Summer Speaker Series for Students 2024
Getting Started!

• Update your name on Zoom, if needed
  • Right click on your Zoom box, click “rename”

• Type your name and institution into the chat box!
  • Question: Which best describes you?
    ■ Ex. Undergraduate Student, Dietetic Intern, Masters Student, Doctoral Student, Post Doc, Public Health Practitioner, Researcher/Professor, Other

• Remember to keep yourself on mute.

• Type your questions into the chat box.
• Explore various public health topics related to:
  ○ Food and nutrition security
  ○ Federal nutrition assistance programs
  ○ Nutrition equity

• This series is a collaborative effort of Healthy Eating Research (HER) and Nutrition and Obesity Policy Research and Evaluation Network (NOPREN).
Schedule and Topics

- June 12: Food Policies in Schools - More than just Lunch!
- June 26: Food is Medicine: What does it mean? Where are we going?
- July 10: Leveraging Food Service Contracts at 4-year Public Universities to Understand Meal Plan Costs and Affordability
- July 24: Policy Systems and Environmental Strategies to Support Young Children's Diet and Health
- August 7: Collaborating Successfully across Sectors toward Nutrition Security
- August 14: Student Presentations

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

The series will take place on Wednesdays from 4:00 - 5:00 pm EST
The HER/ NOPREN Summer Speaker Series will end with Student Presentations and Poster Sessions on August 14. Stay tuned for more details!

Selected students will give a presentation on a nutrition-related project or research they worked on over the summer.
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.

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<th>focus areas</th>
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<td>🧽 early childhood</td>
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Goal 2: Foster diverse network of researchers

HER NOPREN Work Groups
- Healthy Food Retail
- Early Childhood
- Resilient Food Systems
- WIC Learning Collaborative

HER Work Groups
- Early Stage Investigator
- Food Labeling

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

Visit the HER website to learn more about the HER Work Groups! https://healthyeatingresearch.org/what-we-fund/grantee-resources/
Goal 3: Research Translation & Dissemination

- Assist grantees with communication and translation of research
- Dissemination of research products to researchers, advocates, policymakers, and other stakeholders
Nutrition and Obesity Policy Research and Evaluation Network (NOPREN): What is it?

• Collaborative, equity-focused applied research and practitioner network that informs policies and practices designed to support the equitable intake of healthy, nutritious foods so that everyone has a fair chance at health

• Led by a coordinating center based at the University of California San Francisco (UCSF) in partnership with CDC DNPAO leadership
  • Hosts monthly state-of-the-science webinars
  • Facilitates collaboration among members
  • Send bi-weekly NOPREN News
  • Serves as a platform for sharing and disseminating research
  • Provides professional development opportunities for members
  • Support the network’s Work Groups

• Members (3000+) include policy researchers, evaluators, practitioners, professional organizations, non-profits, and government agencies.
  • We encourage early career and junior faculty to join for networking, collaboration, and professional development opportunities.
11 Work Groups
4 co-led with HER
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](http://www.nopren.ucsf.edu) or contact NOPREN@ucsf.edu
HER & NOPREN 5TH ANNUAL SUMMER SERIES
JUNE 10, 2024

CLICK TO EDIT SUBTITLE

Good Nutrition  Regular Physical Activity  Healthy Weight

Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
Division of Nutrition, Physical Activity, and Obesity

CDC
Centers for Disease Control and Prevention
Session 1: Food Policies in Schools - More than just just Lunch!
The mission of the School Wellness Workgroup is to identify and address research and practice gaps on the implementation and evaluation of school district policies, state laws, and federal policies, and their impact on wellness practices in K-12 school settings.

Meetings are the second Tuesday of each month
2 pm ET/11 am PT
Next meeting: August 13th, 2024

Workgroup co-chair: Dr. Juliana Cohen, cohenj@merrimack.edu
Workgroup co-chair: Dr. Erin Hager, ehager1@jhmi.edu
Workgroup fellow: Dr. Leah Chapman, chapmanle@Merrimack.edu
Workgroup fellow: Dr. Nan Dou, ndou1@jhu.edu
An Overview of School Meals in the United States
Background for School Meals

History of School Breakfast & Lunch Program

- Children’s Aid Society of NY serves meals to vocational students (1853)
- Penny lunches in 1 school in Philadelphia (1894)
- Pennies for Partner schools
- The book *Poverty* is published (1904)
- Women’s Educational & Industrial Union serves hot lunches in Boston (1908)
- Congress approves law that begins the commodity program (1935)
- National School Lunch Act approved (1946)
- Pilot breakfast program starts (1966)
- School Breakfast Program becomes a permanent entitlement program (1975)
- DOD Fresh Fruit and Vegetable Program starts (1996)
- DOD Fresh Fruit and Vegetable Program continues
- HHFKA (2010)
- Updated School Meal Standards (2024)!!

