COMMUNITY INTERVENTION – EXAMPLE

ASSESSMENT:
Proposed Nutrition Intervention Program name: Food for All

HP 2020 Objective:
NWS--13: Reduce household food insecurity and in doing so reduce hunger.
Healthy People 2020 Objectives: Nutrition and Weight Status.

Target: 6%
Target--Setting Method: Retention of HP 2010 target.
Data Source: Current population survey (CPS), census, and DOL/BLS

National data:
An estimated 14.5 percent of American households were food insecure at least some time during the year in 2012

State or Local data:
16.2% of people in California are considered food insecure.
17.6% of people in YOLO County are food insecure but may be as high as 32.6% (difference may account for migrant workers).
Data Source: California Health Interview Survey (CHIS)

Compare National vs. State/Local Data:
Both the state of California and Yolo County, California household food insecurity rates are higher than the national household food insecurity rates, and are much higher than the 6% HP 2020 Target.

Why is this an important concern in your community?
Hunger and food insecurity is an ongoing concern in Yolo County. The national data for insecure household is far from the HP 2020 goal of 6%. Both the state of California and YOLO County have even higher levels of food insecurity at 16-17%. This is an important concern in this community because no one should have to stress about where their next meal will come from.

Possible “Root Causes” of the issue: (3 literature sources)
(In an ideal setting you would possibly look at doing focus groups, surveys, etc. to get some additional data about your specific population.)

1. California WIC data analysis paper compares rural California to urban California which may give light on why the rural, Yolo County’s percentage of household food insecurity is much
higher than the food insecurity in the state of California. The paper suggests that rural California WIC participants are less likely to redeem WIC-issued resources. Possible reasons why may include language barriers, much of the WIC population in Yolo County is Spanish Speaking, cultural barriers, transportation issues, and access to nearby grocery stores. The data from this paper came from the California WIC program’s Integrated Statewide Information System (ISIS).


2. According to “Nearly Four Million Californians Are Food Insecure”, a possible reason why so many Californians reported household food insecurity in 2009 may possibly be due to the high unemployment rate, particularly with low income families. Nearly half of the low income households could not afford feeding their families at least once during the year. This was especially high with California’s low income Spanish speaking population reporting in at 50.7% household food insecurity in 2009. At the same time, about 34.5% to 47% Californians that were income eligible for receiving federal nutrition assistance were not participating in the nutrition assistance programs.


3. A recent study from the University of California, Berkeley followed diet, weight gain and chronic disease as it relates to food insecurity. The article explained that household food insecurity may be attributed to the dependence of low cost, high calorie foods. It may also be attributed to the frequent incidence of having enough food in the beginning of month followed by scarce food availability near the end of the month which correlates to the previously mentioned dependence on low cost, high palatable, high calorie foods. These studied causes explain that food insecurity has many variables, but emphasizes the pressing health issues that come with it.


What agencies/programs are currently working on this issue (locally or nationally)? What interventions are currently in place?

**FOOD:**

**Government:**
- Supplemental Nutrition Assistance Program
- Expanded Food and Nutrition Education Program (EFNEP)
- National School Lunch Program
- Child & Adult Care Food Program (CACFP)
- Special Supplemental Nutrition Program for Women, Infants, and Children
- Summer Food Service Program (SFSP)
Commodity Supplemental Food Program

**National Non-profit:**
Feeding America  
No Hungry Kid

**State/Local Agencies:**
Food Bank of Yolo County  
Broderick Christian Center Food Closet  
Yolo Wayfarers Center  
RISE Inc. Food/Clothes Closet  
Davis Community Meals  
CalFresh Program (Food Stamps)  
California Food Policy Advocates  
Cultivating Community North Valley

**Financial:** Providing financial assistance may help families use the money for food instead of for energy and home bills with the following financial energy programs.  
California Dept. of Community Services and Development-Low Income Home Energy Assistance (LIHEAP)  
PG&E California Alternate Rates for Energy (CARE)

**Nutrition Education:**
Nutrition Education and Obesity Prevention Branch  
University of California Cooperative Extension

Hypothetically, what possible organizations are willing to partner with you on this intervention?

