

CalFresh Healthy Living Newsletter

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SNAP in America with StoryCorps

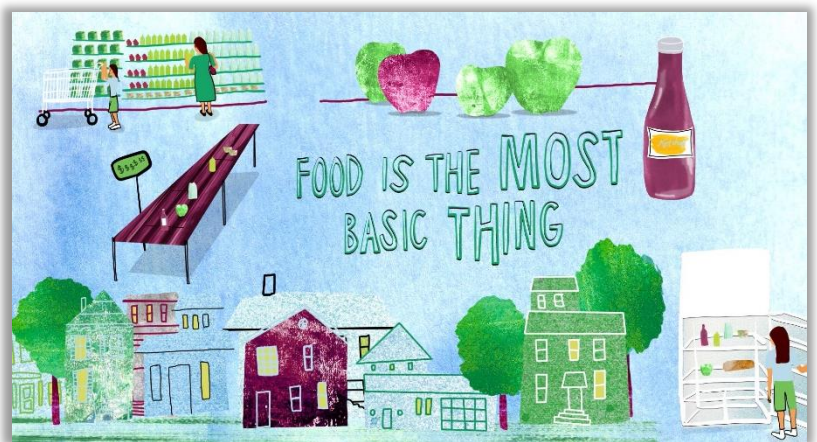
Today, around 43 million people — roughly one of every eight Americans — receive food stamps, formally known as the Supplemental Nutrition Assistance Program, or SNAP. That is more than the entire population of California, the most populous state in the nation.

Efforts like Double Up Food Bucks are essential as millions of Americans, struggling with record unemployment and economic turmoil, turn to SNAP, many for the first time, to put food on their tables.

Here's how: Healthy food incentives immediately increase the buying power of families, helping them bring home more food. In addition, those dollars are prioritized for fruits and vegetables, simultaneously reducing hunger while improving nutrition. But the benefits don't stop there: When linked to local produce, incentives put more money in the pockets of

area farmers and keep food dollars circulating in our communities, building stronger local economies and more resilient food systems.

In [Fair Food Network's](#) last newsletter, they shared the first video in a series lifting up stories of SNAP in America. Born out of a partnership with StoryCorps and Robert Wood Johnson Foundation, all four videos are now live. Check out this series for an intimate look at what food insecurity looks like in our country as well as the outsized power of food to connect us all. Click [here](#) to watch the videos.



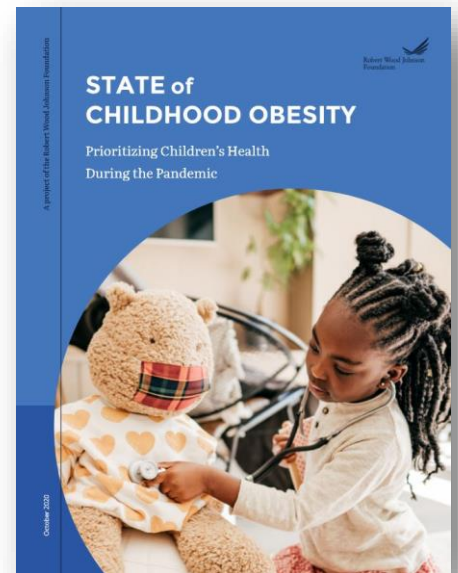
State of Childhood Obesity Report

Prioritizing Children's Health During the Pandemic

According to a new report from the Robert Wood Johnson Foundation, one in seven U.S. youth ages 10-17 have obesity. The State of Childhood Obesity Report: Prioritizing Children's Health During the Pandemic presents the latest childhood obesity rates, and trends, experts insights, relevant research, and policy developments including emergency relief efforts to support major federal nutrition program. It highlights promising strategies for prioritizing children's health and improving equity in response to the pandemic and throughout recovery. Results from several major surveys confirm that childhood obesity continues to be a national public health crisis, putting millions of children at greater risk for type 2 diabetes, high blood pressure, and other serious conditions. Black and Latinx youth have disproportionately higher obesity rates compared with white children.

