

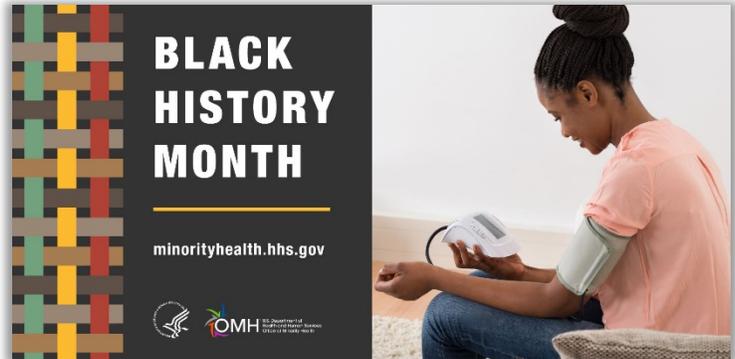
Nutrition and Physical Activity Program

Newsletter

INSIDE

- February is Black History Month 1
- Screen and Intervene: A Toolkit for Pediatricians to Address Food Insecurity 2
- Food Waste Videos from FDA 2
- The Economic Contributions of Healthy Food Incentives 3
- 2021 Virtual Days of Action..... 3
- International Year of Fruits and Vegetables 4
- Lactation Support for Low-Wage Workers 5
- Nutrition Incentives Resources for Grocers..... 5
- Food Pantries Select Healthier Foods from Food Bank’s Ordering Platform..... 6
- Considerations for Classroom PA During COVID-19..... 6
- Healthy Drinks for Toddlers 7
- Webinars 7
- Funding Opportunities 7
- Reading Opportunities 8
- CalFresh Healthy Living Training Resources..... 9

February is Black History Month



February is Black History Month, a time for celebrating the achievements of African Americans and to honor the significant role and impact they have made on all facets of life and society throughout U.S. history. During this Black History Month, the HHS Office of Minority Health (OMH) will partner with fellow [Offices of Minority Health at HHS](#) and healthcare professionals around the nation to focus efforts to prepare communities for the COVID-19 vaccine.

OMH will also continue promoting safety COVID-19 measures, including washing your hands often, watching your distance from others, wearing a mask and social distancing.

The partnership will also address uncontrolled hypertension, an underlying condition that can worsen COVID-19 outcomes. Organizations and individuals can join this effort to build awareness and share accurate information about COVID-19 vaccines, practicing COVID-19 prevention measures and working to monitor, control or lower high blood pressure.

Visit the OMH [Black History Month webpage](#) to learn more about upcoming activities and events and download shareable graphics and other materials. These resources are designed to underscore the importance of identifying symptoms that indicate a spike in blood pressure (hypertension) and proactively working to control it. Controlling high blood pressure while practicing COVID-19 prevention steps can help overcome severe illness and poorer health outcomes related to COVID-19.

The Office of Minority Health has also developed a new Black History Month Social Media and Outreach Toolkit Webpage! This [Toolkit Webpage](#) includes graphics and messaging that will help promote and highlight Black History Month, and the impacts COVID-19 has on African Americans with underlying health issues such as uncontrolled high blood pressure (hypertension).

February 2021 | 1



Screen and Intervene: A Toolkit for Pediatricians to Address Food Insecurity

The American Academy of Pediatrics (AAP) and the Food Research & Action Center (FRAC) released an updated toolkit, *Screen & Intervene: A Toolkit for Pediatricians to Address Food Insecurity*, designed to help pediatricians identify and address childhood food insecurity.

Research shows that children who live in households that lack access to food are likely to be sick more often, recover from illness more slowly, and be hospitalized more frequently. Developmental delays, poor educational outcomes, and mental health disorders are also associated with childhood food insecurity.

It is not always obvious, even to a skilled health care provider, that a patient may be struggling with food insecurity, as the condition often is not visible. That's why the AAP recommends pediatricians screen their patients using the [Hunger Vital Sign™](#), a simple, two-question tool to better identify children living in households struggling with food insecurity.

The toolkit provides specific information so that pediatricians can:

- ❖ Screen patients for food insecurity,
- ❖ Sensitively address the topic,
- ❖ Connect patients and their families to federal nutrition programs and community resources, and
- ❖ Advocate for greater food security and improved overall health of children and their families.

Access the toolkit [here](#).

