Getting Started!

- Type your name and institution into the chat box!
- Remember to keep yourself on mute.
- Type your questions into the chat box.
• **Weekly** speaker series that takes a deep dive into policy, systems, and environmental (PSE) change strategies that promote healthy eating among children and families, during and after the COVID-19 pandemic, by exploring various local, state, federal, and tribal nutrition policies and programs.

• Students will hear from experts and leaders in the field who will present on the fundamentals of each topic, along with relevant professional opportunities in research, policy, and practice.

• The series will take place **every Wednesday @ 4pm to 5pm EST from June 16th-July 28th**.
Schedule and Topics
• June 16th – Series Overview and U.S. Food Systems
• June 23rd – Healthy Food Retail
• June 30th – School Wellness
• July 7th – Early Childhood
• July 14th – Nutrition Guidelines
• July 21st – Drinking Water Access and Sugar-Sweetened Beverages
• July 28th – Food and Nutrition Security
• August 11th – Student Presentations

For more information visit or to register: https://nopren.ucsf.edu
Session 1: Series & Food Systems Overview
My Journey
HER Program Goals

1. Establish a research base for policy, systems, and environmental change (PSE) strategies that advance health equity in the areas of diet quality and nutrition.

2. Build a vibrant, multidisciplinary field of research and a diverse network of researchers.

3. Ensure that findings are communicated effectively to inform the development of solutions with the goal of promoting health equity.
### Policy, Systems, and Environmental Strategies (PSE)

<table>
<thead>
<tr>
<th>Type of Change</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Policy</td>
<td>Policies at the legislative or organizational level that create or amend laws, ordinances, resolutions, mandates, regulations or rules.</td>
</tr>
<tr>
<td>Systems</td>
<td>Change that impact elements of an organization, institution or system. These could be rules, processes, procedures, or infrastructure changes.</td>
</tr>
<tr>
<td>Environmental</td>
<td>Alterations to the physical or observable environment. This could also include changes to the economic, social or cultural environment.</td>
</tr>
</tbody>
</table>
# Work Groups

<table>
<thead>
<tr>
<th>HER NOPREN</th>
<th>HER NOPREN</th>
<th>HER NOPREN</th>
<th>HER Early Stage Investigator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Food Retail</td>
<td>Early Childhood</td>
<td>COVID-19 Food &amp; Nutrition</td>
<td></td>
</tr>
<tr>
<td>Co-Chairs:</td>
<td>Co-Chairs:</td>
<td>Co-Chairs:</td>
<td>Co-Chairs:</td>
</tr>
<tr>
<td>• Beth Racine</td>
<td>• Alison Tovar</td>
<td>• Margaret Read</td>
<td>• Chelsea Singleton</td>
</tr>
<tr>
<td>• Joel Gittelsohn</td>
<td>• Kate Bauer</td>
<td>• Lauren Clay</td>
<td>• Gabby McLoughlin</td>
</tr>
<tr>
<td>HER Liaison:</td>
<td>HER Liaison:</td>
<td>HER Liaisons:</td>
<td>HER Liaison:</td>
</tr>
<tr>
<td>Kirsten Arm</td>
<td>Lindsey Miller</td>
<td>Kirsten Arm &amp; Lindsey Miller</td>
<td>Lindsey Miller</td>
</tr>
</tbody>
</table>

Visit the NOPREN website to learn more about the HER NOPREN Work Groups! https://nopren.ucsf.edu/
COVID-19 Rapid-Response Funding Opportunity

Announcing New COVID-19 Research Projects

Healthy Eating Research is proud to announce the funding of 10 research teams with projects focused on COVID-19 and the federal nutrition programs, to inform decision-making regarding innovative policies and/or programs during and after the COVID-19 pandemic. These projects were funded through a special rapid-response commissioned research opportunity. Five research briefs and papers and five small studies were funded.

We look forward to working with these teams over the next several months and sharing the results of their projects in Spring/Summer 2021.

Research Briefs & Papers

1. Promoting Equitable Expansion of the U.S. Department of Agriculture’s Online Purchasing Program
   Johns Hopkins Bloomberg School of Public Health; PI: Alyssa Moran, ScD, MPH, RD
   The COVID-19 pandemic has accelerated the growth of online food retail, and the USDA has expanded their Online Purchasing Program, which allows payment with Supplemental Nutrition Assistance Program (SNAP) benefits for online orders. However, current online food retail policies and practices may unintentionally widen disparities in healthy food access, food security, and diet quality. The purpose of this issue brief is to provide recommendations for advocates and policymakers to guide an equitable expansion of the USDA Online Purchasing Program.

