



Los Angeles County Department of Public Health

Nutrition and Physical Activity Program Newsletter

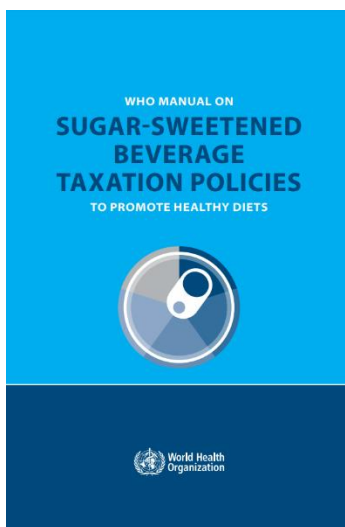
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News and Updates

WHO Manual on Sugar-Sweetened Beverage Taxation Policies

Obesity and diet-related noncommunicable diseases (NCDs) have been steadily increasing globally, and with them, a pressing need to implement effective responses to address the contributing factors. Among the available evidence-based policy options that enable healthier choices and improved diets is the implementation of taxes on sugar-sweetened beverages (SSBs).



The World Health Organization released its first-ever global tax manual for sugar-sweetened beverages. This tax manual is a practical guide for policy-makers and others involved in SSB tax policy development to promote healthy diets and populations. It features summaries and case studies of SSB global taxation evidence, and provides support on the policy-cycle development process to implement SSB taxation — from problem identification and situation analysis through policy design, development and implementation to the monitoring and evaluation phase. Additionally, the manual identifies and debunks industry tactics designed to dissuade policy-makers from implementing these taxes.

SSB taxes can be a win-win-win strategy: a win for public health (and averted health-care costs), a win for government revenue, and a win for health equity. Download the manual [here](#).

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Seeds of Success Toolkit

KidsGardening is excited to announce their new *Seeds of Success Toolkit* (in English and Spanish), just in time for some pre-spring garden planning!

The Seeds of Success Toolkit compiles a wealth of knowledge from school gardeners across the country to provide the necessary resources to initiate and sustain a successful school food garden. The toolkit will provide readers with the who, what, where, why, when, and how behind developing a youth garden program so new garden programs can feel confident in planning and implementation. Download the Toolkit in its entirety or as individual chapters [here](#).



ASCEND for Better Health

The U.S. Department of Agriculture (USDA) recently announced its new Agricultural Science Center of Excellence for Nutrition and Diet for Better Health (ASCEND for Better Health) in support of [President Biden's Cancer Moonshot](#) effort to end cancer as we know it.

This new virtual center will accelerate research on diet-related chronic diseases, including cancer. A long-term goal of the center is to translate research into impactful solutions that improve public health and wellbeing, particularly in underserved communities.

USDA is enhancing its research focus on precision nutrition science to allow us to better understand the needs of underserved communities. This research complements our programmatic efforts to advance food and nutrition security – which means consistent and equitable access to healthy, safe and affordable foods essential to optimal health and well-being. Visit the new virtual center [here](#).

2023 Sugar Reduction Summit



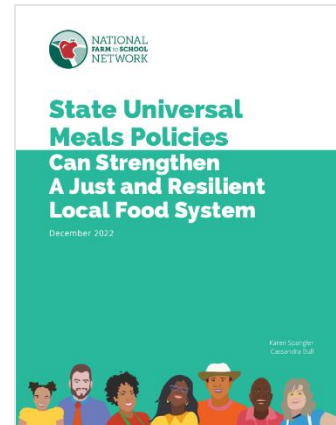
Center for Science in the Public Interest (CSPI) is hosting the 2023 Sugar Reduction Summit, a three-day virtual event that will bring together public health professionals, researchers, public health advocates, and other stakeholders working in the field of sugar/sugary drink reduction. The event is designed to deepen conversation and learning about evidence-based policies that will reduce sales/consumption of sugar and sugary drinks, while building community capacity for advocacy, improving health, and centering health equity.

This summit is open to only: public health professionals, public health advocates, medical and dental professionals, policymakers, public health students, researchers. Click [here](#) to learn more and register.

