



Your Nutrition News Resource

Nutrition News Nibbles: November 2019



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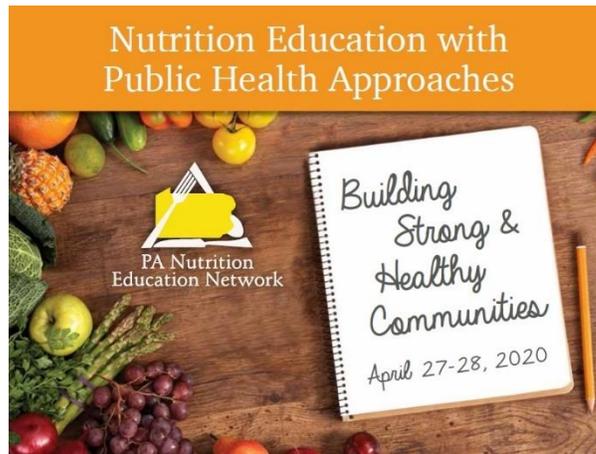
PA NEN News

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](#) 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



Research on Food Taxes and Subsidies Reduce Global Obesity Rates

Researchers looked at [study](#) participants' behaviors in grocery store simulations to figure out the factors that impact their purchasing patterns. Will people buy differently because of food ingredient taxes or subsidies to support people purchasing healthier foods? It's believed that improving consumer choice would reduce the global obesity epidemic.



[Resources for Health Pros](#)



[Food Policy Updates](#)



[**Germany Set to Introduce Voluntary Food Label Called, NutriScore**](#)

This [system](#) creates a voluntary labeling system that classifies food and beverages according to their nutritional profile by using color-coded system with a scale ranging from A (healthier) to E (less healthy). Many Germans favor the labels, and advocates wish it was a mandated categorization system throughout the EU.



[**What's Behind the Red Meat Consumption Controversy**](#)

Harvard digs deep into the reality behind the newest research which seemed to go against a recommendation to reduce red meat consumption. Researchers provide an in-depth [analysis](#) of the guidelines to date. Essentially, people should look beyond sensational headlines and understand that research is a long evolving process. Each piece of research has its place and shouldn't automatically dispel what previously was done.

[**Last month, the World Celebrated Farm to School Month**](#)

Highlighted within this [News real](#) are celebrations that included naming a dairy cow, emphasis on indigenous foods, advocacy for the Farm to School component of the Child Nutrition Reauthorization Bill and more.

[**The World Health Organization Predicts that 250 Million Children will be Obese by 2030**](#)

100 million additional kids will be obese 10 years from now. These numbers could overwhelm health services and stress the need for preventative care. See the predictions and their implications in this [article](#).

[**The Conversation is Starting about Impact of Exercise's on Grades**](#)

A [recent review](#) looked at physically active kids and their academic accomplishments. Regular activity and play was associated with better standardized testing and performance in the classroom. Much more research on this relationship needs to be done. In the meantime, encouraging movement at a young age could foster a healthier generation.

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Teens Playing Sports at School are Only 7 Minutes More Active than Those Who Do Not

Teens are asked to get 60 minutes of physical activity a day. However, in Australia, only 6% of kids meet that guideline. A [study](#) of over 350 teens showed that teens averaged 27 minutes of activity daily. Those who played organized sports only worked out 7 minutes longer. These results will act as a baseline for Australia's blue print for better health. They emphasize that improvements in this sector are necessary. Coordination between schools, the health sector, urban planning, transport, justice, disability organizations and many more sectors will be necessary.

What Would Happen If Obesity was Seen as a Disease?

Viewing obesity as a disease state would reduce weight bias, push research in this arena, support treatment regimens, allow doctors to bill for treating it, encourage various health professionals to get food and nutrition training, and open the opportunity for integrated public health funding. However, some believe that this designation would push un-needed weight loss surgery or have people consider this an issue of their physiology and might not take personal responsibility for it. By placing the blame on our body, we ignore all the other forces at fault, like physical barriers, safety outdoors, diet culture, etc. [Read more](#).

National News

US Cities Banning New Fast Food Drive-Throughs in an Effort to Curb Obesity

Various urban areas are creating [ordinances that ban drive-throughs](#). It's thought that zoning like this protects residents from high-calorie, high-fat foods. Though this is one avenue to support the reduction of the obesity epidemic, there are other ways to put more pressure on industry to modify the foods they offer.

Home Gardening and Nutrition Education Contributes to Better Eating Habits for the Low-Income

According to [research](#) within the Journal of the Society of Nutrition Education and Behavior, home gardening combined with nutrition education contributes to better health outcomes, social connection and urban development. The program highlighted within the research worked to grow organic foods in 32 low-income Latina women's household. Every participant ate more fruits and vegetables afterward.