2. WIC Online Grocery Ordering: Opportunities and Potential Issues to Consider During COVID-19
   University of Tennessee Foundation; PI: Betsy Anderson Steeves, PhD
# HER Nutrition Guidelines for the Charitable Food System

## Table 1: Nutrition Guidelines for Ranking Charitable Food

<table>
<thead>
<tr>
<th>Food Category*</th>
<th>Example Products</th>
<th>Choose Often</th>
<th>Choose Sometimes</th>
<th>Choose Rarely</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruits and Vegetables</strong></td>
<td>Fresh, canned, frozen, and dehydrated fruits and vegetables, frozen berries with raisins, apple sauce, tomato sauce, 100% juice, 100% fruit pop and juice</td>
<td>&lt; 2 g</td>
<td>&lt; 250 mg</td>
<td>None</td>
</tr>
<tr>
<td><strong>Grains</strong></td>
<td>Bread, rice, pasta, grains with seasoning mixes</td>
<td>&lt; 2 g</td>
<td>&lt; 250 mg</td>
<td>0 g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>Animal-based foods, like fish, chicken, sausage, deli meats, tofu, eggs, dairy, and plant-protein foods, nuts, seeds, veggie burgers, soy, beans, and nuts</td>
<td>&lt; 2 g</td>
<td>&lt; 250 mg</td>
<td>0 g</td>
</tr>
<tr>
<td><strong>Dairy</strong></td>
<td>Milk, cheese, yogurt</td>
<td>&lt; 2 g</td>
<td>&lt; 250 mg</td>
<td>0 g</td>
</tr>
<tr>
<td><strong>Non-Dairy Alternatives</strong></td>
<td>Milk, cheese, yogurt, and dairy products</td>
<td>&lt; 2 g</td>
<td>&lt; 250 mg</td>
<td>0 g</td>
</tr>
<tr>
<td><strong>Beverages</strong></td>
<td>Water, soda, coffee, tea, sports drinks, non-100% fruit juices</td>
<td>0 g</td>
<td>0 mg</td>
<td>0 g</td>
</tr>
<tr>
<td><strong>Mixed Drinks</strong></td>
<td>Frappuccinos, smoothies, shakes, macarons, and other beverages</td>
<td>&lt; 3 g</td>
<td>&lt; 400 mg</td>
<td>0 g</td>
</tr>
<tr>
<td><strong>Processed and Prepared Snacks</strong></td>
<td>Chips (including potato, corn, and other vegetable chips), crackers, granola, and other bars, and other processed and prepared foods</td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td><strong>Desserts</strong></td>
<td>Ice cream, frozen yogurt, chocolate, cookies, cake, and other desserts</td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td><strong>Condiments and Cooking Staples</strong></td>
<td>Spices, oil, butter, plant-based spreads, flour, salad dressing, and other seasonings</td>
<td>Not ranked</td>
<td>Not ranked</td>
<td>Not ranked</td>
</tr>
</tbody>
</table>

* March 2020
Nutrition and Obesity Policy Research and Evaluation Network (NOPREN) – What is it?

- **Collaborative research network** focusing on 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 (800+) 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
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
- Send e-newsletters
The Nutrition and Obesity Policy Research and Evaluation Network (NOPREN) is a collaborative applied research network that informs policies and practices designed to improve nutrition, prevent obesity, and advance health equity.

NOPREN members include researchers and practitioners interested in how policies and programs enacted at the federal, state, tribal, and local levels affect the health of all Americans. The network aims to bridge the gap between research and practice to promote policies and practices that support healthy eating and active living.

