

The Connecticut Hispanic Health Council SNAP-Ed Program

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Objective

Illustrate how community engaged program evaluation led to the successful development, implementation and sustainability of the Connecticut Hispanic Health Council SNAP-Ed program.



CT Hispanic Health Council SNAP-Ed Program



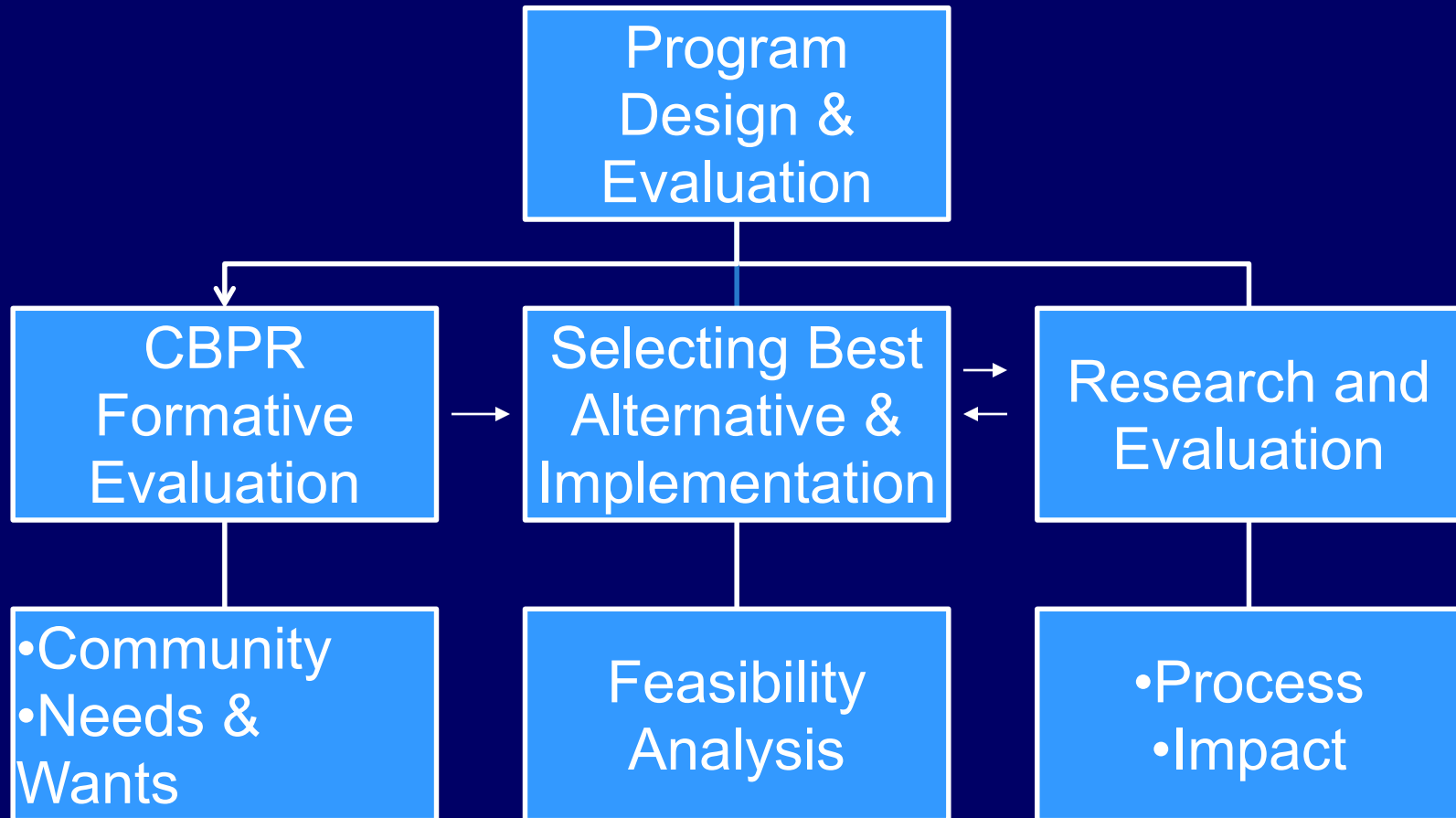
- Founded in 1995 by Rafael Pérez-Escamilla (UConn) and David Himmelgreen (Hispanic Health Council)
- Partners: UConn College of Agriculture and Natural Resources, and the Hispanic Health Council in collaboration with DSS and Hartford Hospital
- Funding: USDA SNAP-Ed
- Mission: Improve nutritional knowledge, attitudes, and behaviors (KAB's) and food and nutrition security among Hispanics in Connecticut
- Approach: Community engaged life course approach



