



Healthy
Eating
Research

Summer Student Series 2021

Getting Started!

- Type your name and institution into the chat box!
- Remember to keep yourself on mute.
- Type your questions into the chat box.

NOPREN HER Summer Series for Students

- 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.**



NOPREN HER Summer Series for Students

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>





Healthy
Eating
Research

Session 1: Series & Food Systems Overview



Healthy Eating Research





Healthy Eating Research

HER NOPREN Summer Speaker Series for Students

June 16, 2021

Kirsten Arm, MPH, RDN



Robert Wood Johnson Foundation

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)

| Type of Change | Definition |
|----------------|--|
| Policy | Policies at the legislative or organizational level that create or amend laws, ordinances, resolutions, mandates, regulations or rules. |
| Systems | Change that impact elements of an organization, institution or system. These could be rules, processes, procedures, or infrastructure changes. |
| Environmental | Alterations to the physical or observable environment. This could also include changes to the economic, social or cultural environment. |

Work Groups

| HER NOPREN Healthy Food Retail | HER NOPREN Early Childhood | HER NOPREN COVID-19 Food & Nutrition | HER Early Stage Investigator |
|--|--|--|---|
| <p>Co-Chairs:</p> <ul style="list-style-type: none"> • Beth Racine • Joel Gittelsohn | <p>Co-Chairs:</p> <ul style="list-style-type: none"> • Alison Tovar • Kate Bauer | <p>Co-Chairs:</p> <ul style="list-style-type: none"> • Margaret Read • Lauren Clay | <p>Co-Chairs:</p> <ul style="list-style-type: none"> • Chelsea Singleton • Gabby McLoughlin |
| <p>HER Liaison: Kirsten Arm</p> | <p>HER Liaison: Lindsey Miller</p> | <p>HER Liaisons: Kirsten Arm & Lindsey Miller</p> | <p>HER Liaison: Lindsey Miller</p> |

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

| Food Category* | Example Products | Choose Often | | | Choose Sometimes | | | Choose Rarely | | |
|--------------------------------|---|---|----------|---------------|---|------------|---------------|---------------|----------|---------------|
| | | Saturated Fat | Sodium | Added Sugar** | Saturated Fat | Sodium | Added Sugar** | Saturated Fat | Sodium | Added Sugar** |
| Fruits and Vegetables | Fresh, canned, frozen, and dried fruits and vegetables, frozen broccoli with cheese sauce, apple sauce, tomato sauce, 100% juice, 100% fruit popsicle | ≤ 2 g | ≤ 230 mg | 0 g | All 100% juice and plain dried fruit ≥ 2.5 g*** | | | ≥ 2.5 g*** | ≥ 480 mg | ≥ 12 g |
| Grains | Bread, rice, pasta, grains with seasoning mixes | First ingredient must be whole grain AND meet following thresholds: ≤ 2 g ≤ 230 mg ≤ 6 g | | | ≥ 2.5 g*** | 231-479 mg | 7-11 g | ≥ 2.5 g*** | ≥ 480 mg | ≥ 12 g |
| Protein | Animal (beef, pork, poultry, sausage, deli meats, hot dogs, eggs) and plant proteins (nuts, seeds, veggie burgers, soy, beans, peanut butter) | ≤ 2 g | ≤ 230 mg | ≤ 6 g | 2.5-4.5 g | 231-479 mg | 7-11 g | ≥ 5 g | ≥ 480 mg | ≥ 12 g |
| Dairy | Milk, cheese, yogurt | ≤ 3 g | ≤ 230 mg | 0 g | 3.5-6 g | 231-479 mg | 1-11 g | ≥ 6.5 g | ≥ 480 mg | ≥ 12 g |
| Non-Dairy Alternatives | All plant-based milks, yogurts and cheeses | ≤ 2 g | ≤ 230 mg | ≤ 6 g | ≥ 2.5 g | 231-479 mg | 7-11 g | ≥ 2.5 g | ≥ 480 mg | ≥ 12 g |
| Beverages | Water, soda, coffee, tea, sports drinks, non-100% juice products | 0 g | 0 mg | 0 g | 0 g | 1-140 mg | 1-11 g | ≥ 1 g | ≥ 141 mg | ≥ 12 g |
| Mixed Dishes | Frozen meals, soups, stews, macaroni and cheese | ≤ 3 g | ≤ 480 mg | ≤ 6 g | 3.5-6 g | 481-599 mg | 7-11 g | ≥ 6.5 g | ≥ 600 mg | ≥ 12 g |
| Processed and Packaged Snacks | Chips (including potato, corn, and other vegetable chips), crackers, granola and other bars, popcorn | None | | | If a grain is the first ingredient, it must be a whole grain AND meet following thresholds: 0-2 g 0-140 mg 0-6 g | | | ≥ 2.5 g | ≥ 141 mg | ≥ 7 g |
| Desserts | Ice cream, frozen yogurt, chocolate, cookies, cakes, pastries, snack cakes, baked goods, cake mixes | None | | | None | | | All desserts | | |
| Condiments and Cooking Staples | Spices, oil, butter, plant-based spreads, flour, salad dressing, jarred sauces (except tomato sauce), seasoning, salt, sugar | Not ranked | | | | | | | | |
| Miscellaneous Products | Nutritional supplements, baby food | Not ranked | | | | | | | | |



Kirsten.Arm@duke.edu
healthyeatingresearch.org



NOPREN

Nutrition & Obesity

POLICY RESEARCH & EVALUATION NETWORK



My Journey



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



NOPREN Partners



In close partnership with:

**Healthy
Eating
Research**



Robert Wood Johnson
Foundation

Coordinating Center

UCSF Center for
Vulnerable Populations
Department of Medicine

NOPREN COORDINATING CENTER - FUNCTIONS

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

Home

Nutrition & Obesity Policy Research & Evaluation Network



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

Upcoming State-of-the-Science Webinar

Racial Equity in Public Policy Message Guide
Reena Singh and Stephanie Scarmo, Voices for Healthy Kids

Events

- JUN 15** Work Group Meeting: Healthy Food Retail
 June 15, 2021, 12PM EST/9AM PST
 Topic: Inside the Industry: Q&A with A Former Retail Senior Vice President Presenter: Kevin Boyanowski For more information, please contact Kristen Arm (kristen.arm@ucsf.edu).
- JUN 16** Summer Speaker Series for Students: Series Overview and U.S. Food Systems
 June 16, 2021, 4PM EST/1PM PST
 To register: <https://ucsf.zoom.us/j/9676111111WCO02p>
- JUN 21** Work Group Meeting: Early Childhood
 June 21, 2021, 1PM EST/10AM PST
 Panel Discussion: Lessons Learned from Research during the COVID-19 Outbreak: Silver findings and where do we go from here? Speakers: Lisa Tang, RD, MSc, PhD Candidate, University of Quebec & Melissa Simone, PhD, NIH T32 Postdoctoral Fellow, University of Minnesota For more information, please contact Daniel Zaltz at dzaltz1@hs.edu.
- JUN 22** Work Group Meeting: Food Service Guidelines
 June 22, 2021, 2PM EST/11AM PST
 Topic: Food Service Guidelines Policy: Landscape Assessment and Gaps in the Literature For more information, please contact Bethany Williams (bethany-williams@ucsf.edu)
- JUN 23** Work Group Meeting: Drinking Water
 June 23, 2021, 12:30PM EST/9:30AM PST
 Presentation Title: Perceptions of Tap Water and Beverage Intake among Low-Income Women, Infants and Children in Michigan Speaker: Kate Bauer For more information, please contact Mary Kathryn Poole at mkp954@harvard.edu.
- JUN 23** Summer Speaker Series for Students: Food and Nutrition Security
 June 23, 2021, 4PM EST/1PM PST
 To register: <https://ucsf.zoom.us/j/9676111111WCO02p>

Resources

363 Resources

Keyword Search:

Work Group:

Filter by Resource Type:

Filter by Topic:

Apply Reset

Cohen J, Hecht A, McLoughlin G, Turner L, Schwartz M. Universal School Meals and Associations with Student Participation, Attendance, Academic Performance, Diet Quality, Food Security, and Body Mass Index: A Systematic Review. *Nutrients*. 2021 Mar 11;13(3)
 Topic: Federal Policy, School, Food Security
 Work Group: School Wellness
 Year: 2021
 Format: HTML

A Collaborative Approach to Modifying the University Food Environment (Hofing, Holzhauser, Racine, Stephens)
 Topic: School, Healthy Retail
 Work Group: Food Service Guidelines
 Year: 2021
 Format: Video

CACFP Providers' Experiences and Challenges During the COVID-19 Pandemic (Chiriqui)
 Topic: COVID-19, CACFP, Early Childhood
 Work Group: Early Childhood
 Year: 2021
 Format: Video

Centers for Disease Control and Prevention (CDC): Health Equity - Racism and Health Webpage
 Topic: Equity
 Work Group: COVID-19 Food & Nutrition
 Year: 2021
 Format: HTML

Centers for Disease Control and Prevention: Social Determinants of Health Webpage
 Topic: COVID-19

WORK GROUPS



Early Childhood

Healthy Eating Research



Food Policy Councils



Rural Food Access



Food Service Guidelines



Drinking Water



School Wellness



Food Security



Healthy Food Retail

Healthy Eating Research



COVID-19 Food & Nutrition

Healthy Eating Research



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 must have wellness policies that align with national guidelines. However, schools can have additional policies, beyond those at the district level.

