

Title:	GROW Healthy Kids and Communities: Generating Rural Opportunities for Weight-Healthy Kids and Communities		
Sponsoring Agency	NIFA	Project Status	CHANGED
Funding Source	Non Formula	Reporting Frequency	Annual
Accession No.	224323	Grants.gov No.	
Project No.	ORER-2010-04614	Proposal No.	2010-04614
Project Start Date	02/01/2011	Project End Date	01/31/2017
Reporting Period Start Date	02/01/2015	Reporting Period End Date	01/31/2016
Submitted By		Date Submitted to NIFA	

Program Code: A2101

Program Name: Childhood Obesity Prevention: Integrated

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Non-Technical Summary

The problem of obesity in children is in the forefront of research efforts across disciplines. A plethora of data support that physical health outcomes such as metabolic, orthopedic, pulmonary and endocrine conditions and mental health outcomes such as sleep disorders, social exclusion, and depression are associated with obesity, and data are emerging that suggest childhood obesity is associated with poor academic performance. Many risk factors have been associated with children being overweight or obese, including rural residency. Attributes of the rural environment make it difficult for children to access and eat healthy foods, walk or bike to destinations and participate in physical activity and recreational sport programs. Furthermore, features of rural schools, particularly those in under-resourced communities, are such that students often face long bus commutes, minimal/no provision of health and physical education by certified teachers, and few resources to support health and/or enrich the academic environment. Rural community features pose unique challenges for rural residents that differ from those faced by individuals residing in more metropolitan regions. Nevertheless most evidence-based strategies to combat obesity have been developed and tested in non-rural settings. The overarching goal of the Generating Rural Options for Weight-Healthy Kids & Communities (GROW HKC) project is to prevent obesity in rural children. Toward this end, we will take a solution-focused, two-pronged approach. Our first aim is to understand the rural obesogenic environment. To do so Oregon State University (OSU) will partner with Extension Services in six Western States to engage rural people in community-based participatory research efforts to (1) assess features of rural communities that are viewed as obesity preventing/promoting, community resources and readiness to implement and support environmentally-based obesity prevention efforts, (2) create a database to aggregate the data from community assessments, and (3) develop a new eXtension Community of Practice as a vehicle to help practitioners and the public learn from our research findings. Our second aim is to plan, implement, and evaluate a multi-level intervention targeting rural home, school, and community behavioral settings to promote healthful eating and increase physical activity, and thus improve body mass index among rural children aged 5-8 years old (grades K-3). Toward this end, we will develop and test the GROW HKC obesity prevention program in rural communities from three counties in Oregon. Applying a "people and places" framework, our intervention will utilize evidence-based strategies to affect positive changes in person-level attributes and in family home, school, and community environments related to healthful eating and physical activity.

Accomplishments

Major goals of the project

The goal of the Generating Rural Opportunities for Weight-Healthy Kids & Communities (GROW HKC) project is to prevent obesity in rural children. We will take a two pronged approach. Our first aim is to understand the rural obesogenic environment. To do so Oregon State University (OSU) will partner with Extension Services in six Western States to engage rural people in community-based participatory research efforts to: (Objective 1) assess features of rural communities that are

viewed as obesity preventing/promoting, measure community resources and readiness to implement and support environmentally-based obesity prevention efforts, create a database to model the data from community assessments, and (Objective 2) develop a new eXtension Community of Practice as a vehicle to help practitioners and the public learn from our research findings. OUTPUTS: Initial outputs of Aim One activities will be addressed during project years 1-2 and will include: GROW HKC community-campus teams and trainers in Oregon and partnering Western states, community profile and plan inventory including narrative maps and environmental attributes, and an eXtension CoP interested in rural obesity prevention. Our second aim is to plan, implement, and evaluate a multi-level intervention targeting rural home, school, and community behavioral settings to promote healthful eating and increase physical activity, and thus improve body mass index among rural children aged 5-8 years old (grades K-3). Toward this end, we will develop and test the GROW HKC obesity prevention program in rural communities from three geographically diverse counties in Oregon. Our intervention will employ a "people and places" framework and utilize evidence-based strategies to affect positive changes in person-level attributes and in family home, school, and community environments related to healthful eating and physical activity. Aim 2 objectives include implementing and evaluating a comprehensive multi-level intervention (Objective 3) to promote healthy eating and increase physical activity on obesity (change in BMI) among rural kindergarten through 3rd grade children, and (Objective 4) to increase supports and remove barriers in home, school, and community food and physical activity environments. OUTPUTS: Outputs of Aim Two activities include: 1) improved children's knowledge, skills, dispositions, and healthful eating and physical activity behaviors; and 2) families, schools, and communities use GROW HKC strategies to improve home, school, and community food and physical activity environment. Long-term outcome of Aim Two is no change or improved BMI scores in rural children grades K-3.