- Relationship of trust and respect with community
- Integration of core strategies (research, service, advocacy)
- Culturally tailored approach: *dignidad, respeto, confianza, familiarismo, personalismo*
- Empowerment and social support core to service models
- Development and use of evidence-based best practice models
- Multi-disciplinary approach
- Standard of excellence: evaluation of all initiatives
- Strong partnerships
- Social justice perspective



Program Development & Evaluation



Equity and Antiracism lens

HHC SNAP-Ed: An Evidence-Based Program

Community and International Nutrition

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Biobehavioral Factors Are Associated with Obesity in Puerto Rican Children^{1,2}

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NUTRITION KNOWLEDGE, ATTITUDES, AND BEHAVIORS AMONG LATINOS IN THE USA: INFLUENCE OF LANGUAGE

RAFAEL PÉREZ-ESCAMILLA^{1,2}, DAVID HIMMELGREEN², HARBY BONELLO³, ANIR GONZÁLEZ³, LAUREN HALDEMAN⁴, IVETTE MÉNDEZ³ and SOFIA SEGURA-MILLÁN³

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RESEARCH AND PROFESSIONAL BRIEFS

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The contents of this publication do not necessarily reflect the views or policies of the US Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the US Government.

Marketing nutrition among urban Latinos: The ¡Salud! campaign

RAFAEL PÉREZ-ESCAMILLA, PhD; DAVID HIMMELGREEN, PhD; HARBY BONELLO, YU-KUEI PENG, MPH; GLORIA MENDRAL; ANIR GONZÁLEZ, IVETTE MÉNDEZ, JOCELYN CRUZ; LISA M. PHILLIPS

Food Insecurity Among Low-Income Hispanics in Hartford, Connecticut: Implications for Public Health Policy

David A. Himmelgreen, Rafael Pérez-Escamilla, Sofia Segura-Millán, Yu-Kuei Peng Anir Gonzalez, Merrill Singer, and Ann Ferris

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RESEARCH

Prenatal and perinatal factors associated with breast-feeding initiation among inner-city Puerto Rican women

RAFAEL PÉREZ-ESCAMILLA, PhD; DAVID HIMMELGREEN, PhD; SOFIA SEGURA-MILLÁN, PhD; ANIR GONZÁLEZ, ANN M. FERRIS, PhD; BILLY GRAY

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RESEARCH AND PROFESSIONAL BRIEFS

Assessment of nutrition education needs in an urban school district in Connecticut: Establishing priorities through research

RAFAEL PÉREZ-ESCAMILLA, PhD; LAUREN HALDEMAN, PhD; SHARON GRAY, MPH, RD

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RESEARCH AND PROFESSIONAL BRIEFS

Assessment of nutrition education needs in an urban school district in Connecticut: Establishing priorities through research

HALDEMAN, PhD,

RESEARCH ARTICLE

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Development of a Color-Coded Bilingual Food Label for Low-Literacy Latino Caretakers

LAUREN HALDEMAN,¹ RAFAEL PÉREZ-ESCAMILLA,¹ ANN M. FERRIS,¹ LINDA DRAKE,¹ DAVID HIMMELGREEN,² HARBY BONELLO,² ANIR GONZÁLEZ,² SOFIA SEGURA-MILLÁN,¹ IVETTE MÉNDEZ,² ANGELA BERMÚDEZ,² AND NANCY ROMERO-DAZ,¹

