

**Healthy
Eating
Research**



NOPREN
Nutrition & Obesity
POLICY RESEARCH & EVALUATION NETWORK

Summer Speaker Series for Students 2022

Getting Started!

- Type your name and institution into the chat box!
 - Question of the day: What are you looking forward to this summer?
- Remember to keep yourself on mute.
- Type your questions into the chat box.

NOPREN HER Summer Series for Students

- Explore various public health topics related to
 - Food and nutrition security
 - Federal nutrition assistance programs
 - COVID-19 implications
 - Nutrition equity
- This series is a collaborative effort of Healthy Eating Research (HER) and Nutrition and Obesity Policy Research and Evaluation Network (NOPREN).

NOPREN HER Summer Series for Students

Schedule and Topics

- June 15: Child Food Security
- June 22: Food Retail and Inflation
- June 29: Equity in Nutrition Research
- July 13: School Nutrition Policies
- July 20: COVID-19 and Food Insecurity
- July 27: WIC Research
- August 3: Food Service Guidelines
- August 10: Drinking Water Research
- August 17: Student Presentations

The series will take place weekly on Wednesdays **from 4:00 - 5:15 pm EST (exception of July 6th)**

For more information or to register: <https://nopren.ucsf.edu/student-resources>



NOPREN

Nutrition & Obesity

POLICY RESEARCH & EVALUATION NETWORK

Nutrition and Obesity Policy Research and Evaluation Network (NOPREN) : What is it?

- **Collaborative research network** focused on examining the effectiveness of **policies that improve nutrition and prevent obesity**
- Funded by the CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) and led by a coordinating center based at the University of California San Francisco (UCSF)
- Members (900+) include:
 - Policy researchers and evaluators
 - Practitioners, professional organizations, non-profits, and government agencies
 - We encourage students of all levels, early career and junior faculty to join for networking, collaboration, and professional development opportunities



**Population-Based Approaches to Supporting Individuals' Nutrition, Physical Activity, Lifestyle
Impacts Healthy Growth & Wellness in Children**

DNPAO with partners works at multiple levels to establish healthier communities to support individuals



**Breastfeeding
Maternal
PA/Nutrition**

**Early Child
Nutrition**

**Early Care and Education
Schools & Youth Programs
Farm to Education**

Family Healthy Weight Programs

**Food Service Guidelines
Nutrition Standards in Charitable
Food Systems**

Community Food & PA

Health Equity

NOPREN Coordinating Center

The Coordinating Center serves as NOPREN's administrative home, acting as a liaison between the CDC and network members. The Center:

- Hosts monthly state-of-the-science webinars
- Manages the member listserv and website
- Send bi-weekly NOPREN News (upcoming webinars, meetings, job announcements, funding opportunities, new publications)
- Serves as a platform for sharing and disseminating research
- Provides strategic direction for the network
- Facilitates collaboration among members
- Supports a variety of action-oriented work groups

Work Groups

Work groups are a core part of NOPREN. Members collaborate on policy-relevant topics and conduct action-oriented research translation to inform policy and create impact.

Examples of NOPREN work group activities include:

- Publishing editorials and original research
- Providing thought leadership and content expertise
- Developing measures and tools
- Creating and disseminating policy briefs

Work groups meetings typically occur monthly and are a combination of expert-led information sharing and project-specific activities.

Work groups are open to all interested members and your level of engagement is up to you.

Work Groups



Early Childhood

Healthy
Eating
Research



Food Policy Councils



Rural Food Access



Food Service Guidelines



Drinking Water



School Wellness

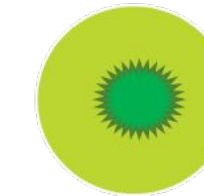


Food Security



Healthy Food Retail

Healthy
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Research



COVID-19 Food &
Nutrition Security

Healthy
Eating
Research

Ways to Engage with NOPREN

- Sign up for the listserv to receive newsletters and network info
- Attend monthly State-of-the-Science webinars
- Join a Work Group
- Work Group Fellows program

**Want to learn more about NOPREN
or join the network?
Visit www.nopren.ucsf.edu
or contact NOPREN@ucsf.edu**

Healthy Eating Research

KIRSTEN ARM, MPH, RDN

RESEARCH ANALYST

HEALTHY EATING RESEARCH

JUNE 15, 2022



Program Goals

1

Build a research base for policy, systems, and environmental strategies that advance health and nutrition equity in the areas of healthy food access and security, diet quality, and healthy weight.

2

Foster a vibrant, interdisciplinary field of research and a diverse network of researchers.

3

Communicate research findings to accelerate policy, systems, and environmental changes that promote healthy eating and advance nutrition and health equity.

