

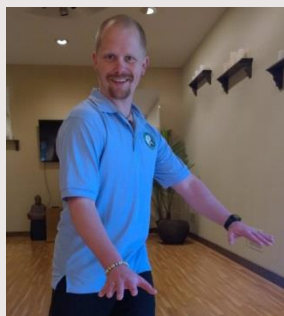


Your Nutrition News Resource

Nutrition News Nibbles: January 1-February 15, 2018



[Archive](#)



Justin Casteel empathizes with the challenges that come with diabetes. That's why he emphasizes prevention in his YMCA program in York County. Details at

### PA NEN News

#### PA NEN on Facebook



It's canned food month, so our [Facebook page](#) highlights are filled the yummy, healthful [ideas](#) for your canned food mood! #Goodfoodittude

#### Registration has Opened for PA NEN's Annual Conference!

Check out:

- [This little teaser](#)
- A speaker [highlight](#)
- Register [here!](#)

#### PA NEN Webinars

We just hosted a webinar on grocery shopping tips from Monica Reinegal, the Nutrition Diva. A few highlights:

- The US Department of Agriculture's initiative focusing on [food waste](#)
- [Hungry Harvest](#) that works to deliver meals and feed the hungry
- The Nutrition Diva's Quick and Dirty Tips:
  - ["Nine tips for reducing food waste"](#)
  - ["10 of the most nutritious food for your money"](#)

Check out our future [list of webinar presenters](#) for 2018.

this [link](#).



RESOURCES FOR HEALTH PROS



### **EatTogetherPA.org is Getting a Makeover!**

Keep an eye out for [EatTogetherPA.org's](#) brand new look.

### **Have Some News?**

Do you have nutrition news, articles, research, grants, or other opportunities to share? We would love to highlight your information. Email [PA NEN](#) today!

### **International News**

Better late than never! [Food puns](#) for your Valentine.

[The winter Olympic athletes have been eating Korean flavors since the summertime so they're bodies wouldn't have to adjust during the games!](#)

[Dietitians are playing a huge role in this year's Olympics.](#)

What a nice refresher on the "[Natural food label](#)".

[Health professionals answer the question, "Is it okay to let kids go vegetarian or vegan?" What do you think?](#)

[Grocery stores in the UK agreed to publish data on the food they waste.](#)

[How will China feed 1.4 Billion?](#)

[How do we transition into a food system that is more diverse, equitable, and profitable?](#)

[Do employee wellness programs work? The jury is still out.](#)

[Here's a roundup of Canadian health politics.](#)

[What foods will be trending in 2018?](#)

[How are millennials eating?](#)

[The fantastic world within the body during exercise](#)

[Obesity and malnutrition become the norm in the developing country of Africa.](#)

[In the UK, they're overcoming childhood obesity through calorie labeling and a reduction of sugar in processed foods.](#)

[Under-nutrition is associated with hearing loss. More research to be done to prove that one caused the other.](#)



FOOD POLICY UPDATES



Contact PA NEN  
717.233.1791  
[pa\\_nen@phmc.or](mailto:pa_nen@phmc.or)

## [Interval training – a 2018 exercise trend](#)

[Eat leafy greens every day for a sharper mind. More research to be had, but it's an interesting start!](#)

### **National News**

[Often, we see kids as the recipients of food assistance programs. However, food insecure teens act as emotional support for their parents.](#)

From the Robert Wood Johnson Foundation (RWJF), [new research](#) shows that seniors who participate in the SNAP program are much less likely to be in nursing homes and hospitals. There is power of investing in social services to reduce health care costs and improve health outcomes. Click [here](#) to read the RWJF blog summarizing the findings.

The Trump administration sent its federal fiscal year 2019 budget to Capitol Hill. This will act as a spending proposal from the White House and direction for Congressional committees for the upcoming year. Nutrition and food assistance programs are expected to be cut considerably.

The House and Senate focused much of its energy last week on passing yet another temporary spending measure through March. Under the spending bill, \$1.35 billion over ten years is taken from the Public Health Prevention Fund. This money will be used by state and local health departments to meet community health needs. The measure funded community health centers and other programs which expired at the end of the last fiscal year. But, the actual Public Health and Prevention Fund was cut again.

