|  |
| --- |
|  |
|

|  |
| --- |
| *CDC’s Division of Nutrition, Physical Activity, and Obesity*WEEKLY DIGESTJanuary 24, 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 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* New Opportunity: The Have **A Plant™ Promoter Awards**
* New Article: Dietary and Policy Priorities to Reduce the Global Crises
* New Article: Why Atlantans Buy Their Produce on the Subway
* New Press Release: USDA Announces School and Summer Meals Reform
* New Presentation: "Behind the Label" with FDA: Information for Educators on the Updated Nutrition Facts Label
* Upcoming Summit: 2020 Rural Child Hunger Summit

[Physical](#_Toc465176225) Activity* New Resource: The Active Communities Tool (ACT) is Now Online!
* New Initiative: Nationwide Launch of CDC’s Active People, Healthy NationSM Initiative

Health Equity Resources* Upcoming Initiative: National Minority Health Month 2020

Breastfeeding Resources* Upcoming Conference: The 2020 National Breastfeeding Conference & Convening (NBCC)
* Upcoming Webinar: Envisioning a Breastfeeding-Friendly System 2.0

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

[General Resourc](#_Toc465176233)es* Federal Register Notice: Achieving Health Equity in the Advancement of Tobacco Control Practices to Prevent Initiation of Tobacco Use among Youth and Young Adults

Nutrition**New Opportunity: The Have A Plant™ Promoter Awards**The Produce for Better Health Foundation (PBH) is grateful for industry professionals, influencers and individuals who are advancing happier, healthier lives through the consumption of fruits and vegetables. PBH will be recognizing outstanding leaders who have promoted PBH’s mission at the [Consumer Connection](https://web.cvent.com/event/6ccf9e41-9c3e-4d53-aebb-4f1ec18df1de/summary) conference in April. To be recognized for your contributions please email your completed application by **February 1, 2020** to engage@pbhfoundation.org.**The Have A Plant™ Promoter Awards** recognize industry, retail, foodservice and public health organizations that advocated and amplified the Have A Plant™ Movement into their promotions and marketing in 2019 to accelerate the adoption of PBH’s new call to action. Please contact Allison Kissel, Operations Coordinator, to find out more about this program and how you can participate.Click [here](https://fruitsandveggies.org/membership/awards-recognition/) for more information.**New Article: Dietary and Policy Priorities to Reduce the Global Crises** Abstract: The world faces a global nutrition crisis, most clearly evidenced by the twin pandemics of obesity and type 2 diabetes (T2DM). Yet, substantial confusion and controversy exist about optimal dietary priorities and policy approaches to address these challenges. This paper reviews the evolution of nutritional evidence, emerging areas and corresponding policy lessons to addressobesity and T2DM. This includes the complexity of diet–health pathways for long-term weight maintenance and metabolic health; a need to focus on both increasing protective foods (for example, minimally processed, phytochemical-rich foods) and reducing detrimental factors (for example, refined starches, added sugars and processed meats); and critical assessment of popular diets for weight-loss and metabolic health. Emerging evidence highlights areas for further research, including thoserelated to food processing, non-nutritive sweeteners, emulsifiers, the microbiome, flavonoids and personalized nutrition. Evidence-based, multi-sectoral policy actions to address the global nutrition crisis are shown to span several domains, including health systems, economic incentives, school and workplace environments, quality and labelling standards, and innovationand entrepreneurship.Click [here](file:///%5C%5Ccdc.gov%5Cproject%5CCCHP_NCCD_DNPAO%5C7_PDEB%5CGrantee_TA_Workgroups%5CDNPAO%20Weekly%20Digest%5Cnature_food_dietary_policy_priorities_global_obesity_diabetes.pdf) to access the article.**New Article: Why Atlantans Buy Their Produce on the Subway**This article discusses how pop-up markets in transit stations help commuters buy healthy food they can’t always get in their neighborhoods.Click [here](https://www.politico.com/news/magazine/2020/01/23/atlanta-pop-up-markets-health-food-policy-100525) to access the article.**New Press Release: USDA Announces School and Summer Meal Reforms**Delivering on his promise to act on feedback from dietary professionals, U.S. Secretary of Agriculture Sonny Perdue announced two proposals today that will put local school and summer food service operators back in the driver’s seat of their programs, because they know their children best. Under the school meals proposed rule, school nutrition professionals have more flexibility to serve appetizing and healthy meals that appeal to their students’ preferences and subsequently reduce food waste. The proposed rule also encourages state and local operators to focus resources on feeding children rather than administrative paperwork. These improvements build on the [2018 reforms](https://www.usda.gov/media/press-releases/2018/12/06/responding-needs-local-schools-usda-publishes-school-meals-final) that preserve strong nutrition standards while providing schools the additional flexibilities they need to best serve America's students.   Click [here](https://www.fns.usda.gov/pressrelease/usda-012920) for more information.Click [here](https://www.fns.usda.gov/nslp/fr-012120) to learn more about the school meal reform and to provide public comment.Click [here](https://www.fns.usda.gov/sfsp/fr-012120) to learn more about the summer meal reform and to provide public comment.**New Presentation: “Behind the Label” with FDA: Information for Educators on the Updated Nutrition Facts Label** This presentation was developed to help health educators understand the science behind the recent changes to the new Nutrition Facts label. Changes include a larger font for calories, new serving sizes, an added sugars declaration, revised percent Daily Values, and an updated list of required vitamins and minerals.Click [here](https://www.fda.gov/food/health-educators/behind-label-fda-information-educators-updated-nutrition-facts-label) to access the presentation.**Upcoming Conference: 2020 Rural Child Hunger Summit**March 31 – April 1, 2020Columbus, Ohio[Register Here](https://www.eventbrite.com/e/no-kid-hungrys-2020-rural-child-hunger-summit-registration-84904586905)Make plans to take part in this national event, which will bring together a wide range of stakeholders who are leading change in our collective efforts to reduce child hunger in rural communities. Objectives for this year’s Summit are four-fold:* Continue to explore the disparities driving child hunger in rural communities
* Identify promising practices and policy levers that amplify the impact of existing nutrition assistance programs or reduce the incidence of rural child hunger
* Celebrate innovations that are user-centered and evidence-informed
* Foster connections between communities of research and practice

