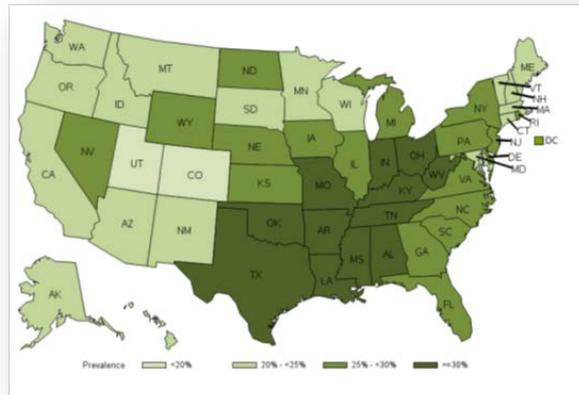


One in Four Adults 50 years or older in the United States are Physically Inactive

Despite the known benefits of physical activity, a recent study titled "Behavioral Risk Factor Surveillance System 2014," conducted by the Centers for Disease Control and Prevention (CDC) found that 31 million United States (U.S.) adults aged 50 and older (28 percent) are inactive. In California, the prevalence of inactivity among adults 50 years or older is 24.4 percent.

The prevalence rates of physical inactivity are higher among women, Hispanics and non-Hispanic blacks, and adults with one or more chronic health conditions. The percentage of inactivity also decreased as education increased and increased as weight status increased.

US map of prevalence of inactivity among adults aged 50 years or older



Let's Talk Solutions!

Many adults 50 years of age and older want to be active but face community barriers limiting access to safe and appropriate physical activity (PA) opportunities. Community partners have a role and resources to collectively design, develop, and deliver community enhancements and healthy lifestyle programs to make it safer and easier for persons of all ages and abilities to be physically active. Community enhancements and evidence-based health programming are further supported by informational campaigns and approaches to continually inform and educate community members on the benefits of PA and promote and encourage use of community locations offering programs, interventions, services, and resources.

Upcoming Training Webinar: Active Aging: Physical Activity Tools for Supplemental Nutrition Assistance Program-Education (SNAP-Ed) Older Adults

To help support your efforts to promote physical activity for older adults, the Training Development and Support Section at the California Department of Public Health (CDPH) Nutrition Education and Obesity Prevention Branch (NEOPB) is offering a webinar: "Active Aging: Physical Activity (PA) Tools for SNAP-Ed Older Adults" on **Wednesday, December 7, from 1:30pm-3:00pm.**

Continued on Page 2, see **Physically Inactive**

Continued from Page 1, **Physically Inactive**

Register for the webinar by using the link below:

<https://attendee.gototraining.com/r/2066756782602779905>

Training Objectives

- Define the PA guidelines for older adults
- Review the current data on inactivity in adults over 50 years of age
- Strategize how the Local Implementing Agency (LIA) can help the SNAP-Ed for older adults become more physically active through direct PA (evidence-based) curriculums
- Identify the role of the LIA in promoting community programs and improvements important for SNAP-Ed older adults
- Describe one potential strategy for increasing PA for older adults in your target population

Guest speakers representing best practices for PA and older adults within the SNAP-Ed community will be also be presenting. Please see the [Training and Events Calendar](#) and/or contact Sandy.Fagin@cdph.ca.gov for more information.

Reference and Resources

- [CDC Morbidity and Mortality Weekly Report](#) - Physical Inactivity Among Adults Aged 50 Years and Older
- [CDPH-NEOPB Physical Activity Resource Guide: Implementing Physical Activity Programming for SNAP-Ed Populations](#)
- [CDPH-NEOPB Infographic – Create Safe Places to Play](#)
- [Webinar Recording](#) and [PowerPoint Slides](#) – Creating Physical Activity Opportunities Through Joint Use
- [CDC Fact Sheet – Adults Need More Physical Activity](#)
- [CDC Infographic – The 3Ds: Design. Develop. Deliver – A Prescription for Physically Active Communities](#)
- [2008 Physical Activity Guidelines \(Older Adults\)](#)

FFY 2017–2019 Integrated Work Plan Revision Process Resources

On October 13, a webinar presented the revision process for the Federal Fiscal Year (FFY) 2017-19 SNAP-Ed Integrated Work Plans (IWPs). All State Initiating Agencies were present. A recording of the webinar is available, along with all supporting materials, including the IWP Revision Process document, the printable supporting visuals document, and the webinar slides.

All of the above resources can be accessed on the [California SNAP-Ed FFY 2017 Training Archive](#).

If you have any questions about the FFY 2017-19 IWP Revision Process, please contact your Project Officer.

