

CalFresh Healthy Living, UC Town Hall: Agenda

- UC + UC ANR Brand Guide (00:00:58)
- Making a Difference: Placer and Nevada County Video Clip (00:17:14)
- Nutrition Spotlight (00:19:54)
- State Office Updates (00:38:53)

CALFRESH HEALTHY LIVING, UC + UCANR BRAND GUIDE

REF. ONLY

Making a Difference-Video Clip

https://youtu.be/7WbZRCB_aMo

Nutrition Spotlight



Brought to you by Center for Nutrition in Schools



UNIVERSITY

Nutrition Spotlight

Nutrition in the News: Controversy Surrounding Red Meat and Processed Meat Recommendations Explained

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Who says you can't eat red meat? Food advice questioned anew

By CANDICE CHOI | October 13, 2019

EATING AND HEALTH

No Need To Cut Back On Red Meat? Controversial New 'Guidelines' Lead To Outrage

September 30, 2019 · 5:01 PM ET

Heard on [Morning Edition](#)

The New York Times

***Eat Less Red Meat, Scientists Said. Now
Some Believe That Was Bad Advice.***

Should you eat more red meat?

Science | Oct 7, 2019 3:31 PM EST

**Study: Heart disease, cancer risk may
not rise with red meat in diet**

Is red meat really bad for you? New
research says it's not

New research claims eating red meat poses no health risk

Why is it important to you?

- Having an understanding of these “recommendations” will help you be able to answer questions from participants and community members
- The education we provide needs to be consistent with the Dietary Guidelines and these guidelines don't line up with DGA.

Objectives

- Explain where the new red and processed meat “recommendations” came from
- Identify the science behind these “recommendations”
- Discuss whether these “recommendations” will impact our work in community nutrition

Where Did these Red and Processed Meat “Recommendations” Come From?



Red and Processed Meat “Recommendations”

- Developed by group of international scientists called Nutritional Recommendations (NutriRECS) consortium
- Based on four systematic reviews published in the *Annals of Internal Medicine*



Refresher: Systematic Review

- Gathers multiple research studies and reports to draw conclusions
- Takes into account the quality of the studies included in the review
- Systematics reviews can help mitigate bias in individual studies and give a complete picture to the topic

“Recommendation” for Unprocessed Red Meat

“For adults 18 years of age or older, we suggest continuing current unprocessed red meat consumption.”

“Recommendation” for Processed Meat

“For adults 18 years of age or older, we suggest continuing current processed meat consumption.”

The controversy...

- This conclusion contradicts:
 - World Health Organization
 - Dietary Guidelines for Americans
 - Three of their own systematic reviews
- Prompted several responses to the “recommendations” by scientists, universities, other organizations
- Over a dozen scientists signed a letter to the journal editor questioning the methods and conclusions

The Science Behind These “Recommendations”

REF. ONLY

Four Systematic Reviews and Meta-analyses

Randomized trials	Cohort studies	Cohort studies	Cohort studies
<ul style="list-style-type: none">• Cardiometabolic and cancer outcomes	<ul style="list-style-type: none">• All-cause mortality and cardiometabolic outcomes	<ul style="list-style-type: none">• Cancer mortality and incidence	<ul style="list-style-type: none">• Cardiometabolic and cancer outcomes

- Also conducted additional systematic review on health-related values and preferences regarding meat

Cohort Studies vs. Randomized Controlled Trials

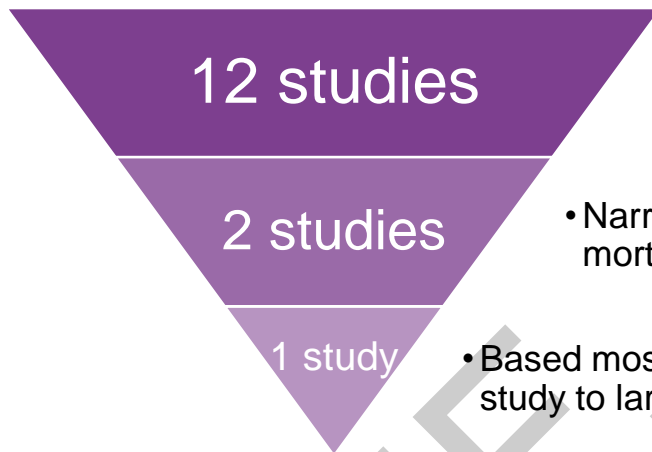
Cohort Studies (Observational)

