



the
**Nutrition
Digest**

2019–2020

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inside?*

**eWIC
ROLLOUT**

Cooking with
MARCUS LATTIMORE

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From the Director

Hello, Team!

Thank you for your hard work and dedication to serving families across our great state! The Bureau of Community Nutrition Services continues to embody our agency’s core values and strategies. Your outstanding work is much appreciated!

This past calendar year has been one of growth. It was filled with many challenges that caused us to lean on each other.

“ **The more you praise and celebrate your life, the more there is in life to celebrate.** ”
–Oprah Winfrey

Our bureau isn’t the only area adjusting to change. This past year our agency welcomed a new director, Dr. Rick Toomey. He is a native of Greenville and holds more than 32 years of public health administration and executive management experience. Additionally, we are also welcoming a new Director of Public Health, Dr. Joan Duwve. She joined us in April 2020 with more than 20 years of experience in public health. As you can see, change is inevitable.

Please take a moment to enjoy and celebrate your success as a valued work family member of Community Nutrition Services. Each one of you is crucial to our team’s success.

The Bureau of Community Nutrition Services consists of four divisions: The Division of Women, Infants, and Children (WIC), the Division of Public Health Nutrition Practice and SNAP-Ed, the Division of Nutrition, Physical Activity, and Obesity Prevention, and the Division of Administration.

The WIC team focuses on improving the lifelong health, nutritional status and wellbeing of women, infants, and children. The SNAP-Ed Team helps people of all ages lead healthier lives by making better food choices and stretching their food dollars. The Nutrition, Physical Activity, and Obesity Prevention team improves access to healthy foods and opportunities for physical activity across the state. The Division of Administration helps manage over \$118M budget to include multiple contracts, MOAs and MOUs within and outside the agency. All four divisions are instrumental in upholding our agency’s mission of healthy people in healthy communities.

The future is bright because you’re part of this high performing team. Please take a moment as you reflect on the many accomplishments for 2019. I hope you enjoy it!

What is CNS?

The Bureau of Community Nutrition Services consists of the Division of Women, Infants, and Children Services (WIC), Division of Nutrition, Physical Activity, and Obesity Prevention (DNPAO), Division of Public Health Nutrition Practice and SNAP-ED program, and the Division of Administration. The mission of the bureau is to improve the lifelong health, nutritional status, and well-being of public health across South Carolina.

A Glimpse Back at 2019



WIC Achievements

Procurement team recognized for excellence in customer service

Congratulations to our procurement team on receiving the Going Above and Beyond (GAB) Award for their outstanding customer service.

“The procurement team reinforces the importance of customer service while encouraging teamwork,” –Berry Kelly, director of the Bureau of Community Nutrition Services (CNS).

The GAB award is presented within the Bureau of CNS to highlight employee customer service accomplishments and process improvements.



WIC welcomes a special guest



In April, team WIC received a visit from Rev. Douglas A. Greenway, President and CEO of the National WIC Association (NWA) where he heard from the team and shared his thoughts on the future of WIC.

“Having Rev. Greenway in our great state was wonderful,” –Berry Kelly, director of Community Nutrition Services and State WIC director. “He shared great information with our team and gave us an inside look on what he thinks of the program and all the hard work we’re doing each day.”

Rev. Greenway is responsible for directing NWA. He also represents the WIC community’s interests to the White House, Congress, the US Department of Agriculture and other federal agencies and departments. He has served as the President and CEO of NWA since 1990. While Rev. Greenway’s stop in the Palmetto State was short, it was filled with many activities. He reminded the team that WIC is a “hand up, not a handout.”

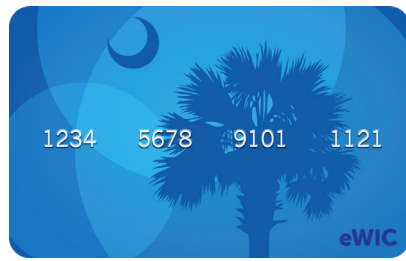
Team WIC leads and participates in out-of-state conference

Team WIC is going the extra mile to maximize resources and learn more about how to make improvements to the program. In September, several members of the team traveled to Oklahoma for the 2019 WIC Technology, Program Integrity, and Vendor Management Education and Networking Conference.

Our WIC team is upholding the agency’s core value of pursuing excellence by becoming the only state in the nation to conduct frequent vendor summits. The WIC team’s vendors summits have representation from more than 20 corporate and local vendors across our state with roundtable discussions on various topics.

During the Oklahoma trip, Berry Kelly, director of the Bureau of Community Nutrition Services, was a panelist to over 500 attendees where he participated in several key conversations about building stronger relationships with vendors. Berry is a frequent speaker at these events and is the National WIC Association’s chair-for 2020.