There is the possibility of working with Cultivating Community North Valley. This organization working to strength the community through local food. This is not currently offered in YOLO County but we may because to utilize ideas from their program to implement a program in this county. CCNV’s partnership allows them to plan strategically, share resources and collaborate to offer educational opportunities, consulting services, and targeted resources that increase local food system participation and capacity. CCNV programs and services are designed to increase local food system participation amongst students, small-scale farmers, and under-served populations.

What funding is currently available for this type of intervention?

Grant from government and state organizations, non-profits and private entities.
List 1-2 additional funding sources that may be available. How much money could these funding sources provide?

1. The Community Food Project Grants Program (CFP) aims to fight food insecurity by supporting the development of community-based food projects in low-income communities. The program is administered through the National Institute for Food and Agriculture (NIFA) of the USDA and awards grants to projects that:

   - Meet the food needs of low-income people;
   - Increase self-reliance of communities in providing for their own food needs; and
   - Promote comprehensive responses to local farm, food, and nutrition issues; or
   - Meet specific neighborhood, local, or state agriculture needs, including needs for infrastructure development and improvement;
   - Planning for long-term solutions; or
   - Create innovative marketing activities that mutually benefit agricultural producers and low-income consumers.


   Estimated total funding: $8,640,000

2. Community Food Projects Competitive Grant Program

   [https://nifa.usda.gov/program/community-food-projects-competitive-grant-program-cep]  

   Projects are funded from $10,000–$400,000 and from one to four years.

**DIAGNOSIS:** *(describe the problem in PES format)*

The rates of households who are food insecure in California are much higher than the HP 2020 goal related to food and nutrition related knowledge deficit concerning financial access for food as evidenced by 17.6% up to 32.6% of the estimated Yolo County population reported to be food insecure in 2012, reports of having enough food in the beginning of month followed by scarce food availability near the end of the month, and reports of not taking advantage of food and education assistance programs.
**INTERVENTION:**

*(Proposal)*

Target population description: Food insecure people and families living in Yolo County, California.

Goal of the intervention:
Decrease the percent of household food insecurity in Yolo County, California from 17.6% to 12% by 2015 and then to 6% by 2020.

Intervention details:

To decrease household food insecurity in Yolo County, it is encouraged that partnerships be built with other organization targeting food insecurity such as Cultivating Community North Valley, Food Banks and other community organizations. The coordination with these other organizations will assist in marketing and recruitment. Additionally, participants will be recruited through participation in the newspaper, radio, social media, and grocery store billboards. Advertisements will be provided in both English and Spanish as both language are commonly spoken in this area.

Nutrition education, cooking education, waste reduction and meal budgeting will all be included as part of this intervention.

The entire program will last 12 weeks. The first part of the intervention will take place 1 day a week for 6 weeks. Following the first 6 weeks, additional information and resources will be sent to participants for an additional 6 weeks. These materials will be send though e-mail or mail depending on participants needs. The classes can support up to 25 participants each cycle.

There will be 3 cohorts offered simultaneously. There will be a class held in the morning, one in the afternoon and one in the evening. This provided Flexibility to participates and their schedule. The care allowed to attend any class during the week.

After the 12 weeks a new class will begin with a new group of participants.

The first 6 weeks of face to face classes will include:

1. Introduction to nutrition
2. Feeding the family
   a. Participants will be educated on what foods store well and that are also nutritious. This will stretch their dollar and their meals. Examples of some foods that store well are: pasta, rice, canned tomatoes, tomato sauce, canned green beans, canned
corn, jarred spaghetti sauce, raisins, canned fruit, canned tuna, canned soups, and canned and dry milk.

3. Meal budgeting
   a. Participants will be able to keep track of all the money they spend in one week for food for their family, and multiplying that number by 4 to give a monthly estimate.

4. Menu planning and reducing waste
   a. Participants will learn to take inventory what they already have on hand which will keep them from buying food they don’t need.

