



The State of Obesity 2022: Better Policies for a Healthier America

Congressional Briefing and National Webinar

November 30, 2022
3:30 – 4:30 PM Eastern Time

 @HealthyAmerica1
 tfah.org

#StateOfObesity

ISSUE REPORT

The State of Obesity:

BETTER POLICIES FOR A HEALTHIER AMERICA 2022

*Special Feature: Food and Nutrition Insecurity
Among Youth and Families*



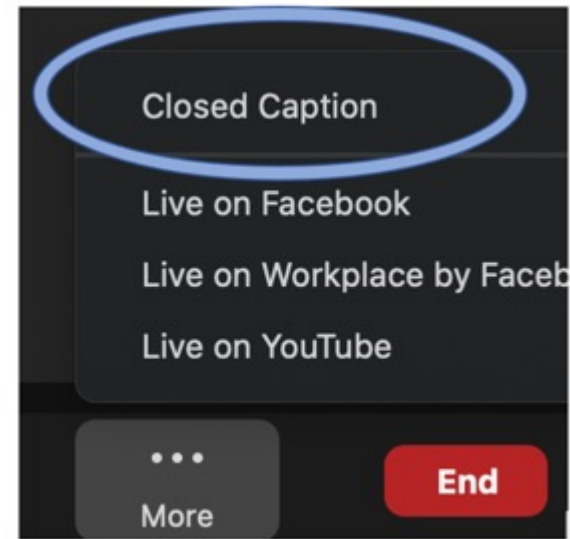
SEPTEMBER 2022



Closed Captioning

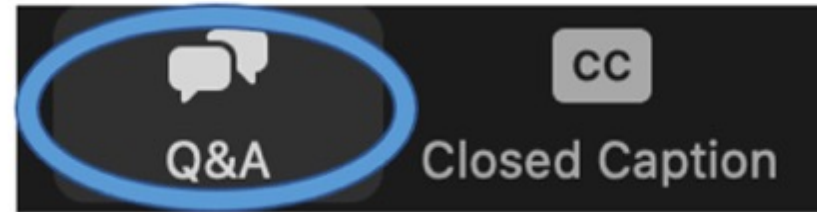
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Q&A Feature

