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| *CDC’s Division of Nutrition, Physical Activity, and Obesity*WEEKLY DIGESTOctober 11, 2019 |

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 Weekly Digest. This weekly news digest provides a compilation of 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 indicating whether you wish to subscribe or unsubscribe. Nutrition* Upcoming Webinar: Getting to Know the Tastes and Preferences of Produce Consumers
* New Resource: Health Educator's Nutrition Toolkit: Setting the Table for Healthy Eating
* New Funding Opportunity: 2020 Farm to School Grant Request for Applications

[Physical](#_Toc465176225) Activity* New Report: Metropolitan Planning Organizations & Health 101: The Nuts & Bolts of Regional Transportation Agencies
* Upcoming Webinar: Transit Plans to LRTPs - MDOT's Formula for Engaging 1000s
* New Article: Rural Areas Need a Transportation Overhall Too - How Our Three Principles Would Help Rural America Prosper
* Upcoming Webinar Series: Navigating Main Street as Places
* Recorded Webinar: Suburbs for Everyone: How to Rethink, Redesign, and Redevelop the 'Burbs' to Be More Affordable and Livable

Health Equity Resources* Upcoming Webinar: Centering Community in Programs: A Peek into Human-Centered Design
* Upcoming Webinar: Health Equity: Celebrating 20 Years of REACH

Breastfeeding Resource* New Funding Opportunity: Establishing Breastfeeding Continuity of Care in REACH Communities

Early Childcare and Education Settings (ECE)* No New Updates

[General Resource](#_Toc465176233)* No New Updates

[Back to Top of Newsletter](#_top)Nutrition**Upcoming Webinar:** **Getting to Know the Tastes and Preferences of Produce Consumers**Tuesday, October 22, 20191:00 pm - 2:00 pm EDT[Register Here](https://register.gotowebinar.com/register/1973963522700838413)Consumer demand for great tasting fruits and vegetables is at an all-time high. Growers, retailers, and foodservice operators are striving to meet the demands of a more selective consumer. During this webinar, we’ll discuss trends and challenges influencing the produce chain, consumer taste preferences, and how appearance, aroma, taste, and texture influence our enjoyment of fruits and vegetables.**Learning Objectives:** 1. Participants will be able to define continued and emerging trends in produce;
2. Participants will explore examples of sensory experiences; and
3. Participants will be able to describe how flavor impacts fruit and vegetable choices.

**Featured speakers include:*** Kathy Smith, MA, *Director, Strategic Accounts, Bayer Crop Science*
* Dr. Chow-Ming Lee, *Consumer Sensory Lead, Bayer Crop Science*

**New Resource:** **Health Educator’s Nutrition Toolkit: Setting the Table for Healthy Eating**The U.S. Food and Drug Administration is making available a nutrition toolkit for use by organizations and health education professionals to help them educate their audiences on the new Nutrition Facts label.The toolkit provides resources that can help consumers understand the new Nutrition Facts label and how to use the information it provides to make informed food choices.  The toolkit resources also provide realistic tips on how to shop, prepare, and order food when eating out to build a healthy diet. The toolkit includes:* An introductory guide about how to use the toolkit
* Four handouts with information that can be printed (includes one wallet card)
* A PowerPoint presentation, including notes
* Pre- and post- tests for use with the presentation
* An infographic and sample social media messages