Goal 1: Build a Research Base

Research that focuses on:

- Children and adolescents from birth to 18 and their families
- Populations and communities at highest risk for obesity and nutritional disparities.

focus areas

-  early childhood
-  school & after school
-  healthy communities
-  beverages
-  food access
-  food retail
-  food marketing
-  pricing & economics
-  nutrition policy & programs
-  diet quality & healthy weight

Goal 2: Foster diverse network of researchers

HER NOPREN Work Groups

- Healthy Food Retail
- Early Childhood
- COVID-19 Food and Nutrition
- WIC Research Learning Collaborative

HER Work Groups

- Early-Stage Investigator
- Healthy School Meals for All
- Food Labeling

Visit the NOPREN website to learn more about the HER NOPREN Work Groups! <https://nopren.ucsf.edu/>

Goal 3: Research Translation & Dissemination

- Assist grantees with communication and translation of research
- Dissemination of research products to researchers, advocates, policymakers, and other stakeholders





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Twitter: @HEResearch

**Healthy
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**Session 1: Policy, Systems, and Environmental
Approaches to Improve Nutrition and Food
Security among Young Children**

Today's Presenters



Moderator: Daniel Zaltz



Alison Tovar

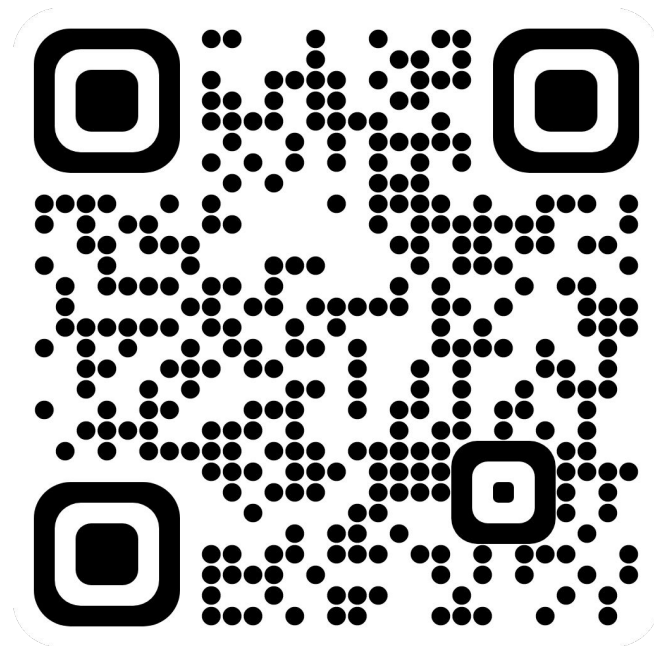


Kate Bauer

Early Childhood Work Group

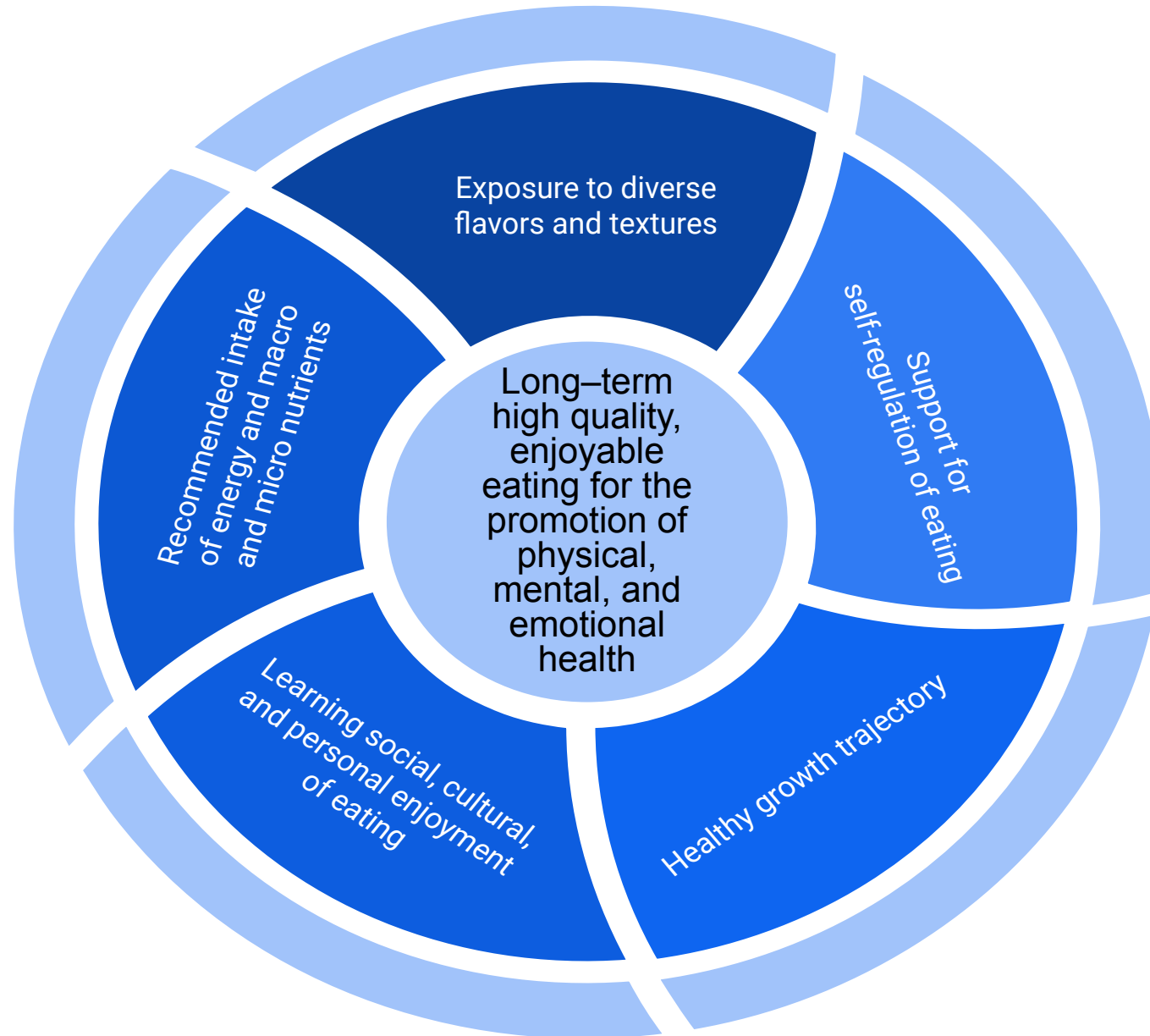
The Early Childhood Work Group convenes a multi-disciplinary network of practitioners, researchers, and advocates focused on policy, systems, and environmental approaches to improve nutrition and promote healthy development in the places where young children live, learn, and play.

