Healthy Eating Research (HER) A national program of the Robert Wood Johnson Foundation, Duke University



NOPREN Food Insecurity & School Wellness Working Groups

Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity and Obesity (DNPAO)

COVID-19 School Nutrition Implications Work Group

600+ researchers, advocacy organization representatives and practitioners, and 185+ students

Practice, Policy Implementation Collaborators

- Academy of Nutrition and Dietetics
- American Heart Association Voices for Healthy Kids
- American Public Health Services Association
- American Society for Nutrition
- Association of SNAP Nutrition Education Administrators
- Center for Ecoliteracy
- Center for Science in the Public Interest
- Federal Nutrition Research Coalition
- Feeding America
- Food Research & Action Center
- Healthy Schools Campaign
- Hunger Free America
- Lunch Assist
- National Association for the Advancement of Colored People
- National Conference of State Legislatures
- National Farm to School Network
- National WIC Association
- School Nutrition Association (SNA)
- Share Our Strength's No Kid Hungry Campaign
- Society for Nutrition Education and Behavior
- Trust for America's Health
- Urban School Food Alliance
- Other NOPREN Working Groups & PAPREN (CDC-sponsored Physical Activity Policy Research and Evaluation Network)

Sub-Groups

Shared Data Collection Methods

- Survey
- Qualitative
- Implementation processes

Special Impact Topics

- Accelerated weight gain
- Innovations in meal service
- Pandemic/summer EBT
- Meals during instructional breaks
- Financial/operational health
- Early childhood
- Summer meal programs
- School/early childhood reopening
- State responses assessment

Case Studies

Large urban district responses

Products (as of February 2021)

- Website
- Supported fellowship and co-chairs
- Student internship matchmaking tool
- Student summer seminar series and virtual poster session
- Resource manager, listserv, weekly resource digest
- 2 data collection repositories
- 40+ peer-reviewed research articles accepted, under review or development
- 4 HER research briefs
- 4 fact sheets
- 7 Op-Eds
- 2 News article features
- 25+ presentations and webinars

Lane H, Turner L, Dunn CG, Hager ER, Fleischhacker S. Leveraging implementation science in the public health response to COVID-19: Child food insecurity and federal nutrition assistance programs. *Public Health Reports*. 2020;135(6):728-736.

HER NOPREN COVID-19 School Nutrition Implications Working Group Leadership Team













Co-Chairs

Fellow

HER Liaisons

NOPREN Liaison

Sheila
Fleischhacker,
PhD, JD
Georgetown
University
Law Center

Erin Hager, PhD
University of
Maryland School
of Medicine

Caroline Dunn,
PhD, RDN
Harvard TH
Chan School of
Public Health

Kirsten Arm, MPH, RD Duke Global Health Institute

Lindsey Miller, MPH Duke Global Health Institute

Ronli Levi, MPH, RD University of California at San Francisco











Gabriella
McLoughlin,
PhD,
Washington
University in
St. Louis

Eliza W. Kinsey, PhD, MPH, Columbia

Columbia University

Hannah Lane, PhD, MPH, Duke Christina Hecht, PhD, University of California's Nutrition Policy Institute

Lauren Clay, PhD, MPH D'Youville College

HER NOPREN COVID-19 School Nutrition Implications Working Group
Leadership Team – Sub-Group Leaders



Hilary Seligman, MD, MAS UCSF Amelie Hecht, PhD, HHS OPRE Jessica Soldavini, MPH, RD, LDN, UNC

Lina Walkinshaw, MPH

Margaret Read, MS

HER NOPREN COVID-19 School Nutrition Implications Working Group Leadership Team – Sub-Group Leaders



