

NPI helping to improve population health



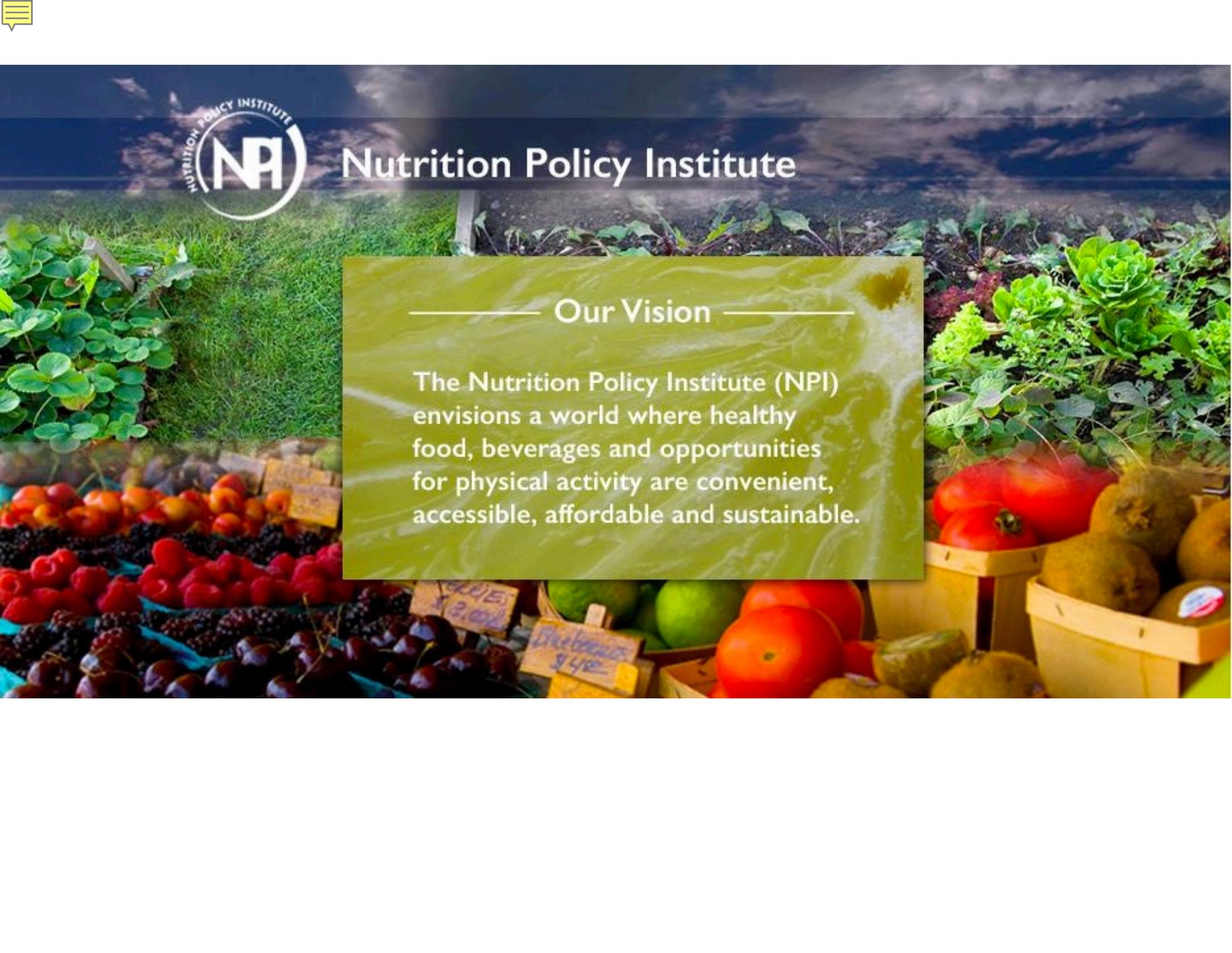
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Nutrition Policy Institute

Our Vision

The Nutrition Policy Institute (NPI) envisions a world where healthy food, beverages and opportunities for physical activity are convenient, accessible, affordable and sustainable.