Wellness policies can address:

Food Insecurity Screening Algorithm for Adults with Diabetes

(or Parents/Caregivers of Children with Diabetes)

Download the algorithm at: <http://bit.ly/foodinsecurityscreening>

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."
"Por cada una de las siguientes declaraciones, por favor indique si la declaración se aplica a su familia frecuentemente, a veces o nunca durante los últimos 12 meses."

- "I/We worried whether our food would run out before I/we got money to buy more."
"Estábamos (Estaba) preocupado(s) de que los alimentos se acabaran antes de que tuviéramos (tuviera) suficiente dinero para comprar más."
- "The food I/we bought just did not last, and I/we did not have money to get more."
"Los alimentos que compramos (compré) no duraron mucho, y no teníamos (tenía) suficiente dinero para comprar más."

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

STEP 1: Clinical Management

- Prioritize medications with lower risk for hypoglycemia
- Metformin, if clinically appropriate
- If using sulfonylureas: glipizide preferred immediately before meals (skip if not eating)
- If using long-acting insulin: dose low using a peakless analog (e.g., glargine)
- If using short-acting insulin: deliver by pen if possible; OK to use immediately after meal if meals are unreliable
- Prescribe glucose tabs

STEP 2: Gather Supportive Clinical Data

- Hyperglycemia and hypoglycemia frequency, patterns, and management skills
- Adherence to and affordability of medications and supplies
- Depression and anxiety
- Social support
- Dietary intake, sleep, and physical activity

STEP 3: Patient Education

- Medication Management:
 - Days with unreliable or inadequate food access may require lower medication doses
 - Medication schedules should be defined by when patient eats rather than time of day
- Diet Counseling: Emphasize cost-neutral strategies, such as reducing carbohydrate portion size
- Ensure patient has refrigeration for insulin
- Smoking cessation (tobacco products divert money from food budget)

STEP 4: Refer to Resources

- Sustainable food resources may include:
 - SNAP: formerly Food Stamps
 - Congregate meal sites
 - Home delivered meals (e.g., Meals on Wheels)
 - Medically-tailored meals
 - If children in household: child nutrition programs, like WIC or school meals
- Emergency food resources may include:
 - Food pantries
 - Soup kitchens/free dining rooms
- Enroll in all eligible household benefits (e.g., childcare assistance, Medicaid, utilities/transportation assistance, earned income tax credit, etc.)
- Patient assistance programs for support with medication costs

STEP 5: Code for Food Insecurity

Z59.4: Lack of adequate food and safe drinking water

STEP 6: Follow-Up at Next Visit

- Referrals to resources
- Weight trajectory
- Hypoglycemic episodes
- Food insecurity

Higer E, Quigg A, Black M, Coleman S, Heeren T, Rose-John. Development and validity of a 2-item screen to identify families at risk for food insecurity. *Pediatrics* 2010;126(2):e26-e32.
Gundersen C, Engelhard EE, Crumbluge AE, Seligman HK. Brief assessment of food insecurity accurately identifies high-risk US adults. *Public Health Nutr* 2017 Feb;20(3):5. *PubMed PMID:* 28215190.
This tool is the work of the Nutrition and Obesity Policy Research and Evaluation Network's (NOPREN) Hunger Safety Net Clinical Linkages Workshop (led by the Prevention Research Centers at the Centers for Disease Control and Prevention). Content does not necessarily represent the official position of CDC or DHHS.

WORK GROUP PRODUCTS: EXAMPLES



The NEW ENGLAND
JOURNAL of MEDICINE

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

Metrics

Page Views



68,403

Citations



20

<https://www.nejm.org/doi/full/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**

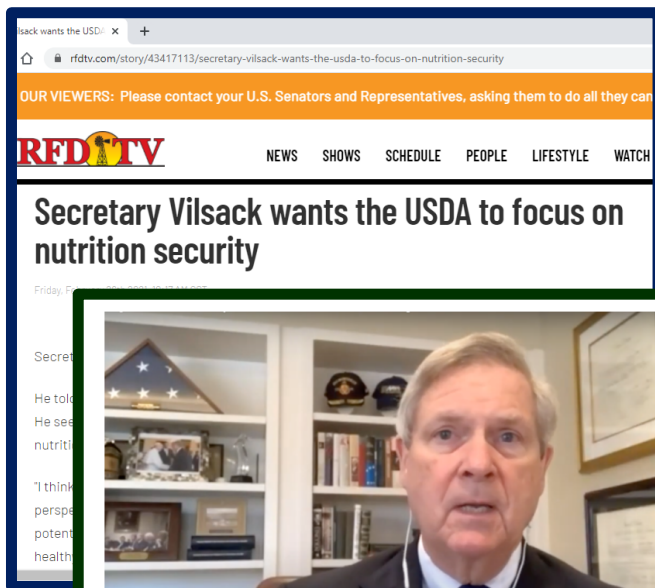


**Building
Back Better
for Rural
Economies**



**Advancing
Racial
Equity**

Nutrition Security



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

Mozaffarian D, Fleischhacker S, Andres JR. *JAMA*. 2021.

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*”

NIFA Nutrition Security Webinar Series – SAVE THE DATE

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



Healthy Eating Research (HER)

A national program of the Robert Wood Johnson Foundation, Duke University



NOPREN Food Insecurity & School Wellness Working Groups

Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity and Obesity (DNPAO)

COVID-19 School Nutrition Implications Working Group (March 2020 to February 2021)

600+ researchers, advocacy organization representatives and practitioners, and 185+ students

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

Lane H, Turner L, Dunn CG, Hager ER, Fleischhacker S. Leveraging implementation science in the public health response to COVID-19: Child food insecurity and federal nutrition assistance programs. *Public Health Reports*. 2020;135(6):Forthcoming

Join US!

Friday April 10, 2020 <https://ucsf.zoom.us/j/616829588?pwd=TWt7OXNFeXZobWpFenJFcWlYcjlLZz09>
3:30-5 PM EST Password: 675301

NOPREN Working Group: COVID-19 Nutrition Response
List serv: nutritionresponsetaskforce@duke.edu

- I. Welcome (Erin) (~5 minutes)
- II. Member Introductions (name/organization) (~10 minutes)
 - i. ~70 joining
- III. Group Logistic Updates (Caroline) (~5 minutes)
 - i. Agenda/future meetings
 - 1. Trying to keep us at ~60
 - 2. Could/should we move to biweekly 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?
 - ii. Listserv (email kirsten.arm@duke.edu to be added)
 - iii. Google Drive
 - 1. i. 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/1V8CK091R9y7qmOUzk89xIWp6sw3ZNOxN3nAIBI-QIAM/edit?usp=sharing>
 - iv. Contact Sheet
 - 1. Subgroup leaders should have access to contact list at all times; let Caroline know if you don't (cdunn@hsph.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)
 - i. If people are missing in the policy/advocacy area, please extend invites (or send them to group)
 - ii. Funding opportunities
 - 1. SBIR grant
 - 2. Others?
 - iii. Organizational updates
 - 1. **NAACP (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 community - 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)

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



HER NOPREN COVID-19 School Nutrition Implications Working Group Leadership Team (March 2020 to February 2021)