What was accomplished under these goals?

AIM 1 activities accomplished outputs in PY5 including HEAL MAPPS™ train-the-trainer workshops for new Extension adopters in OR and SD and CBPR-related community events. Approximately 40 Oregon State and South Dakota State Extension personnel were trained to implement HEAL MAPPS™ on March 11-12, 2015 (OR) and March 30-April 1, 2015 (SD) supported by grant funds external to GROW HKC funding. GROW HKC-supported HEAL MAPPS™ was implemented by LGU partners and trained Extension facilitators in 4 rural communities in Colorado and Idaho. Funds (\$2500 per community) were distributed to HEAL MAPPS™ communities that completed CBPR, used results to target HEAL environmental change, and submitted HEAL improvement plans in four partnering states (ID, NV, NM and WA). **Outcomes and Impacts:** HEAL MAPPS™ implemented and results report provided to 4 GROW HKC-supported communities (Ignacio, Leadville CO; Fruitland, Preston ID) and 11 communities supported by funds external to GROW HKC (Elk Point, McLaughlin, Parmalee, Pine Ridge, Rapid City-Lakota Homes, Dupree-Cheyenne River, Martin, Herreid, Wagner, Lower Brule, and Crow Creek SD).

- L. Bellows, CSU GROW HKC Lead and CSU County Extension Facilitator, in cooperation with OSU GROW HKC Winfield, Gunter, & John (2015). GROW HKC HEAL MAPPS™ Community Report (n=2)
- M. Raidl, UI GROW Lead and UI County Extension Facilitator, in cooperation with OSU GROW HKC Winfield, Gunter, & John (2015). GROW HKC HEAL MAPPS™ Community Report (n=2)
- S. Stluka, SDSU Extension Good and Healthy South Dakota Lead and SDSU County Extension Facilitator, in cooperation with OSU GROW HKC Winfield & John (2015). Good and Healthy SD HEAL MAPPS™ Community Report (n=11)

AIM 2 activities conducted in Oregon in PY5 include environmental, informational, and behavioral interventions, formative and summative evaluations. OUTPUTS: Proposed outputs of Aim Two activities include: 1) communities, schools, and families use GROW HKC PSE strategies to improve home, school, and community food and physical activity contexts; and 2) children exposed to GROW HKC PSE strategies demonstrate improved knowledge, skills, dispositions, and healthful eating and physical activity behaviors. Long-term outcome of Aim Two is no change or improved BMI scores in the population of rural children, elementary grades K-5, in intervention (n=3) vs. comparison (n=3) communities.

HEAL MAPPS™ t₂ were Extension facilitated by trained staff in six GROW HKC communities (Estacada, Molalla, Rainier, Clatskanie, Bonanza and Chiloquin) in OR. Environmental scans t₂ (using our GROW HKC-developed Rural community food and PA photomapping audit tool) were also conducted by trained Extension staff in four OR communities (Clatskanie, Estacada, Molalla, and Rainier) and initiated in a further two communities (Bonanza and Chiloquin). Community-based PSE actions, including coalition-led efforts in partnership with GROW HKC Extension and sector stakeholders, were planned, developed, resourced/initiated, and/or completed.