Below are some of the key findings and trends:

- ❖ Racial and ethnic disparities persist. In 2018-19, non-Hispanic Asian children had the lowest obesity rate (5.9%) followed by non-Hispanic white children and non-Hispanic multiple race children (11.7% and 14.7%, respectively). Obesity rates were significantly higher for Hispanic (20.7%), non-Hispanic Black (22.9%), non-Hispanic American Indian/Alaska Native (28.5%), and non-Hispanic Native Hawaiian/other Pacific Islander (39.8%) children.
- ❖ There are also disparities by income level: 21.5 percent of youth in households making less than the federal poverty level had obesity, more than double the 8.8 percent of youth in households making at least 400 percent of the federal poverty level.
- ❖ Eight states had obesity rates that were statistically significantly lower than the national rate in 2018-19: Utah (9.6%), Minnesota (9.9%), Kansas (10.6%), Montana (10.6%), New York (10.7%), Colorado (10.9%), Hawaii (11.1%), and Nebraska (11.5%).



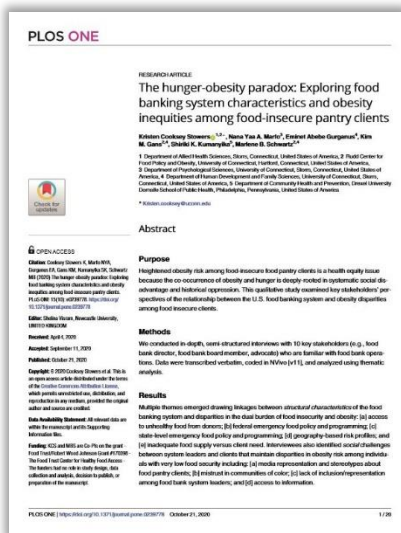
Click [here](#) to read the full report.

Food Insecurity Edged Back up after COVID-19 Relief Expired

Although food insecurity improved early in the pandemic between late March/early April and mid-to-late May, after the release of stimulus checks and supplements to unemployment benefits, food hardship levels edged back up the month after COVID-19 relief expired. In this brief by [Urban Institute](#), we use data from the most recent wave of the Urban Institute's Coronavirus Tracking Survey, fielded September 11–28, 2020, to compare food insecurity in September with levels earlier the pandemic after major relief legislation was passed, and to consider trends in food insecurity among adults in the US during the pandemic, how September food insecurity levels vary across demographic groups, and the use of charitable food assistance. Read the brief [here](#).

The Hunger-Obesity Paradox

Exploring Food Banking System Characteristics and Obesity Inequities Among Food-Insecure Pantry Clients



According to the United States Department of Agriculture, 11% of American households experience food insecurity, with that number currently reaching 44% as a result of the COVID19 pandemic. Over the years, the food banking system has evolved to respond to food insecurity, obesity, and diet-related illnesses, but when looking at people within the food pantry client population, there are notable disparities. Long term food pantry users, as well as Latinx and Black clients, have higher rates of both food insecurity and obesity when compared to short term users and white users.

This study, lead by Kristen Cooksey-Stowers, former postdoctoral fellow at the Rudd Center, reports on in-depth interviews conducted with 10 key stakeholders (e.g., food bank directors, food bank board members, advocates, elected officials) who are familiar with the food banking system in a professional capacity. The data reveals that both structural and social characteristics of the food banking system play a role in health disparities. Read the study [here](#).

Access Study Survey 30

Please help recruit families with children eight years and younger for an important study conducted by the University of California.

California families are struggling to stay healthy and make ends meet. A University of California Berkeley, University of California San Francisco (UCSF), and University of California Agriculture and Natural Resources Nutrition Policy Institute study aims to capture families' experiences with safety net programs before and during the COVID-19 pandemic. The study focus is on take up and use of the Earned Income Tax Credit (EITC). Safety net programs are designed to support families in times of crisis, yet many eligible families do not participate. This study aims to understand the support people utilize how they help, the factors that predict participation, where the gaps may be, and what can be done to make things better.

