Nutrition Nibbles: October 2019

**PA NEN News**

**Have Some News?**  
Do you have nutrition news, articles, research, grants, or other opportunities to share? We would love to highlight your information. Email [PA NEN](mailto:PA_NEN@pa.gov) today!

**2020 PA NEN Annual Conference - Call for Speakers!**  
We’re looking for speakers for our 2020 annual conference! Do you have a program that supports the health and wellness of vulnerable populations across our state? Then, we encourage you to apply. Click [here](#) for submission guidelines and more information!

---

**International News**

**World Health Organization Recommends Stronger Focus on Nutrition for Optimal Global Health**  
According to a [recent report](#) from the World Health Organization, a stronger focus on nutrition interventions in health services could save 3.7 million people by 2025. Promoting breastfeeding and limiting drinks with added sugars, can help prevent the development of chronic diseases. In addition, an increased focus in nutrition will address the double burden of malnutrition in underweight and overweight people worldwide.

**New Research Shows that Being Physically Active can Boost Kids’ Exam Grades**  
Children who meet activity guidelines have better self-image.
and healthier mental wellbeing. Now, research is showing that daily exercise can boost academic performance. Check out the data here.

**Prescriptions to Improve Affordability of Healthy Foods**

Produce Rx is a program in Washington, D.C. spanning partnerships across public health, healthcare, and food retailers. The program allows medical professionals to prescribe fresh fruit and vegetables to people with more supports for those living in poverty. Participating patients receive a $20 voucher per week to spend on produce and nutrition services. Read more about this innovative program here.

**Researchers Determine the Global Cost of Not Breastfeeding**

A small group of researchers recently invented a tool to determine the amount of human and economic costs associated with the absence of breastfeeding practices outlined by current global recommendations from the World Health Organization. This new tool suggests that global economic costs of not breastfeeding totaled at an estimate of $341.3 billion US dollars, but it may be even greater. In addition, this research found that an estimated 595,379 childhood deaths and 974,956 cases of childhood obesity can be linked to mothers not following breastfeeding guidelines.

**Australian Teens Who Play Organized Sports Get 7 Minutes More of Weekly Activity than Those Who Don’t**

Australia is working toward a goal of to build a more active Australia with a national sport or physical activity policy. The next steps are to develop a national action plan or evidence-based framework. This seems to be a start. One study monitoring this policy's progress, emphasized that Australian teens involved in organized sports are getting about the same amount of physical activity as those who didn't. The researchers believe that a more directed, collaborative effort is needed to change sedentary behaviors across the nation. Learn more about the changing policy and this study in this article.

**National News**

**Food Assistance During Hurricane Dorian**

Hurricane Dorian wreaked havoc across many southern states. Florida released Supplemental Nutrition Assistance Program benefits early to help people prepare for the storm. Now some are worried that SNAP recipients will run out of food before their new benefits come in next month. Georgians can recoup food lost during the hurricane. They just need to report it.
Salmonella Outbreak Linked to Contact with Live Poultry
There have been over 1,000 cases of salmonella across the United States tied to contact with backyard chickens. Salmonella contamination is not exclusive to raw eggs and raw chicken. It can be contracted from live poultry as well. Always wash your hands after handling live poultry and be sure to keep them outside and away from food preparation areas. More information [here](#).

Food Insecurity Existing Amongst College Students
According to the National Postsecondary Student Aid Study, 39 percent of undergraduates are at or below 130 percent of the federal poverty line. Too, the financial burden of tuition decreases the resources available to purchase food, making food insecurity more prevalent. Food pantries are now emerging on college campuses to help alleviate this problem.

The Robert Wood Johnson Foundation Looks at New Data from their Culture of Health Action Framework
The current data shows that more people appreciate of the social determinants of health and that health is interdependent on the constructs of the surrounding community. However, more action needs to be taken to change the structural and systems-level factors that influence health, well-being and equity. Details about where this foundation is looking to move can be found [here](#).

Recommendations Established to Encourage Consumption of Healthy Drinks for Young Children
A consensus recommendation was made by the Academy of Nutrition and Dietetics, American Academy of Pediatric Dentistry, American Academy of Pediatrics, and American Heart Association on healthy drinks for children from birth to age 5. The beverage recommendations include breast milk, infant formula, water, and plain milk. They discourage consumption of drinks with added sugars, caffeine, and non-dairy milks that provide no nutritional value. More [here](#).

Snacking Trends Across the U.S.
Snacking is very common, as 57% of people snack once a day. This [article](#) outlines the frequency and motives as to why people snack. Don’t miss the helpful information regarding recommendations for snacks in the provided resources.
Western and Central PA Regional Food Map Now Available
An important step in offering food assistance is knowing where clients can obtain food products. This article out of the Pittsburgh Post-Gazette discusses the formulation of a regional food map, spanning a 200-mile radius from the city of Pittsburgh. This map includes Western and Central Pennsylvania, as well as much of West Virginia and shows locations of food producers and processors across the region.

New Changes Made to the Women, Infants, and Children Program in Pennsylvania
Pennsylvania is rolling out eWIC cards, which is an upgrade from the paper checks previously used. The eWIC cards work like debit cards. They are more convenient and allow for multiple purchases throughout the month.

The Truth About Bone Broth and its Health Benefits
Penn State Extension unpacks the hype around bone broth. Despite common messaging, bone broth has an insignificant amount of minerals. Also, the collagen in bone broth does not help strengthen your bones or give you firmer skin.

