

# Transcription

**Media File Name:** Healthy Eating.mp3

**Media File ID:** 2601018

**Media Duration:** 1:28:05

**Order Number:** 1910514

**Date Ordered:** 2017-10-19

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Katie: Hi, everyone, and welcome to this webinar on "Supporting Healthy Eating: Strategies for Healthy Start Programs." My name is Katie DeAngelis. I'm with The Healthy Start EPIC Center, and on behalf of the EPIC Center in the division of Healthy Start and Perinatal Services, as well as the planning committee for this webinar, we are very excited that you're here joining us today for this event.

This webinar is part of our Healthy Start, Healthy Living Initiative, and supporting healthy living is really a priority of the division. We'll talk a little bit later about what exactly this Healthy Living Initiative looks like. We have approximately 90 minutes set aside for today. This webinar is being recorded, and the recording, along with the transcript and slides, will be posted to the EPIC Center website following today's webinar. Before I introduce your speakers for today, I do have a couple of announcements. We do want your participation, so if at any point you have questions or comments, please chat them into the bottom left of your screen. We are going to take questions via chat and we'll have some time at the end to answer any questions that you have. So, start thinking about your questions at the beginning and we will definitely get to them.

Also, we do want your feedback on today's webinar. So, following the webinar, please do fill out the evaluation which will pop up automatically when you close out of the screen.

I will be starting us off today. Again, this is Katie DeAngelis with the EPIC Center, and I'm delighted to be joined by four members of our Healthy Living Initiative Advisory Group who we'll be hearing from today. And they include Lauren Clark from the Missouri Bootheel Regional Consortium, Nathifa Miller and Shawn Taylor from Healthy Babies, Strong Families in Denver, and Christina Lottie and Sandra Mathoslah from The Division of Healthy Start and Perinatal Services.

So, with that, let's get started. As I mentioned, this is the second webinar in our Healthy Living Series, and the purpose of this Healthy Living Initiative is really to help Healthy Start grantees support participants and staff to be healthy in all areas of their life. And what we mean when we're saying "Being healthy in all areas of your life" is physically, mentally, and emotionally. When we're kind of talking about healthy living, what we're referring to is, in particular, healthy eating, physical activity and stress management, which also includes mindfulness. And the goals of this Healthy Living Initiative are really to explore the importance of healthy eating, active living and stress management,

particularly the importance of them for Healthy Start outcomes, to talk about how our surroundings impact our ability to live healthy and be healthy, to promote and use appropriate messaging when we're talking about healthy eating, physical activity, and stress management, and also to offer some really specific and concrete ideas that you, as Healthy Start Program, can implement, that can support staff, as well as support participants to be healthy.

So, this is the second webinar in the initiatives. Our first webinar was the foundational webinar about how to approach healthy living concepts and really build into the importance of your surroundings and your ability to participate in healthy behaviors. So, we hope that if you haven't already had a chance to look at that first webinar, you take a second and go to our website and check out the recording. It is on our new Healthy Living Initiative web page. So, this is the first of our content specific webinars, and there's gonna be two more of these webinars in November and December about physical activity and stress management. But again, we're really focused on the strategies that programs can take that support these topics.

So, in case you did miss our first webinar, we did just wanna recap really briefly before we dive into the strategies about why we're talking about this. So, why are we talking about healthy living and Healthy Start? First, we all know the healthy living topics, including healthy eating, active living and stress management are important. We're not questioning that. We assume we kind of all come from that. And we just wanna...we wanna reiterate that healthy living, including physical activity and healthy eating and stress management, really all impacts maternal and infant health outcomes, and are associated with reduced risk of poor outcomes that are particularly helpful or particularly important for us in Healthy Start.

So, healthy eating, in particular, is associated with decreased blood pressure and blood sugar, which, again, is linked to maternal and infant health outcomes that we're looking at in Healthy Start. And we wanna make the point that eating healthy really matters at all stages of life. So, for pregnant participants, eating healthy really reduces the risk of maternal and infant health outcomes like low birth rate and premature birth. For pre-conception women, eating healthy can help ensure a healthy pregnancy. And for parents, eating healthy helps them to be a good role model to help their kids grow up with healthy behaviors.

And for all of these participants, kind of regardless of what stage of life

they're in, the surroundings, you know, really do impact your ability to eat healthy. And we're gonna talk about that, again, a little bit more today. And it's just important to remember that as we're thinking about and observing individual behaviors.

So, before we get too much further, I kinda just wanna get a feel for where our audience is today. And this is just kind of a gut check question that we're curious to see your response for. But, what do you think? Talking about healthy eating, describing healthy eating, is it complex? True or false? And again, no wrong answer here. We're just kinda curious to know where you're starting from, and hopefully, by the end of this session, you'll feel a little bit more along the lines that healthy eating can be, you know, something that is easy to describe.

I'll give you a second, or two more, to tell us what you think. All right. So, almost 50/50, okay? That's interesting. So, we'll talk a lot about this, you know, how is...how can healthy eating be something that we can describe in a way that makes it easier to understand. So, hopefully, we'll feel a little bit more confident about that by the end of today. So that's really interesting to see.

Similarly, we wanna get a pulse on kinda where you feel like right now. You feel like you can make an impact where you know strategies that you can make today or changes you can make today that impact staff and participants to eat healthy in particular. So, which are the levels, which are three, up to three, that you feel like you could make a change today that could support staff and participants to eat healthy? So, we've got a couple of levels here, you know, one-on-one participant meetings, community level initiatives, national policy initiatives, or changes that are in your program setting. So, where do you feel kind of most confident to make changes today? We'll give you another two or three seconds on that.

And let's check out the results there. Okay. So...all right, no one is interested...no one is feeling like they can work at the national policy level. And perhaps, unsurprisingly, we will not be talking about that today because that is a whole other can of worms for us to dive into. But it looks like people are feeling kind of more confident, more able to make changes with one-on-one participant meetings and changes in your own program setting, and maybe to a little less extent, on community level initiatives. So, that's great.

So, we're gonna be talking about changes that you can make kind of at

all of those levels today. And I may have accidentally gone the wrong way there. Sorry about that. Hopefully, the slides will correct for me here. Okay, there we go. Sorry. But we're gonna be talking about changes that you can make on all of those levels today. So, it's like kind of high level, the community level changes, thinking about what are participant's access to healthy foods in their community?

And the fact is, nearly 30 million people in neighborhoods across America have little or no access to healthy foods like fruits and vegetables. And these same neighborhoods are often the ones that have high rates of unemployment, high rates of chronic diseases like diabetes and heart disease. So that's kind of that high level at the top there, community. And kind of at the level down, organizational level. So, this is thinking about, you know, the places where we frequent, the places that we go, like our workplaces where we spend a lot of time. Does that place kind of support us to be healthy? So, what are changes that we can make at that level that impact kind of what that individual is doing, in that circle there at the very bottom?