Food Waste Videos from FDA

At the start of each new year, many people make food-related resolutions like eating healthier or dropping a few pounds. This year, consider helping your audiences make a different kind of food resolution that will encourage them to waste less of the food they purchase, stretch their food dollars, and help protect the environment. By some estimates, a typical family of four will waste as much as \$1,500 of their food dollars each year. Wasted food is also the single largest category of waste going into the typical municipal landfill, which contributes to excess methane production.

The U.S. Food Waste and Drug Administration (FDA) released a series of animated videos that can help you take action to reduce food waste including:

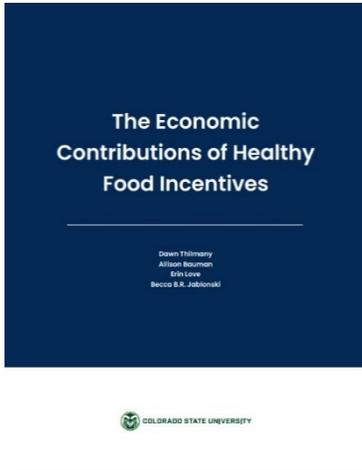
- ❖ Understanding Date Labels on Food Packages
- ❖ Tips for Reducing Food Waste
- ❖ Imperfect Produce
- ❖ Food Waste Facts

Click [here](#) to watch the videos.



February 2021 | 2

The Economic Contributions of Healthy Food Incentives



For more than a decade, healthy food incentive programs have increased the purchasing power of low-income families to buy fruits and vegetables. Numerous non-profits and government agencies, [SPUR](#), run these programs using a variety of program designs, marketed with different names, in nearly every state of the country. Despite this variety, a commonality of these programs is that they provide people, most often families and individuals enrolled in the Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps), with more money to buy produce at grocery stores, corners stores, and farmers' markets. Another commonality is that research consistently demonstrates that healthy food incentive programs reduce hunger, improve nutrition, and support the local agriculture and retail sectors.

Some of the programs operating across the country today are quite large and well-established. Others are just getting started.

Regardless of their current program reach, they all share the potential to benefit far more people, retailers, farmers and communities if they expanded more broadly – for example across states or the entire country. That level of expansion would require a significant investment from policymakers.

This pioneering study shows that broad expansions of healthy food incentives would provide powerful returns on that investment – for families, grocers, and farmers, as well as more broadly among the state economies where such benefits are expanded. The findings demonstrate that state and federal policymakers would be wise to double down on their support for these programs.

The research was initiated by Fair Food Network and SPUR, in collaboration with ten partner organizations that operate incentive programs in states across the country and was conducted by a team of agricultural economists at Colorado State University led by Dr. Dawn Thilmany. Read the report [here](#).

\$1.00
IN SNAP INCENTIVES
=
\$2.90
IN LOCAL ECONOMY

2021 Virtual Days of Action

The California Department of Public Health's (CDPH) CalFresh Healthy Living Public Relations team is excited to officially announce the launch of Virtual Days of Action in 2021!



Please read the Frequently Asked Questions (FAQ) on [Make Every Day Healthy Snack Day](#) and [Make Every Day Rethink Your Drink Day](#), and save the important dates below.