Healthy Eating Research

NOPREN - Nutrition & Obesity Policy Research & Evaluation Network
Background for School Meals

30.3 million children
2/3 receive a free or reduced-price meal
Eligibility for free or Reduced-Price Meals

• Children from families with incomes at or below 130 percent of the poverty level are eligible for free meals.

• Those with incomes between 130 percent and 185 percent of the poverty level are eligible for reduced-price meals.
School Meal Requirements

Must Offer:

• Fruit
• Vegetable (variety)
• (Whole) Grains
• Milk
• Meat/meat alternative
School Meal Requirements

Must Serve:
• 3 meal components (one of which MUST be a fruit or vegetable)
Lessons Learned from the HHFKA
Lessons Learned from the HHFKA

The updated USDA school meal standards have overall led to positive changes

- Improvements in fruit selection

Lessons Learned from the HHFKA

The updated USDA school meal standards have overall led to positive changes

• Improvements in vegetable consumption (no statistically significant difference in fruit consumption)

Lessons Learned from the HHFKA

**EXHIBIT 3**

Predicted probability of obesity among youth ages 10-17 before and after implementation of Healthy, Hunger Free Kids Act (HHFKA) changes to the National School Lunch Program, by poverty status, 2003-18

**SOURCE** Authors’ analysis of data from the National Survey of Children’s Health, 2003-18. **NOTES** Sample includes youth ages 10-17 with reported body mass index, poverty status, race, and ethnicity. Survey responses from 2003, 2007, 2011-12, 2016, 2017, and 2018 were used for this analysis. Predicted probability represents the average weighted value from the sample and is derived from weighted logistic regression models that adjust for participant age, sex, race/ethnicity, and state of residence. Dotted lines show pre-HHFKA trends projected post-HHFKA, for youth in poverty and not in poverty. "Not in poverty" indicates family income above 100 percent of the federal poverty level. "In poverty" indicates family income at or below the federal poverty level.
Universal Free School Meal Policies

Community Eligibility Provision

Percentage of Eligible School Districts Adopting Community Eligibility

Source: CBPP and FRAC analysis of data on eligible schools and districts published by state child nutrition agencies in May 2015 and data on schools and districts adopting community eligibility collected directly by USDA, CBPP, and FRAC from state agencies from September 2015 through April 2016.
Universal Free School Meal Policies

State-Level Universal School Meals

Source: FRAC
https://frac.org/healthy-school-meals-for-all
Changes to School Meal Nutritional Requirements Over Time
Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans
Added Sugars – School Meal Programs (SBP & NSLP)

**Current standards**
- No limits on added sugar in school meals

**July 2025 updated standards**
- Product-based limits:
  - Breakfast cereals: ≤6 g/oz
  - Yogurt: ≤12 g/6 oz
  - Flavored milk: 10 g/8 oz

**July 2027 updated standards**
- Average weekly limits for added sugars in overall meals (<10% of weekly calories)
Current standards

- Allow both flavored and unflavored 1% and fat-free milks in the school meals programs to K-12 students
- Schools continue to offer at least two varieties of milk, and unflavored milk must be offered at each meal service

Updated standards

- Maintain the current standards
Whole Grains

Current standards
- At least 80% of the grains offered weekly must be whole grain-rich
- “Whole grain-rich” is defined by the FNS as products containing 50% to 100% whole grain

Updated standards
- Maintain the current standards
**Sodium**

### National School Lunch Program Sodium Limits

<table>
<thead>
<tr>
<th>Age/Grade Group</th>
<th>Current Sodium Limit: In place through June 30, 2027</th>
<th>Sodium Limit: Must be implemented by July 1, 2027</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades K-5</td>
<td>≤ 1,110 mg</td>
<td>≤ 935 mg</td>
</tr>
<tr>
<td>Grades 6-8</td>
<td>≤ 1,225 mg</td>
<td>≤ 1,035 mg</td>
</tr>
<tr>
<td>Grades 9-12</td>
<td>≤ 1,280 mg</td>
<td>≤ 1,080 mg</td>
</tr>
</tbody>
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### School Breakfast Program Sodium Limits