Resources

The Trust for America’s Health (TFAH) shares updates on obesity rates across the nation. The newly released data show that obesity rates are at 35 percent or higher in 9 states 2% higher than last year. They also note that racial, ethnic, gender and geographic disparities in obesity rates continue to persist. Also included are 31 recommendations a
multi-sector approach to improve food access, nutrition and physical activity.

**Lessons Learned from Robert Wood Johnson Foundation Culture of Health Prize Winners**
The University of Wisconsin Population Health Institute has released *Actions Toward Equity: Strategies Communities Are Using to Ensure Everyone Has a Fair and Just Opportunity for Health*, a new report that explores what has been learned by the Robert Wood Johnson Foundation Culture of Health Prize Winners. The report offers guidance for leaders supporting their communities fighting for an opportunity for health and wellness.

**Feeding America Releases a Report on Seniors Living with Food Insecurity**
The State of Senior Hunger in America annual report series, published by Feeding America. It documents the prevalence of food insecurity among the senior population age 60 and older in the United States. The most recent report, using 2017 data, found that 5.5 million seniors (7.7%) of the senior population were food insecure in 2017. With the senior population expected to grow, this analysis reveals ideas for meeting the challenges faced today and in the future. An emphasis was placed on the role of nutrition educators to enhance their understanding of how food insecurity impacts health. The full report or executive summary can be found [here](#).

**Household Food Purchases Change in Parenthood**
As a result of examining household changes in produce purchases among new parents, the Nielsen Homescan panel has found that parenthood has led to an increased portion of the food budget being spent on produce. View the journal article on their research [here](#).

---

**Social Media**

**Join in on Hunger Action Month!**
September is Hunger Action Month! You can raise awareness and act on the hunger crisis by volunteering, providing food for your food bank, and supporting the cause by wearing orange. Anything you do, you can always share on social media by using the hashtag, #EveryActionCounts and #hungeractionmonth on your social media posts supporting the cause.

---

**Webinars and Podcasts**

**Webinar on Using Skin Carotenoid Status Technology to Evaluate Community Nutrition Interventions**
Join the Society of Nutrition Education and Behavior on October 11, 2019 from 12:00-1:00 PM (EST) for a webinar on the use of reflectance spectroscopy technology to determine skin carotenoid status and if it is an effective measure of vegetable and fruit intake. The participants for the presented study were corner store customers.
in Eastern North Carolina. Almost half of participants had an annual household income of less than $25,000. Dietitians and dietician technicians will receive 1 continuing education credit for live attendance. There is a non-member registration fee of $25.00. Register for the webinar here.

Let's Talk: Food Insecurity Webinar with Dr. Saba Khan, MD
On Wednesday October 16, 2019 from 12:15-1:30 PM, join the PA Chapter of the American Academy of Pediatrics for a webinar on food insecurity presented by Dr. Saba Khan, MD. Participants will learn about the American Academy of Pediatrics food insecurity screening tool and how to refer patients to local food security resources. Register for the webinar here.

Listen to the Food Tank Podcast: “Food Is No Longer the Hunger Solution”
Listen to the Food Talk live event hosted by Dani Nierenberg at New York University on the status of equity on the food system. Key players in the food system spoke on their thoughts on hunger. The speakers discuss how racism, discrimination, and other social injustices are the root problem for hunger today and that food is one of many solutions.

Events

National Food Recovery Dialog
This event is sponsored by the Food Recovery Network, a student-led movement against food waste and hunger and will be held on October 5-6 at Drexel University in Philadelphia. It costs $85 to attend and all professionals within the food recovery sector are invited to attend. Much more detail about the event can be found here.

The Greater York Crop Hunger Walk
The York County Food Bank is hosting its 50th event! On October 13 at 1:30 PM. You can join as a register, start a team, and find more information at this website. This event does come at a cost.

Ready, Set, Evaluate Your Coalition Building Event
On Wednesday October 2, 2019 from 9:00 AM-3:00 PM, you can join the Pennsylvania Society of Public Health Educator’s event at Dixon University in Harrisburg, PA. It costs $100 AND $125 after September 15. Participants will learn from nationally acclaimed Coalition builder, Frances Dunn Butterfoss. She will help you answer questions about methods and measures for evaluating coalition effectiveness. CHES/MCHES advanced-level Category I continuing contact hours are
pending. Learn more about the event from Laurie Welch at her email or 570-726-0022.

---

**Grants & Opportunities**

**National Collaborative on Childhood Obesity Research (NCCOR) Funding Opportunities**
The NCCOR grants for 2019-2022 are posted [here](#). Check out which grants you are eligible for, and apply today!

**Action for Healthy Kids School Grants**
Find school food and nutrition grants available in your state for the 2019 school year.

**Agriculture Projects Funded in Pennsylvania by USDA’s SARE Program**
The Sustainable Agriculture Research and Education (SARE) program has funded various grants to Pennsylvania since 1988. Review the grants list, project leaders, and funding levels [here](#).

**The Robert Wood Johnson Foundation Grants**
RWJF works to improve health and health care for all. To do this, they provide grants across the United States. Browse their [database](#) for current and past grants.

**The Administration for Community Living Grant Opportunities**
Food and nutrition grant opportunities can be found in [this archive](#).

**Federal Nutrition Grants**
Government food and nutrition grants are all listed on [Grants.gov](#).