

# CalFresh Healthy Living Newsletter

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## School Nutrition, Food Procurement, & Equitable Community Development

The Praxis Project is excited to release a new brief on integrating racial equity and justice values into school nutrition and food procurement practices.

Advances in school nutrition policy help provide more K-12 students with a range of healthy and affordable foods. Food served in schools is important to individual student health and can affect community health throughout the entire food system. Nutritional and budget considerations drive many of the choices school districts make regarding what food is served in schools. However, the complexity of the food system offers opportunities for advancing health equity by focusing not only on the nutritional quality of food served in schools, but also the sourcing practices of those foods.

Providing access to

nutritious food in K-12 institutions that is sourced in alignment with the values of food justice and racial equity can promote overall health and well-being for students and communities. In this Praxis Brief, we highlight how nutrition policy and procurement in K-12 institutions can advance health, justice, sustainability, equity, and community power.

School food is important for all students, and especially for those affected by health disparities caused by structural inequities. The current structure of school food systems can perpetuate those disparities, as described in this brief's section The Importance of School Food. To eliminate the structural effects of favoring low-cost foods and labor, the Healthy Food for All section details the need to address the systems within which food security and nutrition are addressed. School Food Purchasing and Values Based Procurement has the potential to change food and agriculture practices by leveraging their demands for foods that are produced according to a set of identified values. Current examples of these are highlighted in the Case Studies section, and collect a set of Policy Change recommendations to move the work forward. Click [here](#) to download the brief.



## 2019-2020 Voices for Healthy Kids Progress Report

Since its inception, Voices for Healthy Kids has committed itself to helping communities get the tools and resources they need to become and stay healthy. Regardless of the challenge, leadership and team members of Voices for Healthy Kids, friends and advocates did what it took to find creative solutions to the tough problems communities and states faced during this unprecedented time.

The report highlights progress made in the movement and gives a behind-the-scenes look at how campaigns are increasing health equity, improving access to healthy foods and physical activity, and making the places children and their families live, learn, work and play better. Click [here](#) to explore their interactive report.



## Not Enough to Eat: California Black and Latinx Children Need Policymakers to Act



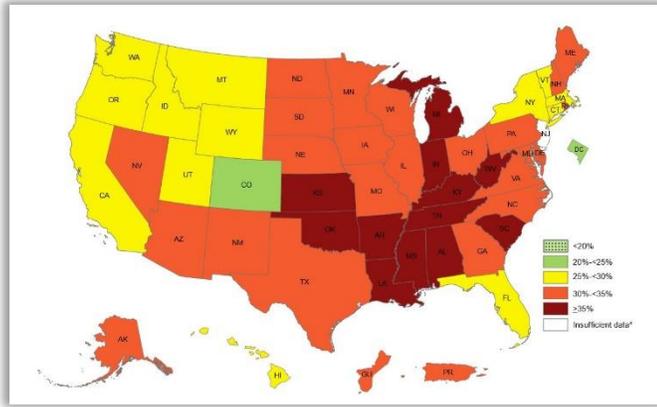
Right now, many families do not have enough food on the table, and this problem is particularly acute for Latinx and Black families in California. Even before the COVID-19 pandemic, about 1 in 10 Californians sometimes or often lacked access to enough food to support a healthy lifestyle. Struggling to have enough food affects people of all ages, but it is especially harmful to children, as inadequate nutrition can harm their health, development, and learning.

Due to historic and ongoing racial discrimination, Black and Latinx families have always struggled to afford enough food, and the COVID-19 health and economic crisis has only made this problem worse. Data from the Census Bureau's weekly Household Pulse Survey provides information on how COVID-19 is affecting families.

In California, about 1.9 million households with children (15.9%) reported sometimes or often not having enough food to eat during a four-week period in late June and July. Latinx and Black households were more likely to lack enough food at home, with more than 1 in 5 Latinx households and Black households with children reporting sometimes or often not having enough to eat (21.9% and 20.2%, respectively).