The Main Event: The BIG SWITCH to eWIC

A Look Back In History

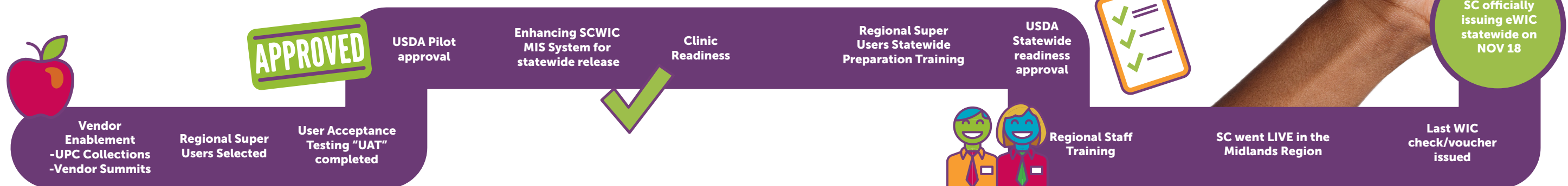
The Women, Infants and Children (WIC) Program has been around since 1975 serving about half of all infants born in the U.S. The program aims to safeguard the health of low-income women, infants, and children up to age 5, who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating and referrals to healthcare.

The program offers services at local health clinics nationwide and provides families with benefits to purchase food at WIC-approved stores previously used checks/vouchers to purchase nutritious foods or formula. The front of the check displayed the recipient's name and recipient number, a begin-use and an end-use date, and a list of allowable items that could be purchased, including the quantity and/or maximum weight of the allowed items. The WIC participant could choose if they wanted only some or all the items listed. However, the checks could only be redeemed once, so if the store didn't have all the items listed and it was redeemed, the participant lost the ability to purchase those other items.

Change is Here

Presently, many states, including South Carolina, have moved away from a paper system of checks and vouchers. This conversion automates a great deal of the WIC process and provides better care for families on the program. The South Carolina team offers a paperless option for its WIC participants to redeem their monthly benefits using an electronic benefit transfer system (eWIC). The eWIC card eliminates the need for paper checks and allows WIC food benefits to be placed into an electronic benefit account at local WIC clinics. This modernized approach to providing benefits allows families to use their eWIC card and personal identification number (PIN) to access their food benefits at the grocery store. The card functions as a debit card, making shopping with WIC benefits easier and more discreet. Additionally, WIC purchases no longer have to be made in a separate transaction from other items families are picking up during a single shopping trip. Another added incentive to eWIC is the new SC WIC mobile app, which allows participants to do things such as view remaining benefits, scan a UPC while shopping to see if an item is WIC-approved, and view details on upcoming appointments.

“The Food and Nutrition Service applauds the WIC team for their dedication exhibited over the past three years to make eWIC a reality in South Carolina,” –FNS Regional Administrator, Willie Taylor. “The transition to eWIC advances our goal to improve customer service. WIC is a crucial contributor to infant and maternal health, and we want to make sure the program is accessible and relevant to all who need it. We appreciate South Carolina for answering the charge to implement eWIC ahead of the mandated timeline.”



“We are excited to maximize technology and our service delivery,”– Berry Kelly, bureau director of Community Nutrition Services. “We are also happy to provide our participants with an easier and quicker way to redeem their benefits.”

It was a long journey getting to this point. The WIC team completed its statewide transition on November 19, 2019, ahead of schedule and below budget. The process kicked off with the Kershaw pilot in May 2019 at the Kershaw Health Department. From August to November, the WIC team worked around the clock to rollout eWIC across SC's four regions: Midlands, Pee Dee, Lowcountry, and Upstate. The team spent over 8,000 hours testing SCWIC and 5,000 hours conducting SCWIC trainings.

eWIC brings many benefits to our WIC participants, vendors, and staff, including:

- Participants will save time at checkout and can buy WIC foods in as many shopping trips as they need throughout the month.
- Vendors will receive faster payment and fewer checkout errors.
- WIC staff will be able to cut down on wait times in the clinics with eWIC.

The move to eWIC also embodies all four of our agency's core values by:

- Embracing Service through providing flexible and responsive solutions;
- Leveraging new technology to Inspire Innovation;
- Promoting Teamwork between our staff, WIC participants, vendors, and partners; and
- Pursuing Excellence through modernization in service delivery.

The implementation of eWIC also comes with an added incentive, the WIC mobile app. The app allows participants to view details on upcoming appointments, scan a UPC while shopping to see if the item is WIC approved, find out where to shop, and so much more.

South Carolinians are excited about the new switch. Some former WIC participants are reflecting on the benefits WIC has brought to their families.

You can learn more about eWIC at scdhec.gov/ewic.

“eWIC allows South Carolina families to access healthy foods easier than ever before,” said DHEC Director Rick Toomey. “By supporting the health of our state’s moms and babies, we are promoting our shared vision of healthy people living in healthy communities.”

–DHEC Director Rick Toomey



Vendor Summits

The WIC team has hosted three vendor summits with more than 20 corporate and local vendors. Topics included the importance of the shopping experience, reducing redemption losses, and maintaining a smooth transition to eWIC. South Carolina was the only WIC program in the Southeast Region to host vendor summits.



Breastfeeding

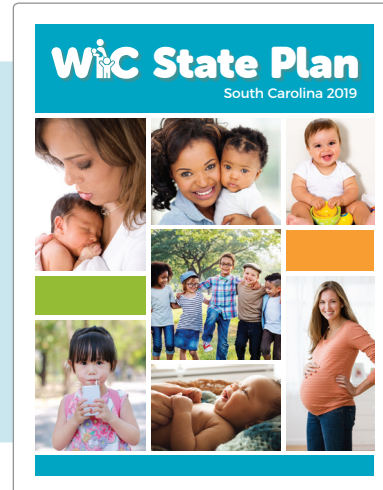
Breastfeeding rates have remained at 21.0% with initiation rates for the past fiscal year up from 67.6% to 67.7% as of June 30, 2019. With the addition of four CLCs and two IBCLCs, our breastfeeding experts have increased from 72 to 78.

