

The Green Room



Fresh Information for the Arizona Nutrition Network

Volume 1, Issue 10, January 2010

MEETING CANCELLATION REMINDER!

The Program Committee meetings scheduled for January 27th and February 9th have both been **cancelled**.

Save the Date!

Application training is scheduled for Wednesday February 10th, 8:30-12:30 **OR** Thursday February 11th, 12:30-4:30PM. I-Link is available for both training.

The trainings will be held at:
ADHS, 1740 W. Adams, Conference Rm 005, Phoenix, AZ 85007

More details to follow next week!

Did You Know?

In 1893 the U.S. Supreme Court ruled whether tomatoes, considered as provisions, were classed as "vegetables" or as "fruit" within the meaning of the Tariff Act of 1883.

The Court ruled that tomatoes were vegetables because of usage in the meal.



Inside this issue:

Supplemental Nutrition Assistance Program	2
Childhood Obesity in Arizona	2
Arizona Unemployment	2
SNAP Recipients and Unemployment	3
Evaluation Topic of the Week	4
Social Marketing Research	5
Nutrition In The Know	6
Need Some Ideas?	7
A Picture is Worth a Thousand Words	7
Recipe Corner	8

Supplemental Nutrition Assistance Program (SNAP)

The number of people receiving food stamp benefits increased by **36.7%** from November 2008 to November 2009.

Total coupon issuance increased by **\$48,141,006 (59.6%)** for the same time frame.

For November 2009, the total coupon issuance was **\$128,982,371** with an average per-person allotment of **\$130.78**.

A total of **986,276** people received food stamp benefits in November 2009 (an increase of **122,836** people since November 2008).

* Statistics provided by AzNN and DES

Childhood Obesity in Arizona

The Health Resources and Services Administration (HRSA) recently released a new report, *The Health and Well-Being of Children: A Portrait of States and the Nation 2007*, which is based on the 2007 National Survey of Children's Health.

The survey found that nearly one-third (30.8%) of Arizona children age ten to 17 were overweight or obese. Most significantly, the incidence of children who were obese rose from 12.2% in 2003 to 17.8% in 2007.

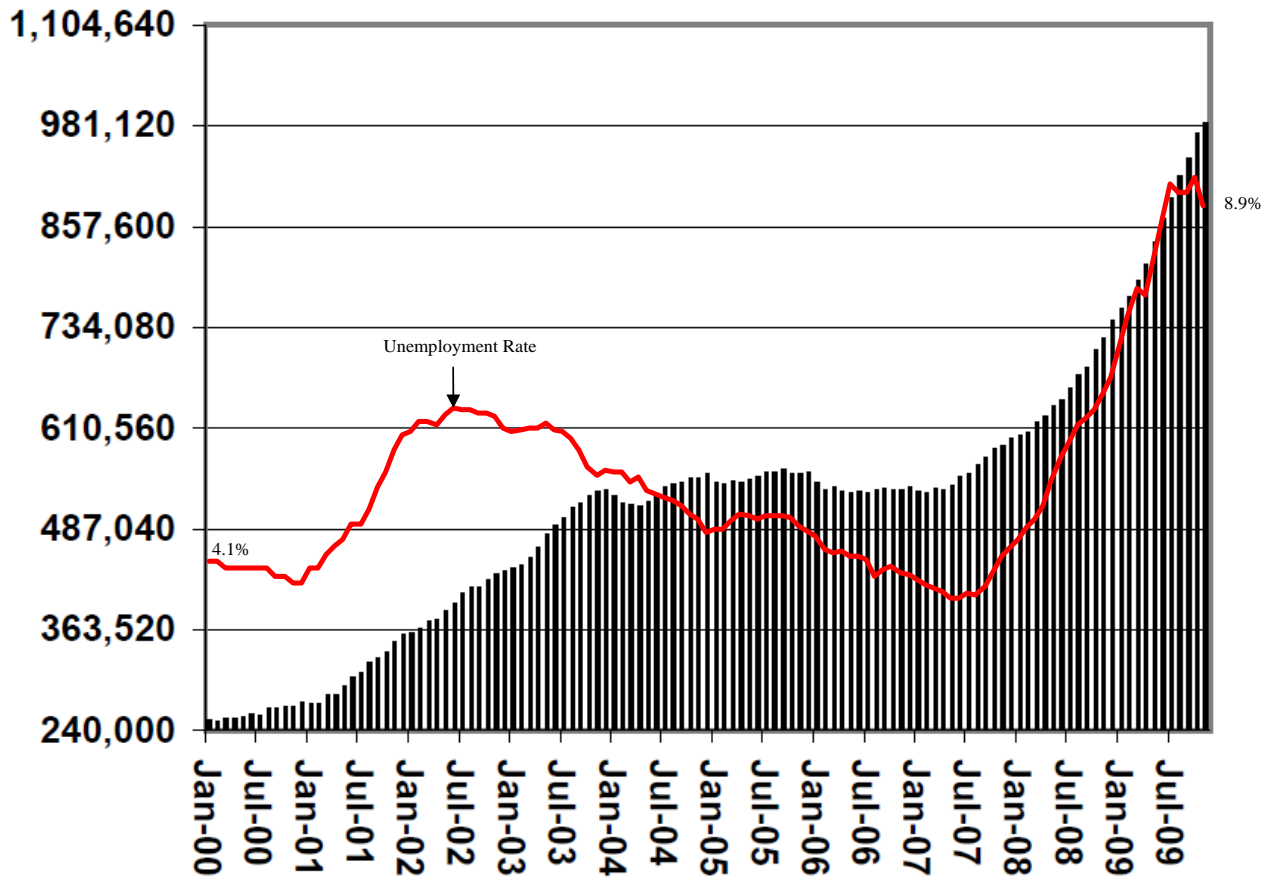
The full report can be accessed at www.childhealthdata.org.

