

#### **DNPAO**

Division of Nutrition, Physical Activity, and Obesity

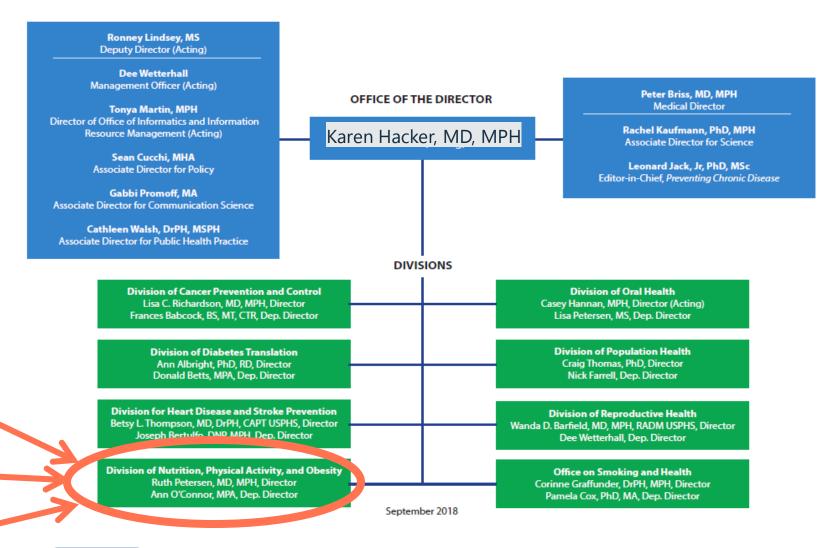
June 3, 2020 Summer Seminar Series

The findings in the presentation are those solely those of the author and do not represent the official view of the CDC or DHHS.

#### CDC'S NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND **HEALTH PROMOTION**

General Mission Areas per Lens of Researcher

CDC – Surveillance, **Program Evaluation** NIH – Research USDA –Agriculture, Food **Assistance Programs** FDA – Regulatory (Nutrition Facts Panel, Labeling)





National Center for Chronic Disease Prevention and Health Promotion



#### Vision:

A world where regular physical activity, good nutrition, and healthy weight are part of everyone's life.

#### Mission:

To lead strategic public health efforts to prevent and control obesity, chronic disease, and other health conditions through regular physical activity and good nutrition.

#### OUR VISION: OPTIMAL NUTRITION ACROSS THE LIFESPAN

DNPAO works to reduce micronutrient deficiencies, establish healthier food environments, and reduce the risk of obesity and other











**Breastfeeding** 

Maternal **Nutrition**  **Early Child Nutrition** 

**Early Care and Education** 

**Farm to Education** 

**Food Service Guidelines Healthy Food Systems Food Security** 

\*Collaborate with DASH and DPH-School Health Branch

#### HIGHLIGHTS

#### Infant and Toddler Nutrition











Good nutrition during the first 2 years of life is vital for healthy growth and development. Starting good nutrition practices early can help children develop healthy dietary patterns. This website brings together existing information and practical strategies on feeding healthy foods and drinks to infants and toddlers, from birth to 24 months of age.

Parents and caregivers can explore these pages to find nutrition information to help give their children



### EMPower & Breastfeeding

**Enhancing Maternity Practices** 

#### **Human Milk Storage Guidelines**

#### **Healthy Habits Start Early:** Tips for Feeding Picky Eaters

Eating a variety of healthy foods is important for your child's health. But it's not always easy to get kids to try new and different foods - and sometimes, it can be downright frustrating.

The good news is there's a lot you can do to help your child get comfortable exploring a variety of foods. And you both may end up having some fun while you're at it!



#### Take steps to prevent picky eating.

Offer a variety of foods right from the start. Before 9 months. babies' taste buds are still immature, so they are open to lots of foods. Take advantage of this and offer your beby different flavors. and textures when he's ready for solids.

Save fruits for last. Offering veggies and meat before your baby gets used to the oweet flavors of fruit oan help him learn how to enjoy those foods first.





United States Department of Agriculture

Slightly Revised July 2018

Find more breastfeeding resources at: WICBreastfeeding.fns.usda.gov cdc.gov/breastfeeding/

#### **Breastfeeding Report Card** United States, 2018

Breakflooding, with its many known health benefits. for milests, children, and mothers, to a key strategy to improve public health. The American Academy of Pediatrics recovered that refarm be exclusively broadled for about the first A morths with method broadedry singula introductor of compliance have book for at least 1 year. To back our raitorit progress on acheuring the Healthy People 2020 goals, CSC's 2018 Broadfording Report Card provides a compilation of data on Enrachbeding practices and supports in all states. the Delete of Columbia (EC), Fuerto Roe, Guero, and the US Virgin blanch.











