



Los Angeles County Department of Public Health

Nutrition and Physical Activity Program Newsletter

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News and Updates

California Health Interview Survey

High rates of food insecurity, hate incidents, and difficulties accessing health care were all at the forefront of issues that plagued Californians in 2022, according to the annual California Health Interview Survey (CHIS) data released on October 4, 2023 by [the UCLA Center for Health Policy Research](#) (CHPR).

According to the 2022 data, a growing number of low-income Californian adults (earning less than 200% of the federal poverty level) struggled to access nutritious and affordable food: 44% were not able to afford enough food in 2022, up from 35.8% in 2020.

The most significant increase between 2020 and 2022 occurred among working-age adults, jumping 11 percentage points among adults ages 18–24 to 47.7%; 8.6 percentage points among adults ages 25–39 to 51.4%; and 12.4 percentage points among adults ages 40–64 to 48%. Among racial or ethnic groups, Latinx adults experienced the highest increase in food insecurity with a 9.6 percentage point increase to 47%. However, adults who identify with two or more races and Black or African American adults had among the highest overall rates of food insecurity in 2022: 49.9% and 48.6%, respectively.

The nation's largest state health survey, CHIS has highlighted gaps and inequities in health and health care access for more than two decades. The 2022 survey, which includes responses from 21,463 adults, 985 teens and 3,395 children, covers a wide range of health topics and topics that influence health — access to and use of health care, health insurance, health conditions, health behaviors, mental health, housing, intimate partner violence, child care, caregiving, discrimination, climate change, firearm safety and gun violence, community engagement, and much more. The 2022 data have been made available to the public via the online health query tool, [AskCHIS™](#).

Contents

News and Updates	1
California Health Interview Survey	1
True Cost of Food: Food is Medicine Case Study	2
State of Obesity 2023: Better Policies for a Healthier America	2
Food Insecurity in Los Angeles County Increased in 2023	3
Using Electronic Health Records for Beverage Screening	3
MyPlate is on Instagram!	3
Recipe of the Month	4
Webinars	5
Funding Opportunities	6
What We're Reading	7
CalFresh Healthy Living Trainings	8

True Cost of Food: Food is Medicine Case Study



This report, supported by [The Rockefeller Foundation](#), features two national case studies evaluating the health equity and economic benefits of medically tailored meals (MTMs) and produce prescription programs. This provides the first “true cost” analysis of implementing Food is Medicine programs across the country.

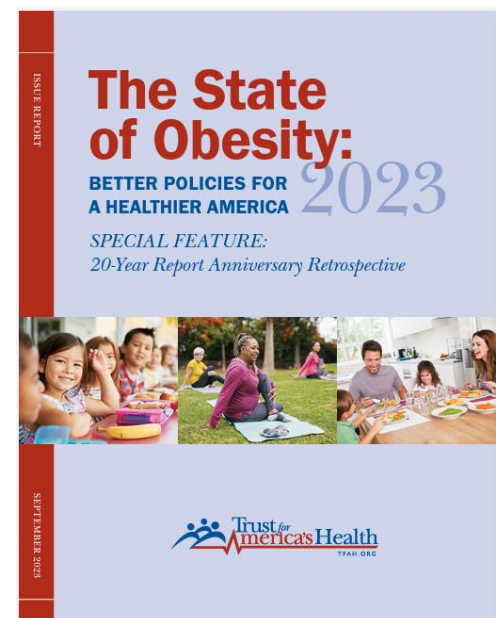
The report’s top-line findings show that national implementation of MTMs in Medicare, Medicaid, and private insurance for patients with both a diet-related condition and limited ability to perform activities of daily living could avert approximately 1.6 million hospitalizations and result in an estimated net savings of \$13.6 billion in health care costs in the first year alone. Further, national implementation of produce prescription programs for patients with both diabetes and food insecurity could avert 292,000 cardiovascular events and add 260,000 quality-adjusted life years—a measure of how well a treatment lengthens or improves patients’ lives—while being highly cost-effective from a health care perspective and cost-saving from a societal perspective. Read the report [here](#).