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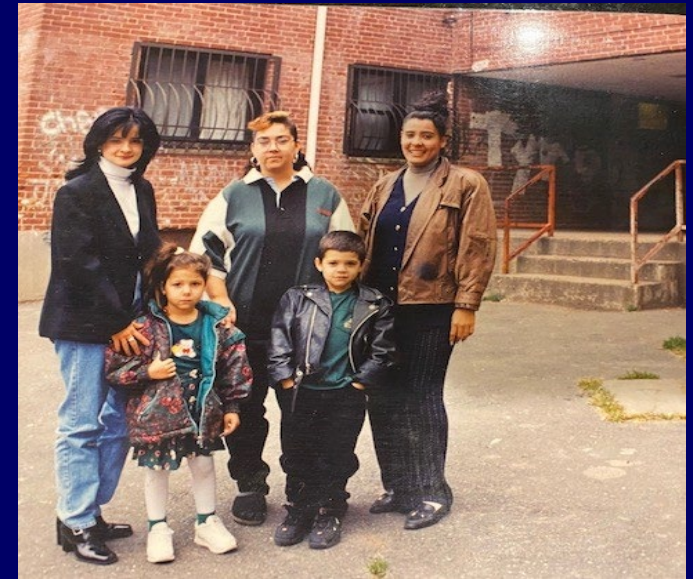
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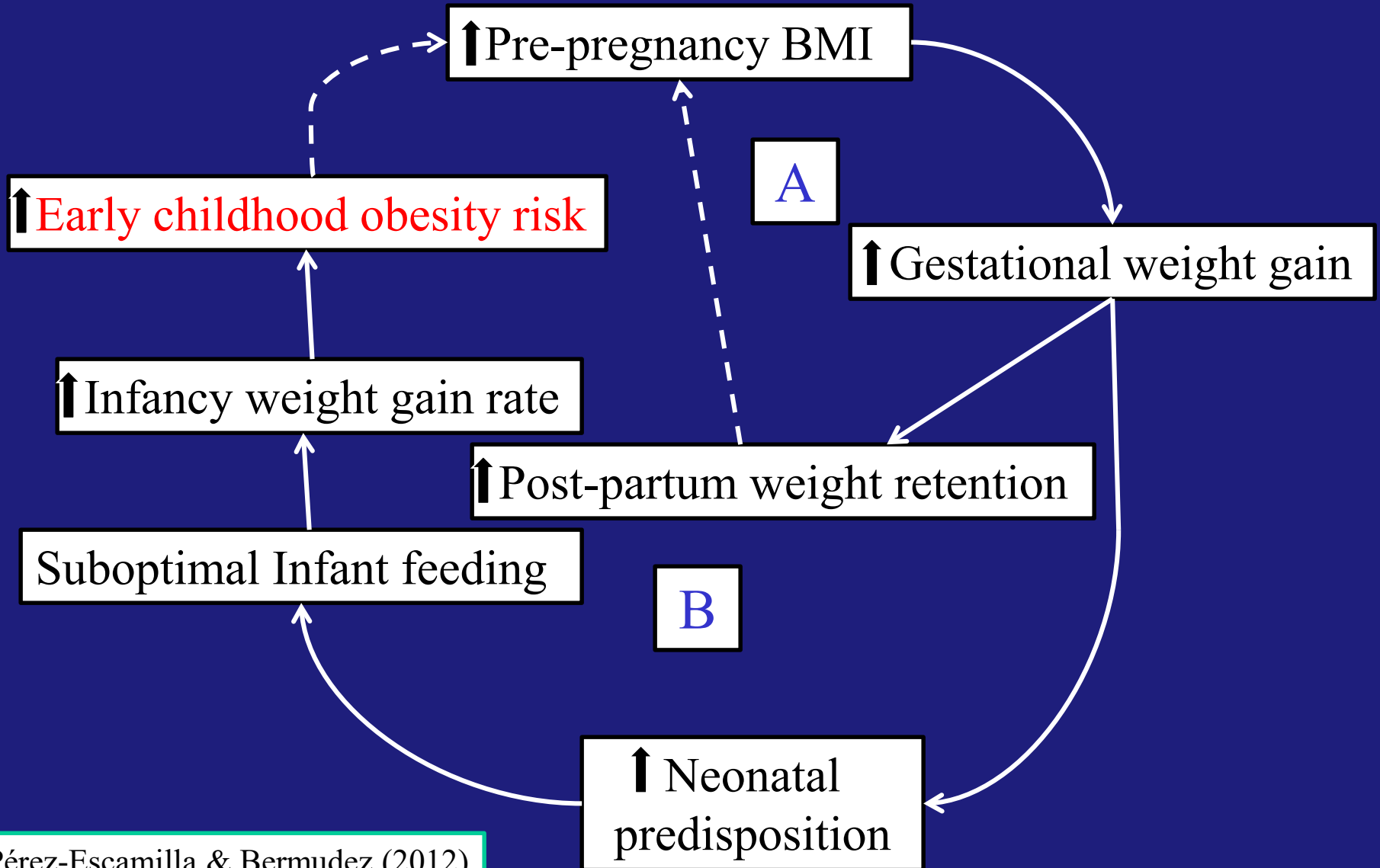
Rafael Pérez-Escamilla, PhD
David A. Himmelgreen, PhD
Anir Gonzalez, PhD, RD