1. At the bottom of your screen, click to open the Q&A panel
2. Type your question in the Q&A box
3. Hit Enter



Moderator



J. Nadine Gracia, MD, MSCE
President and CEO
Trust for America's Health

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Agenda

Welcome and overview of 2022 *State of Obesity* report

Presentations from panelists

Questions and Answers

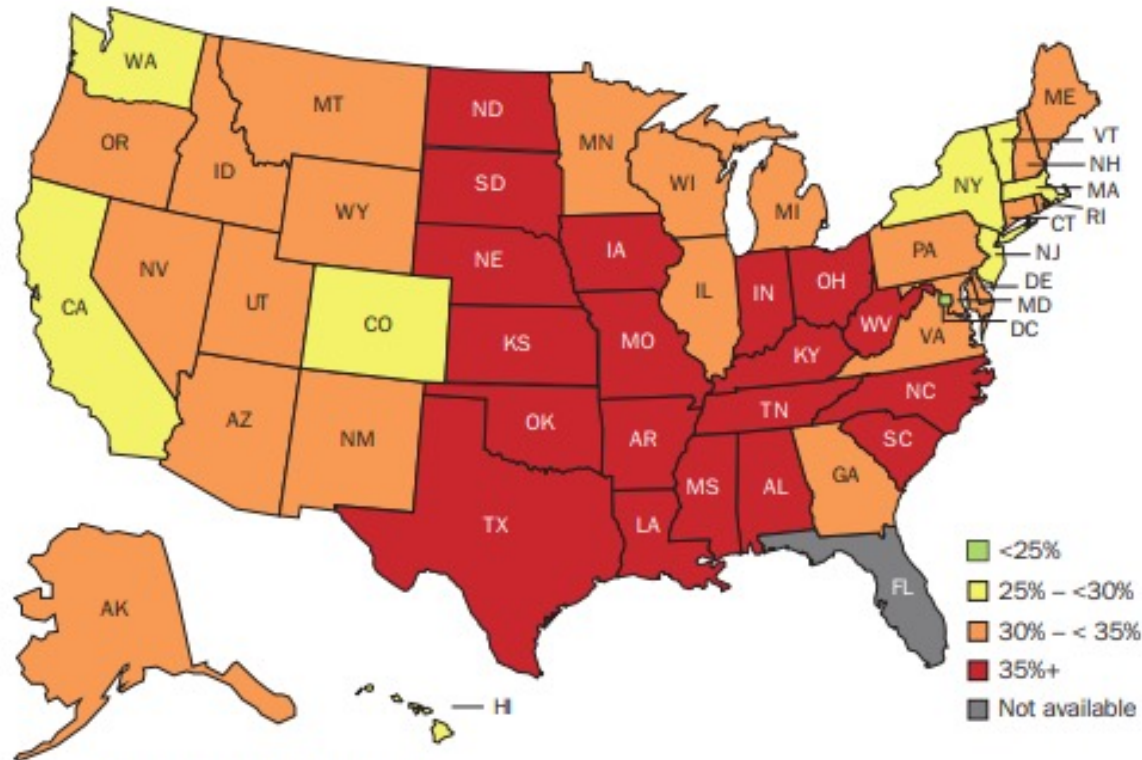
Closing



High Rates of Adult Obesity Continue to Increase

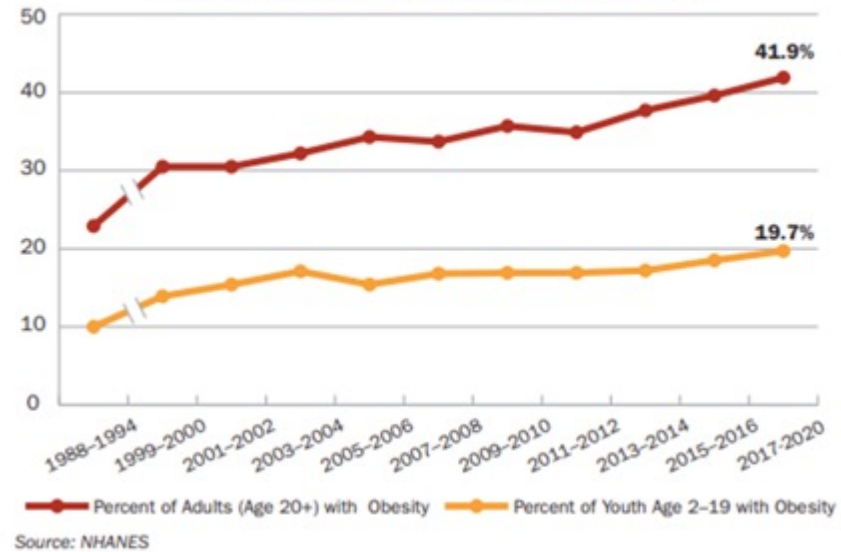
- 19 states now have adult obesity rates at or above 35 percent; up from 16 states in 2021

Adult Obesity Rates by State, 2021



Source: TFAH analysis of BRFSS data

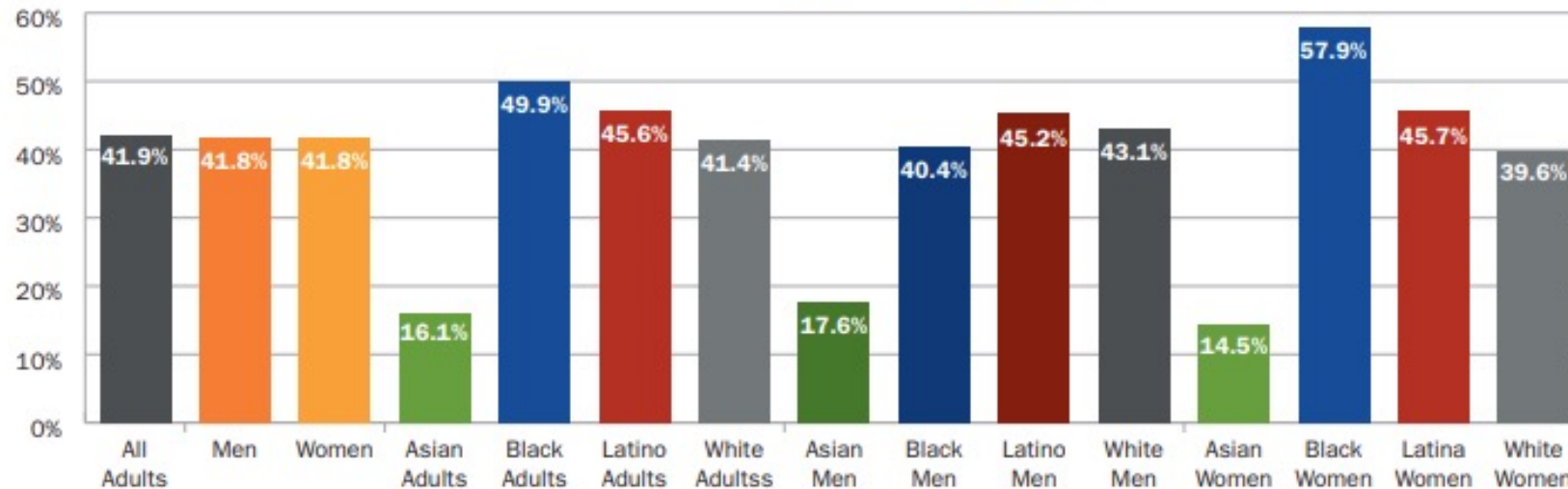
Percent of U.S. Adults and Youth with Obesity, 1988-2020



