

Project/Activity Number: W2194

Project/Activity Title: Children's Healthy Living Network (CHLN) in the U.S. Affiliated Pacific Region

Period Covered: 08/04/2023 to 07/12/2024

Date of This Report: 08/07/2024

Annual Meeting Date(s): 07/08/2024 to 07/12/2024

Participants

Hingle, Melanie (hinglem@arizona.edu) - University of Arizona; Olfert, Melissa (Melissa.Olfert@mail.wvu.edu) - West Virginia University; Coleman, Patricia (patricia.coleman@marianas.edu) - Northern Marianas College; Novotny, Rachel (novotny@hawaii.edu) - University of Hawaii at Manoa; Butel, Jean (jbutel@hawaii.edu) - University of Hawaii at Manoa; Fialkowski Revilla, Marie Kainoa (mariekf@hawaii.edu) - University of Hawaii at Manoa; Esquivel, Monica (monicake@hawaii.edu) - University of Hawaii at Manoa; Aflague, Tanisha (taflague@triton.uog.edu) - University of Guam; Shallcross, Leslie (lashallcross@alaska.edu) - University of Alaska Fairbanks; Flemming, Travis (t.flemming@amsamoa.edu) - American Samoa Community College; Franck, Karen (kfranck@utk.edu) - University of Tennessee; Panizza Lozano, Chloe (cpanizza@hawaii.edu) - University of Hawaii at Manoa; Vanden Brink, Heidi (heidi.vandenbrink@ag.tamu.edu) - Texas A&M University

See attached spreadsheet of non-CHLN member attendees and CHL annual meeting agenda

Brief Summary of Minutes of Annual Meeting

See detailed meeting notes in Appendix A

Accomplishments

Short-Term outcomes:

Recipe protocol project: Developed recipe protocol for recipe submissions. Protocol incorporated into Hawai'i Foods website (<https://nutritioncenter.ctahr.hawaii.edu/hawaii-foods/>). Applied USDA Smart Snack criteria for nutrition that encourage consumption of local grown/produced foods in U.S. Affiliated Pacific (USAP) jurisdictions to recipe protocol.

Expanded Food and Nutrition Education Program (EFNEP) and Children's Healthy Living (CHL) Diet Quality project: Enhanced knowledge by sharing preliminary findings of association between EFNEP adult HEI and CHL child HEI.

Expanded Food and Nutrition Education Program (EFNEP) food security project: Shared status of food security data measures being conducted in the CHL jurisdictions. Obtained multi-year

data from EFNEP to conduct analysis. Collected and presented data on food subsistence among EFNEP and SNAP-Ed participants in Guam and Hawaii.

Outputs

CHL Healthy Snack protocol developed (see attached protocol)

CHLN page created on CHL website (<https://www.chl-pacific.org/chln/>)

Availability of Locally Produced Foods in the Children's Healthy Living Food Cost Survey for the United States Affiliated Region manuscript – submitted

Assessing and Measuring Food Security in U.S.-Affiliated Pacific Households: A Scoping Review Protocol – created on Open Science Framework (<https://osf.io/sxphj/>).

Inventory of “gray literature” food security measures across the USAP region (see attached spreadsheet)

Preliminary findings of association between EFNEP adult HEI and CHL child HEI.

Activities

Recipe Protocol project

- Refine protocol based on feedback from CHLN members
- Prepare and publish manuscript
- Present at conference (SNEB or ASNNA?)
- Place protocol on CHLN webpage
 - Monitor website traffic/metrics pre and post

EFNEP and CHL Diet Quality project

- Conduct survey with EFNEP coordinators to understand the diet recall process used in EFNEP
- Prepare and publish manuscript
- Present at conference (EFNEP conference or ASN?)

EFNEP Food Security project

- Complete Scoping Review
- Prepare and publish scoping review manuscript
- Finalize study design and methods
- Clean EFNEP data
- Conduct analysis
- Draft manuscript

NEW PROJECT: Explore the concepts around subsistence, and non-vendor distributed methods of food acquisitions as they relate to household nutrition security.