Co-Chairs

Fellow

HER Liaisons

NOPREN Liaison

**Sheila
Fleischhacker,
PhD, JD
Georgetown
University
Law Center**

**Erin Hager, PhD
University of
Maryland School
of Medicine**

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

**Kirsten Arm,
MPH, RD
Duke Global
Health
Institute**

**Lindsey
Miller, MPH
Duke Global
Health
Institute**

**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



Heidi Blanck, PhD

Amy Lowery Warnock, MPA

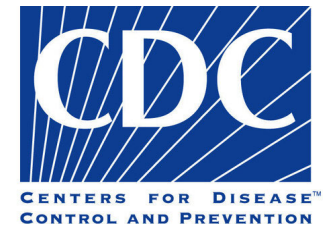
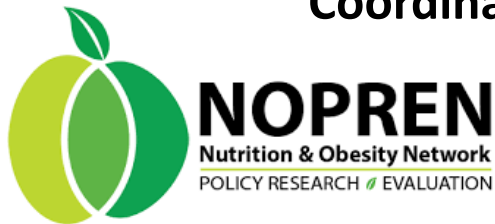
Sarah Sliwa, PhD

Caitlin Merlo, MPH, RD

Carrie Dooyema, PhD

Brianna Dumas, MPH, RD, LD

Diane Harris, PhD





**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**



**Hilary
Seligman,
MD, MAS
UCSF**



**Amelie Hecht,
PhD, HHS
OPRE**



**Jessica Soldavini,
MPH, RD, LDN,
UNC**



**Lina Walkinshaw,
MPH**



**Margaret Read,
PhD**

**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

A Robert Wood Johnson Foundation program

COVID-19 HER Resource Manager ☆ 🗑️
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| | A | B | C | D | E | F | G |
|---|---|---|-------------------------------------|--------------|---|---|---|
| 1 | Title | Authors | Journal/Source | Publish Date | Topic area (i.e., WIC, SNAP, ECE, Schools) | Brief Description | Link |
| 2 | Leveraging SNAP to alleviate poverty — a proven policy approach needed now | Sara Bleich, Caroline Dunn, Sheila Fleischhacker | The Hill | 03/29/2020 | SNAP | | https://thehill.com/opinion/finance/490072-leveraging-snap-to-alleviate-poverty-a-proven-policy-approach-needed-now?amp |
| 3 | Feeding Low-Income Children during the Covid-19 Pandemic | Caroline Dunn, Erica Kenney, Sheila Fleischhacker, Sara Bleich | The New England Journal of Medicine | 03/30/2020 | | | https://www.nejm.org/doi/full/10.1056/NEJMp2005638?ery=featured_home |
| 4 | New Review: US Coronavirus Relief Package: Update on Food and Nutrition Provisions, Editorial Board, Nutrition Today. | Sheila Fleischhacker, PhD, JD | | | | Sheila Fleischhacker PhD, JD 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 NOPRFN | https://files.constantcontact.com/a5fe4565601/beece3d4bed-4aa0-b50e-9feb484f84f8.pdf |
| 5 | COVID-19 Related School Closings and Risk of Weight Gain Among Children | Rundle A, Park Y, Herbstman J, Kinsey E, Wang Y. | Obesity | 03/30/2020 | Schools | | https://www.ncbi.nlm.nih.gov/pubmed/32227671 |
| 6 | Stress and Parenting During the Coronavirus Pandemic (Research Brief) | Shawna Lee and Kaitlin Ward | Parenting in Context Research Lab | 3/26/2020 | ECE | Describes parental concerns and how parental practices may have changed since COVID-19. | https://www.parentingincontext.org/uploads/8/1/3/1/813622/research_brief_stress_and_parenting_during_the_coronavirus_pandemic_final.pdf |
| 7 | Quick COVID-19 Publishing Resource: COVID-19 Science Backed Research Portal | | Mary Ann Liebert, Inc. Publishers | | | The editorial team behind Health Security was approached by the CDC to publish several fast-moving papers that specifically pertain to COVID-19. | They have already collected published content relevant to pandemics, viral immunology, telemedicine, public health. They are https://healthsecurity.org/ |
| 8 | US Public Concerns About the COVID-19 Pandemic From Results of a Survey Given via Social Media | Lorene M. Nelson, Julia F. Simard, Abiodun Oluyomi, Vanessa Nava, Lisa G. Rosas, Melissa Bondy, Eleni Linos | JAMA Internal Medicine | 4/7/20 | Consumers stockpiling food, difficulty getting food | This study discusses an online cross-sectional survey on 3 social media platforms from 3/13-3/16/20. Responses were captured from 9009 individuals, with 26.1% of US counties having at least one respondent. Lifestyle changes were evaluated, and participants reported stockpiling food and supplies (6686 [74.7%]). Concerns were also captured, and 2154 (32.2%) of participants reported difficulty getting food. | https://jamanetwork.com/doi/full/10.1001/jama.2020.4322 |
| 9 | As Child Hunger Soars Across USA, National Poll Finds Nearly One in Four Parents Reducing Food for Children | Hunger Free America | Published online | 04/13/2020 | Food Insecurity; Child Hunger | Discusses: increase in child hunger rate since onset of crisis; implications of financial difficulties on adult hunger; call for SNAP increase in response to new polling data. Report providing information on food insecurity in the United States. Responses are based on a representative, post-strata weighted national sample (n=10,368) of U.S. adults collected in the last week of March 2020. The descriptive | https://www.hungerfreeamerica.org/2020/04/13/as-child-hunger-soars-across-usa-national-poll-finds-nearly-one-in-four-parents-reducing-food-for-children/ |



HER NOPREN 2020 Summer Internships

- **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!**

Issue Brief

**COVID-19 School Reopening:
Supporting School Meals and Students' Health
in School Year 2020-2021**

July 2020



Prepared by:

epr right Academy of Nutrition
and Dietetics

**CENTER FOR
ECOLITERACY**
**CALIFORNIA FOOD
FOR CALIFORNIA KIDS**

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**

Table. (Continued)

| State | Law/Bill/Resolution Details | Status | College FI Relevant Provisions |
|---------------|---|-------------------|--|
| Indiana | Student hunger and homelessness. Introduced as House Bill 1018 by Representatives Earl Harris (D-2) and Karlee Macer (D-92), referred to the Committee on Rules and Legislative Procedures | Introduced (2020) | eligibility. Department of Human Services, with stakeholders, must establish protocols to identify/verify eligibility exemptions and verify students' participation in the programs. Establishes a student hunger and homelessness study committee to: (1) study prevalence of housing and FI in Indiana college students, (2) provide suggestions for eliminating these issues. Must report results of the study to the governor and legislative council in 2021. |
| Massachusetts | An act establishing a community college campus Hunger Pilot Program. Introduced as H. 1233/ S. 757 by Representative Meschino (D-3rd Plymouth) and Senator Lovely (D-Second Essex), referred to the Committee on Higher Education | Introduced (2019) | Establishes a fund to address FI on community college campuses (the MA Community College Campus Hunger Program) for Department of Education to use in issuing grant funds to community colleges based on the demonstrated need and implementation plans. Funds will be used for colleges to offer meal cards, meal plans, meal vouchers, and other campus-designed projects to address community college student FI. |
| Michigan | A resolution to urge the USDA to grant a federal waiver to temporarily suspend the rules that make college students ineligible for SNAP benefits. Introduced as HR 251 by Representative Rachel Hood (D-76), referred to the Committee on Appropriations | Introduced (2020) | Urges the USDA to grant a federal waiver to temporarily suspend the rules that make college students ineligible for SNAP benefits by sending copies of the resolution to the Secretary of Agriculture, the Deputy Undersecretary for Food, Nutrition, and Consumer Services, and the Michigan congressional delegation. |
| Minnesota | Hunger-Free Campus Act. Introduced as HF2366 by Representative Pryor (DFL-Minnetonka), referred to Ways & Means with companion in the Senate, SF2706 by Senators Lang (R-17), Jensen (R-47), & Clausen (DFL-57), referred to the Committee on Ways and Means and then to the Committee on Higher Education Finance and Policy | Enacted (2019) | Amended Minnesota Statute 136.F.245 creates a Hunger-Free Campus designation for state community/technical colleges that: (1) have a campus food pantry or food distribution, (2) provide students with food assistance information, for example, SNAP, (3) participate in an annual hunger awareness event, (4) offer student emergency assistance grants, and (5) have a hunger task force meeting 3+/y and including 2+ student members. |