Obesity Rates Vary Substantially by Race and Ethnicity

Obesity is caused by a combination of factors including societal, biological, genetic, and environmental, which are often beyond personal choice.

Percent of U.S. Adults With Obesity by Select Demographics, 2017–2020



SOURCE: NHANES



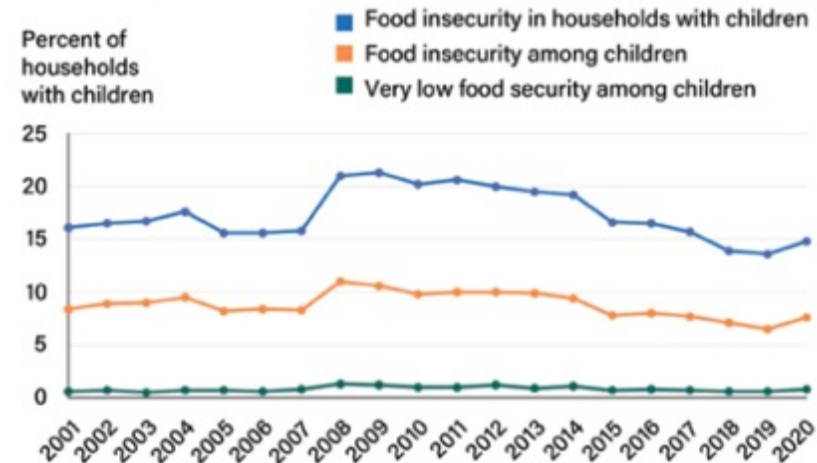
Special Feature: Food and Nutrition Insecurity Among Youth and Families

- Connection of youth obesity and food insecurity
- Food insecurity and food assistance programs during COVID-19
- Critical policies and programs: hunger and nutrition programs, food in childcare and education settings, CDC programs

WHAT IS NUTRITION SECURITY?

Consistent and equitable access to healthy, safe, and affordable foods that promote optimal health and well-being.

Food insecurity in U.S. households with children became more prevalent in 2020



Source: USDA, Economic Research Service using data from the December 2020 Current Population Survey Food Security Supplement, U.S. Census Bureau.



Topline Policy Recommendations

- Congress should increase funding for CDC Division of Nutrition, Physical Activity, and Obesity (DNPAO) programs that create healthier communities
- Congress should increase funding for the CDC's social determinants of health (SDOH) program
- Congress should increase funding for nutrition assistance programs including Supplemental Nutrition Assistance Program (SNAP), WIC, and school meals
- Congress and state/local governments should tax sugar-sweetened beverages and close tax loopholes for unhealthy food marketing
- Congress and state/local governments should invest in active transportation routes
- Congress and state governments should expand health care access



TFAH Priorities in White House National Strategy on Hunger, Nutrition and Health

National Strategy Pillar	TFAH Priorities
<i>Pillar 1. Improving food access and affordability</i>	<ul style="list-style-type: none"> • Provide Healthy School Meals for All • Improve economic conditions (increasing minimum wage) • Close the Medicaid gap
<i>Pillar 2. Integrating nutrition and health</i>	<ul style="list-style-type: none"> • Expand screening of SDOH including food insecurity • Ensure all insurance providers cover obesity and nutrition services
<i>Pillar 3. Empowering all consumer to make and have access to healthy choices</i>	<ul style="list-style-type: none"> • Improve quality of school meals • Increase produce benefits in SNAP and WIC • Develop front-of-package labeling
<i>Pillar 4. Supporting physical activity for all</i>	<ul style="list-style-type: none"> • Expand State Physical Activity and Nutrition (SPAN) Program grant to all 50 states and U.S. territories
<i>Pillar 5. Enhancing nutrition and food security research</i>	<ul style="list-style-type: none"> • Increase research for nutrition related diseases



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**BIDEN-HARRIS
ADMINISTRATION
NATIONAL
STRATEGY ON
HUNGER,
NUTRITION, AND
HEALTH**

SEPTEMBER 2022



What's Next: TFAH Advocacy Priorities

- Help lead multisector coalition to expand CDC's State Physical Activity and Nutrition (SPAN) grant funding to all 50 states and the U.S. territories.
- Support passing a strong and bipartisan Child Nutrition Re-authorization (CNR).
- Urges FDA to research and issue a front-of-package label rule.
- Will comment in support of the proposed rule to update and increase WIC benefits.