This statistic is startling, but clearly indicates the need to continue to target school age children for nutrition education.

Arizona Unemployment

In November 2008, the unemployment rate for Arizona was 6.4% compared to 6.8% for the United States overall, increasing to 8.9% for Arizona and 10.0% for the United States by November 2009. Yuma County had the highest rate of unemployment compared to the other counties, with 22.7% compared to 8.9% for the state.

Comparison of the Number of SNAP Recipients and the Unemployment Rate in Arizona, January 2000 to November 2009



Evaluation Discussion Topic of the Week – Fruits and Veggies

If you haven't visited the discussion board yet, we've got a couple new threads that are just waiting for your input. Let's get some discussions going on how we can help better target our population!

Here's the thread that was posted for the Topic of the Week - Fruits and Vegetables:

Did you know that Arizona is the 3rd largest producer of vegetables and citrus fruit in the US, but less than one-quarter of Arizona adults ate five or more servings of vegetables and fruits each day in 2008? While this statistic is overwhelming, the good news is that fruit and vegetable consumption in low-income individuals has been increasing, and now mirrors the consumption patterns of individuals with higher incomes. (FY2010 Needs Assessment).

Results from the FY2009 AzNN Evaluation show that over half (59%) of respondents ate less than two cups of fruit per day, and over two-thirds (70%) reported eating less than one cup of vegetables per day. Looking at the new USDA recommendations that take into account age, gender and physical activity levels, over one-quarter (28%) of respondents met recommendations for fruit consumption, while fewer than ten percent (9%) met recommendations for vegetable consumption. Almost all respondents reported eating fruits and vegetables as snacks, but just one in five ate these as snacks every day. Looking at fruit and vegetable variety, just one-third (32%) of respondents reported that they often or always ate more than one kind of fruit each day. Similarly, just one-third (36%) of respondents reported that they often or always ate more than one kind of vegetable each day. One-third (33%) of respondents reported often or always eating 2 or more vegetables at their main meal.

Statistical analysis of the AzNN Evaluation data between subgroups found that American Indians and Black individuals were more likely to have met recommendations for fruit intake than Whites. Females were twice as likely as males to meet recommendations for fruit intake, and four times as likely as males to meet recommendations for vegetable intake. As age increased, a respondent was more likely to meet recommendations for both fruit and vegetable consumption.

Social marketing formative research has found that SNAP eligibles are aware of the importance of eating fruits and vegetables, but stated reasons for not eating fruits and vegetables include: short shelf life, expensive, no time to prepare, don't like vegetables, and not in the habit of eating vegetables. Additionally, they believe that frozen and canned fruits and vegetables are not as nutritious as fresh. When asked what items are the top three things most often included on their grocery list, over half indicated that veggies are in the top three things most often on their grocery list.