State Universal Meals Policies Can Strengthen a Just and Resilient Local Food System

The National Farm to School Network (NFSN) has released a new resource as part of our “Who’s At the Table?” campaign, created to support the work of NFSN Partners, food system researchers, advocates, and policymakers.

This short report highlights 14 states that have introduced universal meals legislation. By the end of 2022, six states have enacted universal meals, three of which are permanent policies. This report demonstrates a strong connection between these state policies and farm to school: 10 of the 14 states that have introduced universal meals legislation (79%) have also enacted at least one policy that supports local food purchasing. Several states go above and beyond in supporting local purchases and include additional values in their programs, such as purchasing from BIPOC and other emerging farmers. This report outlines how universal meals policies, local ingredients, and values-based purchasing can create a just and resilient food system. Download the [full report here](#) and learn how you can be involved.



2025 Dietary Guidelines Advisory Committee

The Departments of Health and Human Services (HHS) and Agriculture (USDA) announced the 20 nationally recognized scientific experts who will serve on the 2025 Dietary Guidelines Advisory Committee. The first Committee meeting will be on February 9-10 and will be available to the public to attend virtually.



The independent Committee will review the scientific evidence on nutrition and public health across all life stages and will use a health equity lens to ensure socioeconomic status, race, ethnicity, and culture are considered to the greatest extent possible as reflected in the scientific literature and data.

Today, a [public comment period](#) opened and will remain open throughout the Committee’s work. The public is encouraged to provide comments to the Committee and virtually attend the Committee meetings online.

- See the full list of [Committee members](#).
- [Learn](#) how to virtually attend the Committee meetings and submit public comments.
- Read more about the Dietary Guidelines process at [DietaryGuidelines.gov](#).

The Committee’s work will culminate in a scientific report for the Secretaries of HHS and USDA to consider, along with public and agency comments, as the Departments develop the next edition of the *Dietary Guidelines for Americans*.



Webinars

Food Rooter in Better Cardiometabolic Health

January 24/11:00 am

In this special Produce for Better Health (PBH) Expert Series Webinar, members of the PBH Scientific Advisory Council and Academy-appointed Expert Panel will present the guideline recommendation for flavan-3-ols and cardiometabolic health, including an overview of the flavan-3-ols, the supporting evidence for improved cardiometabolic health and the importance of a food-based approach to intake from a safety perspective. Register [here](#).

Engaging Decision-Makers to Advance Healthy Eating, Physical Activity, and Health Equity Priorities

January 26/10:00 am

Join the CHOICES Community of Practice for a discussion on Thursday, January 26. Oami Amarasingham, Deputy Director of the Massachusetts Public Health Association, will share perspective on engaging decision-makers that may be useful for your work in promoting healthy eating, physical activity, and health equity. Register [here](#).

Become One of America's Healthiest Schools – Start Your 2023 Award Application Today

January 26/4:00 pm

Healthier Generation's prestigious, annual recognition program celebrates schools for implementing best practices to support the physical, mental, and social-emotional health needs of the learning community. During this informational webinar, participants will learn more about our recognition program, how to start the award application and get your questions answered. Register [here](#).

Virtual Workshop Series: Advocating for a Healthier, Sustainable Campus Beverage Environment

January 27/11:00 am

Center for Science in the Public Interest is hosting a series of virtual workshops focused on organizing for a healthier and sustainable beverage environment on college and university campuses. This series is intended for university students, faculty, and staff and advocates for health, sustainability, and food justice. Register [here](#).

Making Food and Nutrition Security a SNAP

January 31/1:00 pm

Join the Bipartisan Policy Center's Food and Nutrition Security Task Force as they discuss new recommendations aimed at strengthening food and nutrition security through SNAP and other federal nutrition assistance programs. Register [here](#).

Aligning Outdoor Learning & Farm to ECE

February 1/9:00 am

Farm to Early Care and Education (ECE) brings three core elements-gardening, food and agriculture education, and local food purchasing into every type of ECE setting. We will explore farm-to-ECE's natural alignment with outdoor learning and learn how the Hand, Heart and Soul Project has utilized farm-to-ECE and outdoor learning together to provide quality child care and connect to the community. Register [here](#).



