

Healthy
Eating
Research



Summer Speaker Series for Students 2025

(The contents and findings of this presentation are those of the speakers and do not represent the official views of the Centers for Disease Control & Prevention or Department of Health and Human Services.)

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.

NOPREN HER Summer Series for Students

- Explore various public health topics related to:
 - Food and nutrition security
 - Federal, state, and local policy
 - Strategies to support young children's health
 - ***And more!***
- 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 11: Policy, Systems, and Environmental (PSE) Strategies to Support Young Children's Diet and Health*
- June 25: Federal, State, and Local Nutrition Policy Updates
- July 9: Food Policies in Schools
- July 23: Building Resilient Food Systems
- August 6: Interventions to Improve Food and Nutrition Security
- August 13: Student Presentations

The series will take place on Wednesdays from 4:00 - 5:00 pm EST

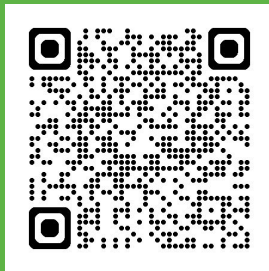
For more information or to register:

<https://nopren.ucsf.edu/her-nopren-summer%C2%A0speaker-series-students-2025>

Student Presentations!

The HER/ NOPREN Summer Speaker Series will end with Student Presentations and Poster Sessions on August 13.

Applications are due **July 18th**. To apply, scan the QR code below:



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

Healthy Eating Research

SENTHIL ANANTHAN, MPH, MBA

RESEARCH ANALYST

HEALTHY EATING RESEARCH



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 a Diverse Network of Researchers

Meetings/Convenings

- HER Annual Grantee Meeting
- Topic-based convenings
- Expert Panels

Active Working Groups

- Early Stage Investigator
- Food Labeling
- Strategic Research Collaborative
- Healthy Food Retail
- WIC Learning Collaborative
- Early Childhood
- Resilient Food Systems

Building the Field

- Facilitating connections
- Training & Technical assistance

Goal 3: Research Translation & Dissemination

- Assist grantees with communication and translation of research
- HER works in partnership with grantees, RWJF, and Burness Communications
- Dissemination of research products to researchers, advocates, policymakers, parents, caregivers, and other stakeholders





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Instagram: [@healthyeatingresearch](https://www.instagram.com/healthyeatingresearch)

Facebook: [@HEResearch](https://www.facebook.com/HEResearch)

Twitter: [@HEResearch](https://www.twitter.com/HEResearch)