This information supports the efforts of the AzNN to continue to teach participants how to incorporate more fruits and vegetables in their diets. While the AzNN evaluation results will be tracked over time to measure changes in behavior at the state level, partners can conduct local evaluations to assess if their programs are making a direct impact on the consumption patterns of their participants.

The results of this research shows that we should be focusing our nutrition education efforts regarding fruits and vegetables on teaching participants how to include a variety of fruits and vegetables in their diets each day, teaching participants quick and easy ways to prepare dishes and snacks that include fruits and vegetables, and teaching participants that all forms of fruits and vegetables count, whether it be fresh, frozen or canned.

Now it's your turn – log onto the discussion board and discuss your thoughts on the results I have highlighted above. What can we do at the local level to encourage participants to eat more fruits and vegetables? What are you doing at the local level to assess if your program is having an impact in changing participants behaviors regarding fruits and vegetables? What barriers have your participants indicated they encounter when trying to eat more fruits and veggies?

You can access the discussion board here: <http://www.eatwellbewell.org/discussionboard/>.

Arizona Nutrition Network Social Marketing Research

For fiscal year 2010, AzNN plans to do a similar set of research studies. These test the effectiveness of each micro-campaign as well as continue the annual Behavior Model Research. This year AzNN will also study the usage of internet and cell phones in our target population.

Research slated for 2010

Research Project	Methodology	Interview Dates
2009 Fruits & Veggies-More Matters Campaign Post-test	Intercepts with 800 women in the target audience; conducted in Phoenix, Tucson, Yuma, Flagstaff, and Winslow.	January 2010
Internet/Cell Phone Usage Study	Focus groups with target audience in Phoenix, Yuma, and Winslow Intercepts with 800 women in the target audience	January-March 2010
2010 Grow a Healthy Child Post-test	Intercepts with 800 women in the target audience in Phoenix, Tucson, Yuma, and Flagstaff	May 2010
Behavior Model Research – Wave III	Intercepts with 800 women in the target audience; conducted in Phoenix, Tucson, Yuma, and Flagstaff	June-July 2010
2010 Go Low Campaign Post-test	Intercepts with 800 women in the target audience in Phoenix, Tucson, Yuma, and Flagstaff	September 2010

Nutrition in the Know

Adopting whole grains into your meals in January is a GREAT way to start the New Year! The term “ounce-equivalents” is used in MyPyramid and the Dietary Guidelines to allow for easier accounting of grains and whole grain food choices. A one-ounce equivalent can be compared to one slice of bread, one cup of ready-to-eat cereal, or ½ cup of cooked pasta or rice, or cooked cereal. Also, food containing at least 16 grams of whole grains can be considered as a one ounce equivalent.

Here are some ways to begin to add whole grains to your daily intake of food. Try the following:

- Buy 100% whole wheat or whole-grain breads, buns and corn tortillas.
- Eat whole grain cereals, pasta and crackers whose first ingredient is “whole grain or whole wheat.”
- Bagels, English muffins, pita breads and flour tortillas all come in whole grains versions.
- Make a transition into whole grains gradually. Start by combining regular and whole wheat pasta. Once those eating this combination like it, use all whole grain pastas.
- Add ½ cup already cooked bulgur wheat, wild rice or hulled barley to stuffing or dressing.
- Add whole grain cereals and popcorn to trail mix.
- Try using less common types of whole grains like quinoa, millet, rye berries or wheat berries for variety.

When cooking use only the amount of water that is called for. If all the water does not get absorbed during cooking, try cooking for 5 minutes longer. By pouring off excess water you are eliminating valuable nutrients. Cook grains on low heat. Bring water to a boil and cover. Reduce to a simmer, if some steam escapes your heat is too high.