- Follows participants over a long period of time and compares outcomes for groups based on a characteristic
 - Data are collected on many related factors in order to account for these in analysis

Randomized Controlled Trials (Experimental)

- Participants randomly assigned to a treatment group or control group to compare outcomes
 - In blinded trials, participants do not know which group they are in
 - In double blinded trials, researcher also does not know group assignment

Cardiometabolic and Cancer Outcomes Systematic Review of Randomized Trials



- Started with 12 studies on effects of red & processed meat on cardiometabolic & cancer outcomes

- Narrowed it to 2 studies reporting on all-cause mortality & other major cardiovascular events

- Based most of findings on 1 study after excluding 1 study to large effect size

Review concluded that limiting consumption of red or processed meat has no impact on cardiometabolic & cancer outcomes

Further Confusion

- There was exclusion of other randomized interventions that:
 - met the inclusion criteria
 - found positive effects of limiting red and processed meat



Cohort Study Review 1

- Relationship between red and processed meat consumption and all-cause mortality and cardiometabolic outcomes
 - 61 studies with over 4 million participants
- Conclusion: Reducing consumption by 3 servings per week was associated with small ↓ in risks

Cohort Study Review 2

- Relationship between red and processed meat consumption and cancer mortality and incidence
 - 118 studies with over 6 million participants
- Conclusion: A reduction in 3 servings per week was associated with:
 - ↓ in cancer mortality
 - ↓ in incidence of certain cancers

Cohort Study Review 3

- Relationship between red and processed meat consumption and cardiometabolic and cancer outcomes
 - 105 studies with over 6 million participants
- Conclusion: Dietary patterns with less consumption are associated with:
 - Slightly ↓ risk for nonfatal stroke, type 2 diabetes, & overall cancer incidence & mortality

Further Confusion

- All 3 of the cohort study systematic reviews found a benefit to reducing red and processed meat consumption
- GRADE tool used by the reviews automatically downgraded observational studies & emphasized experimental studies

NutriRECS Consortium Conclusions

- Adults should continue their current consumption of red and processed meat because:
 - evidence is low-certainty based on the tool used
 - people are unlikely to be interested in small risk reductions
 - findings from additional systematic review conclude that most people would be unwilling to give up meat

Other considerations

- Tool used for review (GRADE) may not be appropriate
- Small reductions in risk could prevent tens of thousands of premature deaths
- Research suggesting resistance to reducing meat consumption can be used to develop effective strategies to encourage dietary changes

Key Takeaway

“The “guidelines” ... are thus at odds not only with the vast weight of prior evidence, much of it omitted from these “systematic” reviews- but at odds with the very data on which they claim to be based.”

True Health Initiative Letter to the Editor of the *Annals of Internal Internal Medicine*

Will these “recommendations” impact our work?

- The SNAP-Ed goal is:
 - *“To improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans (DGA) and the USDA food guidance.”*
- “Recommendations” are not consistent with current DGA

Questions?



