

Healthy
Eating
Research



NOPREN
Nutrition & Obesity
POLICY RESEARCH & EVALUATION NETWORK

Summer Speaker Series for Students 2023

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 of the day: What’s your favorite summertime food or beverage?*
- Remember to keep yourself on mute.
- Type your questions into the chat box.

NOPREN HER Summer Series for Students

- Explore various public health topics related to:
 - Food and nutrition security
 - Federal nutrition assistance programs
 - COVID-19 implications
 - Nutrition equity
- This series is a collaborative effort of Healthy Eating Research (HER) and Nutrition and Obesity Policy Research and Evaluation Network (NOPREN).

NOPREN HER Summer Series for Students

Schedule and Topics

- June 14: Improving Nutrition Security during Early Childhood
- June 28: Food is Medicine: What does it mean? Where are we going?
- July 12: WIC Policy: Behind the Curtain
- July 26: Making Water Win: Policies to Build Quality & Access
- August 9: COVID-19 Policy Implications for USDA Child Nutrition Programs & SNAP
- August 16: Student Presentations

For more information or to register:

<https://nopren.ucsf.edu/her-nopren-summer-speaker-series-students-2023>

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



NOPREN

Nutrition & Obesity

POLICY RESEARCH & EVALUATION NETWORK

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

- Collaborative, equity-focused applied research and practitioner network that informs policies and practices designed to support the intake of healthy, nutritious foods
- Led by a coordinating center based at the University of California San Francisco (UCSF) in partnership with CDC DNPAO leadership
- Members (2500+) 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 Coordinating Center

The Coordinating Center serves as NOPREN's administrative home, acting as a liaison between the CDC and network members. The Center:

- Hosts monthly state-of-the-science webinars
- Facilitates collaboration among members
- Send bi-weekly NOPREN News (upcoming webinars, meetings, job announcements, funding opportunities, new publications)
- Serves as a platform for sharing and disseminating research
- Provides professional development opportunities for member
- Support the network's Work Groups

Work Groups

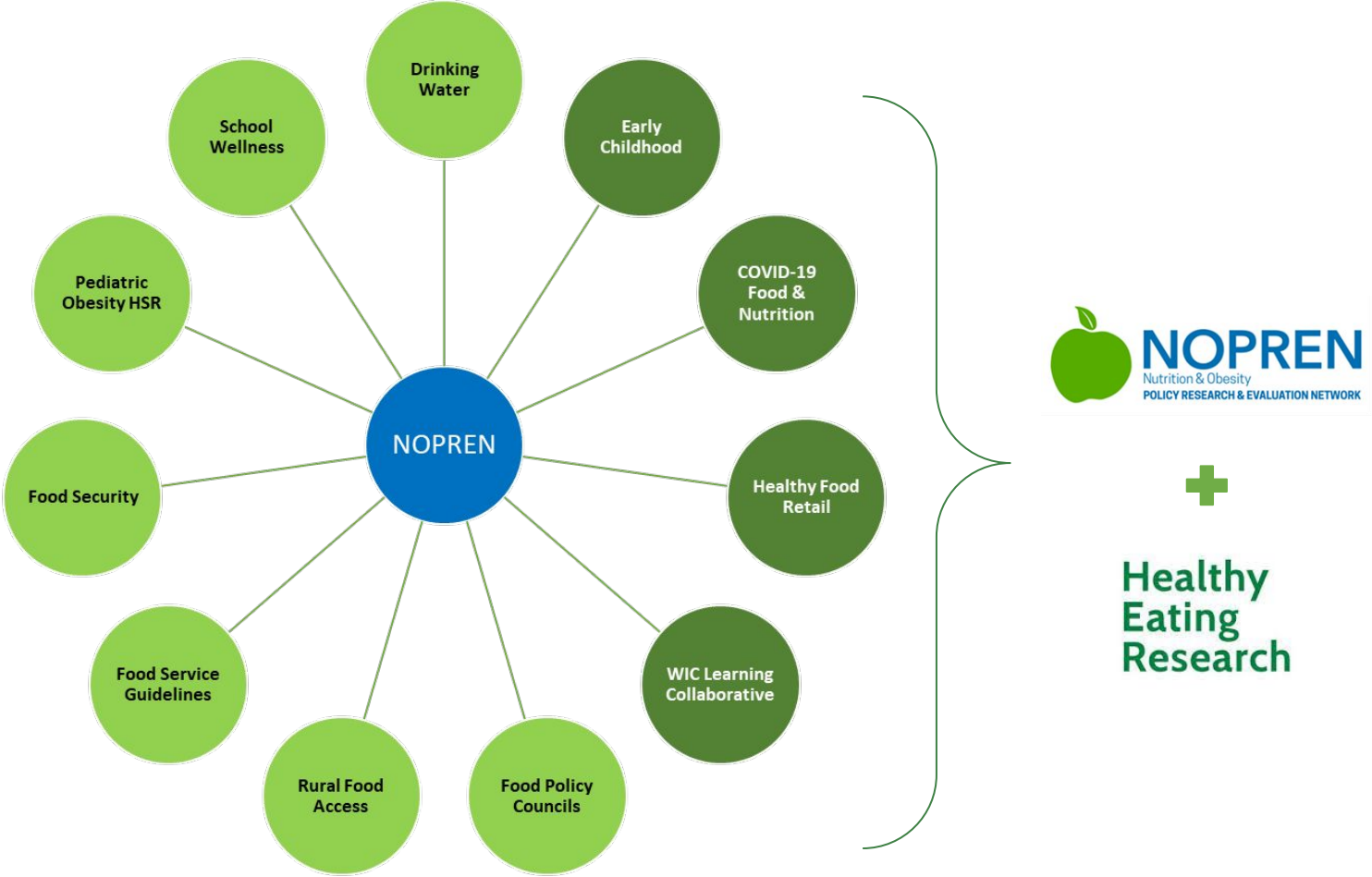
Work groups are a core part of NOPREN. Members collaborate on policy-relevant topics and conduct action-oriented research translation to inform policy and create impact. Examples of NOPREN work group activities include:

- 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.

11 Work Groups 4 co-led with HER



NOPREN Website

UCSF Center for Vulnerable Populations | **NOPREN**

About Us | Work Groups | Resources

Nutrition & Obesity Policy Research & Evaluation Network (NOPREN)

NOPREN is a collaborative, equity-focused applied research network that informs policies and practices designed to improve nutrition and prevent obesity.

NOPREN members include researchers and practitioners interested in how policies and programs enacted at the federal, state, tribal, and local levels impact families' food security, access to healthy food and water, and overall nutrition and health.

To add recurring events to your calendar, please click on the following links:

- [State-of-the-Science](#)
- [COVID-19 Food and Nutrition](#)
- [Drinking Water](#)
- [Early Childhood](#)
- [Food Security](#)
- [Food Service Guidelines](#)
- [Healthy Food Retail](#)
- [Rural Food Access](#)
- [School Wellness](#)
- [WIC Research Learning Collaborative](#)

« Prev March 2023 Next »

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	1	2	3	4
5	6	7	8	9	10	11
					Food Policy Council Work Group Meeting 2:00 pm to 3:00 pm EST	
12	13	14	15	16	17	18
		School Wellness Work Group Meeting 2:00 pm to 3:00 pm EST				
19	20	21	22	23	24	25
	Early Childhood Work Group Meeting 1:00 pm to 2:00 pm EST			Food Service Guidelines Work Group Meeting 2:00 pm to 3:00 pm EST		
26	27	28	29	30	31	1
Food Security Work Group Meeting 12:00 pm to 1:00 pm EST						

Upcoming State-of-the-Science Webinar

The NOPREN State-of-the-Science will be on Spring Break in March! The State-of-the-Science webinar will return on April 10th at 12pm. Stay tuned for more

Ways to Engage with NOPREN

- Sign up for the listserv to receive newsletters and network info
- Attend monthly State-of-the-Science webinars
- Join a Work Group
- Work Group Fellows program

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

Healthy Eating Research

LINDSEY MILLER, MPH
SENIOR RESEARCH ANALYST
HEALTHY EATING RESEARCH



Program Goals

1

Build a research base for policy, systems, and environmental strategies that advance health and nutrition equity in the areas of healthy food access and security, diet quality, and healthy weight.

