Northeast Regional Nutrition Education and Obesity Prevention Center of Excellence

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RNECE – Northeast Region

• 2 FNS regions – northeast and most of mid-Atlantic

• Stakeholders from 12 states and District of Columbia

• Research advisors
Mission and Goal

**Mission** To promote a culture of health among low-income populations by bringing researchers and program implementers together to engage in sound intervention research congruent with implementation and dissemination science.

**Goal** Expand the evidence base that supports effective nutrition education of diverse low-income program participants delivered in conjunction with policy, systems, and environmental (PSE) approaches that make healthy choices easier in order to prevent obesity.
Key Initiatives

• Signature Research Program

• Nationwide Training

• Systematic Review
Signature Research Program

Research Question

Does the combination of direct nutrition education and PSE changes have greater impact on dietary intake and physical activity than either strategy alone?
Research Projects Summary

5 projects, variation in race, ethnicity, and cultural contexts, target audience, and methods of delivery

2 implemented in SNAP-Ed, 3 in EFNEP

3 urban, 1 suburban, 1 rural in 2 sites with micropolitan areas

3 RCTs; 2 quasi-experimental designs

**Progress:** Baseline data are complete; interventions are underway; mid-year reports submitted
Adopting Healthy Habits in Worksites: Increasing adoption and acceptability of PSEs in agencies serving low-income families

• RNECE-NE and Cornell Cooperative Extension EFNEP

• Effects of combining direct education with PSEs in community agencies and day care centers to support healthy habits for employees and agency participants.

• Direct-Ed *Healthy Children, Healthy Families: Parents Making a Difference!*

• PSE worksite environment, policy changes
Nutrition Ed, Access and Texting (NEAT): Combining the Hartford Mobile Market with e-Marketing

• Hispanic Health Council, Hartford CT SNAP-Ed

• Effects of combining education with text messaging campaign, mobile produce markets & vouchers on access, purchase, and intake of fruits and vegetables.

• Direct Ed series of 4 lessons on MyPlate

• PSEs & social marketing Produce vouchers plus daily text messages
Sustaining a Successful Youth-Leader Program as part of a Multi-Level, Multi-Component Food Environment/Behavioral Intervention

• Johns Hopkins Bloomberg School of Public Health, Md, SNAP-Ed

• Test model to train teens to implement nutrition education and implement wellness policies at rec centers.

• Direct-Ed curriculum for younger youth developed with U Md, SNAP-Ed

• PSE Youth-leaders participate in wellness policy development in centers. Additional impacts of corner store project.
Transforming Lifestyles: Integrating Direct Nutrition Education with Physical Activity Using the Health Care System Expansion Model

• University of Maryland EFNEP

• Effectiveness of engaging primary health care providers in assessing children’s physical activity levels and providing information and referrals to physical activity resources and EFNEP.

• Direct-Ed *Eating Smart Being Active and Cooking Matters for Kids*

• PSE Systems change in health clinic
Empowering Urban Schoolchildren to Increase Fruit and Vegetable Consumption though EFNEP-enhanced PSE Interventions

- University of Rhode Island EFNEP
- Effectiveness of engaging 5th grade students in activities to change school food environment
- **Direct-Ed Fresh Fruit and Vegetable Program**
- PSE students engagement with school wellness committee and food service staff to change menu
Nationwide Research Translation and Training Program

• Training will focus on planning, implementation, and evaluation of PSE and PSE/direct education integrated interventions within the EFNEP and SNAP-Ed context

• Delivered online through existing Cornell NutritionWorks platform.

  • Competency-based training
  • Certificate/CPEUs provided

• National needs assessment – conducted February 2016

• Workgroup representing each RNECE; working closely with PSE Change RNECE.
Systematic Review

To address the question: Does the combination of direct nutrition education with changes to the food and/or physical activity environment have greater effect on obesity-related outcomes than either of the strategies alone?