Upcoming State-of-the-Science Webinar
Recent Equity in Public Policy Message Guide

A Collaborative Approach to Modifying the University Food Environment (Hitting, Hochhauer, Racine, Stephens)

CACFP Providers’ Experiences and Challenges During the COVID-19 Pandemic (Chiquito)

Centers for Disease Control and Prevention (CDC): Health Equity - Racisms and Health Webpage

Centers for Disease Control and Prevention: Social Determinants of Health Webpage

Keywords:
- Public Policy
- Nutrition
- Obesity
- Prevention
- Evaluation

Resources
363 Resources

Title: A Collaborative Approach to Modifying the University Food Environment (Hitting, Hochhauer, Racine, Stephens)

Title: CACFP Providers’ Experiences and Challenges During the COVID-19 Pandemic (Chiquito)

Title: Centers for Disease Control and Prevention (CDC): Health Equity - Racisms and Health Webpage

Title: Centers for Disease Control and Prevention: Social Determinants of Health Webpage
WORK GROUPS

- Early Childhood
- Food Policy Councils
- Rural Food Access
- Food Service Guidelines
- Drinking Water
- School Wellness
- Food Security
- Healthy Food Retail
- COVID-19 Food & Nutrition

NOPREN
Nutrition & Obesity
POLICY RESEARCH & EVALUATION NETWORK
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 GROUP FELLOWS

- 1-year student fellowships (typically PhD student or post-doc)

- Support WG leadership with coordination of work group activities and meetings

- Small stipend + travel support to annual NOPREN and HER meetings

- Opportunity for networking, collaboration, publication, etc.
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

Figure 1: All school districts participating in federal child nutrition programs are required to develop policies that align with national guidelines. However, schools can have additional policies beyond those at the district level.

Food Insecurity Screening Algorithm for Adults with Diabetes
 ora Parents/ Caregivers of Children with Diabetes

Screening for Food Insecurity Using the Hunger Vital Sign™

Preface Questions with:
"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 of charge."

For each statement, please tell me whether the statement was

Often True, Sometimes True, or Never True for your household in the past 12 months."

"Call质ber of food insecurity (assessed using a 4-item food insecurity measure)"

 present, even a week without food for some meals.

1. "We worried whether our food would run out before we got money to buy more."

2. "We bought food we just didn’t last, and we did not have money to get more."

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

STEP 1: Clinical Management
- Identification of medications with lower risk for hypoglycemia
- Metformin, ideally appropriate
- Insulin, if needed
- Monitoring of weight, blood pressure, and other indicators
- Educating patients on healthy eating plans

STEP 2: Gather Supportive Clinical Data
- Anthropometric and physical activity
- Nutritional assessment
- Dietary intake
- Social support
- Income, education, and physical activity

STEP 3: Patient Education
- Medication Management:
  - Choose from available or adequate food access, may require frequent medication doses
  - Medication schedules should be defined by when patients eat rather than by time
- Diet Counseling:
  - Choose from available or adequate food access, may require frequent medication doses
  - Ensure patient’s diet is appropriate for physical activity
  - Ensure patient’s diet includes adequate food access products (e.g., lean meats, vegetables)

STEP 4: Refer to Resources
- Nutrition counseling
- Dietitian
- Medical nutritionist
- Community nutritionist

STEP 5: Code for Food Insecurity
- 259.4: Lack of adequate food and safe drinking water

STEP 6: Follow-up at Next Visit
- Refer to resources
- Behavior change
- Nutritional counseling
Perspective

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)

April 30, 2020
N Engl J Med 2020; 382:e40
DOI: 10.1056/NEJMp2005638

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? https://nopren.ucsf.edu or contact NOPREN@ucsf.edu
HER NOPREN COVID-19 Working Group
Student & Early Stage Career Activities’ History

Sheila Fleischhacker, PhD, JD, RDN
USDA NIFA National Science Liaison – Nutrition & Food Safety
HER NOPREN COVID-19 Working Group Co-Founder & Former Co-Chair
The Biden-Harris Administration’s Priorities

- Ending the Pandemic
- Responding to the Economic Downturn
- Addressing the Hunger and Food Insecurity Crisis
- Centering Climate in Agriculture, Food, and Forestry
- Building Back Better for Rural Economies
- Advancing Racial Equity
Having consistent access, availability, and affordability of foods and beverages that promote well-being and prevent (and if needed, treat) disease, particularly among our nation’s most socially disadvantaged populations


According to The World Food Summit of 1996, Food Security means “when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life”
Webinar 1: An Overview of Current Activities & Aims

Date: Thursday, June 24, 2021 at 4:00 to 5:00 pm EST

Speakers:
- Dr. Carrie Castille, Director
- Dr. Helen Chipman, EFNEP
- Dr. Mallory Koenings, GusNIP & AFRI 1344
- Dr. Lisa Jahns, FASLP
- Dr. Lydia Kaume, CFP
- Dr. Sheila Fleischhacker, Moderator