- Conduct meetings to understand components of subsistence and non-vendor distributed methods of food acquisitions.
- Develop definition(s) subsistence and non-vendor distributed methods of food acquisitions as they relate to household nutrition security.
- Conduct literature review for measures of nutrition security, subsistence and non-vendor distributed methods of food acquisitions.

Milestones

To establish a CHL Healthy Snacks Recipe Protocol by July 2025

- 1) CHL Healthy Snacks recipe protocol - COMPLETED
- 2) Pilot testing of CHL Healthy Snacks recipe protocol - COMPLETED
- 3) Revise CHL Healthy Snack recipe protocol based on pilot feedback – September 2024
- 4) Disseminate protocol – July 2025
 - a) Protocol on website (CHLN and Hawai'i Foods) – January 2025
 - b) Prepare manuscript for publishing – March 2025

Study associations between EFNEP adult HEI and CHL child HEI by July 2025

- 1) Conduct preliminary analysis – COMPLETED
- 2) Revise analysis based on preliminary feedback from CHLN meeting – October 2024
- 3) Revise EFNEP coordinator survey – August 2024
- 4) Conduct EFNEP coordinator survey – September 2024
- 5) Prepare manuscript for publication – December 2024

Conduct a descriptive study of EFNEP data related to food security by July 2025

- 1) Prepare scoping review of food security in USAP – March 2025
- 2) Develop study design and methods – October 2024
- 3) Clean EFNEP data – January 2025
- 4) Conduct analysis – May 2025

Impacts

Strengthened capacity to address food patterns and nutrition status of individuals and communities across the U.S. Affiliated Pacific Region through research, monitoring, extension, and training.

Indicators:

- Development of CHL Healthy Snack recipe protocol using USDA healthy snack criteria to identify healthy snacks and reduce consumption of snacks that are high in calories, saturated fat, sodium and/or added sugars but low in nutrient density.
- Obtained EFNEP data to study associations between dietary patterns between adults and children to better understand diet patterns in the USAPR.
- Obtained EFNEP data to describe food security at the individual and household level to better understand food security in the region.
- Develop questions to measure food subsistence and non-vendor distributed methods of food acquisitions as they relate to household nutrition security.

Publications

Sparks KS, Fialkowski MK, Dela Cruz R, Grandinetti A, Wilkens L, Banna JC, Bersamin A, Paulino Y, Aflague T, Coleman P, et al. Acculturation and Health Status in the Children's Healthy Living Program in the Pacific Region. *International Journal of Environmental Research and Public Health*. 2024; 21(4):448. <https://doi.org/10.3390/ijerph21040448>

Ryan, S. T., Okely, A. D., Chong, K. H., Stanley, R. M., Randle, M., Waqa, G., Yamanaka, A. B., Guerrero, R. L., Coleman, P., Shallcross, L., Wilkens, L. R., Deenik, J. L., & Novotny, R. (2024). Proportion and Correlates of Children in the US-Affiliated Pacific Region Meeting Sleep, Screen Time, and Physical Activity Guidelines. *Journal of physical activity & health*, 1:11. Advance online publication. <https://doi.org/10.1123/jpah.2023-0463>

Dela Cruz, R., Galbreath, J., Butel, J., Yamanaka, A. B., Wilkens, L. R., Aflague, T., Coleman, P., Shallcross, L., McFall, P., & Novotny, R. (2024). Social determinants of health literacy among parents and caregivers in the US-Affiliated Pacific. *Health promotion international*, 39(1), daae002. <https://doi.org/10.1093/heapro/daae002>

Dela Cruz, R., Novotny, R., Wilkens, L. R., Shvetsov, Y. B., Yamanaka, A. B., Butel, J., Aflague, T. F., Coleman, P., Shallcross, L., Deenik, J., Mapa, V. L. R., Boushey, C. J., & Fleming, T. (2023). Diet Quality of Young Children in the US-Affiliated Pacific's Children's Healthy Living (CHL) Program. *Journal of the Academy of Nutrition and Dietetics*, S2212-2672(23)01309-6. Advance online publication. <https://doi.org/10.1016/j.jand.2023.08.003>

Novotny, R., Aflague, T., Butel, J., Coleman, P., Fleming, T., Frank, K., Hovmand, P., Ing, C., Oshiro, J., Shallcross, L., Wilkens, L. (2023). Putting People Back Into Community Food Systems: Community-Based System Dynamics Children's Healthy Living Food Systems. *Current Developments in Nutrition*, 7 (Suppl 1). <https://doi.org/10.1016/j.cdnut.2023.100267>

Perez, R., Aflague, T., Badowski, G., Guerrero, R. L., Yamanaka, A., Wilkens, L., & Novotny, R. (2023). Association Between Healthy Food Store Accessibility and Obesity Prevalence Among School-Age Children in Guam. *Journal of Nutrition Education and Behavior*, 55(7), 61-62.

