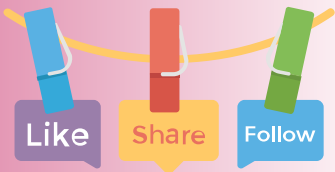




In This Issue

- Breast Cancer Awareness
- CDC Adult Obesity Data
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If you wish to submit content for the State Nutrition Action Committee (SNAC) monthly newsletter, please send it to info@indianasnac.com

SNAC Acknowledges October as Breast Cancer Awareness Month

In October, community-based organizations, non-profits, public health entities, and healthcare organizations celebrate and continue to fight to end breast cancer. According to the National Cancer Institute (2023), genes, lifestyle, and environmental factors can increase and decrease the risk of getting certain types of cancers.

There are risk factors for cancer that can be avoided and others can not. Regular exercise and a healthy diet can be protective factors for some cancers.

Here are some examples of lifestyle factors that can help prevent certain types of cancers:

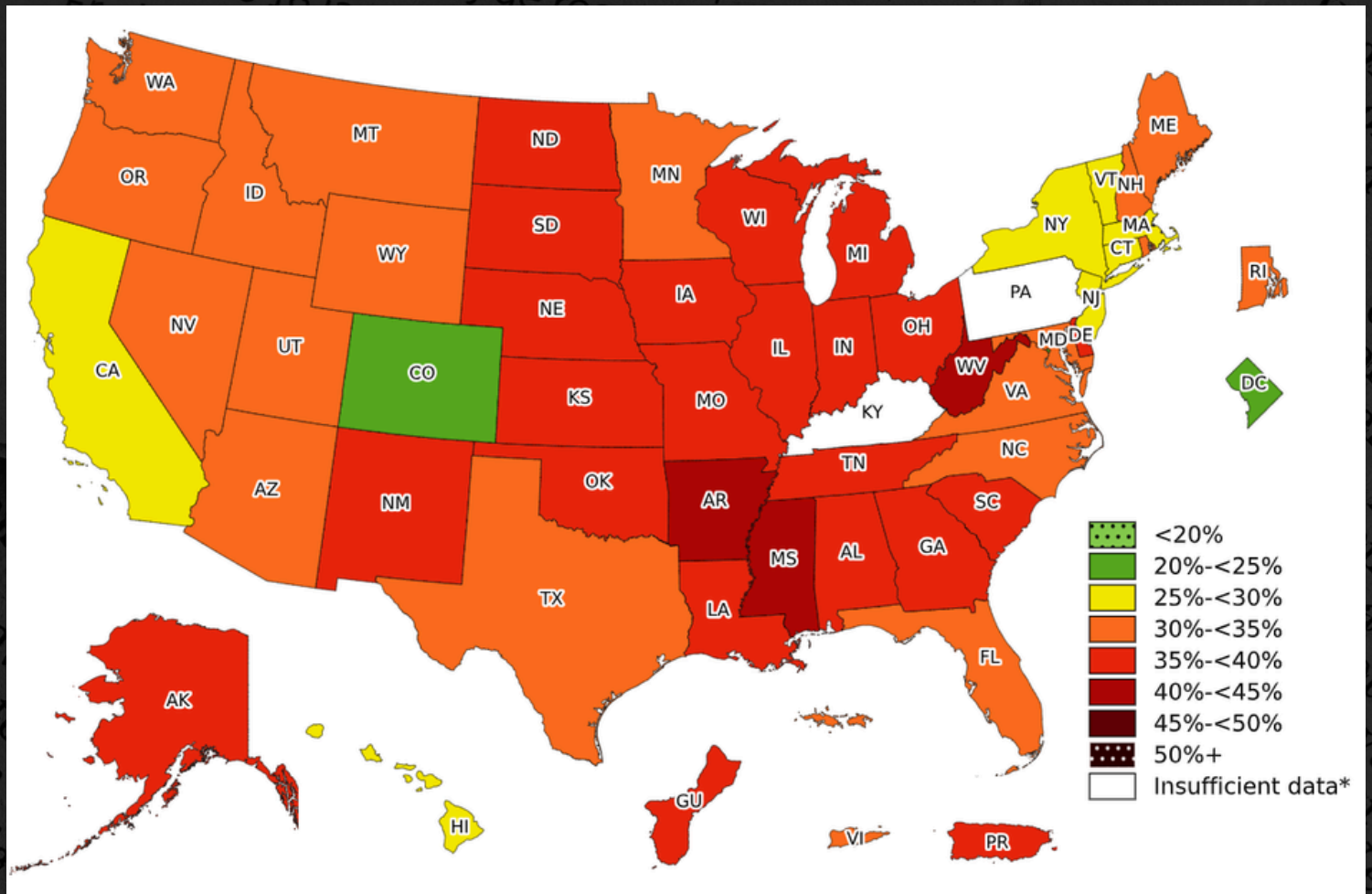
- Changing lifestyle and eating habits
- Maintaining a healthy weight
- Being physically active
- Eating nutrition dense foods
- Incorporating vegetables, fruits, and whole grains, limiting the consumption of sugar and red meats, and reducing the amount of processed and high fat foods.