#### NUTRITION STANDARDS – FULL DOSE

Nutrition Standards Across the Life Course- Healthy Choices in the places where Americans learn, work, pray, and play



(Municipality Venues, Worksites, Hospitals, Universities, Food Banks, Park & Rec, Community Venues, FBO)

, School PA/Nutrition Standards (NSBP, NSLP, CACFP) *USDA, CDC-NCCDPHP/DPH/School Health Branch* 

OST/After School PA/ Nutrition Standards

**Early Care and Education** 

(CACFP, State Licensing/ Regs/QRIS/Programs)

- State and Local Policy
- Organization Policy and Practices

### EARLY CARE AND EDUCATION (ECE) – STRATEGIES VALUE ADD OF PUBLIC HEALTH



Facility-Level
Interventions at
Scale (e.g.
NAPSACC, Farm to
ECE, Professional
Development,
Curriculum)

**State System-Level Change:** Embed 47 High Impact Obesity standards & implementation support *Licensing, QRIS, TA Networks (TAPS)* 

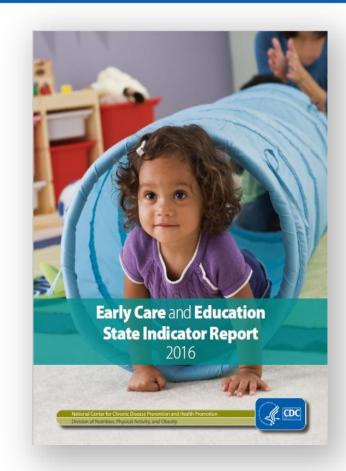


Monitoring & Tracking: statelevel, provider-level (pilot statebased surveillance)

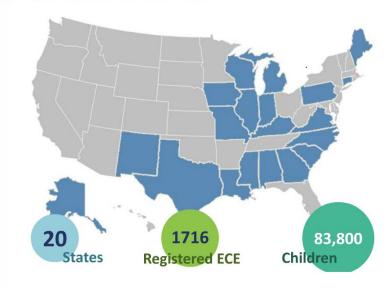
#### **ECE Monitoring & Surveillance Projects**

- 4 State ECE Surveillance Pilot (2018-2020) C-SAW
  - Westat -pilot ECE surveillance system survey; Currently obtaining OMB approval. Hope to be in the field in Spring 2021, 4 states
  - Policies and practices of ECEs

NRC State Licensing Data, Annual Technical Report https://nrckids.org/StateRegulations



#### Current Go NAPSACC Reach



#### FOOD SERVICE GUIDELINES - RATIONALE

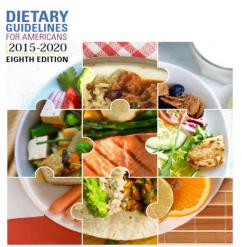
- 1/3 of Americans have cafeterias and 1/2 have vending machines at work.
  - Over 7 million adults eat food/drinks from a cafeteria daily.
  - Over 9 million eat food/drinks from a vending machine daily.

Note: Parks and Recreation, Hospitals, and other venues are sources of food for all ages

- Foods from cafeterias and vending machines do not align with dietary guidance.
- Nearly 50% of calories consumed from vending machines comes from added sugars.
- USDA guidelines available for schools (School Meal Patterns/Smart Snacks) and early care and education (Child and Adult Care Feeding Program Meal Patterns) but not in most settings
- Dietary Guidelines for Americans for individuals, but needs to be operationalized

Onufrak SJ, et al. Worksite Food and Physical Activity Environments and Wellness Supports Reported by Employed Adults in the United States, 2013. Am J Health Promot. 2018. 32(1):96

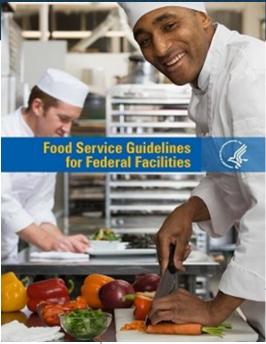
Onufrak SJ. Foods Consumed from Non-school Cafeterias and Vending Machines: NHANES 2006-2012. ASN Scientific Sessions and Annual Meeting. April 3, 2016.