Welcome to Our Panelists



Sara Bleich, PhD
Director of Nutrition
Security and Health
Equity
U.S. Department of
Agriculture



**Cherylee Sherry, MPH,
MCHES**
Manager of Healthy
Systems and
Communities
Minnesota Department of
Health



Catherine Oakar, MPH
Special Assistant to the
President for Public
Health and Disparities
The White House





Sara Bleich, PhD

Director of Nutrition Security and Health
Equity

U.S. Department of Agriculture

usda.gov





Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

USDA's Actions to Advance Food and Nutrition Security

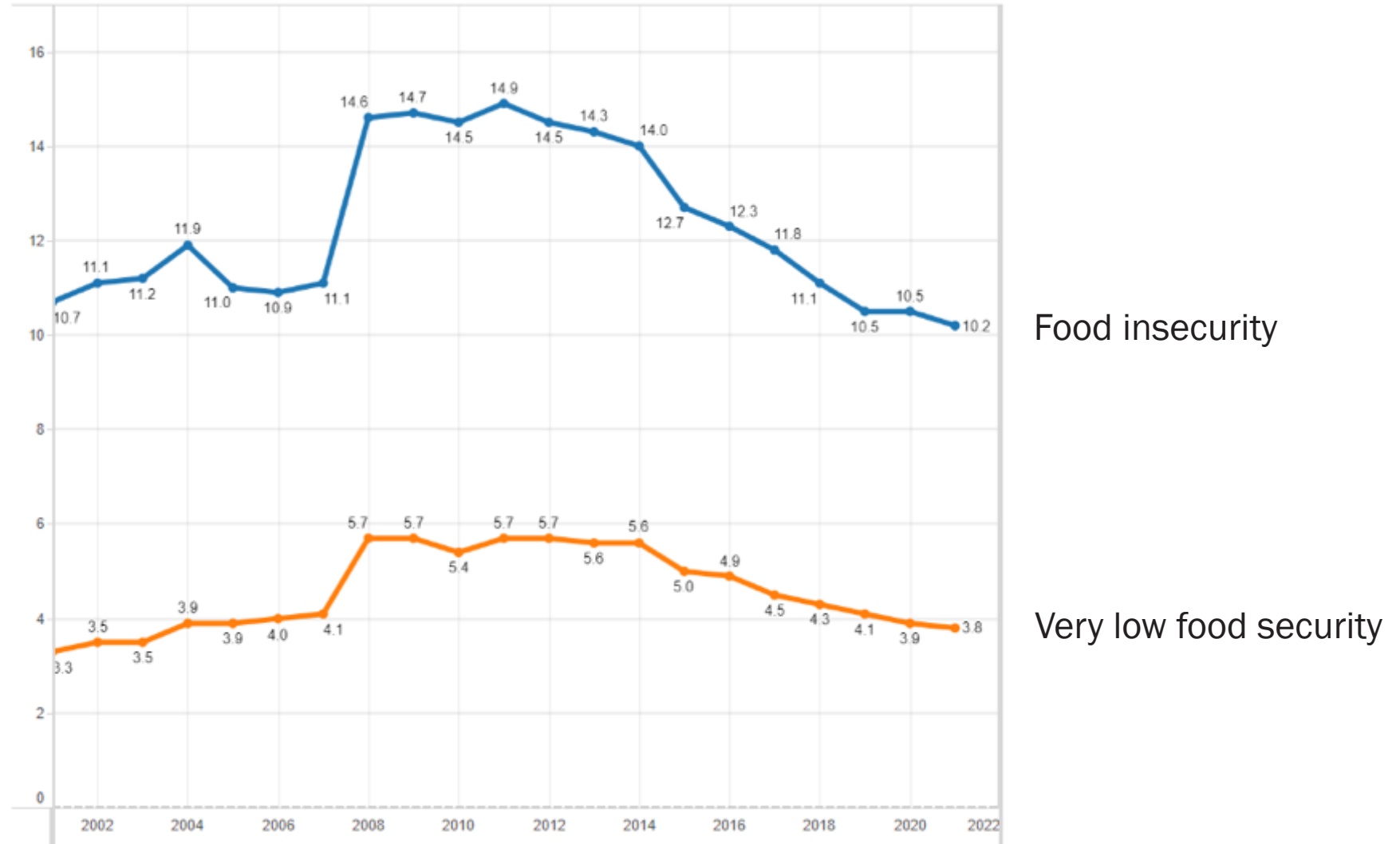
Trust for America's Health Congressional Briefing

