

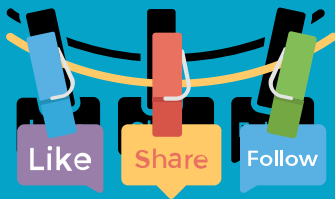


Awareness
Prevention
Education
Family



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Garden Sloppy Joes



If you wish to submit content for the State Nutrition Action Committee (SNAC) monthly newsletter, please send it to info@indianasnac.com

SNAC Resources

SNAC Celebrates Men's Health Month

June is Men's Health Month, during which we aim to raise awareness about common health issues faced by men. Studies show that men tend to avoid seeking medical attention or reporting their symptoms, in comparison to women.

Only 60% of men go for an annual routine check-up, while 40% wait until something serious happens to visit a doctor. The mortality rate for men is **41% higher** than that of women.

Moreover, men have a higher mortality rate than women for 8 of the top 10 leading causes of death, which include heart disease, cancer, stroke and diabetes.

Learn more about Men's Health Month [here](#).





SNAP-Ed Social Media Intern

Sofia Ramirez



As the SNAP-Ed social media intern for the Division of Nutrition and Physical Activity at the Indiana Department of Health, Sofia is responsible for managing the social media presence of the Indiana State Nutrition Action Committee (SNAC) across Facebook, Instagram and LinkedIn. Sofia creates innovative ways to boost engagement on SNAC's social media platforms, by creating content that resonates with community members and stakeholders.

Sofia recognizes the potent influence of social media in spreading awareness and information and is currently developing a video series to educate the community about SNAP-Ed and SNAC's efforts in addressing food insecurity in Indiana. Furthermore, Sofia is conducting a thorough SWOT analysis for each social media platform to ensure that they are all engaging and informative. This strategic approach aims to maximize the impact of SNAC's social media presence.



Resources

GusNIP Site Map

This new resource, the GusNIP Site Map, displays where nutrition incentive and produce prescription sites are located. Users can also see where geographic gaps exist.

[Access tool here](#)

Active Transportation Webpage

The US Department of Transportation (USDOT) launched a new webpage as part of its commitment to increase transit and active transportation trips by 50 percent over 2020 levels by 2026. This page provides resources that detail the safety, economic, climate, equity, and other benefits of active transportation and active transportation infrastructure; summarize active transportation work at several federal agencies; describe USDOT funding programs and initiatives; and provide announcements, related links, and documents.

[Access the guide here](#)

CHAMPS National Hospital Enrollment

CHAMPS (Communities and Hospitals Advancing Maternity Practices) National is working with hospitals across the U.S. and territories on reducing racial disparities in breastfeeding rates and maternal-child health practices. CHAMPS National recently enrolled new sites into the program and now have 78 sites enrolled. Hospitals are being enrolled on a rolling basis and will receive free training and support from a diverse team of experts to safely implement the World Health Organization/UNICEF's Ten Steps to Successful Breastfeeding. Interested hospitals can find more information on their website.

[Access information here](#)

SNAC Tools

[Community Compass](#)

[Educator Wellness Toolkit](#)

[Toolkit for Food Banks](#)

[Indiana Grown for Schools](#)

[Indiana Active Living Guidebook](#)

[Indiana Healthy Worksites Toolkit](#)

[Indiana Safe Routes to School Guidebook](#)

[Indiana Shared Use Toolkit](#)

[Indiana Department of Health Internship Postings](#)

[Advancing Health Equity: A Guide to Language, Narrative, and Concepts](#)

Questions for the DNPA?
Reach us [HERE!](#)

Resources

Household Food Insecurity Across Race and Ethnicity in the United States

This report summarizes annual USDA, Economic Research Service data on food insecurity across four racial and ethnic groups and extends these groups to include American Indian and Alaska Native, Asian, Hawaiian and Pacific Islander, and multiracial groups to determine the extent and severity of food insecurity in U.S. households. The report outlines the prevalence of food insecurity in each of the nine racial and ethnic groups by household and individual characteristics.

[Read full report here](#)

Keeping It Political and Powerful: Defining the Structural Determinants of Health

This article argues for a broader understanding of the social determinants of health, which they call the structural determinants of health, that makes clear the need to address the forces and systems that maintain inequity and defines this work as a political endeavor. The structural determinants of health are defined as the rules that create, maintain or eliminate durable and hierarchical patterns of advantage among socially constructed groups in the conditions that affect health, and the manifestation of power relations that people and groups with more power in social structures work to maintain their advantage.

[Read article here](#)

Child Nutrition Data Dashboard

This resource provides national and state level visualization of meals served, participation, and funding data for the National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Program.

[Access dashboard here](#)

Meeting Neighbor Needs with Culturally Connected Foods Guide

This guide, created by University of Connecticut's Rudd Center for Food Policy and Health, provides food banks and food pantries with ideas to help meet the cultural needs of neighbors within the charitable food system. It includes editable surveys that programs can use to learn about community needs.

[Access guide here](#)



Multi-sectoral preventive interventions that address social determinants of health in populations that experience health disparities

Deadline: July 5

This Notice of Funding Opportunity (NOFO) is to support projects to test prospective multi-sectoral preventive interventions that address social determinants of health in populations that experience health disparities. These research projects will be part of the Multi-Sectoral Preventive Interventions (MSPI) Research Network, which will also include a Coordinating Center.