Congratulations to the Pee Dee Region and Beaufort-Jasper Comprehensive Health on winning awards from the USDA's Loving Support Award of Excellence Program. The Pee Dee Region won the Gold Award for their Loving Support program and Beaufort- Jasper Comprehensive Health won the Gold Premiere award.

SC WIC Breastfeeding services are listed on ZipMilk (www.zipmilk.org), a national online site that lists breastfeeding resources by state and zip code.

State Plan Changes

The 2020 State Plan goals section has a new purpose and look. Along with the State Office goals for the upcoming year, we have included detailed objectives, specific strategies for accomplishing these goals and an evaluation process to be completed each year. These updates ensure our goals are comprehensive and measurable. The staff deleted any reference to our old computer system (CARES) and modified the procedures to coordinate with the new SC WIC and EBT processes. These changes have required the staff to develop innovative solutions to critical WIC functions for a successful State Plan submission



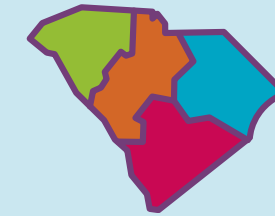
WIC Farmers' Market

The WIC Farmers' Market Nutrition Program (FMNP) was established to provide fresh, unprepared, locally grown fruits and vegetables to WIC participants, and to expand the awareness, use of, and sales at farmers' markets. During the 2019 season, 26 public health departments and two primary care centers participated in FMNP and more than 9,000 participants received benefits. WIC partnered with 228 farmers, 109 farmers' markets and 42 farmer stands.

WIC by the Numbers



Regional breastfeeding coordinators increased from 4 to 7.



WIC services are provided in all four DHEC regions and at two Primary Care Centers at 76 sites



45 web-based classes in English and Spanish available for WIC participants to complete on their smartphones.



13 vendor trainings completed for FY 2019



Breastfeeding rates have increased from 42% in 2008 to 59% in 2016 to 67% in 2018



637 WIC-approved vendors



Highest eWIC redemption store: Wal-Mart



Breastfeeding peer counselors increased from 28 to 41

The mission of the Division of Women, Infants, and Children Services (WIC) within the Bureau of Community Nutrition Services is to improve the life-long health, nutritional status, and well-being of women, infants, and children.

WIC Participants Reflections

Your commitment to mothers and young children powerfully impacts our nation’s families. **Here’s some WIC participants reflection on the good work that you do:**

“A WIC nutritionist caught that my son had a low iron count when he was about 13 months old. This wasn’t checked by his pediatrician at the time since his BMI presented as healthy. It was awesome that we were able to get dietary advice from a nutritionist to immediately take corrective action. By the time we had our next regularly scheduled visit with his pediatrician two months later, his iron count had already returned to a healthy level. Thanks WIC team for making a difference in my son’s health!”

–Submitted by a father of a WIC Participant

Dear WIC,

I’m writing you to express my gratitude to the WIC program. I wasn’t sure who to write to but some of the WIC staff tried to do their best to help me find the best person to write to. I hope whoever is over the WIC program sees my letter. I am a working single mother with a one year old daughter who has been struggling financially for the past few years. I honestly don’t know what i would have done without the help of WIC. I would have had to seek help from family and friends to help buy formula and baby food. I’m not sure of how many “thank yous” WIC receives, but it is important to me that you know how much of a blessing WIC has been to my daughter and me. Thank you for taking the time to read this. A million thanks to WIC.

–Submitted by a WIC Participant



“About a month and a half ago, I took a nutrition class at the WIC clinic. I just wanted to take a moment to let you know I really enjoyed this class. This is the second nutrition class I have attended, and I have greatly benefited each time. The first time, I was still pregnant, but this time I had many questions about what, how often, and when to feed my son. My oldest is 11 now, and everything has changed in the past 11 years, so I am learning it all over again. The nutritionist there answered all of my questions. She was extremely knowledgeable, kind, and professional. I am so thankful for all of the information I have gained from the staff at the WIC office, and I refer others there all the time telling them of my amazing experiences. Please pass my appreciation to all the amazing ladies who work at this office. Thank you for all that you do each day!”

–Submitted by a WIC Participant



Division of Administration

The Division of Administration is the nucleus of Community Nutrition Services. It is the governing division vetting all large purchases and projects within the bureau. The team consists of seven members split into two areas—Finance and Technology Services Unit— that collaboratively work together.

