

# CalFresh Healthy Living Newsletter

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## Healthy Food Procurement in American Cities

*CityHealth's* newest research looks at which cities are trying to change the fact that residents often have few options while trying to find healthy food on city property. In their latest report, *Healthy Food Procurement in American Cities*, they looked at these policies in the nation's 40 largest U.S. cities. They assessed whether the city has nutrition standards in place, what percentage of foods and beverages sold on city property abide by those standards, and whether all types of city food and beverage contracts are covered.

Nine cities were found to be making great progress on this policy including Boston, New York, Philadelphia, San Antonio, San Francisco, Seattle, Washington, Long Beach, and Los Angeles.

Cities across the country are giving residents new choices, thanks to healthy food procurement policies. These policies help ensure that healthy food options are available in city-owned or



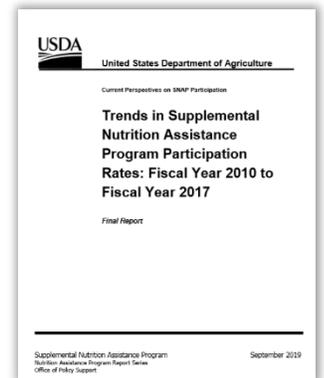
controlled places so that when the mid-day snack craving hits, healthy options like fruits, veggies, and nuts are easy picks. These healthier selections—whether they're available in a vending machine or on a menu—also help achieve and maintain a healthy weight, which helps reduce obesity and related conditions, like heart disease and type 2 diabetes.

Experts found that when cities leverage their purchasing power to offer healthier food choices in city-owned and controlled places, everyone benefits—businesses' profits go up, and residents see their weight go down. The Automatic Merchandising State of the Industry report found that offering healthy food attributed as much as a 25% upswing in sales and the Snack Food Association reports that sales growth of healthier snacks is outpacing traditional snack foods by a ratio of 4 to 1. Click [here](#) to read the report and explore your city's rating.

# Trends in Supplemental Nutrition Assistance Program Participation Rates: Fiscal Year 2010 to Fiscal Year 2017

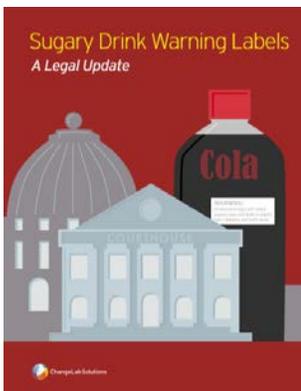
Trends in Supplemental Nutrition Assistance Program Participation Rates: Fiscal Year 2010 to Fiscal Year 2017 is the latest in a series on SNAP participation rates, which estimate the proportion of people eligible for benefits under Federal income and asset rules who actually participate in the program. This report presents rates for fiscal year (FY) 2017, comparing them to rates for FYs 2010 through 2016. Key findings include:

- Overall, the program served 84 percent of all eligible individuals in 2017, up 12 points from 72 percent in 2010. Most of this increase occurred between 2010 and 2012; in more recent years, the participation rate has been fairly stable.
- As in past years, the lowest income individuals – who are eligible for higher benefits – participated at higher rates. While virtually all individuals in households eligible for the maximum allotment participated in SNAP, only 29 percent of those eligible for \$16 (the minimum benefit for households with 1 or 2 members) or less participated in SNAP.
- Participation rates for the elderly, although low, rose steadily between 2010 and 2017, rising from 33 percent to 48 percent, an increase of 15 percentage points.



Read the full report [here](#).

## Warning Labels on Sugary Drinks



As evidence increasingly links sugary drink consumption with poor health outcomes, many state and local governments are considering policy responses. Warning labels on sugary drink products are one policy response that continues to attract attention from public health advocates and lawmakers. Although San Francisco is the only jurisdiction to have enacted a warning label law (which is now being challenged in court), other cities and states have proposed similar laws.

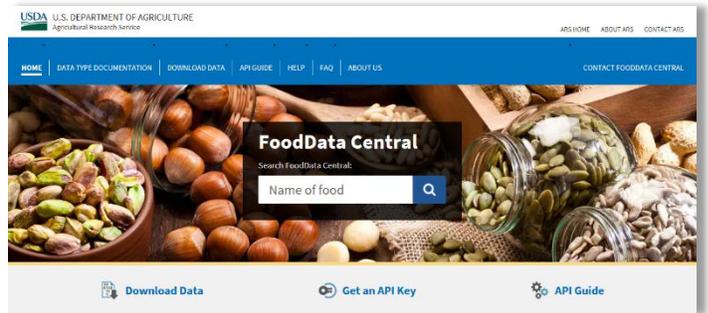
**WARNING: Drinking beverages with added sugar(s) contributes to obesity, diabetes, and tooth decay.<sup>1</sup>**

ChangeLab Solutions created *Sugary Drink Warning Labels: A Legal Update* to summarize important takeaways from three recent court cases that are relevant to sugary drink warning labels as an emerging policy strategy. Based on these cases, this legal update includes practical suggestions on warning language and design.