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



HER NOPREN Summer Speaker Series for Students



Healthy Eating Research



Summer Speaker Series for Students

**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>

HER NOPREN COVID-19 List Serv

- 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



Lindsey.Miller102@duke.edu

HER NOPREN Student Showcase

- 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



Niá:wen ᱦᱚᱱᱚᱛ masi chok 唔該 T'ooyaksiy' nisim' Graciās 谢谢 Thank You ありがとうございました Se:kenh: mähsi' You Miigwech Merci Obrigado



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
- Healthy Weight Management & Obesity Prevention

Adults & Older
Adults Maintaining
a Healthy Lifestyle

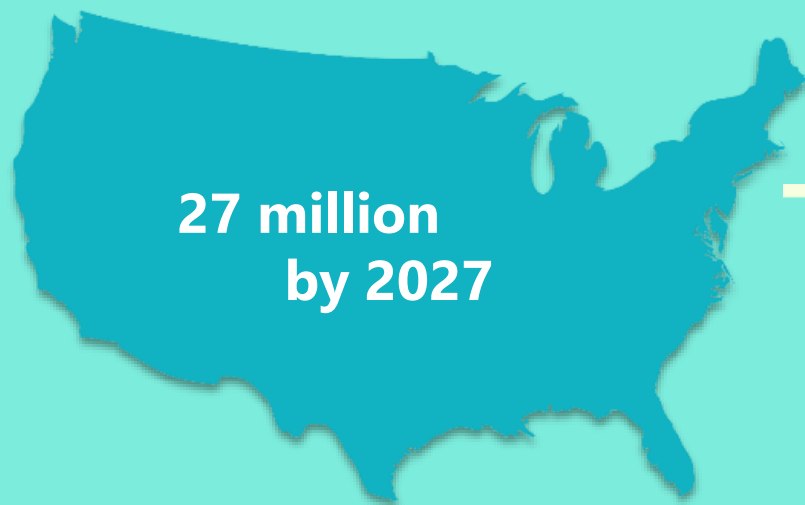


ACTIVE PEOPLE, HEALTHY NATIONSM

A national initiative led by CDC to help

27 million Americans

become more physically active by 2027



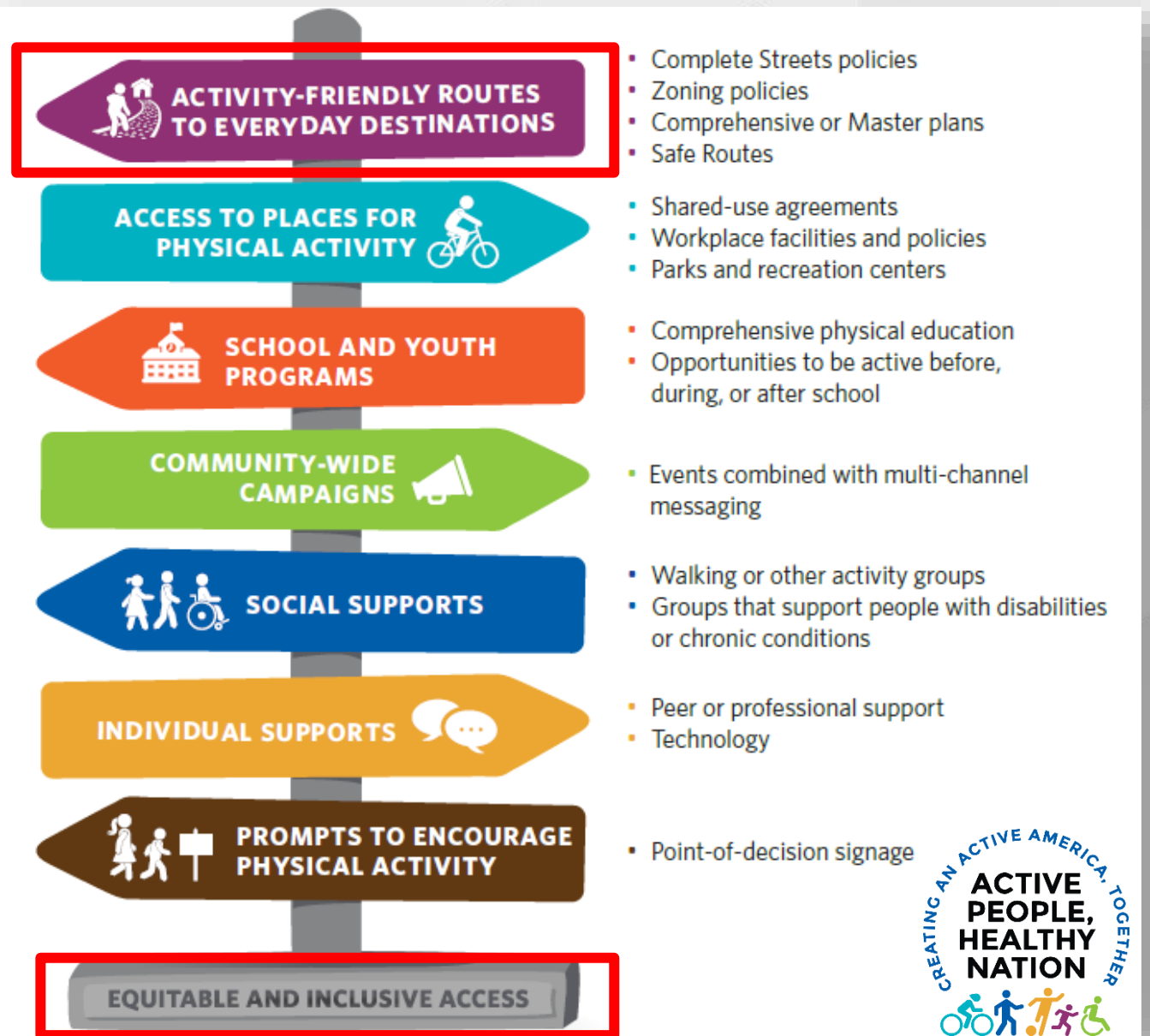
**27 million
by 2027**



#ActivePeople

To learn more about Active People, Healthy NationSM visit:
<https://www.cdc.gov/physicalactivity/activepeoplehealthynation/index.html>