School Nutrition Association

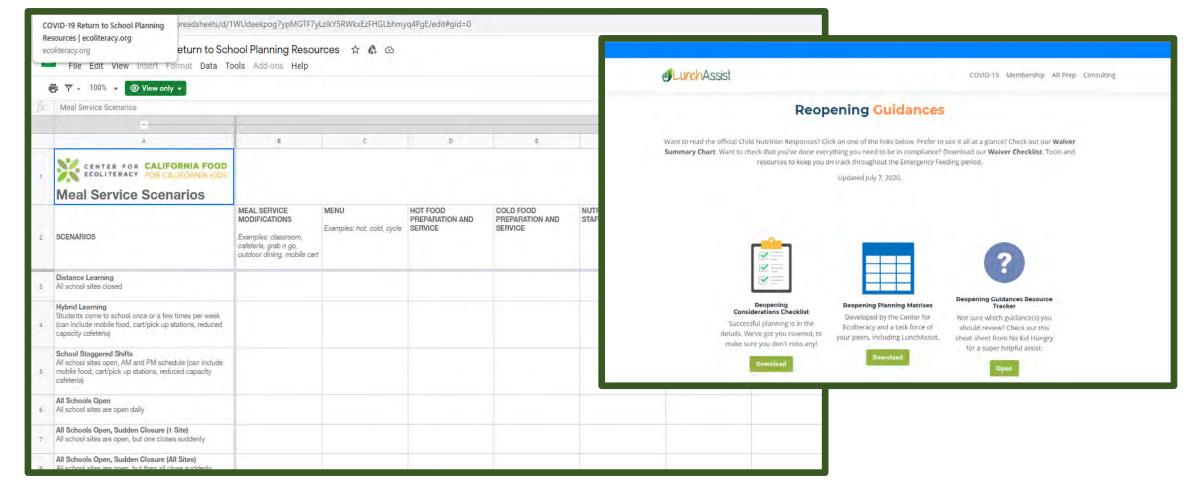
SNA hosted a <u>webinar featuring several NOPREN</u>

partners presenting research about the pandemic. 800+ people attended the live event and the webinar is available on demand to our members. In partnership with the Qualitative working group, throughout the summer we conducted a social media project to capture best practices from our membership. The project was a fun, engaging way to get qualitative information from our membership. We have also partnered with several organizations we met through NOPREN on grant applications. Working with HER NOPREN COVID-19 over the last year has provided many opportunities that we are grateful for and we hope to continue the collaboration to make sure kids get fed!



Donovan Lessard

https://ucanr.edu/sites/ NewNutritionPolicyInstit ute/files/332042.pdf



The HER NOPREN group collaborations that we have been a part of have resulted in the development of timely fact sheets, interesting media articles, qualitative survey design, and have helped our Community of Practice calls grow from a small group of about 30 school nutrition directors in California to a cohort of over 1000 unique participants from nearly 50 states.

Jennifer McNeil, Lunch Assist



Geri Henchy, MPH, RD





FRAC Chat

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WHAT YOU NEED TO KNOW:

On April 6, Representatives James P. McGoveled a letter signed by 136 of their colleagues ur packages that will: (1) boost the maximum SN. \$30; and (3) place a hold on harmful rules pro

"Daycares feel the crunch in wake of school closures"

On March 27, the President signed into law the third COVID-19 relief bill – H.R. 784, the Coronavirus Relief, and Economic Security Act (CARES Act, originally S.3548). Read FRAC's statement on the bill. Also, check out a summary from Senate Appropriations