Study Shows that Students are not Allotted Enough Time to Eat Lunch

There is no federal standard for how long lunch periods should be. That's left up to school districts to decide. However, experts recommend the ideal time is 30 minutes with 25 minutes seated. This [study](#) looked at more than 1,000 students. Most had lunch periods ranging from 20 to 30 minutes. Because they didn't have enough time to eat, they were throwing away on average between

10% to 13% of their meal, including the entrée, vegetables and fruits.

[More Seniors are Being Affected by Food Insecurity](#)

A [publication](#) within JAMA Internal Medicine indicates that “nearly 1 in 10 Medicare enrollees age 65 and over and 4 in 10 enrollees younger than 65 with long-term disabilities experience food insecurity.” Seniors suffering from food insecurity forgo their daily medicines so they can eat which can affect their health status. That’s why the Centers for Medicare and Medicaid Services has changed rules to allow private Advantage plans that contract with the government to provide health benefits to seniors to cover more supplemental benefits like food delivery, outpatient food pharmacies, food/care-packages at hospital discharge, access to ride-share transportation and more. See how these plans address food insecurities and other social determinants of health [here](#) and [there](#).



[A No Kids Hungry Grant Provides Second-Chance Breakfast to Students in Virginia](#)

With [this grant](#), a high school café opened making healthier foods available beyond lunch and breakfast hours.

[How Geographic Information Systems Mapping is used to Promote Healthier Communities](#)

From bike lanes to creating safer walking routes to school, mapping and data combine to help researchers and public health specialist to build a case for a healthier community. Read [this article](#) to gain an understanding about how communities are putting this research into practice.

[School District in Florida Combats Food Waste by Donating Food to Food Bank](#)

This [school](#) doesn’t want to be feeding trash cans instead of students. So, they’re donating food to their local food bank. Recently, the school provided 600 pounds of food (500 meals). It’s so exciting to see how far-reaching this program might be.

[The U.S. Department of Agriculture Report Reveals a Decline in Hunger, but Trump's Proposals against the SNAP Program Could Reverse It](#)

Hunger statistics show that in Pennsylvania, household food insecurity in 2018 was 11.1%, the same as the national numbers and a decline from 12.4% in 2015. Feeding America shared that household food insecurity in Philadelphia is about 20%. [Read](#) how this new proposal could affect these numbers.

[Pennsylvania Senate Panel Meeting on Food Accessibility and Waste](#)

Senate members wanted to hear about the most up-to-date ways food access and food waste issues that are being addressed in the educational setting. [Testimonies](#) from people working in this realm covered farm to school movements, variation in food offerings based on healthy guidelines, novel foodservice programs, and food marketing tactics.

[Central Pennsylvania Food Bank Receives Grant to Support Child Hunger Relief Programs](#)

\$122 thousand dollars will be [put to good use](#) to revamp the Central Pennsylvania Food Banks services for children. They will be restructuring traditional Backpack programs, that only provide a child with foods for the weekend, into school pantry and mobile distribution programs that feed the whole family. Sheetz stores will also be donating foods that would have been wasted to Feeding America Food Banks like this one.

[Pennsylvania Department of Human Services Secretary \(DHS\), Teresa Miller Visits Lion's Pantry at State College](#)

Teresa [visited](#) a collegiate food pantry in State College during her trek to Pennsylvania's charitable food organizations in September, Hunger Action Month.

[Money Provided for Health Education in North Philadelphia's Health Enterprise Zone \(HEZ\)](#)

Governor Tom Wolf announced details of projects selected to support improved health outcomes in North Philadelphia's HEZ, an eight-mile area in Philadelphia with a large Medicaid population but poor health outcomes. In February, awards amounting to \$3 million were provided to five programs to create projects supporting health education and promotion for children, older adults, and frequent users of medical services. Learn more about the awards [here](#).

[Philadelphia Legislation Passed to Offer Healthy Drinks on Children's Menus](#)

Under [this bill](#), restaurants with children's menus will offer a healthy beverage option — such as water, nonfat milk or 100% juice — before sugary beverages like soda. The legislation does not prevent restaurants from selling or customers from buying other types of beverages. These efforts are to curb the amount of sugary beverages that children are drinking throughout the city. Currently, 66% of kids drink at least one a day.

[Find a Food Pantry in our State](#)

[Find a food pantry](#) across our state by clicking on the Governor's

Food Security Partnership's website mapping tool. Type your zip code and county to find a location near you!

Food Policy

Hearing on Proposed School Meals Cuts

Last week, the House Education and Labor Committee held a hearing on the impact of the proposed categorical eligibility rule on free school meals. A webcast of the hearing may be accessed [here](#). 1 million kids might lose their free school meals, more families would go hungry and administrative costs for implementing these proposed changes would cost billions, according to the US Department of Agriculture's (USDA's) [analysis](#). Even more on the policy changes can be found [here](#). The [public comments](#) on the adjustments to categorical eligibility proposal has been reopened until today.

