

CENTER FOR ADVANCING
HEALTHY
COMMUNITIES



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.

National Strategy on Hunger, Nutrition, and Health *Learning & Discussion Series*

Session 1: Overview of the White House *National Strategy on Hunger, Nutrition, and Health*

March 30, 2023
2:00 – 3:00 p.m. ET



Welcome!

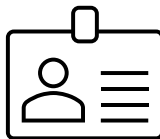
Reminders



This meeting will
be recorded



We encourage
you to share

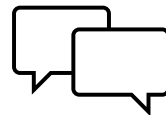


Please use the
same display name
as the one you
used to register
and add your state
abbreviation.

Display your
pronouns if you
wish.



Please take a
moment to
complete the
survey at end of
today's meeting



Use Chat for
questions,
comments, and
reactions



Meeting Norms

- Encourage each other to be emotionally, intellectually, and socially engaged
- Feel free to speak *your* truth, while knowing it's only *part of* the truth, and empathizing with the truth *of others*
- Listen to understand
- Practice being vulnerable. It's ok to speak in rough draft.
- Be mindful of the impact of what you say, not just your intention
- Understand that we are all learning
- Be ok with not having all the answers and be honest about your capacity
- Communicate positive, reflective, constructive feedback for collective solutions



Agenda

| | |
|---------------------|--|
| 2:00-2:05 pm | Welcome & Housekeeping |
| 2:05-2:10 pm | Opener |
| 2:10-2:15 pm | Pulse Survey Results |
| 2:15-2:20 pm | Overview of Discussion Series |
| 2:20-2:30 pm | Overview of National Strategy Pillars |
| 2:30-2:55 pm | Small Group Activity |
| 2:55-3:00 pm | Upcoming Dates/Important Reminders & Closing |



Today's Objectives

1. Provide an overview of the National Strategy Pillars and the Discussion Series
2. Discuss state-/territorial- and community-level activities that align with the *National Strategy on Hunger, Nutrition, and Health*.
3. Identify ways in which we can strengthen and support implementation of your activities through tailored technical assistance provided by NACDD.



Opener



Opener Continued – Poll #1

On a scale of 1-5, with 1 being not excited and 5 being very excited, *how excited were you when you reviewed the National Strategy on Hunger, Nutrition, and Health?*



Opener Continued – Poll #2

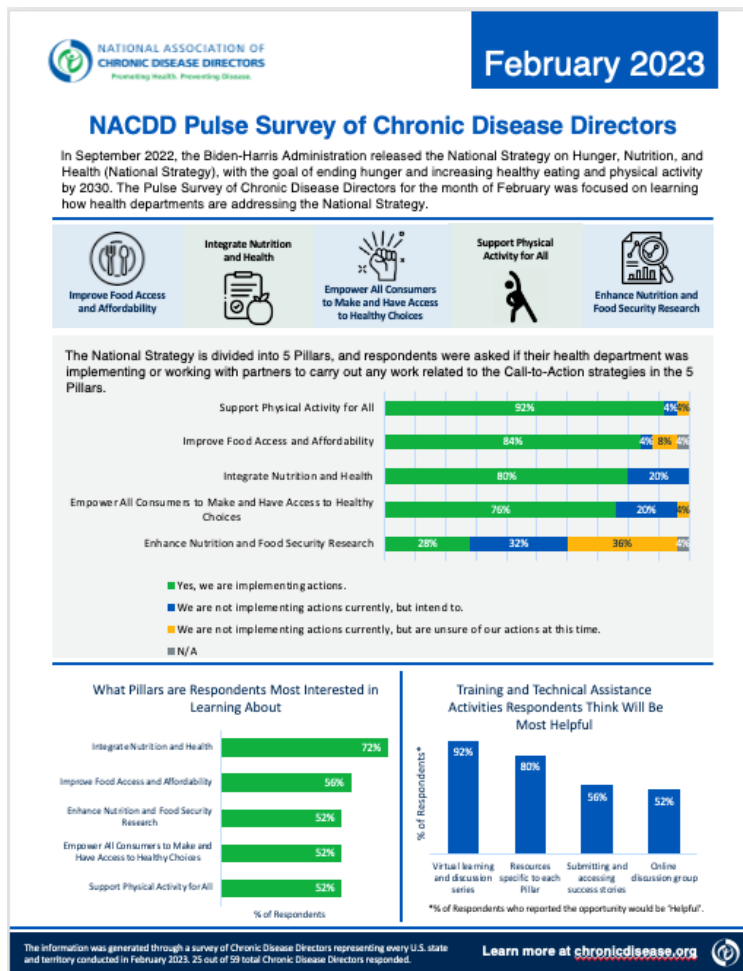
On a scale of 1-5, with 1 being not optimistic and 5 being very optimistic, *how optimistic were you about the National Strategy after attending the White House Conference on Hunger, Nutrition, and Health Follow-Up Event on 3/24 (if you attended)?*