2

Foster a vibrant, interdisciplinary field of research and a diverse network of researchers.

3

Communicate research findings to accelerate policy, systems, and environmental changes that promote healthy eating and advance nutrition and health equity.

Goal 1: Build a Research Base

Research that focuses on:

- Children and adolescents from birth to 18 and their families
- Populations and communities at highest risk for obesity and nutritional disparities.

focus areas

-  early childhood
-  school & after school
-  healthy communities
-  beverages
-  food access
-  food retail
-  food marketing
-  pricing & economics
-  nutrition policy & programs
-  diet quality & healthy weight

Goal 2: Foster diverse network of researchers

HER NOPREN Work Groups

- Healthy Food Retail
- Early Childhood
- COVID-19 Food and Nutrition
- WIC Research Learning Collaborative

HER Work Groups

- Early-Stage Investigator
- Healthy School Meals for All
- Food Labeling

Visit the NOPREN website to learn more about the HER NOPREN Work Groups! <https://nopren.ucsf.edu/>

Goal 3: Research Translation & Dissemination

- Assist grantees with communication and translation of research
- Dissemination of research products to researchers, advocates, policymakers, and other stakeholders





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

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

Improving Nutrition Security during Early Childhood



Kate Bauer, PhD
Alison Tovar, PhD

NOPREN Early Childhood Work Group

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 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>

Introductions



Our Positionality Statements

I am a Latina, heterosexual, female researcher. I grew up in Bogotá, Colombia in an educated, bicultural, bilingual household with a US mother and a Colombian father. My roots provided me with many privileges including US citizenship, English language, and exposure to the US schooling system. My parents worked their way up the socio-economic ladder and provided me with several opportunities including comfortable housing, food, and healthcare. While my research is with early care and education providers and low-income Latino communities and may share the language and certain cultural practices, I have never worked in the childcare setting, experienced poverty, hunger, or food insecurity or what it is like to be an illegal immigrant in this country.

- White woman from mixed-culture family in New York
- Consistently economically secure
- Partnered
- A parent

“You should always have a white person who is willing to go to jail for you”