Dr. Sara Bleich, Director of Nutrition Security and Health Equity,
USDA Food and Nutrition Service (FNS)

November 30, 2022



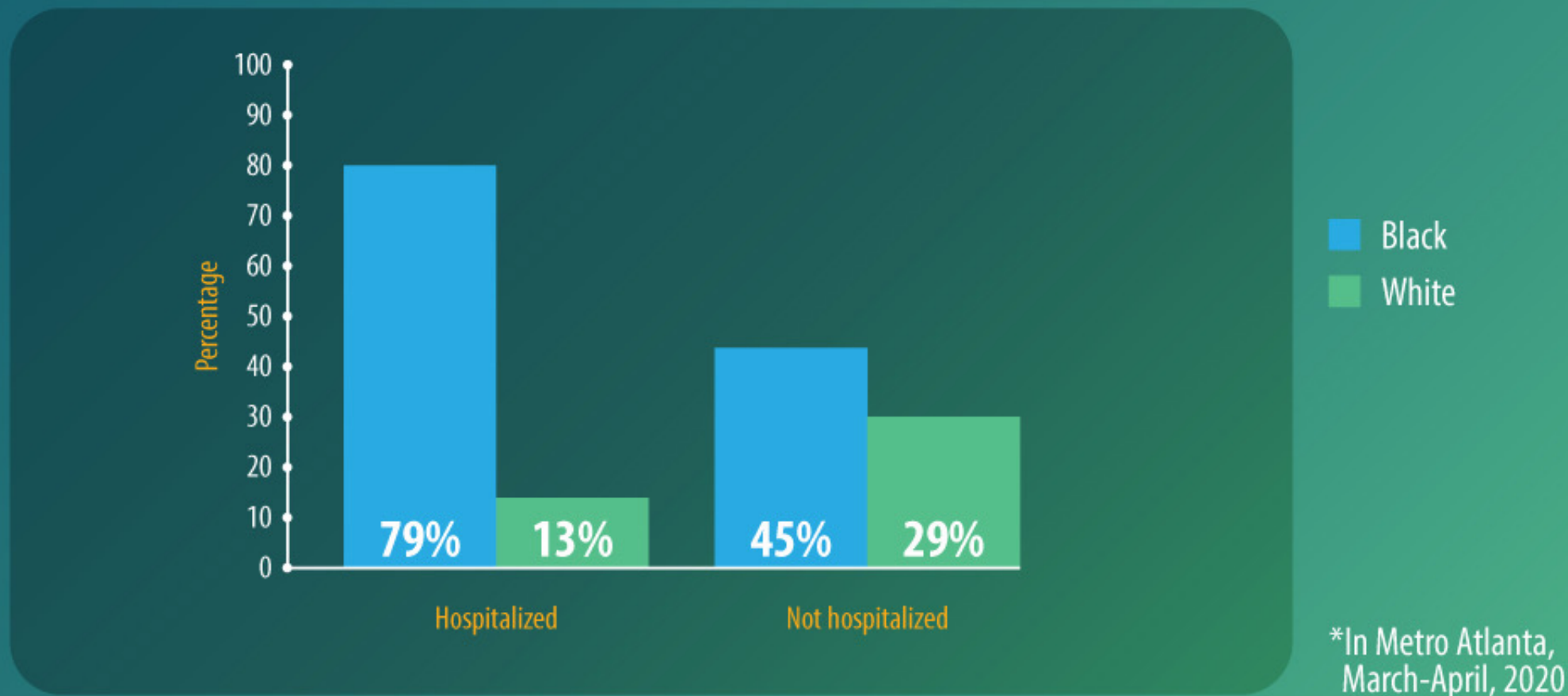
Trends in the prevalence of food insecurity and very low food security in U.S. households, 2001-21, percent of households