Next year, FDA will launch a major educational campaign for consumers on the new Nutrition Facts label.Click [here](https://www.fda.gov/food/nutrition-education-resources-materials/health-educators-nutrition-toolkit-setting-table-healthy-eating?utm_campaign=CU_Health%20Educators%20Toolkit_10082019&utm_medium=email&utm_source=Eloqua) to access the toolkit.**New Funding Opportunity: 2020 Farm to School Grant Request for Applications**The 2020 Farm to School Grant Program Request for Applications (RFA) is now available online through Grants.gov.  In 2020, FNS seeks to award up to $10 million to schools, school districts, nonprofits, State and local agencies, agricultural producers, and Indian tribal organizations to plan, and implement farm to school activities.  Grants ranging in size from $20,000 to $100,000 will be available for approved proposals.  The Office of Community Food Systems will host a webinar Wednesday, October 23rd, at 3:00pm ET to help interested applicants learn more about the RFA and how to apply for a grant. For more information, click [here](https://www.fns.usda.gov/cfs) to access the Office of Community Food Systems web site.All interested applicants are encouraged to download the full RFA document [HERE](https://www.grants.gov/web/grants/view-opportunity.html?oppId=321407).[Back to Top of Newsletter](#_top)Physical Activity**New Report: Metropolitan Planning Organizations & Health 101: The Nuts & Bolts of Regional Transportation Agencies**This report provides an introduction to metropolitan planning organizations (MPOs) for those who wantto influence regional planning to benefit health, active transportation, and equity. The report detailsthe structure of MPOs, the relationship between MPOs and other agencies and organizations, and theroles that MPOs play, with a focus on how MPOs can support equitable communities. The report describes key processes that MPOs manage and participate in, ways to get involved, and strategies for health and equity stakeholders to influence MPOs. A companion report, [Metropolitan Planning Organizations & Health 201: Best Practices & Promising Opportunities for Health](https://www.saferoutespartnership.org/resources/fact-sheet-report/mpo-201), delves into detail regarding innovative strategies and promising practices that MPOs are taking to advance health.[Read Full Report](100219-srs-kp-101-report-final.pdf)**Upcoming Webinar: Transit Plans to LRTPs – MDOT’s Formula for Engaging 1000s**Wednesday, October 30, 201911:00 AM – 12:00 PM PT (2:00 – 3:00 ET)[Register Here](https://metroquest.com/webinars/transit-plans-to-lrtp-mdot-formula-for-engaging-1000s/?utm_source=marketo&utm_medium=email-1&utm_campaign=MDOT-SharpCo-Webinar&mkt_tok=eyJpIjoiTUdFM1kyTXdObVZoT1RBeSIsInQiOiJjU09TZDNrdEtaR3RzUjA3VFVlOCtRWURWWWtxSWlPc2l2KzgyXC9iZjc2bTZ4MGdLdU5sK1FjSXduTWJ1T1A5cWlmMERLdGhIeFZteEtXWjRrYytjdFpGYVI3ZXB0cmNrZXZLemRoM2NZV0plYllLa0hxZDlWXC9iXC9rOUw4Q3VnTCJ9)Transit, LRTPs, shared mobility, ride hailing, electric and autonomous vehicles … these are complicated topics. How do we involve the public for meaningful input? Maryland DOT has cracked the code! Join us October 30th to learn how to educate and engage 1000s online for every project.Michelle Martin, MDOT Assistant Director, will explain how MDOT engaged nearly 6000 residents across the state to gain clarity on public priorities for the 2040 Maryland Transportation Plan. She’ll then share how 2600 people helped allocate new investments for the Central Maryland Transit Plan.How can you do the same? Susan Sharp and Emily Aro from Sharp & Co will show you how to get sophisticated with social media to engage 1000s across all age groups, genders, and geographic areas.**New Article: Rural Areas Need a Transportation Overhaul, Too – How Our Three Principles Would Help Rural America Prosper**When Transportation for America's chairman, John Robert Smith, was the mayor of Meridian, MS, he fought transportation policy that treated his small town like it was “driveover” or “drive-through” country. The federal transportation program makes it far easier for rural communities to build new highways—which residents can use to drive far away for jobs, schools, education, and other services—than it does to help rural places invest in their vital town centers.It shouldn't be this way. America's rural areas are filled with wonderful small towns and vibrant communities. It's time for our federal transportation policy to build them up rather than pave them over.Read about how our three principles would improve life in rural areas by finally treating rural areas as places to *be*, not places to drive away from. Join the Twitter conversation regarding the three principles at <https://t.co/AizHgartZL>.[Read Full Article](http://t4america.org/2019/10/09/rural-areas-desperately-need-a-transportation-overhaul-too/)**Upcoming Webinar Series: Navigating Main Street as Places**Tuesday, October 29, 2019 2:00 – 3:00 pm EDTTuesday, November 5, 2019 2:00 – 3:00 pm EDTTuesday, November 12, 2019 2:00 – 3:00 pm EDTTuesday, November 19, 2019 2:00 – 3:00 pm EDT[Register Here](https://register.gotowebinar.com/register/509065488279173388?mc_cid=b1567e3e3b&mc_eid=adc8adf44d) Main Street America and the Project for Public Spaces developed Navigating Main Streets as Places: A People-First Transportation Toolkit, which includes 3 components: a digital handbook, online resource library, and this four-part webinar series. AIA and AICP credits are offered for this webinar series. Registration has been limited to 500, but the series will be recorded and available on [www.mainstreet.org/navigatingmainstreets](http://www.mainstreet.org/navigatingmainstreets). 1: This Introductory webinar explores how the toolkit came to be, how the toolkit content is relevant to today’s Main Street communities, and provides an overview of what is to come in the three following webinars. This webinar will give viewers a base of information for the following three webinars and how they can be involved throughout the process.2: This interactive session explains why transportation and streets matter for commercial districts by examining their potential costs and benefits across key areas: equity, safety, health, economic vitality, environmental sustainability, and community. 3: Our third “masterclass” installment focuses on the nuts and bolts of various elements that directly impact the quality of Main Street transportation networks in the areas of streetscape and pedestrian design, vehicular traffic, and parking. We offer recommendations for infrastructure, programming strategies, and policy solutions. Along with a robust community process, these recommendations can be adapted and used to inspire your projects, to share as examples with fellow stakeholders, and to create the foundation for streets. 4: Our final installment focused on how to put the knowledge and tools presented in the handbook into action through an intentional process of building knowledge, building partnerships, and then building a plan that is reflective of a community’s needs and capabilities. This webinar provides actionable steps on how to assess your street conditions, engage your community, and create collective buy-in around your revitalization planning, projects, and programs.**Recorded Webinar: Suburbs for Everyone: How to Rethink, Redesign and Redevelop the 'Burbs to Be More Affordable and Livable** **Recorded September 27, 2019**The suburbs are ground zero for many challenges facing communities, from social and economic equity to climate change. The suburbs also hold a lot of promise, but only if we can reimagine them. The Smart Growth Network and the Congress for the New Urbanism held this webinar on September 27 to identify the keys to making suburbs more affordable, walkable, bikeable, and transit-friendly, adding up to a more sustainable future for our regions.Panelists included June Williamson, Chair of the Bernard and Anne Spitzer School of Architecture at The City College of New York, and Dan Reed, a planner at Toole Design.Access the recording at <http://smartgrowth.org/category/webinar-archives/>, located under “Recent Webinars.” [Back to Top of Newsletter](#_top)Health Equity Resources**Upcoming Webinar: Centering Community in Programs: A Peek into Human-Centered Design**Wednesday, October 16, 201912:00 – 1:00 PM PT (3:00 – 4:00 ET)[Register Here](https://c4h.adobeconnect.com/elpooy2a8mbq/event/registration.html)**Description:** How can you place the communities you serve at the center of your program design? Join us to reach beyond traditional assessment approaches, drawing on user-focused design principles to learn about community needs. We will provide a basic introduction to human-centered design, discuss strategies to gain insights on your communities’ needs, challenges, and motivations in outreach and program development.Featured speakers include:* Maya Kageyama, *Training & Development Manager, APIAHF*
* Lauren Pongan, *Network Innovations Manager, APIAHF*