Community Strategies to Increase Physical Activity



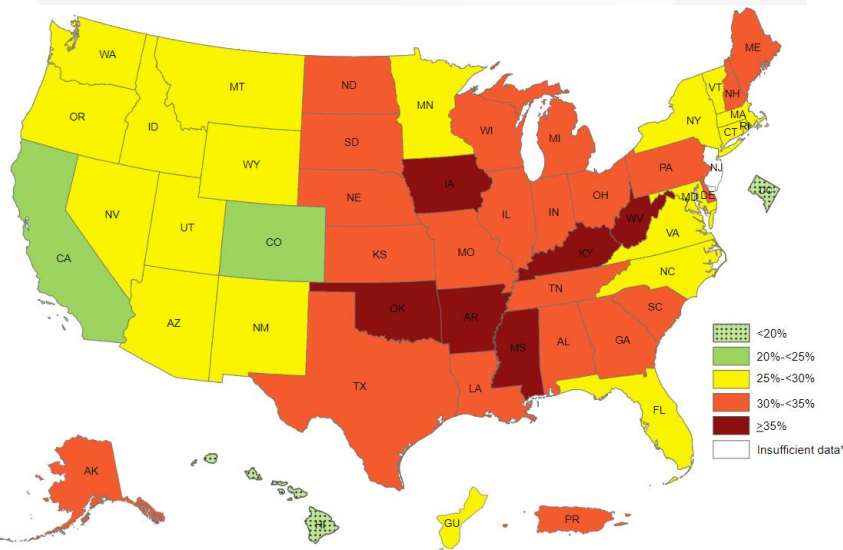
Obesity is Common, Complex, and Serious

- 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

Disparities Persist in Obesity Rates

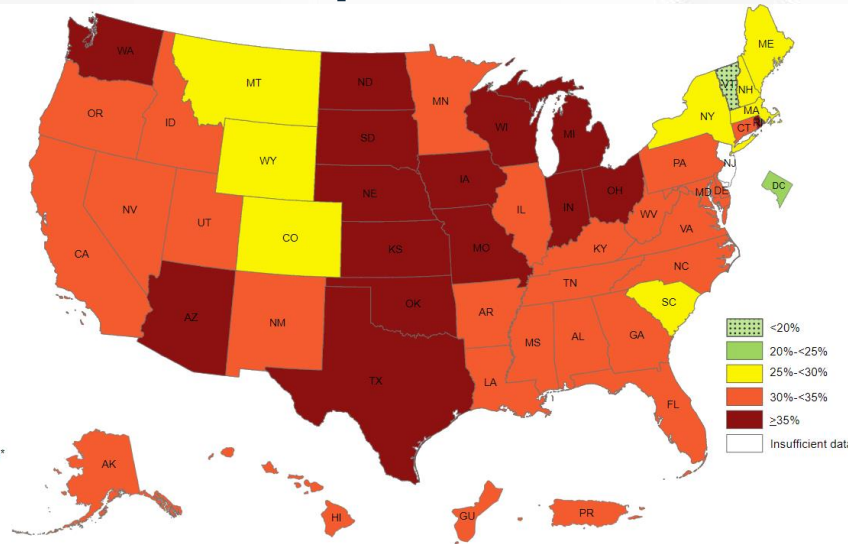
Prevalence of Self-Reported Obesity Among U.S. Adults by Race/Ethnicity – Behavioral Risk Factor Surveillance System, 2017-2019

Non-Hispanic White



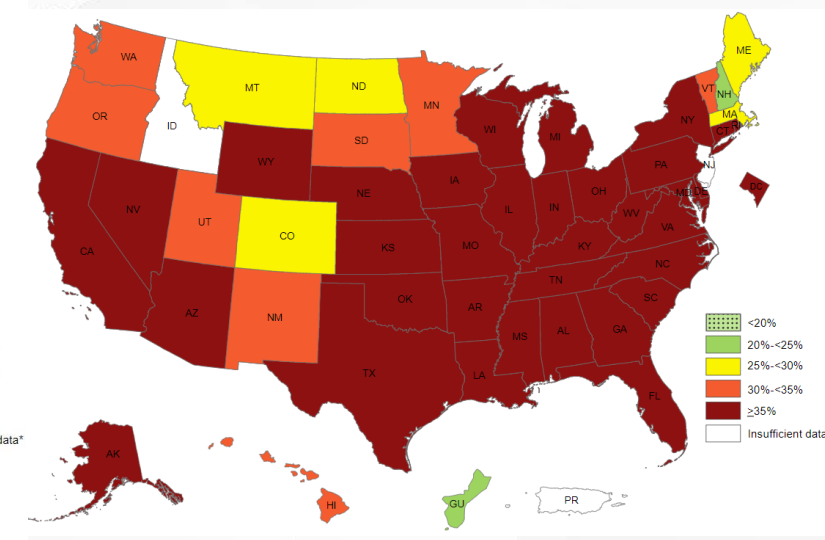
≥35% of adults had obesity in 6 states

Hispanic



≥35% of adults had obesity in 15 states

Non-Hispanic Black



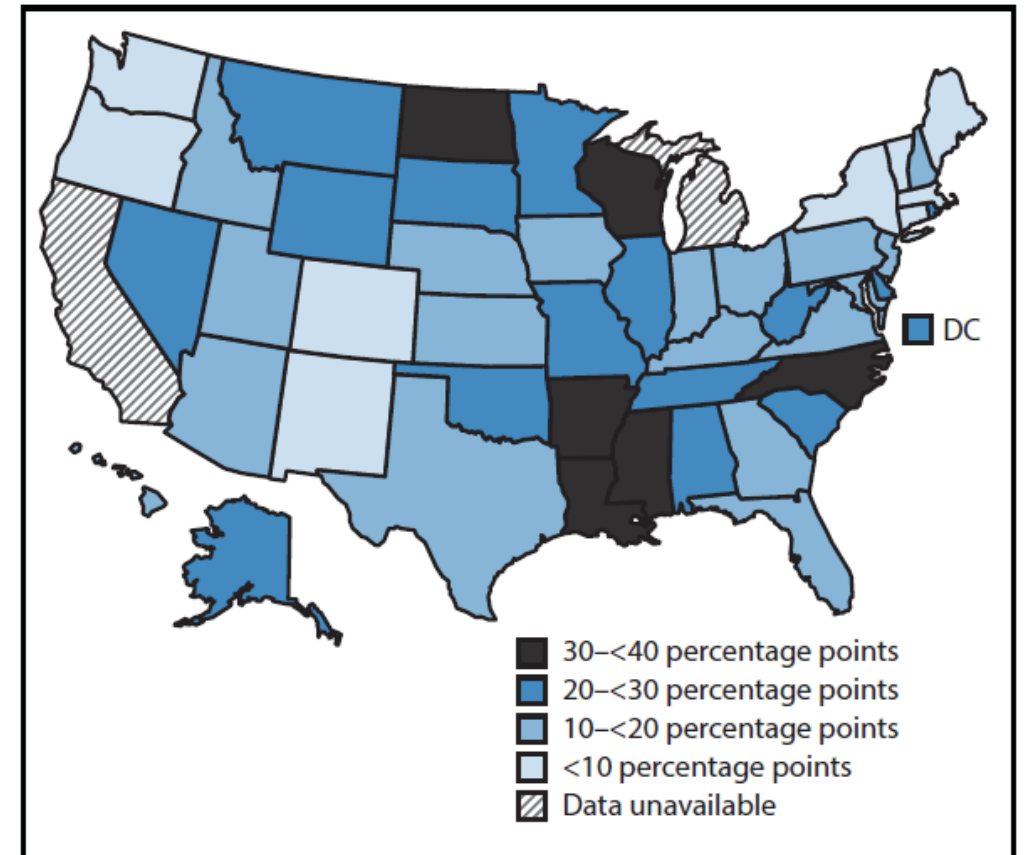
≥35% of adults had obesity in 34 states and the District of Columbia

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.

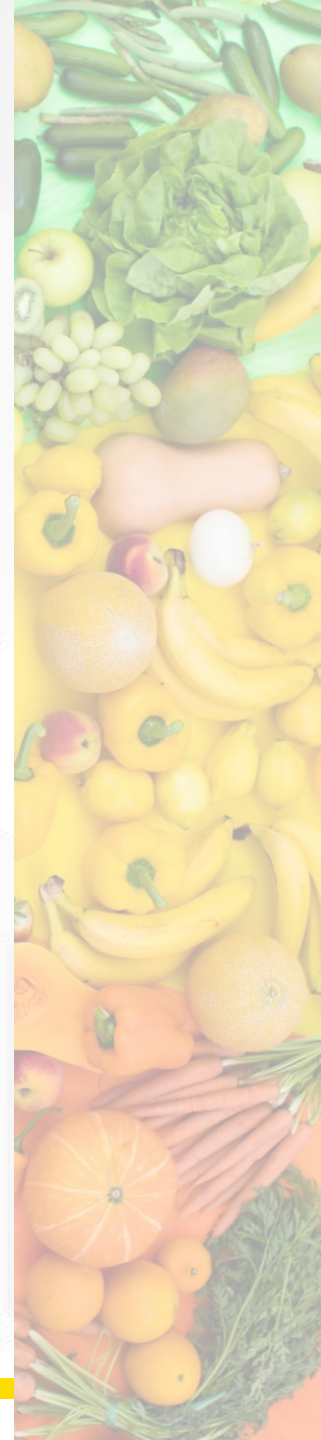
FIGURE 2. Largest disparity in breastfeeding initiation between racial/ethnic groups — National Vital Statistics System, 48 states and the District of Columbia, 2019



