

UC CalFresh Weekly Update

June 30, 2014



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UC CalFresh Website Updates

Seattle Western Region SNAP-Ed Training June 2014

USDA-WRO, in collaboration with staff from the Midwest, Mid-Atlantic, and Mountain Plains Regions, held a hybrid face-to-face and virtual SNAP-Ed training session in Seattle from June 2-3. A variety of training topics and interactive activities focused on submitting 2015 SNAP-Ed plans; linking nutrition education with public health approaches; program evaluation; and coordination and collaboration with other FNS- and non-FNS funded programs. Materials from this meeting have been posted to the UC CalFresh website: <http://www.uccalfresh.org/trainings/seattle-western-region-snap-ed-training>.

6/17/14 UC CalFresh Town Hall Recording & PowerPoint Presentation Now Available!

The ReadyTalk recording and handouts from the 6/17/14 UC CalFresh Town Hall, "Plan, Shop, Save, Cook: Newly revised series-based adult curriculum" presented by Dorothy Smith and Tammy McMurdo, have been posted to the UC CalFresh website: <http://www.uccalfresh.org/trainings/town-halls>.

Upcoming Events & Deadlines



JULY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

7/1/14: Call for Session Proposals for the 8th Biennial Childhood Obesity Conference in San Diego, CA Opens Online

The 8th Biennial Childhood Obesity Conference hosts invite you to submit a session proposal! Oral presentations will be organized into eight tracks. [Instructions for the Call for Session Proposal Submittal](#) is available on the conference website. You will also have the opportunity to submit a Pre-Conference session proposal during the July 2014 open call for proposals. For additional information, please refer to the conference website: <http://www.childhoodobesity2015.com/>.

7/2/14: Last day to Order FFY 2014 Materials from CDPH Online Ordering Site

The Nutrition Education and Obesity Prevention Branch (NEOPB) has started the process of transitioning their warehouse, fulfillment and online ordering services to the California Department of General Services, Office of State Publishing (OSP). The materials and resources available through online ordering in the current warehouse will be moved in the month of August 2014. **CDPH NEOPB is requesting partners place their orders for FFY 2014 from the CDPH Online Ordering Site by Wednesday, July 2.** Please also refer to the attached PDF forms for additional information on free Harvest of the Month resources available.

Link to Online Ordering Site: <http://v2.kpcorp.com/cann>

If you have any questions, please contact **David Ginsburg** (dcginsburg@ucdavis.edu, (530) 752-0555) or **Lindsay Hamasaki** (Hamasaki@caes.ucdavis.edu, (530) 752-1856) for assistance.

7/4/14: Independence Day Holiday

7/15/14: UC CalFresh Town Hall Webinar, 12:30-2:00 PM

Evaluation Survey for the UC CalFresh & EFNEP Skills-Based Training Institute

Thank you for your attendance and participation at the UC CalFresh & EFNEP Skills-Based Training Institute in Stockton, and a special thank you to all of the members on the Planning Committee as well as the UC ANR Program Support Unit! Your input is very valuable in planning future meetings. Please take time to share your comments and suggestions by completing the evaluation survey: <http://ucanr.edu/survey/survey.cfm?surveynumber=13285>.



UC CalFresh Weekly Update: June 30, 2014

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cal fresh Nutrition Education

<http://www.uccalfresh.org>



UC CalFresh Success Stories

The State Office will begin sharing successes through this new feature in the Weekly Updates. Successes for FFY 2014 can be shared through the online data entry portal: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11480>

"I learn how to read labels of the products, how to include a variety with the portions on my plate, how to prepare healthier foods. Learn how to make and feed my family and myself correctly. Thanks!"

—Eating Smart, Being Active Participant, Merced County

"Well, my daughter is a really picky child, so I was searching for new ways to get her to eat healthy foods. During this nutrition class I explained to the Educator my concerns, then she suggests that I tell my daughter that the food I give to her will give her super powers and also try to make meal time more fun. I did, I went home and I told my daughter that if she starts eating her food it will give her super powers, so she is believing me. Also, I told her that it will give her hair and eyes powers. Ever since I explained that to her she has been eating her food a lot more. Thanks!"