Meeting Link:
https://www.zoomgov.com/webinar/register/WN_k7TAhuaGT7GJ_gSIVCJBpA
## Practice, Policy Implementation Collaborators
- Academy of Nutrition and Dietetics
- American Heart Association – Voices for Healthy Kids
- American Public Health Services Association
- American Society for Nutrition
- Association of SNAP Nutrition Education Administrators
- Center for Ecoliteracy
- Center for Science in the Public Interest
- Federal Nutrition Research Coalition
- Feeding America
- Food Research & Action Center
- Healthy Schools Campaign
- Hunger Free America
- Lunch Assist
- National Association for the Advancement of Colored People
- National Conference of State Legislatures
- National Farm to School Network
- National WIC Association
- School Nutrition Association (SNA)
- Share Our Strength’s No Kid Hungry Campaign
- Society for Nutrition Education and Behavior
- Trust for America’s Health
- Urban School Food Alliance
- Other NOPREN Working Groups & PAPREN (CDC-sponsored Physical Activity Policy Research and Evaluation Network)

## Sub-Groups
**Shared Data Collection Methods**
- Survey
- Qualitative
- Implementation processes

**Special Impact Topics**
- Accelerated weight gain
- Innovations in meal service
- Pandemic/summer EBT
- Meals during instructional breaks
- Financial/operational health
- Early childhood
- Summer meal programs
- School/early childhood reopening
- State responses assessment

**Case Studies**
- Large urban district responses

## Products (as of September 5, 2020)
- Website
- Supported fellowship and co-chairs
- Student internship matchmaking tool
- Student summer seminar series and virtual poster session
- Resource manager, listserv, weekly resource digest
- 2 data collection repositories
- 17 peer-reviewed research articles - accepted, under review or development
- 2 HER research briefs (+ one under development)
- 3 fact sheets
- 4 Op-Eds
- 2 News article features
- 9 presentations and webinars

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Join US!

Listserv Manager (HER)
Kirsten Arm, MPH, RDN
Research Analyst
Healthy Eating Research
Duke Global Health Institute
Duke University
Kirsten.Arm@Duke.edu

I. Welcome (Erin) (~5 minutes)

II. Member Introductions (name/organization) (~10 minutes)

III. Group Logistic Updates (Caroline) (~5 minutes)

III. Agenda/future meetings
1. Trying to keep us at ~80
2. Could/should we move to bi-weekly full group meetings?
3. OPTION: If we are moving to bi-weekly, we may stick with 90 minute meetings
4. Does Friday 3:30 still work?

III. Listserv (email Kirsten.arm@duke.edu to be added)

III. Google Drive
1. COVID-19 HER Resource Manager is saved in the google folder. Feel free to share with others through this link:
   https://docs.google.com/spreadsheets/d/1V6X09iR9y7am0uZx89nWpdswZ2HyN0xN3XaB1-MlAM/edit#_ineditingsharing

IV. Contact Sheet
1. Subgroup leaders should have access to contact list at all times; let Caroline know if you don't (odann@hph.harvard.edu)
2. Contact list will be open for editing during meetings and for 30 minutes after - please indicate your interest areas/add yourself if you are not already included

IV. Policy, Advocacy, and Field Updates (Sheila) (~15 minutes)

IV. If people are missing in the policy/advocacy area, please extend invites (or send them to group)

IV. Funding opportunities
1. S&R grant
2. Others?

IV. Organizational updates
1. AAHPERD (Francesca Weeks)
   1. Advocacy: pushing for racial data to be released, these reports are coming out now, increase in incidence and death rates among African American communities - NAACP is pushing for more work in communities
   2. Policy - advocating with congressional leaders through stimulus package (racial data being released will help organization advocate for resources)
HER NOPREN COVID-19 School Nutrition Implications Working Group Leadership Team (March 2020 to February 2021)

Co-Chairs
Sheila Fleischhacker, PhD, JD
Georgetown University Law Center

Erin Hager, PhD
University of Maryland School of Medicine

Fellow
Caroline Dunn, PhD, RDN
Harvard TH Chan School of Public Health

Kirsten Arm, MPH, RD
Duke Global Health Institute

HER Liaisons
Lindsey Miller, MPH
Duke Global Health Institute

NOPREN Liaison
Ronli Levi, MPH, RD
University of California at San Francisco
Hilary Seligman, MD, MAS
UCSF
NOPREN Director