Last week, the House passed the [Common Sense Nutrition Disclosure Act](#) weakening menu labeling provisions enacted under the Affordable Care Act. Opposing the bill, the Center for Science in the Public Interest issued [this statement](#). CNN also covered [the bill](#). Check this [summary](#) outlining arguments of the bill's proponents and opponents. The bill's fate is uncertain in the Senate. The House adopted a similar bill 2016, but it died in the Senate.

[Can you picture it: meal delivery boxes for the folks receiving food assistance? Except they can't choose their food preference and there are no fresh food options. The White House wants to dictate what foods people receive on the Supplemental Nutrition Assistance Program.](#)

[A network of Oregon Food Banks are looking to meet with policymakers about possible ways of increasing healthful, fresh food served to food pantry attendees.](#)

[What's the cost of obesity?](#)

[7 charts share how obesity numbers climbed.](#)

A [Food Is Medicine Working Group](#) is established within Congress's House Hunger Caucus. It will "...draw on expertise from academics, advocacy groups, and industry to find policies to improve the Supplemental Nutrition Assistance Program (SNAP), the Women, Infants and Children (WIC) program, school lunches, and related programs."

[The Food and Drug Administration \(FDA\) is looking to revoke the health claim that soy can reduce heart disease.](#) This is the first time that the FDA has reversed its stance on a nutrient. More in this [article](#).

[Are shoppers savvy? They're looking past misleading food labels!](#)

[The Hartman group summarized the impact of food labeling in this image.](#)

What a [good read](#) about the challenges and benefits of paying for preventative healthcare and social services. This [article](#) opposes the argument that preventative care saves money. Instead, it increases the quality of medical care.

[Virginia decides to invest money into placing food stores in low-income areas.](#)

[Exercise tips for chilly weather](#)

[A New York food pantry opens in a rural school district to feed school girls and boys.](#) A [college food pantry](#) feeds their students too. Watch as a [high school senior decides to feed the hungry and reduce food waste at her school.](#)

[US Salmon with Japanese tapeworm](#)

[The younger generation spends more money on prepared foods that are restaurant quality.](#)

[Did people forget about a home-cooked meal?](#)

[Eight foods a food safety advocate and lawyer avoids](#)

[10 lessons learned from eating on \\$4.70 a day](#)

[A detailed rundown of school lunch's recent history](#)

[NYC created policy](#) surrounding urban agriculture that requires the department of city planning, small business services, and parks and recreation to develop a website on the matter. It

focuses on building codes, residential vs. commercial zoning, and real-estate development issues that urban farmers face.

[How has the Food and Drug administration led food recalls in the past couple years?](#)

[Dietary Reference Intakes have officially become political issue.](#)

[A few details about recovery after exercise](#)

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### Local News

**Pennsylvania:** [Penn State Nutrition Links pros cook up a healthy, affordable meal with fresh vegetables.](#)

**Kutztown:** The Rodale Institute is a Pennsylvania Organic Farm known nationwide for its agricultural innovation and experiments. [Now, this veteran farm is spilling the beans about how to jump into organic farming.](#)

**Philadelphia:** [A Taste of African Heritage spreads like rapid-fire in this city thanks to some of our partners' participation.](#)

**Philadelphia:** Drexel shared it's February nutrition education online newsletter. [Soak it all in.](#)

**Philadelphia:** [A dietitian shares her nutrition know-how for an interview with a school's newspaper!](#)

**Philadelphia:** [Philadelphia's anti-hunger organizations and food banks came together on a joint statement on President Trump's budget proposal.](#)

**Pittsburgh:** [A supermarket in low income neighborhoods is linked to health benefits for its users.](#)

**Wilkes-Barre:** 71% of the population around the world survives on less than \$10 a day. Through an [empathy-building workshop](#), dietitian Clancy Cash Harrison shares this reality with school students in her area.

**York:** The YMCA in York County is hosting diabetes prevention courses. Program [highlights](#) can be found within this article written by Justin Casteel, coordinator of this program.

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### Resources

The Food Research & Action Center and AARP Foundation have

released a [free online course](#) on how to screen patients age 50+ for food insecurity and connect them to key nutrition resources. The 60 minute course also includes a number of free, downloadable resources, including posters and charts that are ready to use in clinical settings. It is approved for 1.0 AMA PRA Category 1 Credits (for doctors) and 1 Continuing Education Credit for dietitians (by printing out a certificate of completion and noting in the activity log that Approved by the Accreditation Council for Continuing Medical Education). All other course attendees can download a certificate of participation upon completion. Access it [here](#).