Attendees of the second Rural Child Hunger Summit will have increased opportunities for networking and peer learning. Our ultimate goal for this year’s Summit is to cultivate a thriving community of researchers, policymakers, and practitioners who are working together to end child hunger in the rural communities they live in or serve.[Back to Top of Newsletter](#_top)Physical Activity**New Resource: The Active Communities Tool is Now Online!** You may have already heard about CDC’s *Active Communities Tool* (ACT) and we have good news.  The ACT is now available online!  A PDF of the Action Planning Guide and a fillable PDF version of the Assessment Modules are now available to download.  We encourage to you to take a look and see how the ACT can help you identify opportunities for action as you further develop your plans to improve your community’s built environment to support physical activity.  From activity-friendly routes to everyday destinations, the ACT assessment modules assesses the quality and comprehensiveness of community plans, policies and resources for improving community built environments for physical activity.  Click [here](https://www.cdc.gov/physicalactivity/community-strategies/active-communities-tool/index.html) to access the resource. **New Initiative: Nationwide Launch of CDC’s Active People, Healthy NationSM Initiative** CDC invites the general public, organizations, and leaders to join [Active People, Healthy NationSM](https://www.cdc.gov/physicalactivity/activepeoplehealthynation/index.html). This multisector initiative aims to help 27 million Americans become more active by 2027 through scientifically-credible [strategies that work](https://www.cdc.gov/physicalactivity/activepeoplehealthynation/strategies-to-increase-physical-activity/index.html). The initiative is based on a foundation of inclusion and health equity. [Join now!](https://www.cdc.gov/physicalactivity/activepeoplehealthynation/join-active-people-healthy-nation/index.html) Become part of the Active People, Healthy Nation movement and gain access to monthly updates, exclusive networking opportunities, the Active People, Healthy Nation design element, and ways to receive recognition for your work. By leveraging our collective strengths, we can achieve the goal of creating an active America, together. [Back to Top of Newsletter](#_top)Health Equity Resources**Upcoming Initiative: National Minority Health Month 2020** National Minority Health Month begins on April 1, 2020, and for the second consecutive year the theme will be ***Active & Healthy*** as the HHS Office of Minority Health (OMH) teams up with the Office of Disease Prevention and Health Promotion (ODPHP) Move Your Way campaign and partners throughout the country in raising awareness about the important role an active lifestyle plays in keeping people and communities healthy.Click [here](https://www.minorityhealth.hhs.gov/omh/Content.aspx?ID=12481&lvl=2&lvlid=12) for more information and to download the logo.[Back to Top of Newsletter](#_top)Breastfeeding Resources **Upcoming Conference: The 2020 National Breastfeeding Conference & Convening**June 12 – 13, 2020Scottsdale, Arizona[Register Here](http://www.usbreastfeeding.org/p/cm/ld/%26fid%3D880)The USBC is thrilled to convene this unparalleled event once again, with a continued focus on the enhancement of breastfeeding coalitions' capacity to implement *The Surgeon General's Call to Action to Support Breastfeeding* through policy and practice change, with an emphasis on racial equity and community engagement.USBC's National Breastfeeding Conference & Convening brings together breastfeeding-focused representatives from across the country: coalition leaders from every U.S. state and territory; representatives from relevant government departments; national non-profits, non-governmental organizations including consumer (parents) groups; and health professional associations. This inclusive, dynamic gathering assists with the development of the leadership capacity to more effectively protect, promote, and support breastfeeding at the national, state, and local/community levels.Click [here](http://www.usbreastfeeding.org/p/cm/ld/%26fid%3D867?eType=EmailBlastContent&eId=bcb23b7e-ac12-4144-93c5-7fe31e1d95af) for more information.**Upcoming Webinar: Envisioning a Breastfeeding-Friendly System 2.0**Tuesday, January 28, 20202:00 pm – 3:30 pm EDT[Register Here](https://register.gotowebinar.com/register/8175514735082416130)E*nvisioning a Breastfeeding-Friendly System 2.0* is a solution-driven presentation designed to tackle breastfeeding inequities at both a public and private/institutional level.  Join the USBC in this presentation that will explore the key elements of a breastfeeding-friendly system. A breastfeeding-friendly system is one where; 1) the community voice is honored, 2) policies, attitudes, and practices align to achieve racial equity in breastfeeding, 3) institutions and agents of institutions demonstrate accountability to the community for their acts and behaviors. **Featured speaker:*** Kiddada Green, *Black Mothers’ Breastfeeding Association*