Funding Opportunities

Grow More Good

Close Date: February 10, 2023

The Scotts Miracle-Gro Foundation and KidsGardening announced the 2023 GroMoreGood Grassroots Grant. This grant will award a total of 160 programs \$500 in funding to start or improve their youth gardens or greenspaces. Any nonprofit organization, school district, university, government entity, or tax-exempt organization, like religious organizations and Tribal governments, in the United States and US Territories serving at least 15 youth are eligible to apply. Learn more [here](#)

Produce to Market

Close Date: February 16, 2023

The City of Long Beach (City), Department of Health and Human Services (Health Department) is seeking to support one or more qualified organizations to plan, implement and evaluate a sustainable program that will allow small, medium and food stores in Long Beach the ability to procure fresh, quality produce at comparable prices to larger grocery markets. The goal is to increase access to fresh produce in priority neighborhoods. Learn more [here](#).

Accountable Communities for Health

Close Date: February 23, 2023

Community Partners, with support from the California Department of Public Health, The California Endowment, and The California Wellness Foundation, released a Request for Proposals (RFP) to establish up to 25 new Accountable Communities for Health. Accountable Communities for Health (ACH) seek to explicitly bring together key sectors, systems, community organizations and residents in order to collectively advance community health and equity. Learn more [here](#).



What We're Reading

Children and Adolescents in the United States with Usual High Added Sugars Intake: Characteristics, Eating Occasions, and Top Sources, 2015–2018

MDPI

This study examines characteristics of US youth who report high intakes of added sugars, as well as the eating occasions and top sources of added sugars that contributed to intakes among consumers with high added sugars intake. Read more [here](#).

High Added Sugars Intake among US Adults: Characteristics, Eating Occasions, and Top Sources, 2015–2018

MDPI

This study examines characteristics of high added sugars consumers among US adults and describes their top 10 sources of added sugar. Read more [here](#).

Recommendations to Strengthen the Impact of SNAP-Ed on Food and Nutrition Security: Perspectives from State SNAP-Ed Agency Leaders

American Public Human Services Association

This brief provides policy opportunities and recommendations to address the challenges and opportunities to grow SNAP-Ed's reach and equitable impact on food and nutrition security. Read more [here](#).

Medicaid is a New Tool to Expand Healthy Food Access

Civil Eats

More states are using Medicaid to develop food-as-medicine initiatives, part of the strategy released by the Biden administration's White House Conference on Hunger. Read more [here](#).

Op-ed: Amid Academic Strikes, UC Students Liberated Their Cafeterias

Civil Eats

Across California, university students are taking over dining halls in solidarity with graduate students on strike. It's also a response to food insecurity and economic injustices on campus. Read more [here](#).

SNAP Linked to Better Health Throughout Life and Lower Health Care Costs

Center on Budget and Policy Priorities

A recent report summarizes 15 years of research linking SNAP with improved health outcomes and lower health care costs. Read more [here](#).



CalFresh Healthy Living Trainings

Training	Date/Time	Format	Registration
FFY23 PEARS Updates Webinar (option #2)	Jan. 23/10:00 am	Zoom Webinar	Register here
Food Smarts Facilitator Training	Jan. 24 & Feb. 7/10:00 am	Virtual Self-Paced + Live Zoom Sessions	Register here
Building Nourishing Pantries	Feb. 8 & 15/10:00 am	Virtual Self-Paced + Live Zoom Sessions	Register here
Emotional First Aid for CFHL Training	Feb. 16 & March 2/10:00 am	Zoom Webinar	Register here
Introduction to Leah's Pantry's PSEs	Feb. 22/10:00 am	Zoom Webinar	Registration coming soon
Food Smarts: Waste Reduction Facilitator Training	Feb. 23/10:00 am	Virtual Self-Paced + Live Zoom Sessions	Register here
Around the Table Facilitator Training	Spring TBD	Virtual Self-Paced + Live Zoom Sessions	Registration coming soon

Visit the [CalFresh Healthy Living Training Calendar page](#) (hosted by Leah's Pantry) for the latest training-related information and calendar of all scheduled trainings and events. Please seek approval from your Project Manager and Contract Manager prior to travel. If you would like to submit content or have any questions or comments about the Nutrition and Physical Activity Program newsletter, please contact Tania Marquez at tmarquez@ph.lacounty.gov.