Similarly, you know, what are the relationships that we have and how are those relationships either supportive of us to be healthy or possibly unsupportive? And the point we're trying to make here, and I will be kinda reinforcing with the strategies that we're gonna be talking about today, is that the strategies kind of have to intervene at all of those levels in order to make an impact on the observed behaviors that we're seeing at that bottom level.

So, that brings us to our goals for today. The objectives for today's session, we hope that by the end of today, you'll feel a little bit more like you can describe healthy eating in a way that's easy, easy to understand and easy to describe. And then we'll spend most of the time talking about kind of specific strategies that you can adopt to your programs that can support healthy eating, and those strategies at the community level, also strategies that are in your own program setting, and strategies that you can use when working one-on-one with participants.

So, the first thing is helping kind of myth bust, if you will, how to describe healthy eating in a way that maybe it doesn't need to be so complicated. And so, with that, I would like to turn it over to Nathifa Miller from Families Forward in Denver, to help us kind of think through how to talk about healthy eating. Nathifa?

Nathifa: Thanks, Katie. So let's now talk about how we, as a Healthy

Start Program staff... And I'm gonna apologize because...I lost my slide. We wanna talk about how we, as Healthy Start Program staff, can talk about healthy eating. As the picture indicates... Thank you so much. As this picture indicates, words have a lot of power. It can either help us in our effort to supporting healthy eating, or possibly hinder our efforts if we're not careful.

And, first, you'll notice that we have chosen the words "Healthy Eating" and not "Nutrition," or anything to do with weight. It's so important to recognize that the choice that we've made, and the choice of the words that we've made...and we hope that you will acknowledge that and embrace the change of words here. Voices for Healthy Kids, an initiative funded by the American Heart Association and the Robert Wood Johnson Foundation has done a lot of research on words, and what words resonate, and what words tend to turn people off. They recommend that we talk about healthy eating rather than these other words like "weight" and "diet." Talking about eating healthy is a much more positive way to talk about this whole area. It's about nourishing the body, it's about eating to feel good. This positive language is much more appealing to listeners than things around diet. Thinking about a diet, we think about restriction. When we talk about nutrition or nutrients, that seems really complicated and obscure.

So, now, it's so important that we take a look at the big picture when we talk about the big picture, and let's discuss the specifics. Looking at the news today, you would think that healthy eating is the most complicated topic in the world. There are always new headlines about what is healthy, what is at one point healthy, what no longer is healthy, what foods to buy, what foods to avoid, you know, what foods are good, what foods are bad. And also, when you start reading about healthy eating, you might find yourself down this rabbit hole of grams, grams of carbohydrates, of protein, of fat, and looking at what impacts your nutrient needs. This really can be very complicated, and it makes me dizzy. I'm not sure about you all but it makes me dizzy.

And so...sorry, I'm having a problem with the slide. There you go. So, we like to say, "Keep the message simple." If it comes from the Earth, and it's in a complete form, then it's good. This includes whole grains like oatmeal, brown rice, whole wheat bread and pasta. And one of the tips we share is ingredients are listed in the order of weight. So, the first ingredient is the most by weight. And I know you've heard, through all of this information, that you always look at that very first ingredient. And it really lets you know how healthy that item is. For example, if it's whole

wheat or whole grain, it's good. If it's sugar, stay clear of it. It's just full of sugar. Fruits and vegetables, of course, are healthy. Green is good. But the [inaudible 00:14:50] is what's most important. Olive oil and other vegetable oils are healthy fats also.

Here's a nice infographic from Harvard that summarizes what I just talked about. Now, of course, we're not saying you should only eat these things. We are saying, though, that you should mostly eat these things. This actually is a simple message that can be easier to digest in the whole slew of headlines that seem to bombard us every day. And while we say it's a simple message, we know it's not simple to do. Yet, it's important to find ways that healthy foods can be incorporated into your everyday routine, and I like to say, into your lifestyle.

For example, for me, I've always shared the experience that I don't like spinach. As a matter of fact, I detest spinach. But I have learned to throw it in a smoothie every morning to make sure that I get leafy vegetables. I literally stuff it in my smoothie container to ensure that I've had a good amount of some green for that day.

So, at this point, let's see if this makes any sense. You'll see on the screen that there are three statements. Two of them are true and one is false. We would like to know which do you think is a lie. So, I'm gonna give you a few moments to do this poll, and then we'll start talking about some strategies that can be implemented and you can pack into at your own Healthy Start program site. Take a few minutes for the poll.

Okay. So, it looks like diet or nutrition seems to be what you deem is false. And so, what I'd like to do at this point, rather than go into detail that will be talked about later, is I would like to turn this over to Lauren who will talk about the community level initiatives that will tie into what we've talked about thus far.

Lauren: Awesome. Thank you, Nathifa. I'm gonna start with a small apology. I have a definite cold today, so I'm gonna try not to sniff or sneeze while I'm on the line, but you are forewarned that that might happen. We're gonna transition now into talking about strategies, and working our way from the community inwards to those really specific participant level interactions. So, again, our ability to be healthy is impacted by what's happening around us. And we wanna keep this comprehensive approach when we think about how best to support participants and staff to eat healthy.

So, if we look at the graphic, it kind of shows how we're gonna be thinking about this, working our way inwards down to the individual and to the things that are gonna be able to help them. So, what do we mean when we say that our surroundings impact our ability to be healthy? Many of you have probably heard the term "food desert" before. So, according to the USDA, food deserts are defined as parts of the country where you don't have access to fresh fruit or vegetables or other healthy whole foods. So those foods that Nathifa was just talking about. And this is usually found in impoverished areas. This is largely due to lack of grocery stores, farmer's market and healthy food providers.

And while we frequently think about food deserts being in more urban areas, we serve a really rural area, and a large portion of it is actually a food desert where it's about 20 miles from grocery store to grocery store. So, if we look at this map, it shows us where most residents don't have access to a car and they have no supermarket store within a mile of where they live. And so, we see it really focused in those urban areas and in the South. And this is from 2010. So, I think there hasn't been a more recent map put out lately.

The opposite of a food desert...well, it's not quite the opposite, the counterpart of a food desert, is a food swamp. So these are communities where they still don't really have access to that healthy food, those good grocery stores, but what they do have are a lot of fast food restaurants, a lot of access to unhealthy, highly processed food. And so, it's kind of those tricks where you're driving, you just have every single fast food restaurant you can imagine going down the side of the road.

So, we wanna talk about what we can do to combat that and what we need in our surroundings to make it easier for people to eat healthier. So, research suggests that people eat healthier when there are fewer fast food restaurants, there's less marketing of unhealthy foods, especially to their children, more food stores selling a full range of products. So those grocery stores, those healthy stores that actually have a good range of produce. And when the pricing actually makes healthier foods more competitive.