Abstracts

Butel, J., Yamanaka A., Braun, K.L., Revilla M.K., Esquivel, M., Fleming, T., Coleman, P., Shallcross, L., Aflague, T., and Novotny, R. Sustaining a Multi-level, Multi-Site Intervention: A Case-Study from the Children's Healthy Living Program. International Society of Behavioral Nutrition and Physical Activity, Omaha, NE (May 2024).

Appendix A

2024 CHLN Annual Meeting Notes

Friday, July 12, 2024

2024 CHLN Annual Meeting Notes
Friday, July 12, 2024

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| Session Date: | Friday, July 12, 2024 |
| Session Time: | 9:20am |
| Session: | Welcome by Melissa, Walter, Helen |
| Objectives: | Objective: Review Multistate Objectives Objective: discuss CHLN's mission in relation to CARES |
| Session Moderator: | |
| Lead Recorder: | Jordan Oshiro gabrielle.arianne@gmail.com absikes@alaska.edu ashley.sikayun@marianas.edu uJean Butelmelissa.olfert@mail.wvu.edu |
| Docs related to this session: | |

| Topic | Issues/Status | Plan/Suggestion/Action/Decision |
|-------------------------|--|---|
| Welcome by Walter Bowen | <p>Discussed reporting requirements for multistate - stressed need to highlight efforts and successes in the report</p> <p>Membership - Travel and extension costs. Funding is used by colleges to help supplement normal faculty salary. BUT it just can't be used for research or extension work. Look at the membership roster, so depending on who is on the list and where the meeting location is, dictates how you can use the funds. Funding is only for those with faculty positions funded at a land grant institution. BUT you can still be a "member" if you are not fitting this description, such as Chloe Lozano.</p> | <p>COMMENTS: Rachel: CHLN was developed as a way to create a network or structure that can maintain the connection of CHL across the years.</p> <p>Helen: Explanation of picking up and dropping projects. "The reports that Walter is discussing are the ones that I and other National Program Leaders review."</p> |

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| Session Date: | Friday, July 12, 2024 |
| Session Time: | 9:45am |

2024 CHLN Annual Meeting Notes
Friday, July 12, 2024

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| Session: | CHLN Discovery! |
| Objectives: | Objective: What work are you doing in the context of CHLN? Let's discuss what work we can collaborate on! *Capture |
| Session Moderator: | Melissa and Members/Institutions |
| Lead Recorder: | Jordan Oshiro gabriellearianne@gmail.com mabsikes@alaska.edu ashley.sikayun@marianas.edu uJean Butelmelissa.olfert@mail.wvu.edu |
| Docs related to this session: | |

| Topic | Issues/Status | Plan/Suggestion/Action/Decision |
|----------------|--|--|
| Guam | <ol style="list-style-type: none"> 1. Food Subsistence questions in SNAP-Ed & EFNEP. What question would work best to capture this data? How do you phrase and interpret it? 2. Breast feeding, Working with CNMI/NMC, Guam WIC asked for joining in and working with a program/outreach to help. Capturing images... 3. Something else for later | Suggestion: look into "Modernization of WIC" |
| Hawaii | Used Hawaii SNAP-Ed to ask about Food Subsistence (rather than foraged) <ul style="list-style-type: none"> - Worked with Lehua to advise and Ashley Y to run data - Significant difference more males than females, and some trend/significance based on ethnicity (non-specific) - Assistance programs and SNAP are strongly correlated, but not any of the food security questions - Note: Local food source paper also now under review | Suggestion: using the term "often" in questions vs others; graduation on scale |
| CNMI | Regenerative Agriculture <ul style="list-style-type: none"> - Among farmers and mothers, linking EFNEP and other programs to collaborate | |
| American Samoa | No representative | |

