

CalFresh Healthy Living Newsletter

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Current State of Child Nutrition in COVID-19 Pandemic Relief

Due to widespread closures of schools and childcare centers as a result of COVID-19, many families struggle to find ways to feed their children healthy, affordable foods. This reality, compounded by unemployment, loss of income, and continued high expenses for housing and food, has led to an increase in the number of people facing food insecurity.

In March, the federal government responded to the pandemic by providing billions of dollars in funding through several relief packages, including the [Family First Coronavirus Response Act](#) and the [Coronavirus Aid, Relief, and Economic Security \(CARES\) Act](#), to prevent hunger and help ensure that children and families have access to healthy, affordable food. As a result, federal nutrition programs such as the Supplemental Nutrition Assistance Program (SNAP); Special Supplemental Nutrition Program for Women, Infants, and Children (WIC); and National School Lunch and School Breakfast Programs, have become even more essential to the health and well-being of children and families.



“Each day, more than 30 million children rely on meals served via the [National School Lunch Program](#) and [School Breakfast Program](#). Students depend on school meals to keep them healthy and to give them a better chance at succeeding in the classroom. These meals are more than simply a convenience; they are a lifeline.”

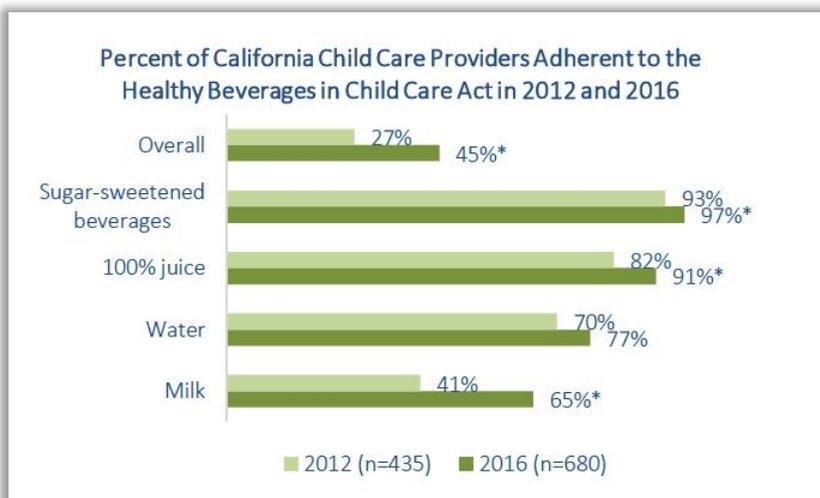
RWJF President & CEO, Dr. Richard Besser

The Robert Wood Johnson Foundation is urging for the following changes to be made regarding SNAP, in order to prevent hunger and even larger increases in poverty:

- ❖ Raise the maximum SNAP benefit level by 15 percent for the duration of the economic downturn.
- ❖ Remove the 3-month time limit on SNAP benefits for unemployed adults who are not raising minor children for the duration of the economic downturn.
- ❖ Stop implementation of new regulatory changes that would decrease SNAP benefits or take SNAP benefits away from 4 million people.
- ❖ For states, implement the various strategies that Congress has authorized for increasing SNAP benefits and streamlining eligibility and enrollment rules.

Read more about child nutrition during the pandemic from the foundation [here](#).

Healthy Beverages in Child Care: Adherence to California's Healthy Beverages in Child Care Act



Sugar-sweetened beverages (SSBs) are the largest single source of added sugars in the U.S. diet. Consumption of SSBs is a major contributing factor to excessive weight gain in young children and is linked to increased risk of dental decay, type-2 diabetes, metabolic dysfunction and heart disease later in life. For over 10 years, [Nutrition Policy Institute](#) (NPI) researchers have been working closely with child care stakeholders and advocates from the [California Food Policy Advocates](#) to improve the beverages served in licensed child care settings. The implementation of [California's Healthy Beverages in Child Care Act](#) (CA AB 2084) in 2012 was a major milestone for this long-

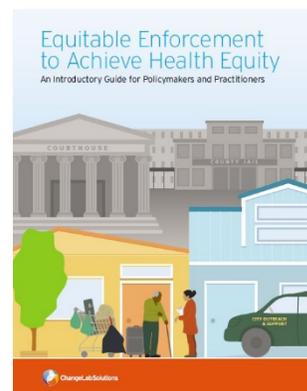
term collaboration, which requires all licensed child care providers in California to serve only healthy beverages and serve no SSBs to children in their care. NPI's latest research brief shares results from state wide surveys conducted in 2012 and 2016 in collaboration with CFPA and the Sarah Samuels Center for Public Health Research & Evaluation that suggests only 45% of California child care providers are fully adherent to all four components of CA AB 2084:

- ❖ Serve only low-fat or non-fat milk to children aged 2 years or older.
- ❖ Limit juice to no more than one serving daily of 100% juice.
- ❖ Serve no beverages with added sweeteners, either natural or artificial.
- ❖ Make safe drinking water available and readily accessible throughout the day.

To help child care providers adhere to the CA AB 2084, NPI partnered with the UCSF School of Nursing, California Childcare Health Program (CCHP), UC Cooperative Extension (UCCE) and UC Merced to develop a free online class for California child care providers. Read the full brief [here](#).

Equitable Enforcement to Achieve Health Equity

Public health policies have catalyzed major health improvements for people in the United States. But without enforcement — that is, a means of incentivizing compliance — these policies are less likely to work as intended. Equitable enforcement is a process of ensuring compliance with law and policy that considers and minimizes harms to people in underserved communities who are experiencing health inequities. This new resource, *Equitable Enforcement to Achieve Health Equity*, developed by ChangeLab Solutions, can help policymakers, advocates, and enforcement officials better understand:



- ❖ The equity implications of traditional public health enforcement tools; and
- ❖ Strategies to avoid unintended negative consequences when enforcing violations of the law.