State of Obesity 2023: Better Policies for a Healthier America

The 20th annual *State of Obesity 2023: Better Policies for a Healthier America* report, released today by [Trust for America’s Health](#) (TFAH), finds that obesity rates are up sharply over the past two decades and continue to climb. Since TFAH’s initial report, published in 2004, the national adult obesity rate has increased by 37 percent and the national youth obesity rate increased by 42 percent.

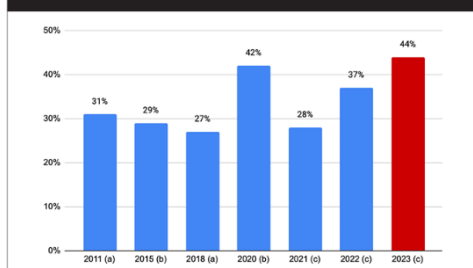
The widespread increases show that obesity is a society-wide, population-level issue, i.e., one rooted in societal and environmental factors that are often beyond individual choice. Solving the nation’s obesity crisis will require addressing the economic and structural factors that impact where people live and their access to employment, transportation, healthcare, affordable and healthy food, and places to be physically active.

The report examines these root causes of the nation’s rising obesity rates, and makes policy recommendations to address them. Read the full report [here](#).



Food Insecurity in Los Angeles County Increased in 2023

Figure 1. Food insecurity trends among low-income households (<300% FPL) in Los Angeles County over time



Source of data: ^a Los Angeles County Health Survey, USDA, Short Form Food Insecurity Module (LAC DPH, 2021); ^b USC Understanding America Study, Food Insecurity Experience Scale; ^c USC Understanding America Study, USDA Short Form Food Insecurity Module. FPL = Federal Poverty Level.

A report by [Public Exchange](#) and a team of USC researchers found that, after a brief decline in 2021, food insecurity increased in Los Angeles County in 2022 and again in 2023. This has impacted over 1,000,000 households and nearly a third of the population (30%), with a disproportionate impact on low-income households, women, young adults, and Latino and Black residents. In partnership with Los Angeles County, the team is building a data portal to monitor food and nutrition access and insecurity throughout L.A. County, funded by the National Science Foundation. Read the brief [here](#).

Using Electronic Health Records for Beverage Screening

[Healthy Eating Research](#) has developed an exciting new resource for pediatric health care providers and organizations. The new toolkit, [Screening for Beverage Consumption in Early Childhood Using Electronic Health Records: Implementation Toolkit for Health Care Systems](#) aims to support health care systems in their efforts to reduce children's consumption of sugary beverages.

The primary goal of this toolkit is to provide health care systems and providers with tools and resources to effectively incorporate and implement a beverage screener within the electronic health record system. The toolkit includes:

- ❖ An overview of healthy beverage recommendations for young children
- ❖ Guidance for providers to implement healthy beverage recommendations
- ❖ Sample language, job aids, and educational resources for providers

Be sure to check out all the new healthy beverage resources including:

- ❖ A new online module, [Effective Practices to Promote Healthy Eating in ECE](#)
- ❖ New [beverage recommendations for children 0-5 years](#) available in handouts by age
- ❖ [Resources for parents and caregivers](#) are now available in Spanish, Tagalog, and Vietnamese



MyPlate is on Instagram!

MyPlate recently announced the launch of their [@MyPlate_gov Instagram account](#)! Follow along to get recipes, tips for healthy eating, and more with themes like #MyPlateMondays, #RecipeThursdays and #BudgetFriendlyFridays. Learn more about MyPlate at www.MyPlate.gov.





