



Your Nutrition News Resource

Nutrition News Nibbles: August 2019



[Archive](#)

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

Look Beyond Hunger

The Food and Agricultural Organization and 4 other UN agencies wrote a report urging people to look beyond producing more food to end food insecurity. 1 in 4 people lack access to healthy foods, and obesity rates now outnumber the amount of malnourished people. Read more on the complicated matter [here](#).

Is There a Link Between Sugar and Cancer?

A new study finds that drinking sugary beverages may raise your risk

By Hollie Levine
July 11, 2019



Sugary Beverage Consumption Linked to Increased Mortality – What Does this Study Actually Mean?

In a large, prospective cohort study of more than 100,000 French adults, it was found that increased consumption of sugary drinks and 100 percent fruit juices were associated with an increased risk



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of cancer. Low-calorie beverages, unsweetened tea, coffee, and water were not associated with the risk. This study reveals a association between sugary drinks and cancer; one factor didn't cause the other. Learn more about the meaning behind these findings [here](#).

[Baby Foods are Wrongly Marketed for Infants in Europe](#)

Two United Nations [studies](#) recently found that baby foods were inappropriately marketed for infants under six-months who should be exclusively breast- or bottle-fed. Out of the 7,955 baby food products analyzed, about 28-60% of the products were marketed as suitable for infants under six months of age, which is a concern due to the high sugar content of the food items.

National News

[Overweight, Malnourished, and Hungry](#)

13% of the world's overweight people live in the US. But many of the same people struggling with their weight regularly go to bed hungry. Food-insecure adults are 32% more likely than others to be obese. This occurrence has risen drastically over the past 50 years. Lots of innovative food and nutrition programming can help resolve this issue. [Read more](#).

[The FDA Works to Avoid Food Waste and Clarify Packaged Foods' Expiration Dates and Labels](#)

Americans throw out a third of their food — about \$161 billion worth each year. Consumer uncertainty about the meaning of the dates and labels of packaged foods contributes to 20% of food waste in the home. This [article](#) from the Food & Drug Administration (FDA) helps dispel the confusion and provides links to further resources.

[Americans Continue to Increase Consumption of Meats](#)

In the past 18 years, the amount of processed meats (i.e. hot dogs, bacon, ham, and other luncheon meats) consumed has remained unchanged, yet people still eat too much meat. It has been found that Americans are eating less beef and more chicken. [Read more](#) on this latest study.

[Meals on Wheels Drivers Uses Mobile App to Monitor Senior Health](#)

A [study](#) shows Meals on Wheels drivers are being used for more than just delivering food. They are alerting care coordinators through a mobile app when noticing a health change in their senior customers. This system encourages care coordinators to follow up with the seniors to provide support and medical attention, if necessary.

Local News



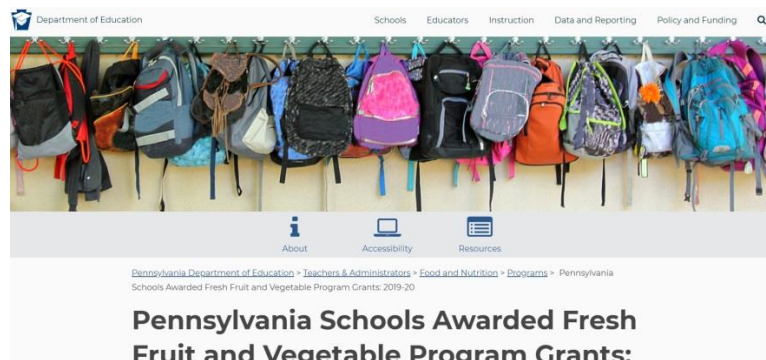
717.233.1791
pa_nen@phmc.org

[A Local School District Threatens to Put Students in Foster Care for Unpaid Lunches- The Story Goes Viral](#)

A school Luzerne County frightened parents who owe school lunch fees with the threat of placing family separation, if fees go unpaid. This [article](#) shares more context behind the lunch shaming and what local politicians had to say about it. The local child welfare agency [denounced](#) this threat.