[Apply and learn more here](#)

FY 2024 SNAP Fraud Framework Implementation Grant

Deadline: June 24

The purpose of the SNAP Fraud Framework Implementation Grant Program is to support state agency efforts to improve and expand recipient fraud prevention, detection, and investigation efforts using the procedures, ideas and practices outlined in the [SNAP Fraud Framework](#).

[Apply and learn more here](#)

Coordinating Center to Support Multi-Sectoral Preventive Interventions that Address Social Determinants of Health in Populations that Experience Health Disparities

Deadline: July 5

This NOFO seeks applications for a Coordinating Center (CC) for the Multi-Sectoral Preventive Interventions (MSPI) Research Network. Members of the Multi-Sectoral Preventive Interventions (MSPI) Research Network, including the CC and separately funded research projects, will work collaboratively with the NIH to test prospective multi-sectoral preventive interventions that address social determinants of health in populations that experience health disparities.

[Apply and learn more here](#)

FY 2024 SNAP Process and Technology Improvement Grants

Deadline: June 18

The Process and Technology Improvement Grant (PTIG) program supports efforts by state agencies and their community-based and faith-based partners to develop and implement projects that use technology to improve the quality and efficiency of SNAP application and eligibility determination systems.

[Apply and learn more here](#)



Webinar Series

Building Pediatrician and Hospital System Capacity to Promote Food Security
Webinar Series

- Tuesday, June 25, 2024 3 – 4 p.m. EDT
- Friday, July 26, 2024 1 – 2 p.m. EDT
- Wednesday, August 14, 2024 1 – 2 p.m. EDT

[Register](#)



Events

The Indiana Black Expo Summer Celebration
June 20-30, Indianapolis

Attend one of the largest cultural events in the country, with 10 days of packed activities from Ecumenical Service, IBE Film Festival, Mayor’s Breakfast, Business Conference, Youth Leadership Summit, Black & Minority Health Fair, Corporate Luncheon, Outdoor Concert, Art Speaks Cafe, and an All White Affair.

No registration needed

June SNAP-Ed Recipe: Garden Sloppy Joes

Struggle with getting enough vegetables into your diet? Revisit a childhood favorite today! This version of Sloppy Joes - known for being a bit messy due to its flavorful, saucy, meaty mixture - adds a variety of sauteed veggies. The result is a filling sandwich that has fewer calories and more heart-friendly fiber.

Makes: 6 sandwiches

Ingredients

- 1 onion, chopped
- 1 carrot, chopped or shredded
- 1 green pepper, chopped
- 1 pound lean ground meat (15% fat) (turkey, chicken or beef)
- 1 can (8 ounces) tomato sauce
- 1 can (15 ounces) whole tomatoes, crushed
- 1 can (8 ounces) mushrooms or 1/2 pound chopped fresh mushrooms
- 1/4 cup barbecue sauce
- 6 whole wheat buns, split in half to make 12



Directions

1. Saute onions, carrots, green pepper and ground meat in a 2-3 quart saucepan over medium-high heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms and barbecue sauce.
3. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.
4. Toast buns if desired. Spoon sauce over bun halves. Serve open-faced.

Quick Tips

Add your favorite fresh, canned or frozen chopped vegetables.
Try whole wheat English muffins instead of buns.

Refrigerate leftovers within 2 hours.



Extension - Nutrition
Education Program

eatgathergo.org



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Receta SNAP-Ed de junio: Joes descuidados del jardín

¿Tiene dificultades para incluir suficientes verduras en su dieta? ¡Vuelva a visitar un favorito de la infancia hoy! Esta versión de Sloppy Joes, conocida por ser un poco sucia debido a su mezcla sabrosa, picante y carnosa, agrega una variedad de verduras salteadas. El resultado es un sándwich abundante que tiene menos calorías y más fibra beneficiosa para el corazón.

Rinde: 6 sándwiches

Ingredientes

- 1 cebolla, picada
- 1 zanahoria, picada o rallada
- 1 pimiento verde, picado
- 1 libra de carne molida magra (15% de grasa) (pavo, pollo o ternera)
- 1 lata (8 onzas) de salsa de tomate
- 1 lata (15 onzas) de tomates enteros, triturados
- 1 lata (8 onzas) de champiñones o 1/2 libra picados
champiñones frescos
- 1/4 taza de salsa barbacoa
- 6 panecillos integrales, partidos por la mitad para hacer 12



Direcciones

1. Saltee las cebollas, las zanahorias, el pimiento verde y la carne molida en una cacerola de 2 a 3 cuartos a fuego medio-alto durante 5 minutos.
2. Agregue la salsa de tomate, los tomates triturados, los champiñones y la salsa barbacoa.
3. Llevar a ebullición. Reduzca el fuego y cocine a fuego lento durante 15 a 20 minutos o hasta que espese, revolviendo ocasionalmente.
4. Tueste los panecillos si lo desea. Vierta la salsa sobre las mitades de panecillos. Sirva con la cara abierta.

Consejos rápidos

Agregue sus vegetales picados frescos, enlatados o congelados favoritos.
Pruebe muffins ingleses integrales en lugar de bollos.

Refrigere las sobras dentro de 2 horas.



La Universidad Purdue es una institución que ofrece igualdad de acceso y oportunidades.

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