Recipe of the Month

Turkey Burger Macaroni

Serves: 6 **Serving size:** 1 1/3 cups **Prep time:** 30 minutes

Ingredients:

- ❖ 2 cups whole wheat macaroni
- ❖ 1 small bell pepper
- ❖ 1 small onion
- ❖ 3 cloves garlic
- ❖ 3 ounces reduced-fat cheddar cheese (3/4 cup shredded)
- ❖ 1 pound 93% lean ground turkey
- ❖ 1 (14-ounce) can diced tomatoes, no salt added
- ❖ 1 Tablespoon dried thyme leaves
- ❖ 1/2 teaspoon salt
- ❖ 1/4 teaspoon ground black pepper



Instructions:

1. Cook macaroni according to package directions. In a colander, drain macaroni and rinse with cool water.
2. While macaroni is cooking, rinse and dice bell pepper. Peel and finely chop onion. Peel and mince garlic. Set aside.
3. Grate cheese. Set aside.
4. In a large skillet over medium heat, cook turkey, onion, bell pepper and garlic, crumbling the beef with a wooden spoon or spatula, until the meat is no longer pink, about 15 minutes. Using a colander, drain off fat.
5. Return to the skillet and stir in drained macaroni, tomatoes with juices, thyme, salt and pepper. Sprinkle with cheese. Cover and cook over medium heat until cheese is melted, 5 to 7 minutes.

Nutrition Facts Per Serving: 350 calories, 370 mg of sodium, 40 g carbohydrates, 6 g fiber, 26 g protein, 11 g fat.

Find [this recipe](#) and other healthy recipes at CookingMatters.org.



Webinars

Using Local Data to Improve Health and Advance Health Equity

October 24/10:00 pm

Join the CHOICES Community of Practice to learn about the data and resources available through PLACES. PLACES provides local data estimates for all U.S. counties, places, census tracts, and ZIP Code tabulation areas. These data can help you better understand the health status of your community and assist with planning efforts to advance health equity. Register [here](#).

California Health Interview Survey Data User Training

October 25/12:00 pm

Following the release of brand new California Health Interview Survey (CHIS) data in October 2023, the UCLA Center for Health Policy Research will host a data user training webinar to demonstrate how to use CHIS' free online data tools to get data on a wide range of health topics across many sociodemographic factors. Register [here](#).

Grant Funding for Youth Garden Programs: A Q&A with National Grantmakers

October 26/4:00 pm

Have you wondered which organizations offer grant funding to start or expand youth gardens? Or what information is needed to submit a grant application? Or how to write a compelling grant application? Join this webinar to hear from Big Green, Green Our Planet, KidsGardening, and Whole Kids Foundation—all national youth garden grantmakers—about their upcoming grant opportunities. Register [here](#).

Engaging Youth in Climate and Health Solutions: Using APHA's Climate and Health Youth Education Toolkit

October 26/12:00 pm

Climate change and its effects are on most Americans' minds, especially youth. Although students are very interested in climate issues, they likely aren't being taught in school about climate change's impacts on health. Join the webinar to learn how you can use the Climate and Health Youth Education Toolkit. Register [here](#).

Teaching Kitchens Addressing Food Insecurity

November 2/12:00 pm

In this hour-long webinar from Teaching Kitchen Collaborative, you'll hear from three teaching kitchen educators about their successes and challenges with addressing food insecurity through their programs. Register [here](#).

Virtual Public Meeting and Listening Sessions on Strategies to Reduce Added Sugars Consumption in the United States

November 6 – 8

The U.S. Food and Drug Administration (FDA) invites the public to register for the virtual public meeting and listening sessions on strategies to reduce added sugars consumption in the United States. The event will cover the wide range of efforts being taken by federal agencies, communities, and private industry to reduce added sugars in the U.S. food supply and in consumer's diets. Register [here](#).

Building Resilience: Supporting Grandfamilies' Mental Health and Wellness

November 8/12:00 pm

Join Generations United live for the release of the highly anticipated 2023 State of Grandfamilies report *"Building Resilience: Supporting Grandfamilies' Mental Health and Wellness"* on Wednesday, November 8. The report aims to bring attention to the mental health and emotional wellness of grandfamilies, shed light on their resilience and challenges they face, and provide innovative solutions and resources to better support them. Register [here](#).