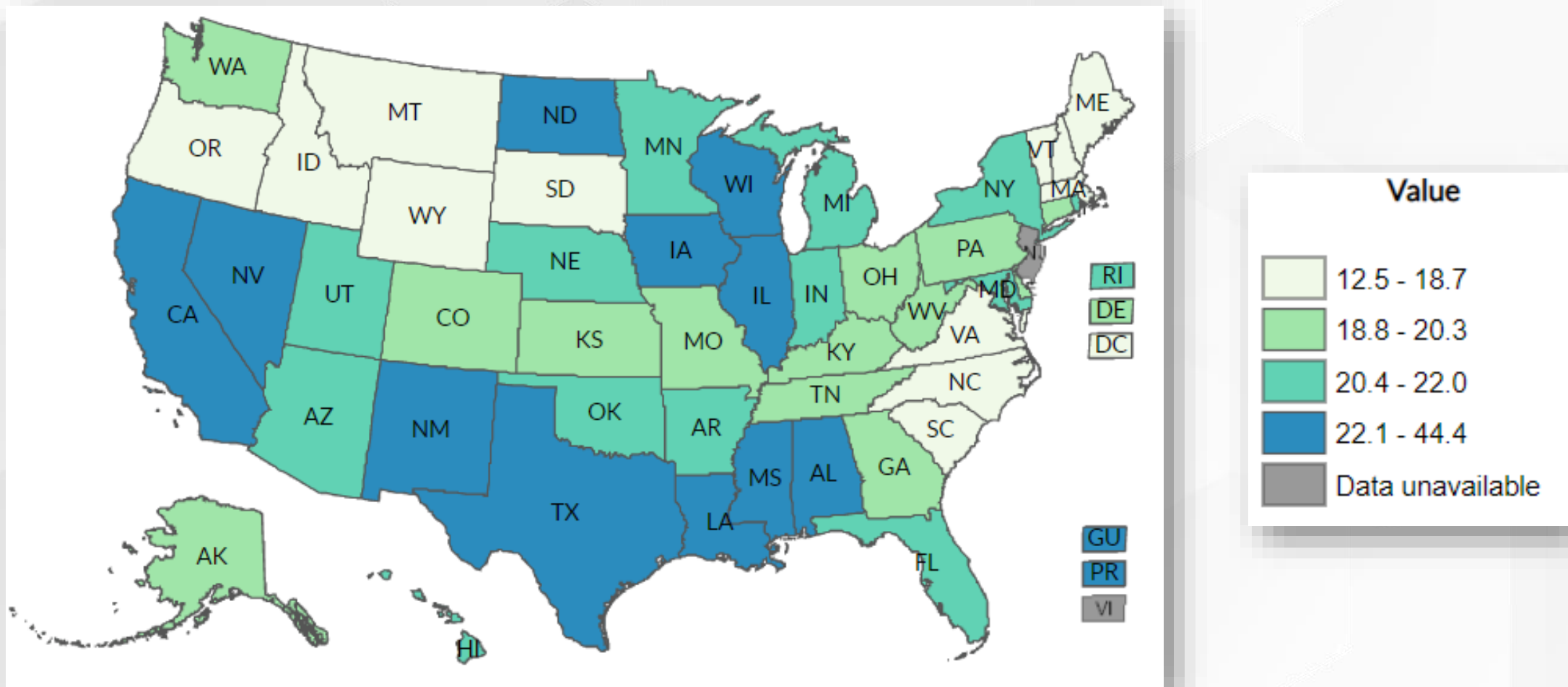
Abbreviation: DC = District of Columbia.

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!*

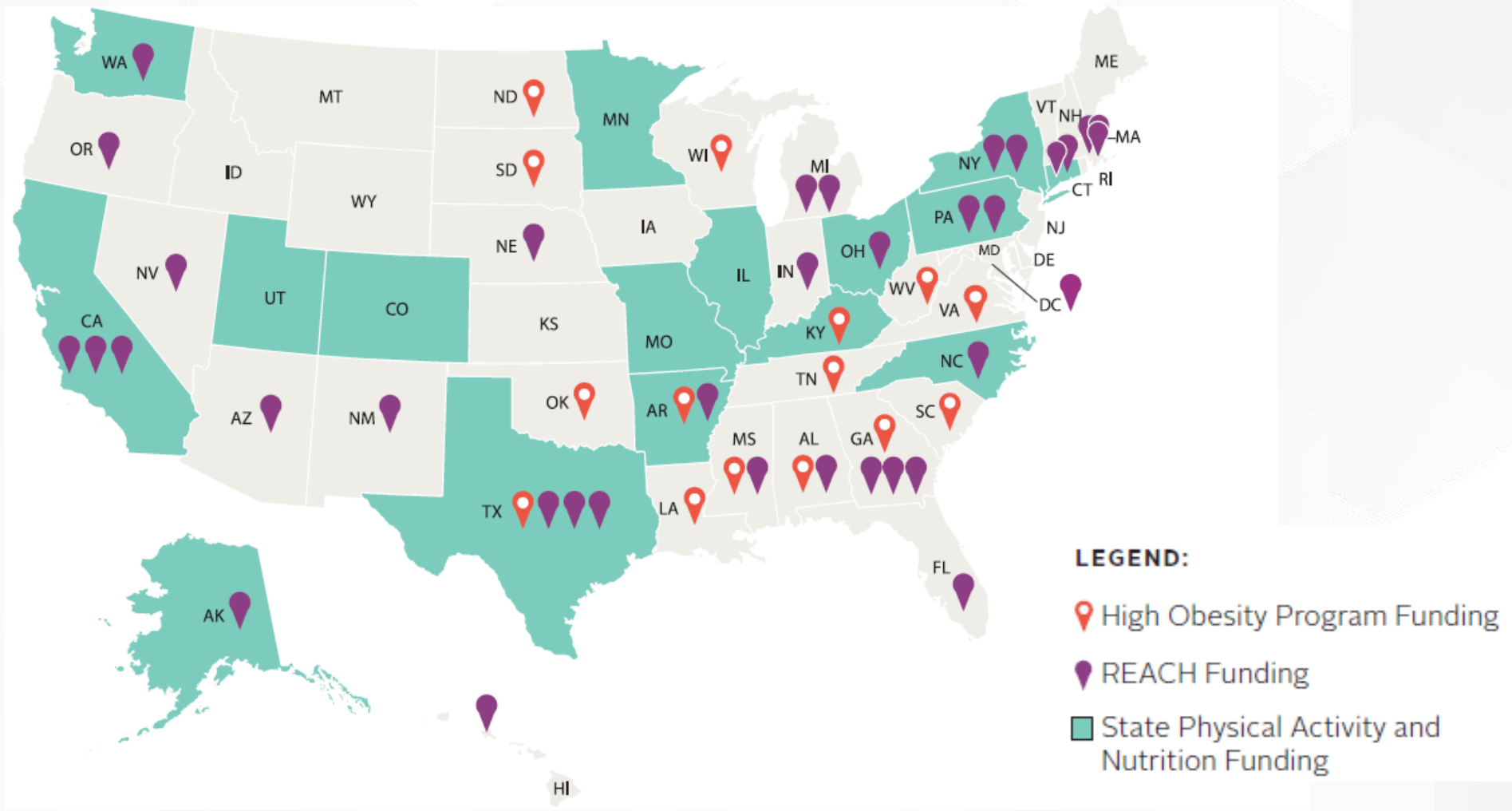


Percentage of adults who report consuming vegetables less than one time daily – Behavioral Risk Factor Surveillance System, 2019



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.





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

HOP Funded Recipients (Fiscal Year 2018)