State	Law/Bill/Resolution Details	Status	College FI Relevant Provisions
			eligibility. Department of Human Services, with stakeholders, must establish protocols to identify/verify eligibility exemptions and verify students' participation in the programs.
Indiana	Student hunger and homelessness. Introduced as House Bill 1018 by Representatives Earl Harris (D-2) and Karlee Macer (D-92), referred to the Committee on Rules and Legislative Procedures	Introduced (2020)	Establishes a student hunger and homelessness study committee to: (1) study prevalence of housing and FI in Indiana college students, (2) provide suggestions for eliminating these issues. Must report results of the study to the governor and legislative council in 2021.
Massachusetts	An act establishing a community college campus Hunger Pilot Program. Introduced as H.1233/ S.757 by Representative Meschino (D-3rd Plymouth) and Senator Lovely (D-Second Essex), referred to the Committee on Higher Education	Introduced (2019)	Establishes a fund to address FI on community college campuses (the MA Community College Campus Hunger Program) for Department of Education to use in issuing grant funds to community colleges based on the demonstrated need and implementation plans. Funds will be used for colleges to offer meal cards, meal plans, meal vouchers, and other campus-designed projects to address community college student FI.
Michigan	A resolution to urge the USDA to grant a federal waiver to temporarily suspend the rules that make college students ineligible for SNAP benefits. Introduced as HR 251 by Representative Rachel Hood (D-76), referred to the Committee on Appropriations	Introduced (2020)	Urges the USDA to grant a federal waiver to temporarily suspend the rules that make college students ineligible for SNAP benefits by sending copies of the resolution to the Secretary of Agricul- ture, the Deputy Undersecretary for Food, Nutrition, and Con- sumer Services, and the Michigan congressional delegation.
Minnesota	Hunger-Free Campus Act. Introduced as HF2366 by Representative Pryor (DFL-Minnetonka), referred to Ways & Means with companion in the Senate, SF2706 by Senators Lang (R-17), Jensen (R-47), & Clausen (DFL-57), referred to the Committee on Ways and Means and then to the Committee on Higher Education Finance and Policy	Enacted (2019)	Amended Minnesota Statute 136.F.245 creates a Hunger-Free Campus designation for state community/technical colleges that: (1) have a campus food pantry or food distribution, (2) provide students with food assistance information, for example, SNAP, (3) participate in an annual hunger awareness event, (4) offer student emergency assistance grants, and (5) have a hunger task force meeting 3+/y and including 2+ student members.

Laska M, Fleischhacker S, Petsoulis C, Bruening M, Stebleton MJ. **Food insecurity** among college students: An analysis of US state legislation through 2020. *J* Nutr Educ Behav. 2020;S1499-4046(20)30721

We just met with a Michigan house representative and her staffer this morning to discuss advocacy plans and she said the article (and especially the table) is, "fantastic."



Megan Reynolds, MPH, RD Candidate, University of Michigan







Hilary Seligman, MD, MAS **UCSF**

NOPREN

Director

Melissa Akers, MPH, CPH, **UCSF NOPREN Program**

Coordinator

NOPREN

Nutrition & Obesity Network POLICY RESEARCH # EVALUATION Mary Story, PhD, RDN **HER Director**

Megan Lott, MPH, RDN **HER Deputy Director**

Healthy **Eating** Research

Amy Lowery Warnock, MPA Sarah Sliwa, PhD Caitlin Merlo, MPH, RD Carrie Dooyema, PhD Brianna Dumas, MPH, RD, LD Diane Harris, PhD



Nutrition Obesity Policy Research & Evaluation Network (NOPREN)

- Collaborative research network focused on the effectiveness of policies that improve nutrition and prevent obesity
- Funded by the CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO)
 and led by University of California San Francisco (UCSF)
- Members include:
 - Policy researchers and evaluators
 - Practitioners, professional organizations, non-profits, and gov agencies
 - We encourage early career and junior faculty to join for networking, collaboration, and professional development opportunities







Work Groups



Early Childhood

Healthy Eating Research



Drinking Water



Food Policy Councils



Rural Food Access



Food Service Guidelines



School Wellness



Food Security



Healthy Food Retail

Healthy Eating Research



COVID-19

Healthy Eating Research



Network Activities

- Webinars:
 - ✓ Monthly state-of-the-science webinars
 - ✓ Work groups meetings
 - ✓ Summer student series
- Foster collaborations among network members
- Support the development and dissemination of resources (manuscripts, tools, policy briefs, surveys, etc)
- Create feedback loops between researchers and changemakers (including policymakers), local implementers, and practitioners
- Provide opportunities for early career professional development

Want to learn more about NOPREN or join the network?