<table>
<thead>
<tr>
<th>Age/Grade Group</th>
<th>Current Sodium Limit: In place through June 30, 2027</th>
<th>Sodium Limit: Must be implemented by July 1, 2027</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades K-5</td>
<td>≤ 540 mg</td>
<td>≤ 485 mg</td>
</tr>
<tr>
<td>Grades 6-8</td>
<td>≤ 600 mg</td>
<td>≤ 535 mg</td>
</tr>
<tr>
<td>Grades 9-12</td>
<td>≤ 640 mg</td>
<td>≤ 570 mg</td>
</tr>
</tbody>
</table>

**Updated standards**

- Schools will maintain current sodium limits through SY 2026-2027
- By July 1, 2027, schools must implement a 15% reduction for lunch and a 10% reduction for breakfast from current sodium limits
Overview

- What are “competitive foods?”
  - Snacks and beverages that “compete” with school meals
- Sold in:
  - School vending machines
  - School stores
  - Snack bars
  - Cafeterias
  - Fundraisers
Overview of Competitive Foods
Regulation of Competitive Foods

• How are competitive foods regulated?
  • USDA Smart Snack nutritional standards
  • 2010 Healthy, Hunger-Free Kids Act required standards for competitive foods
  • National standards passed in 2014
Regulation of Competitive Foods

- Overview of Smart Snack Standards
Regulation of Competitive Foods

• **Overview of Smart Snack Standards**
  - Whole grain-rich product (first ingredient is whole grain) **OR**
• Overview of Smart Snack Standards
  • Whole grain-rich product (first ingredient is whole grain) OR
  • First ingredient is a fruit, a vegetable, a dairy food, or a protein food OR
Regulation of Competitive Foods

- **Overview of Smart Snack Standards**
  - Whole grain-rich product (first ingredient is whole grain) OR
  - First ingredient is a fruit, a vegetable, a dairy food, or a protein food OR
  - Be a combination food that contains at least ¼ cup of fruit and/or vegetable (e.g., ¼ cup of raisins with enriched pretzels) AND
Regulation of Competitive Foods

• Overview of Smart Snack Standards
  
  • Whole grain-rich product (first ingredient is whole grain) OR
  • First ingredient is a fruit, a vegetable, a dairy food, or a protein food OR
  • Be a combination food that contains at least ¼ cup of fruit and/or vegetable (e.g., ¼ cup of raisins with enriched pretzels) AND
  • Meet the nutrient standards for calories, sodium, fats, and total sugars
Regulation of Competitive Foods

• Overview of Smart Snack Standards
  • Exact regulations vary by school type
  • Compliance check: [https://foodplanner.healthiergeneration.org/calculator/](https://foodplanner.healthiergeneration.org/calculator/)
Regulation of Competitive Foods

- Beverage Smart Snack Standards- Elementary and Middle
Regulation of Competitive Foods

- **Beverage Smart Snack Standards- Elementary and Middle**
  - Plain water or plain carbonated water
Beverage Smart Snack Standards - Elementary and Middle

- Plain water or plain carbonated water
- Plain or flavored low-fat or non-fat milk
  - Elementary: 8 fl oz
  - Middle: 12 fl oz
• **Beverage Smart Snack Standards- Elementary and Middle**
  - Plain water or plain carbonated water
  - Plain or flavored low-fat or non-fat milk
    - Elementary: 8 fl oz
    - Middle: 12 fl oz
  - 100% fruit or vegetable juice (regular or diluted with water with no added sweeteners, with or without carbonation-e.g., Izze Sparkling Juice Beverage)
    - Elementary: 8 fl oz
    - Middle: 12 fl oz
Regulation of Competitive Foods

- Beverage Smart Snack Standards- High Schools
  - Low-calorie beverages with or without caffeine
    - 40 calories/8 fl oz
    - 60 calories/12 fl oz
  - No-calorie beverages with or without caffeine
    - 10 calories/20 fl oz
Regulation of Competitive Foods

- **Beverage Smart Snack Standards - High Schools**
  - Same as middle schools, plus:
    - Low-calorie beverages with or without caffeine
      - 40 calories/8 fl oz
      - 60 calories/12 fl oz
    - No-calorie beverages with or without caffeine
      - 10 calories/20 fl oz
Regulation of Competitive Foods

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    - 60 calories/12 fl oz
  - No-calorie beverages with or without caffeine
    - 10 calories/20 fl oz
“Copycat” Competitive Foods

- Unintended Consequences of Smart Snack Standards
  - Product reformulation
  - Doritos → Reduced-fat whole grain Doritos
  - Reduced their fat and calories
  - First ingredient is “whole corn”
Regulation of Competitive Foods

• 12 fl oz Pepsi
• Compliant or Not?
• See pgs. 9-12 for help!
Regulation of Competitive Foods

- Starburst
- Compliant or Not?
- See pgs. 9-12 for help!
Regulation of Competitive Foods

• Whole Grain Goldfish
• Compliant or Not?
• See pgs. 9-12 for help!