To be added to listserv visit and fill out form website!



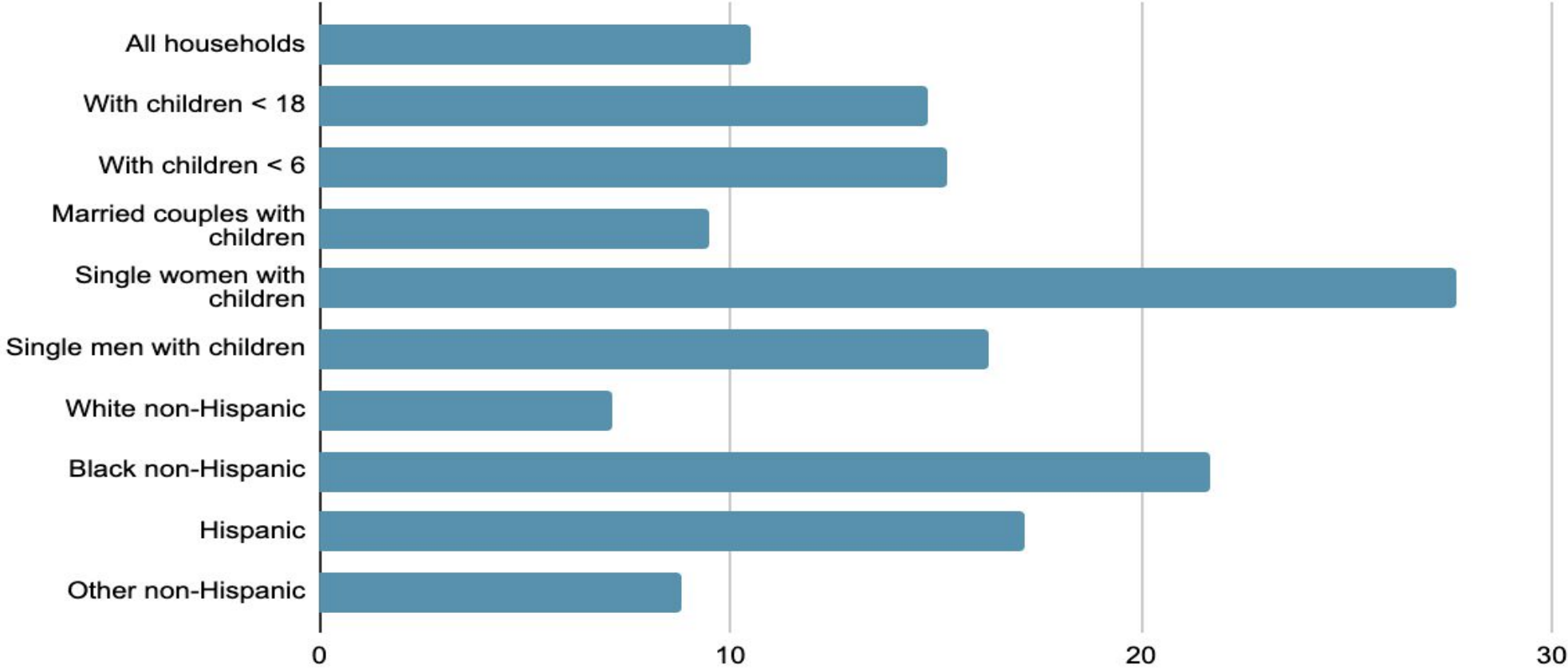
Session Objectives

1. Examine the policies, systems, and environments that influence young children's nutrition and food security in the US.
2. Discuss PSE-based interventions that have proven effective in improving young children's nutrition and food security.
3. Identify opportunities for future research, policy, and practice in this space.



Inequities in Young Children's Food Security

Prevalence of food insecurity by selected household characteristics, 2020



USDA, Economic Research Service, using data from the December 2020 Current Population Survey Food Security Supplement.

P

Policy

Creation or alteration of a formal written statement of a government, business, or nonprofit that results in a new organizational position, decision, action, or mandatory rule or regulation