**Upcoming Webinar: Health Equity: Celebrating 20 Years of REACH**Friday, October 25, 20192:00 – 3:00 PM EDT[Register Here](https://cc.readytalk.com/r/k7mj3u8npzrh%26eom)CDC’s Racial and Ethnic Approaches to Community Health (REACH) Program was launched in 1999 as a nationwide community-based program to reduce racial and ethnic health disparities. REACH awardees apply community-based, participatory approaches to identify, develop, and disseminate effective strategies for addressing health disparities. Through REACH, awardee partners plan and carry out local, culturally appropriate programs with African Americans, American Indians, Hispanics/Latinos, Asian Americans, Alaska Natives, and Pacific Islanders to address chronic diseases such as diabetes, cardiovascular disease and stroke, and cancer. This webinar will provide the viewer with keys to developing a successful REACH program and how to build-in ways to make it sustainable.This webinar is hosted by the Society for Public Health Education (SOPHE). Featured speakers include:* Shakeizia Jones, *Gulf Coast Healthy Communities Collaborative*
* Theresa Wallace, *University of Alabama at Birmingham*

[Back to Top of Newsletter](#_top)Breastfeeding Resource **New Funding Opportunity: Establishing Breastfeeding Continuity of Care in REACH Communities**With support from the Centers for Disease Control and Prevention (CDC), Division of Nutrition, Physical Activity and Obesity (DNPAO), the National Association of County and City Health Officials (NACCHO) is pleased to announce a **funding opportunity to local health departments and community-based organizations** within a [CDC REACH](http://send.naccho.org/link.cfm?r=OOZoYawR3XG_k4PvbBe82Q~~&pe=6tyUL1kAVGmyhkpIb2TwDVlYAsh_vHTn9E5bLc2g07EuakkfvUn2oHovOBD-CyHuq4bNiElxtcS9GYFtPZyxtg~~&t=pw80P1u-DZHTRK_PYJgydg~~) recipient jurisdiction. NACCHO will identify 3 to 4 organizations to implement evidence-based breastfeeding practices and policies within their organization and partner externally with the goal to establish community continuity of care.To access the application, please click [here.](http://send.naccho.org/link.cfm?r=rX5SZ-RZSMgXDYrnY-Glvg~~&pe=gz3Gg4SJO96h7l1IeRf4zRHT5wJQCK3EBKTyDhqh23svU8-UAiCzFmIQSYrUjN-wjE9KdOB002jhjVgQstyT3w~~&t=hdABIHYrhYtFIfRwr9uqWg~~) Online application submission deadline is no later than **October 31, 2019**. For more information, please register for the overview webinar on October 16th at 2pm ET. You can register [here.](http://send.naccho.org/link.cfm?r=OOZoYawR3XG_k4PvbBe82Q~~&pe=choTZbSHC6erVdWlVyu3iYphT4qxISVhS68_IYsrTwRdRJaG_PBgchWV-RRb1HJ1wvWUmOWe5240_YQALDfS6g~~&t=pw80P1u-DZHTRK_PYJgydg~~)Early Childcare and Education Settings (ECE)No New Updates[Back to Top of Newsletter](%22%20%5Cl%20%22_top)General Resource **No New Updates**Links to non-Federal organizations found in this e-mail are provided solely as a service. These links do not constitute an endorsement of these organizations or their programs by CDC or the Federal Government, and none should be inferred. CDC is not responsible for the content of the individual organization Web pages found at these links. |
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