



**Healthy Foods,
Families &
Communities**



**SNAP-Ed
Impact Report**

*October 2019 to
September 2020*

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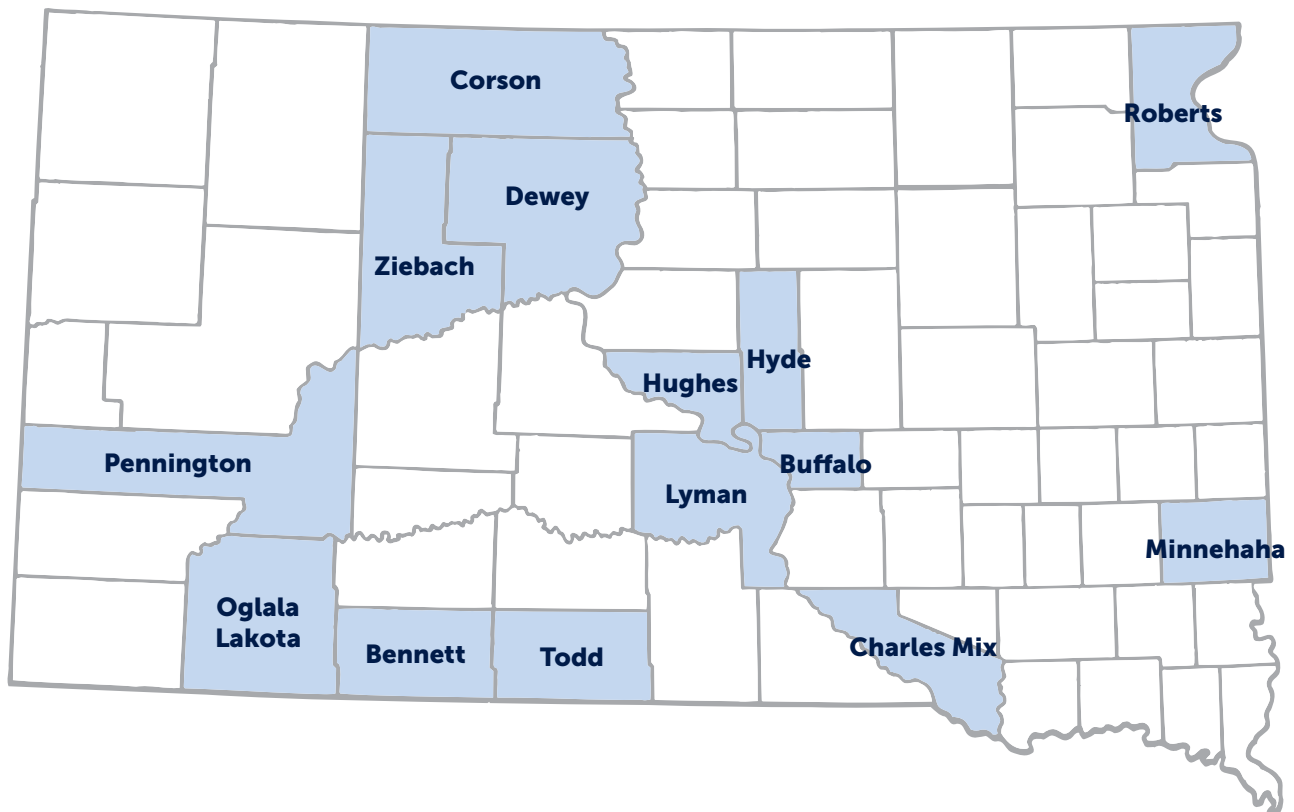
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About

The South Dakota Department of Social Services and SDSU Extension have worked together to provide Supplemental Nutrition Assistance Program Education (SNAP-Ed) services to South Dakota (SD) SNAP target audiences since 1996. SNAP-Ed continues to build upon past successes by acknowledging the importance of collaborating with partners, schools, and other funding sources. Improving the likelihood that persons eligible for SNAP in SD will make healthy food choices within a limited budget and choose physically active lifestyles.

Research continues to showcase that environmental change needs to be brought about through a process of community dialogue, community decision-making, and community action. Thus, fostering making the healthy choice an easy choice for individuals. SDSU Extension SNAP-Ed continues to engage community-based Wellness Coalitions in tribal communities on SD American Indian reservations (Cheyenne River, Standing Rock, Crow Creek, Lake Traverse, Lower Brule, Pine Ridge, Rosebud, & Yankton Sioux) and one urban American Indian population (Pennington County) to prevent and reduce obesity of children, youth, and their families.