Needs assessments findings Infants and Young Hispanic Children

- High overweight rates
- Low health care access
- Suboptimal infant feeding practices
- Very low fruit and vegetables intakes
- High consumption of ultraprocessed foods and sugar sweetened beverages
- Almost no nutrition education in schools
- Low nutrition knowledge among caregivers and schoolteachers
- High poverty, social injustice and household food insecurity



Childhood Obesity Prevention Life Course framework





Infant Feeding Guide

The First Twelve Months

Brought to you by: The UConn Family Nutrition Program, The Hispanic Health Council, Inc. and The Cooperative Extension System. ©2001

"El Poder del Amor y el Apoyo:
Fotonovela de la Lactancia Materna"

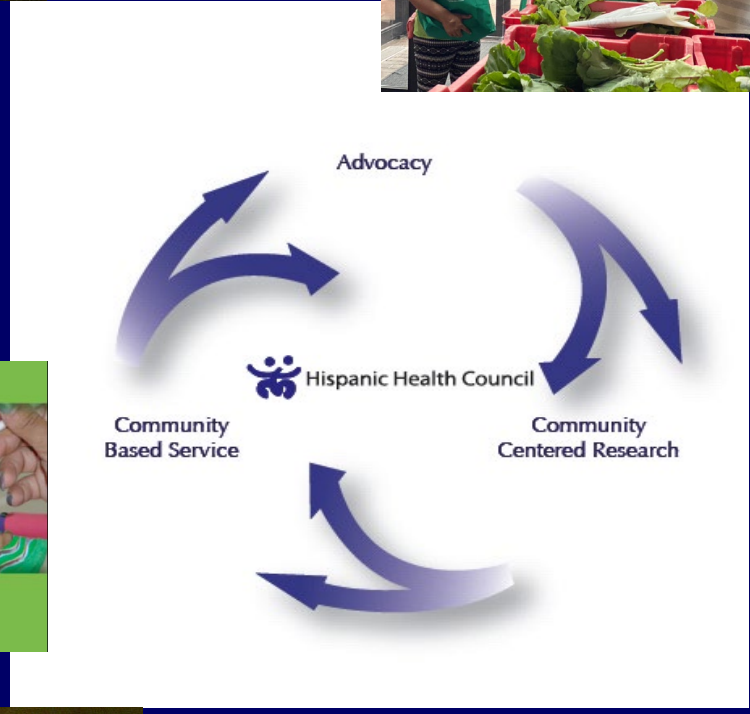
University of Connecticut Hispanic Health Council, Inc.



**Breastfeed with Pride,
at all times, in all places.**

**Dale Pecho con Orgullo,
en todo lugar, en todo momento.**

UCONN Family Nutrition Program, Hispanic Health Council, The Cooperative Extension System and Hartford Hospital



Prenatal Nutrition Guide

During the nine months of pregnancy women may experience changes in appetite, taste, and the way that foods are tolerated, along with changes in mood, feelings and emotions. All this happens to support the miracle of a new life.

In preparation for pregnancy all women that are able to become pregnant should follow good nutrition and healthy lifestyles.