NOPREN

Nutrition & Obesity

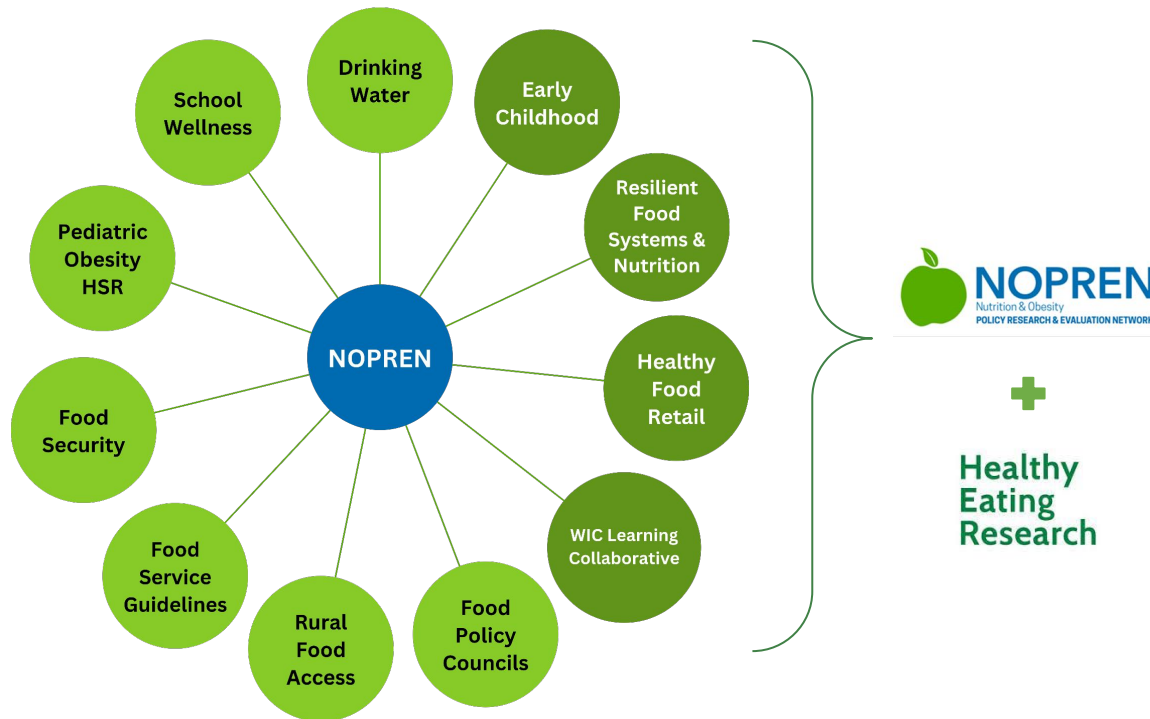
POLICY RESEARCH & EVALUATION NETWORK

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

- **Collaborative research network** focusing on the effectiveness of policies and practices designed to support the intake of healthy, nutritious foods so that everyone has a fair chance at health.
- 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 (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.**

Work Groups

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
or contact NOPREN@ucsf.edu

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Session 1: Policy Systems and Environmental Strategies to Support Young Children's Diet and Health

Policy Systems and Environmental Strategies to Support Young Children's Diet and Health



Kate Bauer, PhD
Alison Tovar, PhD

NOPREN Early Childhood Work Group

Introductions



NOPREN/HER Early Childhood Work Group

Convenes a multi-disciplinary network focused on policy, systems, and environmental approaches to improve young children's nutrition and promote healthy growth in the places where children ages 0 through 5 years old live, learn, and play.

A high priority of the Work Group is to advance knowledge on ways to best support nutrition promotion and obesity prevention within early care and education (ECE).

The primary activities of the Work Group is hosting regular webinars to disseminate innovative research and practice, share knowledge of rigorous scientific methods, foster collaborative research, and provide mentorship.

<https://nopren.ucsf.edu/early-childhood>

Session Objectives

1. Define policy, system, and environmental strategies to promote healthy eating.
2. Understand the importance of early childcare and education settings in implementing PSE change to support young children's healthy eating.
3. Identify PSE strategies to support young children's healthy eating.

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.

Individual-focused Change

Implemented in isolation of context

Requires resources to engage

Time limited

Relies on individual motivation/interest

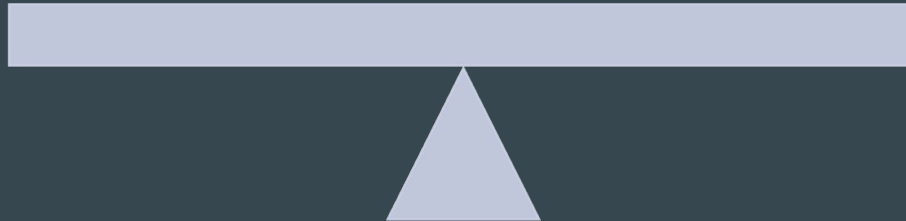
PSE Change


Changes the context

Affects everyone, regardless of resources

Easier to sustain change long-term

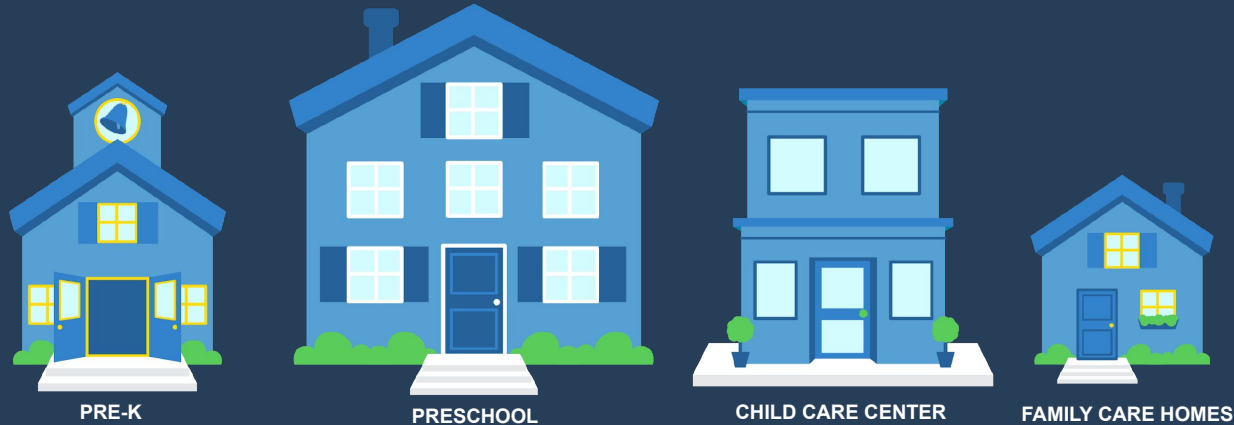
Does not need individuals to be motivated or interested