[Cheap and Affordable Food Market on Wheels](#)

Throughout Chester County, The Fresh2You Mobile Market is bringing fresh and cheap produce to the community. Those who purchase from the truck receive "veggie bucks", which provide extra dollars for more food to be bought each returning visit. Fresh2You also promotes shopping for individuals on the Supplemental Nutrition Assistance Program (SNAP) and Farmers Market Nutrition Program (FMNP). [Check out truck locations near you.](#)



[Fresh Fruits and Vegetables Provided to Over 220 Elementary Schools](#)

The U.S. Department of Agriculture's Fresh Fruit and Vegetable Program (FFVP) provides fresh produce to elementary school students. According to Governor Tom Wolf, this opportunity will be given to more than 220 elementary schools in Pennsylvania. [Read more](#) to learn about the grant and other projects Governor Wolf has completed to combat hunger. Check out which schools are receiving [this grant](#).

[Staying Hydrated During the Summer from Penn State Extension](#)

The summer months encourages increased outdoor activities in the hot sun. However, it is important to drink up to reduce the risk of dehydration. Learn to recognize the signs of dehydration and more in Penn State Cooperative Extension's [article](#).

[Increasing Participation in Senior Food Boxes in Westmoreland County](#)

The Westmoreland County Food Bank currently serves 1300 seniors with monthly food boxes through the Commodity Supplemental Food Program (CSFP). However, only 10% of the eligible seniors in the county are taking advantage of the program. The food bank is looking to work with local organizations to encourage more seniors to sign up for the program. More [here](#).

Food Policy

[You Can Get Involved in the Development of the Dietary Guidelines](#)

The Dietary Guidelines are currently being developed. You can get involved by reviewing [this website](#) regularly for updates, attending or viewing recordings of public meetings, and providing comments.



Food stamp beneficiaries doing their groceries shopping at Agranel Supermarket in Manati, Puerto Rico. | Dennis M. Rivera
Richardo/Washington Post/Getty Images

[SNAP Revisions Look to Reduce the Amount of People Utilizing this Program](#)

The Supplemental Nutrition Assistance Program (SNAP) will potentially change their categorical eligibility policy, taking 3 million people's assistance away from them. This adjustment can occur without congressional approval. Details about this change are clearly explained in [this article](#). The proposed rule is actually located [here](#) and a brief announcement [here](#). It was published in the Federal Register on July 24, kicking off a 60-day public comment period. All [comments](#) must be received by USDA's Food and Nutrition Service on or before September 23.

[Why a Revised Poverty Line Could Impact Millions of Americans](#)

A redefined poverty line could limit the number of people eligible for federal programs, like Medicaid and the Supplemental Nutrition and Assistance Program (SNAP). More on the concept [here](#).

[House Advances Agriculture Appropriations Bill](#)

The House Agriculture Appropriations Subcommittee adopted their fiscal year 2020 Agriculture, Rural Development, Food and Drug Administration, and Related Agencies [funding bill](#). It supports the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), the Supplemental Nutrition Assistance Program (SNAP), and child nutrition programs – including the free and reduced school lunch program and summer feeding programs. A press release on the matter can be found [here](#).

Resources

USDA Media Page

Stay updated with the latest US Department of Agriculture news, podcasts, policies, and events. Check out their [site](#) to get connected.



United States Department of Agriculture

Economic
Research
Service
Economic
Information
Bulletin
Number 209
May 2019

Understanding Low-Income and Low-Access Census Tracts Across the Nation: Subnational and Subpopulation Estimates of Access to Healthy Food

Alana Rhone, Michele Ver Ploeg, Ryan Williams, and Vince Breneman



ERS Estimates Access to Healthy Food by Census Tracts

12.7 percent of U.S. census tracts fit the category of low-income, low-access (LILA). This means that a significant share of the population has limited financial resources and access to a high-quality food store. Read more in the Economic Research Services [report](#) and [summary](#).

New! The National Obesity Monitor Tracks National Health Trends for the Past 40 Years

The Robert Wood Johnson Foundation released a [National Obesity Monitor](#), an interactive website that utilized the National Health and Nutrition Examination Survey data collected by the National Center for Health Statistics and funded by the Centers for Disease Control and Prevention for the 40 years. Explore the Monitor for obesity rate trends and other health statistics by age group, sex, race, and ethnicity. Find a report on the data [here](#).

ERS Printed State Fact Sheets

The Economic Research Service's (ERS) [Fact Sheets](#) provide information on population, income, poverty, food security, education, employment/unemployment, and more. Click [here](#) to see their county-level data.

USDA Launches New School Nutrition Training Website

The [Professional Standards Training Database](#) allows school nutrition professionals to search for training that meets their learning needs. Trainings are available in a variety of formats and most are free.