So, I work with a lot of high school students and I always ask them, you know, "What's more expensive? Some apples or some chips?" And they even know, at that point, that it's cheaper to get a bag of chips and they're gonna get more calories that way. And so, we really need to figure out a way to make that healthier food priced better compared to

the junk food.

So, all of this is to show that while we may think everything comes down to our choices, our client's choices and behaviors, our surroundings really have an impact on these decisions. So, we're gonna take a little bit to talk about how some existing Healthy Food Initiatives can help you tap into and have more access to healthy foods, because without access, it's gonna be really challenging for participants to engage in healthier behaviors. As I'm walking through some of these examples, if you could chat in ways that your organization participates, or other initiatives that you're connected to, that would be amazing.

So, the first one we're gonna talk about is SNAP, or the Supplemental Nutrition Assistance Program. So, this is the really crucial federal program, and according to the USDA, it provides nutrition assistance to millions of eligible low-income individuals and families across the country. And then that then puts economic benefits back into the communities because they're able to go out and spend those funds at local businesses. So, this is the largest program within the domestic hunger safety net.

So, one thing that we do to try and make sure our participants are really tied into what the SNAP benefits are, how they can use them, is we work one-on-one with them to make sure that they, A, know how to apply for the SNAP program. So, we walk them through the application, we help them if there's any documents they need to pull together, and then we also help them to understand what they can and can't use those benefits for. And so, we've had case managers who've even, you know, helped them go to the grocery store and figure things out that way. So, just making sure they really understand how best to utilize those benefits.

And then, within SNAP, there is the Special Supplemental Nutrition Program for Women, Infants, and Children, so WIC, which is possibly even more important for our core participant group. WIC serves to safeguard the health of low-income pregnant, postpartum, and breastfeeding women, as well as their children up to the age of five who are at nutritional risk, by providing nutritious foods to supplement diets. And so they're looking at foods that have more vitamins, that have more iron, that are really going to strengthen their nutritional needs. And it also includes breastfeeding information and support and referrals to healthcare.

In our area, we're really lucky in that we work with six of our local county health departments, which is where our WICs are housed, and we're able to work with their breastfeeding counselors. And they work with our educational program to ensure that we're able to get the healthier eating message out to our moms and out to other members of the community.

And one of the really cool things that's starting to happen is that you're seeing more and more farmer's markets across the country able to accept those SNAP benefits. So, I've seen it done a couple of ways. I've seen places where you can use your SNAP benefits to buy coupons that you can use at the different booths around the farmer's market, or where they even have a card reader there and you can get a certain amount that you can spend that day at the farmer's market. The Healthy Food Access Portal, which is currently on the screen, can help you find a lot of those initiatives that are happening in your area, including where your local farmer's markets are.

And then the other really cool thing that's happening right now with SNAP benefits is, in a number of states, there's the Double Up Food Bucks Initiative. So Double Up matches the value of SNAP when spent on fruits and vegetables. So the financial benefit to local growers. So, it's a great initiative that helps those low income families eat more fruits and vegetables, while putting money back into the local economy and supporting American farmers. It began in five Detroit farmer's markets in 2009, and now it's in over 20 states. So, we actually have a grocery store in our area that participates in Double Up Food Bucks. That's one of the locally owned grocery stores.

And then, this isn't in quite as many states, but another community initiative that Healthy Start programs can support are local healthy retail efforts. For example, in several communities across the country, local partners are working to make healthy foods available at corner stores where many Americans buy their groceries and getting to a grocery store isn't an option for them.

So, this is just a sample of some of the programs that have existed or continue to exist today. And so, we really do encourage you to see if there are any of these types of initiatives happening in your area. And this can be something that participants may want to know about if they are only really able to get to those corner stores.

Finally, the Healthy Food Access Portal also aggregates the funding opportunities in each state. So, for example, in our state of Missouri,

there's a Healthy Food Access Program, this funding available to finance for-profit grocery stores and developers with grocery store tenants in areas without access to fresh and healthy foods. These are grant opportunities that your local can or coalitions might be interested in applying for. And then our organization actually recently got a new grant that is mostly focused on [inaudible 00:26:21] or chronic illness, specifically for turning it towards diabetes. And as part of that, we have the ability to implement more healthy eating programs both in our program and in local healthcare providers who are our partners on this grant. And so, we will find funding and utilize it to fix this healthy eating problem that we were seeing in the area.

All right. And we are gonna do another poll. So, which of these healthy food initiatives are you already participating in? And if you could tell us in the chat what that's looked like for your organization, we would really appreciate it, just so we can get a bigger idea of what everyone is really doing. So, we will give you a couple of seconds to answer those.

All right. So, every single person is currently working with WIC, and that's really amazing. And almost everyone, everyone but one, you're working with your local farmer's markets, and so that's really, really great. So, I'm gonna turn it back over to Katie now and with the EPIC Center, and she's gonna talk about more strategies that you can implement at your own program site. Thank you.

Katie: Thanks, Lauren. Okay. So, that was talking about community-level strategies. And now we're gonna move on to strategies that you can implement and change at your program setting. And you might not really realize or think about just how important your program setting is in contributing to health. Just consider kind of how many hours a day you, as a staff member, and as long as your participants are kind of coming in and out of your program setting, the building itself, or how many events you sponsor for participants, these hours of being there and kind of being in the work site can really add up to quite a lot of time during the week, though we might not wanna admit it, and can really impact...that setting can really impact kind of what surroundings we have and our ability to be healthy. And not to mention that you, as a program site and as a program, can really be a good role model for, you know, contributing to a culture of health in your neighborhood by being kind of a symbol of health.

So, I wanted to share a story that I recently came across of just how important a work site setting can be for impacting health. So, recently,

Google, the company that's taking over the world, realized that their employees were consuming a lot of M&Ms;. Like many companies, they had, you know, these candy jars that were kind of out on the front desk or in the break room, in these clear jars. And they just realized that the M&Ms; were just going like hotcakes. And so, they wondered, "Are people eating them because they really need them, because they really want them, because they're like, 'Oh, I really need...I have to have my M&Ms; today,' or were they eating them just because they were there?" So, they tried a change just to see what would happen. They put the M&Ms; in opaque candy jars rather than the clear jars that they were in previously. And instead, they put, in clear jars, dried figs, pistachios and other healthy snacks, to make those snacks more apparent and to stick out more.

And the results were pretty clear. Immediately, the amount of M&Ms; that people were eating went down dramatically. The most successful example was in the New York office where during a period of seven weeks, staff consumed over three million fewer calories from M&Ms;. And so, this kind of demonstrated pretty clearly that people weren't really eating them because they had to have them, but kind of just because they were there and they were easy to see. And I think what's really important about this story is not only that, you know, what you see kind of impacts what choices you make, and I think we can probably all appreciate that, but also that when Google made this change, they didn't take away M&Ms; altogether. They were still there. They were just in opaque jars that were a little bit further out of the way and less easy to see.

