



**ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE**

This newsletter is produced by the *Nutrition Education Network of Washington* to enhance communication and coordination among those who educate Washington families about nutrition and food. *Energize Newsletter for Nutrition Educators* shares brief information about programs and materials that support healthful and enjoyable eating.

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SUBSCRIPTION INFORMATION

Energize Newsletter for Nutrition Educators can be sent to you electronically each month. There is no charge. To subscribe or unsubscribe, contact Kathleen Manenica, WSU Puyallup, 253-445-4598, e-mail manenica@wsu.edu.

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SNAP-Ed

WASHINGTON STATE UNIVERSITY
EXTENSION

USDA is an equal opportunity provider and employer.

This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

Survey closing April 30

We value your opinions - please fill out our short questionnaire!

Please take a few minutes to provide your input. We conduct a survey of our readers biennially to assure the *Energize Newsletter* is meeting both your needs and ours. *All information is confidential.*

To complete this short survey, please click [here](#).

This Month's Focus: *PSE at the Workplace*

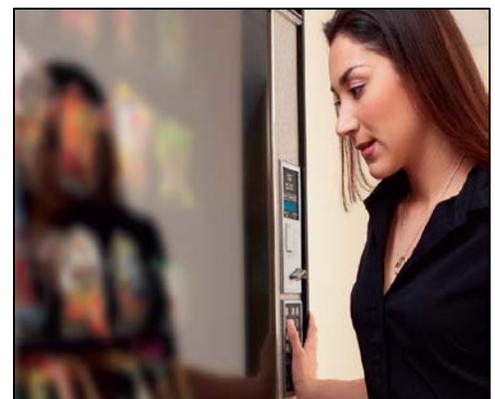
In our effort to make the healthy choice the easy choice where people live, work, and play, the worksite is an important frontier for nutrition educators. The [SNAP Ed Plan Guidance FY2017](#) provides guidance for Worksite Wellness Initiatives (p 57) to identify worksites that are at or below 185% FPL. The information presented offers potential providers methods to identify which types of occupations would most likely fulfill SNAP Ed eligibility requirements.

When workers eat more healthfully and have opportunities for activity on the job, they tend to be more energetic, miss fewer days of work due to illness, be more productive, and may have a boost in morale knowing that the employer cares about their well-being.

http://www.bls.gov/oes/current/oes_nat.htm.

What can employers do to implement PSE at the qualified worksites?

- In a **Policy change** (a written organizational position, decision, or course of action), an employer could update procurement standards to swap out high-calorie, high-fat, and high-sugar items in vending machines with more healthful options such as nuts, fruit, and whole grain crackers.



Source: California Fit Business Kit

- In a **Systems** change (organizational procedures), an employer might offer an annual health risk assessment to its employees. Individual employees would see where they could make improvements or reaffirm what they're already doing well. The employer could aggregate the data to plan targeted health promotion initiatives.
- In an **Environmental** change (physical, observable changes in the built, social, or economic environment), management could provide better lighting and appealing colors and messaging on walls in stairwells to make them safer and more inviting; add bike racks to encourage employees to cycle to work; install water fountains that provide means to refill water bottles; reimburse employees for using public transit.

In this issue of the *Energize Newsletter* we identify useful resources for nutrition educators to assist employers in making changes in their policies, systems, and environments so that their workers can have greater opportunities for activity and healthy food choices.