The Division of Administration aims to:

- Provide value-added support
- Ensure grants compliance
- Secure resources and sustain funding
- Manage SCWIC/eWIC operations

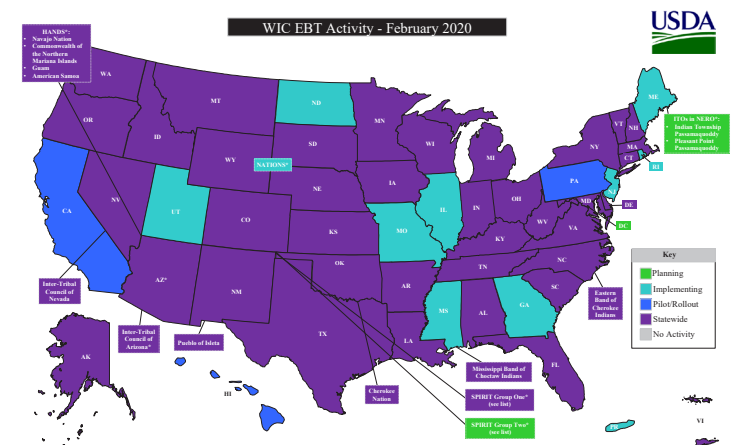
Check out some of the team’s accomplishments:

SCWIC/eWIC

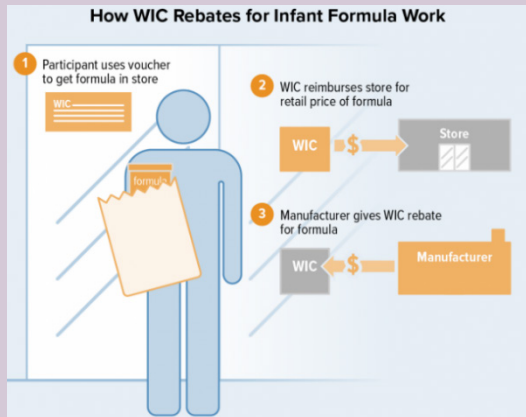
Successful implementation of a new Management Information System (MIS) called SC WIC and electronic benefits transfer (EBT) system also known as eWIC. SC WIC met the USDA 2020 federal mandate. Listed are the project’s milestones conquered in 2019:

- Stayed on the vigorous timeline submitted and approved by USDA in 2017 as governed by the FNS Handbook 901.
- Received more than \$6 million of federal grants for implementation
- Conducted User Acceptance Testing (UAT) with region superusers in February and March (The phase of the project in which the MIS (SCWIC) was tested, to ensure the system is functioning according to specifications and defined requirements and is acceptable to users. Stress and performance testing are often also a part of acceptance testing.)

- Successful pilot in Kershaw (the phase of the system development lifecycle in which the entire system is tested in a live environment (Kershaw Health Department) before it is rolled out and implemented statewide.
- Successful data conversion from CARES to eWIC in all four regions. This took dedication and commitment from staff as data conversation could only be done and verified on the weekends to avoid clinic interruptions.
- Required quarterly reporting, annual reports, hundreds of conference calls with FNS and contractors, and tedious work across many areas of DHEC.
- Trained each region: two trainings conducted in each region (eight total). The regions went live with the new system and eWIC after their training:
 - ♦ Midlands - September 2019
 - ♦ Pee Dee - October 2019
 - ♦ Lowcountry -October 2019
 - ♦ Upstate - November 2019
- Reached “statewide” implementation on November 28, 2019- color changed to purple on the FNS tracking map. (See below)



Division of Nutrition, Physical Activity, and Obesity Prevention



Contract Formula Solicitation

Posted for competitive bidding in November 2019; SC WIC's Current Contractor: Nestle, ends May 2020.

WIC uses a competitive bidding process under which infant formula manufacturers offer discounts, in the form of rebates, to state WIC programs to be selected as the sole formula provider to WIC participants in the state. Winning the WIC contract helps to ensure a manufacturer's brand is widely available and receives favorable shelf space in stores. When a manufacturer wins the WIC contract, purchases increase among non-WIC participants as well as WIC participants.

As a result, even though bidding is entirely voluntary, infant formula manufacturers routinely compete aggressively on WIC contracts and offer substantial rebates. Nationwide, the competitive bidding process yields \$1.3 billion to \$2 billion a year in rebates. As a result of these savings, WIC's cost to the federal government is much lower than the full retail value of WIC benefits for program participants. By securing savings through competitive bidding, WIC can serve more people with a given level of federal spending.

2019 FNS Financial Management Review

USDA Food and Nutrition Service (FNS) conducted a Financial Management Review (FMR) of Fiscal Year (FY) 2019 Financial Management Review (FMR) of the SC WIC program. The FMR is an ongoing assessment of the agency's administration of the WIC program. It provides the FNS regional office staff the opportunity to observe and evaluate the state agency's processes and procedures for compliance with requirements outlined in the federal financial regulations, FNS regulations, and FNS policy. Additionally, the FMR is an opportunity for FNS regional staff to provide technical assistance regarding new regulations and policy interpretations that may be needed. The FNS staff conducted an FMR of the SC WIC program at the local level in Myrtle Beach. The State Agency (SA) review was conducted in Columbia during May 6 – 9, 2019 and June 3 – 7, 2019. There was one finding regarding compliance with applicable property management requirements 2 CFR 200.313(b). It was addressed and the FMR was officially closed in October 2019.

Shopping Cart Initiative

The project's goal was to revamp the procurement process within portions of the Public Health Central Office and Health Regulations. Stephanie LeBray participated in this QI project and WIC was selected as a pilot program for this project. The purpose of the pilot was to identify a sustainable strategy for procuring purchases within public health central office and health regulations that complies with the separation of purchasing roles. Following the pilot, leadership decided to implement the changes to the remaining areas of the Public Health Central Office in April 2019. As a result of this initiative, DHEC is processing these procurements more efficiently.

