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| *CDC’s Division of Nutrition, Physical Activity, and Obesity*WEEKLY DIGESTWith COVID-19 ResourcesSeptember 11, 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* Upcoming Webinar Series: Exploring Racial Equity and Access in Our Food System
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Nutrition**Upcoming Webinar Series: Exploring Racial Equity and Access in Our Food System**Join Penn State Extension for an upcoming webinar series: *Exploring Racial Equity and Access in Our Food System.*  The series will cover the many ways that racism and injustice impact farming and food systems in the United States.  Our intention is to listen to and learn from farmers, businesses, organizations, and researchers working to build a just and sustainable food system for all.  Join us for any, or all, of the following panel discussions:   **History, Land Access, and Race**Tuesday, September 15, 202012:00p.m.-1:30p.m. EST[Register Here](https://extension.psu.edu/exploring-racial-equity-and-access-in-our-food-system-history-land-access-and-race)This webinar will examine the impact of structural and systemic racism within the food and agricultural systems on Black and brown farmers in the US.  Our panelists will share their lived experiences with racism in farming and food system work, as well as barriers faced in accessing resources needed to grow and succeed.     **Food Access, Equity, and Farmers Markets**Monday, September 21, 202012:00p.m.-1:30p.m. EST[Register Here](https://extension.psu.edu/exploring-racial-equity-and-access-in-our-food-system-food-access-equity-and-farmers-markets)If you ask, most farmers markets will tell you that the market is for everyone in the community.  Despite this, farmers markets and CSA programs can feel exclusive and inaccessible to members of some communities.  In this webinar, we will explore how farmers markets and community CSA programs can transform food systems by becoming a driving force for equitable food access.      **Financing and Land Access Inequities**Thursday, October 1, 202012:00p.m.-1:30p.m. EST[Register Here](https://extension.psu.edu/exploring-racial-equity-and-access-in-our-food-system-financing-and-land-access-inequities)In this webinar we will examine the history of agricultural land ownership disparities and historical lockouts of financing with private institutions and the USDA.  Panelists will speak on their own experiences with operating a farm project, funding, and financing a farm startup.      **Racism in the Value Chain of Food and Agriculture**Wednesday, October 7, 2020 12:00p.m.-1:30p.m. EST[Register Here](https://extension.psu.edu/exploring-racial-equity-and-access-in-our-food-system-racism-in-the-value-chain-of-food-and-beverage)In this webinar we explore historical and current inequities in starting-up a food or beverage-based business.  Panelists will speak on their experience in being a BIPOC owner and working, marketing, and selling within industries that are historically white-owned.   **Upcoming Conference: Alaska Food Festival and Conference**Save the Date:November 6-7, 2020 Click [here](https://www.akfoodpolicycouncil.org/2020-festival-conference) for more information! The Alaska Food Policy Council and Alaska Village Initiatives, Fresh, and Alaska Pacific University are Partnering for the 5th Semi-Annual Alaska Food Festival & Conference on November 6 and 7. This event will be virtual. The Goals of the Conference and Festival are to: 1. Increase awareness of Alaska Food Issues Among the General Population;
2. Provide Training, Resources, and Networking Opportunities to Increase Involvement in Local Food Issues by Community Members and Decision Makers; and
3. Increase Connections and Build Community Between the Public, Alaska Food Businesses, NGOs, Governmental Entities, Tribal Entities, and others to Support Local Economic Development and Innovative Solutions.