And so, when we're talking about some of the changes here that you can make at your program setting kind of as a workplace where people are...staff and participants are visiting, we know it's important that you're maintaining choice. And we're certainly not advocating, at any point, that you should eliminate all healthy treats from the world. That would be very sad and we wouldn't like that. But what we are saying is, are there kind of simple changes that you can make that kind of maintain that choice but that make those healthier items and healthier choices a little bit more apparent, easier to see and more...something that's easier for you to participate in rather than harder to participate in?

So, what are some of those changes that you can make? The first thing you can do to make a really big difference is looking at the food that you're serving at meetings and events. And, you know, we all know we're constantly kind of going to events and meetings, and there's very

often food there, and we partake in that because it's easy and it's, you know, in front of us and we have to eat. And we also know that food's a really big part of celebration. It has a lot of sentimental value. So, again, we're not saying, you know, "Get rid of everything that's good in the world," but there are a few changes that can really make the healthier things that are there more accessible to participants and people who are partaking in that event. So, some kind of easy tips that can make a big difference are to always make sure that water is the default beverage. Water should be freely and always available, regardless of the event.

To use smaller plates and bowls and serving utensils. Oftentimes, you just kind of take however much it fits on the spoon. And so, if you make the spoon a little bit smaller, then you take a little bit less. To offer fruits and vegetables every time that the food is served. And I particularly like this fun fact number five here, which is from this list of nine healthy meeting hacks from the Center for Science in the Public Interest, and their tip is, "Put those vegetables first in the buffet line," or even actually to put multiple buckets of the vegetables whereas you only put one of the less healthy items. And again, the choices are all there, but studies show that when you do that, when you put the vegetables first and when you put more containers of the vegetables, people are more likely to take them or take more of them.

Again, kind of adhering to some of the other healthy food principles that Nathifa shared with us earlier about, you know, opting for whole grains whenever possible, to offer foods that are prepared in healthy ways, getting as close to that whole complete food as possible. Grill, bake, poach, roasting, braising, broil, all these kinds of tactics for cooking food as opposed to the, you know, less healthier options like frying. Putting things like condiments and dressings on the side so people have to kind of add as much as they want rather than doing it as part of the meal. That can make a big difference. And then we already talked about, you know, putting the less healthier things just kind of out of the way or in opaque containers. Things are a little bit harder to see, and therefore, kind of out of the mind's eye a little bit more.

And so I put on the screen here the infographic which I kind of chopped up so you could see all of them, but it's kind of a fun way of seeing what these changes are that can impact...that can help make your meetings and events healthier. And you can take the Healthy Meeting Pledge by going to the link on the screen and they will...the Center for Science in the Public Interest will promote your organization as a Healthy Meeting Organization. Possibly even better, is a meeting or event that doesn't

necessarily center around food or maybe has that as an option, that are active events. So, things like walking events, walking clubs, walking for staff, walking challenges. At one point, I remember hearing from someone that their father engagement activity was bowling nights for dads, which kind of got them active and was a very fun opportunity for them as well.

So, things that kind of get people moving that are also fun can be a great way to be healthy and have fun. And we're gonna be sharing more about this on our next session on November 7th. We'll be talking about strategies specifically to increase opportunities for physical activity.

Another place that you can make a big difference in your program setting is looking at vending machines if you have them. And so, some things that can make a big difference when it comes to vending machine is that over half the items are healthy, and those healthy items are in the most prominent location, they're more likely to be purchased. And so, the most prominent location being those that are at eye level. And studies show that if it's at eye level, you're more likely to buy it, whatever it is. So, you put the water bottles there or the healthier snacks there and that's what people will buy more of.

And again, all the options are there. It's just what's easy often is what you go for. Other things you can do when it comes to vending machines, mark or designate items with a star or a heart or some way to indicate that they're a healthier choice. Also, making sure that the healthier choices are priced competitively. And all of these are things that if you are able to reach out to the vendor who owns the vending machine, that you can talk about and one of the things that you can share is something like what I put on the screen here, which is a planogram which shows where to put certain items in a vending machine, and in particular, the healthier items. So, in this case, green is the healthy. So it's making sure that there are more healthy things than the red, which are less healthy or kind of in the bottom and a little bit harder to access.

Similarly, a place that you can make a big impact is the cafeteria, if you have one of those in your building. We know this can be a really big list, but it might be something to start with just by talking to the food service director or whoever can manage the cafeteria about making more healthy options available. For example, having at least one vegetarian option, putting the healthier items upfront or closer to the front of the line. Like we talked about, if it's at the front, it's more likely to be purchased. Making healthier foods more visible, pricing them better or,

you know, comparatively to less healthy items, trying to get some combination meals where...that include healthy items. For example, if you have a sandwich, getting the sandwich packaged with water and an apple rather than soda and a cookie. So things like that that kind of are small tweaks that can make a big impact of making sure that those healthier options are available.

And for most of these, I definitely don't....I don't wanna underestimate or I don't want you to underestimate the power of customer demand. The vendors and the food service directors will listen if they feel like there's interest and people will purchase the healthier items. And there are some things that kind of particularly impact staff and staff's ability to eat healthier foods. One thing is having safe...like a fridge or a microwave to prepare food that they brought from home, which is typically healthier than food that you purchase outside or nearby. I've also seen some fun things like a potluck or salad club where folks bring in one...you know, a salad for everyone else around the table, a group of staff, and then every staff member participates so everyone gets, you know, salad cooked for them. And then every once in a while, they have to cook for everyone else. That's both a fun way to get healthier foods but also kind of contributes to staff morality, you know, that you're stepping away from your desk, that you're talking with others, and that can be a good way to break up the day.

Another strategy that we're considering are healthy eating classes. They are popular and can be effective if they're kind of part of a broader strategy. Again, kind of thinking about the surrounding comprehensively and what...how the surroundings support healthy eating. Healthy eating classes can be one part of that comprehensive strategy.

And there are several organizations nationwide that offers classes like these. Like, many cooperative extension programs, many YMCAs offer these kind of courses. So if you're not already offering your own, and I know many of you are, it might be worth reaching out to them and see what is available. And if you happen to be in Massachusetts, Cooking Matters, which we'll be talking a little bit more about, offers six-week courses in English and Spanish as an alternative option.

And all of these strategies are outlined in the CDC worksite health scorecard which is a very long assessment tool scorecard that captures kind of all of the elements of worksite health, of which they also have, you know, the specifics on physical activity and nutrition. And these strategies also have associated points kind of to get at, you know, how

effective these strategies are in improving health. So, we drew on the strategies for today. I encourage you, if you're interested, to go back to the CDC worksite health scorecard - the link's on the screen - and compare it to kind of what you're already doing and maybe get some ideas for what new strategies you might be interested in trying.