Melissa Akers, MPH, CPH, UCSF
NOPREN Program Coordinator

Mary Story, PhD, RDN
HER Director

Megan Lott, MPH, RDN
HER Deputy Director

Healthy Eating Research

Heidi Blanck, PhD
Amy Lowery Warnock, MPA
Sarah Sliwa, PhD
Caitlin Merlo, MPH, RD
Carrie Dooyema, PhD
Brianna Dumas, MPH, RD, LD
Diane Harris, PhD
HER NOPREN COVID-19 School Nutrition Implications Working Group Leadership Team – Sub-Group Leaders

Gabriella McLoughlin, PhD, Washington University in St. Louis

Eliza W. Kinsey, PhD, MPH, Columbia University

Hannah Lane, PhD, MPH, Duke

Christina Hecht, PhD, University of California’s Nutrition Policy Institute

Lauren Clay, PhD, MPH, D’Youville College
HER NOPREN COVID-19 School Nutrition Implications Working Group Leadership Team – Sub-Group Leaders
Can the group use interns?

Dr. Katherine Bauer, University of Michigan
# Healthy Eating Research

## COVID-19 HER Resource Manager

<table>
<thead>
<tr>
<th>Title</th>
<th>Authors</th>
<th>Journal Source</th>
<th>Publish Date</th>
<th>Topic area (i.e., WIC, SNAP, ECE, Schools)</th>
<th>Brief Description</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leveraging SNAP to alleviate poverty-proven policy approach needed now</td>
<td>Sara Bleich, Caroline Dunn, Sheila Fleischhacker</td>
<td>The Hill</td>
<td>03/29/2020</td>
<td>SNAP</td>
<td>Sheila Fleischhacker, PhD, MD at Georgetown University Law School provides a review of the U.S. Coronavirus Relief Package, and how food and nutrition workers can ensure the food and nutrition needs of all people are met during the COVID-19 situation. This review also provides an overview of a NPF’s report that supports SNAP.</td>
<td><a href="https://ebr.org/article/leveraging-snap-to-alleviate-poverty-proven-policy-approach-needed-now/">https://ebr.org/article/leveraging-snap-to-alleviate-poverty-proven-policy-approach-needed-now/</a></td>
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<td>Feeding Low-Income Children during the Covid-19 Pandemic</td>
<td>Caroline Dunn, Erica Kenney, Sheila Fleischhacker, Sara Bleich</td>
<td>The New England Journal of Medicine</td>
<td>03/30/2020</td>
<td>SNAP</td>
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</tr>
<tr>
<td>New Review: US Coronavirus Relief Package: Update on Food and Nutrition Policies, Editorial Board, Nutrition Today.</td>
<td>Sheila Fleischhacker, PhD, MD</td>
<td>Nutrition Today</td>
<td>03/30/2020</td>
<td>Schools</td>
<td>Sheila Fleischhacker, PhD, MD at Georgetown University Law School provides a review of the U.S. Coronavirus Relief Package, and how food and nutrition workers can ensure the food and nutrition needs of all people are met during the COVID-19 situation. This review also provides an overview of a NPF’s report that supports SNAP.</td>
<td><a href="https://files.constantcontact.com/a9fe455561/be0c34b4ad-740a-4b50-9bea-8846f16.pdf">https://files.constantcontact.com/a9fe455561/be0c34b4ad-740a-4b50-9bea-8846f16.pdf</a></td>
</tr>
<tr>
<td>As Child Hunger Soars Across USA, National Poll Finds Nearly One in Four Parents Reducing Food for Children</td>
<td>Hunger Free America</td>
<td>Published online</td>
<td>04/13/2020</td>
<td>Food insecurity, Child Hunger</td>
<td>Discusses issues related to child hunger rate since onset of crisis. Implications of financial difficulties on adult hunger, call for SNAP increase in response to new polling data.</td>
<td><a href="https://www.hungerfree.org/education/">https://www.hungerfree.org/education/</a></td>
</tr>
</tbody>
</table>