CDPH/NEOPB Project Directors Meeting

The CDPH NEOPB Project Directors Meeting (PDM) is scheduled for November 14-15 at the Hyatt Regency Sacramento.

The PDM will consist of training and technical assistance, SNAP-Ed vision and innovation, networking opportunities, and Local Health Department (LHD) recognition. In addition, there will be a 20th Anniversary Celebration with networking and special presentations. The PDM agenda will be finalized and posted at the PDM website soon!

If you have already registered to attend the PDM and have not made your room reservations, you may make reservations using this link <https://resweb.passkey.com/go/2016COEU>. Please be advised that rooms are based on availability and the hotel's current room rates.

The PDM website has been updated with exhibitor information. If you have requested an exhibit table and would like to ship exhibit materials directly to the hotel, please review the Hyatt Regency Sacramento Exhibitor Package Shipping Policy on the website.

For more information regarding the PDM, please visit the PDM website at <http://www.cvent.com/d/rvq99v> or contact Nakendra Abner at Nakendra.Abner@cdph.ca.gov or (916) 445-5303.

The PDM meeting is an allowable expense per United States Department of Agriculture (USDA) Guidance. Travel expenses should have been included in your FFY17 budget. If you did not include this meeting in your budget and have questions about covering the cost of travel, please contact your NEOPB Contract Manager.

California SNAP-Ed Training Resources

Check out the [Training Resources](#) webpage for the latest training related information and calendar of scheduled [Event Highlights for October and November](#)

[FFY 2017 Training Schedule](#)

CDPH NEOPB's Project Director Meeting

November 14 & 15

Addressing Nutrition Hot Topics: 2015 DGA

November 30

Active Aging: Physical Activity Tools for SNAP-Ed Older Adults

December 7

CDC Early Care and Education (ECE) - State Indicator Report

To help guide our nation's progress toward childhood obesity prevention in the ECE setting, the CDC's Division of Nutrition, Physical Activity, and Obesity developed the first ever ECE State Indicator Report. The report highlights state efforts to address childhood obesity in the ECE setting. It also showcases supportive policies and practices stakeholders can integrate into their ECE settings to help prevent childhood obesity. The report looks at seven areas within CDC's Spectrum of Opportunities framework and identifies fifteen indicators measuring state-level policies and system supports that can help prevent childhood obesity.

Background information regarding the report can be accessed at the link below:

<https://www.cdc.gov/obesity/strategies/ece-state-indicator-report.html>

Download the entire report by using the link below: <https://www.cdc.gov/obesity/downloads/early-care-education-report.pdf>

Funding Corner

The USDA recently announced the availability of up to \$16.7 million in [Food Insecurity Nutrition Incentive Program Grants](#) (FINI) to increase the purchase of fruits and vegetables in households participating in the Supplemental Nutrition Assistance Program (known as CalFresh in California) by providing incentives at the point of purchase.

Governmental organizations as well as eligible nonprofits may apply. Priority will be given to entities working with underserved communities, particularly in Promise Zones (in California those are Los Angeles, Sacramento, and San Diego) and StrikeForce Communities. Applicants must provide matching contributions on a dollar-for-dollar basis for all Federal funds awarded. The non-Federal share of the funding may come from State government, local government, or private sources. Federal money (such as SNAP-Ed) cannot be used to match.

2016 California Awardees included:

- Youth Policy Institute, Los Angeles, \$499,923
- Interfaith Sustainable Food Collaborative, Oakland, \$155,200
- San Francisco Bay Area Planning and Urban Research Association, \$308,131
- University of California-San Diego, \$3,384,909

Applications are due by December 12, 2016. An informational webinar will be held on November 3, at 11:00 a.m. and an archived version will be available on the above FINI website following the webinar.

World Obesity Day

On World Obesity Day (October 11), the [World Health Organization](#) (WHO) issued a news release urging “global action to curtail consumption and health impacts of sugary drinks.” The WHO article states that taxing sugary drinks can lower consumption and reduce obesity, type 2 diabetes and tooth decay.



California’s SNAP-Ed Goals and Objectives for FFY 2017 – 2019

Behavioral Outcomes

Goal 1: Increase consumption of healthy foods and beverages and decrease consumption of unhealthy foods and beverages

- Objective 1a: By September 30, 2019, improve the dietary quality of meals and snacks consumed by the SNAP-Ed eligible population (consistent with the current Dietary Guidelines for Americans) by 3 percent.
- Objective 1b: By September 30, 2019, increase consumption of fruits and vegetables among the SNAP-Ed eligible population by 3 percent.
- Objective 1c: By September 30, 2019, decrease consumption of added sugar from food and beverages among the SNAP-Ed eligible population by 3 percent.