Goals

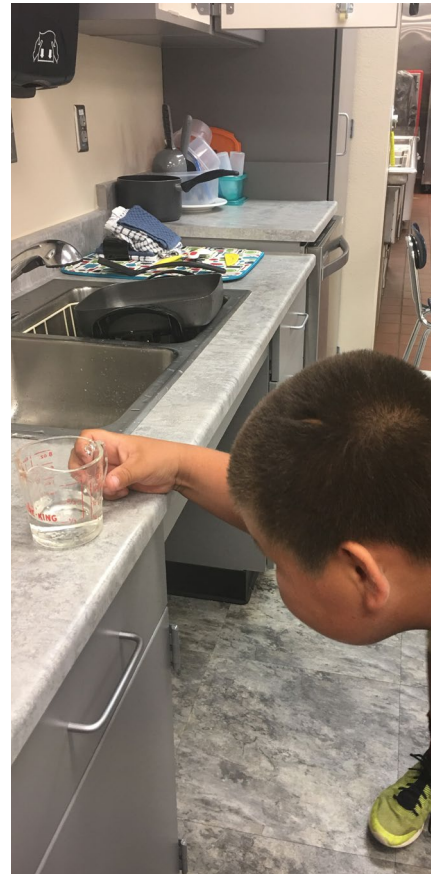
- 1. Provide education and promotional support to environmental approaches.
- 2. Implement evidence-based strategies to increase physical activity opportunities.
- 3. Implement evidence-based strategies to increase consumption of healthy food and beverages.



Direct Education

The South Dakota SNAP-Ed program recruits and teaches SNAP eligible individuals nutrition concepts in an effort to improve the likelihood that participants will make healthy food choices within a limited budget and choose an active lifestyle consistent with the 2020 Dietary Guidelines for Americans and the USDA Food Guidance System. Direct nutrition education and physical activity information meets the needs of program participants and complements services offered by supporting local agencies.

SNAP-Ed audiences are recruited to attend classes through walk-by demonstrations, newsletter distribution, and referral from local agencies. Primary educational methods include a series of one-on-one and small-group classes. SNAP-Ed uses evidence-based curriculum, handouts, and displays to convey nutrition and physical activity messages to participants. Emphasis is placed on expanding participant knowledge and encouraging participants to make behavior changes through experiential learning. Lessons include the concrete experience of new activities combined with time for interaction with classmates, personal reflection, and application through goal setting.



Educators engage community members directly through evidence-based nutrition education programs. These interventions teach the knowledge and skills needed to make healthy nutrition and physical activity choices within a limited budget.

Participants

1585

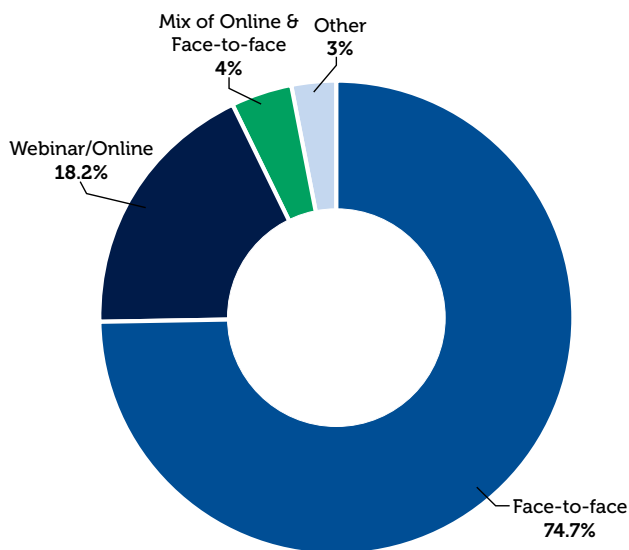
Sessions

366

Hours

371

Delivery Methods



Volunteers

93



Volunteer Hours

811



"Cinnamon Cheerios are CRAMMED with fiber! And I like them!" - youth participant

Policy, System & Environmental Work

The South Dakota SNAP-Ed Healthy Food, Families & Communities Project promotes community-level decision-making and engagement activities aimed at improving access to environments that create and support healthy nutrition and physical activity behaviors. The project is designed to create and support sustainable Wellness Coalitions that implement physical activity and nutrition interventions and outreach activities aimed at reducing obesity among youth and adults.