Pulse Survey Overview

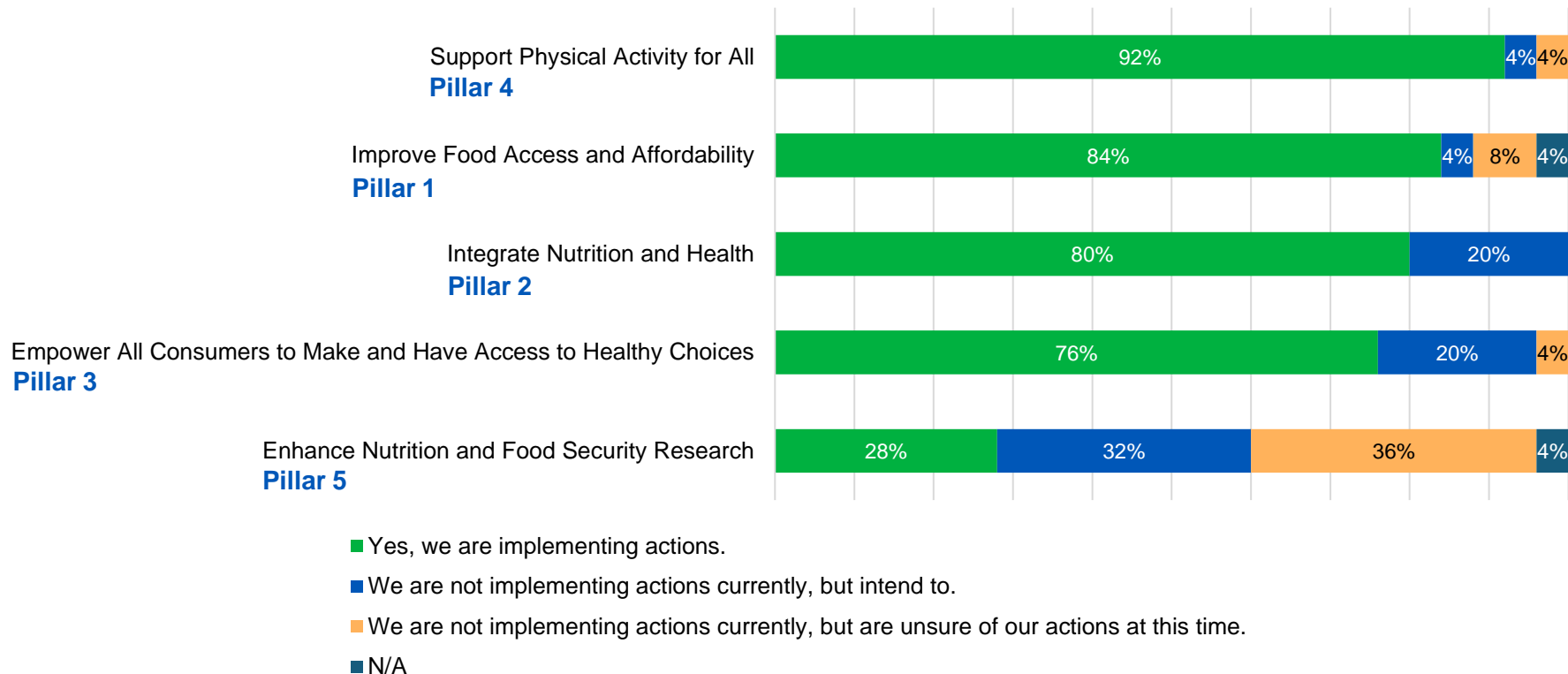
NACDD Pulse Survey

- February 2023
- 25 out of 59 Chronic Disease Directors responded



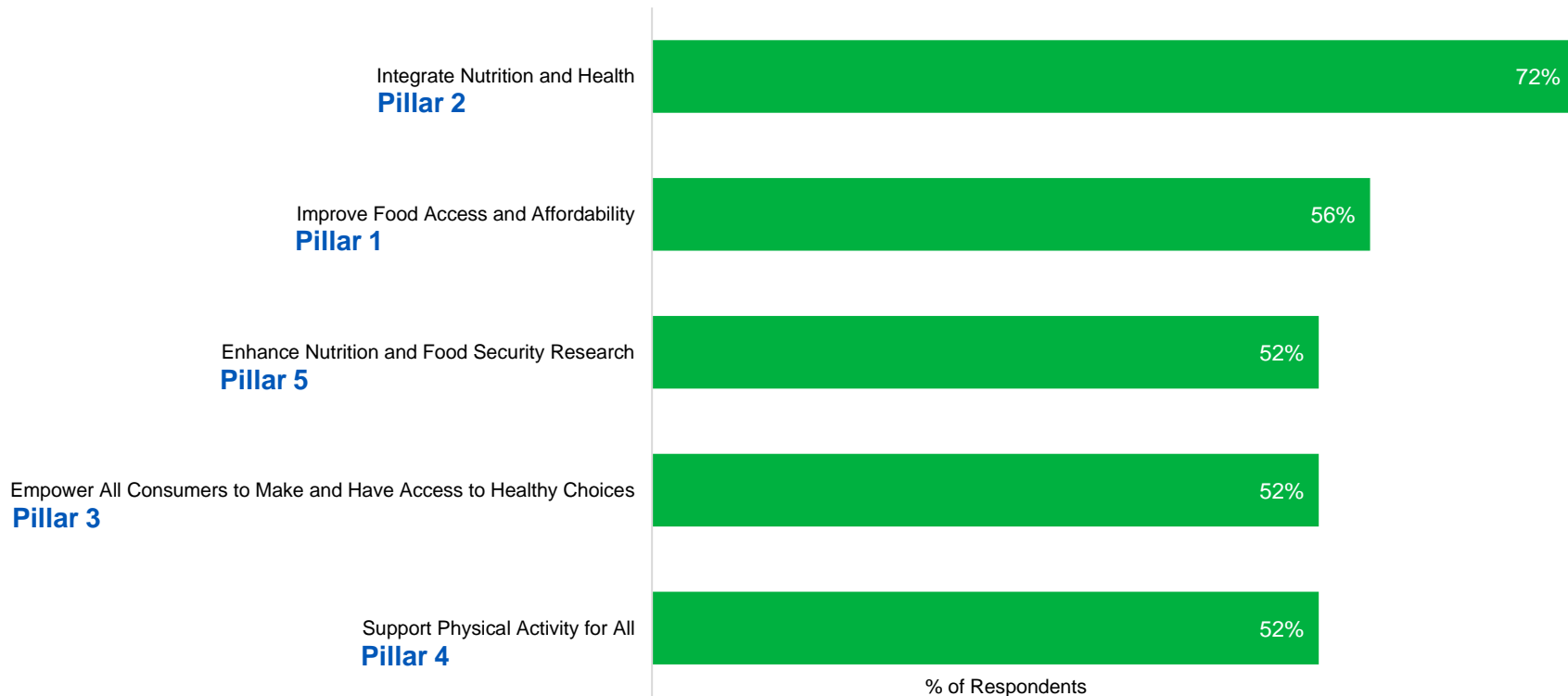


Percentage of Health Departments Implementing the *National Strategy*





Which Pillars are State Health Departments Most Interested in Learning About?