A young child with curly hair, wearing a blue and white checkered shirt, is sitting on the floor and smiling while playing with colorful wooden blocks. The child is holding a green block and placing it on a red block. In the background, other children are also playing with blocks, and the setting appears to be a classroom or playroom with a light-colored floor and blurred background elements.

Early Care and
Education Settings
can Impact Young
Children's Nutrition
and Food Security

The ECE Setting Directly Influences Young Children's Behaviors and Can Have Ripple Effects



The ECE setting can **directly influence what children eat and drink and how active they are** and build a foundation for healthy habits.

- 59% or 12.5 million children are cared for outside the home at least 1x week
- Center based care most common and children spend an average of 31 hours/week

Center for Disease and Control's Spectrum of Opportunities for Obesity Prevention in the Early Care and Education (ECE) Setting & High Impact Obesity Prevention Standards





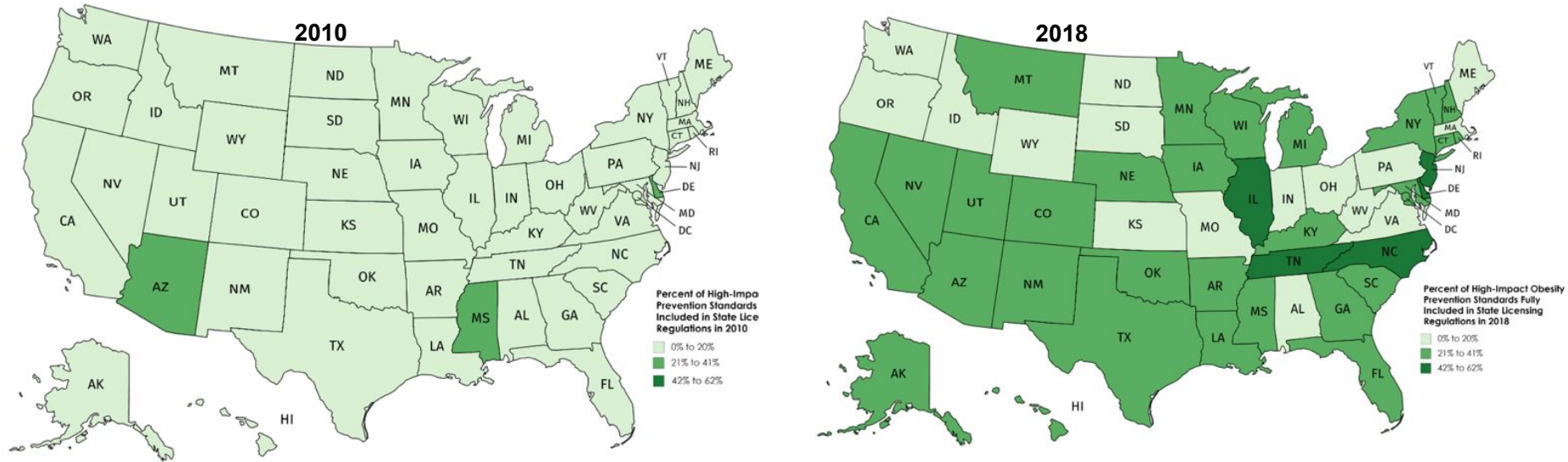
State Licensing Regulations

States adopt regulations that delineate the requirements licensed ECE providers must follow to legally operate

States can require the licensing to include following CACFP standards

National Trends in Child Care Regulations 2010-2018

From 2010-2018, 39 states updated their licensing standards to include more breastfeeding and infant feeding, nutrition, and physical activity support

