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| *CDC’s Division of Nutrition, Physical Activity, and Obesity*WEEKLY DIGESTWith COVID-19 ResourcesJuly 31, 2020 |

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 (DNPAO) Weekly Digest. This week’s digest contains COVID-19 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* New Resource: DNPAO Food and Food Assistance Webpage Launch

Physical Activity Resources* New Resource: The Design for Distancing Ideas Guidebook
* New Resource: Opening Streets for ‘Open Streets’
* New Blog Series: #PostCovidCity: The Future of Community Engagement

Health Equity Resources* No New Updates

Breastfeeding Resources* Upcoming Webinar: Unpacking Barriers and Facilitators to Exclusively Breastfeed at Hospital Discharge

Early Childcare and Education Settings (ECE)* New Funding Opportunity: Farm to ECE Implementation Grant (FIG)
* New Research Paper: Child Care in the Time of COVID-19: A Period of Challenge and Opportunity
* Recorded Webinar: Child Care Health Workers and Responding to the Challenges of COVID-19
* Recorded Webinar: COVID-19 Impact on the Child and Adult Care Food Program.
* New Resources: COVID-19 Child Care Surveys and Data Analysis
* New Resources: Parent Tips and Resources for Dealing with COVID-19 and Its Stresses

General Resources* New Resources: COVID-19: CDC Updates & Resources
* Upcoming Webinar: Healthy People 2030 Launch