S

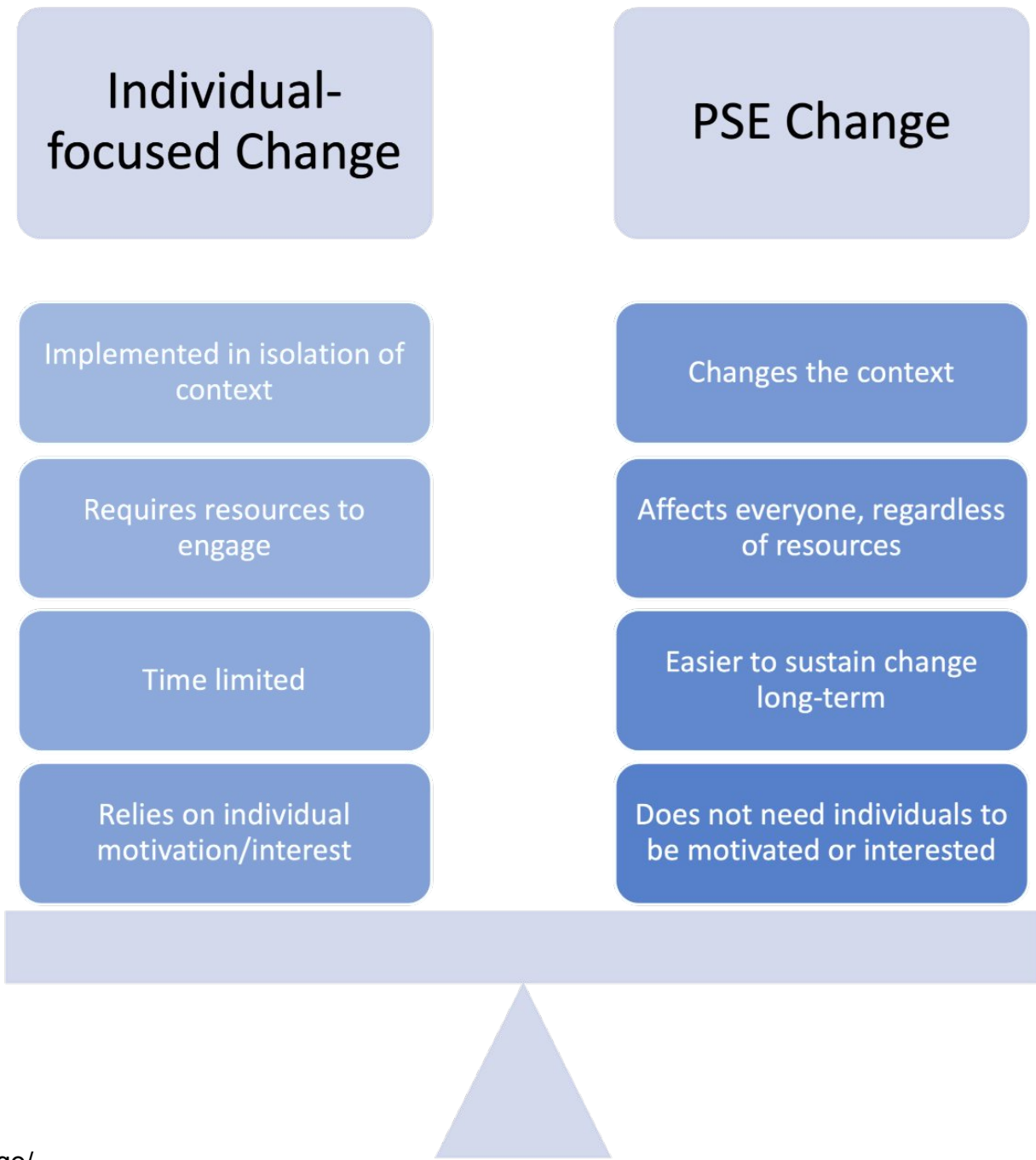
Systems

Information and ongoing change in organizational practices and procedures that results in a new, voluntary way of doing business.

E

Environments

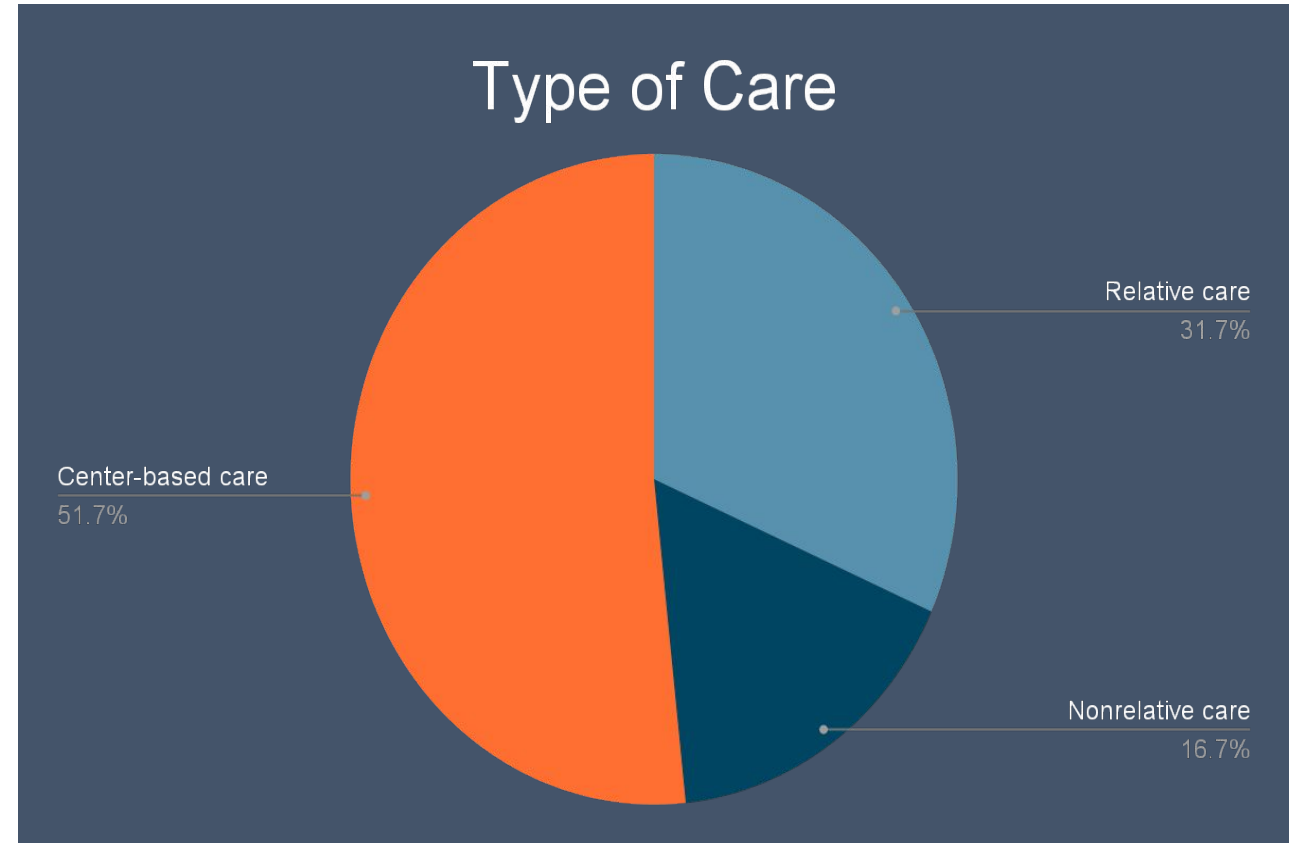
Directly alters the physical, economic, social, or messaging environment that results in a new level of access or opportunity for the target population.