Visit
https://nopren.ucsf.edu
or contact
NOPREN@ucsf.edu



HER Program Goals

- Build a research base for policy, systems, and environmental change (PSE) strategies that advance health and nutrition equity in the areas of healthy food access and security, diet quality, and healthy weight.
- 2 Foster a vibrant, inclusive, interdisciplinary field of research and a diverse network of researchers.
- Communicate research findings to accelerate policy systems, and environmental changes that promote healthy eating and advance nutrition and health equity.



Work Groups

HER NOPREN Healthy Food Retail	HER NOPREN Early Childhood	HER NOPREN COVID-19 Food & Nutrition	HER Early Stage Investigator	HER SOS Healthy School Meals for All
Co-Chairs:Beth RacineJoel Gittelsohn	Co-Chairs:Alison TovarKate Bauer	Co-Chairs:Margaret ReadLauren Clay	Co-Chairs:ChelseaSingletonGabbyMcLoughlin	Co-Chairs:JuliaMcCarthyMargaretRead

Visit the NOPREN website to learn more about the HER NOPREN Work Groups! https://nopren.ucsf.edu/

HER NOPREN COVID-19 Food & Nutrition Work Group

COVID-19 Weekly Digest

200+

Sources Compiled

63

Digests To-Date

1,200+

Weekly Recipients



Questions?

Email: healthyeating@duke.edu

Website: healthyeatingresearch.org

New COVID-19 Food and Nutrition Working Group Leadership

Chairs



Lauren Clay, PhD, MPH



Margaret Read, MA

Fellow



Jessica Soldavini, PhD, MPH, RD, LDN

JOIN US!

3rd Thursday of every month from 2:00 pm – 3:00 pm EST

Next meeting is September 16

Email jessica6@live.unc.edu

HER Liaisons

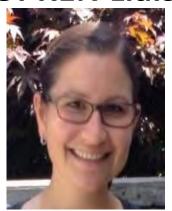


Kirsten Arm, MPH, RD



Lindsey Miller, MPH

NOPREN Liaison



Ronli Levi, MPH, RD





New COVID-19 Food and Nutrition Working Group Overview

<u>Overall Goal</u>: To identify, evaluate, and disseminate the most effective strategies to improve the diet quality, food and nutrition security, and overall health and well-being of children and their families *during and after* the COVID-19 pandemic

Longer-Term Goals:

- **1. Build evidence** to support what works for federal, tribal, state, and local policies, systems, environments, and practices.
- 2. Be responsive to the strategic research gaps and needs identified by decision makers and advocacy organizations related to public health emergencies and resiliency.
- **3. Increase inter-disciplinary collaboration and coordination** among research, evaluators, advocacy organizations, decision makers, practitioners, and students.
- **4. Increase access to and sharing of measurement tools, data collection, incorporation of implementation science principles, and findings** to inform ongoing and future food and nutrition public health emergency and disaster research.
- 5. Increase the number and capabilities of food and nutrition early career researchers related to policies and programs that are impacted by or can aid during public health emergencies.

 Healthy Eating

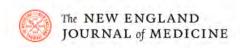
Research

NOPREN

6. Disseminate high quality COVID-19 food and nutrition research to make a difference in people's lives.

https://nopren.ucsf.edu/her-nopren-covid-19-food-and-nutrition-work-group







Notable Articles of 2019
1 exclusive collection



PERSPECTIV

Caroline G. Dunn, Ph.D., R.D., Erica Kenney, Sc.D., M.P.H., Sheila E. Fleischhacker, J.D., Ph.D., and Sara N. Bleich,

Universal Masking in Hospitals in the Covid-19 Era IMAGES IN CLINICAL MEDICINE Orbital Hydatid Cyst



Anti Veno Cano

Perspective

Feeding Low-Income Children during the Covid-19 Pandemic

DURING THE COVID-19 PANDEMIC. ≔ Article school closure 5 References PDF S COVID-19 SPREADS THROUGHOUT THE UNITED STATES, SCHOOL coordinating meal delivery care facilities are balancing their role of helping to prevent disease transf seems to food for shildren who rely on the foderal nutrition safe ogram, School Br Metrics ① summer months or other emergencies ildren daily, deliv interrupted, an es Page Views Citations future pandemics milies. vo thirds of childr public charge rule) om home. The sh Media Coverage Social Media onse, which incre Ranks 715th

