

## UC CalFresh Weekly Update January 21, 2013



### Contents

#### Upcoming Events & Deadlines

- \* 1/14-1/16/14: UC CalFresh-EFNEP Joint Statewide Training, Tour de California
- \* 1/20/14: Martin Luther King Jr. Holiday
- \* 1/21/14: UC CalFresh Town Hall Webinar
- \* 2/5/14: SNAP-Ed Local Implementing Agency Webinar
- \* 2/27-2/28/14: SNAP-Ed Local Implementing Agency Forum
- \* 4/28-4/29: CCLHDN Conference

#### UC CalFresh Website Updates

- \* New Resources Added to UC CalFresh Website

#### UC CalFresh in Action!

- \* UC CalFresh Nutrition Corners

#### Articles & Research

- \* American Adults are Choosing Healthier Foods, Consuming Healthier Diets
- \* Americans' Eating Habits Take a Healthier Turn, Study Finds
- \* Dietary Fiber Reduces Cardiovascular Disease Risk
- \* Study Spots Growing Disparity in U.S. Teen Obesity Problem

#### Education & Resources

- \* Enhancing the Local School Wellness Environment
- \* California Releases Farm-to-Fork Website
- \* Finding, Buying and Serving Local Foods Webinar Series Kicks Off January 9
- \* NIFA Announces Projects Using Local Food to Address Hunger and Increase Access to Healthy Food
- \* California Department of Social Services SNAP-Ed Program Launches EatFresh.org
- \* Funding Opportunity: Responsive Grants Program
- \* NIH Releases New Parent Tip Sheets on Healthy Adventures for Children
- \* CDC Administers State Chronic Disease Policy Tracking System
- \* 2014 California Conference of Local Health Department Nutritionists (CCLHDN) Conference



### UC CalFresh Website Updates

#### New Resources Added to UC CalFresh Website

The Resource section of the UC CalFresh website has been re-organized and new resources have been added. The new resources include:

- \* **Smarter Lunchrooms Movement:** Link to website, resources and the Lunchroom Self Assessment Score Card
- \* **UC Davis Center for Nutrition in Schools:** School & Community Actions for Nutrition (SCAN) Survey

This section of our website will continue to be updated with new resources for our programs. Please visit: <http://www.uccalfresh.org/resources> for additional information.



### UC CalFresh in Action!

Share your UC CalFresh success stories with the State Office: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11480>

#### UC CalFresh Nutrition Corners

The UC CalFresh State Office would like to see the creative ways your program and partners have used the Nutrition Corners in your county. Please send photos and a brief description to Lindsay Hamasaki at [Hamasaki@caes.ucdavis.edu](mailto:Hamasaki@caes.ucdavis.edu).



### Upcoming Events & Deadlines



JANUARY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**1/14-1/16/14: UC CalFresh-EFNEP Joint Statewide Training, Tour de California, UC Davis Conference Center**

**Link to Joint Statewide Training Website:**

<http://ucanr.edu/sites/2013nutritioneducationstatewidetraining/>

**Follow on Instagram: @calfresh\_efnep**



**1/20/14: Martin Luther King Jr. Holiday**

**1/21/14: UC CalFresh Town Hall Webinar, 12:30-2:00 PM**

The next UC CalFresh Town Hall Meeting has been scheduled for Tuesday, January 21, 2014 from 12:30-2:00 PM. The topic of the Town Hall will be **SNAP-Ed 2.0: USDA priorities for FFY 14 and Beyond**, presented by **Andrew Riesenber** from the USDA Western Region Office.

#### Webinar Information:

**Webinar link:** <https://fsnep.webex.com/fsnep/onstage/g.php?d=961583070&t=a>

**Event number / Access code:** 961 583 070

**Event password:** apple

**Call-in toll-free number:** 1-877-668-4490

**2/5/14: SNAP-Ed Local Implementing Agency Webinar**

Please save the date for an informational webinar on **Wednesday, February 5, 2014** regarding the SNAP-Ed Local Implementing Agency Forum. Webinar information will be provided closer to the webinar date.

**2/27-2/28/14: SNAP-Ed Local Implementing Agency Forum, Sacramento, CA**

Please save the date for the SNAP-Ed Local Implementing Agency Forum in Sacramento, CA on **February 27-28, 2014**. Registration and hotel information will be provided by the UC CalFresh State Office closer to the meeting date.

**4/28-29: CCLHDN Conference, San Jose, CA**

The 2014 CCLHDN Conference will be held April 28-29, 2014 in San Jose, CA. For more information, please visit: <http://cclhdn.org>.