So, you might be feeling...hopefully feeling like some of these ideas are great and you're ready to start. So, where should you start? What's a good place to start? We think, and we've talked about this internally, a great place to start is talking to leadership. Having their support for this initiative can really be a huge help. So, if you're excited about this, you know, start by talking to them about how this is exciting to you, how this can kind of contribute to a culture of health in the organization, and really get their support for endorsement for changes that might be coming about.

Then, a good thing to do is pull together a couple of staff, forming a wellness team. It doesn't have to be anything intense but just some people who are also excited about this can share some of the excitement and some of the...and can help, you know, implement some of these changes. And for that, we recommend trying to get a diverse set of opinions, including folks who maybe are not the usual suspects that typically have some great constructive ideas that can be shared, that can address kind of all...the full range of needs and interests among staff. Doing a quick assessment, kind of getting a sense of what staff are interested in, what changes would be most appealing. That's important, so that they're, you know, engaged, involved, and the changes are meaningful to them.

And we wanna reiterate, you know, we have to balance [inaudible 00:42:31] quickly and the desire to move quickly with the need to let everyone process changes. So, always recommend starting small and testing a couple of changes and see how they're working.

And lastly, you know, we recognize there are a lot of you on today who may be excited about this or may already be the champion. So that's really what we hope you leave today with, the feeling for that...no matter who you are or what your particular focus is, that you can be the champion for healthy living in your program setting.

So, we have another poll to see how you're feeling about those changes at the program setting. So, this is the question: which of these are not changes that you can make to increase access to healthier foods at your

program setting? So, we've got healthy food at meetings, vending machines, fridge for staff, ensuring soda is always available, and doing healthy potlucks or healthy clubs that your staff can participate in. So, which is not a change that you can make to increase access to healthier foods? Let me give you a couple more seconds. I know some of these questions, it's hard with, like, the double negatives going on, trying to decipher what the...how the question is worded versus what the answer should be. So, we'll give you one or two more seconds.

Jodi: Hey, Katie, this is Jodi. I'm unable to close it. Can you skip to the results on your screen?

Katie: Sure.

Jodi: Thanks.

Katie: Here we go. All right. Great. So, most of you selected the correct answer, which is ensuring soda is always available. That is something that we recommend not trying to do to increase access to healthier foods. And for the vending, that is something that there are opportunities for you to make changes. And it can be something as simple as asking the vendor to just move the items that are currently in the vending machine so that the healthier ones are at eye level so that you can... so those are more accessible to folks. And then, ideally, you know, adding more of those healthier items so that at least 50% are healthier. And in particular, having water at eye level is always a great strategy.

So, that concludes the strategies at the program setting. So I'm now gonna turn it over to Sandra Mathoslah from The Division to talk about how to have supportive interactions with participants to help them eat healthier. Sandra?

Sandra: Thanks, Katie.

Katie: Okay.

Sandra: So, now we're at the point of talking about strategies that take place at the individual level. And this is where we really need to focus on interpersonal relationships, how to respond and be supportive in a way that could support and actually motivate participants to eat healthy. You know, I think the most important word on the slide is really "compassionate" because a lot of times when people hear other people talk about health and nutrition and diets and everything, as it was

alluded to earlier, people get bogged down.

Also, it might sound to them like, you know, people are judging them or assessing their health status from an external perspective, and that usually backfires. It doesn't exactly help. So, this word, "compassionate," helps...compassion is really understanding, you know, somebody else's perspective and you being able to have compassion on that person where they are, not where, you know, the deliver of information is. So, if you have a second, you can put in the chat box what challenges you have heard from participants related to healthy eating, and maybe examples of what you hear participants say makes healthy eating a challenge for them? If you have any first-hand experiences with that, you can go ahead and type it in.

And also, while you send those in, we will share some of what we hear on our side. One of the main things that we hear, one of the concerns is that healthy, just the word itself, is confusing. And with all the things that are out there today in the media, on the internet, the news, I mean, it seems like almost every week or every month, there's some new health craze, something to avoid or it'll cause cancer, or people are like, "Everything causes cancer, so avoid everything." I mean, it's just sometimes mind-boggling.

And something we can do to respond to this is just, first of all, recognize the concern. I mean, we're all in the same boat. I mean, it's not the easiest thing to navigate, especially when so many different sources have different opinions and they're kind of coming at us from every angle. And then also, one really easy way is just to keep it simple. I mean, as we said earlier, whole foods in their natural form are really good options for eating, for what we intake on a regular basis. A good resource for that is tip sheets from [inaudible 00:48:13].

And again, you know, keeping it simple is the key. You know, something I tell people a lot is that if there are 10 things you know that are "bad for you," maybe making you not feel the best version of yourself, you know, pick the three that are easiest for you to remove, and work from there, you know. I think a lot of times, when people get confused, they just wanna see all the information all at the same time and they feel like they have to implement everything all at the same time, and that can be overwhelming and definitely confusing.

Okay. Another concern is that eating healthy is expensive. This is probably the most heartbreaking for me because it really isn't, but the

way that healthy foods and organic foods are marketed and almost categorized is that it's for, you know, people who have lots of money and who can afford all that organic stuff. But there's actually a lot of healthy options that are affordable in every grocer that is near you, if there's one near you. So, just helping your clients by showing them there are a handful of foods that are inexpensive but actually pack a lot of punch when it comes to nutrition. Healthy doesn't necessarily mean it's expensive or complicated.

Frozen and canned vegetables are actually just as good as raw, if and only if they are packaged plain, no added stuff. Sometimes, it just takes a little bit more reading. You have to kind of read labels. Something I have done actually in my local community is offered grocery store tutorials. I would take people with me to the grocery store and we would go through and they would pick out what they normally would get, and we would look at the label and I would show them what to look out for. I realized that that may not be something that's, you know, feasible for many groups because of time constraints but it could be a replacement for one of the group meetings or maybe just a special [inaudible 00:50:29] that you do twice a year for some clients.

And then also, checking out if your state has Double Up Food Bucks which helps participants obtain cheaper produce. And then another good resource for this is Cooking Matters, and this resource helps families shop for and cook healthy meals on a budget.

Okay. Another concern that you might hear is, "I'm too busy for this." And one way to respond is that just by helping them navigate where to actually go in the store, if people are going aisle by aisle and getting bogged down with, you know, "What should I get? And I used to eat this but I don't want this anymore." And, you know, there's so many things involved with it. Something that could help is just showing the clients and participants that shopping the perimeter of the grocery store is actually one of the easiest ways to obtain healthy food and to minimize the time used at the grocery store. And again, keeping it simple. In general, go for something that is close to its natural form. And actually, most of those items are on the perimeter. A lot of the processed things are in the aisles, not in the perimeter.

And then on the slide, there are several videos provided by Eat Smart, Move More, for shortcuts on how to find what you need quickly. And now, I'm going to turn it over to Christina.