School Food

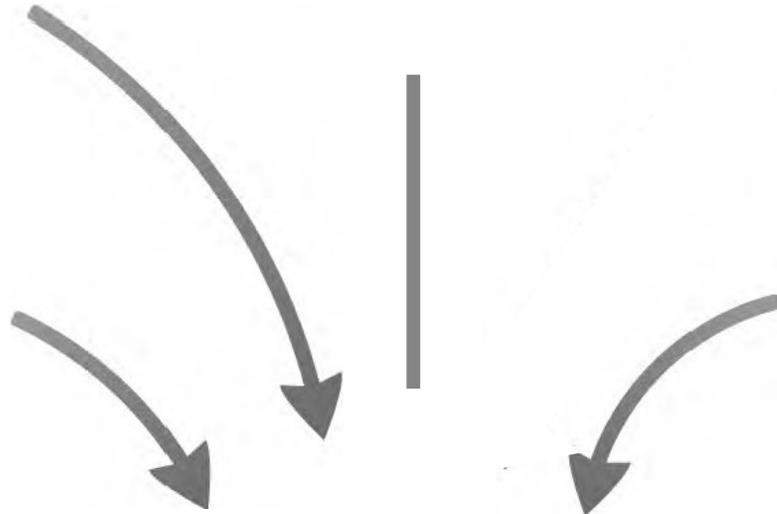
Food assistance



Childcare



Food environment



Childcare



1

1/4 of children are too heavy when they start school. More than a quarter of children attend center-based childcare.