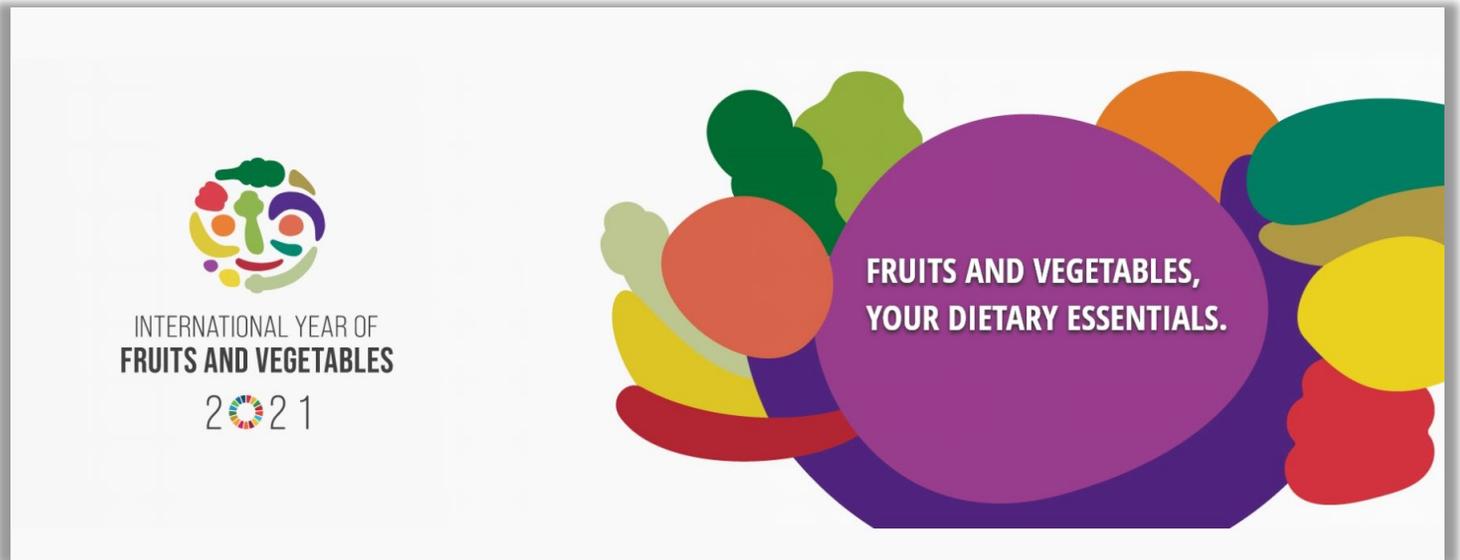
- ❖ **March 18, 2021: Hosting a Virtual Day of Action in 2021** Zoom webinar @ 10:30 AM. Register [here](#).
- ❖ **March 18 - April 2, 2021:** Register to be a Virtual Day of Action Host and request an event box.
- ❖ **April 9, 2021:** Event box requests are confirmed.
- ❖ **First week of May 2021:** If a host requested an event box and received confirmation, event boxes are expected to deliver during the first week in May.

February 2021 | 3



This material was funded by USDA's Supplemental Nutrition Assistance-Program Education. This institution is an equal opportunity provider. Visit [CalFreshHealthyLiving.org](#) for healthy tips.

International Year of Fruits and Vegetables 2021



The United Nations (UN) General Assembly designated 2021 the International Year of Fruits and Vegetables (IYFV). The IYFV 2021 is a unique opportunity to raise awareness on the important role of fruits and vegetables in human nutrition, food security and health and as well in achieving UN Sustainable Development Goals. Objectives of the IYFV 2021 include:

- ❖ Raising awareness of and directing policy attention to the nutrition and health benefits of fruits and vegetables consumption;
- ❖ Promoting diversified, balanced, and healthy diets and lifestyles through fruits and vegetables consumption;
- ❖ Reducing losses and waste in fruits and vegetables food systems;
- ❖ Sharing best practices on:
 - Promotion of consumption and sustainable production of fruits and vegetables that contributes to sustainable food systems;
 - Improved sustainability of storage, transport, trade, processing, transformation, retail, waste reduction and recycling, as well as interactions among these processes;
 - Integration of smallholders including family farmers into local, regional, and global production, value/supply chains for sustainable production and consumption of fruits and vegetables, recognizing the contributions of fruits and vegetables, including farmers' varieties/landraces, to their food security, nutrition, livelihoods and incomes;
 - Strengthening the capacity of all countries, specially developing countries, to adopt innovative approaches and technology in combating loss and waste of fruits and vegetables.

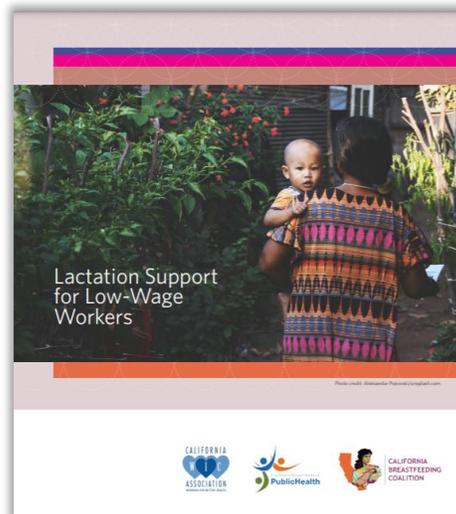
Read more about the campaign [here](#).

