

Success Story

State-Level Partnership Spotlight: Teaming up with 5-2-1-0 Let's Go!

SUMMARY

Maine SNAP-Ed has been collaborating with **5-2-1-0 Let's Go!** since 2013. At the state level, Let's Go! is a member of the SNAP-Ed Leadership Council, providing input on program implementation and working collaboratively to **address obesity prevention by maximizing resources and avoiding duplication**. Other state-level collaborations include shared trainings, communication of statewide plans and objectives, and regular meetings with program staff.

At the local level, Maine SNAP-Ed's Nutrition Educators and Let's Go!'s Coordinators are sharing resources, referring partners for programming, collaborating on Policy, Systems, and Environmental (PSE) change interventions, and leveraging funding in communities across the state. **In 2017, 17 out of 20 Nutrition Educators surveyed report working with the Let's Go! Coordinators in their communities.** Often, the educators and coordinators are within the same office, working side by side on obesity prevention activities. They are collaborating on school and child care wellness policy implementation, community gardens, farmers' markets, and Smarter Lunchrooms in Maine schools. **Their skill sets are unique and their priorities are distinct, but their collaborative efforts are improving the lives of Mainers of all ages.**



CHALLENGE

Obesity, diet-related disease, and other chronic disease are complex problems that require a multi-pronged solution. In Maine, 2 out of 3 adults and 41% of children are overweight or obese. The 2015-2020 Dietary Guidelines recognize that all sectors of society shape the environment where people eat, learn, live, play, shop, and work. To prevent and reduce obesity, SNAP-Ed implementing agencies must **partner with other sectors of influence to make changes across geographic levels**. This work includes the essential components of leadership, communication, and alignment of funding toward a common vision. Maine SNAP-Ed collaborates with numerous agencies and works with state-level partners with common agendas to support sustainable changes that help **reduce the burden of obesity** across Maine.

MAINE



SNAP-Ed

Healthy Eating on a Budget

Maine SNAP-Ed

Supplemental Nutrition Assistance Program – Education

Maine SNAP-Ed is a **USDA-funded program** that combines direct education with Policy, Systems, and Environmental change strategies and social media to **reduce the burden of obesity for low-income Mainers**.

5-2-1-0 Let's Go! partners with schools, child care, and out-of-school programs, healthcare practices, and community organizations to **change environments where families and children live, learn, work, and play**. The **5-2-1-0** message is the foundation for change.

Maine SNAP-Ed addresses the USDA's 'Sectors of Influence' level of the SNAP-Ed Framework through state-level collaborations with partners addressing obesity prevention. The Leadership Council that provides input into SNAP-Ed programming includes 28 partner organizations from across Maine.

SOLUTION

SNAP-Ed is the USDA's nutrition education arm of SNAP, the Supplemental Nutrition Assistance Program. Maine's **44 highly qualified Nutrition Educators** provide series-based nutrition education and implement policy, systems, and environmental change strategies in settings where **at least 50% of participants are low-income individuals**.

Let's Go! coordinators create healthy environments for kids in schools, child care, and out-of-school programs that do not qualify for SNAP-Ed. The **5-2-1-0 message is the framework** for supporting meaningful change.

Let's Go! Coordinators help connect SNAP-Ed Nutrition Educators with low-income sites for direct education. The two programs work collaboratively to prevent obesity—changing the environment to make the healthy choice the easy choice for all Mainers.

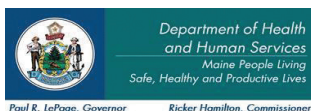


SUSTAINING SUCCESS

Going forward, Let's Go! and Maine SNAP-Ed will **strengthen their existing partnership at the state level** by conducting **joint professional development trainings**, developing communications systems, and ensuring efficient use of limited resources through **shared planning processes**.

Recognizing the unique skills that work towards a common goal, local SNAP-Ed Nutrition Educators will **promote the Let's Go! program** with their community partners by **reinforcing the 5-2-1-0 message**, and Let's Go! Coordinators will continue to **refer and promote SNAP-Ed direct education opportunities** to help ensure that eligible sites are accessing available resources.

In partnership, both programs will work to support healthy choices for all Mainers while increasing community capacity to prevent and reduce obesity.



5-2-1-0

- 5** or more fruits and vegetables
- 2** hours or less recreational screen time
- 1** hour or more physical activity
- 0** sugary drinks, more water

"SNAP-ED recently helped deliver content on healthy snacks at one of our trainings. Participants created their own healthy "butterfly bagel" to enjoy! The feedback was great. The partnership of Let's Go! and SNAP-ED creates a collaboration very beneficial to our community."
—Let's Go! Program Coordinator

"Because of our various relationships in different communities and the different funding set up, we are currently able to offer a varied menu of services and collaborate as often as possible. Our Let's Go! 5210 Coordinators and SNAP Educators have been regularly convening meetings to discuss possible collaborations and updating each other on current and planned work."

—Maine SNAP-Ed Nutrition Educator

For more Success Stories from the Maine SNAP-Ed program, or to get in touch with your local Nutrition Educator, please visit www.mainesnap-ed.org.

Data sources are available upon request by emailing mainesnap-ed@une.edu.

This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community organizations. Maine SNAP-Ed educates low-income families on low cost, healthy eating and active lifestyles.