### FEDERAL FOOD SERVICE GUIDELINES – CAN BE ADAPTED FOR OTHER NON-FED VENUES

- 2011, 2017
- Latest standards
  - 60 representatives from 9 federal departments or agencies
  - Subcommittees were formed for 4 sections
  - Formal Request for Information to public
- Sections
  - Food and Nutrition Standards
  - Facility Efficiency, Environmental Support, and Community Development Standards
  - Food Safety Standards
  - Behavioral Design
- An ancillary report was written simultaneously; Updated Smart Choices
  - Describes methods used to update FSG
  - Provides rationales for the standards







#### FOOD SERVICE GUIDELINES

#### **Settings**

- Worksites:
  - Municipal buildings
  - Hospitals
  - Colleges and universities
  - State/local government facilities
  - Private worksites
- Community Facilities
  - Parks and recreation
  - Juvenile corrections
  - Stadiums
  - Food banks/food pantries

#### **Venues**

- Cafeterias
- Cafes
- Snack bars
- Grills
- Concession stands
- Sundry shops
- Micro markets
- Vending machines

#### **See Assessment Tools/Checklists:**

https://www.cdc.gov/obesity/downloads/strategies/Smart-Food-Choices-508.pdf

### OUR VISION: SAFE AND PLENTIFUL OPPORTUNITIES FOR PHYSICAL ACTIVITY FOR EVERYONE

Preschool-aged Children (2-5 years)



**Early Care and Education** (Physical Activity Standards)

Children and Adolescents (6-17 years)



Walking

**Bicycling** 

Safe Routes to Schools/ Walking School Bus Adults



Worksite Wellness Supports (stairwell prompts, gym facilities, paid gym memberships, paid time for physical activity) **Older Adults** 



Wheeling

**Safe Streets for Seniors** 

**Parks** 

#### WHAT WORKS?

STRATEGIES TO INCREASE PHYSICAL **ACTIVITY** 



**ACCESS TO PLACES FOR** PHYSICAL ACTIVITY



**SCHOOL AND YOUTH PROGRAMS** 

COMMUNITY-WIDE CAMPAIGNS V



**SOCIAL SUPPORTS** 

INDIVIDUAL SUPPORTS





- Complete Streets policies
- Zoning policies
- Comprehensive or Master plans
- Safe Routes
- · Shared-use agreements
- Workplace facilities and policies
- Parks and recreation centers
- Comprehensive physical education
- Opportunities to be active before, during, or after school
- Events combined with multi-channel messaging
- Walking or other activity groups
- Groups that support people with disabilities or chronic conditions
- Peer or professional support
- Technology
- · Point-of-decision signage



A national initiative led by CDC to help

#### **27 million Americans**

become more physically active by 2027

27 million by 2027



#ActivePeople

INCREASED PHYSICAL ACTIVITY CAN IMPROVE HEALTH, QUALITY OF LIFE, AND REDUCE HEALTHCARE COSTS

# FIVE ACTION STEPS TO REDUCE CHRONIC DISEASE AT THE STATE, LOCAL, AND COMMUNITY LEVELS

- 1. Make physical activity safe and accessible for all
- 2. Make healthy food choices available everywhere
- 3. Make breastfeeding easier to start and sustain
- 4. Strengthen obesity prevention standards in early care and education settings (ECE)
- 5. Spread and scale pediatric weight management programs



#### Fiscal Year 2018



- State Physical Activity and Nutrition Program (SPAN)
  - 16 state and local recipients strengthening efforts to implement interventions that support healthy nutrition, safe and accessible physical activity, and breastfeeding
- High Obesity Program (HOP)
  - 15 land grant universities leveraging community extension services to increase access to healthier foods and opportunities for physical activity in counties that have more than 40% of adults with obesity
  - Racial and Ethnic Approaches to Community Health (REACH)
    Program
    - 31 organizations aiming to improve health, prevent chronic diseases, and reduce health disparities among racial and ethnic populations with the highest risk, or burden, of chronic disease

#### DNPAO'S FUNDED PROGRAM RECIPIENTS



#### PARTNERSHIP ENGAGEMENT





American Heart Association<sub>®</sub>



Healthy Eating Research



















Building Healthy Inclusive Communities





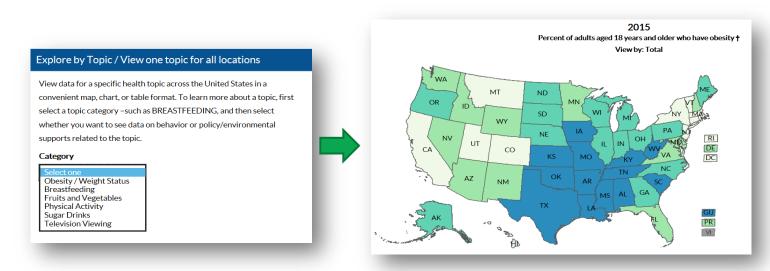


Promoting Health. Preventing Disease.