PRELIMINARY SUGGESTED APPROACHES TO ADDRESSING FOOD INSECURITY IN U.S. CHILDREN

Centralize and widely distribute information about schools and school districts offering meals during school closure

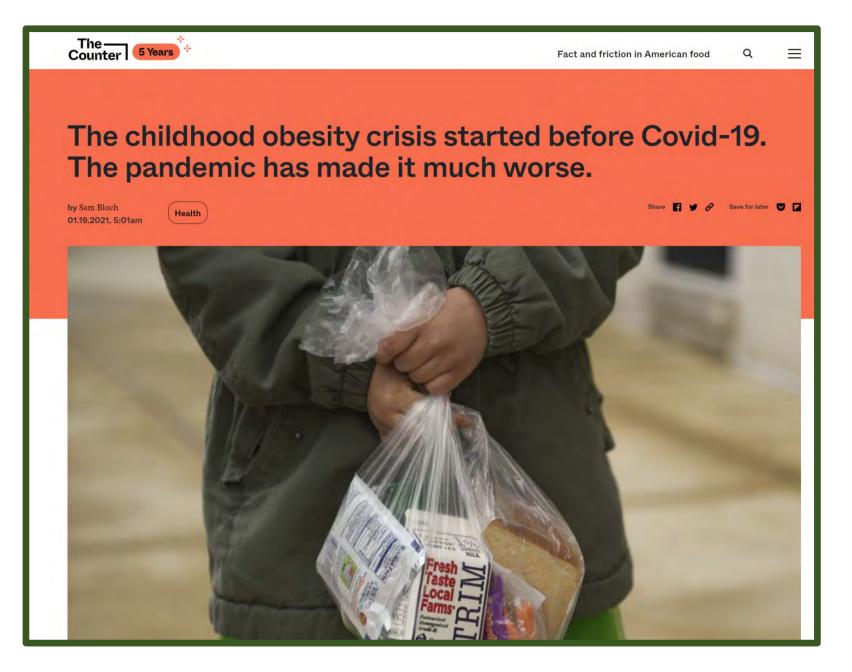
Decrease social exposures and reduce the time and transportation burden for families by providing multiple days' worth of meals, allowing for drive-through meal pickup (when reasonable), or coordinating meal delivery

Extend emergency benefits to caregivers of children in child care facilities participating in the Child and Adult Care Food Program, and authorize use into periods beyond the Covid-19 response, such as summer months or other emergencies

Codify efforts to expand Supplemental Nutrition Assistance Program access and benefits during future pandemics

Examine and amend policies that reduce or deter participation in the nutrition safety net (e.g., the public charge rule)





"It's unlikely that a child who gains excess weight will lose it, without a dramatic intervention," said Erin Hager, a University of **Maryland nutritional** epidemiologist, and **Baltimore County school** board member. "We can't just sit back and see what happens when these kids turn 30 or 40 years old. We may need to act fast to address this."

Feeding Students During COVID-19 Related School Closures: 57 US Jurisdictions' Initial Responses

<u>Objective</u>: To examine how US states, the District of Columbia, US territories, and the US Department of Interior Bureau of Indian Education responded to school-based federal nutrition assistance meal service provision during COVID-19 related school closures