### Additional Resources
- [COVID-19 HER Resource Manager](https://docs.google.com/spreadsheets/d/1V8CK091R9y7qmOUzk89xlWp6sw3ZNOxN3nAIBI-0iAM/edit#gid=1087460381)
More than 10 students matched with HER NOPREN relevant projects for paid & unpaid summer internship experiences

Additional students met with Network members throughout this summer for mentoring sessions

Offered again in 2021 – 34 student awardees!
This past summer (May-August 2020) I had the opportunity to get involved with multiple NOPREN initiatives. I worked with members to develop a policy brief that advocated for the extension of COVID-19 waivers and funding for the National School Lunch Program. I gained advocacy skills during this project that I was able to apply during in my next semester writing an article for my university blog. Additionally, I helped to manage NOPREN WIC collaborative meetings where I developed my public speaking skills and had the opportunity to network with leaders in the field. It was truly an amazing experience that has helped to shape my interests and future career goals.

Alek Ostrander
MPH, RD Candidate
University of Michigan
We just met with a Michigan house representative and her staffer this morning to discuss advocacy plans and she said the article (and especially the table) is, "fantastic."

Megan Reynolds, MPH, RD Candidate, University of Michigan
More than 195 students (and faculty) signed up for the 2020 HER NOPREN Summer Student Speaker Series

6 session recordings, slides, QA responses, and suggested materials available at https://nopren.ucsf.edu/her-nopren-covid-19-food-and-nutrition-work-group
- Sent on Friday mornings via COVID-19 list serv
- Synthesizes key public health nutrition news from 200+ sources
- Encourages crowd sourcing from 600+ COVID-19 Working Group members
- Highlights work of 40+ COVID-19 Working Group Collaborating Organizations
- Shares student and professional development opportunities
Suggested by and moderated by Dr. Elizabeth Racine, HER NOPREN WIC Learning Collaborative Co-Chair

16 students presented at the first-of-its-kind HER NOPREN Virtual Student Presentation Session (August 26)

Offered again in 2021!

- Provides a great tangible goal for our interns and student members
- Allows interns and student members to learn from each other
- Prepares interns for other oral and written opportunities to communicate their research
Thank You

Niːwen
masi chok
màhsìn
Merci
Obrigado
T’ooyaksiy nisim
Gracias
ありがとう
Se:kenh:
Migwech
DNPAO Update 2021: Building Back Stronger

Captain Heidi Blanck

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 (DNPAO)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the CDC.
DNPAO Strategic Priorities

Reaching All Americans Across the Lifespan by Supporting

A Healthy Start for Infants
- Breastfeeding
- Maternal, Infant & Toddler Nutrition
- Vitamins & Minerals

Children & Youth Growing Up Strong & Healthy
- Good Nutrition & Healthy Food Environments
- Physical Activity & Access to Environments Designed for Physical Activity

Adults & Older Adults Maintaining a Healthy Lifestyle
- Healthy Weight Management & Obesity Prevention
ACTIVE PEOPLE, HEALTHY NATION™

A national initiative led by CDC to help

27 million Americans

become more physically active by 2027

27 million
by 2027

To learn more about Active People, Healthy Nation™ visit:
https://www.cdc.gov/physicalactivity/activepeoplehealthynation/index.html
Community Strategies to Increase Physical Activity
Obesity is Common, Complex, and Serious

- Prevalence of obesity is **42.4%** among adults and **19.3%** among children aged 2-19 (2017-18)
- Obesity is driven by our genes/biology interacting with societal and environmental risk factors:
  - Food intake and eating patterns
  - **Beverage consumption** (sugary drinks, alcohol)
  - Inactivity and sedentary lifestyle
  - Biological differences (metabolism, satiety, hunger, taste sensitivity, food cue responsiveness)
  - Pregnancy weight gain
  - Sleep
  - Stress, adverse childhood experiences
  - Environmental chemicals
  - Certain medications, including steroid hormones and some antidepressants

Source: [https://www.cdc.gov/obesity/data/childhood.html](https://www.cdc.gov/obesity/data/childhood.html)
Disparities Persist in Obesity Rates


Non-Hispanic White

≥35% of adults had obesity in 6 states

Hispanic

≥35% of adults had obesity in 15 states

Non-Hispanic Black

≥35% of adults had obesity in 34 states and the District of Columbia

Source: https://www.cdc.gov/obesity/data/prevalence-maps.html
New CDC Publication: **Racial and Ethnic Disparities in Breastfeeding Initiation – United States, 2019**

- Uses birth certificate data from National Vital Statistics System
- Includes births from 48 states (all except CA and MI), DC, Guam, Northern Mariana Islands, and Puerto Rico
- Provides breastfeeding initiation rates by maternal race/ethnicity at the national, state, and territorial levels
- Findings:
  - The magnitude of racial/ethnic disparities in breastfeeding initiation varies across states as do the racial/ethnic groups corresponding to each state’s largest disparity.
  - Data show that disparities are often state/territory-specific and suggest that efforts tailored to address each state/territory’s specific disparities might be needed.

