 1 & 2, 2024 @ 2PM EST**
 - **Centering Continuity of Care for the Mother-Child Dyad**
 - Registration: https://uso2web.zoom.us/webinar/register/WN_87Wv5wDP2F-ukUT6iVItcg
- **April 16, 23, 30 & May 7 @ 2PM EST**
 - **Strengthening Preparedness: All-Hazards Competencies for Health Center Staff - Learning Collaborative**
 - Session 1: April 16, 2024: Introduction to All-Hazards Competencies for Health Center Staff
 - Session 2: April 23, 2024: Adopting All-Hazards Competencies for Health Center Preparedness
 - Session 3: April 30, 2024: Title: Basic Training Principles
 - Session 4: May 7, 2024: Title: Piloting and Implementation
 - Registration: https://uso2web.zoom.us/webinar/register/WN_pCZEyOKSSaaJ7wFlgbRgOO



Thank You!

If you have any further questions or concerns, please reach out to our Senior Program Manager **Matt Beierschmitt** at mbeierschmitt@phmc.org.