PSE Review - Previous *Energize Newsletter* issues on PSE were:

- [PSE Overview](#), October 2014
- [PSE: Environmental Change](#), December 2014
- [PSE: Policy and Systems Change](#), Late Winter 2015
- [PSE Strategies in Retail Settings](#), March 2017

Worksite Wellness at Washington's Labor and Industries – This spring, employees at Washington's L&I offices can take a virtual trip up the west coast of the US in a "Spring Fling-A-Go-Go." They will track their activity, earn bonus points for watching a mental health video, eating better, or reading about MyPlate, and watch their progress on Highway 1, thanks to an interactive wellness platform that uses Googlemaps. This is just one of many programs under Doug Spohn's umbrella as L&I Wellness Manager. The agency's director is very supportive of employee wellness, which can include walking meetings, body breaks for stretching, an onsite diabetes prevention program, a paved walking path, community supported agriculture, healthy options in food service, and weight-loss teams. Doug says that department managers play a key role in modeling healthy behavior for their staff. For nutrition educators approaching an employer about improving worksite wellness, he advises first finding out what the employer has already done, be flexible, and don't make suggestions that would take people away from their work stations. Start small and build relationships before coming up with creative strategies.



Source: California Fit Business Kit

David Bonauto, MD, MPH, Research Director at L&I, focuses on overall health and workplace health, particularly in preventing workplace injuries and illness. He was the lead researcher on a [study](#) that looked at obesity in our state in relation to occupation. Dave says that Washington was the first state to recommend adding industry and occupation to BRFSS (Behavioral Risk Factor Surveillance System). By doing so, public health officials can gain a better understanding of the types of jobs that are most associated with obesity. Since the publication of his research study in CDC's "Preventing Chronic Disease," 25 more states followed suit to add occupation and industry to BRFSS. In the paper, a table lists the prevalence of obesity by occupation. As examples, 38.6% of Washington truck drivers and 29.5% of workers in cleaning and building services were obese compared to 24.6% of all occupations. The study also assessed fruit and vegetable intake. (Contact: Doug Spohn, Labor & Industries Wellness Manager, Doug.Spohn@LNI.wa.gov. David Bonauto, MD, MPH, Research Director, Associate Medical Director, Safety and Health Assessment and Research for Prevention Program Washington State Department of Labor & Industries, bone235@LNI.wa.gov.)

Using Food Psych at Work – Adam Brumberg, Deputy Director of the Food & Brand Lab at Cornell University, claims that employers can use an understanding of hidden factors that drive food choices to subliminally guide employees to better health. Words matter: In a cafeteria, when customers chose granola labeled "fat-free", they ate 35% more than regular granola. The order in which a worker sees the food makes an impact on choices. Put the healthier foods first on a buffet or cafeteria line, such as salad, and they'll take more of that. How an activity is branded makes a difference. For example, 56 adults were taken on a two-mile walk before lunch. The first group was told they were on a scenic walk, while the second group was told they were exercising. The second group ate measurably more pudding for lunch. (Source: Webinar, Food & Culinary Professionals, January 27, 2017 and [Cornell's Food & Brand Lab](#).)

TOOLS OF THE TRADE

California Compendium – California’s “Champions for Change” offers a useful descriptive list of PSE strategies in the workplace, focusing on programming targeting SNAP-Ed. In addition to assessment instruments and general strategies, it includes suggestions for healthy vending and tips for walking and biking to work. [PSE Compendium – Worksite Wellness](#) was prepared by the California Department of Public Health’s Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed.

Worksite Tool Kit for Employers – Nutrition educators wishing to make worksite inroads with employers might find [California Fit Business Kit!](#) a useful resource. This tool kit helps employers develop and implement a workplace culture and environment that supports healthy eating and physical activity among workers. It includes such topics as assessing the worksite, establishing policies for healthy meetings, setting healthy standards for foods served at onsite cafeterias, arranging for fresh produce delivery and starting an onsite farmer’s market, creating physical activity clubs, and more. Each component is designed to be easily implemented in worksites large and small, and individually or as part of a worksite wellness program.



Source: California Fit Business Kit

PSE How-To’s in the Workplace – Minnesota’s ambitious “[Worksite Wellness Tool Kit](#)” provides an extensive guide to PSE at worksites, including nutrition and physical activity. Before delving into the strategies themselves, the guide spends many of its 44 pages describing how to get support from management, build a team, collect data to assess the environment, and create a plan. Showing how Minnesota’s model can be adapted locally, Rochester, New York, created its own [tool kit](#) with an excellent introduction to PSE strategies at worksites.