Throughout the spring and fall of 2015, multi-level school-based assessments including the SPAN-ET (school environmental scan), Physical Activity (PA) assessments, and an evaluation of the Balanced Energy Physical Activity (BEPA) Toolkit were conducted in each of the GROW HKC elementary schools (n=6). For each SPAN-ET, a report was developed and shared with the school's health stakeholders (e.g. principal, wellness committee, etc.). GROW HKC intervention schools utilized data and tools to prioritize and implement PSE changes that would increase students' exposure/access to healthy behavioral options at school. School-based PSE actions, including wellness committee-led efforts in partnership with GROW HKC Extension and school stakeholders, were planned, developed, resourced/initiated, and/or completed. PA assessments measured the daily school-based activity level of each assenting elementary student over the span of four school days. BEPA Toolkit evaluation data were collected and analyzed through implementation of a survey developed by GROW HKC scientists,

which was distributed to teachers (n=88) in each participating elementary school (n=6).

What opportunities for training and professional development has the project provided?

John, D. & Winfield, T. Participatory Environmental Assessments Using MAPPS™. 4H/FCH Spring Staff Meeting, Portland, OR. March 2015 (20 Participants/6 hours)

John, D. & Winfield, T. Participatory Environmental Assessments Using HEAL MAPPS™. Train the trainer event for South Dakota State University Extension personnel. April 2015 (20 Participants/18 hours)

Case, P., Rojina, J., Rudolph, J., Harden, L., Halverson, B., Devlin, E., John, D., Gunter, K. (March 2015). School Wellness: Moving Toward Action to Prevent Childhood Obesity in Rural Communities. Oregon State University 4-H & Family and Community Health Spring Conference, Portland, OR. 1 session of 1:15 hours, 143 Extension educators.

Halverson, B. K., Devlin, E. (Author & Presenter), Whole Grains Summit 2015, "Community Wellness: Moving Toward Action to Prevent Obesity in Rural Communities, StoryWalk as a Community Health and Physical Activity Intervention," Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health at Oregon State University and the Grains for Health Foundation, Portland Oregon. (June 24, 2015). 1 session of 45 minutes, 124 participants.

Jepson-Sullivan-NOUSE, R. (Coordinator/Organizer), Dodge Vera, T., Rudolph, J. (Author & Presenter), Devlin, E. (Author & Presenter), Halverson, B. K. (Author & Presenter), John, D. (Author), Case, P. (Author), Hoisington, A. (Author), FCH 4-H Spring Conference, "Policies, Systems and Environment Workshop," Portland, OR. (March 2015). 1 session of 6 hours, 111 Extension SNAP-Ed staff.

Harden, L. (Author & Presenter), "Capacity Building, Engagement, and Sustainability," Oregon Farm to School and School Garden Network Regional Conference, Tillamook, OR. (November 6, 2015). 1 session of 30 minutes, 40 participants

Harden, L. (Author & Presenter), "School Garden Education," Oregon Farm to School and School Garden Network School Garden Summit, Silverton, OR. (January 29, 2016). 1 session of 30 minutes, 53 participants

Harden, L. (Author & Presenter), "Methods for Designing Inclusive Food-based Education Programs," Oregon Farm to School and School Garden Network Farm to School Summit, Silverton, OR. (January 30, 2016). 1 session of 30 minutes, 37 participants

Winfield, T., Caldwell-Kan, S., John, D., Langelloto, G., Hystad, P., Manore, M., & Gunter, K. Determining Environmental Assets in Six Oregon Communities to Explain the Rural Obesogenic Context. Annual Occupational, Environmental, and Public Health Conference, Semiahmoo, WA. January 2015.

Baggett, A., Rudolph, J., & Caldwell-Kahn, S. Using Health Impact Assessment to Inform Local Land Use and Transportation Decisions. Oregon Public Health Association Annual Conference, Corvallis, OR. October 2015.

Gunter, K. School-Based Physical Activity Policies: Best Practice Recommendations. Lessons learned from the GROW Healthy Kids & Communities Project. Presented at the Good Samaritan Hospital Foundation Obesity Summit in Lebanon, Oregon, April 2015.