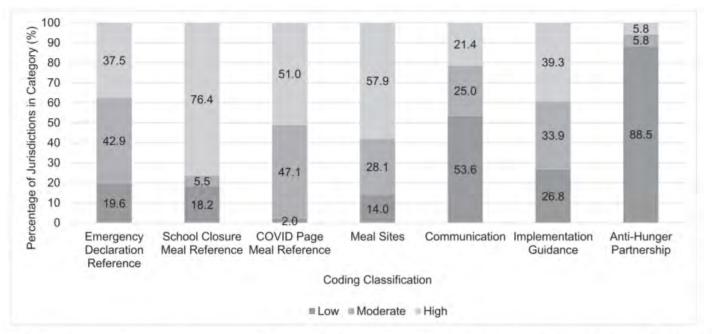


Figure 1. Nationwide trends in coronavirus disease 2019 nutrition response communication and outreach. COVID indicates COVID-19. Note: Sample sizes differ depending on usage of data. Emergency declaration reference of school closures (n = 56 states/territories); school closure meal reference (n = 53 states/territories); education COVID page reference (n = 51 states/territories); meal sites (n = 56 states/territories); communication/outreach (n = 56 states/territories); implementation guidance (n = 56 states/territories); antihunger partnership (n = 51 states/territories).

Meal Service Innovations

Where

- SFSP/SSO sites
- Bus routes
- Home delivery
- Outdoor distribution

<u>How</u>

- Multiple meals, multiple days
- Bulk items
- Drive-through, touchless delivery
- Pre-ordering

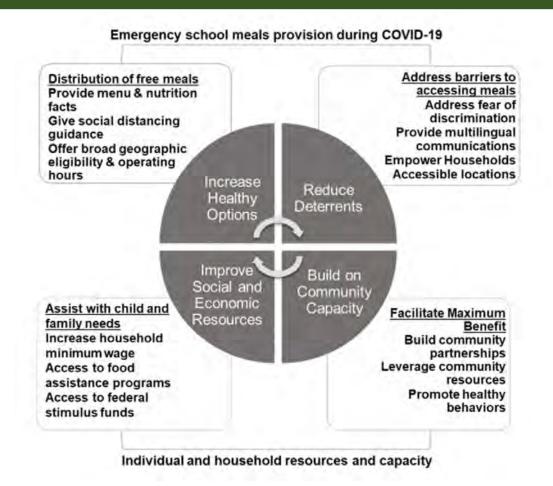
To Whom

- Open to community members (separate times)
- Food bank/pantry partnerships
- Care for children or essential workers



Kinsey EW, Hecht AA, Dunn CG, Levi R, Read MA, Smith C, Niesen P, Seligman HK, Hager ER. School closures during COVID-19: Opportunities for innovation in meal service. *Am J Public Health*. 2020;Sep 17;e1-e9.

Addressing Food Insecurity through a Health Equity Lens: a Case Study of Large Urban School Districts during the COVID-19 Pandemic



Improving Access to Free School Meals:

Addressing Intersections Between Universal Free School Meal Approaches and Educational Funding Hecht AA, Dunn CG, Turner L, Fleischhacker S, Kenney E, Bleich S

Improving Access to Free School Meals: Addressing Intersections Between Universal Free School Meal Approaches and Educational Funding

Healthy Eating Research

Research Brief, July 2021

Key Findings

- Universal free school meals have the potential to improve student nutrition, behavior, and academic performance, and strengthen school finances.
- Schools offering universal free meals are no longer required to collect free and reduced-price meal applications, an important source of data on household income that has traditionally been used to allocate funding to schools.
- To pave the way for more schools to adopt universal free school meal provisions while preserving critical education funding, efforts to disentangle free and reduced-price meal application data from education funding are needed.
- Recommendations to address these intersections include researching and developing alternative measures of poverty and economic well-being to allocate education funding and addressing misconceptions about the impacts of universal free meals on education funding through clear and strong messaging campaigns.