#### DNPAO'S DATA, TRENDS, AND MAPS

- Interactive state-by-state and national data via clickable maps, charts, and tables
- Policies, environmental data, behaviors
- Export data & save visualizations
- Create custom maps and charts
- Data available for 59 indicators

#### Select a topic to see nationwide maps, charts, and tables



Source: https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html

#### STATE AND COMMUNITY HEALTH MEDIA CENTER (CHMC)



- Can be used for your research projects
- Includes more than 1,4000 ads, materials, or photos on nutrition, obesity, physical activity and other chronic diseases
- Includes audience testing and research
- Saves time and money compared to producing new materials
- Source: https://nccd.cdc.gov/schmc
- For more information, email schmc@cdc.gov

#### TRAINING HOMEPAGE

#### https://www.cdc.gov/fellow ships/index.html

#### Centers for Disease Control and Prevention CDC 24/7: Saving Lives, Protecting People™

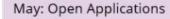
#### Fellowships, Internships, and Learning Opportunities











Hispanic Association of Colleges and Universities (HACU) National Internship Program (HNIP) [3] is open now through 6/7/19.

Laboratory Leadership Service is open now through 6/27/19.



Whether you are on a career track or deciding on which career you would like to pursue, CDC has many diverse fellowship, internship, training, and volunteer opportunities for students and professionals. Many of these opportunities provide invaluable experience and potentially offer clear cut paths to exciting careers with CDC.

#### Short-Term Internships

**High School Students** 

Undergraduate Students

Master's Degree Students

Doctoral Students

Medical Students and Residents (MD/DO, DVM/VMD, DDS/DMD, etc.)

#### Full-Time Fellowships (1-2 Years)

Bachelor's Degree

Master's Degree

Doctoral Degree

Medical, Veterinary, or Other Clinical Degree (MD/DO,DVM/VMD,DDS/DMD, etc.)

#### Work Experience Opportunities

Middle/High School Teachers

Public Health Professionals

#### **Host Sites**

Information for programs interested in hosting a fellow

#### Training & Education

- · CDC Learning Connection
- · Training and Continuing **Education Online**
- CDC TRAIN
- Field Epidemiology Training Program
- Additional Resources

#### HAVE YOU HEARD ABOUT OUR ONLINE RESOURCES?



#### **Data Trends and Maps**

Interactive database that provides national and state health status and behaviors



**State Community Health Media Center**Collection of free and low-cost, audience-tested advertising and support materials



#### Division of Nutrition, Physical Activity, and Obesity (DNPAO) Website

CDC.gov/nccdphp/dnpao



#### **DNPAO Facebook Page**

Facebook.com/CDCEatWellBeActive



#### **DNPAO** Twitter

@CDCObesity @CDCMakeHealthEZ www.nccor.org

Measures Registry -User Guides Surveillance Systems **SNAP-Ed Toolkit** 

### Join today!





#### Join Active People, Healthy Nation<sup>SM</sup>

By joining Active People, Healthy Nation<sup>SM</sup>, you're becoming part of a nationwide initiative to help 27 million Americans become more physically active by 2027. By participating you can help increase physical activity, reduce healthcare costs, build walkable neighborhoods, support local economies, and improve health for individuals, families, and your communities.

Everyone has a role to play. By leveraging our collective strengths, we can achieve the goal of creating an active America, together.



#### Help Build the Momentum - Sign Up Today!

#### Individuals and Families



Find information on the benefits of physical activity for you and your family. Learn how to start being more physically active today.

#### Organizations



Get information for organizations, businesses, communities, and planners to help support more physical activity on a broader scale.

#### **Community Champions**



Access information for mayors and other community leaders on how to promote physical activity for everyone in your communities.

https://www.cdc.gov/physicalactivity/activepeople healthynation/join-active-people-healthy-nation

#### **THANK YOU**

Help us keep America healthy and strong. See how at: cdc.gov/nccdphp/dnpao

### CAPT Heidi Michels Blanck HBlanck@cdc.gov

**Centers for Disease Control and Prevention** 

**National Center for Chronic Disease Prevention and Health Promotion** 

Division of Nutrition, Physical Activity, and Obesity (DNPAO)

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### Healthy Eating Research

HER/NOPREN Summer Speaker Series for Students June 3, 2020 Kirsten Arm, MPH, RDN



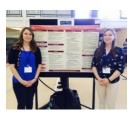
### **About Me**























### Roles and Responsibilities

- Manage the program's commissioned research portfolio
  - scope out projects to be commissioned through commissioned research grants
  - review and provide feedback on commissioned research proposals
  - provide content-related technical assistance to commissioned research grantees and monitor research project progress
  - participate in the design, execution, data gathering, and analysis for expert panels and other special HER studies
- Track published research relevant to HER and RWJF priority areas and collaborate with partners and key stakeholders to identify research gaps and priorities
- Provide logistical support and content expertise to HER Working Groups
- Assist with the application and review processes for HER's funding opportunities

#### **About Us**

Healthy Eating Research is a national program of the Robert Wood Johnson Foundation (RWJF).