Local (community) opportunities for training and community capacity building/professional development (list includes opportunities provided in one (Columbia) of three counties engaged in GROW HKC research, education, and Extension:

- Rudolph, J., Harden, L. (February 19, 2015). School Physical Activity and Nutrition Environmental Tool (SPAN-ET) Assessment in Clatskanie. 1 session of 8 hours, 5 participants.
- Rudolph, J., Harden, L. (February 26, 2015). School Physical Activity and Nutrition Environmental Tool (SPAN-ET) Assessment in Clatskanie. 1 session of 8 hours, 5 participants.
- Rudolph, J., Harden, L. (April 27-29, 2015). Height and Weight Assessment in Rainier. 3 sessions of 6 hours.
- Rudolph, J., Harden, L. (April 30-May 1, 2015). Height and Weight Assessment in Clatskanie. 2 sessions of 6 hours.
- Harden, L. (July 22, 2015). Presentation of Clatskanie Trails & Playground project to Clatskanie Boosters Club. 1 session of 20 minutes, 9 participants.
- Harden, L. (July 22, 2015). Presentation of Clatskanie Trails & Playground project to Clatskanie Planning Commission. 1 session of 1 hour, 27 participants.
- Harden, L. (July 23, 2015). Rainier Community Audit training and implementation with Rainier School District Administration. 1 session of 2 hours, 2 participants.
- Harden, L. (July 24, 2015). Clatskanie Community Audit training and implementation with Head Start and Clatskanie School District Administration. 1 session of 2 hours, 2 participants.
- Harden, L. (July 28, 2015). Rainier Community Audit training and implementation with City of Rainier Administration. 1 session of 2 hours, 1 participant.
- Harden, L. (July 30, 2015). Clatskanie Community Audit training and implementation with Farmers Market Administration. 1 session of 2 hours, 3 participants.
- Harden, L. (August 5, 2015). Presentation of Clatskanie Trails & Playground project to City of Clatskanie. 1 session of 1 hour, 12 participants.
- Harden, L. (August 22, 2015). Presentation of Clatskanie Trails & Playground project to Clatskanie School Board. 1 session of 45 minutes, 11 participants.
- Rudolph, J. (September 21, 2015). Presentation of Health Impact Assessment project to City of Rainier. 1 session of 45

minutes, 19 participants.

- Rudolph, J., Harden, L. (September 24, 2015). Healthy Eating Active Living Mapping Attributes using Participatory Photographic Surveys (HEAL MAPPS) Training in Clatskanie. 1 session of 120 minutes, 7 participants.
- Rudolph, J., Harden, L. (October 2, 2015). Healthy Eating Active Living Mapping Attributes using Participatory Photographic Surveys (HEAL MAPPS) Photo Selection Committee in Clatskanie. 1 session of 90 minutes, 5 participants.
- Rudolph, J., Harden, L. (October 5-7, 2015). Height and Weight Assessment and Physical Activity Assessment in Rainier. 3 sessions of 6 hours.
- Rudolph, J., Harden, L. (October 15, 2015). Healthy Eating Active Living Mapping Attributes using Participatory Photographic Surveys (HEAL MAPPS) Training in Rainier. 1 session of 120 minutes, 8 participants.
- Rudolph, J., Harden, L. (October 19-21, 2015). Height and Weight Assessment and Physical Activity Assessment in Clatskanie. 3 sessions of 6 hours.
- Rudolph, J., Harden, L. (October 28, 2015). Healthy Eating Active Living Mapping Attributes using Participatory Photographic Surveys (HEAL MAPPS) Photo Selection Committee in Rainier. 1 session of 90 minutes, 4 participants.
- Rudolph, J. (October 29, 2015). Balanced Energy Physical Activity (BEPA) Toolkit Training in Rainier. 1 session of 30 minutes, 28 participants.
- Rudolph, J., Harden, L. (November 5, 2015). Healthy Eating Active Living Mapping Attributes using Participatory Photographic Surveys (HEAL MAPPS) Community Conversation in Clatskanie. 1 session of 3 hours, 33 participants.
- Rudolph, J., Harden, L. (November 19, 2015). Healthy Eating Active Living Mapping Attributes using Participatory Photographic Surveys (HEAL MAPPS) Community Conversation in Rainier. 1 session of 3 hours, 18 participants.
- Rudolph, J., Harden, L. (December 1, 2015). School Physical Activity and Nutrition Environmental Tool (SPAN-ET) Assessment in Rainier. 1 session of 8 hours, 5 participants.
- Rudolph, J., Harden, L. (December 4, 2015). School Physical Activity and Nutrition Environmental Tool (SPAN-ET) Assessment in Clatskanie. 1 session of 8 hours, 2 hours of school staff training, 5 participants.
- Harden, L. (January 12, 2016). Presentation of Clatskanie Trails & Playground project to Clatskanie Kiwanis Club. 1 session of 45 minutes, 23 participants.