Funding Opportunities

LA Food Equity Fund

Close Date: October 30, 2023

Community Partners and the Los Angeles County Chief Sustainability Office launched the LA Food Equity Fund, which will invest over \$9.8 million of American Rescue Plan Act (ARPA) funding into communities across LA County. Building on the community-centered equity approach of the Los Angeles Food Equity Roundtable and its Food Equity Roundtable Action Plan, these grants aim to alleviate food and nutrition insecurity and build a more sustainable and resilient food system. Learn more [here](#).

Community Food Projects Competitive Grant Program

Close Date: October 30, 2023

The CFPCGP is intended to bring together stakeholders from distinct parts of the food system and to foster understanding of national food security trends and how they might improve local food systems. Understanding that people with low incomes experience disproportionate access to healthy foods, projects should address food and nutrition security, particularly among our nation's most vulnerable populations. Learn more [here](#).

Freedom Farms

Close Date: October 31, 2023

Freedom Farms is creating a network of local urban farms to address food insecurity in South and West LA. Selected organizations will work with PFGLA to grow agricultural products that support food distribution to local businesses and community members. Funding up to \$50k is available for existing farms/gardens and up to \$150k to establish new urban farms. Learn more [here](#).

Food4All Mini-Grants

Close Date: November 3, 2023

Nourish California is providing 10 mini-grants to local or regional California-based organizations focused on the following: immigrant rights, anti-hunger, anti-poverty, organizing, youth advocacy, racial justice, and/or health promotion to help mobilize and engage in the 2024 Food4All Campaign. Learn more [here](#).

Healthy Food Financing Initiative Partnerships Program

Close Date: November 3, 2023

The Healthy Food Financing Initiative (HFFI) Partnerships Program will offer funding to support local capacity and capital to establish and grow local, regional, or state food financing programs. The Program will offer grants to support partnerships between organizations from different sectors that will work together at the local, state, or regional level to improve access to fresh, healthy, affordable food by providing financial and technical assistance to eligible projects. Learn more [here](#).

Farm to School Grants

Close Date: January 12, 2024

The Patrick Leahy Farm to School Grant Program is designed to increase the availability of local foods in schools and help connect students to the sources of their food through education, taste tests, school gardens, field trips, and local food sourcing for school meals. Grants can launch new farm to school programs or expand existing efforts. Learn more [here](#).



What We're Reading

Recommendations to Promote Healthy Retail Food Environments

Center for Science in the Public Interest

The goal of this report is to make recommendations for policy, voluntary actions, and research areas to support in-store and online food environments that make healthy food and beverage choices easier for all consumers. The recommendations outlined in this report were informed by a convening of industry, SNAP participant, and public health stakeholders, and are grounded in the promotion of equitable access to healthy foods for all residents of the US. Read [here](#).

California Leads the Way in Low-Carbon School Meals

Civil Eats

Students returning to schools across the U.S. have found expanded plant-based options in their cafeterias, but California is raising the bar with an array of recent initiatives. Read [here](#).

Can Cooking and Gardening at School Inspire Better Nutrition?

NPR

After a decline in nutrition education in U.S. schools in recent decades, there's new momentum for farm to school to weave food and cooking into the curriculum again. Read [here](#).

The Food Industry Pays 'Influencer' Dietitians to Shape Your Eating Habits

The Examination

In the age of smartphones, more teens and adults are turning to an unlikely source for answers to their health and wellness needs: social media influencers. However, when many influencers receive funding from the food and beverage industry, can you really trust their advice? Read [here](#).



CalFresh Healthy Living Trainings

Training	Date/Time	Format	Registration
Food Smarts: Waste Reduction Training	Nov. 07	Self-Paced with Live Session	Register here
Around the Table Facilitator Training	Multiple Dates	Self-Paced with Live Sessions	Register here
Food Smarts Facilitator Training	Nov. 29 & Dec. 13	Self-Paced with Live Session	Register here

Visit the [CalFresh Healthy Living Training page](#) (hosted by Leah's Pantry) for the latest training-related information and calendar of all scheduled trainings and events. Please seek approval from your Project Manager and Contract Manager prior to travel.

If you would like to submit content or have any questions or comments about the Nutrition and Physical Activity Program newsletter, please contact Tania Marquez at tmarquez@ph.lacounty.gov.