The researchers are trying to speak with 530 Supplemental Nutrition Assistance Program-Education (SNAP-Ed) eligible California families with at least one child, ages zero to eight. Participants complete an online screening questionnaire. Those eligible are contacted by the study team and scheduled for a 1-2 hour interview in English or Spanish. Interviews ask about participants' life experiences related to health, food security, safety net program participation SNAP-Ed, Women, Infants, and Children program, EITC, etc.), housing, finances, and similar topics. After finishing the survey, participants receive a \$50 gift card as a thank you. If you are interested in learning more, please contact Elsa Esparza, study manager, at eesparza@berkeley.edu. Survey is available [here](#).



Participate in our survey and tell us about your family life, health, and finances. Get a \$50 thank you card.

Have a child ages 0-8?
WE WANT TO HEAR FROM YOU!

Learn more at tinyurl.com/accessstudy30 or scan the QR code to the right.

Questions?
Email reach.access.study@gmail.com
Text: (213) 915-6410



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Webinars

New Additions in Purple

Serving Meals on Weekends and Holidays **Thursday, November 5, 12:00 pm**

Did you know that the federally-funded Afterschool and Summer Nutrition Programs can provide meals on weekends, school holidays, and school breaks? This webinar by Food Research & Action Center will provide an overview of available options for serving meals on weekends and holidays along with best practices for implementation. Register [here](#).

Food as Medicine: Nutritional Priorities and Policy Actions **Monday, November 9, 9:00 am**

The concept of Food as Medicine is rapidly gaining ground among private payers, states, and federal policymakers. This talk will review the latest evidence for nutritional priorities and policy actions to implement Food as Medicine, including the health impact, cost, and cost-effectiveness. To join, click [here](#). **Meeting ID:** 973 7189 4774, **Password:** 663373



Funding Opportunities

New Additions in Purple

Community Change Grants **Close Date: November 9, 2020**

America Walks and generous Active People, Health Nations partners are excited to announce another round of their popular Community Change Grant program. This program will award grantees \$1,500 in community stipends for projects related to creating healthy, active, and engaged places to live, work, and play. Click [here](#) to apply.

2021 Safe Routes to Parks Activating Communities **Close Date: December 18, 2020**

The Safe Routes to Parks Activating Communities Program will be accepting applications for awards for seven organizations in 2021. This will be the fourth cohort of communities in the Safe Routes to Parks Activating Communities program. Click [here](#) to apply.

Smart & Final Charitable Foundation **Close Date: Proposals accepted throughout the year**

The Smart & Final Charitable Foundation supports nonprofit organizations that work to improve the quality of life in the communities the company serves in Arizona, California, and Nevada. The Foundation's areas of interest include health and wellness, education, hunger relief, disaster relief, and team sports and youth development. Counties interested in applying must partner with a 501 (c)3 organization to qualify. Click [here](#) 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

Instacart and Aldi Partnering to Accept SNAP for Grocery Deliveries

Grocery delivery platform Instacart is launching a pilot program to begin taking SNAP as payment in its app. The program will only be available at Aldi stores and only in a few states, starting with Georgia, then expanding to California, Florida, Illinois, and Pennsylvania. Read more [here](#).

USDA Awards Child Nutrition Summer EBT Grants

The U.S. Department of Agriculture (USDA) announced last week up to \$34 million in Summer Electronic Benefit Transfer for Children (Summer EBT) grants to continue exploring ways to alleviate hunger among low-income children during the summer. USDA is awarding the grants to four grantees who will be able to continue projects and serve eligible children for the next three summers. Read more [here](#).

Training Resources

Title	Date / Time	Format	Info	Registration
ToP Accelerated Action Planning (Pilot #1)	Tue, 11/10 9:00 am	Zoom Training	Flyer	Register here
Nutrition Pantry Program for Implementers (Participants need to attend both days, on 11/17 & 11/19)	Tue, 11/17 9:00 am	Webinar	----	Register here
Nutrition Pantry Program for Implementers (Participants need to attend both days, on 11/17 & 11/19)	Thurs, 11/19 9:00 am	Webinar	----	Register here
Nutrition Security with Compassion and Connection	Wed, 12/9 TBD	Webinar	----	Register here
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