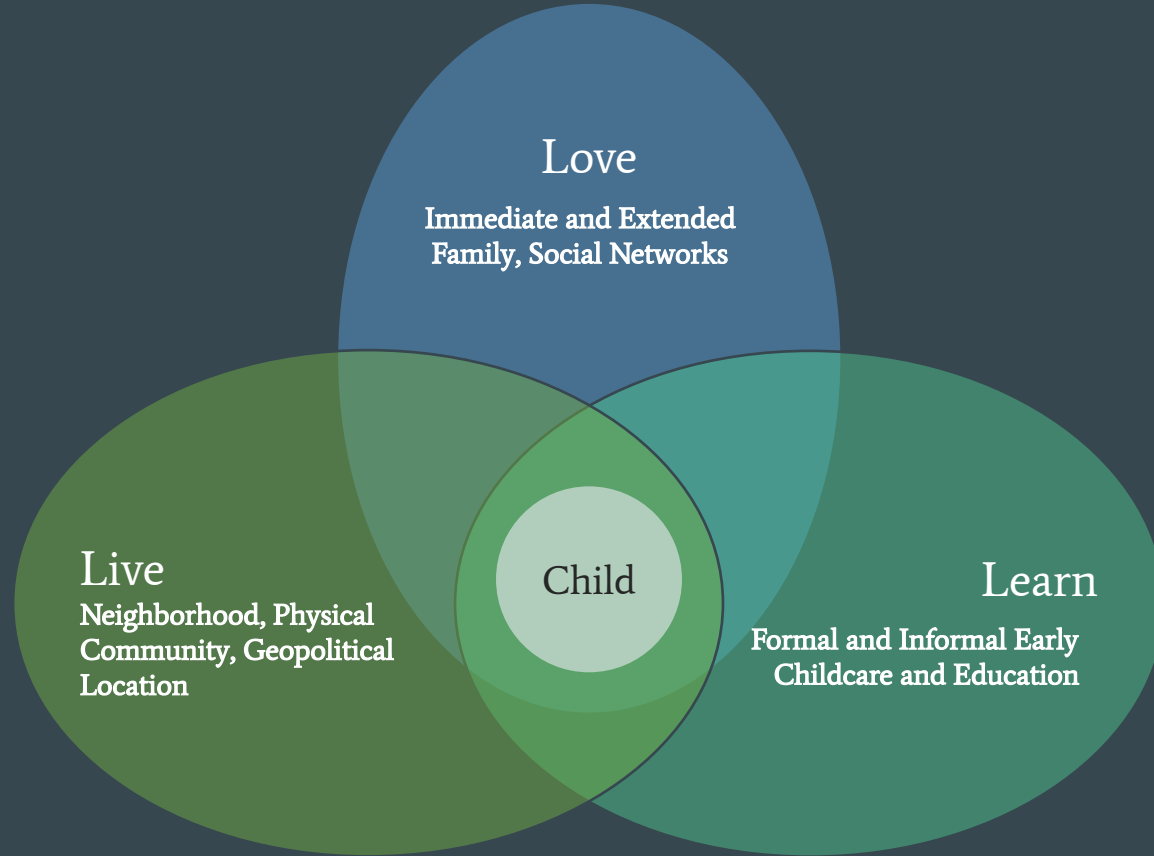


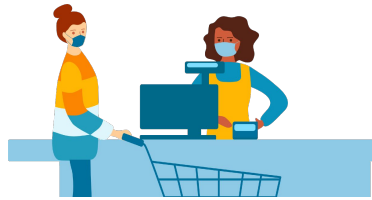
The Early Care And Education (ECE) Setting: Helping Our Nation's Children Grow Up Healthy And Ready To Learn
Warnock A et al. Child Obes. 2021.

**What are other policies, systems, and environments
that impact young children's healthy eating?**

Please enter responses in the chat

Live, Love, Learn Framework





Healthy
Eating
Research



Q & A

Breakout Rooms

1. Discuss current policy research opportunities and/or challenges related to today's topic. What are the opportunities/challenges at the local, state, and federal levels?
2. What are the considerations for practitioners (i.e., healthcare providers, school districts, SNAP or WIC agencies) implementing programs or policies discussed today? What do we still need to know to implement and scale these programs or policies?
3. Discuss how you've interacted with this topic in your professional career (i.e., current coursework, study, grant).
4. What are you currently working on that's exciting you?
5. What advice/questions do you have for people in your breakout?

Join us for the next session of the speaker series!

- Wednesday, June 25 from 4:00 - 5:00 PM ET
- Title: Federal, State, and Local Nutrition Policy Updates