Session Objectives

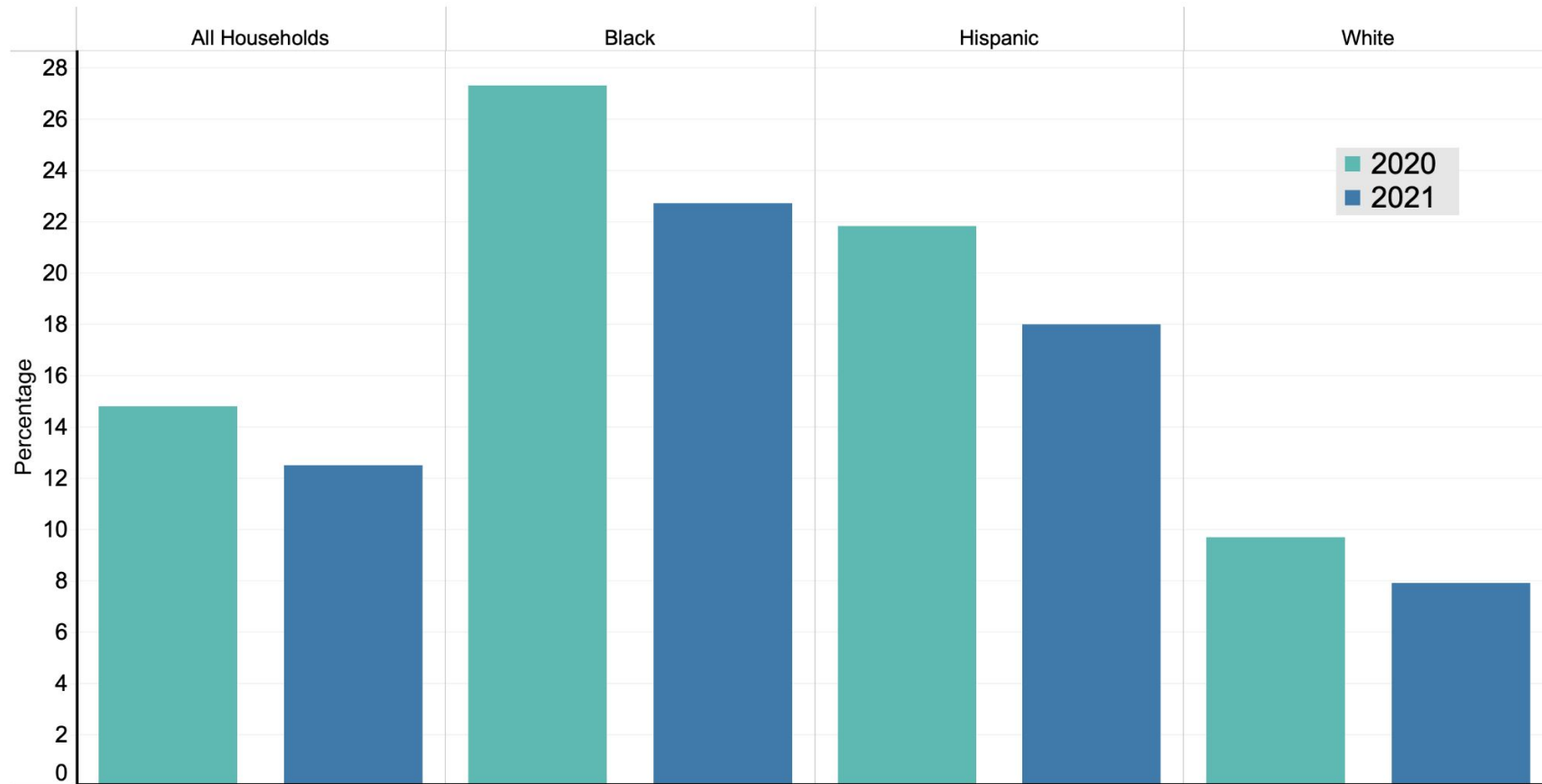
1. Examine the policies, systems, and environments that influence young children's nutrition and food security in the US.
2. Discuss PSE-based interventions that have proven effective in improving young children's nutrition and food security.
3. Identify opportunities for future research, policy, and practice in this space.

First 5 years are critical for lifelong healthy eating



Inequities in Food Security

Food Insecurity in Households with Children by Race/Ethnicity 2020-2021



Source: USDA, Economic Research Service using data from U.S. Department of Commerce, Bureau of the Census, 2021 Current Population Survey Food Security Supplement.

EconoFact: econoFact.org

Note: Food insecurity captures whether a household lacks reliable access to a sufficient quantity of affordable, nutritious food.

Nutrition security means consistent **access**, **availability**, and **affordability** of foods and beverages that **promote well-being**, prevent disease, and, if needed, treat disease, particularly among **racial/ethnic minority**, **lower income**, and **rural and remote** populations including Tribal communities and Insular areas.