Goals

Goal 1: Collaboration with partners to improve the food system to increase access to healthier foods.

Outcomes:

- **28** Nutrition Initiatives Implemented
 - o Double Up Dakota Bucks implemented in **2** grocery stores and **1** Farmers Market
 - » Increased SNAP EBT purchases at the Farmers Market
 - o Novel Food Distribution Programs
 - o Stock Healthy, Shop Healthy
 - o Pick It, Try It, Like It
 - o **14** Community Gardens
 - » **5,585** lbs. and **566** cups of produce donated or taken home for use by participants
 - » Volunteers spent **371** hours working in the gardens



Goal 2: Collaboration with partners to increase access to physical activity opportunities.

Outcomes:

- **46** Physical Activity Initiatives Implemented
 - o Outdoor Exercise Equipment
 - o Bike Racks
 - o Connectivity via Safe Routes

Goal 3: Increased engagement with multiple sectors and partners on increasing nutrition and physical activity behaviors in rural and tribal communities.

Outcomes:

- **137** Multi-Sector Partners
 - o **26** were new partnerships
- **7** coalitions and/or their community partners obtained **\$6,518,097.35** via external grant funds, community donations, and in-kind support to support nutrition and physical activity opportunities in their communities.



Total Changes Adopted

115

Top Nutrition Changes

- 14** Edible gardens (established, reinvigorate or maintain food gardens)
- 8** Implemented novel distribution systems to reach high-risk populations
- 7** Initiated, improved or expanded opportunities to access fruits and vegetables from the garden
- 6** Initiated, improved or expanded opportunities for parents/students/community to work in the garden
- 6** Initiated or expanded a mechanism for distributing onsite garden produce to families or communities

Top Physical Activity Changes

- 5** Added bike racks/storage
- 5** Improved or expanded physical activity facilities, equipment, structures, or outdoor space
- 3** Increased or improved opportunities for unstructured physical activity time/free play
- 3** Improvements in access to exercise or recreation facilities
- 2** Established or improved physical activity policy (childcare, wellness, school wellness, workplace wellness, etc.)

Bennett County

Martin

Martin is a city located in southwest South Dakota, in Bennett County between the Pine Ridge Indian Reservation and the Rosebud Indian Reservation. Martin serves as the county seat of Bennett County, where the northwestern section of the county lies within the Pine Ridge Indian Reservation. The city is part of the Great Plains and much of the land is covered in prairie, steppe, and grassland.

Relevance

In Bennett County, **11.3%** of the population is food insecure, **32.5%** live in poverty, and **≥90%** of children are eligible for free/reduced-price lunch. The obesity rate among adults is **42%**, with **23%** of adults reporting no leisure-time physical activity and **4%** with access to locations for physical activity.

What we've done

In 2020, SDSU Extension staff worked alongside the Martin Community Champion to provide support and guidance to the Martin Wellness Coalition. Monthly meetings were held to choose and implement healthy community initiatives aimed to increase access to and knowledge of healthy foods and physical activity opportunities to community members. Funding for chosen initiatives come from various grants the coalition and its partners have applied for. The wellness coalition is built on partnerships, which are key to successful implementation and sustainability.

12

Partners

6

**Community
Initiatives**

1

**Community
Coalition**

Community Gardens

- 1 Summer Program Leader
- 1 garden
- 447.5 lbs. produce + 15 cups of herbs
- Secured \$2000 for fence, bench and fruit trees
- 20 Volunteer hours spent working in garden



Connectivity via Safe Routes

- Became a Wellmark Healthy Hometown community, gaining access to an expert city planner
- 10 residents completed a virtual walkability workshop and audit, leading to a Walkability Assessment Report
 - o Two bike racks installed at the school



Enhancing Public Spaces for Physical Activity

- Received \$25,000 in grant funding
 - o To resurface basketball court and add a pickleball court in the City Park
 - o Equipment available for check-out



Crow Creek

Fort Thompson

Fort Thompson is a community located in Buffalo County, along the Missouri River in central South Dakota. Fort Thompson is the largest community on the Crow Creek Indian Reservation, home to the Crow Creek Sioux Tribe. The reservation is divided between three districts including Big Bend, Crow Creek and Fort Thompson.

Relevance

In Buffalo County, **21.9%** of the population is food insecure, **45.7%** live in poverty, and **32%** of children are eligible for free/reduced-price lunch. The obesity rate among adults is **48%**, with **24%** of adults reporting no leisure-time physical activity and **9%** the population living within a half mile of a park to support physical activity.