Pulse Survey Open Comments

- Funding to support implementation of the *National Strategy*
 - Aligning with existing grants/funding
 - Alternative funding sources
- Desire for asynchronous learning opportunities to complement existing T/TA
- Tools and ready-to-use materials



Discussion Series Overview



Purpose of Discussion Series

- Support dialogue and discussion around the *National Strategy*
- Share information and resources around the implementation of chronic disease prevention and health promotion activities that align with the *National Strategy*
- Create a space for NACDD Members to share how their work that aligns with the *National Strategy*



Discussion Series 2023 Calendar

Third Thursday of each month at 2:00 p.m. ET





Overview of National Strategy Pillars



National Strategy Overview

The *National Strategy* aims to end hunger in America and increase healthy eating and physical activity by 2030 so fewer Americans experience diet-related diseases and disparities.

To meet this goal, actions will be pursued across five pillars:

- **Pillar 1** – Improve food access and affordability
- **Pillar 2** – Prioritize the role of nutrition and food security in overall health
- **Pillar 3** – Empower all consumers to make and have access to healthy choices
- **Pillar 4** – Support physical activity for all
- **Pillar 5** – Enhance nutrition and food security research

Includes sustainable actions that the federal government will implement to promote health across the nation. This will also require an all hands on deck approach across health departments and other sectors as part of a whole of society response..



Pillar 1: Improve Food Access and Affordability

End hunger by making it easier for everyone—including individuals in urban, suburban, rural, and Tribal communities, and territories—to access and afford food.

Examples from *National Strategy*

- Expand SNAP eligibility for college students, formerly incarcerated individuals, people who have aged out of foster care system, and those providing kinship care
- Reduce food waste and food loss
- Address built environment barriers to food access (lack of bike paths, and safe walkways)
- Creation of Indigenous food hubs
- Create more AmeriCorps positions geared towards addressing food insecurity and improving economic development



Pillar 2: Prioritize the Role of Nutrition and Food Security in Overall Health

Prioritize the role of nutrition and food security in overall health—including disease prevention and management—and ensure that our health care system addresses the nutrition needs of all people.

Examples from *National Strategy*

- Increase diabetes prevention and treatment service for children receiving CHIP
- Centers for Medicare & Medicaid Services will evaluate developing appropriate procedure codes to better capture services that address SDOH, including screening for food insecurity
- HHS Health Resources and Services Administration Maternal and Child Health Nutrition Training Program will train over 4,500 future nutrition professionals and over 30,000 practicing professionals over the next five years on key topics such as pediatric obesity prevention, household food security, and nutrition during pregnancy



Pillar 3: Empower All Consumers to Make and Have Access to Healthy Choices

Foster environments that enable all people to easily make informed, healthy choices; increase access to healthy food; encourage healthy workplace and school policies; and invest in public education campaigns that are culturally appropriate and resonate with specific communities.

Examples from *National Strategy*

- Develop a symbol companies may use to depict the “healthy” claim on food
- Update the nutrition standards in school meals to better align with the most recent Dietary Guidelines for Americans
- Incentivize Public Housing Authorities to implement urban agriculture projects, food banks, and summer meal programs in affordable housing developments
- Ensure that coverage of breastfeeding support and counseling without cost sharing in most private health insurance plans and Medicaid are fully implemented and enforced



Pillar 4: Support Physical Activity for All

Make it easier for people to be more physically active – in part by ensuring that everyone has access to safe places to be active – increase awareness of the benefits of physical activity, and conduct research on and measure physical activity.