Click [here](https://www.akfoodpolicycouncil.org/2020-festival-conference) for more information! **Webinar Recording: Thinking Inside the Box: Making Healthy Food Accessible with Curbside/Drive-Thru (Contactless) Models at Farmers Markets During COVID-19**If you weren't able to attend or would just like to watch again or share with a friend, you can find the recording of the webinar here: [Webinar Recording](https://us02web.zoom.us/rec/play/XVkj9giugMACs5hG6yvfJ9pkCv72qtToNCib1BfR9dza1-3MVVSjGf3SqhWQWtMx4vnWIp9H_LHkS2oK.D6-njVxF1WYzY6lJ).You can also view questions and answers asked during the webinar here: [Q&A](https://drive.google.com/file/d/1BpqX_dpH_9-b2TL7NJ65wN2LtL17TYac/view). Some answers have been elaborated on since the webinar so if you asked a question please check back to see if there is a longer response.  Both presentations shared during the webinar are available in[PDF format](https://drive.google.com/file/d/1wofSAxmFsR7e_IoTX_hxrzMbICZZcfaW/view).  **New Resource:** **A Guide to Methods for Assessing Childhood Obesity**Whether you are a researcher, a public health practitioner, clinician, or student with an interest in researching or evaluating weight-related outcomes,[*A Guide to Methods for Assessing Childhood Obesity*](https://nccor.us9.list-manage.com/track/click?u=47c197b4a42db7014a66fb8a0&id=465d1728c6&e=48b03ebd70)will help you understand the most common adiposity assessment methods and select the most appropriate method for your particular objective. The Guide describes six methods commonly used to assess body composition in children and highlights procedures, validity and reliability, reference data, accessibility, cost, and participant burden and risk.  To further assist users to learn about these methods, this Guide includes six different case scenarios to walk users through what to think about when selecting a method based their research aim, study design, and setting they are working in.Each case study highlights considerations for selecting methods described in the guide offering an opportunity to enhance what they learn from this guide. For those headed back to school this fall, this is also a useful tool for the classroom for both graduate students and faculty.**To learn more about this new Guide and how it can benefit your work, join NCCOR for a Connect & Explore webinar on October 8 at 12:00 p.m. E.T.** [**Register here**](https://nccor.us9.list-manage.com/track/click?u=47c197b4a42db7014a66fb8a0&id=970d10ae77&e=48b03ebd70)**.****New Article: Illinois Food Bank Invents Online Pantry Model**My Pantry Express, is an online grocery where clients can order the food they need (for free) and pick it up at convenient locations. By the end of its first pilot year in June 2019, My Pantry Express had received more than 20,000 orders and provided more than 826,000 meals. In fiscal 2020, nearly 6,500 families used the program.At Northern Illinois Food Bank, My Pantry Express has become the preferred entryway into the charitable food network for people who are new to accessing food banks or pantries. It fulfills all the objectives Yurko was seeking to bring to a new, more modern take on charitable food:  flexibility, accessibility and privacy. Click [here](https://foodbanknews.org/illinois-food-bank-invents-online-pantry-model/) to read the article.[Back to Top of Newsletter](#_top)Physical Activity**Upcoming Webinar:** **Identifying and Addressing Barriers to Physical Activity in the Black Community**Friday, September 18, 20201:00p.m.-3:00 p.m. EST[Register Here](https://chronicdisease.zoom.us/webinar/register/WN_5TK8-GNYRPaCPteOlC39Tw?deliveryName=FCP_7_USCDC_2054-DM37249)This virtual event, sponsored by the National Association of Chronic Disease Directors, includes a keynote presentation by Charles T. Brown, MPA, CPD, LCI,. A  panel discussion featuring Black thought leaders in community and transportation planning will explore limits placed on Black mobility in the United States.NOTE: This is a new registration link. If you registered last week, you will need to register again using the new link. **Upcoming Workshop: The 2020 AARP Livable Communities Transportation Workshop**Tuesday-Wednesday, September 15 & 16, 20201:00p.m.-4:00 p.m. EST[Register Here](https://www.aarp.org/livable-communities/getting-around/info-2020/transportation-workshop.html?cmp=EMC-DSM-NLC-LC-HOMFAM-20200909_LivableCommunities_899300_1358704-090920-F2-workshop-Text-CTRL-4843486&encparam=La4KtcN7EG6BBqadGxyzUCR4RFgYiDAFsnFMTwhpBz4%3d)The 2020 AARP Livable Communities Transportation Workshop is a virtual gathering of AARP staff, volunteers, community partners and livability practitioners.This national workshop will explore transportation options that improve health; support vibrant neighborhoods; and connect people to economic, social and civic opportunities in their communities.Through three core transportation themes — Safety, Accessibility and Resilience — the workshop will share best practices, insights and inspiring next steps for delivering a more effective transportation network for older adults and people of all ages.**New Resource: Toolkit Outlines Resources to Address Transportation and Other Social Determinants of Health in Rural Communities**The *Rural Health Information Hub* released a [toolkit](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNTgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA5MDMuMjY1NTc3MDEiLCJ1cmwiOiJodHRwczovL3d3dy5ydXJhbGhlYWx0aGluZm8ub3JnL3Rvb2xraXRzL3Nkb2gifQ.-L3eqw0GICmzobJ761rIoCN9b8jTXaa5y-wyPUTDXis/s/1040457691/br/83190664881-l) analyzing the social determinants of health in rural communities. The toolkit addresses the various environments, systems, and policies affecting health in rural areas, including conditions contributing to negative outcomes. It provides evidence-based practices and resources in a series of modules related to care coordination, community health workers, food access, health networks and coalitions, health promotion and disease intervention, services integration, telehealth, and [rural transportation](https://www.ruralhealthinfo.org/toolkits/transportation). Researchers hosted a webinar discussing the toolkit and the [webinar recording](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNTksInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA5MDMuMjY1NTc3MDEiLCJ1cmwiOiJodHRwczovL3d3dy5ydXJhbGhlYWx0aGluZm8ub3JnL3dlYmluYXJzL3Nkb2gtdG9vbGtpdCJ9.mxgUraEgT1GLwKItRTltuwMJLPeoYuRmRuw5l6CnPlI/s/1040457691/br/83190664881-l) is now available online.**New Resource: AARP *HomeFit* Guide**The AARP *HomeFit* Guide is a 36-page guide that can help individuals and families make their current or future residence age-friendly. The guide can also help elected officials, policymakers and local leaders learn about and advocate for the housing options that communities need, so residents of all ages can live safely and comfortably- and thrive. Click [here](https://www.aarp.org/livable-communities/housing/info-2020/homefit-guide.html?cmp=EMC-DSM-NLC-LC-HOMFAM-20200909_LivableCommunities_899300_1358704-090920-F1-homefit-Text-CTRL-4843486&encparam=La4KtcN7EG6BBqadGxyzUCR4RFgYiDAFsnFMTwhpBz4%3d) to access the guide.