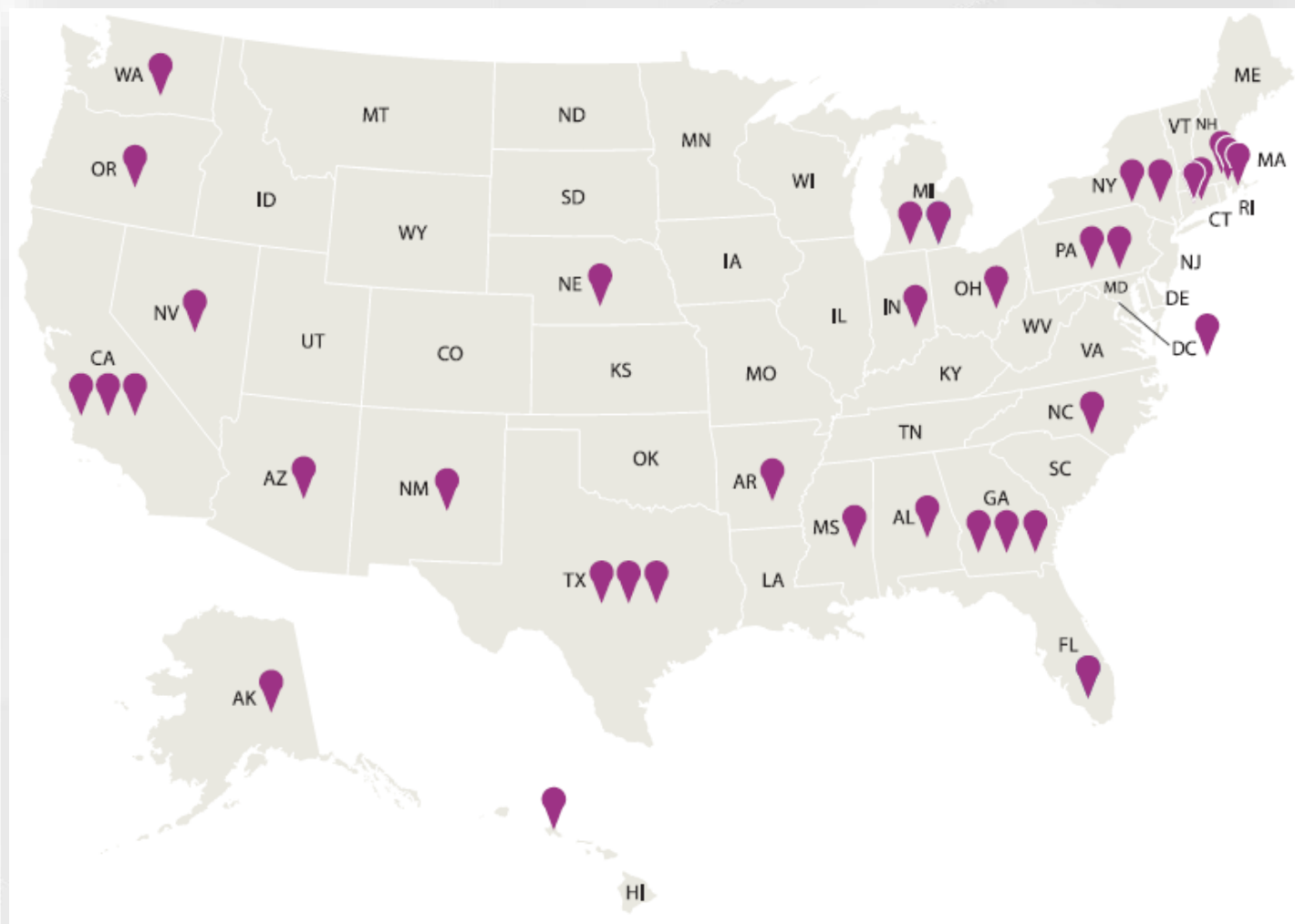


To learn more about the HOP program, please visit: <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/hop-1809/high-obesity-program-1809.html>.

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

REACH Funded Recipients (Fiscal Year 2020)

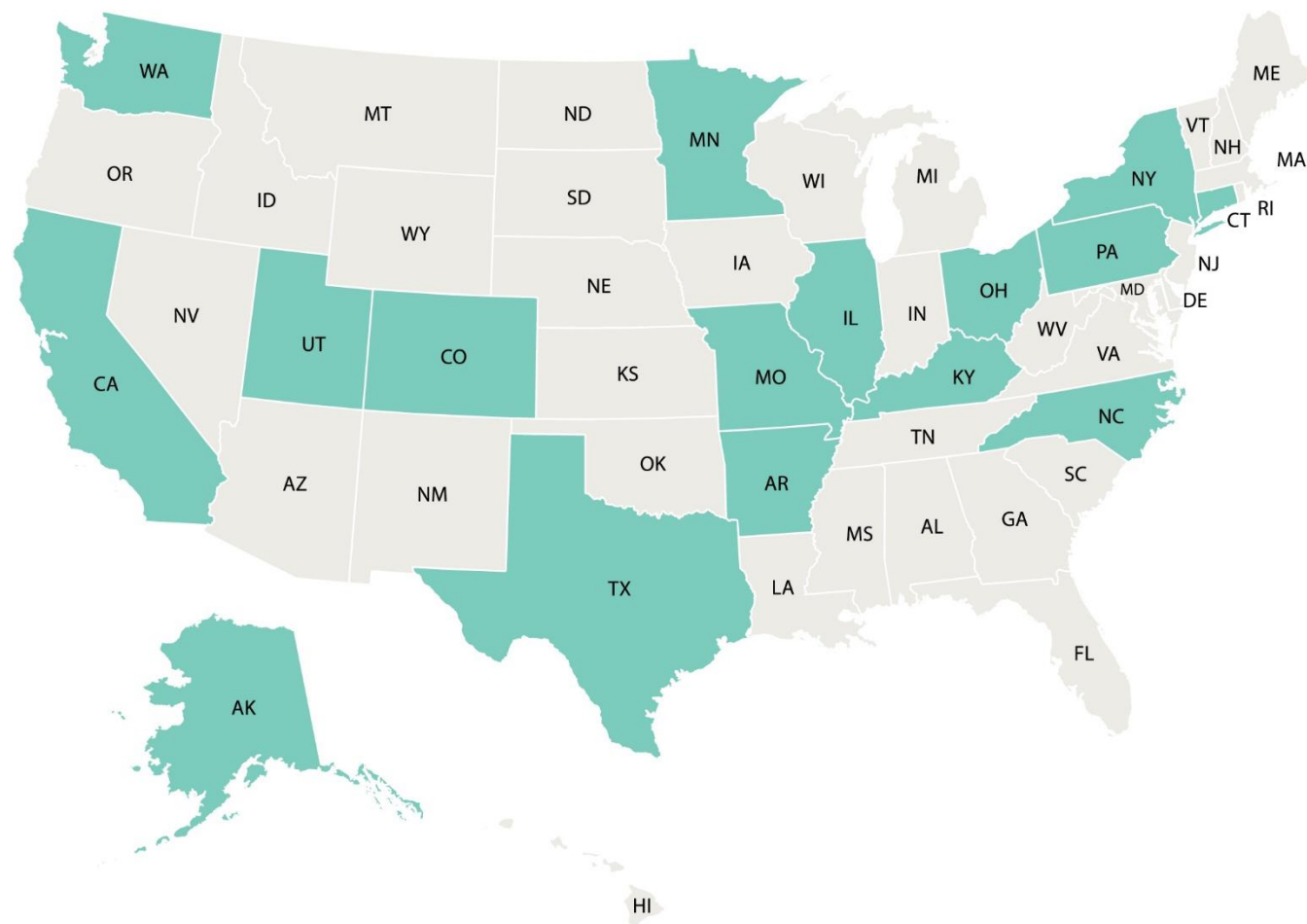


To learn more about the REACH program, please visit: https://www.cdc.gov/nccdphp/dnpao/state-local-programs/reach/current_programs/index.html

State Physical Activity and Nutrition Program (SPAN)