Christina: Thanks, Sandra. You know, Sandra mentioned some really great key points, and one of those I wanna reiterate, is baby steps. So, this is really about baby steps and it just takes a few changes to make a bigger positive outcome in the end. So, in addition to what Sandra mentioned are some concerns from participants or even maybe from you. And just to continue with some more concerns that may come up, one of them that you see on the slide here is...that you might hear from participants particularly is that, "You know what, frankly, my kids just won't eat healthy, period. They just won't eat healthy." And so, you kind of have to ask the participant, you know, and find out from them, are they eating healthy? And, you know, how you can help them to make small changes and make those baby steps, because ultimately, it's really important to be a good role model for kids and to find out from that participant if they are having challenges in being a role model for their child. So, it really starts there, I think. And kids who help out in the kitchen are actually more likely to try healthy foods.

You know, I can testify to this. My son, he loves to be in the kitchen. And at first, I was a little hesitant. He's eight, and for him holding a knife, I was a little, like, "Uh, I don't know if I should do this." And so, I brought up one day that we were gonna make cauliflower rice. And this is not a typical rice dish. Actually, you're substituting cauliflower for rice. So it's just simply cauliflower, carrots, and onions and some seasoning, and you steam it and it looks like rice. So I mentioned it to him and he said, "No, I don't wanna eat that. That doesn't sound too good. I don't wanna eat that." So, I said, "How about you help me make this dish?" And his eyes lit up. I mean, he was really interested in putting the cauliflower in the blender and seeing it all crushed up and putting it into a bowl and mixing it with carrots and onions. So really getting kids involved in the kitchen can make a big difference in them being motivated to eat healthier foods and make healthier choices.

So, on your slide, you see that there's a link there and some more resources for you that's offered in English and Spanish. So check out these tips on how you can incorporate different recipes and ideas on hiding foods, you know, hiding these different foods that might appear to be unpleasant and very foreign to a child. And share this with your participants because this might be really a start for them to try new things. Again, it's about baby steps in making those choices. So, you know, parents can explore all kinds of recipes around hiding vegetables in food, such as mac and cheese with carrots blended into the sauce, or even avocado pudding. Or you might even...you might wanna consider making black bean brownies. And yes, I said black beans. It's something

that you can hide in the brownie and they wouldn't even know it's there. So, just little things make a big difference in the long run.

So, let's look at another concern. You know, this concern is probably at the very forefront, and that is that you might hear from participants say, "You know what, healthy just doesn't taste good. It just doesn't." And we know from experience that that's just not true. You know, there are a lot of whole foods that just...that taste good, that are tasty, that are fresh and good for us. So, many typical meals can be altered to be a healthy alternative, such as whole wheat tortilla wraps instead of white wraps or flour wraps. And, you know, a lot of recipes can be found through all of these different substitutes where they're taking a healthier option for a non-healthy alternative.

You can see the Mayo Clinic list of healthy substitutions here where, again, you see whole grains and other things that can be substituted for healthier choices such as brown rice for white rice. And also, we suggest that you just try out one, one or two changes. And this is something that Sandra brought up, that you don't have to go overboard and suggest to participants that they change everything, because it's just not...it's not doable that way. And a lot of times, you see that people give up easily when they're overwhelmed with making many choices at one time. So, really just stepping back and making one or two changes, and see if they can make these changes in small steps and gradually. And then, introduce to participants some other changes that they can make in their life that's gonna reap benefits in the end. So, really encouraging those baby steps, I think, is the key when you're talking about making healthy choices in your lifestyle, and particularly to those who you work with.

So, also, it's important to include, you know, healthy fats. You know, these are some responses that you can give, again, when you're talking about "Food doesn't taste good." You know, incorporating healthy fats like olive oil. And what about almond oil or grape seed oil? Yeah, these oils are more on the expensive lines than you might see for canola oil or vegetable oil, but again, this is a lifestyle change that you're trying to encourage participants to make and these choices are gonna help them in the long run.

And so, we often hear that, you know, if you eat healthy, you won't stay full, and that's something else you have to really talk about when you're talking to your participants about healthy...making those changes. And including healthy fats like the olive oil and nuts, these foods are gonna

make you feel full. They are because they're more rich in fiber, and they're different from processed foods in that they're gonna pack more of those healthy ingredients, healthy fibers that are gonna just make you feel more full in the end.

So, definitely, trying to focus on the foods and healthy fats that are gonna make us feel more full is gonna be beneficial. So not only healthy foods taste good but they make you feel good. You know, food equals fuel. I think about that all the time when I'm just working in the office, you know, and I think about what I'm eating, "Is this gonna make me feel good? Is this gonna give me the fuel that I need to get through the day? And what can..." You know, what you eat impacts your energy. It really, really does, and how you feel in terms of your energy, if you feel tired, your stamina. All that you eat, all that you put in your body affects all of this. So, food affects this, plus our mood, our emotions, our mental health. And we're gonna talk about this on our last webinar in terms of our mindfulness and our stress management, but this all ties into that. You know, what we put in our body definitely has an impact on all of these points. So we wanna fuel our body with good food and encourage our participants to make small changes.

So, what is another concern that we wanna look at? And this concern also, you know, you might hear in your program and from participants, and that is, "I just don't have anywhere to buy healthy foods." And we talked about this a little bit earlier. We touched on it, and Lauren mentioned a few initiatives that are starting up in a few states and areas. But, you know, of course, you're gonna hear that there aren't places to find healthy foods. And again, we encourage you to work with your community efforts to expand access to healthy foods.

And as I mentioned, Lauren had talked about some of these initiatives but I just wanna reiterate that some of the locations where they may be able to purchase healthy foods, such as farmer's markets, corner stores, where there aren't grocery stores, are a good option. Even if corner stores aren't offering fresh produce, which some are not, there are oftentimes healthier items available such as canned beans, frozen vegetables. And again, be sure to check the label. I think it's really important to teach participants, if you can, within your program when you adopt a healthy initiative within your program, is to teach them how to read labels. And, you know, these labels are gonna tell them exactly what is in the food. So, when you're looking at the label, the only thing you should see when you're looking up, you know, canned beans and frozen vegetables, is that item itself. The vegetables [inaudible 01:02:58]

carrots or black beans, it should only say "black beans" on it.

So, Lauren mentioned initiatives earlier. And I did wanna mention that there are many initiatives within some states and some cities that are focusing on unity gardens. And this is another place where you can turn your participants on to finding healthier foods and alternatives. And these gardens allow participants to experience harvesting their own produce and reaping the benefits out of it. I mean, I can tell you from my own experience and also my son participating in gardening, that there's nothing like the feeling of growing your own food and eating it. I mean, there's just something about that. So, you know, if you can tap into those type of initiatives or maybe even starting your own within your own program, it takes some time to develop but that's something that you might be able to start and allow your community and those that you work with to be involved in that garden and they can then reap and learn, you know, a great deal about growing your own produce and how that's gonna help you in your lifestyle and living a healthier lifestyle. So, I encourage you to maybe do some research on that.