Cooking With Whole Grains

Grain (1 Cup Uncooked)	Water Amount	Simmer Time (Heat to boiling-then reducing heat)	Yield (Cooked)
Amaranth	5 cups	20 minutes	2 cups
Barley, hulled*	3 ½ cups	1 hour	4 cups
Brown Rice	2 ½ cups	45 to 50 minutes	3 cups
Buckwheat	2 cups	12 to 15 minutes	3 cups
Kamut	2 quarts	1 to 1 ½ hours	3 cups
Millet	2 ½ cups	15 to 20 minutes	2 ½ cups
Oats, steel-cut	3 cups	15 to 20 minutes	2 cups
Quinoa	2 cups	12 to 15 minutes	3 cups
Rye Berries*	4 cups	50 to 60 minutes	3 cups
Spelt	2 quarts	1 ½ to 2 hours	3 cups
Wheat Berries*	4 cups	50 to 60 minutes	2 cups
Bulgur Wheat	1 ½ cups	15 minutes	2 to 2 ½ cups
Wild Rice	2 cups	45 minutes	3 cups

Adapted from Betty Crocker cookbook “whole grains, easy everyday recipes,” published 2007.

* Grains that take a long time to cook should be soaked overnight to reduce cook time in half. Use enough water to cover one cup of grain and soak at room temperature. When ready to cook, drain and add two cups water.

Need some ideas...?

On how to use children's books in teaching nutrition?

Nourishing Children with Books by the Virginia Cooperative Extension has great information for choosing books, ideas for before, during and after reading the book as well as follow up activities. This can be found at: <http://www.pubs.ext.vt.edu/348/348-950/348-950.html>

The Michigan Team Nutrition Booklist for K-2nd Grade has been updated and can be found at: http://www.michigan.gov/documents/mde/UpdatedMichiganTeamNutritionBooklist_290287_7.pdf

Michigan Team Nutrition has also developed a booklist for Preschoolers that can be found at: http://www.michigan.gov/documents/mde/PreschoolBooklist_290284_7.pdf

"A Picture is Worth a Thousand Words!"

Arizona Nutrition Network would like you to send us pictures throughout the year of what has been happening within your program. We will use your pictures at our Partner meetings for our slide shows; and we send USDA different display materials including pictures of your special events.



NOTE As a friendly reminder, please make sure that you have a photographic release form signed for all those within each picture that you will share. A copy of a release form can be found in the Policy and Procedure Manual, Program Operations, Policy 11.1.

Recipe Corner

Citrus Salad

Talking Points: Many types of citrus are at their peak picking season in the months of January through March which include:

- Red Blush Grapefruit • Blood Oranges • Mandarin Oranges • Navel Oranges • Sweet Oranges
- Valencia Oranges • Minneola Tangelos • Orlando Tangelos

The citrus salad recipe uses several types of citrus which contain high amounts of vitamin C. Oranges also provide a source of fiber, calcium and folate for the diet. Eating an orange or drinking orange juice with meals will help your body absorb iron more efficiently.

Winter Salad

Talking Points: Lettuce began as a weed in the Mediterranean Basin about 4500 years ago. History finds lettuce references in Egyptian paintings and by Greek scholars. Christopher Columbus brought lettuce to the new world and from there lettuce began its life in the United States.

There are many types of lettuce including some variety within each type:

- Butterhead – Boston and Bibb
- Iceberg – or sometimes called “Head Lettuce,” looks like cabbage
- Loose leaf – does not form a head, but leaves are joined at the stem
- Romaine – having a strong taste and crispy texture make this lettuce a favorite
- Arugula – has a distinct peppery taste and flat leaves
- Chicory or curly endive – slightly bitter with darker outer leaves
- Mache or lamb’s lettuce (field lettuce) – has a fingerlike shape and velvety feel
- Raddicchio – looks like red cabbage, but from the chicory family. Most come from Italy

Arizona is the second highest producer of Iceberg lettuce in the United States growing over 900,000 heads each year in Yuma County. Vegetable crops in Yuma County generated over \$2.1 billion in 2007. The head lettuce crop in Yuma grossed over 82% of the vegetable income in Arizona and is America’s number 1 choice of lettuce.

The nutrients found in lettuce will vary depending on the type you are using. Romaine, America’s second favorite, is one type of lettuce that contains higher amounts of the following nutrients:

- Fiber
- Potassium
- Vitamin C
- Folate
- Vitamin A, IU

Loose leaf lettuce is one of the simplest lettuces to grow in home gardens and the type grown by most home gardeners.