The guide also explores best practices in design and development of enforcement provisions to avoid inequitable impacts and promote community health. Download the guide [here](#).

Sugary Drink Advertising to Youth: Continued Barrier to Public Health Progress

Sugary Drink FACTS 2020, the third in a series of [Rudd Center FACTS](#) reports evaluating sugary drink advertising, found that total sugary drink and energy drink advertising spending reached \$1.04 billion in 2018, a 26% increase compared to 2013. The report also documents continued targeted advertising of sugary drinks by beverage companies directed to Black and Hispanic youth, the same communities that have been disproportionately impacted by COVID-19.

Companies spent \$84 million to advertise regular soda, sports drinks, and energy drinks on Spanish-language TV, an increase of 8% versus 2013 and 80% versus 2010. Compared to White children and teens, Black children saw 2.1 times as many sugary drink ads and Black teens saw 2.3 times as many.

Access the full report [here](#) and additional materials [here](#).

Webinars New Additions in Purple

Walking as a Practice: What Does it Mean to You? Wednesday, July 8, 2020, 11:00 am

There are many reasons to walk that are not related to transportation. The practice of walking can impact our health, spirituality, and culture. In this webinar, we will expand on how walking is ingrained in our being (whether on foot or on wheels), focus on examples of walking as a practice, and discuss how walking can break down barriers in our communities. This webinar is intended for those just starting out on the walking path as well as those interested in learning more about the topic. Register [here](#).

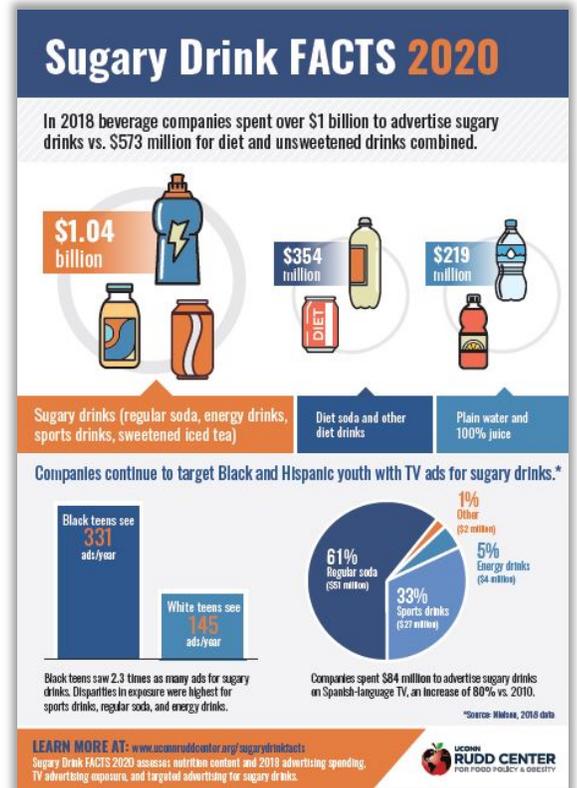
Active Play for All Children: Building Evidence and Advancing a Culture of Health Thursday, July 16, 2020, 11:30 am

In this Web Forum we will hear from our investigators on the current state of youth physical activity including current trends, park usage, youth empowerment, and temporary play activations all with a stated focus on health equity. Panelists will share results of each study as well as vital crossover implications and next steps. Register [here](#).

Healthy People, Healthy Planet: Building a More Sustainable, Resilient, Equitable, and Nourishing Food System

Wednesday-Thursday, July 22-23, 2020

On July 22 and 23, the [Food Forum](#) will host a virtual workshop that will explore the integration of the health, societal, economic, and environmental effects and future needs of the food system. The main objective is to understand how to achieve a resilient food system in 2050 that provides access to safe and nutritious food with environmental and economic sustainability. Workshop presenters will explore three main dimensions of the food system: vulnerabilities, resiliency, and transformation. Register [here](#).





Funding Opportunities

New Additions in Purple

Culture of Health Prize

Close Date: July 31, 2020

This request seeks an entity to re-imagine, lead, and manage the next two-year phase of the leadership and management of the national Robert Wood Johnson Foundation (RWJF) Culture of Health Prize. This call for proposals provides background on the RWJF Culture of Health Prize and outlines responsibilities for an organization selected to take on the next phase of leadership and management. Applicants may be public entities; nonprofit organizations that are tax-exempt under Section 501(c)(3) of the Internal Revenue Code; or for-profit organizations. Click [here](#) to learn more.

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

School Lunch as We Know It is Over

They overhaul their operations on the fly. They feed families now, too. And they're reinventing lunch programs for the coming year with fewer workers, untold variables, and multimillion-dollar budget deficits. Inside the effort to keep students fed while we rethink how to educate them safely. Read more [here](#).

Children from Families Who Struggle Economically Have Increased Odds of Mental Health Conditions

A new study finds an association between family economic hardship and child mental health conditions. Published in the *Journal of Children and Poverty* by HRSA researchers, the study is based on data from the 2016 and 2017 National Surveys of Children's Health, which is a nationally representative survey of U. S. children ages 0 to 17. Findings include that one in four children experienced family economic hardship during their lifetime, defined as difficulty getting by on the family's income to cover the basics like food or housing. Read more [here](#).

Training Resources

Title	Date / Time	Format	Info	Registration
ToP Secrets of Implementation - <i>Virtual Edition</i>	8/4 & 8/6 9:00 am	Zoom Training	Flyer	Register here
2020 Healthy Snack Day Step-by-Step Webinar for Hosts	Wed. 8/26 11:00 am	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