To pave the way for both of these strategies while preserving critical education funding, efforts to disentangle FRPM data from education are needed

Strengthening WIC's Impact During and After the COVID-19 Pandemic

Healthy Eating Research

Research Brief, July 2020

Introduction

Women who are pregnant or postpartum, infants, and young children require nutritional supports critical for healthy development and postpartum recovery. The United States Department of Agriculture (USDA) Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) was created to supplement essential nutrition to each of these populations and is widely considered to be one of the most successful nutrition intervention policies for improving maternal and child health.1 Since 1972, this targeted federal nutrition assistance program has safeguarded the health of women who are pregnant, postpartum, and/or lactating; infants; and children up to 5 years old who are at nutritional risk and living in or near poverty (≤185% of the Federal Poverty Level).2-4 Before the COVID-19 pandemic, WIC assisted more than 6 million income-eligible participants monthlyincluding roughly half of all infants born in the United States.5

Unprecedented increases in unemployment as a result of the COVID-19 pandemic,7 which are already larger than those during the Great Recession, have increased WIC enrollment—a trend that is likely to persist for years to come." Food insecurity-or lack of reliable access to healthy food—is also increasing. 10,11 This rapid increase in need requires WIC program flexibilities and contingencies to safely serve eligible program participants. It also provides opportunities to strengthen WIC's impact during and after this pandemic. This brief (1) summarizes evidence on the effectiveness of WIC; (2) discusses key challenges, program adaptations, and needs resulting from COVID-19, including WIC provisions in the federal COVID-19 stimulus packages to date (additional stimulus packages are expected); and (3) identifies critical knowledge gaps and opportunities with the greatest likelihood to shape future WIC policy and practice.

The Effectiveness of WIC: A Summary of the Evidence

WIC plays a crucial role in improving lifetime health34 and these benefits are well established in the scientific literature for both mothers and children (Table 1). Updates to the WIC package in 200912 that increased fruits, vegetables, whole grains, and lower-fat milk, and expanded cultural food options resulted in additional positive changes to health and well-being (Table 2). Evidence is also developing regarding the cost-effectiveness of different facets of the WIC program. 13 For example, when considering how WIC's programs. for prenatal care impact birth outcomes, a \$1 WIC investment is estimated to save about \$2.50 in medical, educational, and worker productivity costs due to WIC's reduction in pre-term births and improved health and development.



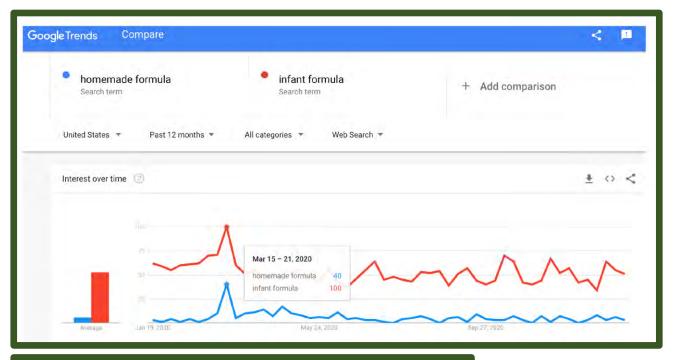
About WIC

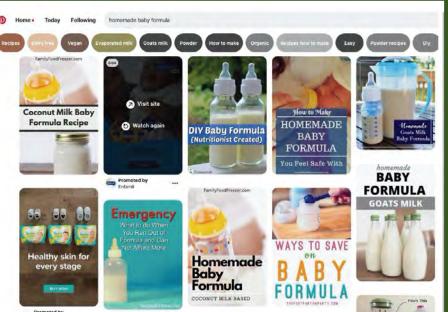
Administered by the USDA, WIC provides Organizations, the District of Columbia, and five territories) for supplemental food and beverages (called a nutrition prescription or the WIC food packages⁶), and to oversee essential WIC activities. States administer the WIC program by:

- Certifying participants' eligibility.
- Managing enrollment and recertification.
- Providing nutrition education (contacts) at least every 6 months).
- Providing referrals to healthcare and other social services.
- Providing breastfeeding promotion and support.
- WIC-eligible foods and beverages.

federal grants to states (including Indian Tribal

- Distributing and tracking benefits.
- Working with certified retailers to provide





Bertman F, Dunn C, Racine B, Fleischhacker S. J. Acad Nutr Diet. 2021

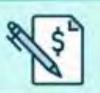
Healthy Eating Research A National Program of the Robert Wood Johnson Foundation