—Plan, Shop, Save, Cook Participant, San Joaquin County



UC CalFresh in Action!

Share your UC CalFresh success stories with the State Office: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11480>

Mothers in Recovery gain healthy eating skills

Mothers who have overcome addiction are learning from UC nutrition educators in Placer County how to improve their lives and their children's lives with healthful eating. The women, participants in [Mothers in Recovery](#), meet once a week for up to one year to boost life skills and support one another through a challenging period of their lives. Four times, they are joined by UC Cooperative Extension nutrition educators to learn healthy eating on a budget. "Our curriculum—Plan, Shop, Save and Cook—is very simple and has great visuals," said Molly Klumb, the UC community nutrition education specialist who works with the Placer County moms. For each session, Klumb brings bags full of fresh seasonal produce from the local farmers market. She demonstrates a healthy recipe, and sends the women home with produce to cook for themselves and their families. "Some will flat out say they don't like it," Klumb said. But she sees gradual improvement week to week. To date, 30 moms have participated in the four-session series led by UC CalFresh, a University of California nutrition education program for people who receive CalFresh benefits. Funds for the food purchases are provided by Nutrition BEST, a program administered by UC Cooperative Extension for First 5 Placer County. [Read full blog article.](#)

Senior citizens get nutrition primer from UC programs

Alice Escalante is something of a circuit rider in Tulare County. A UC nutrition educator, Escalante travels to rural communities, seeking out groups of low-income senior citizens to offer nutrition education that will spur healthier eating. "I've reached more than 500 adults in the last year—in places like Exeter, Porterville, Cutler and Goshen," Escalante said. "I go to senior centers, churches, welfare-to-work programs." Escalante visits each facility four times for one-hour sessions that include lessons from UC's research-based "Plan, Shop, Save, Cook" curriculum plus physical activity and a cooking demonstration. Last week, Escalante presented the training to senior citizens in Exeter, a city of 10,000 near the Sierra Nevada foothills. Escalante explained the difference between good fats and bad fats and she taught the participants best practices for budget-minded grocery shopping. [Read full blog article.](#)



UC CalFresh, UC ANR and UC Davis in the News!

Happy Retirement to Dorothy Smith, UCCE Nutrition, Family and Consumer Sciences Advisor in El Dorado, Amador, Calaveras and Tuolumne Counties, 12 years

Dorothy Smith's areas of expertise include human nutrition, food safety and human health and well-being. During the latter half of her tenure, Smith has focused on building a school garden program in the Central Sierra region because, she said, "growing something is a great way to make sure you are eating healthy." "I have really enjoyed the opportunity to work in the foothills with small, rural counties," Smith said. "We have been able to make some significant changes that affect the whole community." [Read full article.](#)



UC CalFresh would like to congratulate Dorothy Smith on her retirement! Thank you, Dorothy, for all of your hard work and dedication to the UC CalFresh program and families in the Central Sierra region. We wish you a very happy retirement!

VP Allen-Diaz names Greer vice provost

Christopher Greer, UC Cooperative Extension director in Colusa, Sutter, Yuba and Glenn counties, has been selected to serve as the vice provost of UC Cooperative Extension effective July 1. "As those of you who viewed the presentations know, he was chosen from an excellent pool of experienced and highly qualified candidates," VP Barbara Allen-Diaz said. "Chris, who combines broad programmatic knowledge with his great managerial and communication skills, stood out as the best choice for this position. He has a broad experience within ANR, serving as president of the Academic Assembly Council, as well as a member of the ANR Peer Review Committee, UC-FSNP/CalFresh Advisory Committee and the County Director Council, among many other roles. His breadth of programmatic and administrative knowledge provide him with the tools needed for this important job." In his new role as vice provost, Greer will lead all county-based UCCE academic programs. He will coordinate programs and priorities with those of the Agricultural Experiment Station and ensure that ANR programs align with ANR's strategic vision and are relevant to Californians. The directors of county-based UCCE programs and the executive director of the ANR Academic Personnel Unit will report to this position. As vice provost, he will serve on the ANR Program Council and report directly to the associate vice president. Since 2002, he has served as UCCE area rice advisor, first in Colusa, Glenn and Yolo counties, and most recently in Sutter, Yuba, Sacramento and Placer counties. Greer holds a Ph.D. in plant pathology from UC Davis and B.S. in bioenvironmental sciences from Texas A&M University. [Read full article.](#)