So, you know, finally, although we're trying to keep things as simple as possible here, we do want to recognize that these are specific food related needs for certain participants that are out there. And March of Dimes has lots of great information about specific needs of pregnant and postpartum participants, and a sample of which are included here on the slide. So we definitely encourage you to take time to look at some of these links and see what's provided for you in terms of reaching those specific needs of each of the participants.

So we now want to see if you've gotten any things thus far from what I have mentioned and shared with you along with Sandra, so we're gonna have you do another poll here. And this poll question is, which of these is a false statement? So, I would like you to tell us which of these statements is not true. Would you say, "Healthy foods can taste good," "Healthy foods can be affordable," "All healthy foods taste bad," and "Kids can and should help cook"? So, which of these do you think are not true? So, we'll take a few seconds for you guys to...and I see already, without a doubt, you've chosen "All healthy foods taste bad." Yes, you are right about that. We just said that healthy foods can indeed taste good.

So now I'm gonna turn it over to Shawn Taylor from Families Forward in Denver to share some of the great work they're doing to support healthy eating for their participants. Shawn?

Shawn: Thank you. Good afternoon to everyone. I'm gonna give you a little bit about the Healthy Babies, Strong Families Healthy Start Program. And first, I would like to start off with our vision, which is a safe, healthy, and prosperous community in Northeast Denver and North Aurora. Our mission is to enrich and empower families' lives through partnerships and services that create a safe and healthy and connect the community. We also have a couple of values surrounding the healthy, is working with families through a relationship based on shared power and mutual respect and believing that healthy families nurture successful children and promote a thriving community.

While Healthy Babies, Strong Families, which we call HBSF, is providing services to address all factors of social departments of health, we have determined that one missing link in the health, physical environment component because the factor impacts the participant's overall success and well-being.

Please note, health is tied into depression, social isolation, caring for children and sustaining a livelihood. So, one of the programs that we provide is the Cooking Matters, which empowers families with skills to stretch their food budget and cook healthy meals. As stated before, it also helps families to be able to read labels as well. And with that, when families talk about the budget that they have, they also are able to take home the meal that they prepared in the class. So they're able to take the items and ingredients home and prepare the meal that they do in class as well. So that gives them a meal that they get for free, to be able to help.

We also provide a Fit Body and Soul class. It's a lifestyle change that shows promise in helping to promote healthy behaviors. So, this is kind of a diabetes prevention program that participants are given a personal trainer, a nutritionist, and a life coach, and it helps to make a change within a year. So it's really concentrating on lifestyle. Like they said, they talked about the diet and nutrition, but this is able to put all three things together and be able to help you deal with the lifestyle change.

Some of the lessons learned that we have about some of the things that we have implemented into our program is that staff model the created activities, because I think it's great for any programs that we are gonna implement that a staff goes through those programs. They're able to be able to encourage and support any participants that'll be going through those programs as well.

Also, the culture of wellness, recognize the challenges with getting a participant engaged, you know, really putting things that the participants need and how they look at health, and then being able to coach them through those things, and remove the barriers and make things simple and fun. And I think that's a good thing to bring participants on, is definitely making it fun. Fun and convenient are the two things that work best for participants. And then that's all that I have. And now I will turn it over to Katie.

Katie: Great. Thanks, Shawn. So, before we move to wrap up here, we do have about 10 minutes left for questions. And so, if you haven't already, please chat in your questions on the bottom left in the box for the chat pod there. And we do have a couple of questions. Thank you, Jodi, for showing where to chat in your questions. We do have a couple of questions already, and the first one is for Shawn, kind of variant on the most immediate thing that we heard. What feedback have you gotten from participants on the programs that you've done? So, I think, in reference to the Fit Body and Soul, and the Cooking Matters in particular, any feedback that you've received from participants on participating in that program, or those programs?

Shawn: Yes, we actually have gotten good feedback because one of the things or the opportunity that was mentioned earlier that the participants have an opportunity to go shop. They are given an amount that they can spend. They can choose if they wanna do breakfast, lunch, and dinner, and they have to stay up under that budget. And the one who stays up under that budget wins a prize. So, it's being able to...they get to actually see how to shop around the perimeter of the store. Like I said, reading the label. Also, Cooking Matters have different components of the program where it has a component for the children as well. So, it's also teaching them how to make and eat healthy things, and being able to go to the store and participate in that as well. So we get great feedback because that's one of the things that families kind of struggle with, is being able to go in the store and they already have a budget and still come out with healthy eating.

Katie: Great. Great concrete example there. Thank you. Okay. Our next question is, "I'm looking for ideas of groups to form with participants. Is anyone doing walking groups with participants and are there...do you provide discussion topics while doing those kinds of activities or groups?" And so, maybe I'll start with Lauren and then go to you, Shawn. But Lauren, are you doing any groups? [crosstalk 01:13:14].

Lauren: Not like walking groups. We incorporate the whole healthy eating thing into our other programs. It's incorporated in our healthy family classes and it's incorporated in our support group, but nothing real specific like that.

Katie: Shawn, are you guys doing walking groups?

Shawn: So at Healthy Babies, we have done walking groups in the past. The biggest thing that we started is our new Grow Fit and trying to bring participants in to that where it's surrounding a little bit of Zumba, cardio, dance. And the people can [inaudible 01:13:55] as well. And it not only talks about, you know, the physical fitness. We also talk about, you know, healthy eating. And then we also talk about...because it's the body, the mind, and the soul. It's what you're thinking. So trying to tie all those things in together as one to be able to create, you know, just a healthy lifestyle.

Katie: Great. Okay. Our next question is, "What recommendations do you have for getting leadership support for a Healthy Living Initiative? Do you have any examples of how you've done that?" Shawn or Lauren, do you wanna start with that?

Shawn: This is Shawn. I would say I think it starts, you know, with staff. I mean, it starts with, you know, having meetings, bringing in, you know, healthy foods. I know a coworker and myself right now are signed up for aqua aerobics classes and talking about meal prep and change in eating. And so, I think it just starts from the individuals within the agency, because you have to have that buy-in to be able to take it out to your participants.

Lauren: And this is Lauren. I know that for us, it was part of trying to take almost a more holistic approach to everything that we were doing. So we sat down and we looked at what our clients were really asking for, and something that we kept hearing from them is that they...because we are so rural, because we are so spread out covering five counties, a lot of times they don't have access either to healthier food options, they don't have access to places where they can go and work out. And so, figuring out what the resources are to give them what they're really looking for.

Katie: Great. Thanks, Lauren. I'm getting a little bit of feedback on the line. So, hopefully, you can hear Lauren okay. I think you could. We

have one more question, and again, take a second if you haven't already had a chance to chat in your questions, please do so now. But our last question here is, "Does anyone have any ideas on providing healthy eating classes using culturally traditional foods?" And Lauren, I feel like you may have talked about that in the past, so I was gonna start with you on that one.