How have the results been disseminated to communities of interest?

- Let's Move! Molalla social media websites (<https://www.facebook.com/letsmovemolalla?ref=hl>) and (<https://www.facebook.com/groups/230816293709041/>) were created and maintained by personnel supported on this grant.
- Jensen, K. (2015). GROW healthy kids, communities. Idaho County Free Press. Retrieved from <http://www.idahocountyfreepress.com/news/2015/sep/02/grow-healthy-kids-communities/>.
- Palmer, J. (2015). 10 INNOVATORS IN RURAL HEALTH. Oregon Business. Retrieved from <http://www.oregonbusiness.com/article/the-magazine/july-august-2015/item/15129-10-innovators-in-rural-health>.
- Kolff, K. (2015). Step On IT! Promote Walking and Biking. (2015). Indiegogo. Retrieved from <https://www.indiegogo.com/projects/step-on-it-promote-walking-and-biking#/>.
- Savage, P. (2015). Take a Story Walk. Molalla Pioneer. Retrieved from <http://portlandtribune.com/mop/157-news/260862-133004-take-a-storywalk>.
- The Public Health Foundation of Columbia County. (August 2015). Connecting Rural Communities: U.S. 30 & Rainier Veterans Way Crossing. GROW directly contributed to this publication.
- Jackson, J., John, D., Gunter, K. (2015). School Physical Activity and Nutrition Report: (n=6; Estacada, Molalla, Clatskanie, Rainier, Bonanza, Chiloquin) Elementary. This report includes both height/weight and general SPAN-ET results.
- Jackson, J., John, D., Gunter, K. (2015). School Physical Activity and Nutrition Environmental Assessment (SPAN-ET) Report: (n=6; Estacada, Molalla, Clatskanie, Rainier, Bonanza, Chiloquin) Elementary.
- Hicks, J., John, D., Gunter, K. (2015). Summary of child weight status. (n=3; Clackamas County, Columbia County, Klamath County)

What do you plan to do during the next reporting period to accomplish the goals?

Aim 1 - We will host and convene adopters (GROW HKC LGU partners from 6 Western U.S. states; new HEAL MAPPS™ adopters from Ohio State U Extension & SDSU Extension; Oregon GROW HKC county partners and OR SNAP-Ed partners, scientists and community stakeholders for a best practice symposium (virtually or in-person) to share accomplishments and inform dissemination of results, expand development of data-informed, theoretical model of rural obesogenic contexts to guide obesity prevention interventions and promote a culture of weight health in landscapes similar to the Western U.S.

Aim 2 - We will continue to analyze data, generate and disseminate new knowledge and strategies at the local (school and community), state, and national level, and to target audiences/populations (rural community residents and stakeholders), county and state cross-sector partners, and the scientific community. We will host media events to broadly communicate impacts resulting from the efforts and resourcing. We will pursue additional funding to maintain surveillance of the population currently being studied longitudinally to confirm weight health protective factors for rural populations, translate weight healthy community development approaches, partnerships, and PSE strategies to new rural communities and at risk rural populations, and contribute to the knowledge base specific to effective solutions for addressing rural weight health disparities

and achieving weight health equity.

