

CHOICES Community of Practice

April Coffee Chat Resource Round-up

This document compiles resources shared during the April 30, 2024 coffee chat: *Advancing Equitable Access to Improved Nutrition: Evidence and Policy*. This coffee chat included a discussion of evidence about cost-effective, population-level nutrition policies that have been shown to prevent obesity and improve health equity as well as offer updates about implementation.

[Recording](#) | [Presentation Slides](#)

Guest Speakers:

- **Sara Bleich, PhD** | Professor of Public Health Policy at the Harvard T.H. Chan School of Public Health, inaugural Vice Provost for Special Projects at Harvard University, Director of the Social Sciences Program and Carol K. Pforzheimer Professor at Harvard Radcliffe Institute, a faculty member at the Harvard Kennedy School of Government, former Director of Nutrition Security and Health Equity at the U.S. Department of Agriculture's (USDA) Food and Nutrition Service, former Senior Advisor for COVID-19 in the Office of the Secretary at USDA, and former Senior Policy Adviser for Food, Nutrition and Consumer Services and on First Lady Michelle Obama's Let's Move! Initiative
- **Steve Gortmaker, PhD** | Professor of the Practice of Health Sociology, Director of the Prevention Research Center on Nutrition and Physical Activity, and Director and Co-Principal Investigator of the CHOICES Project at the Harvard T.H. Chan School of Public Health

Resources shared

Article discussed during the coffee chat

Perspective: Childhood Obesity Prevention — Focusing on Population-Level Interventions and Equity (Gortmaker, Bleich, & Williams, *NEJM*, 2024)

The authors cite a series of recent publications that document cost-effective population strategies that prevent obesity and improve health equity.

<https://www.nejm.org/doi/full/10.1056/NEJMp2313666>

Peer-Reviewed Publication: Cost-effectiveness of Improved WIC Food Package for Preventing Childhood Obesity (Kenney et al., *Pediatrics*, 2024)

This study determines the cost-effectiveness of changes to WIC's nutrition standards in 2009 for preventing obesity and to estimate impacts on socioeconomic and racial/ethnic inequities.

<https://choicesproject.org/publications/wic-child-obes-pediatrics>

Peer-Reviewed Publication: A Sugar-Sweetened Beverage Excise Tax in California: Projected Benefits for Population Obesity and Health Equity (Lee et al., *AJPM*, 2024)

This study evaluated the cost effectiveness of a hypothetical 2-cent-per-ounce excise tax in California and its implications for population health and health equity.

<https://choicesproject.org/publications/ssb-tax-ca-ajpm>

Final Rule for School Meal Standards

<https://www.fns.usda.gov/cn/school-nutrition-standards-updates>

Final Rule for the WIC Food Package

<https://www.fns.usda.gov/wic/fr-041824>

CHOICES National Action Kit 2.0

Guide planning & prioritization to invest responsibly in policies & programs to improve child health using the CHOICES National Action Kit 2.0, a tool for exploring and comparing effective strategies to improve child health.

<https://choicesproject.org/actionkit2023>

ABOUT THE CHOICES COMMUNITY OF PRACTICE

The CHOICES Community of Practice is an initiative of the CHOICES Project at the Harvard T.H. Chan School of Public Health. 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!** 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>

⇒ Visit the CHOICES Community of Practice: <https://choicesproject.org/comm-of-practice>