What we've done?

SDSU Extension staff provided support and guidance to the Zaji unčhinpi Wellness Coalition in choosing and implementing community health initiatives. The initiatives chosen, aim to increase access to and knowledge of healthy foods and physical activity opportunities to community members. Due to the large number of residents receiving SNAP benefits and the high obesity and diabetes rates in the area, these efforts are especially important. Through the wellness coalition, partnerships were established and nurtured; a key to successful implementation and sustainability of community initiatives.

20

Partners

4

**Community
Initiatives**

1

**Community
Coalition**

Community Gardens

- Assisted partnering sites to apply for funding to build high tunnels
- Provided garden resources such as a produce scales, various garden tools, document boxes, etc. for future use in the high tunnel.

Stock Healthy, Shop Healthy

- The coalition created a sub-committee to re-establish the relationship with the store manager, offer 1-2 new activities within the SHSH intervention to the store, and assist with the implementation of the new activities.



Faithful Families

- Attended training to begin offering nutrition education and policy changes to improve congregation health

Tribal Hall Play Area

- Cleaning up playground area at Tribal Hall
- Renewing and reviving the area to increase physical activity to the entire community



Backpack Program

- Expanded healthy food access for **200** students by coordinating a backpack program that sends home recipes and ingredients over the weekend to address food security

Cheyenne River

Dupree

Dupree is a city located in north central South Dakota, in Ziebach County. Dupree serves as the county seat of Ziebach County, which lies almost entirely within the Cheyenne River Indian Reservation, home to the Cheyenne River Sioux Tribe. Its extreme northern county line lies within the Standing Rock Indian Reservation. The Cheyenne River Indian Reservation is the fourth largest Indian reservation in land area in the United States.

Relevance

In Ziebach County, **20.6%** of the population is food insecure, **43.9%** live in poverty, and **67.9%** of children are eligible for free/reduced-price lunch. The obesity rate among adults is **52%**, with **27%** of adults reporting no leisure-time physical activity and **58%** with access to locations for physical activity.

What we've done

SDSU Extension staff, alongside the community champion, supported and guided the Cheyenne River-Dupree Wellness Coalition to choose and implement community health initiatives. These initiatives aim to increase access to and knowledge of healthy foods and physical activity opportunities to community members. Due to the large number of residents receiving SNAP benefits and the high obesity and diabetes rates in the area, these efforts are especially important to partners. Partnerships established and nurtured through the wellness coalition are key to success and sustainability of initiatives.

13

Partners

5

**Community
Initiatives**

1

**Community
Coalition**

Community Gardens

- 2 Summer Program Leaders
- 2 gardens
- 1,043 lbs. and 200 cups of produce tracked
- Produce bags delivered to elderly



Stock Healthy, Shop Healthy

- Increased healthy shelf space at participating store
- Expanded to an additional store within the Reservation
- Taste testing activities for patrons paired with recipes to take home
- Free fruit to youth



Double Up Dakota Bucks

- 1 participating store
- Change of point of sale system to implement
- 30 participants at kickoff event with recipe sample and giveaways



Pine Ridge

Kyle

Kyle is a Census Designated Place located in Oglala Lakota County, SD. The community is in western South Dakota within the Pine Ridge Indian Reservation of the Oglala Lakota. The community is located at the southern end of the Badlands National Park. The reservation is part of the Great Plains and the land is part of the mixed grass prairies.

Relevance

In Oglala Lakota County, **36.9%** of residents live in a food desert, **54%** live in poverty, and **≥90%** of children are eligible for free/reduced-price lunch. The obesity rate among adults is **40%**, with **27%** of adults reporting no leisure-time physical activity and **29%** with access to locations for physical activity.

What we've done

In 2020, SDSU Extension staff worked alongside the Kyle Community Champion to continue providing support and guidance to the small, but dedicated Kyle Wellness Coalition. The coalition chose and implemented health initiatives intended to increase access to and knowledge of affordable healthy foods and physical activity opportunities in the Kyle community. Through the wellness coalition, previous partnerships were nurtured, and new partnerships were established. These partnerships are key to successful implementation and sustainability in rural communities.