February 2021 | 4

Lactation Support for Low-Wage Workers

Breastfeeding improves maternal and infant wellbeing and reduces health care costs worldwide.1-3 However, returning to work presents significant challenges to breastfeeding for many women. Over time, social and economic factors have brought more women into the labor force, disproportionately into low-wage jobs. Most employed women, who are separated from their infants, need accommodation so they can take breaks to pump and store their milk. In California, the number of employers providing support for lactating women has increased, but fewer low-wage workers have benefited.

In order to help infants have a strong start in life and reduce health disparities, employers can ensure that low-wage workers receive the same advantages as women with higher earnings. Nearly 94% of California mothers initiate breastfeeding after birth. Therefore, effective accommodation is needed throughout the state. This brief published by California WIC Association in partnership with the California Breastfeeding Coalition and CDPH as of part of the California Pediatric Obesity Collaborative Improvement and Innovative Network describes the challenges faced by low-wage workers and actions needed to ensure that all working mothers in California reach their breastfeeding goals. Read the full brief [here](#).



Nutrition Incentives Resources for Grocers



The National Grocers Association Foundation Technical Assistance Center (NGAF TA Center) has launched a new website focused on bringing relevant information to retailers across the nation that are interested in nutrition incentives, like those funded by the U.S. Department of Agriculture's Gus Schumacher Nutrition Incentive Program (GusNIP).

Key components of the NGAF TA Center's new website consist of resource pages for retailers, including capabilities of some POS systems; a solutions and methodologies page, including an outline of the ways in which nutrition incentives are

currently being offered and/or implemented in grocery stores; and information on the benefits and drawbacks of the numerous solutions and methodologies currently being used.

Services are provided by the NGAF TA Center free of charge to any interested party. Descriptions of available support are listed on the website. The site also features the latest news about nutrition incentives, blog posts by the NGAF TA Center team and industry experts, and other information including case studies and best practices. Check out the new website [here](#).

February 2021 | 5

Food Pantries Select Healthier Foods from Food Bank's Ordering Platform



The economic fallout from the COVID-19 pandemic is driving up food insecurity across the United States, with Feeding America, the largest hunger-relief organization in the United States, estimating an additional 17 million people could become food insecure because of the pandemic. Since food insecurity and poor nutrition are associated with several chronic illnesses known to increase risk for COVID-19 complications, access to healthy foods is essential to ensure public health and health equity. As a result, it is critically important to make sure the foods available within the charitable food system are providing adequate nutrition.

This study tested whether food pantry orders changed after nutrition information was made available to food pantry staff. Findings show a significant increase in orders for healthy foods and a significant decrease in orders for less healthy foods, driven by shifts between similar types of food within different categories, such as fresh fruit in place of frozen fruit in syrup.

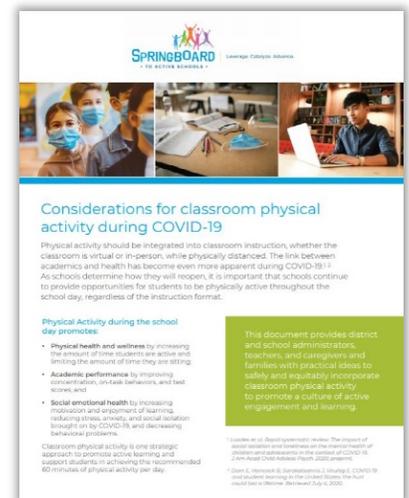
Read the study [here](#).

Considerations for Classroom PA During COVID-19

Physical activity should be integrated into classroom instruction, whether the classroom is virtual or in-person, while physically distanced. The link between academics and health has become even more apparent during COVID-19.^{1, 2} As schools determine how they will reopen, it is important that schools continue to provide opportunities for students to be physically active throughout the school day, regardless of the instruction format.

Physical Activity during the school day promotes:

- ❖ Physical health and wellness by increasing the amount of time students are active and limiting the amount of time they are sitting;
- ❖ Academic performance by improving concentration, on-task behaviors, and test scores; and
- ❖ Social emotional health by increasing motivation and enjoyment of learning, reducing stress, anxiety, and social isolation brought on by COVID-19, and decreasing behavioral problems.



[Springboard to Active Schools](#) created a new resource for school administrators that provides district and school administrators, teachers, and caregivers and families with practical ideas to safely and equitably incorporate classroom physical activity to promote a culture of active engagement and learning. Access the new resource [here](#).