[Learn more about cancer prevention here.](#)



References:

National Cancer Institute. (2023). Breast Cancer Prevention (PDQ®)—Patient Version. National Health Institute. <https://www.cancer.gov/types/breast/patient/breast-prevention-pdq>



New CDC population data from 2023 show that in 23 states more than one in three adults (35%) has obesity. Before 2013, no state had an adult obesity prevalence at or above 35%. Currently, at least one in five adults (20%) in each U.S. state is living with obesity.

The 23 states with the highest adult obesity rates (35% or higher) include: Alabama, Alaska, Arkansas, Delaware, Georgia, Illinois, Indiana, Iowa, Kansas, Louisiana, Michigan, Mississippi, Missouri, Nebraska, New Mexico, North Dakota, Ohio, Oklahoma, South Carolina, South Dakota, Tennessee, West Virginia, and Wisconsin. Guam and Puerto Rico also had an obesity rate of at least 35%. State-based adult obesity prevalence by race, ethnicity, and location uses self-reported height and weight data from the Behavioral Risk Factor Surveillance System (BRFSS).

Resources

The Economic Research Service (ERS) on Household Food Security in the United States in 2023

The Economic Research Service (ERS) at the U.S. Department of Agriculture reports that 13.5 percent (18 million) of U.S. households were food-insecure, meaning they were uncertain of having, or unable to acquire, enough food to meet the needs of all their members because they had insufficient money or other resources for food. Last week, the ERS updated State Fact Sheets for rural economic factors including population, income, poverty, food security, education, employment, and more.

Learn More [Here](#)

Estimating Community Health Outcomes with An Equity-Informed Social Capital Measure

This white paper discusses the equity informed, county-level social capital index called Rupasingha, Goetz, and Freshwater Index (RGFI+). The RGFI+ includes a broader set of organizations where informal socializing activities are likely to occur than its predecessor, the RGFI index. When compared to the RGFI, the RGFI+ documents stronger social capital levels in communities of color--suggesting that the original measure underestimates social capital in some communities.

Learn More [Here](#)

Addressing Food Insecurity in School-Based Health Centers: Practical Tips and Resources for Effective Interventions

This resource is intended to support school-based health center (SBHC) staff in their efforts to identify and address hunger by connecting youth and families with federal nutrition programs and local food resources. No Kid Hungry has partnered with the School-Based Health Alliance to pilot and uplift promising models that SBHCs can adopt. This tip sheet provides a starting point for SBHCs interested in beginning or expanding these efforts.

Learn More [Here](#)

SNAC Resources

[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!](#)



NATIONAL Health Education Week

OCTOBER 21-25, 2024 #NHEW



National Health Education Week 2024

The Society for Public Health Education (SOPHE) is excited to announce daily themes and the lineup of webinars for the 2024 National Health Education Week (NHEW) from Oct. 21-25. NHEW is celebrated annually during the third week of October and focuses national attention on a major public health issue, provides public education, and improves consumer understanding of health education's role in promoting the public's health. NHEW is recognized by the U.S. Department of Health and Human Services.

