



MEMORANDUM

TO: AGING AND ADULT SERVICES COMMISSION

THROUGH: SHIREEN MCSPADDEN, EXECUTIVE DIRECTOR

FROM: CINDY KAUFFMAN, DEPUTY DIRECTOR
JOHN TSUTAKAWA, DIRECTOR OF CONTRACTS

DATE: OCTOBER 2, 2019

SUBJECT: **REVIEW AND APPROVAL OF CALIFORNIA DEPARTMENT OF AGING SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM – EDUCATION (SNAP-ED) CONTRACT SP-1920-06, BUDGET AND ANY SUBSEQUENT AMENDMENTS; APPROVAL OF MODIFCATION OF COMMUNITY SERVICES GRANT WITH SELF-HELP FOR THE ELDERLY TO INCLUDE SNAP-ED FUNDING AND ACTIVITIES.**

Introduction

The Department of Aging and Adult Services (DAAS) is requesting approval to enter into a new contract (SP-1920-06) with the California Department of Aging to participate in the Supplemental Nutrition Assistance Program – Education (SNAP-Ed), also known as CalFresh- Healthy Living. San Francisco is allocated \$141,205 for *federal* fiscal year 2019-2020 through this contract.

Presentation of this standard contract document before the Aging and Adult Services Commission for your approval is a required step in the California Department of Aging's contract certification process.

Program Focus

The focus of the SNAP-Ed grant is to increase access to physical activity and healthy food and beverages for SNAP-Ed eligible (<185% of FPL) older adults. DAAS will accomplish this through the continuation and development of evidence based physical activity programs and programs designed to promote healthy eating and active living among older adults. These programs will be implemented through partnerships with community-based organizations.

A summary of the programs funded through this SNAP-Ed contract are as follows:

- **Tai Chi for Arthritis and Fall Prevention Program:** The Tai Chi for Arthritis and Fall Prevention (TCAFP) program is an evidence-based disease prevention and health

promotion program that utilizes a Tai Chi practice to focus on physical fitness and fall prevention. DAAS has previously contracted with Self Help for the Elderly (SHE) to oversee implementation of the TCAFP program from FY 2014 to 2019. The goal for FY19--20 is to offer one TCAFP Train-the Trainer workshop and certify at least 20 TCAFP trainers.

- **Walk With Ease (WWE) Program:** This is an evidence-based walking program developed by the Arthritis Foundation. It is designed to promote education about successful physical activity for people with arthritis, arthritis self-management and walking safely and comfortably. SHE will oversee and administer this program with the goal of training 12 certified WWE leaders, who will implement the program at various community-based partners (CBOs) in San Francisco who serve a SNAP-Ed eligible population.
- **Bingocize:** This is an evidence-based 10-week program that combines a bingo-like game with exercise and health education. The program has been shown to increase older adults' functional fitness, health knowledge, and social engagement in a variety of settings. SHE will oversee and administer this program with the goal of training 25 certified Bingocize leaders, who will implement the program at various community-based partners (CBOs) in San Francisco who serve a SNAP-Ed eligible population.
- **Nutrition Education Supplies/Materials for Nutrition Providers:** SHE will distribute funds to 10 congregate nutrition program partners (total 38 unique sites) to be used for purchase of materials and supplies designed to promote increased consumption of fruits/vegetables, reduce consumption of sweetened beverages, and increase physical activities. This will include handouts and informational materials which may be part of a larger campaign, e.g. "Harvest of the Month" or "Rethink Your Drink."

Allocation of Funding

With the funding level of \$141,205 for FY 19-20 from the California Department of Aging, DAAS proposes to 1) allocate \$3,508 internally to cover OOA operation expenses and 2) allocate the remaining \$137,697 to Self-Help for the Elderly, who will implement all the aforementioned program activities.

With the Commission's approval of this item, staff will modify the Self-Help for the Elderly's Community Services grant agreement to include the above-mentioned SNAP-Ed activities.

Recommended Action: Approve the FY 2019/20 SNAP-Ed Contract SP-1920-06, associated budget, and all subsequent amendments; approve the modification of the Self Help for the Elderly Community Services grant agreement to include \$137,697 SNAP-Ed funding and activities.