Regulation of Competitive Foods

- 20 fl oz Diet Coke
- Compliant or Not?
- See pgs. 9-12 for help!
Prevalence of Competitive Foods

• How many schools sell competitive foods?

Cohen et al., 2024
National sample of 90 schools
70% of middle schools sold competitive foods
90% of high schools sold competitive foods
Most commonly sold:
- Beverages (47% of all foods documented)
- Sweet snacks (25%)
- Salty snacks (18%)
- Ice cream/frozen treats (12%)
How many schools sell competitive foods?

- Cohen et al., 2024
  - National sample of 90 schools
  - 70% of middle schools sold competitive foods
  - 90% of high schools sold competitive foods
Prevalence of Competitive Foods

- How many schools sell competitive foods?
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    - National sample of 90 schools
    - 70% of middle schools sold competitive foods
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  - Most commonly sold competitive foods:
    - Beverages (47% of all foods documented)
    - Sweet snacks (25%)
    - Salty snacks (18%)
    - Ice cream/frozen treats (12%)
Compliance with Smart Snack Standards

- Do schools follow the Smart Snack standards?

Gorski et al., 2016
MA sample of 72 schools
Food compliance: 60%
Beverage compliance: 79%

Cohen et al., 2024
National sample of 90 schools
Food compliance: 75%
Beverage compliance: 80%
Compliance with Smart Snack Standards

• Do schools follow the Smart Snack standards?
  • Gorski et al., 2016
    • MA sample of 72 schools
    • Food compliance: 60%
    • Beverage compliance: 79%
  • Cohen et al., 2024
    • National sample of 90 schools
    • Food compliance: 75%
    • Beverage compliance: 80%
Compliance with Smart Snack Standards

• Do schools follow the Smart Snack standards?
  • Gorski et al., 2016
    • MA sample of 72 schools
    • Food compliance: 60%
    • Beverage compliance: 79%
  • Cohen et al., 2024
    • National sample of 90 schools
    • Food compliance: 75%
    • Beverage compliance: 80%
Nutritional Quality of Competitive Foods

- What is the nutrient profile of competitive foods?

Cohen et al., 2024

Average calories: 118 kcal
Average saturated fat: 1 g
Average total sugar: 13 g
Average added sugar: 9 g
Average sodium: 108 mg
Average fiber: 1 g
Nutritional Quality of Competitive Foods

What is the nutrient profile of competitive foods?

Cohen et al., 2024

- Average calories: 118 kcal
- Average total fat: 3 g
- Average saturated fat: 1 g
- Average total sugar: 13 g
- Average added sugar: 9 g
- Average sodium: 108 mg
- Average fiber: 1 g
Future Research on Competitive Foods

- AAP: $\leq 100$ mg/day
- Smart Snacks: No limits on caffeine

What is the prevalence of caffeinated beverages?
How much caffeine do caffeinated beverages sold in schools contain?
Future Research on Competitive Foods

- AAP: ≤100 mg/day
- Smart Snacks: No limits on caffeine
- What is the prevalence of caffeinated beverages?
- How MUCH caffeine do caffeinated beverages sold in schools contain?

- Note: findings are preliminary, please do not share!
Future Research on Competitive Foods

• 1,040 beverages documented
• 24% contained caffeine (n=249/1,040)
• Average amount of caffeine: 65 mg
Future Research on Competitive Foods

• 1,040 beverages documented
• 24% contained caffeine (n=249/1,040)
• Average amount of caffeine: 65 mg

• **The most commonly available caffeinated beverages:**
  • Sodas (n=123/249 [49.4%]; 71 mg)
  • Teas (n=66/249 [26.5%]; 34 mg)
  • Sweetened waters (n=38/249 [15.3%]; 67 mg)
  • Energy drinks (n=13/249 [5.2%]; 95 mg)
  • Coffee drinks (n=7/249 [2.8%]; 103 mg)
  • Milk/milk substitutes (n=1/249 [0.4%]; 1 mg)
Breakout Rooms
Announcements

Please fill out the session evaluation after today’s session.
- You should be directed to fill it out after the call ends OR you may scan the QR code on the right.

Join us for the next session of the speaker series!
- Wednesday, June 26 from 4:00 - 5:00 PM ET
- Title: Food is Medicine: What does it mean? Where are we going?