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| Alaska | <p>Leslie is not connected to SNAP-Ed and EFNEP, and does not have a research program</p> <ul style="list-style-type: none"> - Leslie's interest has more interest in working with 4-H programs, with integration with land grant programs | <p>QUESTION: It's not just SNAP-Ed and EFNEP right? No, but since it is something that</p> |
| Tennessee | <p>Food Security project in the afternoon</p> | |
| Arizona | <p>Melanie would be willing to work with</p> <ul style="list-style-type: none"> - Does giving food to people help with diabetes control? <ul style="list-style-type: none"> - healthcare systems and how food security interacts. One of the challenges is transportation: getting to the place where interventions are being provided. - Perception of availability; <ul style="list-style-type: none"> - Community based participatory approach, where they try to help develop the tools - Culinary medicine initiative - grant from Novo nordisk, creating an OER for this intervention (Monica is helping!) <ul style="list-style-type: none"> - Food as medicine intervention among tribal/native communities - 4-H Pima county lifestyle program | <p>SUGGESTION: Subsistence question Health impact, Center for nutrition, food security and measurement. https://www.centerfornutrition.org/nutrition-security</p> <p>SUGGESTION: Monica- Maybe a GMB type process, to help better plan evaluate programs. As part of produce prescription programs.</p> <p>SNAP-Ed, subsistence programs to fund programs. Lehua/Cassie: notes about the questions about subsistence coming from issues in Molokai, but using food assistance programs to help fund it. Key question: Does the community even need it?</p> |
| Texas | <p>PCOS focuses on adolescents. How PCOS develops in menarche as an independent risk factor for T2D. Physiological development. How do you mitigate symptoms and monitor development of it?</p> <p>Food insecurity is higher in those who were not diagnosed with PCOS</p> <p>Corpus Christi- Hispanic adolescent populations</p> <ul style="list-style-type: none"> - Role of diet in development of PCOS - Half-way through study - irregular cycles vs regular cycles have higher BMI and markers <p>Submitted an RO1 with Melissa and Tanisha on how PCOS develops in menarche as an independent risk factor for T2D for populations in Texas, West Virginia and Guam.</p> | |
| Chloe | <p>PortionSize Ed app for SNAP-Ed in Hawaii *Provided set of separate slides to explain how the app works</p> | <p>QUESTION: Is there a cost for the app? RESPONSE: It is Currently Free!</p> |

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| | <ul style="list-style-type: none"> - Noting what foods are not included in FNDDS - Study to start 8/27/2024 in Kauai, testing feasibility and accessibility of app <p>Will be demo'ed in SNEB 2024</p> | <p>QUESTION: Who are you working with to pilot the app? RESPONSE: Working with a SNAP-Ed educator on Kauai who is connected with the school</p> |
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| Session Date: | Friday, July 12, 2024 |
| Session Time: | 11:15AM |
| Session: | Recipe Protocol |
| Objectives: | Evaluate recipe protocol with hands-on activity |
| Session Moderator: | Monica |
| Lead Recorder: | Jordan Oshiro |

| Topic | Issues/Status | Plan/Suggestion/Action/Decision |
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| | <p>Objective: Increase availability of child-friendly snack recipes that meet USDA Smart Snack criteria for nutrition that encourage consumption of local grown/produced foods in jurisdictions</p> <p>Project Goal Year 1: "Develop Recipe Protocol"</p> <p>Primary Audience for using the recipe protocol are SNAP-Ed and EFNEP nutrition educators Secondary Audience: families, school food service, schools, parents, public, nutrition educators, educators, Registered Dietitians</p> <p>Protocol Contains: Food and nutrient criteria Checklist for evaluating standardized recipes Recipes from Work in Kitchen</p> | |
| | <p>Practice with implementing the CHL Snack Nutrition and Recipe Criteria</p> <p>Activity: Break into 3 groups to prepare 1 recipe Rotate across 3 activities 1) Test recipe in kitchen 2) Obtain PacTrac output on recipe</p> | |

