Children's Healthy Weight State Capacity Building Project
Oregon

Key Finding: Oregon strengthened relationships with Tribal communities to support food sovereignty and focused on workforce development, data collection, and use of data.

Key Results

Oregon's workforce development accomplishments included increasing state nutrition capacity, maximizing partnerships, developing and deepening nutrition integration across Title V, and engaging with Tribes to support their work in food and nutrition. Data collection and use accomplishments included evaluating their Title V priorities for breastfeeding and food insecurity, identifying and compiling food and nutrition data sources, and identifying best practices for data analysis.

Highlights

Oregon's workforce development work increased state nutrition capacity, maximized partnerships, developed and implemented nutrition integration across Title V, and engaged with Tribes to support their food and nutrition work.

Partnerships

- Developed 16 new state and non-state partnerships while they strengthened existing partnerships.
- Facilitated networking calls with local public health agencies about food/nutrition security.

Lactation

- Mentored two students from the Title V MCH Internship program at the National Center for Workforce Development to develop the Lactation Support Toolkit for Home Visitors.
- Supported screening and discussion of Chocolate Milk: The Documentary during Black Breastfeeding Week.
- Worked with Medicaid by clarifying lactation support services within EPSDT nutrition services and working on the health-related social needs (HRSN) nutrition benefit design team for the 1115 Medicaid Waiver.
- Revised Nurse Home Visiting Clinical Guidelines for nutrition, food, and lactation.
- Participated in cross-agency team to update the Oregon Department of Human Services, Oregon Health Authority Workplace Breastfeeding Support Policy to all statewide offices, impacting more than 17,000 employees.
- Updated the Public Health Division breastfeeding webpage.

Food/Nutrition

- In partnership with Oregon State University and health systems partners, Oregon revised the Childhood Food Insecurity online training module.

Oregon's data collection and use work completed a program evaluation of Title V priorities for breastfeeding and food security. Four themes emerged regarding what contributes to success.

- **Working across levels of influence of the Social-Ecological model for activity implementation.**
- **Year-to-year consistency working on the same activities.**
- **Institutional supports and partnerships.**
- **Qualitative measures provide more context for success than quantitative measures alone.**

Oregon's state team provided support for Tribal food sovereignty through the Northwest Portland Area Indian Health Board and the Oregon State University (OSU) Urban Indigenous Extension Program. They reached 499 unique individuals, including high school students, college students, adults, families, and elders. Educational food preservation workshops were held in Tribal communities, teaching a variety of traditional and modern techniques, including: freezing, dehydration, pickling, water bath/steam canning, pressure canning, freeze drying, and fermenting. Food preservation equipment for training purposes was distributed to Indigenous participants and community programs across Oregon, based on needs identified by individual Tribal community locations. This support was extremely well-received, empowering participants of all ages to replicate workshops, teaching community members and continuing to practice food preservation independently, thereby strengthening local food security.

The state team completed Program Evaluation of Local Grantee Experiences Implementing Breastfeeding and Food Insecurity Title V Priorities. Qualitative evaluation covering 37 grantees (26 breastfeeding and 11 food insecurity) between July 2016 and June 2020.

Additional outcomes of Oregon's data collection and use were:

- Identified Oregon food and nutrition-related data sources
- Compiled MCH nutrition and food data sources.
- Identified best practice data analysis or questions to be added to existing surveillance systems. Contributed to review/revision/written briefs of Oregon surveys.

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