Food insecurity

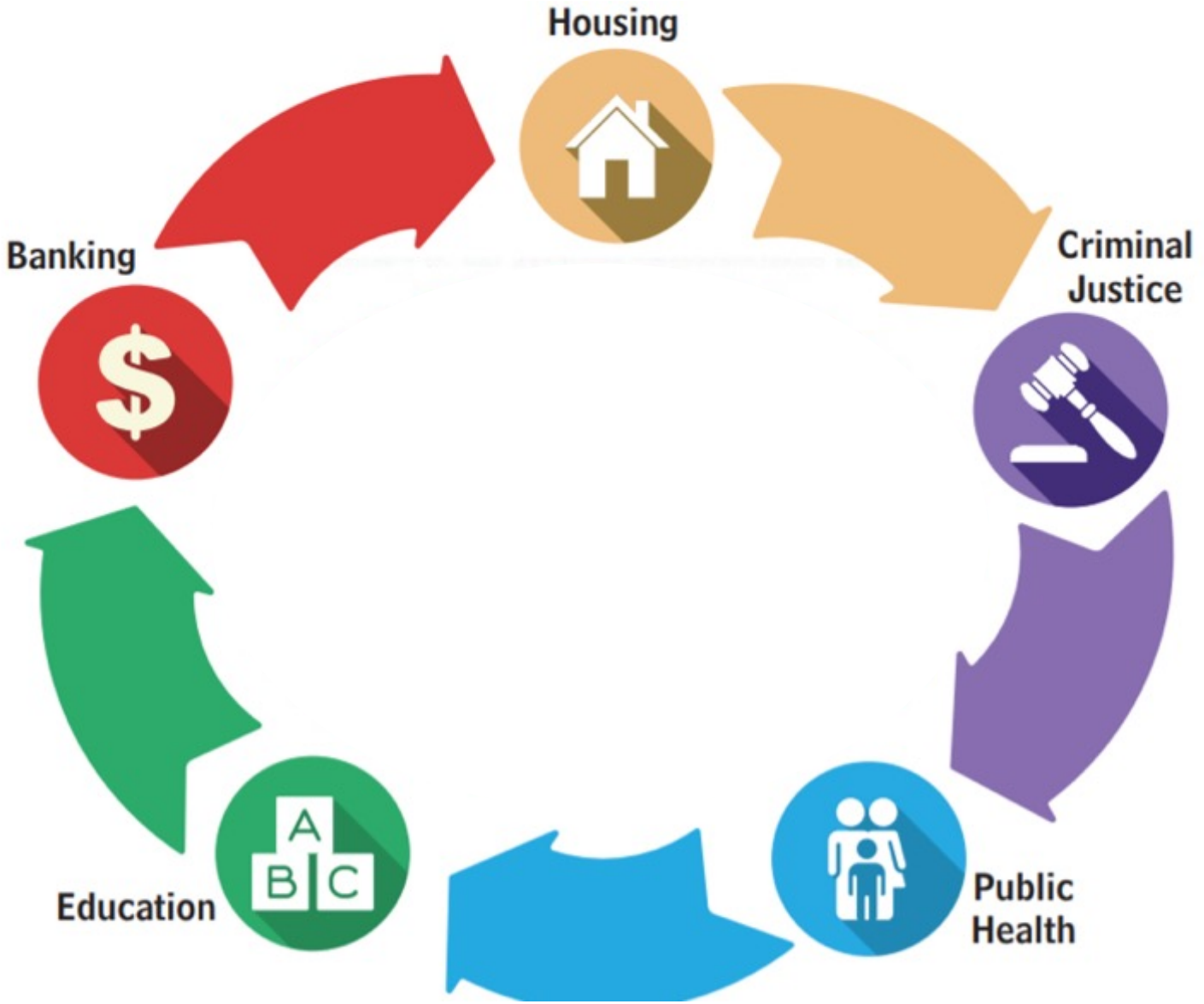
Very low food security

In Atlanta, black patients with COVID-19 were more likely to be hospitalized than white patients*



