

*CDC's Division of Nutrition, Physical Activity, and Obesity*

## WEEKLY DIGEST

With COVID-19 Resources

October 22, 2021

Hello!

Below you will find the Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion's, Division of Nutrition, Physical Activity, and Obesity (DNPAO) Weekly Digest. This week's digest contains COVID-19 resources and information related to chronic disease prevention and community health from a variety of sources. Feel free to share this e-mail with your peers and partners. If you would like to subscribe or unsubscribe, send your name, organization, and e-mail address to [dnpaoprogram@cdc.gov](mailto:dnpaoprogram@cdc.gov) indicating whether you wish to subscribe or unsubscribe.

### **SPAN/REACH/HOP Highlight from the Field**

*"Over the River and Through the Woods to Food Equity We Go!"* Year 3 was an opportunity to resume pre-pandemic activities in nutrition for RAO Community Health REACH program in North Carolina. The seven-day specialty food box program piloted by Loaves & Fishes/Friendship Trays is officially off the ground! Loaves & Fishes/Friendship Trays, in partnership with Novant and Atrium Health, are now deploying two mobile food pharmacies to six different locations in Mecklenburg County delivering 150 specialty food boxes per week. They are also opening their first brick and mortar location, Sanger, which will be housed in Ascension Lutheran Church, which will provide 96% of specialty boxes. This location is especially advantageous, as it is across the street from Atrium Health Carolinas Medical Center who will be administrating patient referrals. This close proximity will create a one stop shop for healthcare and resources for those in need. For year 4, we look forward to collaborating with our new partners of Expanded Food and Nutrition Education Program (EFNEP) and North Carolina State University (NCSU), as well as our continued partners.

#### **Nutrition**

- Upcoming Webinar: Measuring Food Insecurity
- Upcoming Webinar: Honoring History and Culture Through Farm to School Curriculum
- Upcoming Summit: The National Rural Grocery Summit

#### **Physical Activity Resources**

- New Funding Opportunity: Recreation Economy for Rural Communities Planning Assistance

#### **Health Equity**

- No New Updates

### **Breastfeeding**

- New Data Available: CDC's 2020 mPINC national and state reports

### **Early Childcare and Education Settings (ECE)**

- New Resources: Yes! Kids Can Learn to Love Veggies!
- New Resource: Healthy Eating Research Recommendations for Creating Health Eating Habits for Kids Age 2 to 8

### **Tobacco Cessation and Smoking Prevention**

- No New Updates

### **General Resources**

- No New Resources

## **Nutrition**

### **Upcoming Webinar: Measuring Food Insecurity**

Tuesday, October 26th, 2021

9:30 – 10:30 AM EST

Register [Here](#)

Measuring food insecurity is critical for developing food assistance programs; evaluating nutrition, health, and development initiatives; and informing food policy across sectors. Hunter College NYC Food Policy Center will speak with experts to explore how food insecurity has been measured and if new tools are needed to accurately assess food insecurity following the COVID-19 pandemic.

### **Upcoming Webinar: Honoring History and Culture Through Farm to School Curriculum**

Wednesday, October 27th, 2021

3:00 – 4:00 PM EST

Register [Here](#)

Explore culturally relevant teaching practices that honor history and culture that you can embed in all of your school garden lessons.

### **Upcoming Summit: The National Rural Grocery Summit**

June 20th – June 21st, 2022

Details [Here](#)

The National Rural Grocery Summit is the premier networking and resource-sharing venue for independent grocers and rural food access stakeholders. This biennial summit brings together store owners, citizen leaders, food suppliers, academic researchers, healthy food access practitioners, policy makers, and funders to learn from and strategize with one another about sustaining rural grocery stores and improving rural access to healthy foods. A call for proposals will be issued later this fall, and registration will open in early 2022. Stay tuned.

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## Physical Activity

### **New Funding Opportunity: Recreation Economy for Rural Communities Planning Assistance**

Deadline: Monday, November 22<sup>nd</sup>  
Apply [here](#)

Last week the EPA Office of Revitalization announced an invitation for communities to apply for Recreation Economy for Rural Communities planning assistance! There will be a webinar on October 27th to share more information about the program and how to apply. More information and details (including a video featuring one of our pilot communities – Giles County, Virginia) are posted on the newly-updated RERC website!  
<https://www.epa.gov/smartgrowth/recreation-economy-rural-communities>

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## Health Equity Resources

### **No New Resources**

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## Breastfeeding Resources

### **New Data Available: CDC's 2020 mPINC national and state reports**

CDC released the 2020 [Maternity Practices in Infant Nutrition and Care \(mPINC\) State Reports](#) and [2020 mPINC National Report](#). All hospitals with maternity services are invited to participate in CDC's mPINC survey. In 2020, 75% of all facilities chose to participate. National and state reports summarize the strength of breastfeeding support in hospitals across the nation and in each state and territory, as well as the areas that could be improved. These reports identify opportunities for states to better protect, promote, and support breastfeeding mothers and infants. The mPINC survey was redesigned in 2018. Results from the 2018 and 2020 mPINC survey cannot be compared with results from previous mPINC surveys. Email [mPINC@cdc.gov](mailto:mPINC@cdc.gov) with any questions.

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## Early Childcare and Education Settings (ECE)

### **New Resources: Yes! Kids Can Learn to Love Veggies!**

Partnership for Healthier America (PHA) published a [white paper](#) compiling evidence that shows it is important to include in young children's diets, varied and positive exposures to the tastes, flavors, and textures of a variety of vegetables. Key findings from the white paper include: Veggies early and often are critical to a happy, healthy life; through exposure early and often, kids can grow to love veggies; early veggie variety is key to raising an adventurous, healthy eater; and role model for kids—cook and eat a balanced, plant-forward diet. You can

watch a [recorded webinar for Early Educators](#) who are interested in working with families and caregivers to raise a generation of veggie lovers. Check out [PHA's Veggies Early & Often Resource List for ECEs here](#).

## **New Resource: Healthy Eating Research Recommendations for Creating Health Eating Habits for Kids 2 to 8**

Healthy Eating Research recently released recommendations for creating healthy eating habits for kids ages 2 to 8. The recommendations were developed by a panel of experts in nutrition, pediatrics, psychology, family medicine, sociology, and child development, and focus on how to feed kids ages 2 to 8. This age range is a critical period for developing food preferences and establishing healthy eating habits that will last into adulthood. It is also a time when reluctance to eat new foods and other picky eating habits are common, which can be a big source of stress for parents. The research-based recommendations show that autonomy, structure, and repetition are key to helping young children develop healthy eating habits. Here's a snapshot of the findings:

- Supporting children's independence in learning to accept healthful foods makes a difference. Giving kids autonomy helps you to raise healthy, independent eaters.
- Structuring the food environment to provide children with abundant opportunities to learn about and have positive experiences with healthy foods is important.
- It takes time and repetition for kids to develop new healthy eating habits, including trying and tasting new foods; repeated exposure to new, healthy foods matters.

Visit HER's [website](#) for the complete list and background evidence, as well as a [suite of materials for parents and caregivers](#) including tip sheets, graphics, videos, and answers to common feeding and eating challenges.

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## **Tobacco Cessation and Smoking Prevention**

**No New Updates**

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## **General Resources**

**No New Resources**

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