What are the PSEs that Impact
Young Children's Nutrition and
Food Security?

The Early Care and Education (ECE) Setting

In 2019, approximately 59 % of children age 5 and younger and not enrolled in kindergarten were in at least one weekly nonparental care arrangement



Center for Disease and Control's Spectrum of Opportunities for Obesity Prevention in the ECE Setting



Recommendations to Improve Policies and Practices in ECE

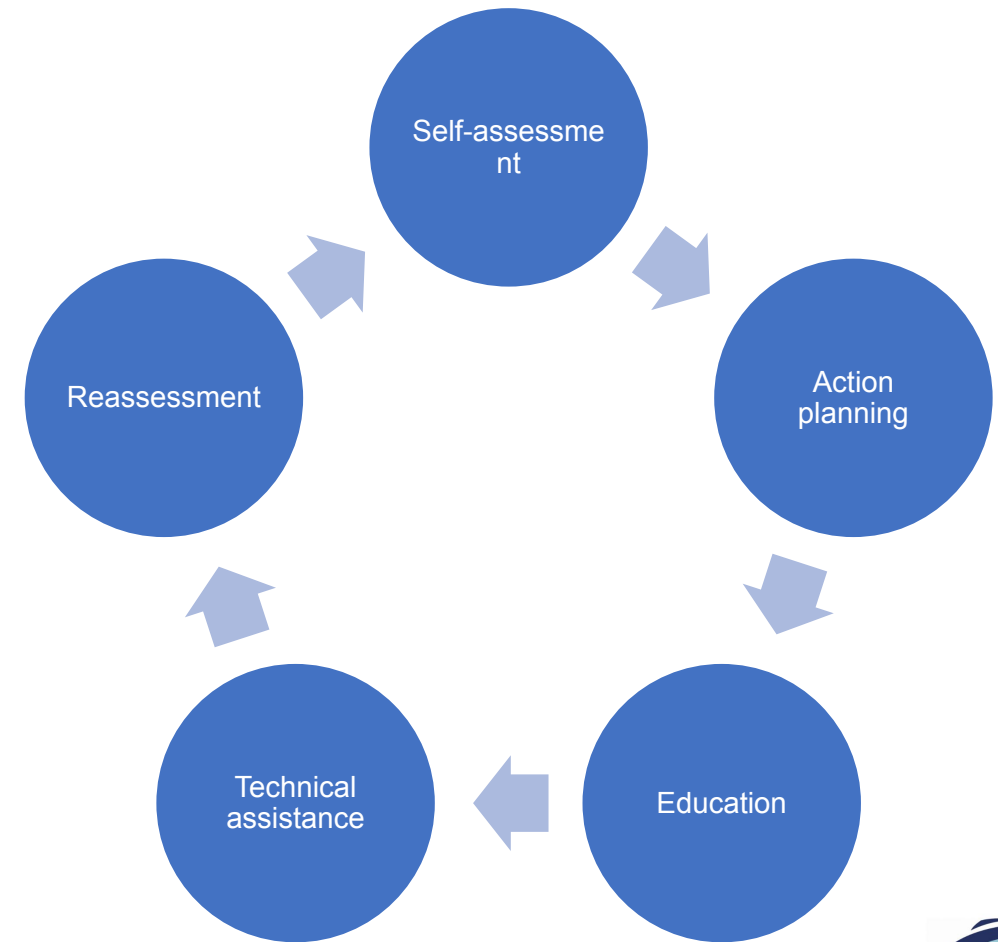
- Institute of Medicine, American Academy of Pediatrics have published recommended standards of practice for ECE environments & providers.

