NOPREN – WHAT IS IT?

- Collaborative, equity-focused applied research and practitioner network that informs policies and practices designed to support the intake of healthy, nutritious foods.

- 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 include:
  - Policy researchers and 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.
NETWORK STRUCTURE – Core Partners

In close partnership with:

Healthy Eating Research

Coordinating Center

UCSF Center for Vulnerable Populations
Department of Medicine
NETWORK STRUCTURE

CDC DNPAO

NOPREN COORDINATING CENTER - UCSF

RWJF HER

CO-LED WORK GROUPS
Healthy Food Retail, Early Childhood, Resilient Food Systems and Nutrition, WIC Learning Collaborative

NOPREN WORK GROUPS
Drinking Water, Food Security, Food Service Guidelines, Food Policy Councils, Pediatric Obesity Health Services Research, Rural Food Access, School Wellness
NOPREN Coordinating Center: UCSF

Hilary Seligman, MD, MAS
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NOPREN Coordinator
The Coordinating Center serves as NOPREN’s administrative home, acting as a liaison between the CDC and network members. The Center:

• Provides strategic direction for the network
• Facilitates collaboration among members
• Supports each of the work groups
• Hosts monthly state-of-the-science webinars
• Manages the member listserv and website
• Sends biweekly e-newsletter (reaching 2,500+)
• Provides professional development opportunities for members
New and Upcoming CDC Nutrition & Obesity Data Sets

2020-2030 Strategic Plan for NIH Nutrition Research

True Cost Accounting – Applications to the US Food System

Data reveals Indian Country food security gaps and opportunities

Using Asset-Based Language & Centering Stakeholders

USDA’s Actions on Nutrition Security

Climate/Environmental Change, Health, Agriculture, and Nutrition: a Global Ecology

Building Healthier Communities through Food Service & Procurement

New developments in research and application of the HER Nutrition Guidelines for the Charitable Food System

What can the healthcare sector do about patients’ social conditions?

How to End Hunger, Advance Nutrition, and Improve Health: Policy Priorities after the White House Conference

Policy Implementation & Outcome Evaluation: Translating a Research Framework into Policy Action

Catalyzing Communities to Prevent Obesity and Achieve Child Health Equity
NOPREN NEWS

From the Coordinating Center

NOPREN State-of-the-Science
February 13th @ 9am/12pm ET

Lessons from the Shape Up Somerville Impact Evaluation: Catalyzing Communities to Prevent Obesity and Achieve Child Health Equity

Christina Economos, PhD (Tufts University)

Dr. Economos will discuss how they engage communities in the process of understanding and changing systems, putting community perspectives at the core to advance shared goals and improve child health. This process places a unique emphasis on building community capabilities to visualize complexity, understand connections, generate deep understanding of health and wellbeing, and explore action to meaningfully impact the health of an entire community.

Click here to join via Zoom
Passcode: 610009
Meeting ID: 910 5393 6229

February Work Group Meetings

Upcoming topics include:
Measuring & communicating obesity risk in Head Starts, Early Childhood WAG
Identifying schools with increased risk of lead in drinking water, Drinking Water WAG
New and Innovative Measures in Healthy Food Retail, Healthy Food Retail
Use of an implementation science framework to advance healthy food retail, Rural Food Access WG
Breakfast in classroom initiatives and recess policies, School Wellness WG
WIC Research Impact Award Ceremony, WIC Research Learning Collaborative
Information about upcoming Work Group meetings can be found here

WEBINARS & EVENTS

Alliance for a Healthier Generation - Food Minds and Bodies: Best Practices for Increasing School Meal Participation
Donna Martin, presented by Kent’s Home, 2/25/23 @ 3p ET


EFOD Collaborative - Reimagining Aging Futures: A look at community-controlled funding in food systems and beyond

NEWS & UPDATES

AP News - No more nuggets? School lunch goes farm-to-table - for some

FRAC - FRAC Receives $2 Million Grant From U.S. Department of Agriculture to Support Equitable Access to Child Nutrition Programs

Harford Courant - 20% of Hartford households are food insecure. School food pantries are used to help students and families combat hunger

Hello - Ultra-processed foods linked to higher cancer risk, mortality

HuffPost - Coming Food Benefit Could Affect Older Americans Most
SNAP Benefits Set For Cut As Pandemic Boost Expires

KUOW - WA bill would make school meals free for all students.

