

Healthy  
Eating  
Research



# 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.

# NOPREN HER Summer Series for Students

## 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

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-speaker-series-students-2024>

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



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NOPREN Early Childhood Work Group and  
WIC Learning Collaborative

# Introductions



\*Disclaimer: The findings and conclusions in this presentation are those of the presenters and should not be construed to represent any official USDA or U.S. Government determination or policy.

# NOPREN/HER Early Childhood Work Group

The objective of the EC Work Group is to provide a platform for **networking, information sharing, and collaboration** that will increase the quality, effectiveness, and reach of nutrition promotion and early childhood obesity prevention research, policy, and practice.

**Priority areas** for the EC Work Group are:

- 1) Improving the health and wellbeing of young children from marginalized communities including racial/ethnic minority populations at highest risk for low diet quality and/or obesity
- 2) Encouraging collaboration and resource sharing to expand the use of scientifically-sound methods to evaluate nutrition promotion and obesity prevention initiatives.

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

# NOPREN/HER WIC Learning Collaborative

The WIC Learning Collaborative is made up of researchers, practitioners, funding agencies, and advocates committed to improving the health of women, infants, and young children through improved research, policy and practice of the USDA Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

*Priority areas* for the WIC Learning Collaborative are:

- 1) Identifying knowledge gaps and opportunities to build the evidence base on WIC and address the needs of lower-income and racial/ethnic minority children at highest risk for low diet quality and obesity
- 2) Facilitating joint projects or multi-site collaborative projects. The Collaborative falls under the work of the [HER NOPREN Healthy Food Retail Working Group](#) and is building stronger collaborations with the [HER NOPREN Early Childhood Working Group](#).
- 3) Helping to foster the next generation of WIC researchers.

<https://nopren.ucsf.edu/wic-learning-collaborative>

# Session Objectives

1. Identify policies, systems, and environments that influence the diet quality and health of young children in the US.
2. Describe the WIC program and its role in supporting young children's diet quality and health.
3. Engage with researchers and practitioners who are applying PSE change strategies to improve young children's diet quality and health.



# 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

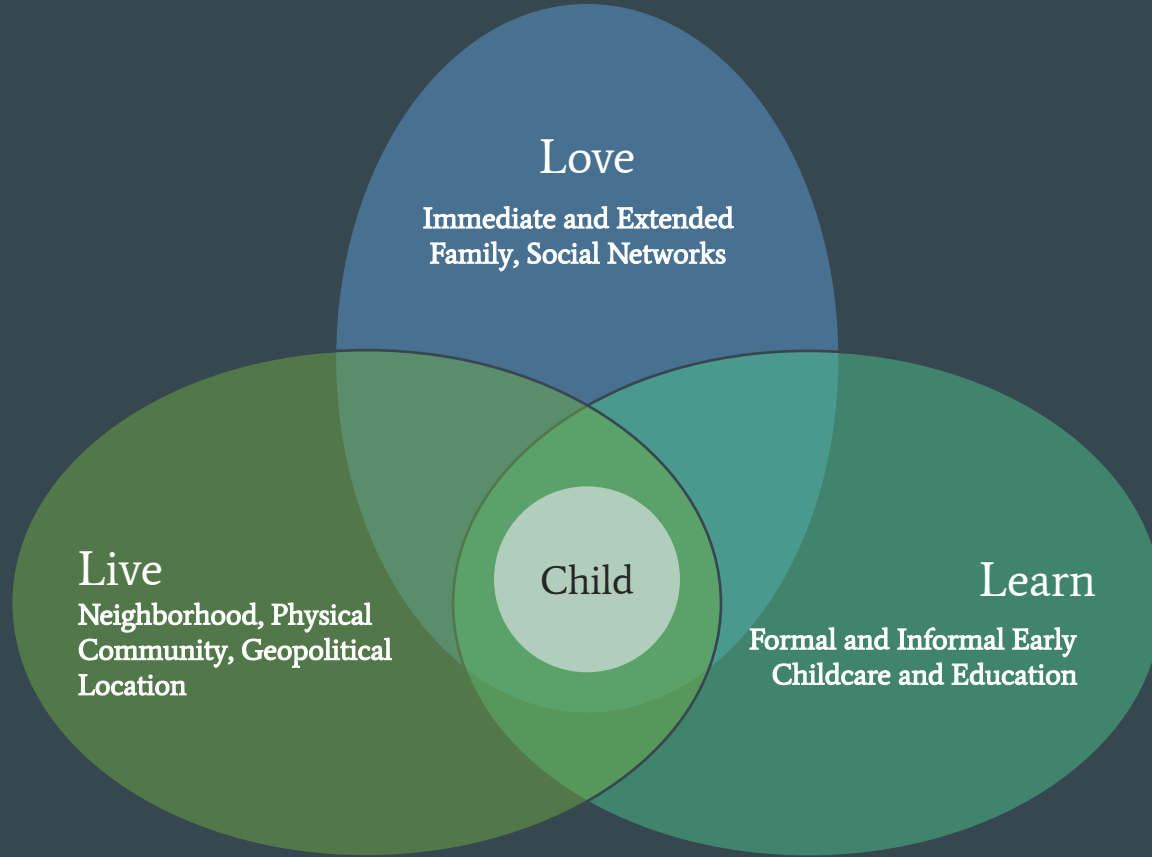
Information and ongoing change in organizational practices and procedures that results in a new, voluntary way of doing business.