February 2021 | 6

Healthy Drinks for Toddlers

The UConn Rudd Center and 1,000 Days have released two new videos for parents to help correct common misperceptions about the drinks they often serve their young children. Marketing of fruit drinks and toddler milks portrays these products as healthy drinks for toddlers, but child health experts do not recommend serving these sugary drinks to young children for many reasons.



Water and plain milk are all toddlers need.

In less than 60 seconds, these videos dispel the marketing hype about fruit drinks and toddler milks and inform parents about their true ingredients and why experts do not recommend them. They encourage parents to “keep it simple, keep it real” by serving water and plain milk to their young children – the only drinks experts say toddlers need for a healthy diet. Click [here](#) to view the videos in Spanish and English.

Webinars

New Additions in Green

Living Healthy Affordably
Tuesday, February 16, 2:00 pm

Iris Cantor-UCLA Women’s Health Education and Research Center presents a series of workshops to improve your health and financial well-being. Register [here](#).

America’s Sweet Tooth
Tuesday, February 23, 11:00 pm

Produce for Better Health Foundation is hosting a webinar on using fruits and veggies to create delicious sugar substitutions. In this webinar, you’ll hear the current evidence and policies on added sugar intake from an esteemed research nutritional biologist at the forefront of sugar research. An award-winning author and culinary expert will also demonstrate easy culinary applications to reduce added sugar in everyday recipes. Think: poppyseed dressing made with fresh pear puree and fudgy brownies with mashed sweet potatoes. Register [here](#).



Funding Opportunities

New Additions in Green

Gus Schumacher Nutrition Incentive Program (GusNIP)
Close Date: March 16, 2021

The Gus Schumacher Nutrition Incentive Program (GusNIP) Request for Applications (RFA) is now open. The anticipated amount of support available from the United States Department of Agriculture (USDA) National Institute of Food and Agriculture (NIFA) for this program in FY 2021 is approximately \$41.6 million. There are two types of grants available in FY 2021: nutrition incentive grants and produce prescription grants. The RFA also describes anticipated funding support for FY 2022 and FY 2023. Click [here](#) to apply.

February 2021 | 7

Good Sports

Close Date: Proposals accepted on a rolling admission

All interested programs must submit an application in order to be considered for an equipment donation. All applicants must serve youth between the ages of 3-18 years old and in an economically disadvantaged area. Approved organizations will gain access to a catalog of available inventory, which displays the equipment, apparel, and footwear that are available to be donated. Click [here](#) to learn more.

GENYOUth COVID-19 Emergency School Meal Delivery Fund

Close Date: Proposals accepted on a rolling admission

GENYOUth is providing grants of up to \$3,000 per school to supply much-needed resources for meal distribution and delivery efforts to get food to students during COVID-19. From soft-sided coolers, bags and containers for individual servings, to protective gear for food service sanitation and safety, this equipment will help ensure our children continue to receive the nutritious meals they need. 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

Healthy Food Service Guidelines: An Impactful Strategy for Promoting Health in Institutions

Center for Science in the Public Interest (CSPI) and Voices for Healthy Kids have published the new fact sheet. This resource synthesizes research demonstrating the need for and benefits of healthy food service guidelines for public places and programs. We encourage you to use it to put together an evidence-based rationale for food service guideline policies. Read the fact sheet [here](#).

February 2021 | 8

Federal Dietary Guidelines Emphasize Healthy Eating Habits but Fall Short on Added Sugars

The USDA released its nutrition guidelines for the next five years. Read American Heart Association's response to the Departments of Agriculture and Health and Human Services on the new changes [here](#).

CalFresh Healthy Living Training Resources

Title	Date / Time	Format	Info	Registration
Virtual Training Bootcamp	Wed, 2/17 1:00 pm	Live Online Training	Flyer	Register here
Building Nourishing Pantries (BNP)	Tues, 3/16 1:00 pm	Live Online Training	----	Register here
Tools & Tricks for Online Education & Collaboration	Wed, 3/17 9:00 am	Live Online Training	Flyer	Register here
Hosting 2021 Virtual Days of Action in 2021	Thurs, 3/18 10:30 am	Webinar	----	Register here
Building Nourishing Pantries (BNP)	Tues, 3/23 1:00 pm	Live Online Training	----	Register here
Tools & Tricks for Online Education & Collaboration	Wed, 3/24 9:00 am	Live Online Training	Flyer	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