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Friday, July 12, 2024

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| | 3) Apply CHLN recipe protocol to recipe BACKUP LINK https://tinyurl.com/chln-recipe-tool 4) Evaluate recipe protocol https://tinyurl.com/chln-recipe-eval | |
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| Session Date: | Friday, July 12, 2024 |
| Session Time: | 1:20 PM |
| Session: | EFNEP Data HEI |
| Objectives: | Present current status of analysis and get ideas for next steps "Topic: EFNEP data HEI Objective: (1) To discuss preliminary findings of association between EFNEP adult HEI and CHL child HEI (2) To clarify methods used for EFNEP 24 hour recall data collection and entry in each jurisdiction for reporting in the planned manuscript. Time: 60 min" |
| Session Moderator: | Chloe Lozano |
| Lead Recorder: | Jordan Oshiro Rica Ann Dela Cruz |

| Topic | Issues/Status | Plan/Suggestion/Action/Decision |
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| EFNEP HEI score data | Results comparing between CHL and EFNEP, by jurisdiction and comparing nationally RACHEL: FOIA (Freedom of information act) request process. Anyone can request, it is always federally owned, typically EFNEP is not notified, Melanie says she receives notices of her data being FOIA'd | |
| | EFNEP participant HEI scores were lower than CHL participant HEI scores - the main question is how to compare the methodology of collecting the data between the two programs COMMENTS: <ul style="list-style-type: none"> • Yurii: Clearly define what is meant by "Rolling Average" | SUGGESTION: Re-analyze with only Day 1 diet quality HEI-2020 for CHL children. |

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| | <ul style="list-style-type: none"> • Helen: This is hard! HEI score calculations is difficult and tricky • Participants are adults • Do the different jurisdictions have the same kind of rankings vs adults • Differences are “similar” but not “trends” | |
| | ACTIVITY: Reviewing the survey activity | ACTION: Give feedback to Chloe! |

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| Session Date: | Friday, July 12, 2024 |
| Session Time: | 2:10 PM |
| Session: | EFNEP Food Security Data |
| Objectives: | Topic: EFNEP data Food Security Objective: To discuss preliminary data and follow-up on food security activity from earlier in the week |
| Session Moderator: | Karen (Tanisha left early) |
| Lead Recorder: | Jordan Oshiro |

| Topic | Issues/Status | Plan/Suggestion/Action/Decision |
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| | UPDATES: <ul style="list-style-type: none"> • Just received the EFNEP data • Jennifer is collating the data on food security throughout the region | |
| | EFNEP pre-survey data with adults <ul style="list-style-type: none"> • Focus on pre-survey EFNEP 5 domains data questions as we aren't looking at the effect of the program • Looking at responses to EFNEP domain questions to see if they differ based on food security status Changes to the EFNEP survey <ul style="list-style-type: none"> • Over time the EFNEP survey has changed from a 10, 20, 30 item questionnaire <ul style="list-style-type: none"> - Food security question went from 1 to 2 to 3 questions - Other EFNEP domain questions have also changed | PLAN: Work with Ashley Y to clean and prepare data for analysis COMMENTS: RACHEL: Originally was going to use EFNEP data to integrate for CHL FS data QUESTIONS: <ul style="list-style-type: none"> • Would be good to know about running out of food... • Would classifications drastically change the prevalence? |

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| | <p>Other data to be considered</p> <ul style="list-style-type: none"> Household characteristics and environments for food secure vs non-food secure <ul style="list-style-type: none"> For example: Participation in nutrition assistance programs, Monthly HH income, # adults, # children, money spent on food per month Undecided if CHL participant data to be included in the study <ul style="list-style-type: none"> EFNEP 1996-2017 food security question is the same as the CHL food security question. <p>Next steps</p> <ul style="list-style-type: none"> Update data request for CHL Compare EFNEP question changes over time Clean EFNEP Data Recreate dichotomous food security variables Decide domains/questions to compare with food security | <ul style="list-style-type: none"> Was there fine thinking about each question? Or did participants answer “yes” to all the food security questions? - Why did the questions change over time? HELEN: Same questions used for 20 years, people and their circumstances has changed. In 2017, NIFA asked for a review looking at current data in research, solicited recommendations for change. So the 20 item was kind of a balance between what researchers/evaluators wanted and what the administrators of the checklist could be willing to do. Considered things like program priorities etc, research was just a piece of programming policies etc. Over the short-term period and a follow up review in 2021, they were able to go to the 30-Q, and didn’t get push back from the staff and participants. <p>SUGGESTION Melissa: The questions might be different questions/studies. This is descriptive study. Future studies could be conducted to answer the questions posed.</p> <p>HELEN: Would recommend not looking at the older questionnaire. Not validated or sufficient. Just put in the discussion that during the time period in question (2013+)</p> |
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| Session Date: | Friday, July 12, 2024 |
| Session Time: | 3:10 PM |
| Session: | Workplan and Meetings |
| Objectives: | Topic: CHLN workplan and meeting schedule Objective: To discuss workplan and meeting schedule |