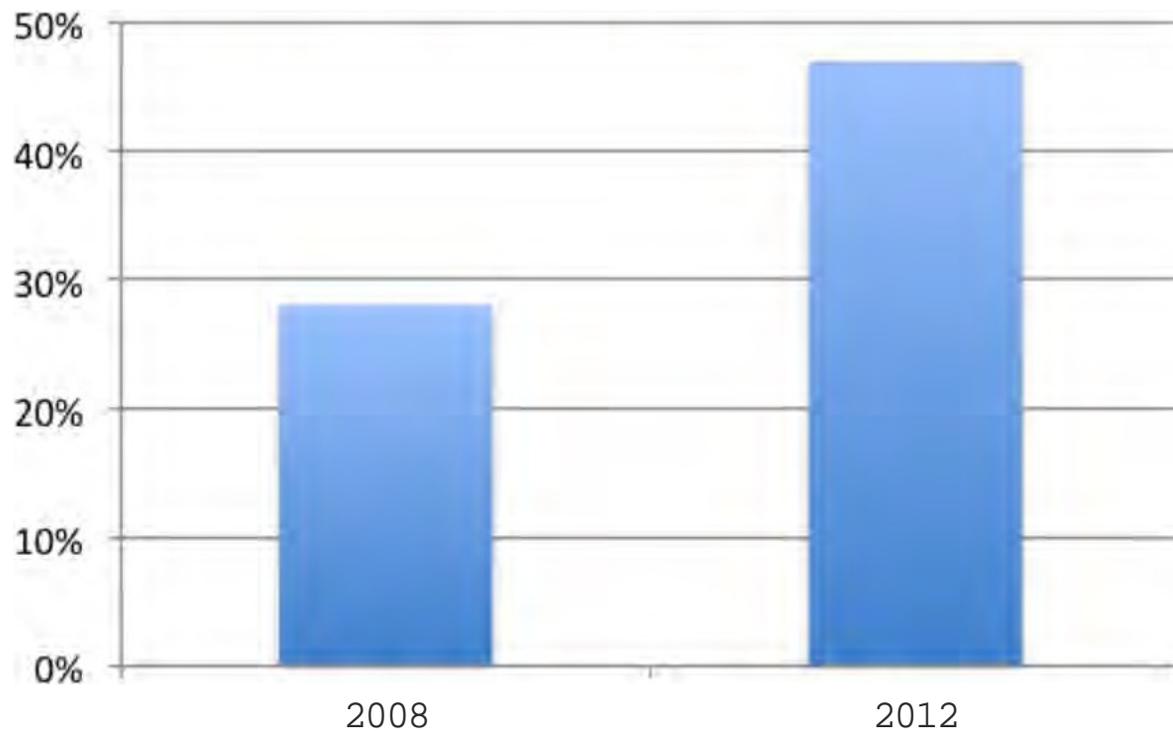


In 2008 we studied childcare beverage practices. We found that too many centers served whole milk, juice, or sweetened beverages.

Our findings helped create the **Healthy Beverages in Childcare Law** in 2010:

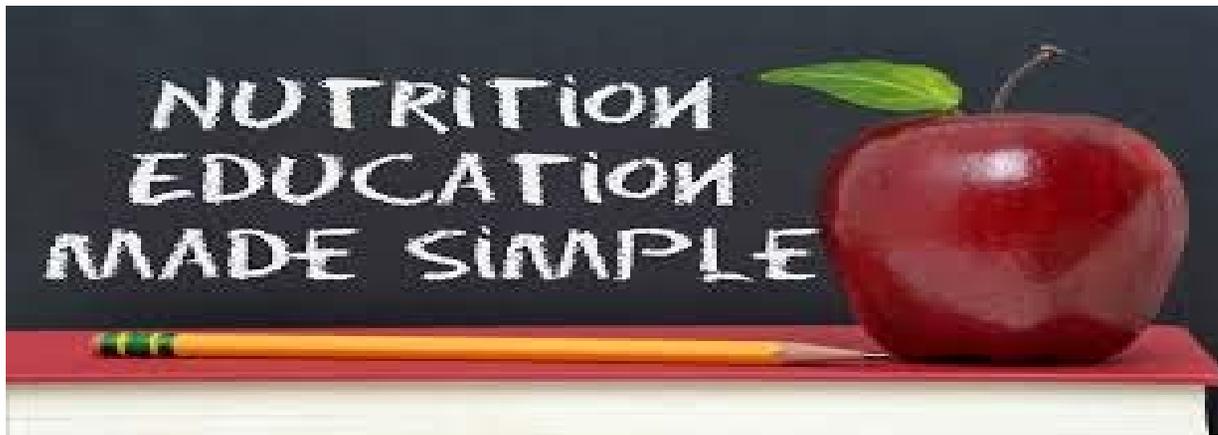
- Water to be available at all times
- 100% or nonfat milk only
- Juice in limited amounts
- No sugary beverages

Outcome: Water access improves



Water provided with meals and snacks

Source : Ritchie, 2015; 2-5 year olds



Our follow up study indicated a training need:
In 2013, **AB 290 passed**, which requires
nutrition education training for childcare
providers.

SOURCE: Ford et al, 2015. NHANES 2-5 years olds



Food assistance



2

In the early 2000s, the WIC food package contained:





WOMEN • INFANTS • CHILDREN

We conducted a large study
recommending healthy
changes to the WIC food
package nationwide.

WIC food package: now





Today, children on WIC eat 4 times more greens and beans.

3

People receiving food from food pantries have **double the rates of diabetes & hypertension.**