MLive - Michigan school kids could get free breakfast, lunch under Whitmer budget proposal

NPR - Global food prices in 2022 hit record high amid drought and war
SNAP recipients will lose their pandemic boost and may face other reductions by March
The USDA wants to limit added sugars and sodium in school meals

Public Health Institute

Another Soda Tax Success Story: Sugary Beverage Consumption Drops in San Francisco
Native American Voices, Traditions and Cultures Essential in Creating Healthier Communities

PUBLICATIONS

Center on Budget and Policy Priorities
- Increase in TANF Cash Benefit Levels are Critical to Help Families Meet Rising Costs
- SNAP Is Linked With Improved Health Outcomes and Lower Health Care Costs
- States Are Using Much-Needed Temporary Flexibility in SNAP to Respond to COVID-19 Challenges
- Temporary Pandemic SNAP Benefits Will End in Remaining 25 States in March 2023

NIH - Update to Clinical Guidelines for Infant Feeding Supports Shared Decision Making: Clarifying Breastfeeding Guidance for People with HIV

USAID Advancing Nutrition - How Can We Maximize Nutrition Outcomes
NOPREN Work Groups

- Early Childhood
- Healthy Food Retail
- Rural Food Access
- Food Service Guidelines
- Pediatric Obesity Health Services Research
- WIC Learning Collaborative
- Drinking Water
- School Wellness
- Food Security
- Food Policy Councils
- Resilient Food Systems and Nutrition
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 GROUP PRODUCTS: EXAMPLES

Wellness Teams Work!
A Guide for Putting Wellness Policies into Practice in Schools

What is a school wellness team?
A school wellness team is a committee that supports schools in the implementation of policies and programs that aim to improve student health.

Wellness policies and the role of school wellness teams
Wellness policies are written documents that outline a school district’s vision for supporting student health (see Figure 1, for examples of wellness policy topics). An effective wellness policy can improve food choices, dietary intake, and physical activity for children in schools. However, to be

Food Insecurity Screening Algorithm for Adults with Diabetes

Screening for Food Insecurity Using the Hunger Vital Sign™

Prefer Question Set:
1. “I ask all of my patients about access to food. I want to make sure that you know the community resources that are available to you. Many of these resources are free or low cost.”
2. “For each statement, please tell me whether the statement was Often True, Sometimes True, or Never True for your household in the last 12 months.”

1. “We worried whether our food would run out before we got paid.”
2. “We went hungry for more than a month.”
3. “Our children went hungry for more than a month.”
4. “We ate less food than we wanted.”
5. “We skipped meals.”

If Often True or Sometimes True to EITHER STATEMENT, patient is food insecure.

STEP 1: Clinical Management
Determine medications with lower risk for hypoglycemia
• Metformin, if clinically appropriate
• Insulin, if necessary

STEP 2: Gather Supportive Clinical Data
• History and physical exam
• Review of systems, laboratory, vital signs

STEP 3: Medication Management
• Medication schedules should be reviewed and adjusted as needed.
• Consider alternative medications with lower risk of hypoglycemia.

STEP 4: Refer to Resources
• Nutritional counseling
• Dietitian referral

STEP 5: Code for Food Insecurity
2194 - Lack of adequate food and food insecurity

STEP 6: Follow-Up at Next Visit
• Nutrition assessment
• Weight trajectory
• Hypoglycemia episodes
• Food insecurity

If often true or sometimes true to either statement, patient is food insecure.
Feeding Low-Income Children during the Covid-19 Pandemic

Caroline G. Dunn, Ph.D., R.D., Erica Kenney, Sc.D., M.P.H., Sheila E. Fleischhacker, J.D., Ph.D., and Sara N. Bleich, Ph.D.

Preliminary Suggested Approaches to Addressing Food Insecurity in U.S. Children During the Covid-19 Pandemic.

Centralize and widely distribute information about schools and school districts offering meals during school closure.

Decrease social exposures and reduce the time and transportation burden for families by providing multiple days' worth of meals, allowing for drive-through meal pickup (when reasonable), or coordinating meal delivery.

Extend emergency benefits to caregivers of children in child care facilities participating in the Child and Adult Care Food Program, and authorize use into periods beyond the Covid-19 response, such as summer months or other emergencies.

Codify efforts to expand Supplemental Nutrition Assistance Program access and benefits during future pandemics.

Examine and amend policies that reduce or deter participation in the nutrition safety net (e.g., the public charge rule).

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Ways to Engage!

- Join the NOPREN listserv
- Attend monthly state-of-science webinars
- Engage with your Work Group and its activities
- Read bi-weekly e-newsletters
- Participate in professional development opportunities

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