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

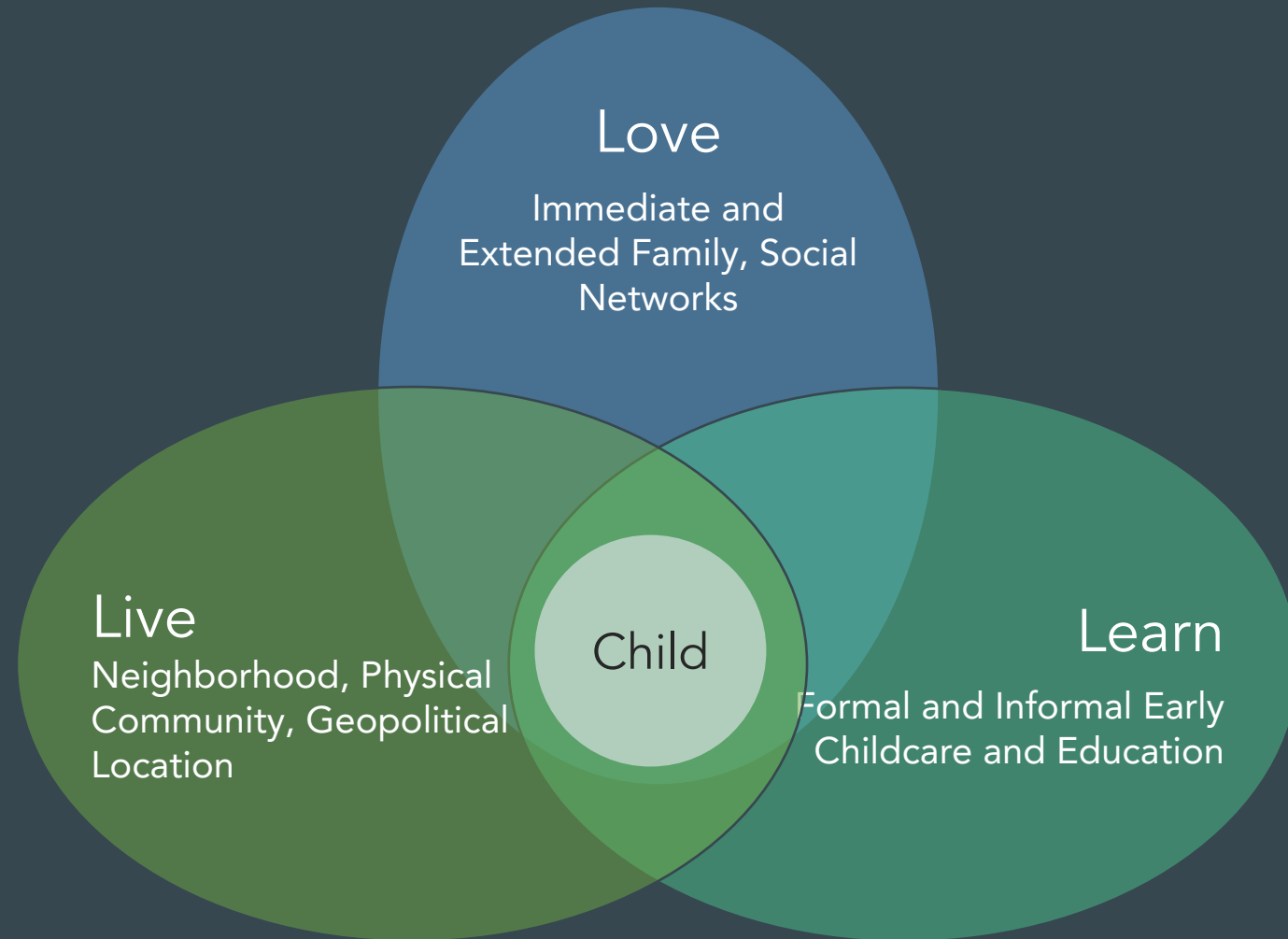
Environments

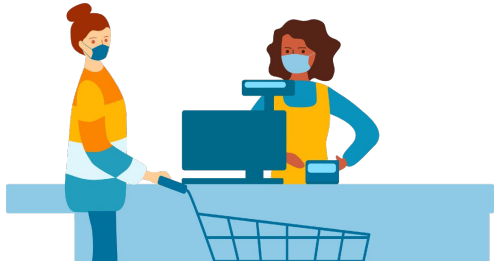
Directly alters the physical, economic, social, or messaging environment that results in a new level of access or opportunity for the target population.

What are the policies, systems, and environments that **prevent** young children from being hungry?