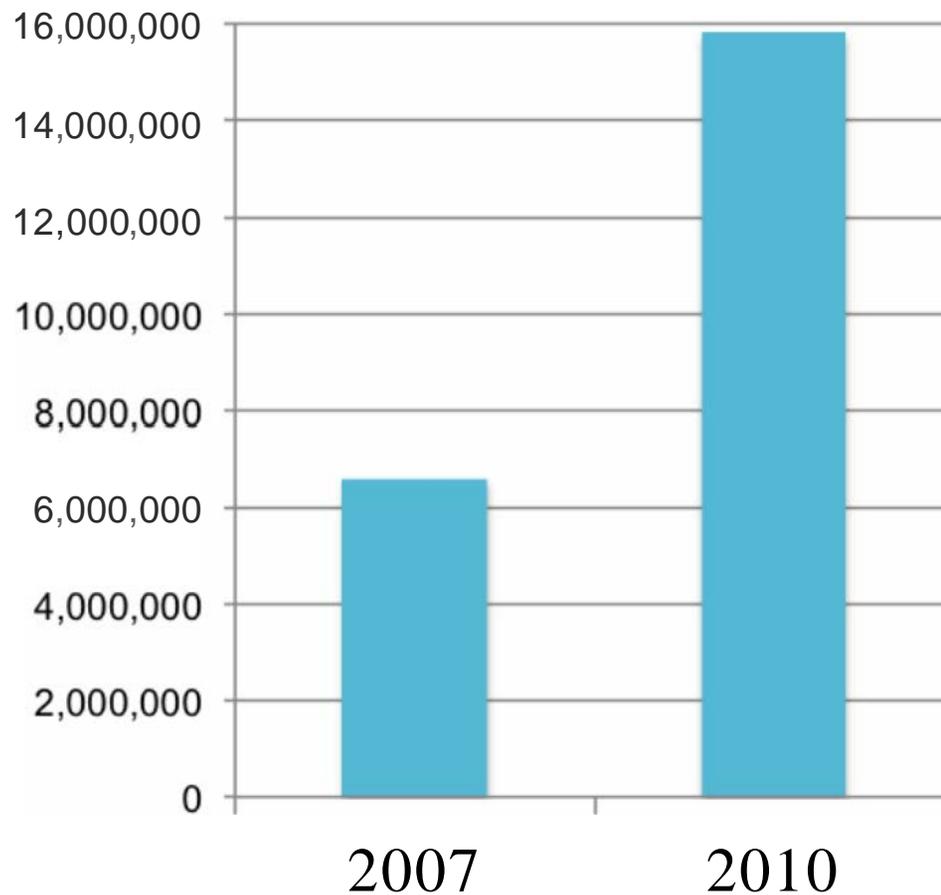


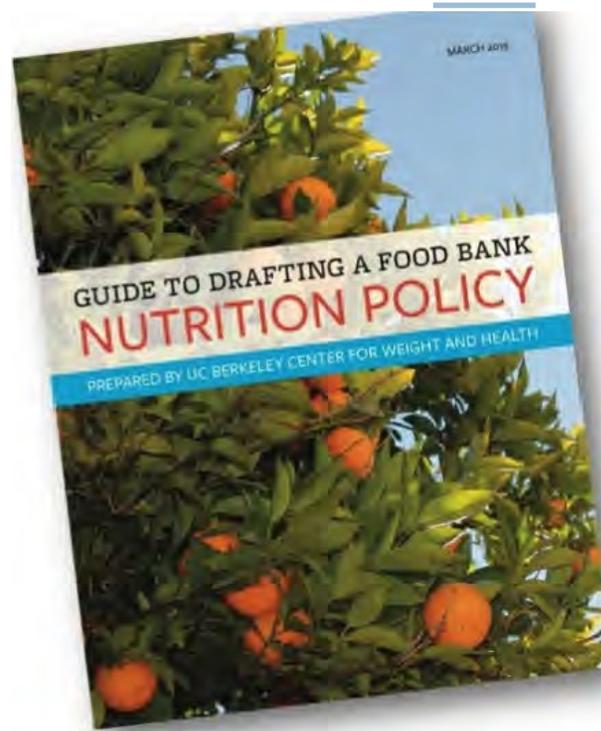
In 2008, we evaluated the nation's first
"No Soda/No Candy" food bank policy.

Nutrition improved, and clients
preferred the change.

We helped to institute nutrition policies in 6 CA food banks.