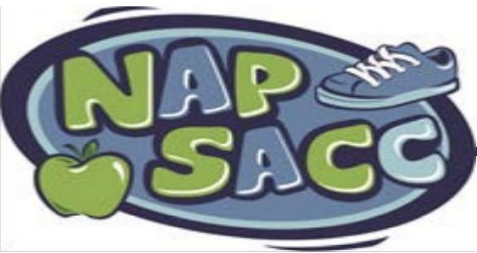
Examples of Standards

- Offering clean, sanitary drinking water to children throughout the day
- Ensuring all fluids served, other than milk, should be either water or 100% juice
- Activities using TV/video, computer, or video games shall be prohibited for children under the age of two years
- All children, birth to 6 years of age, should participate daily in: 2-3 occasions of active play outdoors, weather permitting

PSE Change Example: Nutrition and Physical Activity Self-Assessment for Child Care (NAPSACC)

- Structured process to help childcare programs improve healthy eating and physical activity practices
- Implemented with the help of local technical assistants who support child-care programs through a 5-step improvement process
- NAPSACC's impact on practices has been confirmed in multiple studies





Go NAPSACC

Self-Assessment Instrument

Date: _____

Your Name: _____

Child Care Program Name: _____

Breastfeeding Support Practices

5. Teachers and staff promote breastfeeding and support mothers who provide breast milk for their infants by:

See list and mark response below.

- Talking with families about the benefits of breastfeeding
- Telling families about the ways our program supports breastfeeding
- Telling families about community organizations* that provide breastfeeding support
- Giving families educational materials[†]
- Showing positive attitudes about breastfeeding

None

1 topic

2–3 topics

4–5 topics

Breastfeeding Policy

9. Our written policy* on promoting and supporting breastfeeding includes the following topics:

See list and mark response below.

- Providing space for mothers to breastfeed or express breast milk
- Providing refrigerator and/or freezer space to store expressed breast milk
- Professional development on breastfeeding
- Educational materials for families on breastfeeding
- Breastfeeding support for employees[†]

No written policy or
policy does not include
these topics

1 topic

2–3 topics

4–5 topics

* A written policy can include any written guidelines about your program's operations or expectations for teachers, staff, children, and families. Policies can be included in parent handbooks, staff manuals, and other documents.

† Support can include practices like allowing teachers and staff to breastfeed or express breast milk on their breaks.

GO NAPSACC

- In 2014, NAPSACC was adapted into an online format, reducing the time required of technical assistants from 25 h per center to only 5 h
- Go NAPSACC has been shown to produce similar improvements in practices



Child Nutrition



BEST PRACTICES ADDRESS

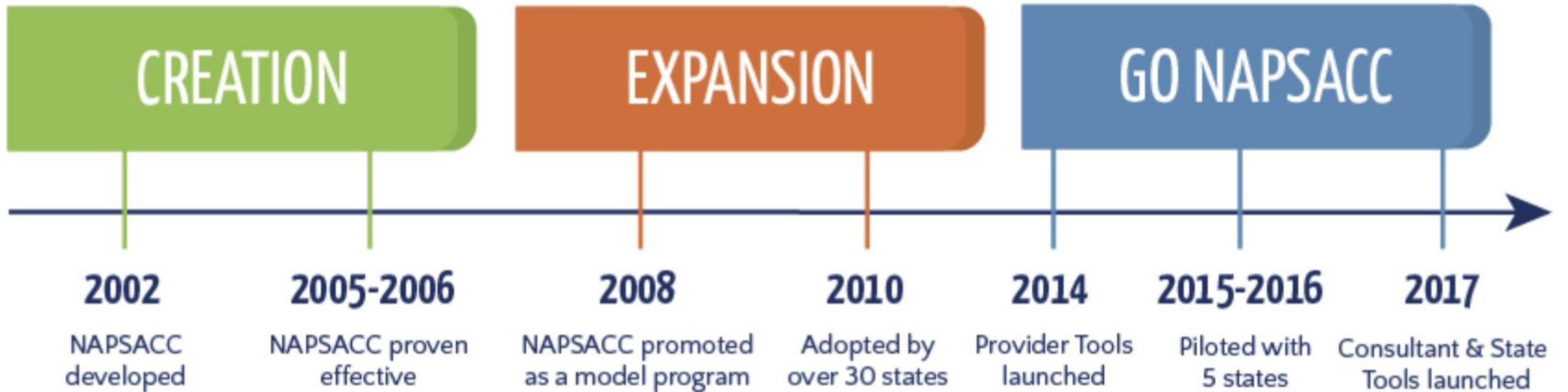
- Foods & Beverages Provided
- Feeding Environment & Practices
- Menus & Variety
- Education & Professional Development
- Policy

Before NAPSACC I was all - basically what can I fix the fastest and get the children to eat the quickest...Through the NAPSACC program I was shown a different way to approach our mealtimes and incorporate learning about where the meals came from, how they're prepared, how to serve and how to socialize sitting at the table.

- Jackie, Family Child Care Home Owner, Craven County NC



NAPSACC to GO NAPSACC Evolution



Ongoing Challenges to Achieving the Potential of PSE Change

Limited cross-sector/discipline engagement

Lack of attention to lived expertise

Getting to equity and addressing racial injustice

“Tracks and trains” problem

Limited Cross-Sector/Discipline Engagement

Nutrition and Food Security PSE work is being done without attention to impacts on family systems and young children.