Goal 2: Increase physical activity

- Objective 2: By September 30, 2019, increase time spent in physical activity among the SNAP-Ed eligible population by 3 percent (consistent with the current Physical Activity Guidelines for Americans).

Goal 3: Improve food resource management

- Objective 3a: Annually, at least 80 percent of surveyed SNAP-Ed adult participants report improving at least one resource management behavior.
- Objective 3b: Annually, at least 30 percent of surveyed SNAP-Ed adult resource management participants report increased food security.

Continued on Page 6, see **SNAP-Ed Goals**

Continued from Page 5, **SNAP-Ed Goals**

Physical & Social Environment Outcomes

Goal 4: Increase access to and/or appeal of healthy dietary choices and decrease access to and/or appeal of unhealthy dietary choices where people eat, live, learn, work, play, or shop.

- Objective 4a: Annually improve food environments in at least 500 new and continuing SNAP-Ed eligible sites or organizations (includes multiple sites/physical locations).
- Objective 4b: By September 30, 2019, at least 75 percent of SNAP-Ed jurisdictions (counties/cities) will increase the number of SNAP-Ed eligible sites or organizations (includes multiple sites/physical locations) with improved food environments.

Goal 5: Increase access to and/or appeal of physical activity opportunities for SNAP-Ed eligible populations.

- Objective 5a: Annually improve four environments and opportunities for physical activity in at least 200 new and continuing SNAP-Ed eligible sites or organizations (includes multiple sites/physical locations).
- Objective 5b: By September 30, 2019, at least 75 percent of SNAP-Ed jurisdictions (counties/cities) will increase the number of SNAP-Ed eligible sites or organizations (includes multiple sites/physical locations) with improved environments and opportunities for physical activity.

Success Story - Aquaponics and the Burbank Urban Garden (BUG) Club

When visiting the Luther Burbank High School (LBHS) afterschool garden program in Sacramento, the activity becomes more than just observing the nutrition education class, it becomes an adventure in the school's garden. LBHS has taken an area neglected for years and has revitalized it into a flourishing garden with fruit trees, plants, and vegetables. A peer-to-peer mentoring program has been established in five feeder elementary/middle schools in the district. The leaders of this mentoring program are referred to as "Health Ambassadors." They meet on a regular basis with members of the Burbank Urban Garden (BUG) club, a student-led organization. Through the Ambassador Program, the BUG club is allowed to sell their produce at the community farmers market in front of the high school.

The afterschool instructor, who is also a special education teacher, helps steer the BUG club, along with the garden manager and educator. This program is supported by the school administration and food service department. Through various funding sources, the afterschool garden program provides nutrition education and shows high school students sustainable ways to grow plants and vegetables in an urban setting. The garden is on a large area of land with farm structures from an old agriculture program that once existed at the high school. There is a portable classroom, storage building, a greenhouse, concrete and stone rectangle plots holding a variety of vegetables, fruits, plants, and fruit trees. Two raised garden beds for American with Disabilities Act compliance allow handicapped students to appreciate gardening as well.

Continued on Page 7, see **Aquaponics**

Continued from Page 6, **Aquaponics**

BUG also utilizes aquaponics as a way to grow produce. Aquaponics is a sustainable urban agriculture system that features a water circulation system using less water than traditional farming methods. LBHS has both a barrel ponics system and an aquaponic system. The barrel ponics system is housed outside and is made of storage bins, PVC piping, drip system with timer, and contains plants with vegetables grown in soil. The aquaponic system is a larger system housed in the greenhouse and grows fish and plants together in one integrated system - soil is not required. The fish waste provides an organic food source for the growing plants. Students start with a tank filled with fish that are fed worms from the high school's compost; the compost is the uneaten food from the school's cafeteria. The fish waste is pumped from the tank to the bed where the plants grow and the bacteria from the fish waste cultivates in the bed. The bed grows fruits (pineapples), vegetables (i.e., tomatoes and greens), herbs, and plants.

This afterschool garden program gives the students personal fulfillment. It provides opportunities for teamwork, collaboration, social networking and friendship. It also provides recreation and physical activity, and teaches students to think, plan and enhances their knowledge and academic skills (i.e., food security, business concepts, nutrition, math, and science).

For more details, contact Megan Sheffield, MPH, Health Program Coordinator, Sacramento County Dept. of Health and Human Services at SheffieldM@saccounty.net or (916) 876-7000.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-E, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.