Nutrition**New Resource: DNPAO Food and Food Assistance Webpage Launch**The following resources are for individuals and families seeking food assistance during the COVID-19 pandemic. Guidance is also available for food assistance programs and food system stakeholders. Click [here](https://www.cdc.gov/nutrition/resources-publications/food-and-food-system-resources-during-covid-19-pandemic.html) to access the website.[Back to Top of Newsletter](#_top)Physical Activity**New Resource: The Design for Distancing Ideas Guidebook**Architects and public health experts in Baltimore have released a guidebook of 10 concepts that reimagine urban living for an era defined by social distancing. Click [here](https://static1.squarespace.com/static/5ec2e7939ccfe46b4d0946b4/t/5efe3629cbffa3052c3193b8/1593718320561/Ideas_Guidebook_Final.pdf) to access the guidebook.**New Resource: Opening Streets for ‘Open Streets’**Open Streets is the first of several topics addressed by Main Street America’s new COVID-19 Response and Management briefs. Open Streets are programs and initiatives that temporarily open streets to people by closing them to cars and trucks. Based on Bogotá’s Ciclovía program, open (or “slow”) streets programs also repurpose alleys, parking lots and spaces, and other car-oriented public space for alternative use. They can be deployed in commercial districts, residential areas, or created to better connect the two. From big cities to rural towns, communities around the world have initiated these types of programs to encourage walking, biking, and rolling, support age-friendly and intergenerational events, slow automobile traffic to increase personal safety, strengthen commercial districts, and/or create space for activities such as dining, retail, and group exercise.Click [here](https://higherlogicdownload.s3.amazonaws.com/NMSC/390e0055-2395-4d3b-af60-81b53974430d/UploadedImages/Resource_Center/COVID_19/AARP_Brief_1_Open_Streets_f.pdf) to read the document.**New Blog Series: #PostCovidCity: The Future of Community Engagement**The Covid-19 pandemic has changed almost every aspect of society from the way we work to the way we play. It has projected a spotlight on the foundational cracks within our systems and has exposed the unjust, unsustainable, and inequitable structures of the modern societies that we live under throughout our day to day lives. Click [here](https://www.880cities.org/postcovidcity-the-future-of-community-engagement/) to read the full blog post.[Back to Top of Newsletter](#_top)Health Equity Resources**No New Updates**[Back to Top of Newsletter](#_top)Breastfeeding Resources **Upcoming Webinar: Unpacking Barriers and Facilitators to Exclusively Breastfeed at Hospital Discharge**Wednesday, August 12, 20201:00p.m.-2:00 p.m. EST[Register Here](bit.ly/excbreastfeedingwebinar)Exclusive breastfeeding in the first few days after birth is critical for establishing long-term breastfeeding success. However, in the United States, 16.9% of infants are supplemented within two days of life for different reasons, including many that are not medically necessary.  This webinar focuses on the results from a qualitative study conducted at Grady Memorial Hospital (GMH) in Atlanta, GA, which serves a high proportion of racial/ethnic minorities and low-income individuals, aimed to understand factors influencing exclusive breastfeeding at hospital discharge. This study included insight from parents, clinicians, community organizations' staff, and administrators. Additionally, this webinar will provide an overview of common reasons for early formula supplementation based on mPINC survey results and provide short-term and potential long-term solutions to improve health care system breastfeeding support and continuity of care to improve exclusive breastfeeding. [Back to Top of Newsletter](#_top)Early Childcare and Education Settings (ECE)**New Funding Opportunity: Farm to ECE Implementation Grant (FIG)**Interested in promoting healthy habits at a young age, supporting local economies, and addressing equity in your state? Consider an exciting new farm to early care and education (ECE) funding opportunity from the Association of State Public Health Nutritionists (ASPHN’s). Early care and education (ECE) settings, which include child care centers, family child carehomes, prekindergarten classrooms, and Head Start programs, present an importantopportunity for healthy early childhood development and obesity prevention. ECEs are apriority setting for CDC’s obesity prevention efforts in the United States. CDC is supporting anew ASPHN initiative focused on expanding state farm to ECE programs as an effective wayto teach healthy habits at a young age, support local economies, and address equity.This funding and technical assistance opportunity will support nutrition professionals at the state level, with preference given to those at state health departments but other related stateagencies may be allowable leads. Teams will include key state early childhood and foodsystems partners to implement and advance comprehensive farm to ECE programsstatewide.10-12 states will be selected to participate in this project. Each state team will receive roughly $75,000 to $100,000 beginning late 2020 to participate in the FIG. Participatingstates will be required to build a diverse state farm to ECE coalition, hold monthly coalitionmeetings, have team leads participate in ASPHN leadership trainings, meet monthly withprogram managers, join regular webinars or meetings related to farm to ECE, and submit afinal report.Click [here](https://asphn.org/wp-content/uploads/2020/07/Farm-to-ECE-Implementation-Grant.pdf) to learn more about the Farm to ECE Implementation Grant (FIG) . **New Research Paper: Child Care in the Time of COVID-19: A Period of Challenge and Opportunity**There is an urgent need to address the lack of cohesive national guidance for ECE programs through a collaboration of pediatric, public health, and child care experts. Informed by the best science about SARS-CoV-2 in children, stakeholders must work together to develop, disseminate, and implement guidance that thoughtfully considers young children’s physical, developmental, and social-emotional needs along with the realities of operating ECE programs.  Click [here](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7366077/) to read the paper.**Recorded Webinar: Child Care Health Workers and Responding to the Challenges of COVID-19**The recording can be accessed [here](https://aap.webex.com/aap/lsr.php?RCID=9fc380d91c7749b69b5fb6e0bc4146cc)(Password: CCHCncechw1) and the slide deck is available [here.](https://we.tl/t-zAbXn7YEYt) Topics covered in the webinar include resources available on the Early Childhood Learning and Knowledge Center (ECLKC), current guidance from the Centers for Disease Control and Prevention (CDC), strategies to address concerns among children, families and staff, and review of evidence-based infection control practices.   **Recorded Webinar: COVID-19 Impact on the Child and Adult Care Food Program.**Over 1,200 survey respondents confirmed what many of us already knew: COVID-19 has impacted CACFP operators and child care businesses with severe financial challenges. CACFP operators are in overwhelming need of direct and significant financial aid outside of current program funding. Child care and the CACFP community are on the brink of collapse and facing imminent threat of shutting down without it. Watch the [recorded webinar](https://us02web.zoom.us/webinar/register/WN_vTQL_t9AROClv8MzBQYmlA), view [slides](https://www.cacfp.org/files/5915/9560/3465/COVID_Impact_on_the_CACFP_Webinar_Slides.pdf), read the [report](https://files.constantcontact.com/e5582ed6201/afda1441-944d-4bb8-9468-c11f13973b81.pdf), and check out relevant [resources](https://www.cacfp.org/files/3415/9594/9638/COVID_Impact_on_the_CACFP_Website_Links.pdf). **New Resources: COVID-19 Child Care Surveys and Data Analysis**In support of child care providers, CCDF agency staff, researcher partners, and others, Urban Institute researchers have developed [a list of COVID-19 child care surveys and data analyses](http://click.news.urban.org/?qs=5a4cd99ace314cdd4893d020f961697671477d6712003d2cece66f133489706dc02884af84f0769d59785b43b49fce3f70a7c386fee271fd). This [list](http://click.news.urban.org/?qs=5a4cd99ace314cddd91ad024eb1e387281e91821b61c0c567cd94adbc2029a3d3573eadc69c670dc6aeb1563cfecd9d41e2dbd6abe372b65) compiles surveys and data analyses that examine the needs of child care providers and families during the pandemic and recovery. It describes each resource and its methods, with a link to the public URL, or a contact name if the public URL is not available. We hope the list will be helpful to those of you who are developing your own survey or data analysis, or want access to the latest research. **New Resources: Parent Tips and Resources for Dealing with COVID-19 and Its Stresses**Many families today face new challenges: How do they care for children while working and schooling at home? What self-care and coping mechanisms can they draw on during this pandemic? In response, the American Academy of Pediatrics offers information and advice in a series of new resources available [here](https://services.aap.org/en/news-room/news-releases/aap/2020/aap-offers-parent-tips-and-resources-for-dealing-with-covid-19-and-its-stresses/).[Back to Top of Newsletter](#_top)General Resources **New Resources: COVID-19: CDC Updates & Resources****General Resources*** [Resources on Health Equity from National Academy of Medicine](https://nam.edu/programs/culture-of-health/resources-on-health-equity-in-the-context-of-covid-19-and-disproportionate-outcomes-for-marginalized-groups/)
* [Cover smart. Do your part. Slow the spread.](https://www.nist.gov/video/cover-smart-do-your-part-slow-spread) – video from National Institute of Standards and Technology