Read the new report [here](#) from Policy Analyst Adriana Ramos-Yamamoto, to learn more about how many California households with children report not having enough food and what federal policymakers can do now to ensure people have the resources they need to feed their families.

## CDC Adult Obesity Prevalence Maps



CDC has released the 2019 Adult Obesity Prevalence Maps for 49 states, the District of Columbia, and 2 US territories. The maps show self-reported adult obesity prevalence by race, ethnicity, and location. The data comes from the [Behavioral Risk Factor Surveillance System](#), an on-going state-based, telephone interview survey conducted by CDC and state health departments

The 2019 maps show that obesity impacts some groups more than others. There are notable differences by race and ethnicity, as shown by combined data from 2017-2019:

- ❖ 6 states had an obesity prevalence of 35 percent or higher among non-Hispanic White adults.
- ❖ 15 states had an obesity prevalence of 35 percent or higher among Hispanic adults.
- ❖ 34 states and the District of Columbia had an obesity prevalence of 35 percent or higher among non-Hispanic Black adults.

Click [here](#) to learn more.

### Webinars

#### New Additions in Purple

#### Using Healthy People to Address Social Determinants of Health and Achieve Health Equity Tuesday, October 6, 11:00 am

Join the Office of Disease Prevention and Health Promotion and the American Public Health Association for this webinar discussing how local governments, non-profits and national organizations have used Healthy People in the past and how they can use Healthy People 2030 to address the social determinants of health in their communities. Register [here](#).

#### Committing to Healthier Food and Beverages in Hospitals: Innovative Approaches from the Field

Thursday, October 8, 9:00 am

This webinar will explore how hospitals have created healthier food and beverage environments for their employees, patients and visitors. The presenters will discuss how innovative partnerships with state and local health departments, state hospital associations, and other national organizations have helped facilitate collective improvements in food service standards, including the removal of sugary drinks and promotion of healthy alternatives. Register [here](#).

## **Food Justice is Racial Justice: National Farm to School Network Movement Meeting** **Wednesday, October 14, 10:00 am**

Join National Farm to School Network for a virtual Movement Meeting on Wednesday, Oct.14 from 1-3pm ET, featuring food justice activist Karen Washington, for deep conversation and action-oriented reflection on racial justice in the farm to school movement and wider food system. You'll connect with fellow farm to school and food justice advocates from across the country, dig into conversations about what it means to shift power, and help shape the next steps of progress towards a vision of a just food system for all. Everyone is welcome and encouraged to attend this free event; no prior knowledge of farm to school needed. Register [here](#).



## **Funding Opportunities** **New Additions in Purple**

### **Healthy Tomorrows Partnership for Children Program** **Close Date: October 6, 2020**

The Department of Health and Human Services is offering grants through The Healthy Tomorrows Partnership for Children Program for innovative, community-based initiatives to improve the health status of infants, children, adolescents, and families in rural and other underserved communities by increasing their access to preventive care and services. This program supports projects related to a range of topical areas including, but not limited to, medical home or care coordination, mental and behavioral health services, child development and school readiness services, and promotion of healthy weight and physical activity. Click [here](#) to apply.

### **Community Solutions for Health Equity** **Close Date: October 7, 2020**

With Community Solutions for Health Equity, RWJF seeks to make local health care systems more responsive to the needs of the community by elevating the voices, stories, priorities, and knowledge of people of color, and others who are left out of policy decisions. The Foundation's funding will provide community organizations with grant support to help increase their ability to organize members, build partnerships with other constituencies, and develop effective communication-all of which are critical to shared decision-making. Click [here](#) to apply.

### **HER Call for Proposals** **Close Date: October 7, 2020**

Sugar-sweetened beverages (SSBs) are a significant contributor to children's unhealthy diets, containing excess calories and few, if any, nutrients. Overconsumption is associated with excess weight gain and obesity, as well as an overall decrease in dietary quality. Further, despite the many benefits of water, many children in the U.S. do not drink enough. Given the importance of early childhood for developing lifelong healthy dietary behaviors, HER is interested in identifying policy, systems, and environmental (PSE) strategies that have the strongest potential to reduce SSB consumption (especially fruit-flavored drinks) and increase safe drinking water access and intake among low-income and children of color (ages 0 to 5) who are at greatest risk for poor nutrition and obesity. Click [here](#) to apply.