References and Resources

- Johnston BC, Zeraatkar D, Han MA, et al. Unprocessed Red Meat and Processed Meat Consumption: Dietary Guideline Recommendations From the Nutritional Recommendations (NutriRECS) Consortium. *Ann Intern Med.* 2019; [Epub ahead of print 1 October 2019]. doi: 10.7326/M19-1621
- Zeraatkar D, Han MA, Guyatt GH, et al. Red and Processed Meat Consumption and Risk for All-Cause Mortality and Cardiometabolic Outcomes: A Systematic Review and Meta-analysis of Cohort Studies. *Ann Intern Med.* 2019; [Epub ahead of print 1 October 2019]. doi: 10.7326/M19-0655
- Zeraatkar D, Johnston BC, Bartoszko J, et al. Effect of Lower Versus Higher Red Meat Intake on Cardiometabolic and Cancer Outcomes: A Systematic Review of Randomized Trials. *Ann Intern Med.* 2019; [Epub ahead of print 1 October 2019]. doi: 10.7326/M19-0622
- Han MA, Zeraatkar D, Guyatt GH, et al. Reduction of Red and Processed Meat Intake and Cancer Mortality and Incidence: A Systematic Review and Meta-analysis of Cohort Studies. *Ann Intern Med.* 2019; [Epub ahead of print 1 October 2019]. doi: 10.7326/M19-0699
- Vernooij RW, Zeraatkar D, Han MA, et al. Patterns of Red and Processed Meat Consumption and Risk for Cardiometabolic and Cancer Outcomes: A Systematic Review and Meta-analysis of Cohort Studies. *Ann Intern Med.* 2019; [Epub ahead of print 1 October 2019]. doi: 10.7326/M19-1583
- Valli C, Rabassa M, Johnston BC, et al, for the NutriRECS Working Group. Health-Related Values and Preferences Regarding Meat Consumption: A Mixed-Methods Systematic Review. *Ann Intern Med.* 2019; doi: <https://doi.org/10.7326/M19-1326>
- Letter to the Editor of the *Annals of Internal Medicine*; True Health Initiative; Sep 26, 2019; <https://www.truehealthinitiative.org/wp-content/uploads/2019/09/Annals-letter-9-30-19.pdf>
- David Katz. Meat Eating and Your Health: Is There, Really, News? LinkedIn; Sep 30, 2019; <https://www.linkedin.com/pulse/meat-eating-your-health-really-news-david>
- New "guidelines" say continue red meat consumption habits, but recommendations contradict evidence. The Nutrition Source, Harvard T.H. Chan School of Public Health; Sep 30, 2019; <https://www.hsph.harvard.edu/nutritionsource/2019/09/30/flawed-guidelines-red-processed-meat/>
- Red and processed meat still pose cancer risk, warn global health experts. World Cancer Research Fund; Sep 30, 2019; <https://www.wcrf.org/int/latest/news-updates/red-and-processed-meat-still-pose-cancer-risk-warn-global-health-experts>
- Processed Meat, Evidence, and Dietary Guidance: An Insider's View of the Sausage Being Made. Food Truths Webinars. Diet ID; November 20, 2019; <https://www.dietid.com/foodtruthswebinar>

Thank you!

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This material is funded through a joint agreement among the USDA/FNS, CDSS CalFresh Healthy Living Section, UC Davis and the UC Cooperative Extension (UCCE). These institutions are equal opportunity providers and employers. CalFresh Food provides assistance to low-income households and can help buy nutritious foods for better health. For information, call 1-877-847-3663.

Poll: Which of the following Nutrition and Health Info Sheet topics would you find the most useful?

- a. National School Lunch Program
- b. Sodium and Potassium Recommendations
- c. Protein Requirements
- d. Food Literacy
- e. Sugar Sweetened Beverages
- f. Other – please share in the comments



State Office Updates

IWP Revision Process

- Revisions must be made by March 27, 2020- view [LIA Timeline](#) for specific dates
- [FFY 20-22 IWP Revision Process Guide for LIAs](#) provides clear instructions for making revisions
- 3 categories for revisions:
 1. **MINOR:** LIA review and consensus
 2. **SIGNIFICANT:** SIA review and approval
 3. **MAJOR:** USDA review and approval

IWP Revision Process Overview

- Highlight revisions:
 - Minor= **GREEN**
 - Significant= **YELLOW**
 - Major= **RED**
- All revisions must include a justification comment
- No deletions
 - Use strikethrough for deleting text
 - Use comment tool when deleting Settings, Strategies and Sub-Strategies
- Contact your State Office County Lead if you have any IWP revision questions

FORUM LUNCH

Please join UC ANR and State Office staff on February 11, 12:15 -1:15pm for an informal staff meeting “office hours” at the Forum .

Interested in specific technical discussions during the lunch?

- Please let your state office county lead know of topics of interest prior to the Forum to assist them in preparation.***

UC ANR Nutrition Family and Consumer Sciences is hosting this meeting. Lunch will be provided to all staff.