In recent years, cities, counties, and states have started to see their childhood obesity rates go down. [This new feature](#) from the Robert Wood Johnson Foundation provides stories of progress nationwide.

The Food Ethics Council produced a report called, "[For whom? Questioning the food and farming research agenda](#)". Authors include dietitians, farmers, food safety specialists and more.

A Greener World produced a report defining our food labels. It's called, "[Food Labels Exposed: A definitive guide to common food label terms and claims](#)".

Food pantries can register on [this site](#) so that gardeners and food growers can provide them crops and fresh produce.

A new SNAP-Ed approved curriculum provides policy, system and environmental change recommendations. It's named, "[Power Up! Supercharge Your Food and Fitness](#)".

The Academy of Nutrition and Dietetics outlines [resources](#) that support Sustainable Food Systems.

Curious how canned food could feed your family in a healthy manner? Find out at the Canned Food Alliance [website](#).

The Journal of Nutrition Education and Behavior printed research called, "[Examining Internet Access and Social Media Application Use for Online Nutrition Education in SNAP-Ed Participants in Rural Illinois](#)". It's pertinent research because it provides information on technology usage, SNAP-Ed reach in rural areas, and family-based resources – all important talking-points to congress during the upcoming Farm Bill.

The International Food Policy Institute lists several [initiatives](#) that will address Global Food System issues.

This is an oldie but oh-so-good. The [Go Further with Food website](#) contains information on food recycling and recovery, food donation and rescue, food waste reduction, public policy and more. Their many resources are found [here](#).

The Secretary of Agriculture released his Farm Bill

legislative [views](#).

The Food and Drug Administration's "[Healthy Innovation, Safer Families: FDA's 2018 Strategic Policy Roadmap](#)" was printed in January.

Utah Cooperative Extension's Policy System and Environmental Change tab on this [website](#) contains some creative signage for healthy nudges at food pantries and food banks.

A paper written in the Journal of the American Medical Association wrote a paper titled, "[Trends in Severe Obesity Among Children Aged 2 to 4 Years Enrolled in Special Supplemental Nutrition Program for Women, Infants, and Children From 2000 to 2014](#)".

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### **Social Media**

Dietitians take on the eating advice found on [Facebook](#).

Top posts from PA NEN's Facebook Page:

- Someone creates an outdoor fridge for the [hungry](#)
- [OCD tendencies](#) while grocery shopping
- A 105-year-old perfects her [yoga skills](#).

The Association of State Public Health Nutritionists shares a bit about what they do in [this video](#).

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### **Webinars and Podcasts**

**NEW-**The Society of Nutrition Education and Behavior (SNEB) hosted a webinar called, "Extension Opportunities in Food Access & Equity, Two Part Series." A [recording](#) is now available and the next part of the series is set for [March 7](#). The webinars are free for SNEB members and \$25 for non-members. In this webinar, you'll look at how Cooperative Extension operates within two teaching structures, SNAP-Ed and EFNEP. Utilizing both of these programs are keys to behavior change. As Policy System and Environmental Change becomes priority, Extension educators have to widen their role in the types of technical assistance and support they provide. Learn more from the Wisconsin and Washington University educators who are implementing these tactics in food pantries.

**NEW-**Gastropod is a food podcast that covered the history and reality behind dieting in this episode, "[We've Lost It: The Diet Episode](#)".

**NEW**-Today's Dietitian is hosting a webinar called, "[Family Meals Matter: Barriers, Benefits and Strategies for Eating Together](#)" on February 21, 2018 from 2:00-3:00 PM (EST). During it, you'll discover the creative strategies behind encouraging more family meals for better health. One continuing education credit will be provided to dietitians who attend.

**NEW**-Melissa Joy Dobbins is a dietitian who hosts a podcast called, "Sound Bites". She interviewed Jayson Lusk, a forward thinker in food, economics and agriculture. [Listen in.](#)

**NEW**-The Association of State Public Health Nutritionists and the Committee for Public Health and Community Nutrition, and the Public Health and Community Nutrition Practice Group shared a "Public Health Nutrition Online Certificate Training" module. It's available for dietitians for \$54 at the Academy of Nutrition and Dietetics website. Details [here.](#)

**NEW**-At the 2018 ASNNA Conference, the USE Regional Nutrition Education and Obesity Prevention Centers of Excellence (RNECE) shared a 6-module training series on the Policy System and Environmental Change. The modules are a chance to develop skills to assess needs, engage partners, develop and implement action plans, evaluate efforts, and create sustainability. The online course fee is \$100 per person for SNAP-Ed professionals. SNAP-Ed funds designated for staff training and professional development may be used for this training. More information can be found [here.](#)

**NEW**-"[Food Science that will make you feel better](#)" - This Bite podcast will help you understand some of the psychology behind eating from the point of view of a neuroscientist who studies why we eat what we eat.