*Sugary Drink Warning Labels: A Legal Update* describes important takeaways from three recent court cases that are relevant to sugary drink warning labels as an emerging policy strategy. While no court to date has ruled definitively on the legality of sugary drink warnings, these cases provide helpful guidance to policymakers and advocates who remain interested in sugary drink warning labels as a policy approach. Based on these cases, the legal update includes practical suggestions on warning language and design. Click [here](#) to download the document.

## New USDA Resource

*FoodData Central* is an integrated data system managed by Agricultural Resource Services and hosted by the National Agricultural Library of the USDA. The data system provides expanded nutrient profile data and links to related agricultural and experimental research. FoodData Central:



- Includes five distinct types of data containing information on food and nutrient profiles, each with a unique purpose.
- Provides a broad snapshot in time of the nutrients and other components found in a wide variety of foods and food products.
- Presents data that come from a variety of sources and are updated as new information becomes available.
- Includes values that are derived through a variety of analytic and computational approaches, using state-of-the-art methodologies and transparent presentation

Click [here](#) to find out more about this resource.

## Health Equity Report Card

Salud America! has a new resource that allows you to see how your area stacks up in health care, access to healthy food, poverty, housing and other health equity issues compared to the rest of your state and nation.

The Report Card has local data, interactive maps, and comparative gauges to help you visualize health inequities. You can then email your Health Equity Report Card, share it on social media, and use it to make the case for community change to boost health equity.

You can email/share the report link to:

- ❖ Your city rep
- ❖ Your local and state PTA
- ❖ Your friends, family, colleagues

Print the report and bring it to:

- ❖ Your neighborhood association
- ❖ Town hall and community meetings
- ❖ Community health council meetings

Schedule a meeting to discuss the report with:

- ❖ City leaders
- ❖ School leaders
- ❖ Health coalitions or collaboratives
- ❖ Housing, transportation or environmental organizations

Learn more about this resource [here](#).





## 2019 Community Change Grants Close Date: November 8, 2019

America Walks has seen firsthand that the passion, innovation and hard work of advocates and local organizations to advance safe, equitable, accessible, and enjoyable places to walk and move are what create the foundation for walkable communities across the US. This grant program will work to provide support to the growing network of advocates, organizations, and agencies using innovative, engaging, and inclusive programs and projects to create change at the community level. Click [here](#) to learn more and apply.

## Community Innovation Grants Program Close Date: December 1, 2019

The United Fresh Start Foundation is accepting applications for their Community Innovation Grants Program. The 2020 program is focused on supporting visionary initiatives and research that not only increases children and families' access to fresh produce, but also broadens selection and consumption of fresh fruits and vegetables, whether at home, on weekends, during the summer, while out to eat, or any other time outside the traditional school day. The deadline to apply is December 1st. Click [here](#) to learn more and apply.

## Reading Opportunities

### **Environmental, social, and economic factors related to the intersection of food security, dietary quality, and obesity: an introduction to a special issue of the Translational Behavioral Medicine journal.**

This issue of Translational Behavioral Medicine solicited papers focusing on the intersection of food security, dietary quality, and obesity. Specifically, the special issue seeks to highlight research that provides actionable takeaways related to policy, systems, and environmental (PSE) approaches for practitioners and policymakers. Read the full issue [here](#).

### **Study of Food Safety Needs of Adult Day Care Centers in the Child and Adult Care Food Program (CACFP)**

The Study of Food Safety Needs of Adult Day Care Centers in the Child and Adult Care Food Program report identified and evaluated food safety knowledge gaps and education needs of adult day care center program operators. To identify and evaluate food safety education needs, the study team administered a 20-minute survey to a nationally representative sample of directors of adult day care centers that participated in CACFP across the United States in 2018. Overall, this study provides information on knowledge gaps related to food safety practices in adult day care centers and illuminates the best way for center staff to receive future food safety training and information support. Read the full report [here](#).

# Training Resources

Title	Date / Time	Format	Info	Registration
Trauma Basics and the Relationship to Nourishment ( <i>FREE for registered CalFresh Healthy Living funded partners</i> )	Tues, 10/22 9:00 am	Webinar	----	<a href="#">Register here</a>
Trauma Basics and the Relationship to Nourishment ( <i>FREE for registered CalFresh Healthy Living funded partners</i> )	Tues, 10/29 9:00 am	Webinar	----	<a href="#">Register here</a>
SLM in CA – What to know and How to be Successful	Wed, 10/30 10:00 am	Webinar	----	<a href="#">Register here</a>
Program Evaluation and Reporting System (PEARS) Training	Mon, 11/18 8:30 am	In-person	<a href="#">Flyer</a>	<a href="#">Register here</a>
Program Evaluation and Reporting System (PEARS) Training	Tues, 11/19 8:30 am	In-person	<a href="#">Flyer</a>	<a href="#">Register here</a>
Program Evaluation and Reporting System (PEARS) Training	Wed, 11/20 8:30 am	In-person	<a href="#">Flyer</a>	<a href="#">Register here</a>

Visit the CDPH Trainings and Resources page for the latest training related information and [calendar](#) of all scheduled trainings and events. Please seek approval from Project Officer and Contract Manager prior to travel.

**If you would like to submit content or have any questions or comments about the CalFresh Healthy Living newsletter, please contact Tania Marquez at [tmarquez@ph.lacounty.gov](mailto:tmarquez@ph.lacounty.gov)**