Accounts Payable QI Project

Heather Price is currently participating in the Agency's Account Payable (AP) QI Project. This project's goal is to decrease the processing time for vendor payments. In 2019, some outcomes of this project included standardizing workflow within Accounts Payable by AP Vendor Assignments for processing payment, AP-Public Health Travel Assignments for processing payment and reducing wait times for Goods Receipts (GR) needed to pay an invoice.

The Division of Nutrition, Physical Activity, and Obesity Prevention (DNPAO) aims to improve access to healthier foods and opportunities for daily physical activity through policy, systems, and environmental approaches reaching South Carolinians where they live, learn, work, and play. DNPAO seeks to:

- Improve early care and education environments to support healthy eating and active living
- Improve school environments to support healthy eating and active living
- Improve student health through the implementation of a statewide, web based FitnessGram system
- Integrate access to healthy foods and opportunities for active living into community planning and design
- Engage partners to develop a plan to guide statewide and local action to prevent obesity



South Carolina's Health + Planning Efforts Highlighted by CDC

Congratulations to our Division of Nutrition, Physical Activity and Obesity Prevention (DNPAO) and the SC Health + Planning Advisory Committee for having their healthy eating and active living planning efforts recognized as a national success story by the Centers for Disease Control and Prevention (CDC).

DNPAO formed the SC Health + Planning Advisory Committee in 2013 to lead the South Carolina Healthy Comprehensive Planning Project. The committee's goal: "connecting health and planning in South Carolina."

To support this effort, the committee developed and disseminated the SC Health + Planning Toolkit, a healthy eating and active living policy guide for public health planning in South Carolina. DNPAO also released the South Carolina Healthy Comprehensive Planning Project Baseline Report which won the South Carolina State Library Notable State Documents Award in 2016.

A success story about these efforts was featured in The Insider: News and Updates from CDC's Division of Nutrition, Physical Activity, and Obesity. This publication is shared with public health advocates across the nation.

"South Carolina is one of the first states to address healthy eating and active living from a state level through comprehensive planning. Many other states are now following suit. We are always grateful when we can inspire and educate other states," said Lori Phillips, director of DNPAO. "The SC Health + Planning Advisory Committee is proud of our efforts to change the way communities are planned and designed to improve access to healthy foods and opportunities for daily physical activity."

Even though this is a longterm strategy, counties have already begun to integrate additional healthy eating and active living best practice policy recommendations into comprehensive community health plans.

DNPAO's efforts to connect public health and planning represents the agency's core values of Inspiring Innovation and strategy of Education and Engagement.



FitnessGram

One of the team’s major projects involve SC FitnessGram. FitnessGram is a statewide effort to evaluate and ultimately improve health-related fitness among public school students in South Carolina. The project involves the aggregation of health-related fitness data from public schools using a statewide FitnessGram software system. Physical education teachers administer six FitnessGram test items to

students enrolled in physical education (PE) classes in grades 5, 8 and in the high school PE course required for graduation. Height and weight only are measured in grade 2. The SC FitnessGram data shows that more than one-third of school-age youth are either overweight or obese and half did not meet the Healthy Fitness Zone standard for cardiorespiratory fitness.



S.C. Open Community Use Playbook Receives National Recognition

Congratulations to our agency’s Division of Nutrition, Physical Activity, and Obesity Prevention (DNPAO) on being highlighted in the ChangeLab Solutions’ Shared Use Playbook.

DNPAO’s Open Community Use Playbook was featured in ChangeLab Solutions’ national resource guide as a model for expanding access to opportunities for physical activity.

“DNPAO, Eat Smart Move More and the DHEC Region Community Systems Teams put a lot of time and energy into creating and sharing the playbook throughout our state,” said Lori Phillips, director of DNPAO.

“We are thrilled ChangeLab Solutions is helping to showcase South Carolina’s efforts at the national level.”

The same playbook, titled “Breaking Physical Activity Barriers Through Open Community Use,” won the South Carolina State Library Notable State Documents Award in 2015.

What is Open Community Use?

Open community use allows free community access to schools’ outdoor recreational facilities and is an effective and affordable strategy in combating obesity and increasing physical activity. This is especially true in rural areas.

South Carolina currently has the 10th highest adult obesity rate in the nation. Additionally, 49% of South Carolina public school students are not meeting health-related fitness requirements for cardiorespiratory fitness. By improving access to open community use programs, DHEC’s DNPAO team hopes to increase opportunities for daily physical activity for our residents.



To date, 18 public school districts across our state have adopted open community use of school recreational areas policies, including:

Upstate Public Health Region (5 Districts)		
1	Anderson School District 03	Anderson
2	Cherokee School District	Cherokee
3	Greenwood School District 52	Greenwood
4	McCormick School District	McCormick
5	Oconee School District 01	Oconee
Midlands Public Health Region (4 Districts)		
1	Barnwell School District 19	Barnwell
2	Barnwell School District 29	Barnwell
3	Lexington School District 04	Lexington
4	Richland School District 02	Richland
Pee Dee Public Health Region (8 Districts)		
1	Clarendon School District 01	Clarendon
2	Dillon School District 03	Dillon
3	Dillon School District 04	Dillon
4	Florence School District 01	Florence
5	Florence School District 02	Florence
6	Florence School District 04	Florence
7	Sumter County School District	Sumter
8	Lee County School District	Lee
Lowcountry Public Health Region (1 District)		
1	Colleton School District 01	Colleton

DNPAO’s efforts to improve access to and education on open community use programs represents the agency’s core values of Inspiring Innovation and strategy of Education and Engagement.