Do you have a specific topic area you would like to see discussed during the February 11, SIA Lunch meeting?




“And Justice For All” Poster Reminder



- **UC CalFresh Program Directive No. 2018-05**
<https://uccalfresh.ucdavis.edu/sites/g/files/dgvnsk2286/files/inline-files/PD%20201805%20Display%20of%20And%20Justice%20for%20All%20Poster.pdf>
- **USDA FNS Guidance**
<https://www.fns.usda.gov/cr/and-justice-all-posters-guidance-and-translations>

Training Calendar



UC CalFresh Nutrition Education Quick Links >

ADMINISTRATION > INITIATIVES > CURRICULUM > EVALUATION > PEARS > **TRAININGS >** PUBLICATIONS > 

UC CalFresh Training Calendar

Click on the event name below to see details.

UC CalFresh Trainings and Meetings are typically reserved for UC CalFresh Staff. The event details will indicate whether a particular training or meeting is open to others. If you are interested in one of our trainings please contact our support email at uccalfresh_support@ucdavis.edu





Today  Wednesday, January 15  [Print](#) [Week](#) [Month](#) [Agenda](#)

Tuesday, January 21	
9:00am	Mental Health First Aid for Youth Training
12:30pm	Town Hall Webinar
Wednesday, January 22	
8:30am	Foundations of Positive Youth Development
Tuesday, January 28	
11:00am	Mindful Eating: How to Encourage Youth to Think Before They Eat
Thursday, February 6	
10:00am	Youth Engagement Office Hour
Monday, February 10	
8:00am	CalFresh Healthy Living Local Implementing Agency Forum

In-Person Training Calendar

[CalFresh Healthy Living, UC In-Person Training Calendar](#)

Calendar Legend

 UC CalFresh Town Hall Webinars	 UC CalFresh Trainings
 UC CalFresh Meetings	 Other Trainings and Meetings

Questions? Lyn Brock rlbrock@ucanr.edu 209-953-6116

Postponed

Child Feeding Community of Practice Webinar

Previously scheduled for January 23 • 12:30 to 2:00 PM

Watch for the new date!

CFHL, UC Active News Beet

CFHL, UC Training Calendar

Special Guest Presenter!

Dr. Amy Mobley, University of Florida

Healthy Fathers, Healthy Kids



Questions? Lyn Brock rlbrock@ucanr.edu 209-953-6116

Register Now!

Mindful Eating:

How to Encourage Youth to Think Before They Eat

Tuesday, January 28 • 11:00 AM to 11:30 AM

For more information please visit:

<https://learn.extension.org/events/3712>

This webinar will be recorded and a link to the recording will be available at learn.extension.org afterward



Register Now!

Nutrition Update Webinar

Tuesday, February 25

11:00 AM to 12:30 PM

Nutrition and Health Effects of Food Insecurity

Dr. Rachel Scherr,
UC Davis Nutrition Department



Webinar Pre-Registration (Required):

<https://ucanr.zoom.us/meeting/register/1cdadca0554dd599c5b9141539e44ee6>

Register Now!

Webinar: Nutrition and PA Education with Older Youth – Middle School & High School

Thursday, March 12 • 9:00 AM to 10:30 AM

Register for the webinar (required):

<https://ucanr.zoom.us/meeting/register/tZ0td-ipqz0uAcRo-Bynk-zy5XgYGtG9LA>

Save the Date!

In-person Training: Nutrition and PA Education with Older Youth

June 23 – UC ANR Building, Davis

June 30 – Irvine, South Coast REC

Other potential dates/locations TBA

Questions? Lyn Brock

rlbrock@ucanr.edu

209-953-6116

Evaluation-Rapid Poll

Q#1: Is your county/cluster program providing education to students in the following grades? (check all that apply)

- Older Elementary - 4-6th Grade
- Middle school - 6th-8th
- High School

Q#2: If providing education to 4th and higher grades, are you planning to use the EATS pre/post survey – either all or sections – for evaluation?

- Yes
- No
- Don't know

Thank you!

Next Town Hall: March 17, 2020



Image Source: [Gellinger](#) via Pixabay/ CC0