2024 CHLN Annual Meeting Notes
Friday, July 12, 2024

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| Session Moderator: | Jeannie, Melissa |
| Lead Recorder: | Jordan Oshiro |

| Topic | Issues/Status | Plan/Suggestion/Action/Decision |
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| CHLN Website | Submit changes to Sabine! | SUGGESTION: Put on products https://nimss.org/projects/view/18822 |
| 2025 Annual Meeting | Proposed dates: July 14-18, 2025 Is the Friday meeting a good time? Issue with some people coming early and leaving early. Melanie: Feels like the Friday works, or anything, 2 half days | DECISION: Confirm with all main CHLN members on getting attendance and structure. DECISION: Continue to meet in Hawaii, as it is easiest |
| | <p>Chairs - Election & Duty/Role of Chair</p> <ul style="list-style-type: none"> - Generally understanding and knowing what's going on - Putting together notes, completing report and tracking on NIMSS, submit to Advisor (Walter), who submits to Committee (Helen) <ul style="list-style-type: none"> - HELEN: The cleaner and clearer you can make it, the easier it is to review, avoid misunderstanding, it may not be even be read - Leading the Annual Meeting - Following up with advisor (Walter) and grant officer (Helen) <p>Official Members (12):</p> <ol style="list-style-type: none"> 1. Heidi 2. Melanie 3. Melissa 4. Rachel 5. Leslie 6. Patty 7. Tanisha 8. Karen 9. Jeannie 10. Monica 11. Travis 12. Marie <p>Non-official members/collaborators:</p> <ol style="list-style-type: none"> 1. Chloe | <p>DECISION: Leslie to be co-chair</p> <p>DECISION: Jordan will work with Karen and Jeannie to work with meeting scheduling</p> |

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| <p>Workplan</p> | <p>Goals by 2025 meeting per subgroup</p> <p>*NEW PROPOSED PROJECT: Explore the concepts around subsistence, and non-vendor distributed methods of food acquirements.</p> <ul style="list-style-type: none"> • How are the concepts understood? • How are the concepts defined? • How are they being measured at the household level? <p>(Jeannie - Melanie/Ashley M/Melissa)</p> <p>Jeannie: wants to essentially ask the question, “if the shipments/ports close, how would people get food?”</p> <ul style="list-style-type: none"> • HELEN: Subsistence... deep dive of program, thorough review, not currently of discussion. Can’t speak to what is going on, but if it is something that is interest should be sent out. • Jennifer: Terms used in Alaska and some surveys vary per precision. • HELEN: There’s some gaps here, and would encourage if there is a gap in understanding how people acquire food would be valuable. There’s a colleague (Name?) who is interested in getting the data, and there’s some traction in understanding. • Rachel: this person chaired ASN-Climate Health session CHAIN. | <p>Recipe Analysis Development Tool - Monica GOAL: Refine and prepare some sort of publication; journal determined?</p> <p>EFNEP Data - Food Security - Karen/Tanisha GOAL:</p> <ol style="list-style-type: none"> 1. Complete Scoping Review (Jennifer) up for review 2. Analyze data and draft a manuscript (Karen/Tanisha) <p>EFNEP Data - HEI scores - Chloe/Rachel GOAL:</p> <ol style="list-style-type: none"> 1. Modify and submit survey 2. Draft manuscript, hopefully for review |
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