- Soda/sugar taxes
- Menu labeling
- Healthy corner store/grocery initiatives
- Changes to SNAP eligibility and benefits

Few are assessing the impacts of PSE changes that are not specifically about nutrition but that impact families with young children.

- Parental leave
- Universal childcare/preschool
- Stimulus checks/child tax credit

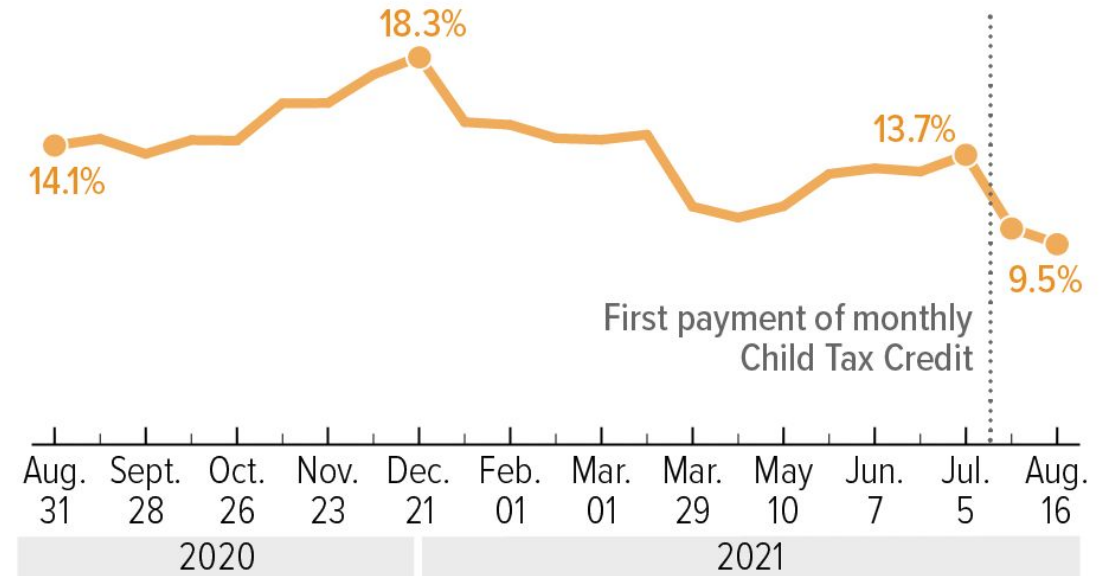
Example: Child Tax Credit

A 1-year expansion of the Child Tax Credit with 3 major reforms:

- (1) eligibility for the full credit amount including families with low or no income,
- (2) increased credit from \$2000 per qualifying child to \$3000 for those aged 6 to 17 years and \$3600 for those aged 5 years or younger,
- (3) advance payments made on a monthly basis

Fewer Families With Children Didn't Get Enough to Eat

Share of adults with children reporting that their household sometimes or often did not have enough to eat in last 7 days



Note: Dates shown are the last day of each Household Pulse Survey 13-day data collection period. Data collection was paused between December 21, 2020 and January 6, 2021, between March 29 and April 14, 2021, and between July 5 and July 21, 2021. Percentages exclude individuals who did not respond to the question.

Source: CBPP analysis of Census Bureau Household Pulse Survey tables

Lack of Attention to Lived Expertise



The recipients of policy, systems, and environmental change may be consulted during the planning and/or evaluation stages, but there are few mechanisms for providing meaningful insight throughout implementation..



Policy-makers and others in charge rarely have personally experienced food insecurity or lack of healthy food access.