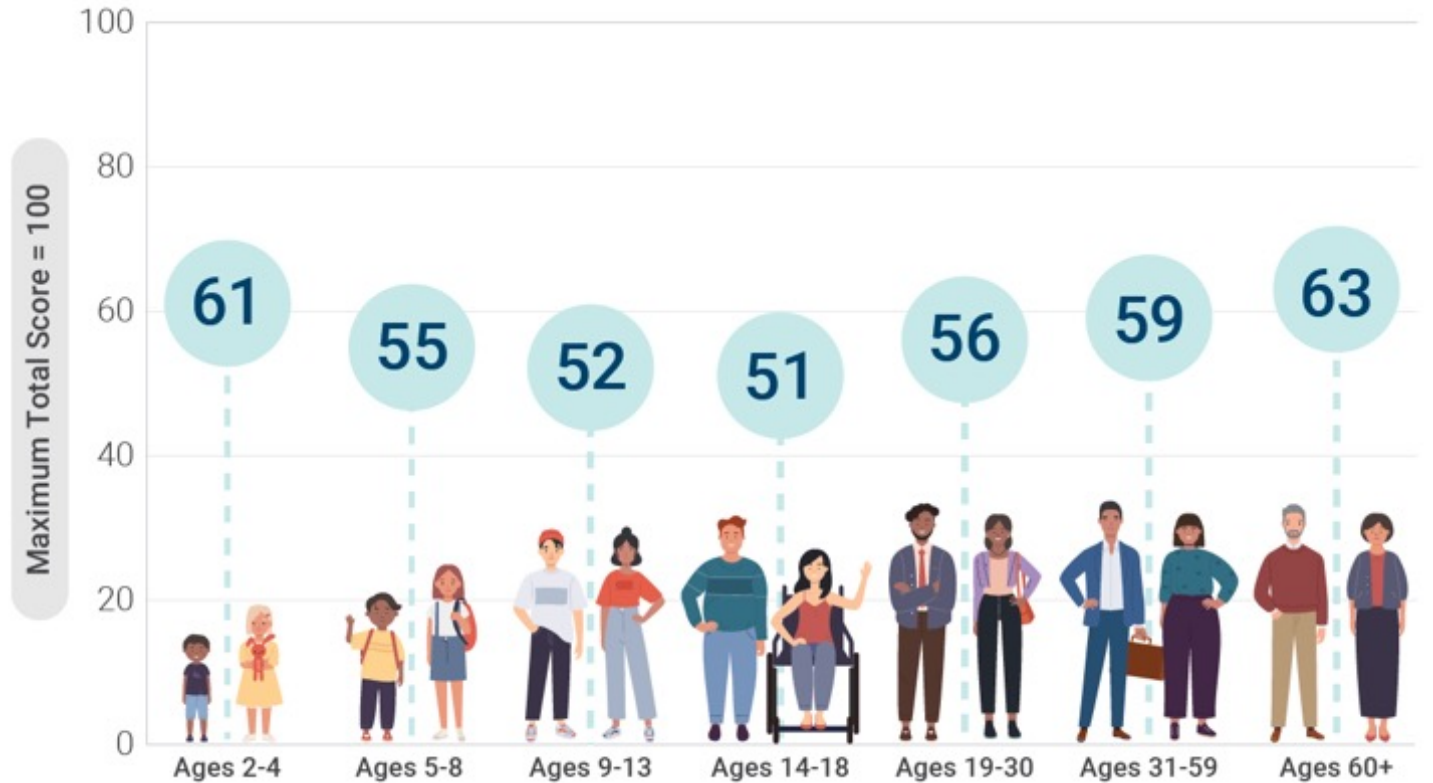
The federal government, public health professionals, community organizations, healthcare systems and providers, and individuals can take action to reduce health disparities

Structural racism in practice



Improving dietary intake is critical

6 IN 10 ADULTS
are living with one or more
diet-related chronic diseases



NOTE: HEI-2015 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or exceeded. A higher total score indicates a higher quality diet.

Data Source: Analysis of What We Eat in America, NHANES 2015-2016, ages 2 and older, day 1 dietary intake data, weighted.

Nutrition security:

Ensuring all Americans have consistent and equitable access to healthy, safe, and affordable foods essential for optimal health and well-being





Meaningful Support

Providing Nutrition Support from Pregnancy to Birth and Beyond



Healthy Food

Connecting All Americans with Healthy, Safe, Affordable Food



Collaborative Action

Developing, Translating, and Enacting Nutrition Science Through Partnership



Equitable Systems

Prioritizing Equity Every Step of the Way

PROPOSED UPDATES TO THE WIC FOOD PACKAGES



OVERVIEW

WIC is a powerful public health program, proven to help moms, babies, and young children thrive. USDA's Food and Nutrition Service is recommending science-based updates to the food provided to WIC participants to best meet their nutritional needs and foster healthy growth and development. Some of the proposed changes are highlighted below.