The program aims to support research on and accelerate evidence-based strategic, actionable, and equitable solutions for improving children's weight and nutrition, diet quality, and food access and security.

















## Robert Wood Johnson Foundation (RWJF)

- RWJF is the nation's largest philanthropy dedicated solely to health.
- RWJF is committed to building a Culture of Health, a national framework for improving health, equity, and well-being where everyone has the opportunity to live a healthier life.
- As part of its commitment to building a national Culture of Health, RWJF seeks actionable research that advances health equity in the areas of nutritional disparities, better nutrition, and food security.



### HER Program Goals

- 1 Establish a research base for policy, systems, and environmental change strategies that advance health equity in the areas of diet quality and nutrition.
- 2 Build a vibrant, multidisciplinary field of research and a diverse network of researchers.
- 3 Ensure that findings are communicated effectively to inform the development of solutions with the goal of promoting health equity.



### HER Focus

- Supports research on Policy, Systems, and Environmental Change (PSE) strategies with strong potential to promote the health and well-being of children at a population level.
- HER's focus:
  - improving dietary intake and patterns that impact a variety of children's short-term and long-term outcomes
  - actionable research that advances health equity in the areas of nutritional disparities, nutrition, and food security
- Target populations:
  - pregnant women and infants and children (ages 0-8) and their families
  - priority on lower-income and racial and ethnic minority populations that are at-risk for poor health and well being, and nutrition-related health disparities



### What We Fund

HER grantmaking focuses on children and their families, including pregnant women, with a priority on lower-income and racial and ethnic minority populations that are at highest risk for poor health and well-being and nutrition-related health disparities.

HER supports studies to identify and evaluate policy, systems, and environmental change approaches. These changes can occur at multiple levels: organizational, community, state, and national.

HER funding targets focused studies, shorter in duration, that strategically address timely, policy-relevant research questions.

#### Where Can I Find Examples of HER-Funded Research?

For examples of funded studies and papers, please visit our <u>research</u> and <u>publications page</u>.



What is Policy, Systems, and Environmental Change (PSE)?



### NOPREN/HER Working Groups

### HEALTHY FOOD RETAIL (HFR)

- HER liaison: Kirsten Arm
- Co-Chairs: Shannon Zenk and Joel Gittelsohn

### EARLY CHILDHOOD (EC)

- HER liaison: Lindsey Miller
- Co-Chairs: Dipti Dev and Alison Tovar

#### COVID-19 FOOD ACCESS

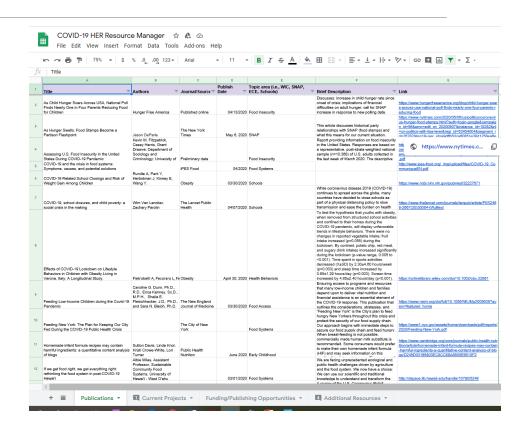
- HER Liaisons: Kirsten Arm and Lindsey Miller
- Co-Chairs: Sheila Fleischhacker and Erin Hager
- Fellow: Caroline Dunn



### **COVID-19 Food Access**

#### HER's Role

- Listserv Management
- Weekly Digest Email
- COVID-19 HER Resource Manager





### HER and COVID-19 Response

#### **New Resources:**

- Feeding Children During the Pandemic: Media Briefing
- Increasing SNAP Benefits to Stabilize the Economy, Reduce Poverty and Food Insecurity
- What Parents Need to Know about Infant Feeding during COVID-19





### HER and COVID-19 Response

### **COVID-19 Rapid-Response Funding Opportunity**

- issue briefs/commentaries or papers/research reviews and;
- small studies

The goal is to inform decision-making regarding innovative policies and/or programs during and after the COVID-19 pandemic.



#### Advice for students: NETWORK!

### Questions?

Kirsten.Arm@duke.edu