5

Partners

4

**Community
Initiatives**

1

**Community
Coalition**

Community Gardens

- 1 Summer Program Leader
- New signage added to increase knowledge of public use
- **33.3 lbs.** of produce tracked
- **52** adults and **19** youth signed in



Connectivity via Safe Routes

- Partnered to add bike racks along Tribe's **\$400,000** successful Department of Transportation's Transportation Alternatives grant application for future .9 mile 10-ft-wide path connecting hospital and grocery store



Pick It, Try It, Like It

- Monthly samples of a healthy recipe featuring a fruit/vegetable in season
- Recipes provided to participants to make at home
- **127** participants



Lower Brule

Lower Brule

Lower Brule is a Census Designated Place located in Lyman County, SD on the west bank of the Missouri River in central South Dakota. The community is located within the Lower Brule Indian Reservation, which includes the Lower Brule Lakota Tribe, and serves as the Tribal Headquarters.

Relevance

In Lyman County, **13.4%** of the population is food insecure, **21.1%** live in poverty, and **50.4%** of children are eligible for free/reduced-price lunch. The obesity rate among adults is **38%**, with **32%** of adults reporting no leisure-time physical activity and **30%** with access to locations for physical activity.

What we've done

SDSU Extension staff provided support and guidance to the Lower Brule Wellness Coalition in choosing and implementing five initiatives in the community. The initiatives chosen, aim to increase access to and knowledge of healthy foods and physical activity opportunities to community members. Due to large number of SNAP eligible residents and the high obesity and diabetes rates in the area, these efforts are especially important. Through the wellness coalition, partnerships were established and nurtured, and prove to be key to successful implementation and sustainability.

21

Partners

5

**Community
Initiatives**

1

**Community
Coalition**

Community Gardens

- Farm to School
- 2 Summer Program Leaders
- **187 lbs.** of produce tracked



School Wellness

- Assessed school nutrition and physical activity resources
- Collaborating on adaptations to improve resources



Novel Food Distribution Event

- Received **\$472** in outside funding
- Brought stakeholders together to pack/distribute Thanksgiving food bags
- **197** bags to elementary and middle school families distributed



High Tunnels

- Secured funding for materials for two high tunnels
- Produce grown used for meal programs and distributed throughout the community

Rapid City

Rapid City

Rapid City, located in western South Dakota within the Black Hills mountain range, is the second largest city in South Dakota and the county seat of Pennington County, SD. The city has a total area of 55.49 square miles. Rapid City splits a low mountain range and includes foothills, with both ridges and valleys.

Relevance

In Pennington County, **10.8%** of the population is food insecure, **13.3%** live in poverty, and **37.1%** of children are eligible for free/reduced-price lunch. The obesity rate among adults is **29%**, with **19%** of adults consuming reporting no leisure-time physical activity and **19%** with access to locations for physical activity.

What we've done

Live Well Black Hills is a community coalition that meets monthly focusing on empowering communities in the Black Hills region to Eat Well, Move More, and Feel Better. SDSU Extension staff provided support and guidance to Live Well Black Hills community coalition to choose and implement initiatives in the community. The initiatives aim to increase access to and knowledge of healthy foods and physical activity opportunities to community members. This year the coalition started a website and blog, received a \$5,000 Healthy Hometown award and is updating their vision and mission statements.

12

Partners

7

**Community
Initiatives**

1

**Community
Coalition**

Community Gardens

- 1 Summer Program Leader
- 3 gardens
- Distributed **458 lbs.** and **94 cups** of produce
- Created handwashing station



Child Care Gardens

- Three **\$500** grants given by the coalition to childcare programs to begin a garden
- **30+** lbs. of produce harvested
- **318** youth participated

School Wellness

- Assessed school nutrition and physical activity resources
- Collaborating to help make improvements to resources

Worksite Wellness

- Initiated a Healthy Worksite program
- **2** worksites met the criteria earning Healthy Worksite recognition



Rosebud

Parmelee

Parmelee is a Census Designated Place located in Todd County, South Dakota. The community is in south central South Dakota within the Rosebud Indian Reservation, home to the Rosebud Sioux Tribe. Parmelee is located on the Great Plains and includes a large area of Ponderosa Pine forest among its grasslands.

Relevance

In Todd County, **25.9%** of the population is food insecure, **48.4%** live in poverty, and **≥90%** of children are eligible for free/reduced-price lunch. The obesity rate among adults is **39%**, with **28%** of adults reporting no leisure-time physical activity and **52%** with access to locations for physical activity.