**NEW**-"Together We Inspire Smart Eating: A Preschool Curriculum for Obesity Prevention in Low-Income Families" was developed for families of preschool and elementary school kids. It incorporates a curriculum, a cartoon mascot and technology to educate parents. For more information about its implementation and results, you can join a webinar on February 19 from 12:00-1:00 PM (EST). One continuing education credit will be available for dietitians. The webinar is free for the Society of Nutrition Education and Behavior members and \$25 for non-members. Register [here.](#)

**NEW**-On January 9, the following groups connected to educate about the upcoming Farm Bill - Policy Link, the Food Research and Action Center, Fair Food Network, the National Sustainable Agriculture Coalition, and the Center for Healthy Access from the Food Trust. The event was titled, "Opportunities in the Federal Efforts to Advance Equitable and Sustainable Food Systems". A brief description of the event and a link to the recording can be found [here.](#)

**NEW**-The Society of Nutrition Education and Behavior is hosting a national call titled, "Hot Topics Call: The Expiring



Farm Bill and the Nutrition Title” on February 21 at 1:00-2:00 PM (EST). Find out more information and register at this [website](#).

**NEW**-The Centre for Sustainable Food Systems presented a free webinar titled, “[Sustainable Food Hubs in Ontario](#).” The event showcased programs, data, and infographics demonstrating the effects and lessons learned. Though the webinar is over, contact the host for [details](#).

The Society of Nutrition Education and Behavior (SNEB) reached into their conference archives to share talks about food policy. Two recordings can be found below:

- Conference Session 1: “[What’s on the Menu? Federal Policy Implications and Community Solutions Resulting From National Menu Labeling Requirements](#)”
- Conference Session 2: “[Farm to School –What’s In It for You?](#)”

A dietitian’s podcast, Liz’s Healthy Table, brings on pediatric specialist to discuss her passion about feeding children. [Listen in!](#)

Villanova’s College of Nursing hosts forward-thinking nutrition and wellness webinars through their MacDonald Center for Obesity Prevention and Education.

- [Upcoming Webinars](#)
- [Upcoming Workshops](#)
- [Webinar and Workshop Recording Archive](#)

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## **Events**

**NEW**-“EPIC® - Pediatric Obesity: evaluation, treatment and prevention in community settings” is a 1-1 and 1/2 hour-long, on-site training that offers an update on current obesity prevention research and the American Academy of Pediatrics Expert Committee recommendations on obesity. It’s a free, interactive program providing continuing education for doctors and dietitians within the Pediatric or Family Medicine Practice. Presenters include a physician and registered dietitian. Find more information about these trainings [here](#).

**NEW**-The Pennsylvania Public Health Association (PPHA), the Pennsylvania Office of Rural Health (PORH), and the Penn State College of Medicine’s Public Health Program announced a one-day conference, Understanding Public Health in Pennsylvania: A Retrospective Review and Forecast for the Coming Year. During the event, you’ll learn about community and health advocacy, best practices when serving the underserved population and evidence-based practices for community health. This year’s event will be from 8:00 AM to 4:30 PM at the Eden Resort and

Suites in Lancaster, PA. Register [here](#). Direct your questions to [Terri Klinefelter](#) or call (814)-863-8214

**NEW**-The Pennsylvania Academy of Nutrition and Dietetics is hosting their Annual Meeting and Expo on April 5-7, 2018 at the Harrisburg-Hershey Holiday Inn Hotel. The [agenda](#) is set with a full line of engaging go-getters. Read more [here](#).

**NEW**-Dietitian, Clancy Cash Harrison, will be teaming up with the American Dairy Association North East during her talk about how dietitians and dietetic interns are positioning themselves to fight food insecurity. The [event](#) will take place at Marywood University in Scranton, PA on Wednesday, March 21 from 8:30 AM-12:15 PM. More information to follow.