The themes for this week are as follows:

Monday: "Artificial Intelligence: How to Navigate"

Tuesday: "Nurturing Mental Wellness for a Healthier Tomorrow;"

Wednesday: "Environmental Wellness: Health in the Age of Climate Change;"

Thursday: "Advancing Health Equity through Health Literacy;"

Friday: "Workforce Development: Growing the Pipeline and Exploring Career Options."

Register for Themed Webinars and Access Resources [Here](#)

Funding

Community Food Projects Grant RFA

Deadline: Nov. 7, 2024

The USDA Community Food Projects Competitive Grants Program released its annual Request for Applications (RFA). \$4.8 million is available for projects that build community food self-reliance and address food insecurity. Grants may range from \$25,000 to \$50,000 for planning grants, and \$125,000 to \$400,000 for implementation grants. Eligible organizations: Public food program service providers, tribal organizations, or private nonprofit entities, including gleaners (see Definitions in Part VIII, D of the RFA) are eligible to apply. Please refer to the CFP RFA for more information on eligibility.

[The RFA can be found here.](#)

Fruit Trees For Your Community

Deadline: Rolling

The Fruit Tree Planting Foundation (FTPF) is an award-winning international nonprofit charity dedicated to planting fruitful trees and plants to alleviate world hunger, combat global warming, strengthen communities, and improve the surrounding air, soil, and water. FTPF programs strategically donate orchards where the harvest will best serve communities for generations, at places such as community gardens, public schools, city/state parks, low-income neighborhoods, Native American reservations, international hunger relief sites, and animal sanctuaries.

[Apply Here](#)

Events

Health Equity in Emergency Preparedness and Response

Oct. 23, 3 - 4:30 p.m. ET

Health Equity in Emergency Preparedness and Response, a webinar in which CDC's Office of Health Equity (OHE) and Office of Readiness and Response will present on its emergency response work, including the establishment of the Chief Health Equity Officer (CHEO) unit in CDC emergency responses.

[Learn more and register.](#)

October Recipe: Roasted Pork with Apples and Onions

As autumnal colors burst into view, who wants to spend more time than necessary in the kitchen? Our Roasted Pork with Apples and Onions recipe brings to the table heartwarming, hearty fall flavors in about 30 minutes. This meal takes about 30 minutes to cook, enough time to start raking the leaves or to just enjoy the beauty of the day before it is ready to serve.