What we've done

SDSU Extension staff partnered with Sinte Gleska University Tiwahe Glu Kini Pi Society of Care Expansion Program to choose and implement community initiatives. A wellness survey was completed to determine which evidence-based community initiatives are of interest to the community. With 22 responses, a backpack program and enhancements of physical activity opportunities came forward as the main focus areas. The coalition will determine community initiatives that best meet these needs and wants of the community and will work with partners to successfully implement and sustain these initiatives.

3

Partners

3

**Community
Initiatives**

1

**Community
Coalition**

Worksite Wellness

- Rosebud Elementary secured **\$1,390** in funding for exercise equipment for staff use
- Zoom work-out meetings were scheduled to adapt to current conditions allowing staff to work-out together



Connectivity via Safe Routes

- Conducted a virtual walkability workshop and audit
 - **12** community members attended
 - Results from audit compiled to be included in DOT TA grant application



School Wellness

- Assessed school healthy nutrition and physical activity resources
- Collaborations to help make improvements to these resources



Standing Rock

McLaughlin

McLaughlin is a rural city located in Corson County, South Dakota with a total land area of 0.4 square miles. The community is in north central South Dakota within the Standing Rock Indian Reservation, home to the Standing Rock Sioux Tribe.

Relevance

In Corson County, **21.3%** of the population is food insecure, **33.6%** live in poverty, and **≥90%** of children are eligible for free/reduced-price lunch. The obesity rate among adults is **39%**, with **26%** of adults reporting no leisure-time physical activity and **2%** with access to locations for physical activity.

What we've done

SDSU Extension staff provided support and guidance to the McLaughlin Wellness Coalition choosing and implementing four initiatives in the community. The initiatives chosen, aim to increase access to and knowledge of healthier foods to community members. Due to the large number of residents receiving SNAP benefits and the high obesity and diabetes rates in the area, these efforts are especially important. Through the wellness coalition, partnerships were established and nurtured and are key to successful implementation and sustainability.

7

Partners

3

**Community
Initiatives**

1

**Community
Coalition**

Community Gardens

- **1** Summer Program Leader
- **1** garden
- **189 lbs.** of produce tracked



Traditional Games Training

- **10** participants
 - Learned the history and rules of traditional Lakota, Dakota and Nakota games
 - Made game equipment to take home

Stock Healthy, Shop Healthy

- Increased healthy shelf space at participating store
- **2** pieces of fruit to youth/day
- **75** bananas given in one week



Connectivity via Safe Routes

- Safe walking/running path
- Benches and lighting installed
- 5K run planned for youth

Yankton Sioux

Lake Andes, Marty & Wagner

Lake Andes, Marty and Wagner are cities situated along the Missouri River, in southeastern South Dakota in Charles Mix County. Approximately 60% of the county in the easternmost region lies in the Yankton Indian Reservation, home to the Yankton Sioux Tribe, Dakota tribe of Native Americans. The land is largely covered by temperate grasslands.

Relevance

In Charles Mix County, **13.4%** of the population is food insecure, **20.9%** live in poverty, and **65.8%** of children are eligible for free/reduced-price lunch. The obesity rate among adults is **42%**, with **23%** of adults reporting no leisure-time physical activity and **55%** with access to locations for physical activity.

What we've done

In 2020, SDSU Extension staff worked alongside three Community Champions to continue providing support and guidance to two wellness coalitions. Each coalition chose and implemented health initiatives intended to increase access to and knowledge of affordable healthy foods and physical activity opportunities in their community. Through the wellness coalitions, previous partnerships were nurtured, and new partnerships were established. Partnerships are key to successful implementation and sustainability in rural communities.

36

Partners

30

**Community
Initiatives**

2

**Community
Coalitions**

4 Community Gardens

- 2 Summer Program Leaders
- Secured ~\$600 in community donations
- 2,853 lbs. and 325 cups of produce harvested and used at home or donated
- 183 adult and 23 youth volunteers spent 87 hours working in the gardens



Connectivity via Safe Routes

- Provided support for DOT Transportation Alternatives grant application for sidewalk from School to Club
- Secured \$80,000 match via local government entities

Farmer's Market

- Implemented Double Up Dakota Bucks, doubling SNAP dollars on produce
 - o Increased SNAP participation from 2019
 - o \$150.50 DUDB redeemed
- Averaged 36 customers per market



Breastfeeding Friendly Business Initiative

- Trained 4 coalition members to implement
- Increased business participation 7-fold

Funding support provided by the SD Department of Social Services, Office of Economic Assistance as part of the USDA's Food & Nutrition Services Supplemental Nutrition Assistance Program Education (SNAP-Ed).

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