UC CalFresh, UC ANR and UC Davis in the News! (continued)

UC Davis study identifies risky food safety practices in home kitchens

While most consumers are very aware of food safety issues, including salmonella, and the risk of foodborne illness, many do not follow recommended food safety practices in preparing their own meals at home, according to new research from UC Davis. The study, which examined preparation of raw poultry, found that the most common risks stemmed from cross contamination and insufficient cooking. "The most surprising aspect of these findings to me was the prevalence of undercooking," said Christine Bruhn, director of the Center for Consumer research at UC Davis, who authored the study. "We are now in summer, the peak season for foodborne illness, and these results come at a time when more consumers can benefit from being aware of better food safety practices. Even tips usually considered basic, like washing hands before and after handling raw poultry, and never rinsing raw poultry in the sink, still need to be emphasized for a safer experience," added Bruhn, a specialist in UC Cooperative Extension who studies consumer attitudes and behaviors toward food safety. Most risks can be avoided by practicing thorough hand-washing, never rinsing raw chicken in the sink and using calibrated thermometers to determine that chicken is fully cooked. Researchers say these results will help narrow areas of focus and define important messages for food safety educators and advocates in their mission to promote safe food preparation. [Read full blog article.](#)



Articles & Research



Prevalence of U.S. Food Insecurity is Related to Changes in Unemployment, Inflation, and the Price of Food

The U.S. Department of Agriculture (USDA) monitors the food security of the Nation's households—their consistent access to adequate food for active healthy lives—through an annual, nationally representative food security survey. Household-level determinants of food insecurity, like education levels and household income, are well documented in earlier research. But the effects of national-level economic factors such as inflation and food prices on food security—and the extent to which changes in both household and macroeconomic factors account for year-to-year changes in the national prevalence of food insecurity—are not known. The extent to which nationally aggregated economic measures such as the unemployment rate can proxy for household-level employment and labor force data in explaining year-to-year changes in the prevalence of food insecurity is also not known. The association of food insecurity with household characteristics and national economic conditions over 2001-12 provides insight into why food insecurity remained at about the same level in 2012 as shortly after the recession (2009-10), despite an improvement in the national unemployment rate. Providing an explanation of these relationships can increase public understanding of food insecurity and its causes and may aid in the development of food and nutrition assistance policies and programs to support the food security of the Nation's households. To read the full report from the Economic Research Service (ERS), please [click here.](#)

Free summer lunch programs go where children play, live

National data shows of the 22 million children eligible for free and reduced lunch during the school year, only 15% receive free meals during the summer. The U.S. Department of Agriculture reimburses organizations that run the programs for the meals. Now programs across the USA are scrambling to feed those children during the summer break. Food banks, which often run the programs, are going to skate parks, libraries, fire stations and isolated country roads, anywhere that children gather, to bring them lunch. For some children, it's the only full meal of the day. Ross Fraser, a spokesman for Feeding America, which serves as an umbrella organization for 200 food banks across the country, says school funding cuts that eliminated summer schools have hurt summer meal programs because there are fewer places now where children gather in one spot. He says it is expensive to run the programs and in places where the programs exist, they are often difficult to reach for families living in remote areas. Beefed up efforts that began last year have reached more children, says Jim Weil, present of the Food Research and Action Center. He says 161,000 more eligible children received summer meals last year. A total of 3 million children received summer meals in 2013. [Read full article.](#)