Source: Chiang KV, Li R, Anstey EH, Perrine CG. Racial and Ethnic Disparities in Breastfeeding Initiation ─ United States, 2019. MMWR Morb Mortal Wkly Rep 2021;70:769–774. DOI: [http://dx.doi.org/10.15585/mmwr.mm7021a1](http://dx.doi.org/10.15585/mmwr.mm7021a1)
Most Americans do not meet the national fruit and vegetable intake recommendations

- **BRFSS data from 2015** shows that, nationally:
  - **12.2% of adults** met fruit intake recommendations
    - State data varied from:
      - 7.3% in West Virginia, 8.0% in Kentucky, and 8.0% in Oklahoma (lowest)
      - 15.5% in DC, 14.3% in New Hampshire, and 14.1% in Maine (highest)
  - **9.3% of adults** met vegetable intake recommendations
    - State data varied from:
      - 5.8% in West Virginia, 5.9% in South Dakota, and 6.1% in Oklahoma (lowest)
      - 12.0% in Alaska, 11.9% in Oregon, and 11.6% in Colorado (highest)

- **Publications using BRFSS data for 2019** coming soon… stay tuned for sneak peek!

Source: Behavioral Risk Factor Surveillance System Data, 2015. [https://www.cdc.gov/mmwr/volumes/66/wr/mm6645a1.htm](https://www.cdc.gov/mmwr/volumes/66/wr/mm6645a1.htm)
Percentage of adults who report consuming vegetables less than one time daily – Behavioral Risk Factor Surveillance System, 2019

Food and Nutrition Security: Food and nutrition security exists when all people, at all times, have physical, social and economic access to food which is safe and consumed in sufficient quantity and quality to meet their dietary needs and food preferences, and is supported by an environment of adequate sanitation, health services and care, allowing for a healthy and active life.

Source: CDC NCCDPHP https://www.cdc.gov/chronicdisease/programs-impact/sdoh.htm
DNPAO’s Major Funded Program Recipients – FY20
High Obesity Program (HOP)

- 15 land grant universities leverage community extension services to increase access to healthier foods and opportunities for physical activity in counties that have more than 40% of adults with obesity
- Residents of these communities may have less access to healthy foods and fewer opportunities to be physically active
- Recipients implement evidence-based strategies to increase access to healthier foods and to safe places for physical activity through existing cooperative extension and outreach services

To learn more about the HOP program, please visit: [https://www.cdc.gov/nccdphp/dnpao/state-local-programs/hop-1809/high-obesity-program-1809.html](https://www.cdc.gov/nccdphp/dnpao/state-local-programs/hop-1809/high-obesity-program-1809.html).
Racial and Ethnic Approaches to Community Health (REACH)

- The REACH program is one of the only CDC programs that explicitly focuses on improving chronic diseases for specific racial and ethnic groups in urban, rural, and tribal communities with high disease burden.
- 36 organizations (5 new in FY20) across the country are addressing racial and ethnic health disparities.
- This program aims to improve health, prevent chronic diseases, and reduce health disparities among racial and ethnic populations with the highest risk, or burden, of chronic disease.

To learn more about the REACH program, please visit: [https://www.cdc.gov/nccdphp/dnpao/state-local-programs/reach/current_programs/index.html](https://www.cdc.gov/nccdphp/dnpao/state-local-programs/reach/current_programs/index.html)
SPAN Funded Recipients (Fiscal Year 2018)

- 16 state and local recipients work in 152 communities across the country to strengthen efforts to implement interventions that support healthy nutrition, safe and accessible physical activity, and breastfeeding
- This program supports state investments that benefit the whole state and that allow recipients to leverage public health systems at multiple levels, including local government

To learn more about the SPAN program, please visit: https://www.cdc.gov/nccdphp/dnpao/state-local-programs/span-1807/index.html.
BRIC Funded Recipients (Fiscal Year 2020)

To learn more about the BRIC program, please visit: https://chronicdisease.org/bric/.