Good Nutrition During Pregnancy Helps Your Baby

- To achieve the optimal growth and mental development
- To be born healthy and with normal weights
- To have the best start in life

Good Nutrition During Pregnancy Helps The Mother

- To reach the recommended weight gain during pregnancy
- To have less complications during pregnancy
- To have strength during labor and delivery
- To provide reserves for breastfeeding

Eating A Healthy Diet During Your Pregnancy

- You should eat foods from the five food groups every day
- Eat different foods from each food group to get a variety of nutrients
- Choose plenty of fruits, vegetables, whole grains, and low fat dairy products
- Do not skip meals, and include healthy snacks as part of your daily diet
- Read the Nutrition Facts on foods labels, and look for foods low in saturated fats and trans fats, sugar and sodium, and avoid fast food and junk food since they are high in these nutrients
- Drink plenty of water, 6-8 glasses a day



Beastfeeding Peer Counseling



Infant Feeding Guide

“Guía de Alimentación para Bebés”





PANA

Nutrition Education Program

Code # _____

Puppet Show Evaluation

Date of Presentation: _____

Person Filling Form:

Teacher Teacher Assistant/Participant Other, specify _____

School Grade:

Pre-School Kindergarten First Grade Second Grade Third Grade

Fourth Grade Day Care Other, specify _____

What was the name of this puppet show?

- Bobodino, Dinoglotón y sus Panitas - The Five Food Groups
 Figh BAC - Four Steps to Fight Bacteria - Food Safety
 Where Foods Come From? (Cowline, Tree, Farmer Fernando)
 Happy Heart - How to Keep the Heart Healthy
 Diabetes - Prevention of Type 2 Diabetes
 Other, specify _____

How would you rate this puppet show?

Poor Fair Good Very Good Excellent

What do you think was/were the STRENGTH of this puppet show? (Check all that apply)

- Age appropriate Bilingual Clear
 Culturally appropriate Educational Fun
 Interesting Performance Quality Other, specify _____

What do you think was/were the WEAKNESS of this puppet show? (Check all that apply)

- Not loud enough Too short Too simple
 Too loud Too long Too complicated
 Performance Quality None Other, specify _____

How much do you think the children's knowledge improved?

None Little Fair amount A lot

Would you recommend this puppet show to other people?

Yes No Don't know

Other comments or suggestions for improvement about this puppet show:

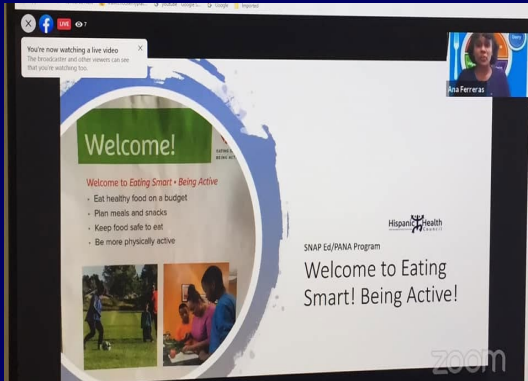
The Hispanic Health Council, University of Connecticut Family Nutrition Program, and UConn Cooperative Extension System.