Budget Busting U.S. Obesity Costs Climb Past \$300 Billion a Year

More than a third of all adults and 17 percent of young people are obese, according to the experts, and many of them have been consigned to troubled lives with obesity-related health problems such as type 2 diabetes, coronary heart disease and stroke, hypertension, arthritis and even cancer. Without major government and private intervention and a sea change in many Americans' unhealthy eating habits, the adult obesity rate could reach 50 percent by 2030, [according to one study.](#) The cost to society in terms of damaged lives, soaring health care costs and diminished economic growth and productivity is staggering. A new analysis prepared for *The Fiscal Times* by Scott Kahan, director of the National Center for Weight & Wellness at George Washington University, pegs the total cost of obesity—including direct medical and non-medical services, decreased worker productivity, disability and premature death—at \$305.1 billion annually. Those direct medical costs—include counseling, outpatient and hospital visits, a range of bariatric surgical procedures, new treatment, nursing home care, rehabilitation and hospice—account for \$190 billion of the annual costs, according to Kahan. The non-medical costs, including health education and behavioral change, add \$50 billion to the annual tab. Finally, absenteeism and sub-par productivity in the workplace costs an additional \$65.1 billion a year. [Read full article.](#)

Poor neighborhoods more to blame than poor parents for childhood obesity

By age 2, poor children have gained more weight than those who are better off. But after age 2, neighborhood poverty, not family poverty, puts the pounds on, finds a new study, published in the *Journal of Applied Developmental Psychology* (35:3). About one-third of America's children are overweight or obese, but rates are highest among poor and minority children. The study identifies for the first time the effects of neighborhood-level poverty, family poverty and ethnicity on children's weight, shedding new light on the origins of adult health disparities, the authors say. "The effects of neighborhood poverty on children's weight may be just as important as the effects of family poverty," says Cornell's Gary W. Evans, the Elizabeth Lee Vincent Professor of Human Ecology, who co-authored the study with Pamela Klebanov, Princeton University, and Jeanne Brooks-Gunn, Columbia University. "Children and families are embedded in neighborhoods; poor neighborhoods differ structurally from wealthier neighborhoods, with fewer safe and natural places to play and exercise, fewer supermarkets and more fast food," Evans explains. [Read full article.](#)

California State Budget to Bring Big Changes for CalFresh!

The enacted 2014-15 state budget, signed by the Governor on Friday, June 20, includes several changes that will positive impact CalFresh households:

- * **CalFresh gross income test raised:** Beginning on July 1, 2014, the state budget increases the gross income test to 200% of the federal poverty level (FPL) for the TANF and state MOE-funded service that confers modified categorical eligibility for all CalFresh households. Essentially this change will raise the gross income test from the current 130% FPL to 200% FPL for all CalFresh households.
- * **CalFresh drug felon ban eliminated:** Beginning on April 1, 2015, the budget repeals the lifetime ban on CalFresh benefits for individuals convicted of a drug felony, as long as they are complying with the conditions of their probation or parole. This change will help ensure that Californians have access to the nutrition resources necessary for a successful re-entry.
- * **CalFresh Heat and Eat continues:** The budget includes an investment of \$10.5 million from the General Fund to provide a state-funded energy assistance subsidy to CalFresh households. This change will result in the continuation of the state's Heat and Eat Program for those CalFresh households who would benefit most.



Education & Resources



Free Discover MyPlate Training Materials Now Available on Team Nutrition Website

The Discover MyPlate Curriculum Training for Teachers guide and accompanying slides are for State agencies, school districts, nutrition educators, and curriculum coordinators to use in providing a training session or professional workshop for kindergarten teachers. The training materials are designed to:

- * Support the integration and teaching of Team Nutrition's Discover MyPlate curriculum in schools across the United States.
- * Boost teacher confidence in teaching nutrition concepts and conducting food preparation activities.
- * Show how to collaborate with school nutrition professionals and other staff of the school to support and reinforce classroom lessons.
- * Review nutrition basics to familiarize teachers with subject matter content.