## Articles & Research



### American Adults are Choosing Healthier Foods, Consuming Healthier Diets

American adults are eating better, making better use of available nutrition information, and consuming fewer calories coming from fat and saturated fat, consuming less cholesterol and eating more fiber, according to a new report from the U.S. Department of Agriculture's Economic Research Service. The study, "[Changes in Eating Patterns and Diet Quality Among Working-Age Adults, 2005-2010](#)," underscores the importance of robust efforts undertaken since 2009 to improve food choices and diet quality and ensure that all Americans have access to healthy food and science-based nutrition education and advice. The researchers found that use of nutrition information, including the Nutrition Facts Panel found on most food packages, increased in recent years. Forty-two percent of working age adults and 57 percent of older adults reported using the Nutrition Facts Panel most or all of the time when making food choices. When asked about nutrition information in restaurants, 76 percent of working-age adults reported that they would use the information if it were available. [Read full study.](#) [Read full press release.](#)

### Americans' Eating Habits Take a Healthier Turn, Study Finds

Years of warnings by health officials and grim news on the bathroom scale appear to finally be having an impact on the nation's eating habits. While there is no sign the high level of obesity has fallen, Americans say they are consuming fewer calories and cutting back on fast food, cholesterol and fat. Working-age adults consumed an average of 118 fewer calories a day in the 2009-10 period than four years earlier, according to a study released Thursday by the U.S. Department of Agriculture. Americans also reported eating more home-cooked meals with their families and fewer in restaurants—though the economy played a role—and reading nutritional labels on food at grocery stores more often. The latest findings add to growing evidence that suggests the nation's eating habits may be taking a more healthful turn. Other studies also have found that caloric intake has declined in recent years. [Read full article.](#)

### Dietary Fiber Reduces Cardiovascular Disease Risk

Researchers from the United Kingdom published a systematic review of 22 studies exploring the relationship between fiber intake and heart health. By pooling the results across studies, the researchers found that adding just 7 grams per day of total fiber to the diet may help protect against coronary heart disease and cardio vascular disease. The full study was published in *BMJ*. [Read full article.](#)

### Study Spots Growing Disparity in U.S. Teen Obesity Problem

While the U.S. teen obesity rate has leveled off in recent years, a new study shows that the problem is actually worsening for kids from less-affluent families. Researchers found that between 2003 and 2010-11, there was a decline in obesity among U.S. teens whose parents had gone to college—dipping to 7 percent in one government study, and 11 percent in another. But when they looked at kids whose parents had no more than a high school education, the trend was discouraging. For those teens, the obesity rate continued to climb—landing at 26 percent to 29 percent in 2010. It has been known that obesity is a bigger problem for low-income, less-educated Americans. But the new study, published in this week's issue of the *Proceedings of the National Academy of Sciences*, shows that the gap is growing. [Read full article.](#)



## Education & Resources

For additional resources, please visit the UC CalFresh website: <http://www.uccalfresh.com/resources>



### Enhancing the Local School Wellness Environment

Local school wellness policies are an important tool for parents, local educational agencies, and school districts to promote school wellness, prevent and reduce childhood obesity, and provide assurance that school meal guidelines meet federal standards. They help communicate nutrition guidelines for all foods available on the school campus and include goals for nutrition education, physical activity, and other activities that help improve overall student wellness. To further support these efforts, the USDA Food and Nutrition Service (FNS) recently launched a [new website full of resources to help enhance the school nutrition environment](#). The website will help schools to assess and update their local school wellness policies as needed and offer ideas on how to share information with parents and communities. It also provides best practices, samples, stories, and guidance for school districts to boost their wellness efforts. For more information, please visit: <http://healthymeals.nal.usda.gov/school-wellness-resources>. [Read full blog article.](#)

### California Releases Farm-to-Fork Web Site

California Department of Food and Agriculture's Farm to Fork Office launched a new online resource in collaboration with the California Department of Education and California Department of Public Health (SNAP-Ed). The Farm to Fork Office is an interagency initiative working to help all Californians eat healthy, well-balanced meals. The new website offers information and resources to connect individual consumers, school districts, and others directly with California's farmers and ranchers. For more information, please visit: <http://cafarmtofork.com/>.



## Education & Resources (continued)

### Finding, Buying and Serving Local Foods Webinar Series Kicks Off January 9

Beginning this week, the USDA Farm to School Program will host two webinars each month to showcase the variety of ways school districts can purchase local foods. **The webinars will be held at 2:00 PM EST on the second and fourth Thursdays of the month.** Topics will include everything from procurement basics to using geographic preference, to finding local producers, to buying local through DoD Fresh. See the schedule below for more information.

- \* **January 9:** Introduction to Procurement
- \* **January 23:** Conducting a Local Procurement Baseline Assessment
- \* **February 13:** Finding Local Producers
- \* **February 27:** Using the Informal Procurement Method
- \* **March 13:** Using Specifications to Target Local Products
- \* **March 27:** Working with Distributors
- \* **April 10:** Using a Forward Contract
- \* **April 24:** Introduction to Geographic Preference
- \* **May 8:** Using Geographic Preference
- \* **May 22:** Using USDA Foods as Resource to Purchase Local
- \* **June 12:** Using DoD Fresh to Purchase Local
- \* **June 26:** Tying it All Together and Digging In.

To register for any of the future sessions listed above, please visit: <https://www.surveymonkey.com/s/WT8ZWYS>. All webinars will be recorded and available on the [USDA Farm to School website](#) within 1-2 weeks of initial viewing.