Building Resiliency In Communities (BRIC) Program

• New community program responding to COVID-19

• Program Focuses:
  – Nutrition Security
  – Access to Safe Physical Activity
  – Social Connectedness

• Goal: Help populations experiencing COVID-19 emerge better situated to address obesity and other chronic diseases through improved access to physical activity, social connectedness, and nutrition security

• Objectives: Build sustainable programming into existing efforts in up to 20 states for up to 5 communities per state to address COVID-19, focusing on populations at high risk for chronic disease and COVID-19 impact

• Recipients: 15 SPAN and 5 DNPAO Ambassador states
Program Pivots & Innovations During COVID-19: HOP, REACH, SPAN

**PHYSICAL ACTIVITY**
- Opening streets for slow, safe, access
- Improving park access

**NUTRITION STANDARDS / FOOD SYSTEMS**
- Resources re-directed to get fruits and vegetables to families in need
- Innovative use of safe, physical distanced healthy food delivery models
- Accelerated food delivery at competitive pricing to local markets

Example: **HIGH OBESITY PROGRAM – Mississippi State University Extension**
- COVID-19 constrained access to healthy food options in the Mississippi Delta region, where high levels of food insecurity and obesity are found.
- MS State’s HOP, AIM for CHangE, actively assists at the Lexington Food Pantry in Holmes County with launching operation and expanding storage capacity at food pantries to meet the food needs of local residents.
Program Pivots & Innovations During COVID-19: HOP, REACH, SPAN

BREASTFEEDING

- Use of telehealth for post-partum lactation consults and Baby Cafés
- Coordination of social media video services to get "quick tips" out to families around breastfeeding
- Moving support and training activities that typically occur in-person to virtual settings

EARLY CARE AND EDUCATION

- ECEs across the country have had to pivot operating procedures during COVID-19, including how to safely feed children.
- Developed and disseminated virtual, online farm to ECE and obesity prevention trainings to help childcare centers support children of essential workers.
- Connected ECEs to local food systems and facilitated getting local food to ECEs to support local farm businesses and children's food needs.

DNPAO awarded funding to ASPHN:

- **Farm to ECE Implementation Grant (FIG)** funds 10 States and D.C. to advance Farm to ECE at the state level

- **Capacity Building Grant (CAbBaGe)** funds 3 REACH recipients to build capacity at the local level to learn about and advance Farm to ECE

- ASPHN partnered with the National Farm to School Network to help provide TA, networking and other support to FIG and CABBAGE

- DNPAO SMEs include ECE experts, Healthy Food Environments experts and Program Specialists
5 Action Steps States can take to Reduce Chronic Disease through Improved Physical Activity & Nutrition

1. Make physical activity safe and accessible for all
   States can support active transportation and land use policies to make more activity-friendly routes to everyday destinations.

2. Make healthy food choices available everywhere
   States can improve healthy food options through procurement to include healthy food service guidelines in state agencies and community settings where food is offered, served, and sold.

3. Make breastfeeding easier to start and sustain
   States can help hospitals use evidence-based maternity care practices to support new mothers to start breastfeeding.

4. Strengthen state level obesity prevention standards in early care and education (ECE) settings
   States can improve standards that help prevent childhood obesity (breastfeeding, healthy eating, physical activity, and limit screen time) within their existing ECE systems.

5. Spread and scale pediatric weight management programs
   States can work with state Medicaid programs to ensure pediatric weight management interventions are easy to access for families with low income.
How Can We Build Back Stronger after COVID-19?

- Ensure all 50 states receive support for Nutrition, Physical Activity, and Obesity Prevention work
- Engagement on Federal assistance programs
- Explore and utilize cross-sector partnerships created during COVID-19
- Increased focused on disparities and health equity
- New Federal funding opportunities to support community health:
  - Social Determinants of Health Accelerator
  - Planning for FY23 Notice of Funding Opportunity
Questions?
Thank You!

FOR MORE INFORMATION ABOUT DNPAO, VISIT HTTPS://WWW.CDC.GOV/NCCDPHP/DNPAO/
FOR QUESTIONS, EMAIL DNPAOPOLICY@CDC.GOV