IN THE MEDIA

Cooking at Home Is Cheaper and Healthier – Local researchers at the University of Washington made national news with the publication of its study of the healthfulness and cost of home-cooked meals. “By cooking more often at home, you have a better diet at no significant cost increase, while if you go out more, you have a less healthy diet at a higher cost,” said Adam Drewnowski, Director of the UW’s Center for Public Health Nutrition. The study used USDA’s Center for Nutrition Policy and Promotion’s [Healthy Eating Index](#) to define a healthy diet. Home-cooked meals meant diets lower in calories, sugar, and fat, but not with higher monthly expenses for food. Neither income nor education affected the results. (Source: A Tiwari, A Aggarwal, W Tang, A Drewnowski, “[Cooking at Home: A strategy to comply with US Dietary Guidelines at no extra cost.](#)” *American Journal of Preventive Medicine*, 2017, in press)

WASHINGTON GROWN

Fresh This Month – Say “peas,” please! Peas and pea vines are among the first farm-fresh vegetables of springtime in the Pacific Northwest. Asparagus is a local springtime favorite, along with many varieties of tender lettuces, spinach, mustard greens, baby bok choy, and some herbs such as chives.



Source: Thinkstock

Ruby Red Rhubarb – April marks the beginning of rhubarb season in Washington State and field-grown rhubarb is available through June. Hothouse rhubarb finds its way to stores in off-season. Also called “pieplant” because that’s how most consumers use it, rhubarb is actually a vegetable. Rhubarb comes in red and green varieties, but the color has no impact on flavor and is not a gauge of ripeness. A ½ cup serving of raw rhubarb has just 13 calories and provides 22% of the Daily Value for vitamin K. Because it is so tart, rhubarb is generally combined with other fruits or sugar for pies and cobblers, and for compotes to top yogurt, fish, meat, or cooked cereal. For tangy flavor and a nutritional boost, diced rhubarb makes a great addition to muffin or pancake batters. Just don’t eat the leaves! Although the stalks are perfectly safe, the leaves contain dangerously high levels of oxalic acid which can cause illness including kidney disease. USDA SNAP-Ed provides [recipes and educational materials](#) about rhubarb.

DID YOU KNOW?

The “P” in P-Patch isn’t for the vegetable, the pea. Instead the P is for the Picardo family, which donated land for Seattle’s first community garden. In the 1970s, UW graduate student Darlyn Rundburg and others convinced the city to preserve the land for public gardening. It remains the largest community garden in the Seattle area, with 281 garden plots in an area measuring 98,000 square feet. From that first P-Patch, more than 88 others have blossomed for Seattle-area gardeners to grow food for themselves and food banks. (Source: MOHAI exhibit, Edible City, <http://mohai.org/exhibit/edible-city-a-delicious-journey>.)



EAT TOGETHER EAT BETTER – Family Meals Focus

Because our readers have told us that Family Meals is a hot topic, in the May 2011 issue we began a small section on recent news relating to this topic and our long-standing signature program, Eat Together, Eat Better.

Make America Dinner Again – There’s nothing like the dinner table to provide a great vehicle for conversation with friends, families, and even strangers. In response to the divisiveness in the US following the 2016 election, Justine Lee and Tria Chang developed an

effective strategy to build understanding among people whose opinions might differ. Their suggestion is to invite six to ten people to sit down and have dinner together, and listen to each other. The dinners include not only delicious food, but also respectful conversation and guided activities. [Make America Dinner Again](#) offers a free downloadable helpful step-by-step guide.

OUR MISSION: *The Nutrition Education Network* coordinates nutrition education efforts to communicate consistent, positive and relevant messages to increase awareness of healthful and enjoyable eating among low-income families. *Energize* is one way that *the Network* shares information and resources to accomplish this mission.

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