Live, Love, Learn Framework

Guiding a new generation of collaboration, investment, and action to create significant and sustained improvements in nutrition equity among young children





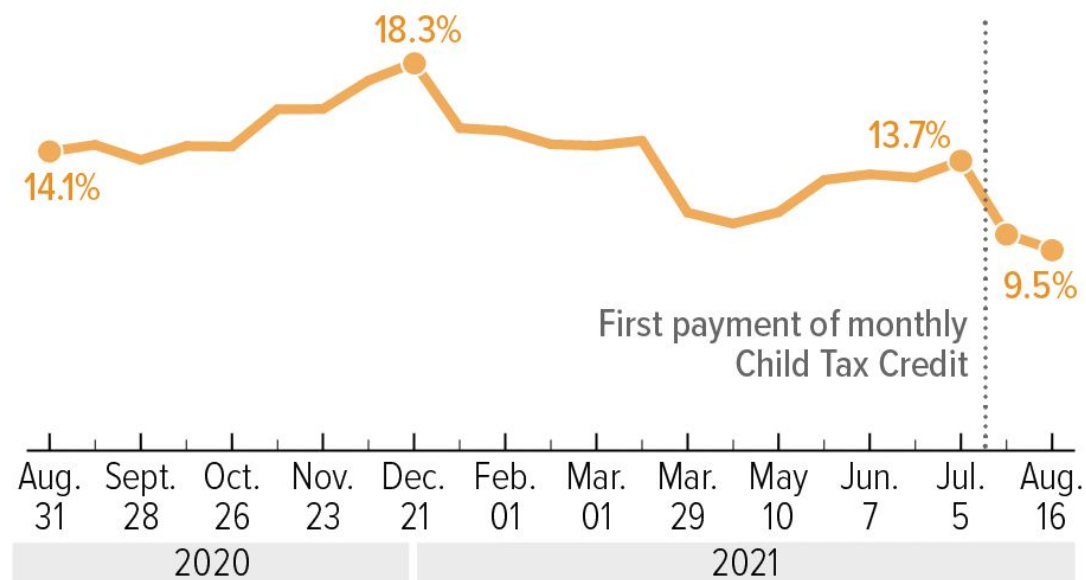
Example: Child Tax Credit

A 1-year expansion of the Child Tax Credit with 3 major reforms:

- (1) eligibility for the full credit amount including families with low or no income,
- (2) increased credit from \$2000 per qualifying child to \$3000 for those aged 6 to 17 years and \$3600 for those aged 5 years or younger,
- (3) advance payments made on a monthly basis

Fewer Families With Children Didn't Get Enough to Eat

Share of adults with children reporting that their household sometimes or often did not have enough to eat in last 7 days



Note: Dates shown are the last day of each Household Pulse Survey 13-day data collection period. Data collection was paused between December 21, 2020 and January 6, 2021, between March 29 and April 14, 2021, and between July 5 and July 21, 2021. Percentages exclude individuals who did not respond to the question.

Source: CBPP analysis of Census Bureau Household Pulse Survey tables

What is a **better way** to improve nutrition security during early childhood?

1. Provide sufficient food benefits
2. Provide families cash assistance

Thank you!

Kate: kwbauer@umich.edu

Alison: alison_tovar@brown.edu

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Q&A

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Breakout Rooms

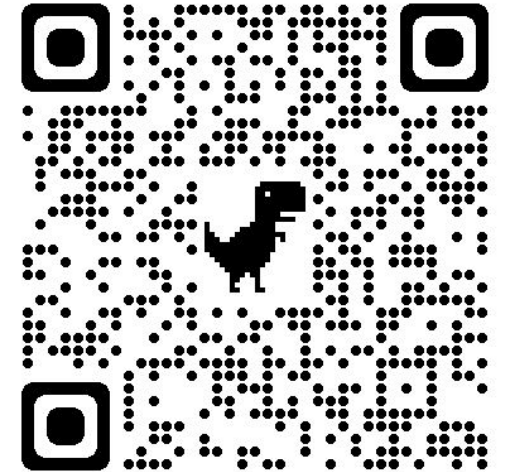
Question: What is something you always wanted to ask your professors but never could?

Announcements

Scan the QR code to evaluate this session

Join us for the next session of the speaker series!

- Wednesday, June 28 from 4:00 - 5:00 PM ET
- Title: Food is Medicine: What does it mean? Where are we going?



Apply to be a presenter at the Virtual Student Presentation and Poster Session on August 16!

Application Opens: Wednesday, June 14

Applications Due: Wednesday, July 19 by 5pm EST