5. Cooking class
   a. The participants will learn how to safely prepare and store foods that need to be temperature controlled, such as ground meats, fresh fruits, dairy products, and dry goods.
   b. Participants will learn how to bulk prepare foods, such as stews, and store it safely in either the fridge or freezer for later use.

6. Potluck and social
   a. Discussing food storage
   b. Evaluations will be collected.

The classes will be help at a local community center.

Handouts for the second 6 weeks will include:
1. Map of YOLO County identifying grocery stores and markets
2. Meal plans and recipes focused toward healthy low cost meals
3. Food safety and food storage
4. Saving money by choosing in season produce.
5. Review of community nutrition programs in the area
6. Vegetarian meals

Projected Intervention Timeline: (When will your program begin and end. Determine at the intervals in which you will monitor and evaluate your program. Will you conclude the intervention or make adjustments and continue to program?)

August: Hire 1 RD and one assistant (one of these FTE must speak and write fluently in Spanish)
September: Continued program development
October: Advertisements are sent out and participants are registered for classes
January: Classes begin
February: Classes conclude, Meetings with partnered agencies to discuss participation rates
March: Feedback is implemented and new classes begin
April: Classes conclude, Meetings with partnered agencies to discuss participation rates and evaluations.
Continue cycle every 6 weeks.
June: Provide survey and possibly hold focus group for feedback from first cohort.

Projected Budget:
Full time RD at $27/hour (training included) ~$56,000 per year
- The RD will be responsible for program development and revision. She will also be the media spokesperson for the programs. The RD will work to facilitate relationships with other professional organizations.

Full time assistant $15/hour (training included) ~$31,000 per year
- The program assistant will be responsible for helping with composing and editing educational materials. This person will collect and analyze evaluation data and work with RD to make adjustments to program. The assistant will also be responsible for reminding participants of classes.

Space rental: $1000 per month x 12= $12,000
Two new laptop computers: $700 each to aid with nutrition educations and classes. = $1400
Projector: $500
Printer: $200
Education materials: Handouts, food props, office supplies etc. $1,800 per year
Food costs: $100 per cooking class = $800
Three electric double burners: $50 each = $150
Cooking utensils: Ten 17-piece cooking set $15 each = $150
Cookware: Ten sets of cookware $65 each = $650
Knife set: Five sets of knives $30 each = $150
Poster for advertisement: $200

Total: $105,000
Of this $103,900 are re-occurring costs.

**MONITORING AND EVALUATION:**
How will you monitor/evaluate your program?
Include 2 types of evaluations:

1. Process Evaluations *Focuses on program implementation and operation*: How do you plan to build activities into your program to monitor the overall implementation? (Considerations in this evaluation process: How will you determine possible program strengths, weaknesses, and areas that need improvement?)

We will look at enrollment and document how each participant found out about the program.

We will look at class attendance and feedback from participants regarding nutrition education classes regarding basic nutrition, meal budgeting, menu planning, meal preparation, and food storage. The goal being that the people who attend those informational classes will be able to spend money smarter and better strategize how to get more with their food budgets while grocery shopping. The other goal being that people will feel more self-sufficient by, learning about ways to plan meals, prepare and store bulk foods, safely storing foods, and choosing
foods that will promote food availability throughout the entire month. There will also be a
survey distributed following the second half of the session related to the additional
educational material.

Participants will be provided with pre- and post-questionnaires as part of the program.
Adjustments will be made to the next set of classes based on received feedback.

2. Outcome Evaluations *Focuses on program success and accomplishments*:

(Considerations in this evaluation process: How do you determine if you have met the
goals of the intervention?)

To determine the success of the interventions, (reducing food insecurity in Yolo County,
California) baseline data will be compared to outcome data in 2017 to previous data using the
goals of healthy People 2020.

For valid outcome evaluations, we will analyze data for statistical analysis through survey
development (online or paper format), focus groups, interviews, field observations, and
document review. Data collection will begin 6 months after program begins and continue
once a year until 2020.