Participants

Actual FTE's for this Reporting Period

Role	Non-Students or faculty	Students with Staffing Roles			Computed Total by Role
		Undergraduate	Graduate	Post-Doctorate	
Scientist	1	0.2	0.9	0.5	2.6
Professional	3.4	0	0	0	3.4
Technical	2.8	0.1	0	0	2.9
Administrative	0.6	0	0	0	0.6
Other	0	0	0	0	0
Computed Total	7.8	0.3	0.9	0.5	9.5

Student Count by Classification of Instructional Programs (CIP) Code

Undergraduate	Graduate	Post-Doctorate	CIP Code
2	2	1	51.22 Public Health.
2			19.05 Foods, Nutrition, and Related Services.

Target Audience

We have facilitated and delivered trainings, workshops and community meetings to OSU Extension educators (n=40), teachers (n=88) and school administrators, parents and children and other community members. Our GROW County Extension teams have provided local education and outreach events (n=87) in participating communities and schools reaching/engaging 5,079 youth participants counts. Some counts are repeated exposures though multiple events or sessions. The number is relevant in that it reflects population exposure - the frequency with which rural residents (adults and youth) were exposed to strategies (see ENVIRONMENTAL IMPACTS) and engaged in activities aimed at increasing obesity prevention readiness, capacity, and resources.

Products

Type	Status	Year Published	NIFA Support Acknowledged
Conference Papers and	Published	2015	YES

Citation

Gunter, K., Abi Nader, P., Hicks, J., & John, D. Physical Activity Levels and Obesity Status of Oregon Rural Elementary School Children. American College of Sports Medicine Annual Meeting and World Congress, San Diego, CA. May- June 2015.

Type	Status	Year Published	NIFA Support Acknowledged
Conference Papers and	Published	2015	YES

Citation

John, D., Gunter, K., Hystad, P., Langellotto, G., & Manore, M. Generating Rural Options for Weight Healthy Kids and Communities Year 4 Outcomes and Impacts. Society for Nutrition Education and Behavior Annual Conference, Pittsburg, PA. July 2015.

Type	Status	Year Published	NIFA Support Acknowledged
Conference Papers and	Published	2015	YES

Citation

Jackson, J., Harvey, M., John, J., Finneran, K., Manore, M. & Gunter, K. Rural Perspectives on Family Nutrition and Physical Activity: Results from Focus Groups with Parents of Elementary School-Age Children. American Public Health Association Annual Conference, Chicago, IL and Oregon Public Health Association Annual Conference, Corvallis, OR. October 2015.

Type	Status	Year Published	NIFA Support Acknowledged
Conference Papers and	Published	2015	YES

Citation

Gramlow, L., Chappuis, C., Kunkle, D., Gunter, K., John, D. Evaluating the Feasibility and Utility of the School Physical Activity and Nutrition Environment Tool (SPAN-ET) for adoption and implementation by Extension's SNAP-Ed Program. Oregon Public Health Association Annual Conference, Corvallis, OR. October 2015.

Type	Status	Year Published	NIFA Support Acknowledged
Conference Papers and	Published	2015	YES

Citation

Winfield, T., Caldwell-Kan, S., John, D., Langelloto, G., Hystad, P., Manore, M., & Gunter, K. Determining Environmental Assets in Six Oregon Communities to Explain the Rural Obesogenic Context. Annual Occupational, Environmental, and Public Health Conference, Semiahmoo, WA. January 2015.

Type	Status	Year Published	NIFA Support Acknowledged
Conference Papers and	Published	2015	YES

Citation

John, D., Gunter, K., Langellotto, G., Hystad, P., & Manore, M. Engaging Extension to Build Community Capacity to Improve Healthy Eating and Active Living Resources and Readiness to Address the Rural Obesogenic Context and Weight Health Disparities. Linn County Obesity Prevention Task Force Meeting and Oregon Public Health Association Annual Conference, Corvallis, OR. 2015.