Makes: 4 servings

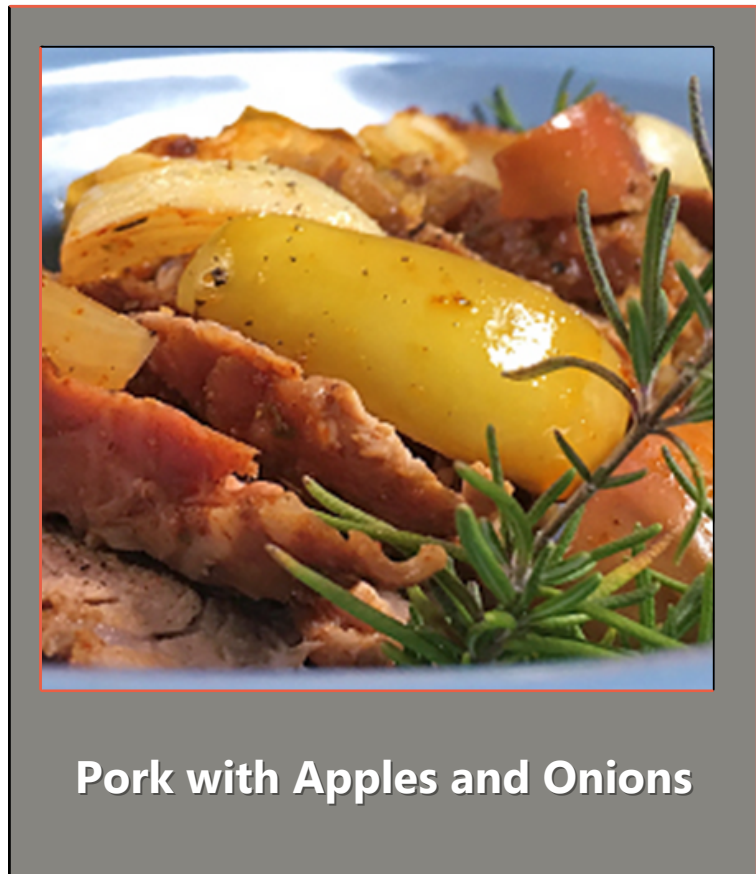
Ingredients

2 tablespoons brown sugar
1 teaspoon paprika or chili powder
1 teaspoon dried herb leaves of your choice (rosemary, oregano or thyme)
1/2 teaspoon garlic powder
1/2 teaspoon salt
1 pork tenderloin (about 1- to 1 1/4-lbs.)
3 medium cooking apples, core (or tough center) removed and cut into eighths
1 medium onion, peeled and cut into 8 wedges
1 tablespoon vegetable oil

Directions

1. Preheat oven to 425°F.
2. Line 15- x 10- x 1-inch baking pan with foil. Set aside.
3. In small bowl, stir together brown sugar, paprika or chili powder, herb, garlic powder and salt.
4. Sprinkle outside of pork tenderloin with half of the brown sugar mixture, gently pressing mixture onto pork. Place pork on one side of the prepared pan.
5. In bowl, toss together apple pieces, onion wedges, oil and the remaining brown sugar mixture.
6. Place the apple mixture in a single layer in the same pan as the pork.
7. Bake, uncovered, for 25 to 30 minutes or until apple is tender and the pork's internal temperature reaches 155°F, using a meat thermometer. (If you don't have a meat thermometer, you can purchase one from a supermarket or dollar store.)
8. Let pork stand for 5 minutes.
9. Slice pork. Serve with apple mixture and any juices from the pan.

Refrigerate leftovers within 2 hours.



Pork with Apples and Onions



Receta de octubre: Cerdo asado con manzanas y cebollas

A medida que los colores del otoño aparecen, ¿quién quiere pasar más tiempo del necesario en la cocina? Nuestra receta de cerdo asado con manzanas y cebollas lleva a la mesa los reconfortantes y nutritivos sabores del otoño en unos 30 minutos. Esta comida tarda unos 30 minutos en cocinarse, tiempo suficiente para comenzar a rastrillar las hojas o simplemente para disfrutar de la belleza del día antes de que esté lista para servir.

Rinde: 4 porciones

Ingredientes

- 2 cucharadas de azúcar moreno
- 1 cucharadita de pimentón o chile en polvo
- 1 cucharadita de hojas de hierbas secas de su elección (romero, orégano o tomillo)
- 1/2 cucharadita de ajo en polvo
- 1/2 cucharadita de sal
- 1 lomo de cerdo (aproximadamente 1 a 1 1/4 libras)
- 3 manzanas medianas para cocinar, sin el corazón (o centro duro) y cortadas en octavos
- 1 cebolla mediana, pelada y cortada en 8 gajos
- 1 cucharada de aceite vegetal

Instrucciones

1. Precaliente el horno a 425°F.
2. Forre un molde para hornear de 15 x 10 x 1 pulgada con papel de aluminio. Déjelo a un lado.
3. En un tazón pequeño, mezcle el azúcar moreno, el pimentón o el chile en polvo, las hierbas, el ajo en polvo y la sal.
4. Espolvoree la mitad de la mezcla de azúcar morena por fuera del lomo de cerdo, presionando suavemente la mezcla sobre el cerdo. Coloque el cerdo en un lado de la fuente preparada.
5. En un tazón, mezcle los trozos de manzana, las rodajas de cebolla, el aceite y la mezcla de azúcar morena restante.
6. Coloque la mezcla de manzana en una sola capa en la misma sartén que el cerdo.
7. Hornee sin tapar durante 25 a 30 minutos o hasta que la manzana esté tierna y la temperatura interna del cerdo alcance los 155 °F, usando un termómetro para carne. (Si no tiene un termómetro para carne, puede comprar uno en un supermercado o en una tienda de todo a un dólar).
8. Deje reposar la carne de cerdo durante 5 minutos.
9. Corte la carne de cerdo en rodajas. Sírvala con la mezcla de manzanas y el jugo que haya quedado en la sartén.

Refrigere las sobras dentro de las 2 horas.



Cerdo con manzanas y cebollas