# 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.

# Live, Love, Learn Framework



**What policies, systems, and environments are you aware of that impact young children's diets?**

**Please enter responses in the chat**

LIVE	LOVE	LEARN





# WIC = Special Supplemental Nutrition Program for Women, Infants, and Children

## Who is eligible?

- Pregnant & postpartum women
- Infants & children up to age 5
- Must be low-income and nutritionally at-risk



~\$6 billion funding annually

## What does the program provide?

- Supplemental foods
- Nutrition education, including breastfeeding support
- Screening and referrals to other social services and programs



> 6 million participants monthly



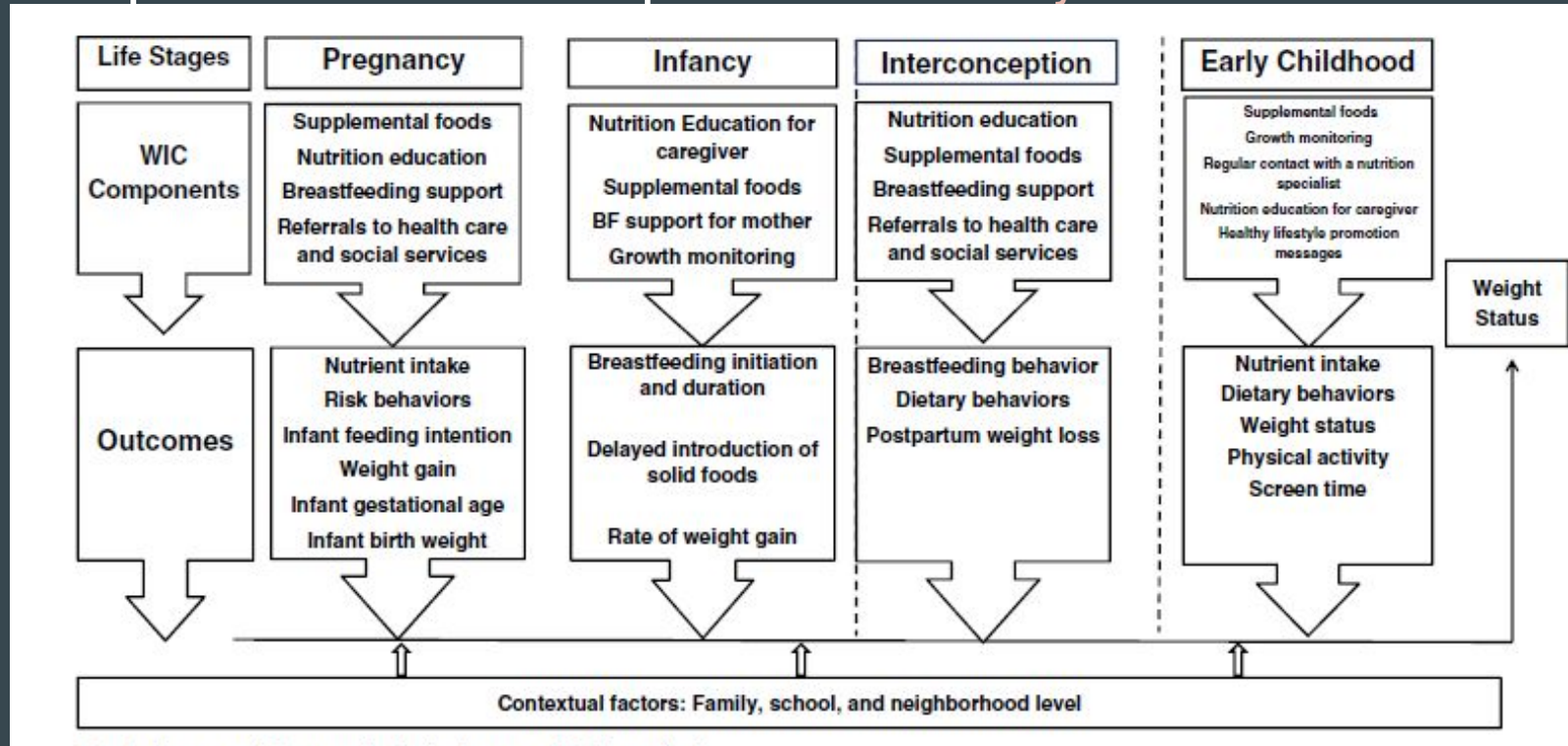
Learn more:  
[https://www.ers.usda.gov/publications/pub-details/?pubid=108588](https://www.ers.usda.gov/publications/publications/pub-details/?pubid=108588)

How does **WIC** support nutrition security during early childhood?

1. Provide foods that are rich in nutrients essential to optimal health and wellbeing
2. Provide nutrition education, including breastfeeding information and support

# WIC → Nutrition Security → Health

## Conceptual Framework for the Impact of WIC on Obesity



From Koleilat, M., Whaley, S.E., Esguerra, K.B., and Sekhobo, J.P. 2017. "The Role of WIC in Obesity Prevention." *Current Pediatrics Reports*, 5: 132-141.



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**NOPREN**  
Nutrition & Obesity  
POLICY RESEARCH & EVALUATION NETWORK

Q&A

**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, August 7 from 4:00 - 5:00 PM ET
- Title: Collaborating Successfully across Sectors toward Nutrition Security



To view past recordings, visit <https://nopren.ucsf.edu/her-nopren-summer-speaker-series-students-2024>