Evidence-based opportunity areas

Approaches to increase SNAP access and adequacy



Increase SNAP participation Increase SNAP benefit adequacy



Federal nutrition education and promotion



Increase SNAP-Ed reach and impact

Foster more resilient food systems



Strengthen the public health impacts of SNAP before, during, and after natural disasters and through resilient food systems

Promote healthier foods in the retail environment



Strengthen requirements for SNAP-authorized retailers to promote healthier retail food environments



Ensure more retailers are authorized for online SNAP

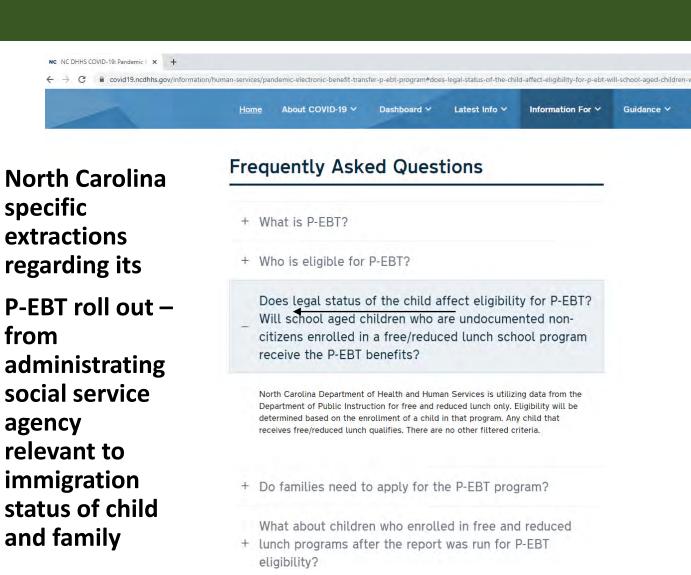


Promote healthier purchases with SNAP benefits, including online purchases



^{*}Racial equity and tribal government equity should be woven throughout all of these opportunities

Lessons Learned from P-EBT Launch



Michigan Department of Education
Office of Health and Nutrition Services

Pandemic Electronic Benefit Transfer Program (P-EBT)
Frequently Asked Questions for Schools

Pandemic Electronic Benefit Transfer Program (P-EBT) food assistance benefits will go to Michigan families with students ages 0-26 that are eligible for Free or Reduced-Price School Meals. This includes families currently receiving Food Assistance Program (FAP) benefits, as well as those not currently enrolled in the program. No application is necessary for eligible families to receive P-EBT benefits.

Q: Are Head Start and/or Great Start Readiness Program (GSRP) families receiving the P-EBT card?

A: Students in Great Start Readiness Programs, GSRP/Head Start Blends, Early Head Start, and Head Start that were reported as part of the Early Childhood Collection as eligible for Free and Reduced-Price Meals or directly certified have been included.

them with this number 1-833-905-0028. Keep in mind they might not answer the questions until then.

P-EBT Student Eligibility

Q: I have multiple school-age children, how much will our family be eligible for?



Policy, Systems, and Environmental Strategies (PSE)

Type of Change	Definition
Policy	Policies at the legislative or organizational level that create or amend laws, ordinances, resolutions, mandates, regulations or rules.
Systems	Change that impact elements of an organization, institution or system. These could be rules, processes, procedures, or infrastructure changes.
Environmental	Alterations to the physical or observable environment. This could also include changes to the economic, social or cultural environment.



Examples of PSE Change Approaches to Support Healthy Eating

Type of Change	Examples		
Policy	 Calorie and nutrient labelling on menus in restaurant and food retail venues. Nutrition standards for food/beverages available in childcare facilities and schools. 		
Systems	 Screening for food insecurity in clinics and developing mechanisms for referral. Incorporating healthy eating education into maternal and early childhood home visiting programs. 		
Environment	 Increasing the availability and affordability of healthier foods/beverages in food retail environments. Charging higher prices for less healthy food and beverages to decrease their use. 		