Division of Nutrition, Physical Activity, and Obesity Prevention

Who We Are and What We Do

Our Goal

The Division of Nutrition, Physical Activity, and Obesity Prevention (DNPAO) aims to improve access to healthier foods and opportunities for daily physical activity through policy, systems, and environmental approaches reaching South Carolinians where they live, learn, work, and play. You can learn more at www.scdhec.gov/DNPAO.

Our Strategies

- Improve early care and education environments to support healthy eating and active living
- Improve school environments to support healthy eating and active living
- Improve student health through the implementation of a statewide, web-based FitnessGram system
- Integrate access to healthy foods and opportunities for active living into community planning and design
- Engage partners to guide state-wide healthy eating, active living, and healthy weight efforts



Improving Environments to Support Healthy Eating and Active Living

Early Care and Education

DNPAO provides subject matter expertise and guidance on the integration of nutrition and physical activity best practice recommendations into early care and education systems. By working through the established systems to improve nutrition and physical activity practices in the child care environment, all current and future children attending these facilities are positively impacted. Providing environments that support healthy behaviors at this young age helps to build a foundation for healthy living.

Schools

DNPAO provides subject matter expertise and guidance on creating healthier school environments using best practice recommendations for nutrition and physical activity. By convening partners from national, state, and local levels, DNPAO garners support and resources to empower education leaders to improve nutrition and physical activity environments in schools. DNPAO coordinates the SC FitnessGram System, a statewide web-based health-related fitness testing and data management system, to enhance the ability of public schools to monitor and improve student health.

Community Planning and Design

Built environment interventions to increase access to healthy foods and opportunities for physical activity are well-documented as proven effective



strategies to improve population health. To assist communities with the best practice recommendations, DNPAO convenes the South Carolina Health + Planning Advisory Committee to connect health and planning in South Carolina. Through this committee, the SC Health + Planning Toolkit, a healthy eating and active living policy guide for planning and public health in South Carolina, is promoted. The focus of the Toolkit is to incorporate health-related planning principles into local government comprehensive planning, with the overall goal of providing a policy resource to understand, evaluate, and impact local planning policy. In addition to this Toolkit, DNPAO provides additional tools and guidance to assist communities in improving health through community planning and design.

Partner Engagement

To impact population nutrition and physical activity in the state of South Carolina, a multi-sector, collaborative approach is necessary. DNPAO co-leads the Healthy Palmetto Leadership Council which serves as the state lead coalition of organizations responsible for collectively addressing healthy eating, active living, and healthy weight within the Live Healthy SC State Health Improvement Plan chronic health conditions priority area. The purpose of Healthy Palmetto is to unify and mobilize healthy eating and active living efforts that create equitable opportunities for all South Carolinians to achieve a healthy weight.

Program Highlights

Early Care and Education

- [Improving the Nutrition and Physical Activity Environments of ABC Quality Child Care Centers in SC: A Five Year Review](#), summarizes the successful implementation of nutrition and physical activity standards by ABC Quality child care centers. ABC Quality program requirements continue to include nutrition and physical activity indicators as components of quality care.
- Identified, piloted, and recommended nutrition and physical activity standards for ABC Quality family and group child care home providers which ABC Quality leadership is considering for adoption. In preparation for the proposed standards, ongoing technical assistance is being provided to family and group child care home providers on creating healthier menus, increasing opportunities for physical activity, decreasing screen time, and supporting breastfeeding families.
- In collaboration with ABC Quality, an initiative to increase young children’s access to quality, naturalized outdoor environments that support play and learning across all domains of development was implemented in 20 child care centers. A framework to support statewide expansion of this initiative is under development. The quality of a child care center’s outdoor environment is particularly relevant because this is where children can learn to be physically active, can be motivated to play in nature, and feel comfortable outdoors – habits that may persist in later life.

Schools

- Through a partnership with the SC Department of Education, the Alliance for a Healthier Generation, and the Boeing Center for Children’s Wellness, the Local Wellness Policy State Technical Assistance Team (LWP STAT) was formed to support USDA’s Final Rule of the Healthy and Hunger-Free Kids Act of 2010. The interagency team provides professional development opportunities to school district administrators on how to adopt, implement, and monitor the SC School Boards Association’s model Local Wellness Policy to support the sustainability of healthy eating and active living opportunities in schools.
- [SC FitnessGram](#), a statewide web-based health-related fitness testing and data management system, is being used in 72 of 81 public school districts and has brought together leaders and experts to support efforts to improve health-related fitness among public school students. At the local level, the SC FitnessGram system provides ways to manage and report data to assist parents, teachers, and administrators in providing information that can strengthen fitness education, testing, and improve student health and academic achievement. SC FitnessGram will continue expanding efforts through exploring longitudinal analyses of the data and implementing communication strategies at the school, community, and state level.
- [Breaking Physical Activity Barriers Through Open Community Use](#) was developed to encourage school districts to adopt the SC School Boards Association’s model Open Community Use of School Recreational Areas policy to provide safe, convenient, and free places for physical activity during non-school hours. As of 2019, 18 school districts have adopted the model policy. Qualifying schools that complete the DHEC Open Community Use survey are offered free signs to promote the use of their outdoor recreational facilities for community use.