OUTCOME:
Vegetables & Fruits:
Average total lbs
6 CA food banks





We offer on-line training for food banks interested in creating healthier food offerings

school Food



4

Fresh fruits and vegetables had long been lacking in schools.





In 2009, we evaluated the USDA's new Fresh Fruit and Vegetable Program in low-income schools.

Children in schools with the F&V program ate significantly **more fruits and vegetables** per day.





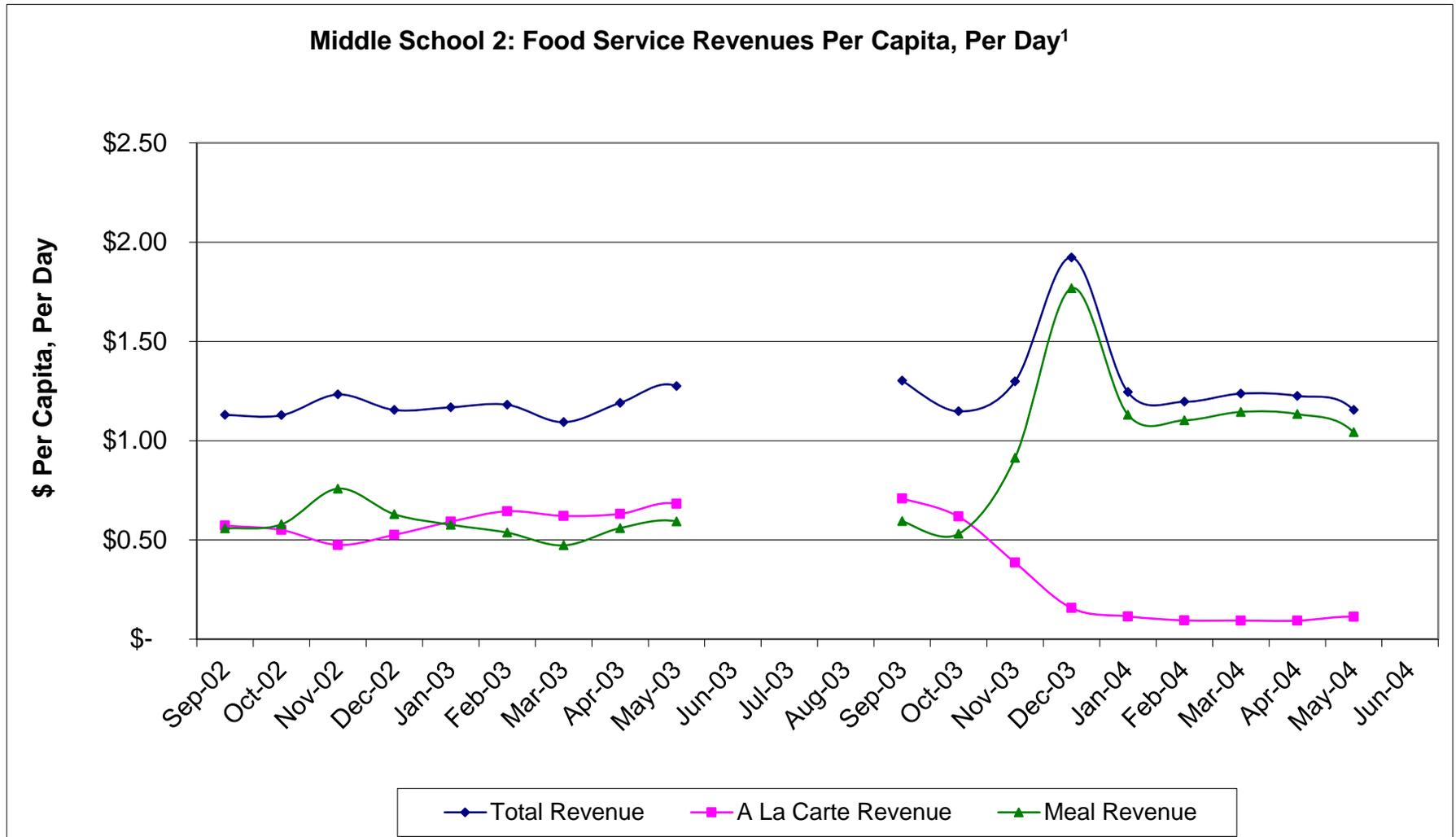
These findings helped support the expansion of the program to all 50 states and District of Columbia.