 Early Childcare and Education Settings (ECE)**No New Resources**[Back to Top of Newsletter](#_top)General Resources **Federal Register Notice: Achieving Health Equity in the Advancement of Tobacco Control Practices to Prevent Initiation of Tobacco Use among Youth and Young Adults**The Centers for Disease Control and Prevention (CDC) within the Department of Health and Human Services (HHS) leads comprehensive efforts to prevent the initiation of tobacco use among youth and young adults; eliminate exposure to secondhand tobacco product emissions (*e.g.*, secondhand smoke and aerosol); help current smokers quit; and identify and eliminate tobacco-related disparities. From 2017 to late 2018, CDC solicited input from the public through a Federal Register Notice (FRN Docket Number: CDC-2017-0103); regarding these comprehensive prevention efforts. CDC has reviewed these comments, posted to *www.regulations.gov,* and received helpful feedback. Now, CDC is seeking additional information to inform future activities that assist in achieving health equity in tobacco prevention and control by eliminating differences in tobacco use and dependency and exposure to secondhand tobacco product emissions (*e.g.,* secondhand smoke and aerosol) among certain population groups. Electronic or written comments must be received by **March 23, 2020**. Click [here](https://www.regulations.gov/docket?D=CDC-2020-0005) for more information and to provide public comments. [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. |
|  |