Community Planning and Design

- The SC Health + Planning Advisory Committee developed and promotes use of the [SC Health + Planning Toolkit](#), a healthy eating and active living best practice policy guide for local governments.
- [Creating Active Community Environments in South Carolina: A Grassroots Guide](#) is a beginner’s guide for communities that are interested in creating an active community environment. This includes local coalitions, community groups, and interested citizens who want to improve their built environment to increase physical activity.

Partner Engagement

- The Healthy Palmetto Leadership Council was officially launched in 2020 and has over 20 engaged partner organizations. For more information, please visit the [Healthy Palmetto page](#) on the Live Healthy SC website.

For More Information, Contact:

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Did You Know?



Poor diet and physical inactivity (combined) are the second actual cause of death (JAMA, 2004), contributing to South Carolina’s leading chronic conditions including some cancers, heart disease, stroke, and diabetes.



SC has the 14th highest rate (34.3%) of adult obesity in the nation (Trust for America’s Health: The State of Obesity 2018).



According to measured data of SC’s public school students, 37.0% of students are overweight or obese and 50.0% of students do not meet cardiorespiratory fitness requirements for good health (SC FitnessGram 2017-2018).



Division of Public Health Nutrition Practice and SNAP-Ed

The Division of Public Health Nutrition Practice and SNAP-Ed programs aims to:

- Improve health outcomes through quality nutrition services
- Deliver evidence-based nutrition services and nutrition education
- Help families on a limited budget make healthier food choices and choose physically active lifestyles
- Reduce the risk of obesity and chronic diseases through healthier eating and increased physical activity

The SNAP-Ed Team has collaborated with Prisma Health to deliver nutrition education programs to rural schools through the Telehealth Program. In addition, the SNAP-Ed Team assisted with survey development and curriculum implementation. The South Carolina Educational Television (SC ETV) broadcasting service has created videos about the telehealth program. The program is aimed at rural schools in Richland One School District and rural Sumter County. The telehealth program uses a school-based telehealth curriculum called Healthy Palmetto that was adapted from “Eat Well & Keep Moving” curriculum. The program incorporates nutrition lessons taught by SNAP-Ed registered dietitian nutritionists (RDNs).



Additionally, the team’s very own Brooke Brittain is working alongside Select Health with Marcus Lattimore to create fun cooking demo videos. These videos are used as a tool to promote healthy eating with tasty recipes. This is apart of a partnership with First Choice Community Center.

Phyllis Allen Honored for Public Health Nutrition Leadership During Black History Month

Congratulations to Phyllis Allen on receiving national recognition for her leadership on the Association of State Public Health Nutritionists (ASPHN) board. In honor of Black History Month, the association saluted Phyllis and other prominent African Americans for their outstanding contributions to our nation’s public health and public health nutrition.

Phyllis Allen serves as the Division of Public Health Nutrition Practice director, and was featured in ASPHN’s campaign – See It. Say It. Share It. The picture above shows Phyllis along with several public health nutrition champions, authors, surgeon generals and others who have made an impact on public health nutrition, including former First Lady Michelle Obama. These selected individuals were featured in a banner on ASPHN’s site during the month of February.

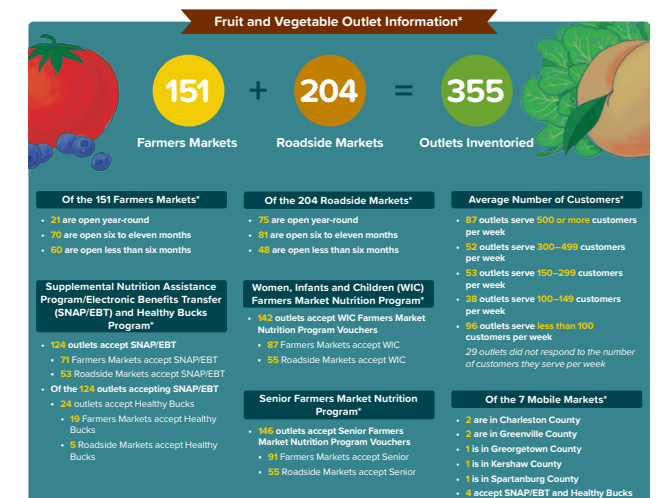


South Carolina’s Outlet Inventory

Kudos to our Bureau of Community Nutrition Services for upholding the agency’s vision of healthy people living in healthy communities. The bureau has formed a partnership with the SC Department of Agriculture, the SC Department of Social Services and the SC Association of Farmers Markets to identify food deserts statewide to help residents find markets near them.

To support this collaborative effort, the agencies set their focus on improving access to healthy foods which led to the SC Fruit and Vegetable Outlet Inventory. The inventory identifies farmers markets and roadside markets with predictable locations and hours where fruits and vegetables are sold.

Since starting the inventory, the team has seen tremendous growth in the number of farmers markets. In 2015, the first year of the inventory, 229 outlets were inventoried by staff. The number has increased with 355 outlets inventoried (151 farmers markets and 204 roadside markets). Seven mobile markets were also identified. The outlets inventoried are mapped to promote locations where residents can purchase fresh fruits and vegetables.