5

In the 1990's, schools relied on soda and junk food sales as sources of revenue.



We studied the cost of removing “competitive foods” from schools



California became the first
state to **ban the
sale of soda and junk food**
in schools





Now, all foods sold in schools nationwide must meet nutrition standards.

6

School meals are often processed, cooked, and individually packaged off site.





We studied scratch-cooking and found it to be **as cost-effective as processed meals**, and students appreciated fresh and varied entrees.



The USDA began giving schools **equipment grants** to be used for storage and cooking.

9

extraordinary value

Mac Snack Wrap*	1.49		
Snack Wrap* Choose grilled or crispy chicken	1.49	Pie .50	Cone .69
Chipotle BBQ • Honey Mustard • Ranch		Small Fries	1.19
Big N' Tasty*	1.79	20 Pc. McNuggets*	4.99
Double Cheeseburger	1.19		

new mini meals

Include small fries and small fountain drink OR apple dippers and bottled water

Snack Wrap*	2.99		
McChicken*	2.99		
Double Cheeseburger	2.99		

Historically, restaurant menus did not display nutrition information.



We testified on the feasibility of menu labeling at Kaiser.



In 2011, California became the first state to put calories on chain restaurant menus. In 2016, the menu labeling standards were adopted nationwide.

Impact

- More healthy foods can be found in low income homes and schools and childcare.

Refs: Cullen , et al. 2016 & Tester, et al. 2016





Current studies with CE:

SFUSD School Dining Redesign study (AFRI funded and Healthy Beverages in Child Care Intervention study (ANR-funded)

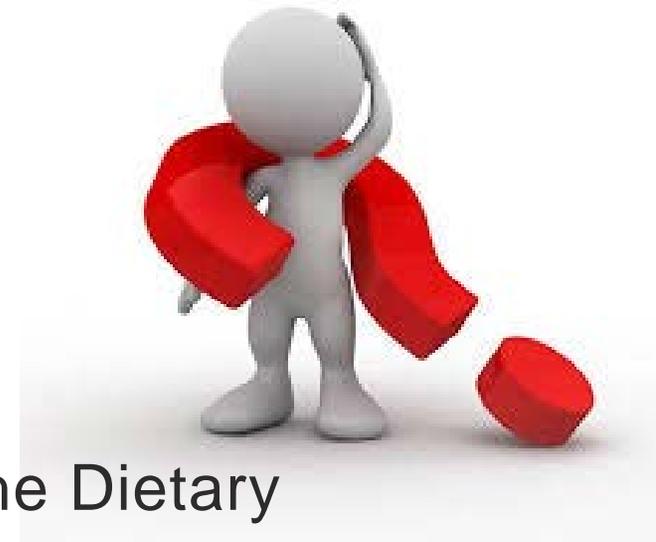
Upcoming study with CE:

Child Care Home Nutrition Standards Implementation (proposed NIH-RO-1)



Policy Questions

- Our research starts with a policy question
- What are children drinking at childcare?
- How does the WIC food package match the Dietary Guidelines?
- After the change in the WIC food package, did WIC children eat differently?
- Do food bank clients prefer food choice that includes soda and candy?



Policy Questions



- After food banks institute nutrition policies, how much do fruits and vegetables increase?
- How much more fruits and vegetables do children eat when they participate in the USDA F/V program?
- Does it cost schools more to do scratch cooking with commodity foods vs processing the commodity foods?
- Do people use menu labeling information?
- Do they make different choices if they read the menu labeling

- What are your ideas?