**“From the Farm to the Table”
Coloring Book**

Kept services going during COVID-19





Each campaign reached about 200,000 Hispanics in Connecticut

Community Health Fairs

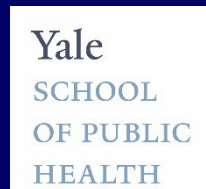


Community Sustainable Agriculture

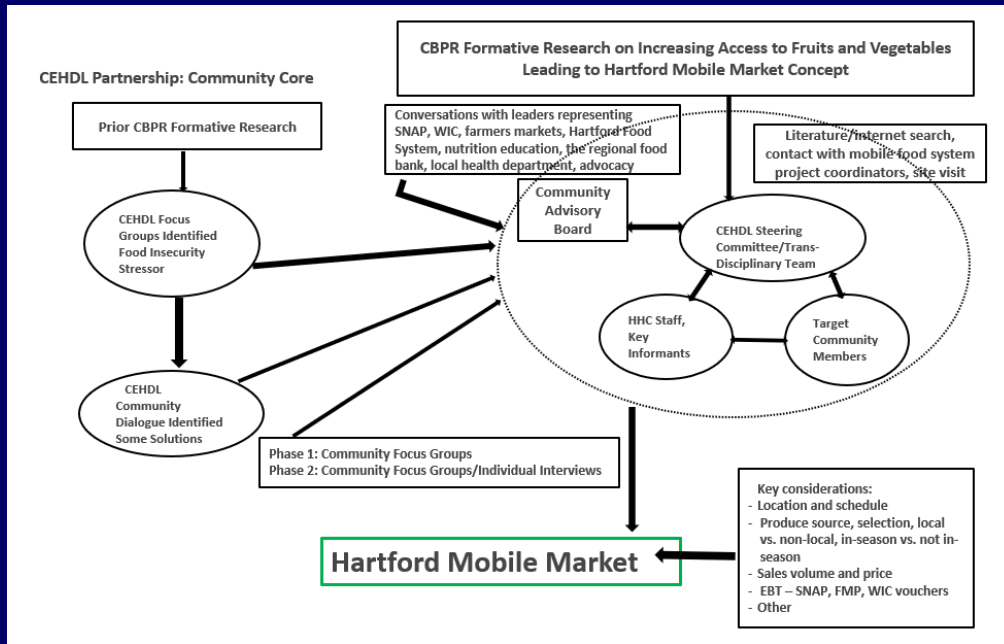


- Member of a CSA Holcomb Farm in Granby CT
- Distributes free produce to individuals with limited income and/or health problems
- Provides nutrition education with seasonal vegetable recipes
 - “Farm to the Table” bilingual recipes collection developed by the SNAP-Ed connection

The Connecticut Center for Eliminating Health Disparities among Latinos



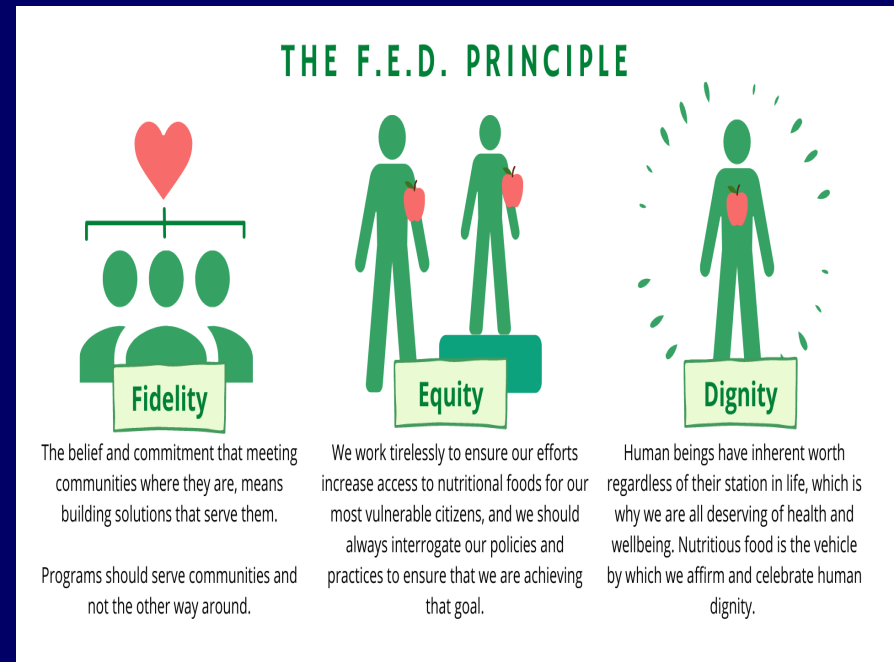
Hartford Mobile Market



- Offers both local produce and non-local produce that community members desire, right in their neighborhoods
- Accepts SNAP benefits; WIC produce vouchers for local and non-local produce; WIC Farmers Market Coupons and Senior Farmers Market Coupons –for local produce
- Food prescription program

Produce Prescription programs FED principles

- Partnership: Wholesome Wave, Yale-Griffin Prevention Research Center, Yale School of Public Health, Hartford Food System, **Hispanic Health Council-SNAP-Ed**, local supermarkets
- Improve food and nutrition security, and maternal and child health outcomes
- Produce prescription model based on the FED principles



Conclusions

- Community engaged nutrition programs need to be equitable and person/family centered to be effective.
 - Co-conceived, co-designed, co-implemented, co-evaluated, and co-sustained together by the key stakeholders taking community structures, needs and wants fully into account.
- Effective community engaged programs (CEPs) need to follow social justice, health equity and antiracism systems frameworks and principles.
- Effective CEPs need to be systematically planned, implemented and evaluated
 - Mixed methods derived from the field of implementation science in the context of systems thinking- including community systems.

Acknowledgement

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- Grace Damio, MS
- David Himmelgreen, PhD
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- Connecticut Department of Social Services



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Thank you!



USDA
United States Department of Agriculture

AND JUSTICE FOR ALL

