

## Situation

Nutrition, Food Safety, and Health Extension programming targets environmental and lifestyle factors that improve health and reduce chronic disease to improve the quality of life for Kansans. In 2013, nearly 90% and 92% of adult Kansans over the age of 18 did not meet the daily intake recommendation for fruits and vegetables, respectively (CDC, 2015). Furthermore, foodborne illness has been estimated to cost the US economy an average of \$55.5 billion to \$93.2 billion (Scharff, 2015). The average cost per case of foodborne illness in Kansas was estimated to range from \$1,089 to \$1,841 (Scharff, 2015). Foodborne illnesses represent a total cost of \$475.8 million to \$804.6 to the Kansas economy, which are preventable expenses.

The selection of healthy foods depends, in part, on people having access to high-quality foods. Research has demonstrated that some people living in the U.S. lack access to affordable, nutritious foods in their neighborhoods. High-quality foods include nutrient-dense foods that are of acceptable or better freshness, within optimal “use by” date if processed, and obtained in socially-acceptable ways. Access includes not only availability of high-quality foods, but also affordability and safety, and the knowledge and skills to procure and prepare high-quality foods. To support their ability to eat healthfully, many consumers – especially but not exclusively those with limited resources – need help acquiring skills regarding meal planning, basic food preparation, and food budgeting.

Lack of access may be related to overall disparities in health. Kansans with adequate resources possess the assets required to overcome those barriers to accessing high-quality foods that are encountered by Kansans with fewer key resources. In times of economic instability, those barriers are encountered by more persons, more often, for longer periods, and more deeply.

## Public Value

When NFSH members offer educational programming, events/activities, or have a blog, newsletter, or website, the member will:

- Deliver evidence-based programming on nutrition, physical activity, food safety, and other health-related topics
- Engage and educate community stakeholders, including local media outlets, to create a Culture of Health through policies, systems, and environment

## Outputs

Provide evidence-based programming on nutrition, physical activity, food safety, and other health-related topics to support:

- Culture of health
- Health equity
- Underserved audiences
- Employers (healthy workforce)
- Healthy military (homeland safety)
- Kansas food businesses that need to sell safe food to stay in business
- Consumers

## Short-Term (Knowledge)

Program participants will improve knowledge, skills and/or attitudes for:

- recommendations related to healthy eating and physical activity
- strategies that improve access to high quality and safe food
- being able to sell safe food and meet regulatory and marketplace requirements
- creating a Culture of Health through policies, systems, and environment for community stakeholders

### Indicators

- The increase in the number of program participants reporting awareness, knowledge, and/or understanding of:
  - recommendations related to healthy eating and physical activity
  - strategies that improve access to high quality and safe food
  - being able to sell safe food and meet regulatory and marketplace requirements
  - community stakeholders creating a Culture of Health through policies, systems, and environment

## **Medium-Term (Behavior)**

Program participants will:

- participate in physical activities
- select and/or prepare a variety of healthy foods
- practice and/or model safe food handling recommendations
- implement plans focused on policies, systems, and environment for communities

### Indicators

- Kansans will increase their minutes of physical activity (measured through Walk Kansas and stay strong healthy)
- More Kansans will consume a variety of healthy foods (measured through F/V consumption, Walk Kansas, SNAP, and EFNEP)
- Increase in the number of Kansans practicing and/or modeling safe food handling recommendations (track through training and classes)
- Increase in the number of community stakeholders improving the health of their communities via policies, systems, and environmental approach

## **Long-Term (Change in Condition)**

- Program participants will:
  - meet healthy eating and physical activity recommendations
  - have access to a safe food supply
  - maintain healthy communities via the policy, system and environment approach

### Indicators

- All Kansans meet the Dietary Guidelines for Americans recommendations and Physical Activity Guidelines for Americans recommendations
- All Kansans have access to a safe food supply
- Policies, systems, and environments in Kansans communities support healthy lifestyle behaviors