Examples from *National Strategy*

- Expand HHS CDC's State Physical Activity and Nutrition Programs (SPAN) to all states and territories.
- Improve access to green space in nature deprived communities
- Scale efforts to help educators add activities tailored for children to their daily routine that increase quality physical movement and teach children about healthy food choices



Pillar 5: Enhance Nutrition and Food Security Research

Improve nutrition metrics, data collection, and research to inform nutrition and food security policy, particularly on issues of equity, access, and disparities.

Examples from *National Strategy*

- Adequately fund nutrition research to support evidence-based policies
- Identify scientific opportunities, gaps, and priorities to continue to advance nutrition science, with a particular emphasis on ensuring diversity, inclusion, and equity in research
- Evaluate federal assistance programs and innovative models to understand impact and areas for improvement and scalability



How You Can Get Involved?

How States & Territories Can Get Involved

For each Pillar, the *National Strategy* lists actions that organizations at the state, territory and local level (across various sectors) can take or support/partner.

As the series continues, we will delve deeper into this.

Call to Action for a Whole-of-Society Response

- States should leverage all available federal authorities to expand coverage of “food is medicine” interventions.
- States should collaborate with non-profit or community-based organizations to establish a state-funded produce prescription program for low-income individuals and families.
- State, local, and territory governments should integrate nutrition experts into their health departments and modernize scope of practice laws, as applicable, to allow qualified health care professionals to play a larger role in disease prevention and management efforts.
- Health insurance companies should consider providing or expanding coverage of nutrition services, including produce prescriptions and/or medically tailored meals for target populations.
- Hospitals, clinics, and health centers should implement programs leveraging federally supported open industry technology standards that address SDOH such as screening patients for food insecurity, connecting patients to nutrition assistance services, and ensuring services are available.
- Health professional schools (e.g., medical, dental, pharmacy, nursing, social work, public health, physician’s assistants, physiology, exercise science, etc.) and licensing boards should expand nutrition education in graduate medical education curriculums, board exams, and post-graduate training.

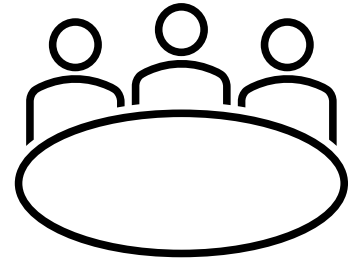


Group Activity

Group Activity

❶ You will be split up into breakout groups. Once in your group, you will be given a link to a Jamboard where you will share how your work aligns with the *National Strategy*. You will have 20 minutes for this activity.

❷ Once we regroup, we will ask a 1-2 people to come off mute and share what they discussed in their group.



Report Out

❶ Please share 1-2 main takeaways from the group activity. For example:

- What was something new/interesting that you learned?
- Were there any “ah ha” moments?

❷ Feel free to share in the chat, as well.



Closing & Reminders

Next Steps

- Compile Jamboards and post on [NACDD In Action-National Strategy Webpage](#)
- Next discussion series: **Thursday, April 20, 2:00-3:00 p.m. ET** | Pillar 1: Improve Food Access and Affordability. Register on the NACDD National Strategy webpage.



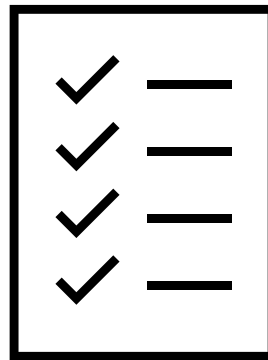
Questions, contact:

Mara Galic, mgalic@chronicdisease.org

Charita James, cjames_ic@chronicdisease.org

Reminder!

Please take a moment
to complete the survey
at the end of this
meeting!





Thank you!