Division of Public Health Nutrition Practice and SNAP-Ed

Who We Are and What We Do

Our Goal

- Improve health outcomes through quality nutrition services
- Deliver evidence-based nutrition services and nutrition education
- Help families on a limited budget make healthier food choices and choose physically active lifestyles
- Reduce the risk of obesity and chronic diseases through healthier eating and increased physical activity

Our Strategies

- Build a competent public health nutrition workforce providing high-quality nutrition care and nutrition education
- Support healthy eating and physically active lifestyles at home, school, work and in the community
- Work with partners to offer services in the community
- Link with state agencies and non-profits to coordinate efforts and resources around nutrition education and obesity prevention

Empowering Families with Quality Nutrition Education

SNAP-Ed interventions focus on quality nutrition education and address nutrition concerns and food budget limitations faced by families with low incomes or receiving SNAP benefits. Evidence-based curriculums focus on topics such as building a healthy plate, increasing whole grains, food safety, label reading, meal planning, shopping on a budget, and physical activity.

Building Community Partnerships

SNAP-Ed collaborates with organizations to provide free classes for parents, caregivers, children and seniors at locations in their communities such as health centers, churches, child care centers, and schools. SNAP-Ed, with the help of community partners, hopes to inspire participants to make behavior changes that can improve their health and reduce healthcare costs.

Changing the Environment

SNAP-Ed collaborates with community partners to encourage policies, systems, and environment (PSEs) changes that improve access to healthy foods and increase opportunities for physical activity. PSEs support and reinforce the nutrition education SNAP-Ed provides to ensure healthy choices are easy choices for South Carolina families. One example is “Growing Calhoun, Orangeburg and Bamberg (COB)”, formed by community partners in the tri-county area to help combat hunger. COB helps empower communities, low-income households and schools to improve health outcomes by providing access to fresh food and nutrition education. COB plants a community garden on the campus of SC State University and distributes free produce to community members along with health education information. Future plans include expanding services in the area and planting additional gardens in Denmark and Holly Hill.



Program Highlights

- *Cooking Matters for Families®* partners with community sponsors to offer a 6-week course taught by a chef and nutrition educator. Topics include meal preparation, food budgeting, grocery shopping, using nutrition information to make healthier choices, and cooking delicious, low-cost meals. The Cooking Matters® Interactive Grocery Store tour provide hands-on education in a grocery store where participants learn how to compare foods for cost and nutrition and ways to plan healthy meals on a budget.
- *It's Your Health... Take Charge at the Farmers Market* partners with local farmers and nutrition educators to promote locally grown fruits and vegetables through food demonstrations at the farmers market. Participants sample foods, receive recipes, can purchase the fruits and vegetables used in the demonstrations, learn more about smart shopping for produce, learn how to include more fruits and vegetables in meals, and receive information on the fruits and vegetables available by season.
- *South Carolina Plants the Seed: Eating Well, Reading Well* is a joint venture between DHEC, DSS and SC State Library to address literacy and healthy food access in rural communities. The local library provides children with a free book on healthy eating, hosts a farm stand for library patrons to purchase fresh produce from local farmers, nutrition education, free samples of healthy recipes, craft activities and story time promoting healthy behaviors.
- *Tiny Taste See How We Grow* introduces preschool children to new fruits and vegetables in a fun way. The children learn how and where the food is grown, touch and smell it, and learn a song about the food before tasting it. Recipes and nutrition tip sheets are sent home for their parents about the item the child sampled.
- *Walk With Ease®* is a 6-week evidence-based program proven to help people with arthritis or other joint-related conditions reduce pain, increase balance, strength, walking pace, and improve overall health. Walk With Ease includes motivational strategies, nutrition and health education sessions, warm-up and cool down time and a 10-35 minute group walk. Cooking demonstrations using recipes from the Healthy Heart and Soul Recipe Book are built into the program.
- *TXT180* sends tips on healthy eating to participants opting-in for the service. After completing the It's Your Health Take Charge course, participants will receive text messages at least two times a month for one year and can text questions to instructors at specific times.

Did You Know?



1 in 5 children in South Carolina struggles with hunger and 46% of households receiving SNAP benefits have children.



SNAP-Ed provided direct education to 13,774 and reached another 119,582 through newsletters, trainings, events and educational materials in Federal FY 2019.



DHEC's SNAP-Ed programs are provided in 21 counties.

For More Information, Contact:

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Commonly Used Acronyms Throughout This Issue

ASPHN:

Association of State Public Health Nutritionists

BF:

Breastfeeding

CARES:

Client Automated Record & Encounter System

CDC:

Centers for Disease Control and Prevention

Cert:

Certification

CNS:

Community Nutrition Services

EBT:

Electronic Benefits Transfer

EHR:

Electronic Health Record

FMNP:

Farmers' Market Nutrition Program

FMR:

Financial Management Review

FNS:

Food and Nutrition Services

FY:

Fiscal Year

GAB:

Going Above and Beyond

MIS:

Management Information System

MOA:

Memorandum of Agreement

MOU :

Memorandum of Understanding

NWA :

National WIC Association

PE:

Physical Education

PIN:

Personal identification number

RDN:

Registered Dietitian Nutritionist

QI:

Quality Improvement

SA:

State Agency

UAT:

User Acceptance Testing

USDA:

United States Department of Agriculture

WIC SoW:

WIC Services on Wheels



It's important to take time to celebrate success!





www.scdhec.gov/wic