

CHOICES Community of Practice: March Coffee Chat Resource Round-up

This document compiles resources and information shared during the March 23, 2023 coffee chat.

March Coffee Chat:

Roundtable discussions: Advancing nutrition, physical activity, and health equity

Thursday, March 23, 2023 from 1:00 – 1:50pm ET

This coffee chat featured roundtable discussions focused on several key priorities: strategies to address food and nutrition security, promoting nutrition and physical activity in early care and education programs, and increasing physical activity through community design.

The following resources may be useful resources to support your work in those areas. Resources are organized into the following sections:

- I. [Strategies to address food and nutrition security](#)
- II. [Promoting nutrition and physical activity in early care and education programs](#)
- III. [Increasing physical activity through community design](#)
- IV. [Additional resources](#)

ABOUT THE CHOICES COMMUNITY OF PRACTICE

Register to join the CHOICES Community of Practice

The CHOICES Community of Practice includes people whose work focuses on advancing obesity prevention, healthy eating, and active living and want to learn more about how cost-effectiveness analysis can advance their efforts and address health equity.

- ⇒ **Sign up to access tools and resources, connect with members, and more!**
<https://choicesproject.org/comm-of-practice/>

The CHOICES Community of Practice was launched by the CHOICES Project at the Harvard T.H. Chan School of Public Health.

- ⇒ Learn more about CHOICES: <https://choicesproject.org/>
⇒ Learn more about the Prevention Research Center on Nutrition and Physical Activity at the Harvard T.H. Chan School of Public Health <https://www.hsph.harvard.edu/prc/>

I. Strategies to address food and nutrition security

To get started learning about this topic, visit

- ⇒ <https://www.cdc.gov/nutrition/state-and-local-strategies/priority-incentives-prescriptions.html>
- ⇒ <https://www.usda.gov/nutrition-security>

CHOICES Project & Harvard Prevention Research Center resources

Peer-reviewed | **Food Insecurity and the role of food assistance programs in supporting diet quality during the COVID-19 pandemic in Massachusetts**

Matthew M Lee, Mary Kathryn Poole, Rachel M Zack, Lauren Fiechtner, Eric B Rimm, Erica L Kenney
<https://pubmed.ncbi.nlm.nih.gov/36687676/>

Peer-reviewed | **Impact of The Healthy, Hunger-Free Kids Act On Obesity Trends.**

Kenney EL, Barrett JL, Bleich SN, Ward ZJ, Cradock AL, Gortmaker SL. *Health Aff.* 2020;39(7).
doi:10.1377/hlthaff.2020.00133
<https://choicesproject.org/publications/healthy-hunger-free-kids-trends/>

Peer-reviewed | **WIC Food Package Changes: Trends in Childhood Obesity Prevalence**

Daepf MIG, Gortmaker SL, Wang YC, Long MW, Kenney EL. *Pediatrics.* 2019;143(5):e20182841.
<https://choicesproject.org/publications/wic-food-package-trends-childhood-obesity/>

Research Brief | **Healthy Incentives Program within the SNAP in Harris County, Texas**

<https://choicesproject.org/publications/brief-snap-houston-tx/>

Other Resources (e.g., State, Local, Federal, Organizations)

Web resource | **USDA SNAP Healthy Incentives Webpage**

General webpage to learn more about the USDA SNAP HIP program
<https://www.fns.usda.gov/snap/healthy-incentives>

Government Report | **Healthy Incentives Pilot Final Evaluation Report (2014)**

<https://www.fns.usda.gov/snap/hip/final-evaluation-report>

Funding opportunity | **SNAP eHIP Cooperative Agreement Project**

<https://www.fns.usda.gov/grants/snap-ehip>

Web Resource | **Gus Schumacher Nutrition Incentive Program**

<https://www.nifa.usda.gov/grants/programs/hunger-food-security-programs/gus-schumacher-nutrition-incentive-program>

Web Resource | **San Antonio Metro Health: SA Forward Priority Area: Food Insecurity and Nutrition**
<https://dashboards.mysidewalk.com/city-of-san-antonio-strategic-health-plan-dashboard-5bbc32e941c7/food-systems-nutrition>

Web Resource | **UCLA Teaching Kitchen**
<https://fitwell.recreation.ucla.edu/facilities/teachingkitchen>

Web Resource | **Vermont Food in Health Produce Prescription Programs**
<https://www.vtfoodinhealth.net/ppr>

II. Promoting nutrition and physical activity in early care and education programs

To get started learning about this topic, visit:

- ⇒ <https://www.cdc.gov/obesity/strategies/childcareece.html>
- ⇒ <https://www.cdc.gov/obesity/strategies/priority-obesity-strategy.html>

CHOICES Project & Harvard Prevention Research Center resources

Fact Sheet | Physical Activity is Key for Young Kids' Health (Ages 3 through 5)

<https://choicesproject.org/publications/physical-activity-young-kids/>

Research Brief | Creating Healthier Child Care Environments: NAPSACC in the Quality Rating Improvement System in Arkansas

<https://choicesproject.org/publications/brief-napsacc-arkansas/>

Research Brief | More Movement Program in Early Child Care Settings in Boston, MA

<https://choicesproject.org/publications/brief-more-movement-boston/>

Research Brief | Reducing Screen Time in Early Child Care Settings in Boston, MA

<https://choicesproject.org/publications/brief-reducing-st-boston/>

Research Brief | Cost-Effectiveness of Strategies to Reduce Obesity Among Young Children