**These CDC web pages have updates or new information*** + At Home: [Living in Shared Housing](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/shared-housing/index.html); [In-home Services](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/at-home/in-home-services.html)
	+ Errands & Going Out: [Deciding to Go Out](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/deciding-to-go-out.html); [Doctor Visits and Getting Medicines](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/doctor-visits-medicine.html); [Personal and Social Activities](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html); [Running Errands](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html)
	+ People Who Need Extra Precautions: [Rural Communities](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/other-at-risk-populations/rural-communities.html)

**Food and food system resources*** + USDA: [Find Meals for Kids When Schools are Closed](https://www.fns.usda.gov/meals4kids) and [Individual/Family Resources](https://www.fns.usda.gov/disaster/pandemic/covid-19/resources-individuals-families)
	+ CDC: [Resources for individuals and families seeking food assistance during the COVID-19 pandemic](https://www.cdc.gov/nutrition/resources-publications/food-and-food-system-resources-during-covid-19-pandemic.html)

**Communication resources** * + Check the [One-Stop Shop for COVID-19 Resources](https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/index.html) for content by audience (e.g., [Toolkit for People with Disabilities](https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/people-with-disabilities.html))
	+ Syndicated content ([microsite](https://tools.cdc.gov/medialibrary/index.aspx#/microsite/id/404916), [self-checker](https://tools.cdc.gov/medialibrary/index.aspx#/media/id/405848), [individual pages](https://tools.cdc.gov/medialibrary/index.aspx#/results/language/english/page/1/sort/desc/group/0/query/covid-19)) for websites
	+ Follow, like, and share social media content from these accounts
		- **CDC:** [Facebook](https://www.facebook.com/CDC)**,** [Twitter](https://twitter.com/CDCgov)**,** and [Instagram](https://www.instagram.com/CDCgov/)
		- **Our division:** [Facebook](https://www.facebook.com/CDCEatWellBeActive/) and [Twitter](https://twitter.com/cdcobesity)
		- **Physical Activity:** [@HHSHealthGov](https://www.facebook.com/HHSHealthGov/), [@HealthGov](https://twitter.com/healthgov) and [@FitnessGov](https://twitter.com/fitnessgov)

**COVID-19 School Resources Available**New COVID-19 resources to support schools.  The following resources are new and do not replace previously released guidance documents.* The [Considerations for Schools](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html) remains the foundational document with recommendations for mitigation strategies when schools are open.
* [Preparing for a Safe Return to School](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/prepare-safe-return.html) lays out the evidence about kids’ infectivity and the impact of reopening schools in other countries. It also lays out the importance of school for students, with emphasis on mental, social, and emotional health.
* [Cloth Face Coverings](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/cloth-face-cover.html) contains more detail about their use within school environments.
* [Screening K-12 Students for Symptoms of COVID-19: Limitations and Considerations](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-screening.html)
* [Deciding How to Go Back to School](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/decision-tool.html) and [Checklists for Families](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/parent-checklist.html) help prepare parents, caregivers, and families for decision making about the return to school.

**COVID -19 Cases in the United States**Click [**HERE**](https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html) to find an interactive map showing the most current cases and deaths reported by US states, the District of Columbia, New York City, and other US-affiliated jurisdictions.  **Recent CDC Morbidity and Mortality Weekly Reports on COVID-19**[Estimated County-Level Prevalence of Selected Underlying Medical Conditions Associated with Increased Risk for Severe COVID-19 Illness — United States, 2018 Weekly / July 24, 2020 / 69(29);945–950](https://www.cdc.gov/mmwr/volumes/69/wr/mm6929a1.htm?s_cid=mm6929a1_w)[Symptom Duration and Risk Factors for Delayed Return to Usual Health Among Outpatients with COVID-19 in a Multistate Health Care Systems Network — United States, March–June 2020](https://www.cdc.gov/mmwr/volumes/69/wr/mm6930e1.htm?s_cid=mm6930e1_e&deliveryName=USCDC_921-DM33740)**Upcoming Webinar: Healthy People 2030 Launch**Tuesday, August 18, 20201:00p.m.-2:00 p.m. EST[Register Here](https://health.gov/news/202007/join-us-healthy-people-2030-launch-webcast?source=govdelivery&utm_medium=email&utm_source=govdelivery)The U.S. Department of Health and Human Services (HHS) will unveil the latest edition of Healthy People!Healthy People 2030 is a set of science-based, 10-year national objectives for improving health and well-being in the United States. During the webcast, we’ll highlight the new Healthy People 2030 goals and objectives and provide an overview of the development process. We’ll also feature guest speakers from HHS who will discuss Healthy People 2030 data, social determinants of health, health equity, and more.[Back to Top of Newsletter](#_top)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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