### NIFA Announces Projects Using Local Food to Address Hunger and Increase Access to Healthy Food

The National Institute of Food and Agriculture (NIFA) awarded a total of \$4.87 million to 26 Community Food Project (CFP) grantees in 15 states and D.C. These awards support organizations using local food to develop community-based solutions to address food insecurity access to healthy food in low income communities. The FNS Western Region is home to 5 new grantees including:

- \* **Inyo Mono Advocates for Community Action, Bishop, CA (\$23,760):** Eastern Sierra Food Expansion and Sustainable Plan
- \* **The Health Trust, Campbell, CA (\$300,000):** Neighborhood Produce Access Points
- \* **Food Bank Coalition of San Luis Obispo, San Luis Obispo, CA (\$299,940):** SLO County Produce Project
- \* **Mountain states Group, Boise, ID (\$209,435):** Idaho Refugee Community Food Project
- \* **Adelante Mujeres, Forest Grove, OR (\$246,368):** Community in Action: Increasing Access for Low-Income Latino Farmers

For more information, please visit: [http://www.csrees.usda.gov/newsroom/news/2013news/11211\\_cfp.html](http://www.csrees.usda.gov/newsroom/news/2013news/11211_cfp.html).

### California Department of Social Services SNAP-Ed Program Launches EatFresh.org



The San Francisco County Human Services Agency, in partnership with Leah's Pantry, launched [www.EatFresh.org](http://www.EatFresh.org), a website platform that provides nutrition and wellness resources for CalFresh (SNAP) participants and those who are potentially eligible. [EatFresh.org](http://www.EatFresh.org) offers nutrition information for families on a budget, referrals to community resources, online community forums, and links to various social media. EatFresh.org has been linked to CalWIN, one of the State's three online eligibility and benefits systems. The site was funded by the Department of Social Services through the SNAP-Ed grant. For more information, please visit: <http://www.EatFresh.org>.

### Funding Opportunity: Responsive Grants Program, Deadline: Noon (12:00 PM), March 3, 2014

The Responsive Grants Program continues in 2014 with grants up to \$15,000 to support projects and programs that improve health and quality of life for people throughout their [26-county funding region](#). There will be two funding rounds this year, with a total of \$500,000 available. Ideas related to SNAP-Ed include paying for water stations, salad bars in schools, PA equipment, retail store makeovers, Double Bucks programs at farmers' markets, supporting Summer Meals programs, etc. Through the Responsive Grants Program, nonprofit organizations and public agencies are asked to share how they can improve health and well-being in their communities, and how a grant from Sierra Health Foundation can help support their work. At least 30 percent of available funds are awarded to support projects serving rural areas of the funding region. The remaining funds are available for projects serving urban areas or urban/rural areas. For additional information, please visit: <http://www.sierrahealth.org/rgp>.



### NIH Releases New Parent Tip Sheets on Healthy Adventures for Children

As part of We Can! (Ways to enhance children's activity and nutrition), the National Institutes of Health produced three new consumer-friendly tip sheets that focus on healthy habits and adventures for children and their families.

- \* [Healthy Habits, Healthy Families Parent Tip Sheet](#)
- \* [Healthy Adventure Infographic](#) (also available in [Spanish](#))

For more information on tools and resources from We Can!, please visit: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/nutrition.htm>.

## Education & Resources (continued)

### CDC Administers State Chronic Disease Policy Tracking System

The CDC has developed a Chronic Disease Policy Tracking System that contains legislation and regulations that may promote nutrition, physical activity, and obesity prevention. There are over 5,000 state-level policies included in the database from 2001-2013. The content is updated periodically and can be used for the purpose of public health information, research and surveillance. The system is available at: <http://apps.nccd.cdc.gov/CDPHPPolicySearch/Default.aspx>.

### 2014 California Conference of Local Health Department Nutritionists (CCLHDN) Conference, San Jose, CA, April 28-29, 2014

The 2014 Conference will be held in San Jose, CA and will feature the following and more! Visit <http://cclhdn.org> for more information.

- \* Peer-to-peer roundtable discussions for CCLHDN members and staff to surface challenges in various public health arenas and support one another through brainstorming and dialogue
- \* A new, dynamic format called “Ignite Talks” where members can present updates on their programs in 5 minutes and 20 slides
- \* A review of current nutrition science
- \* Attendance at a half-day, skill building session
- \* Discussion of the California Wellness Plan in an interactive format
- \* Take home huddles



## We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please e-mail Lindsay Hamasaki at [Hamasaki@caes.ucdavis.edu](mailto:Hamasaki@caes.ucdavis.edu) to share your comments on the new format of the Weekly Update, stories, photos, or other items you would like to see featured in future Weekly Updates.

The UC CalFresh Weekly Updates are sent by the UC CalFresh State Office on behalf of David Ginsburg, Director of the UC CalFresh Nutrition Education Program. Electronic versions of the Weekly Updates are also posted on the UC CalFresh website: <http://www.uccalfresh.com/weekly-updates>.

The University of California CalFresh Nutrition Education Program (UC CalFresh) is funded through a joint agreement among the U.S. Department of Agriculture/Food & Nutrition Service (USDA/FNS), the California Department of Social Services (CDSS) CalFresh Branch, and the University of California Cooperative Extension (UCCE). This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.