ERS Releases Study of Economic Impact of SNAP Benefits

According to this [new report](#) published by US Department of Agriculture's Economic Research Service (ERS), payments from the Supplemental Nutrition Assistance Program (SNAP) nearly quadrupled between 2001 and 2014. For every \$10,000 in additional SNAP benefits that were spent during this period, employment in non-metropolitan counties increased by 0.4

percent. ERS researchers also found that federal money spent on SNAP benefits between 2008 and 2010 had a much larger impact than other government payments combined, including Social Security, Medicare and unemployment insurance.

[Community Eligibility: The Key to Hunger-Free Schools](#)

The Food Research & Action Council's (FRAC) new report, [Community Eligibility: The Key to Hunger-Free Schools](#), finds that the number of schools participating in community eligibility grew by 14 percent compared to the 2017–2018 school year, with 64.2 percent of eligible schools participating. The Community Eligibility Provision (CEP) allows the nation's highest poverty schools and districts to serve meals at no cost to all enrolled students without collecting applications. Instead, schools are reimbursed using a formula based on the percentage of students eligible for free meals based on eligibility for programs like the Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF).

[Social Media](#)

[Get Resources from a National Nutrition Education Conference Even if You Couldn't Missed It!](#)

Were you unable to make the Society of Nutrition Education and Behavior's conference at the end of July? Follow the hashtag on your [Facebook](#) and [Twitter](#) for resources posted from the conference.

[EatRight Social Media Toolkit: July-September 2019](#)

The Academy of Nutrition and Dietetics offers an interactive [PDF](#) full of celebratory dates, key Academy initiatives, and sample social media posts. This resource provides a template for nutrition-related social media that can be tailored for children, families, and other nutrition professionals.

[Webinars and Podcasts](#)

[Watch House Hearings Regarding SNAP, Single, Able-Bodied Individuals, and Other Issues Pertinent to FNS](#)

Last week, the US Department of Agriculture's Food and Nutrition Service (FNS) Administrator Brandon Lipps [testified](#) before the House Education and Labor Subcommittee on Civil Rights and Human Services describing the Administration's food and nutrition efforts. One focus area was limiting the ability of states to receive federal waivers that allowed single, able-bodied individuals to receive SNAP benefits for longer than 90 days per year.

[Food Tank, The Global Food Think Tank, Upcoming Event In New York](#)

Food Talk with Dani Nierenberg will be hosted in New York City on August 13. This event invites top researchers, business leaders,

and food and health pros to speak about the theme, "Healthy Food at Every Age". Listen online or visit in-person at New York University's Pless Hall from 7:00-10:00 PM. You can [sign up](#) today!

Immigrants and Nutrition Supports

The Food Research & Action Center, National WIC Association, Feeding America, the Protecting Immigrant Families Campaign is hosting a webinar on August 14 at 2:00 PM (EST). It will be about immigrant families' access to nutrition supports, along with barriers that the "public charge" regulations and enforcement creates for immigrants looking to utilize nutrition assistance programs. More details [here](#).

Events



Penn State Nutrition Links Conference - Register Today!

Penn State Extension Nutrition Links' Annual Conference is just around the corner and so is their registration deadline - August 12! On September 10, join this awesome conference for health pros. Attend and build skills for:

- working with clients to provide education about nutrition, food selection, and food behavior
- marketing your program and recruiting attendees
- discovering unique kitchen tools and food trends

This year is also the 50th Anniversary of the Expanded Food and Nutrition Education Program (EFNEP). Ohhhh, let's celebrate! Click [this link](#) for more information.

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.

[Penn State Extension Dining with Diabetes](#)

In September and October, "Dining with Diabetes" is being held as a 5-session workshop offered for people with pre-diabetes. The classes will offer healthy meal planning, food demos, class discussions, and physical activity ideas. A team of trained extension educators, a registered dietitian, and diabetes educators will be leading the classes to provide the best quality experience. Locations include Montrose, Tunkhannock, Catasauqua, Meadville and Leesport. Learn more [here](#).

[Grants & Opportunities](#)

[HHS Works on "Health Literacy" Definition](#)

The Department of Health and Human Service redefined "health literacy" for Healthy People 2030, which sets national health promotion goals. The proposed definition open for comment is: "Health literacy occurs when a society provides accurate health information and services that people can easily find, understand, and use to inform their decisions and actions." Public comments are accepted until August 5. Click [here](#) to add your input.

[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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