Please visit: <http://www.fns.usda.gov/tn/discover-myplate> for additional information on the Discover MyPlate Training Materials. Printed copies are expected to become available in Fall 2014.

Worksite Wellness Fact Sheet Now Available from CDPH

Workplace Wellness Programs are policies and activities focused on disease prevention and health promotion. As rates of chronic diseases (particularly those associated with obesity) rise, employers are increasingly looking to Workplace Wellness Programs as a means to reduce health care costs and improve employee productivity. The Worksite Wellness Fact Sheet targets policy, system and environmental change intervention ideas for low-wage workers, but can be applicable to almost all workplace environments. To view the Fact Sheet, please visit: <http://cdph.ca.gov/programs/cpns/Documents/WPWellnessFactSheet0614.pdf>.



Childhood Obesity Prevention Toolkit for Rural Communities

Nemours a foundation that operates an integrated children's health system, just released a Childhood Obesity Prevention Toolkit for Rural Communities. The toolkit provides a range of strategies and success stories to assist practitioners in child-serving sectors, including: early care and education, schools, out-of-school time, community initiatives and healthcare. The profiled communities were able to leverage their unique rural resources and benefited from close community bonds to improve children's health. The toolkit also includes policy recommendations and an overview of the evaluation process. To view the toolkit, please [click here](#).

Federal Advocacy Survey Results: Child Nutrition Priorities

In January 2014, California Food Policy Advocates (CFPA) distributed a web-based survey in an effort to better understand their partners' federal advocacy priorities for the child nutrition programs, including meals and snacks served at early childhood settings, schools, and programs outside of school hours. The responses collected from the survey, along with other sources of input, will be used to inform CFPA's Federal Advocacy Agenda on Child Nutrition, which is expected to be finalized later this year. To read the results, please [click here](#).

New Race and Ethnicity Health Profiles from the UCLA Center for Health Policy Research

The Center recently released easy-to-read health statistics on five major ethnic and racial groups in California—Whites, Latinos, Blacks, Asians and American Indians/Alaska Natives. One-page Health Profiles on Latino and Asian subgroups are also available. The new Race/Ethnicity Health Profiles use data from the 2011-2012 California Health Interview Survey (CHIS) to explore a range of health topics, from insurance status to fruit-and-vegetable consumption to binge drinking. Of specific interest are customized statistics for nearly a dozen groups within the Latino (9.5 million) and Asian (3.9 million) ethnic groups, including separate data for U.S.-born Mexicans versus Mexicans born outside of the country. To view all 2011-2012 Race/Ethnicity Health Profiles, [click here](#).

Save the Date! 8th Biennial Childhood Obesity Conference, June 29-July 2, 2015, San Diego, CA

Now in its 8th year, the Biennial Childhood Obesity Conference is the nation's largest, most influential collaboration of professionals dedicated to combating pediatric obesity. Nearly 2,000 attendees from across the country are expected to attend in 2015. Join us as we continue to share and discuss emerging research, best practices, community-based efforts and effective policy strategies that promote and sustain healthy eating and physical activity practices for children, adolescents and their families! For additional information, including submissions for a session proposal, and how to sign up to receive monthly e-newsletters and e-news alerts, please visit: <http://www.childhoodobesity2015.com/>.



We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please e-mail Lindsay Hamasaki at Hamasaki@caes.ucdavis.edu to share your comments on the new format of the Weekly Update, stories, photos, or other items you would like to see featured in future Weekly Updates.

The UC CalFresh Weekly Updates are sent by the UC CalFresh State Office on behalf of David Ginsburg, Director of the UC CalFresh Nutrition Education Program. Electronic versions of the Weekly Updates are also posted on the UC CalFresh website: <http://www.uccalfresh.com/weekly-updates>.

The University of California CalFresh Nutrition Education Program (UC CalFresh) is funded through a joint agreement among the U.S. Department of Agriculture/Food & Nutrition Service (USDA/FNS), the California Department of Social Services (CDSS) CalFresh Branch, and the University of California Cooperative Extension (UCCE). This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