Available at: <https://healthyeatingresearch.org/research/choices-cost-effectiveness-of-interventions-for-reducing-obesity-among-young-children/>

And Community of Practice Portal: https://choicesproject.org/cop_resource/cost-effectiveness-strategies-reduce-obesity-young-children/

Story from the Field | Oklahoma Takes Action to Improve Child Health

<https://choicesproject.org/publications/sftf-oklahoma-improve-child-health/>

Web resource | Prevention Research Center on Nutrition and Physical Activity – Healthy Eating Priority Area

<https://www.hsph.harvard.edu/prc/priority-areas/healthy-eating/>

Web resource | Prevention Research Center on Nutrition and Physical Activity – Drinking Water Priority Area

<https://www.hsph.harvard.edu/prc/priority-areas/drinking-water/>

Other Resources (e.g., State, Local, Federal, Organizations)

Intervention Program | Stolley M. Hip Hop to Health Jr. SNAP-Ed Toolkit. Available at

<https://snapedtoolkit.org/interventions/programs/hip-hop-to-health-jr>

Intervention Program | **Go NAP SACC (Nutrition and Physical Activity Self-Assessment for Child Care)**
<https://gonapsacc.org>

Web Resource | **National CACFP Association**
<https://www.cacfp.org/>

Web Resource | **Food Research & Action Center (FRAC)**
<https://frac.org/>

Web Resource | **Nemours Children’s Health: Healthy kids, Healthy Future National Early Care and Education Learning Collaborative (ECELC)**
<https://healthykidshealthyfuture.org/about-eclc/national-project/>

Report | **Demanding Change: Repairing our Child Care System (Child Care Aware)**
<https://www.childcareaware.org/demanding-change-repairing-our-child-care-system/>

III. Increasing physical activity through community design

To get started learning about this topic, visit:

- ⇒ <https://www.cdc.gov/physicalactivity/community-strategies/activity-friendly-routes-to-everyday-destinations.html>
- ⇒ <https://www.saferoutespartnership.org/safe-routes-school/101>

CHOICES Project & Harvard Prevention Research Center resources

Strategy Profile | **Safe Routes to School**

<https://choicesproject.org/publications/safe-routes-school-profile/>

Research Brief | **Wisconsin: Safe Routes to School**

<https://choicesproject.org/publications/brief-safe-routes-to-school-wisconsin/>

Research Brief | **Houston: Safe Routes to School**

<https://choicesproject.org/publications/brief-srts-houston-tx>

Research Brief | **Minnesota: Safe Routes to School (SRTS)**

<https://choicesproject.org/publications/brief-srts-minnesota/>

Other Resources (e.g., State, Local, Federal, Organizations)

Web resource | **National Center for Safe Routes to School**

<https://www.saferoutesinfo.org/>

Web resource | **CDC Safe Routes to School**

<https://www.cdc.gov/policy/opaph/hi5/saferoutes/index.html>

Web resource | **CDC Priority Strategy: Increasing Physical Activity Through Community Design**

<https://www.cdc.gov/physicalactivity/community-strategies/activity-friendly-routes-to-everyday-destinations.html>

Web resource | **Physical Activity Guidelines for Americans, 2nd Edition. U.S. Department of Health and Human Services. 2018.**

https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

Web resource | **CDC: Health Equity-Oriented Strategy Selection, Design, and Implementation**

<https://www.cdc.gov/nccdphp/dnpao/health-equity/health-equity-guide/pdf/health-equity-guide/Health-Equity-Guide-sect-1-5.pdf>

Funding opportunities | **U.S. Department of Transportation Federal Highway Administration: Transportation Alternatives**

https://www.fhwa.dot.gov/environment/transportation_alternatives/

Minnesota Resource Spotlight

Web resource | **Minnesota Department of Transportation: Visualizing Safe Routes to School in Minnesota**

<http://www.dot.state.mn.us/saferoutes/srts-in-mn.html>

Web resource | **Minnesota Department of Transportation: Student Transportation Equity for Priority Populations (STEPP) Tool**

<http://www.dot.state.mn.us/saferoutes/equity-atlas.html>

Web resource | **Minnesota Department of Transportation: Safe Routes to School Demonstration Projects**

<http://www.dot.state.mn.us/saferoutes/demonstration-projects.html>

Web resource | **Minnesota Department of Transportation: Stakeholders guide**

<http://www.dot.state.mn.us/mnsaferoutes/assets/downloads/engagement/stakeholders-poster.pdf>

Web resource | **Minnesota Department of Transportation: Education and Encouragement Ideas**

<http://www.dot.state.mn.us/mnsaferoutes/assets/downloads/engagement/programs-poster.pdf>

See more resources here: <http://www.dot.state.mn.us/mnsaferoutes/> and

<http://www.dot.state.mn.us/saferoutes/index.html>

IV. Additional resources

Web resource | **Roots of Health Inequity course: "Advancing Public Narrative for Health Equity and Social Justice"**

<http://rootsofhealthinequity.org>

Funding Opportunities | **CDC Division of Nutrition, Physical Activity, and Obesity Funding Opportunities**

<https://www.cdc.gov/nccdphp/dnpao/state-local-programs/fundingopp/index.html>