- 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

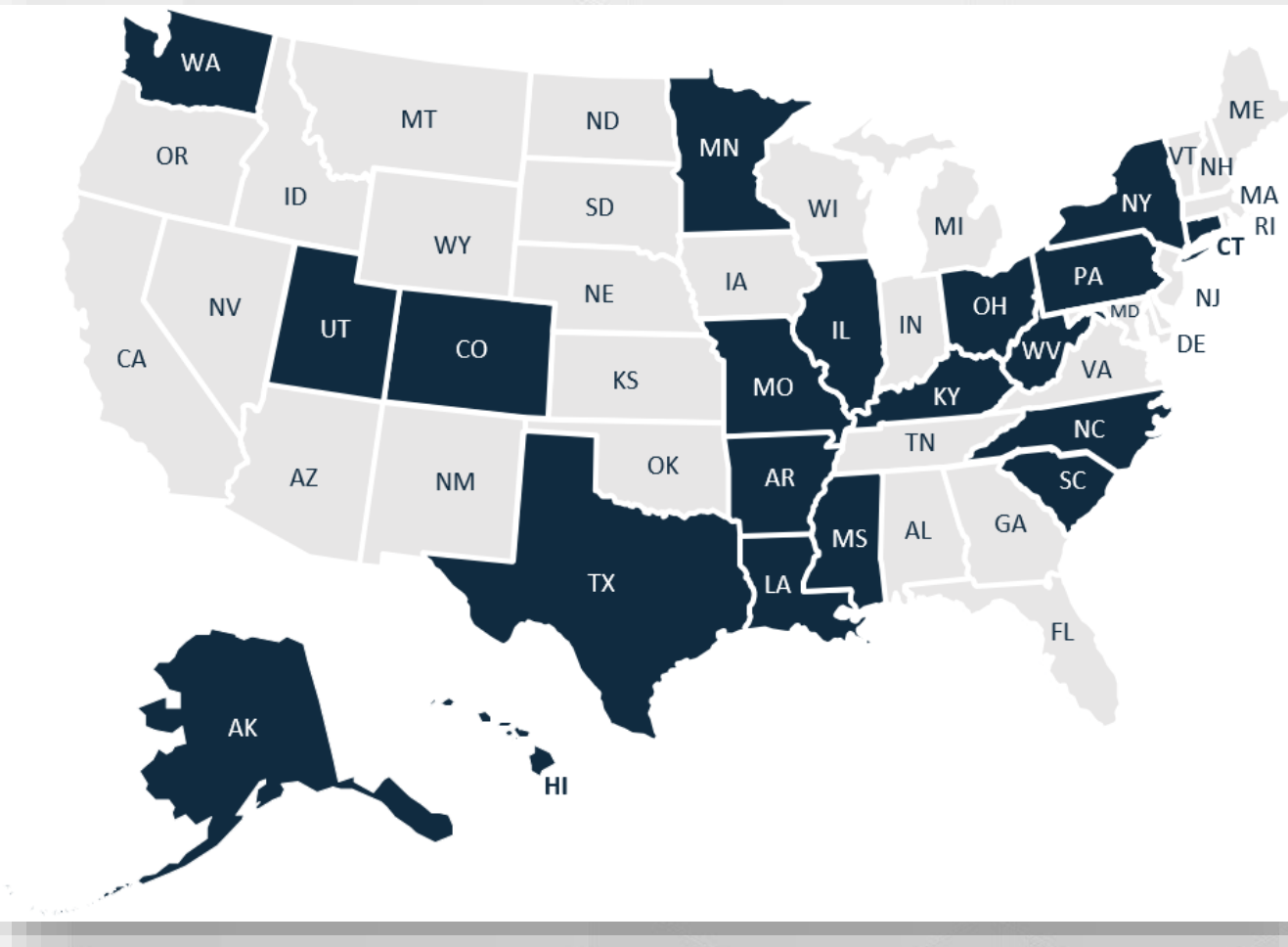
SPAN Funded Recipients (Fiscal Year 2018)



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

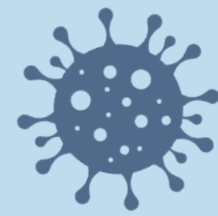


Example: HIGH OBESITY PROGRAM – Mississippi State University Extension

- 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

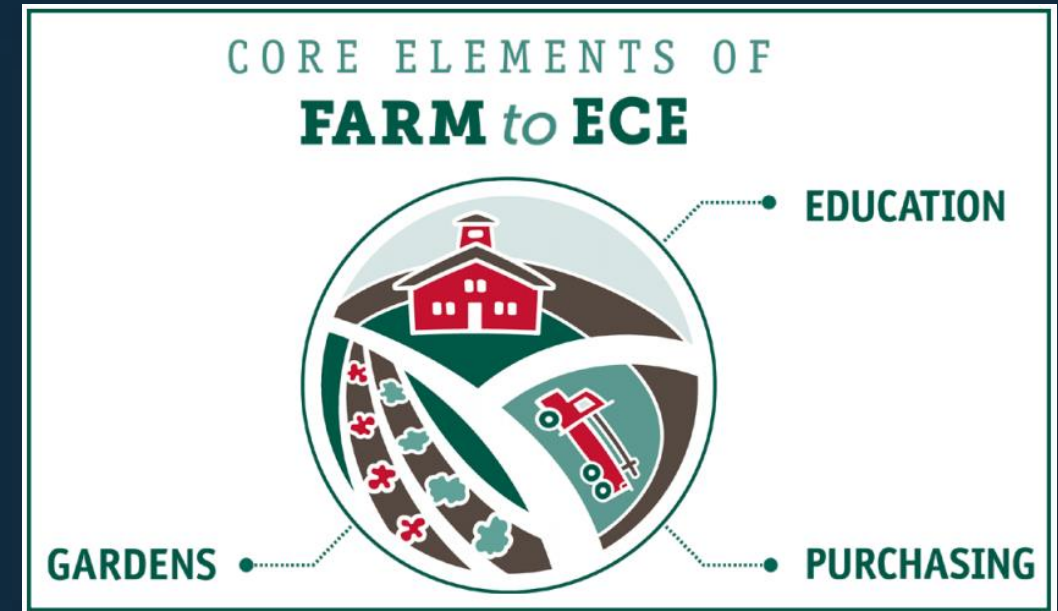
- ECEs across the country have had to pivot operating procedures during COVID-19, including how to safely feed children.
- Developed and disseminated virtual, online farm to ECE and obesity prevention trainings to help childcare centers support children of essential workers.
- Connected ECEs to local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

Source: <http://www.farmtoschool.org/resources-main/the-significance-of-farm-to-early-care-and-education-in-the-context-of-covid-19>



Farm to ECE Work – FIG & CABBAGE

- DNPAO awarded funding to ASPHN:
 - **F**arm to ECE **I**mplementation **G**rant (**FIG**) funds 10 States and D.C. to advance Farm to ECE at the state level
 - **C**apacity **B**uilding **G**rant (**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.

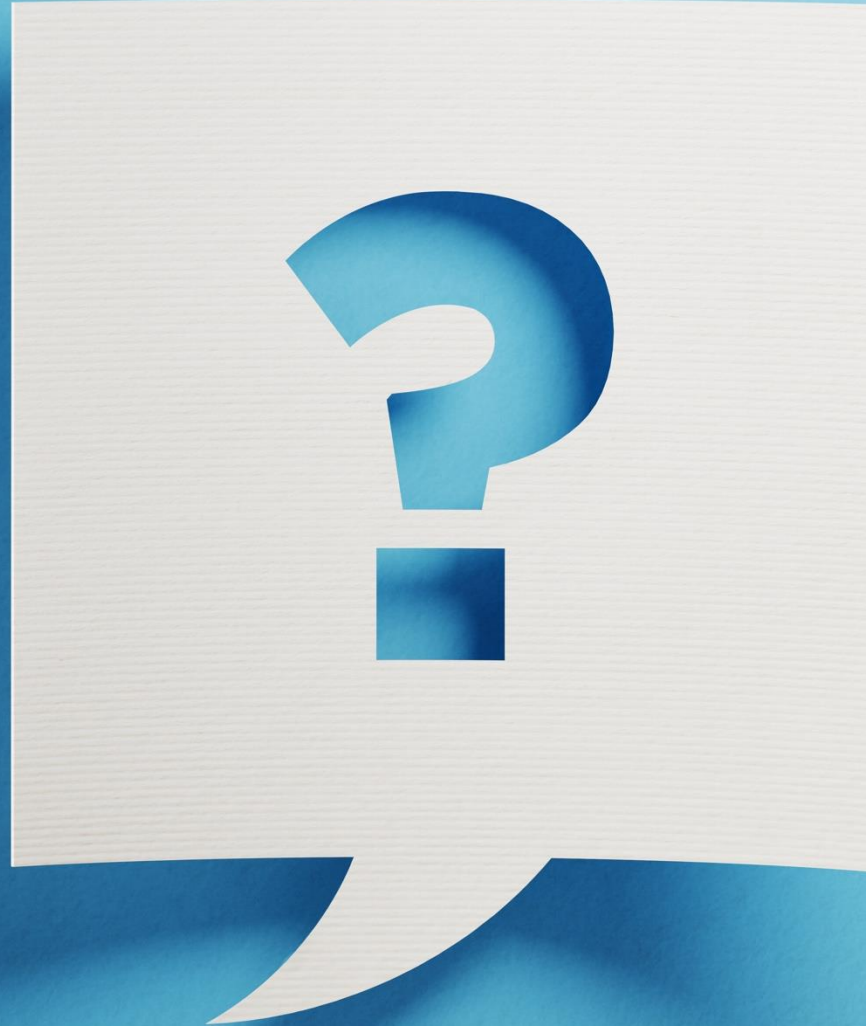
5. Spread and scale pediatric weight management programs

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/NCCDP/npao/](https://www.cdc.gov/nccdp/npao/)
FOR QUESTIONS, EMAIL DNPAOPOLICY@CDC.GOV

Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

Division of Nutrition, Physical Activity, and Obesity

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