Type	Status	Year Published	NIFA Support Acknowledged
Conference Papers and	Published	2015	YES

Citation

Abi Nader, P., Hilberg, E., John, D., & Gunter, K. The Balanced Energy Physical Activity Toolkit and Elementary Children's Physical Activity at School. Oregon Public Health Association Annual Conference, Corvallis, OR. October 2015.

Type	Status	Year Published	NIFA Support Acknowledged
Conference Papers and	Published	2015	YES

Citation

Case, P., Rojina, J., Rudolph, J., Harden, L., Halverson, B., Devlin, E., John, D., Gunter, K. (May 2015). Building Capacity of Rural Schools to Take Action to Prevent Childhood Obesity. National Health Outreach Conference, Atlanta, Georgia.

Type	Status	Year Published	NIFA Support Acknowledged
Websites	Published	2015	YES

Citation

Generating Rural Options for Weight Healthy Kids and Communities. Available at: <http://extension.oregonstate.edu/growhkc/>

Type	Status	Year Published	NIFA Support Acknowledged
Websites	Published	2015	YES

Citation

Balanced Energy Physical Activity Toolkit. Available at: <http://extension.oregonstate.edu/growthkc/tools/bepa>

Type	Status	Year Published	NIFA Support Acknowledged
Journal Articles	Published	2015	YES

Citation

Jackson, J., Branscum, A., John, D., Smit, E., & Gunter, K. (2015). Healthy Eating, Physical Activity, and Learning Behaviors. *Health Behavior and Policy Review*, 2(1), 24-34. DOI: <http://dx.doi.org/10.14485/HBPR.2.1.3>

Type	Status	Year Published	NIFA Support Acknowledged
Journal Articles	Published	2015	YES

Citation

Jackson, J., Smit, E., Manore, M., John, D., & Gunter, K. (2015). The Family- Home Nutrition Environment and Dietary Intake in Rural Children. *Nutrients*, 7(12), 9707-9720. DOI:10.3390/nu70x000x

Type	Status	Year Published	NIFA Support Acknowledged
Journal Articles	Published	2016	YES

Citation

John, D., Gunter, K., Jackson, J., & Manore, M. (2016). Developing the School Physical Activity and Nutrition Environment Tool to Measure Qualities of the Obesogenic Context. *Journal of School Health*, 86(1):39-47. DOI: 10.1111/josh.12348.

Other Products**Product Type**

Evaluation Instruments

Description

The School Physical Activity and Nutrition Environment Tool (SPAN-ET) is a PSE Change tool used by school sector stakeholders to assess elementary school resources and readiness to improve nutrition and physical activity (PA) environments, suggest appropriate improvement strategies, score and measure outcomes resulting from environmentally-based treatments. The assessment tool includes 27 Area of Interest items in two main component categories, PA and nutrition, and considers the policy, situational, and physical environment within each component. Blind-reviewed and selected for inclusion in the 2016 SNAP-Ed Strategies & Interventions: An Obesity Prevention Toolkit for States.

Product Type

Evaluation Instruments

Description

Healthy Eating Active Living Mapping Attributes using Participatory Photographic Surveys (HEAL MAPPS™) is an engaged discovery program to help community stakeholders identify target audiences' experience of place-based resources and intervene with PSE strategies to increase easy access to healthy eating and physical activity supports. The MAPPS™ method integrates participatory photography and community mapping using global positioning system (GPS) technology, and residents' voiced perceptions of their community place to explore, understand, and improve the culture and context for health. Blind-reviewed and selected for inclusion in the 2016 SNAP-Ed Strategies & Interventions: An Obesity Prevention Toolkit for States.

Product Type

Educational Aids or Curricula

Description

The Balanced Energy-Physical Activity (BEPA) Toolkit integrates physical activity and nutrition concepts through education and activity. Nutrition concepts are linked to physical activity concepts and active games through an approach that explains the concept of balanced energy as a combination of healthful eating and regular, varied physical activity. Blind-reviewed and selected for inclusion in the 2016 SNAP-Ed Strategies & Interventions: An Obesity Prevention Toolkit for States.

Changes/Problems

{Nothing to report}