## Healthy for Life

**Close Date: October 15, 2020**

Five Healthy for Life® community nutrition program grants are available. Grants are \$2,500 each and funds will be used to implement four educational experiences over a two to three-month period for an audience of 20-25 participants each time. The primary target audience is individuals responsible for meal preparation in the home and families in under-resourced communities. Successful applicants will receive funding in addition to training and resources from the American Heart Association to effectively implement the Healthy for Life community nutrition program. A summary report will also be required at the conclusion of the grant. Click [here](#) for more information and to apply.

## Emergency Meal Distribution Equipment Grants

**Close Date: Rolling deadline until all funds are awarded**

School nutrition professionals across the county have stepped up to get food to kids during school closures. Districts and schools have shared the need for additional equipment to create grab-and-go curbside meal pickups at schools and other locations within the community, additional hot and cold food storage containers, grab-and-go packaging materials, and mobile distribution to families in outlying or rural communities. Working with the equipment vendor, [Hubert](#), Action for Healthy Kids will provide selected school districts with equipment credits for \$1,000-\$2,000 per site to purchase equipment. Click [here](#) to apply.

## Pioneering Ideas: Exploring the Future to Build a Culture of Health

**Close Date: Proposals accepted on a rolling admission**

Pioneering Ideas: Exploring the Future to Build a Culture of Health seeks proposals that are primed to influence health equity in the future. RWJ Foundation is interested in ideas that address any of these four areas of focus: Future of Evidence; Future of Social Interaction; Future of Food; Future of Work. Additionally, RWJ welcomes ideas that might fall outside of these four focus areas, but which offer unique approaches to advancing health equity and our progress toward a Culture of Health. Click [here](#) to apply.



## Reading Opportunities

### Diet, Shopping, and Other Nutrition Measures Improved for Low-Income Residents in Southeastern States Following USDA SNAP-Ed Participation

Research by the Center for Wellness and Nutrition (CWN), with colleagues from the University of California, Davis, and four universities in the Southeast, was recently published in the Journal of Nutritional Sciences. The findings show that low-income residents of eight Southeast states, where obesity rates are among the highest nationally, consumed significantly greater amounts of fruits and vegetables, and improved several other shopping and nutrition-related behaviors following participation in United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program-Education (SNAP-Ed) programs. Read the study [here](#).

### Berkeley To Be First US City to Ban Junk Food and Candy in Grocery Checkout Aisles

As part of a health initiative, Berkeley is getting ready to become the first city in the US to require large grocery stores to stop selling junk food and candy in checkout aisles. The new rule is expected to go into effect March 2021. Read the full article [here](#).

## **USDA Extends WIC COVID-19 Flexibilities for Duration of the COVID-19 Public Health Emergency**

On September 21st, USDA announced that they would extend waivers that allow for more flexibility during the COVID-19 pandemic until thirty days after the end of the nationally-declared public health emergency. This means that WIC continues to be allowed to serve participants remotely via telephone, text or videoconference, remotely load WIC benefits onto WIC cards, and allow for flexibility in the WIC food package in case of supply or shortage issues. Read more [here](#)

## **Obesity prevalence varies widely among Latino populations, NYC study finds**

A new study of obesity among the largest Latino populations living in New York City (NYC) finds that the prevalence of obesity varies widely--with Mexicans and Puerto Ricans much more likely to have obesity than Dominicans, Ecuadorians, and Colombians. Read more [here](#).

## **'Front of Package' Nutrition Labels Improved Nutrition Quality**

A new paper, "Competitive Effects of Front-of-Package Nutrition Labeling Adoption on Nutritional Quality: Evidence from Facts Up Front--Style Labels," in the Journal of Marketing, analyzes 16 years of data on tens of thousands of products and finds that placing nutrition labels on the front of food packages (FOP) is associated with improved nutritional content of those foods and their competitors. Access the article [here](#).