Lauren: Yeah. So we work really closely with a dietitian from the local university, and she actually...her husband is from Mexico, so one of the things that she really worked on doing was figuring out ways that she could take the foods that she knew our local Hispanic population were eating and what they were shopping for and find healthier options for them. So we actually...when we had her in the last time, she brought in options that were coming from that tradition. And so, she was really honest, she was saying, "You know, I'm not from this tradition, but this is the tradition I married into, and this is how we've been able to work out ways to make this healthier. This is how we've been able to go and, you know, still use the more traditional ingredients but lighten it up a bit." And so, I think it really is important to have someone who's able to come in who has that connection with the foods, with the culture, because that was...it was really great for us. We had some participants who really appreciated that.

Katie: Shawn or Nathifa, anything to add on that?

Shawn: [crosstalk 01:17:56]. I think the one thing that we have done, because lately we have participants in our community action network, and when we have those meetings, a lot of them are vegan. So, introducing vegan food at meetings, I think that's the only thing that we have done.

Katie: Great. All right. Thanks. Thanks for your questions and thanks for our respondents there. We will move forward and wrap up. So, as a wrapping up here, I wanna kind of circle back to the questions that we started with, and see kind of how you're feeling now, you know, get a pulse on where you're feeling at the end for our webinar here. So, our first question was, describing healthy eating is complex. Do you think that that's true or false? So, we thought at the beginning it was kinda 50/50. How are you feeling now? Do you still feel like it's...this is a complex thing to talk about, or are you feeling a little bit better and it's more simple?

And we can wrap that. Great. Okay, that's a relief. Glad to see that

you're feeling better about that. So, 100% are saying false, that describing healthy eating is complex. And that was really...one of our main goals for the end of the day, you know, that, you know, helping show that this...that while it sometimes feels complicated, we can talk about healthy eating in a way that can be simple and can be simple to explain for our participants. So that's great to see.

Our second question I will be returning to, now at the end of our webinar, what are the three levels or what are up to three levels that you feel like you could make a change today that could support staff and participants to eat healthy? So now, how are you feeling about having kind of changes that you could make right now [inaudible 01:20:29] impact at each of these levels? And again, those levels are one-on-one participant meetings, community level initiatives, national policy effort, or changes to our programs and in the Healthy Start program setting. So, how are you feeling about these now?

And it looks like...oh, great. Okay. So everyone, 100% are feeling confident they have some ideas for changes to make at the program setting. That's great to see. And three-quarters have an idea of a change that can be made on one-on-one participant meetings, and 50% are feeling like they've got some ideas for how to tap into those community-level initiatives. That's great to see.

And I went backwards there. There we go, thank you. All right. So as we close out here, we're just hoping to get an idea of kind of one of the strategies that you heard today that you're most interested in. So, kind of encouraging everyone to chat in one strategy that we talked about today that you're interested in either...that you're interested in or you're considering pursuing in some way, and that could be, you know, one of the community level strategies that Lauren talked about with the Double Up Food Bucks or farmer's markets. It could be at the program level, you know, the healthy meetings, events, vending machines, staff events, or at the participant level, you know, addressing some of those concerns that Christina and Sandra shared with the responses that you can have that maybe can address some concerns that participants may come up with.

So, just curious to see, you know, which of these strategies are kind of most interesting, and seeing a couple responses with black beans in brownies and salad [inaudible 01:22:37] being ideas that are interesting. Cooking Matters, yup, that's a great program. And active groups, getting meetings active, participants active, that's great. Shopping the

perimeter. Okay, great. So lots of ideas that are resonating with folks. I'm encouraged to see that these...that the wheels are turning, and hopefully you're leaving today with one strategy, at least one strategy, that you can share, you know, with other staff or with participants that can make an impact.

So, we're excited to announce, as we're wrapping up here...and please do continue chatting your ideas, and I see they're still coming in, chatting your thoughts on what strategies are interesting, and we'll just continue wrapping up. We do wanna see what those ideas are. We're excited to announce that we just launched the Healthy Living web page on the Healthy Start EPIC Center website, [healthystartepic.org](http://healthystartepic.org). So, this is under the "Resources" section. And this "Resources" section includes tons...actually, not tons because we tried to narrow down the number of resources so not to overwhelm, but it includes what we think are the important resources related to healthy eating, active living, and stress management. And on each of the pages...so this, for example, is a Healthy Eating page, there are strategies that are organized, or resources that are organized according to whether or not you're looking for resources or strategies working with participants, changes for your programs, changes to the program setting, or community efforts.

And so, all of the ideas and strategies that we shared today are listed, are on this web page for healthy eating. And if you click the drop-down arrow there, you'll see a list of those featured resources come up. And we really did try to take the resources that are the most simple and the most important so that, you know, we're not linking the whole wad of papers or things to read. Just, hopefully, the tools or the information that are really essential for working with participants, to making changes to your program, or working at the community level for each of these three areas. And so, after today's session, we'll post the webinar recording to this page as well, and on that foundation, or on the Healthy Living Initiative web page overall, our first webinar recording is available.

So, what we're hoping, kind of the two takeaways that you'll leave today with are, one, healthy eating doesn't have to be complicated. If you keep the message simple, it can be simple to communicate. And it looks like that is something that you took away, and everyone is feeling a little bit better about or feeling they're able to talk about healthy eating. So that's great. And then second, that there are a lot of changes that you can make today, including how staff or how you're talking to each other, how you're talking with participants about eating healthy, ideas around changes to the program setting like healthy events, and changes...not

really changes but ideas for getting linked into community level efforts. So these are what we think are the important takeaways from today's webinar, and hopefully you're feeling a little bit better about each of those.

As we mentioned, this is the second webinar but the first about the content, the specific topic. This was about healthy eating. Our next webinar will be on physical activity on November 7th. And then we will have a final one on stress reduction and mindfulness strategies on December 5th. And again, these will really focus on specific strategies that you can use in your program site.

I do wanna take one minute to thank our great advisory group that helped planned today's webinar, provided input for what we talked about today. So we have our presentation from Missouri Bootheel, and that was Lauren Clark, and representation from Healthy Babies, Strong Families Healthy Start Program in Denver. We heard from Nathifa and Shawn today, as well as our two divisions of Healthy Start and Perinatal Service representatives, Christina and Sandra. I really wanna thank all of them for their time and input in planning today's webinar.

And finally, we are at the end of today's webinar. We really do want your feedback on this event. So, please take a moment when your screen closes today to complete the evaluation that will pop up automatically. We really value your input and always appreciate hearing both what you thought went well and any areas of suggested improvement.

That concludes today's webinar. Thank you so much for joining us today and for your participation and your chats in and questions. We look forward to seeing you again on November 7th for the second topic related webinar on physical activity, and I hope you all have a great rest of your day. Thank you.

Female: Thank you. This does conclude today's conference. We thank you for your participation, and you may now disconnect.