New Public Charge Legislation Caught Up in the Courts

Vermont, New York state, Connecticut, and New York City [prosecutors challenged](#) this [Public Charge Rule](#) that was set to take effect on Oct. 15, 2019. However, the effective date of the final rule was postponed until there is final resolution in the cases. Two of the injunctions are nationwide and prevent implementing the rule anywhere. Right now, Trump's approach would try to stop immigrants from receiving their green card if they've taken part in cash assistance, income maintenance, government support for long-term institutionalization, food and nutrition assistance and housing support. Currently, confusion over this proposed rule has led many people to avoid Public Assistance.

FDA STATEMENT

Statement on measuring the progress being made through implementing the FDA Food Safety Modernization Act

[The Newest Food Safety Modernization Act will have Updated Food Tracking and Monitoring](#)

This [Act](#) is looking to incorporate new technologies to create a digital, block chain-based, fast-paced tracking system that will identify contaminated food within seconds. The Food and Drug Administration (FDA) hopes to provide a blueprint of the planning process and food safety initiatives in early 2020, and in September, the [new Food Safety Dashboard was launched](#). It's a part of [FDA-TRACK](#), a tool the FDA uses to monitor certain FDA programs through key performance measures and projects. Regularly, it's updated to ensure transparency to the public. Read more on the various changes, [here](#).

Resources

[Healthy Drinks. Healthy Kids. Campaign Toolkit](#)

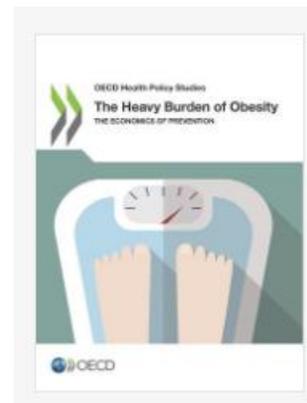
This is a [toolkit and project](#) by Healthy Eating Research, a national program of the Robert Wood Johnson Foundation. The beverage recommendations are based on scientific research and were reached through consensus by the following organizations: Academy of Nutrition and Dietetics, American Academy of Pediatric Dentists, American Academy of Pediatrics, American Heart Association. Check out their resources, printouts, and other information sheets for the public.

[A Report Outlines Summer Programs and Their Effect on Children](#)

The National Academies of Sciences, Engineering and Medicine released a report called, "[Shaping Summertime Experiences: Opportunities to Promote Healthy Development and Well-Being for Children and Youth](#)". It lays out recommendations addressing obstacles that are faced by low-income children including lack of access to quality programs, food insecurity, food access, and more.

October 11 was World Obesity Day. Here are Reports Released Surrounding this Subject Area:

- "[The State of Obesity: Better Policies for a Healthier America](#)" by the Trust for America's Health outlines updated obesity and health equity statistics.



- "[The Heavy Burden of Obesity: The Economics of Prevention](#)" by the Organization for Economic Co-operation and Development (OECD) is a report that looks at the social, economic and individual consequences of the obesity epidemic within the G20 countries (approximately 52 countries). OECD countries spend 8.4% of their total health budget on treating obesity-related diseases, the equivalent of about \$209 per person each year. More statistics can be found in the report and summaries.
- "[Time to Solve Childhood Obesity](#)" by the UK's Chief Medical Officer, Professor Dame Sally Davies is a report to

UK politicians and policy makers striving to halve childhood obesity in England by 2030.

- "[State of Childhood Obesity: Helping All Children Grow Up Healthy](#)" by the Robert Wood Johnson Foundation denotes rates, growth, and ethnic disparities within the realm of childhood obesity.
- The "[Lancet Global Syndemic](#)" report outlines obesity rates, the need for dietary change for human health and the environment. It states that obesity treatments are hampered by government, food industry opposition and weak civil society.
- The World Obesity Federation published the "[Atlas of Childhood Obesity](#)" showing details of obesity statistics, risk factors and policies for virtually every country worldwide. Of the 196 countries analyzed, 8 out of 10 countries have less than a ten percent chance of meeting their obesity reduction targets by 2025.

Social Media

[#FNCE2019 - A Resource for Those Missing the National Food and Nutrition Conference and Expo](#)

Are you missing the Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo this year? Follow [#FNCE2019 on Twitter](#) to learn more and gain resources from the leading programs, engaging workshops, stellar poster presentations and more.

Events

[Lebanon County Coalition to End Homelessness](#)

On Friday, November 8th from 11:30 AM-1:00 PM at Hebron Banquet Hall, the Lebanon County Coalition to End Homelessness is hosting an interactive lunch that will explore different levels of wealth impacting people's lives. How would it feel to choose between food and rent, food and medicine, food or heat? Find out here. Learn more at this [link](#).

[National Good Food Network Conference on March 2020](#)

This conference brings together change-makers in various fields working toward food system transformation. Moving to food that is healthy, fair and affordable is a huge challenge, and this conference acts as a nexus for everyone involved. Learn more about the conference and its cost at [this site](#).

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](#).

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