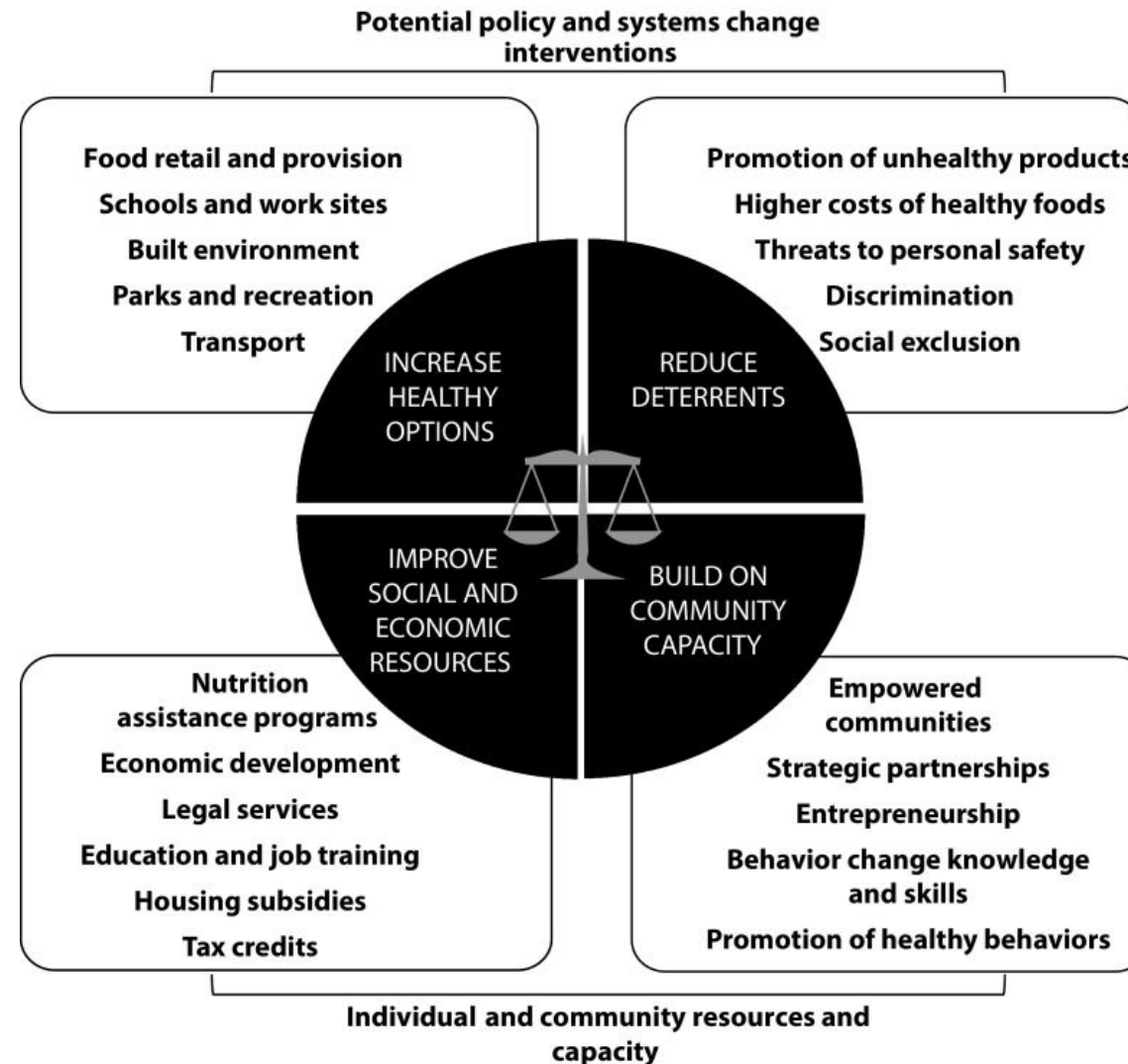
Solutions

Diversify leadership

Prioritize user experiences

Create systems for input and feedback

Getting to Equity and Addressing Racial Injustice



Where do we go from here?

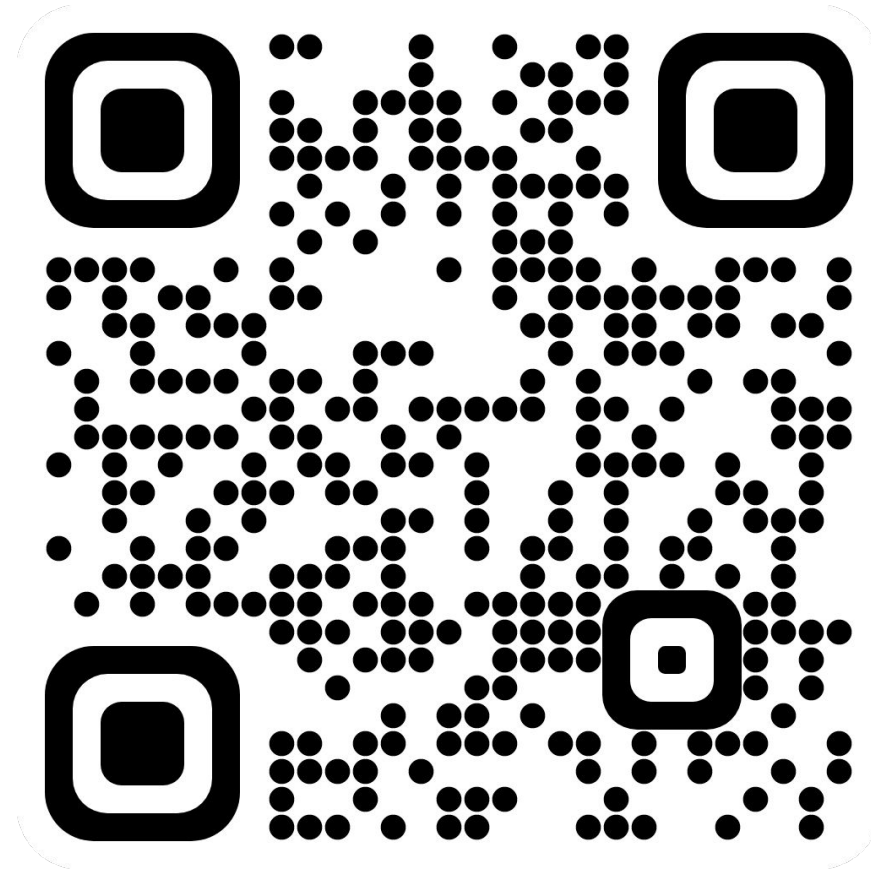
Thank you!

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Kate: kwbauer@umich.edu

Join the NOPREN Early Childhood Work Group!



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Q&A

Announcements

Join us for the next session of the speaker series!

- Wednesday, June 22 from 4:00 - 5:15 PM ET
- Food Retail and Inflation: Broad overview of healthy food retail and factors that affect rising food costs, along with its impact on nutrition assistance programs

Apply to be a presenter at the Virtual Student Presentation and Poster Session on August 17!

Selected students will give a 5-8 minute presentation on a nutrition-related project or research they worked on over the summer. Students of all levels are encouraged to apply.

Application Opens: Friday, June 17

Applications Due: Wednesday, July 13 by 5pm EST

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Breakout Rooms