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[Back to Top of Newsletter](#_top)Health Equity Resources**Upcoming Symposium: The Advancing the Response to COVID-19: Sharing Promising Programs and Practices for Racial and Ethnic Minority Communities**Thursday, September 17, 202012:00p.m.-6:00 p.m. EST[Register Here](https://www.minorityhealth.hhs.gov/omh/Content.aspx?ID=17502&lvl=2&lvlid=12&utm_medium=email&utm_source=govdelivery)The HHS Office of Minority Health (OMH) is hosting a virtual symposium on Thursday, September 17, 2020 to highlight state, tribal, territorial and community-based efforts to address COVID-19 among racial and ethnic minority and American Indian and Alaska Native populations. The Advancing the Response to COVID-19: Sharing Promising Programs and Practices for Racial and Ethnic Minority Communities virtual symposium will feature national, state, tribal and local experts leading these efforts and is developed for public health leaders at all levels and community organizations confronting the pandemic.[Back to Top of Newsletter](#_top)Breastfeeding Resources **On-Demand Webinar: “Advancing Breastfeeding Agency in the Community”**The United States Breastfeeding Committee (USBC) released the fifth free, on-demand webcast session in the *NBCC Reimagined*series, "[Advancing Breastfeeding Agency in the Community](https://default.salsalabs.org/Tb1deb77c-a2f5-4fd8-bdfa-88a18b37521a/eaba9e8c-14b8-4cbf-817e-a3c0760d2055)." The session features three presentations: **Advancing Birth Equity Through Leadership Development for Community-Based Birth Workers** * Presented by:Brenda Reyes, Jaqueline Lambert, and Monica Esparza,HealthConnect One

**Analyzing Chocolate Milk: Evidence for Narrative as a Vehicle for Behavior Change and Community Building** * Presented by: Elizabeth Bayne, Graybayne Film/Media

**Health Equity in WIC: Successes and Opportunities for Improved Services** * Presented by: Darlena Birch and Quinney Harris, National WIC Association

 [Back to Top of Newsletter](#_top)Early Childcare and Education Settings (ECE)**No New Updates**[Back to Top of Newsletter](#_top)General Resources **New Resource: COVID-19: CDC Updates & Resources****COVID -19 Cases in the United States** As of September 7, 2020, in the United States, there have been 6,287,362 confirmed cases of COVID-19 detected through U.S. public health surveillance systems in 50 states and the District of Columbia, Puerto Rico, Guam, the Northern Mariana Islands, and the U.S. Virgin Islands.  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.  [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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