**NEW**-The [Learn and Live Well 1st Annual Diabetes Expo](#) will be held on Saturday, March 24, 2018 from 9:00 AM – 3:00 PM at Penn State York Campus. This event was developed by the Diabetes Coalition of York County including the following partners: Healthy York County Coalition, Minnich’s Pharmacy, Penn State York, UPMC Pinnacle, WellSpan Health, York County Area Agency on Aging and the YMCA of York and York County. The Expo is funded by the Embracing Aging Grant from the York County Community Foundation. The free Expo will feature,

- Free glucose, cholesterol, BMI, A1C, and balance testing
- Community resources and vendors
- Door prizes and free food
- Guest speaker is Dr. Renu Joshi, Vice President Chronic Disease Population Health Management; Medical Director Endocrinology; Chairperson, Diabetes Clinical Initiative UPMC Pinnacle.

The 2018 National Good Food Network Conference on March 27-30, 2018! This event will share ground-breaking strategies, models for those who work in the food system and in the food hub sector. The event takes place in Albicuerque, New Mexico. More information at [this link](#).

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### **Grants & Opportunities**

**NEW**-Did you know the Academy of Nutrition and Dietetics provides monetary grants, scholarships and awards for dietitians working in all sectors? View all opportunities [here](#).

**NEW**-UC Berkeley is offering a \$10,000 postgraduate Food and Farming Journalism Fellowship for audio and print journalism. It’s for the 11th Hour Project aimed at early and mid-career journalists interested in agricultural and nutritional policy, the food industry, food science, rural and urban farming and more. Read about this opportunity here. Online [applications](#) are due

March 15.

**NEW**-Are you a Society of Nutrition Education and Behavior (SNEB) member and looking for [award opportunities](#)? SNEB Award Nominations are currently being accepted:

- ACPH Health Promotion Policy Award - Deadline to submit: April 1, 2018
- SNEB/SNEB Foundation Helen Denning Ullrich Award for Lifetime Excellence in Nutrition Education
- SNEB Mid-Career Achievement Award
- SNEB Early Professional Achievement Award
- Korean Society of Community Nutrition (KSCN)-SNEB Achievement Award
- KSCN-SNEB Student Award
- Nutrition Education Research Award
- Nutrition Education Program Impact Award
- Scholarship of Teaching & Learning Nutrition in Higher Education Award

The nomination requirements are [posted online](#). Submit award nominations [here](#).

**NEW**-Applications for the Society of Nutrition Education and Behavior's (SNEB) 2018 Food and Nutrition Extension Education (FNEE) Division Student Scholarship are being accepted. The goal of the Scholarship is to provide financial assistance to attend the FNEE Pre-Conference and SNEB Annual Conference. To be eligible for this Scholarship, the applicant must be a senior undergraduate, graduate or international student enrolled in a degree program in nutrition, family and consumer sciences, public health, health education, community health or closely related field. [Applications](#) are due by March 1.

**NEW**-The Society of Nutrition Education and Behavior (SNEB) Foundation is now accepting scholarship applications for 2018. The goal of the SNEB Foundation Scholarship Program is to provide financial assistance for recipients to attend the SNEB Annual Conference. The number of scholarships awarded each year depends on available funding. [Submit](#) your applications by March 1.

Philadelphia urban gardens and vacant lots can get soil testings for free. The City of Philadelphia received a grant from the U.S. Environmental Protection Agency to lead these tests on City-owned lots that could be suitable for urban agriculture and green storm water infrastructure projects. Learn more about the project and how to apply [here](#).

The American Public Health Association (APHA) Annual Meeting & Expo is happening in San Diego, CA on November 10-14. They are now accepting abstracts for it. The theme of the meeting is "Creating the Healthiest Nation: Health Equity Now." Authors are encouraged to submit abstracts on the theme and current and emerging public health issues. The submission

deadline is March 3. Details can be found [here](#).

The Robert Wood Johnson Foundation works to improve health and health care for all. To do this, they provide grants across the United States. Browse their [database](#) for current and past grants.

Isn't food and nutrition confusing? Ask a COPE registered dietitian for answers! Send your questions to [cope@villanova.edu](mailto:cope@villanova.edu)

The Administration for Community Living shares food and nutrition grant opportunities in [this archive](#).

Government food and nutrition grants are all listed on [Grants.gov](#).

The National Collaborative on Childhood Obesity Research has many funding opportunities available to universities and nonprofits. See all of them and the application deadlines [here](#).

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