BREASTFEEDING SUPPORT

Increase support for mothers who mostly, but not exclusively, breastfeed **to support individual breastfeeding goals**



SEAFOOD

Improve access to **canned fish** to reflect the latest dietary guidance



DAIRY AND EGGS

Provide **more options**, such as different sizes of yogurt containers or substituting soy yogurt for milk or tofu for eggs



FRUITS AND VEGETABLES

Increase **fruit and vegetable benefit by 3-4x**, focus on whole fruit, and increase variety of fruits, veggies, and legumes offered



GRAINS

Expand **whole grain options** to include things like quinoa, blue cornmeal, and whole wheat bagels

White House Conference on Hunger, Nutrition, and Health





THANK YOU & STAY CONNECTED

www.usda.gov/nutrition-security



@USDANutrition





Cherylee Sherry, MPH, MCHES

Manager of Healthy Systems and
Communities

Minnesota Department of Health

health.state.mn.us



MDH State Physical Activity and Nutrition

Office of Statewide Health Improvement Initiatives

November 2022

PROTECTING, MAINTAINING AND IMPROVING THE HEALTH OF ALL MINNESOTANS

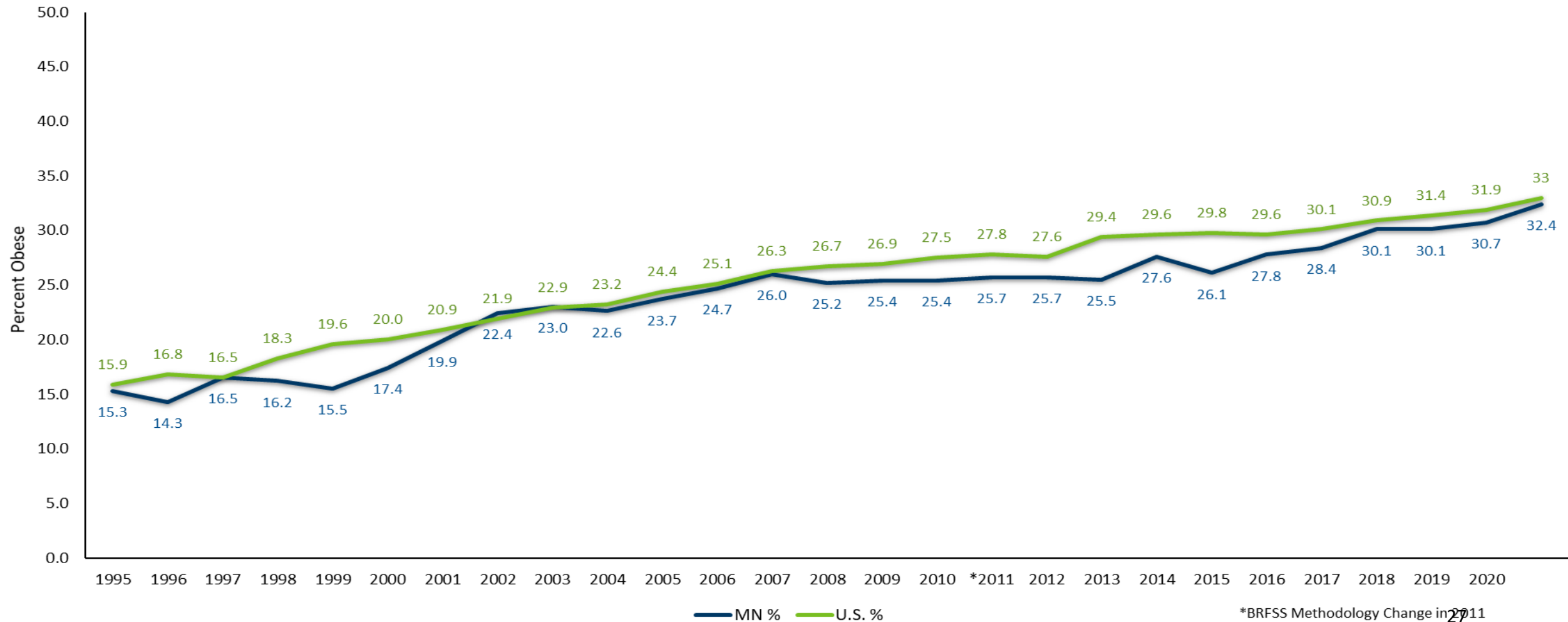
Minnesota State Physical Activity and Nutrition (SPAN)

MN SPAN Components

- Breastfeeding Interventions
- Early Care and Education (ECE) Nutrition and Physical Activity
- Healthy Food Service Guidelines
- Safe and Accessible Physical Activity
- Community Pilot Projects

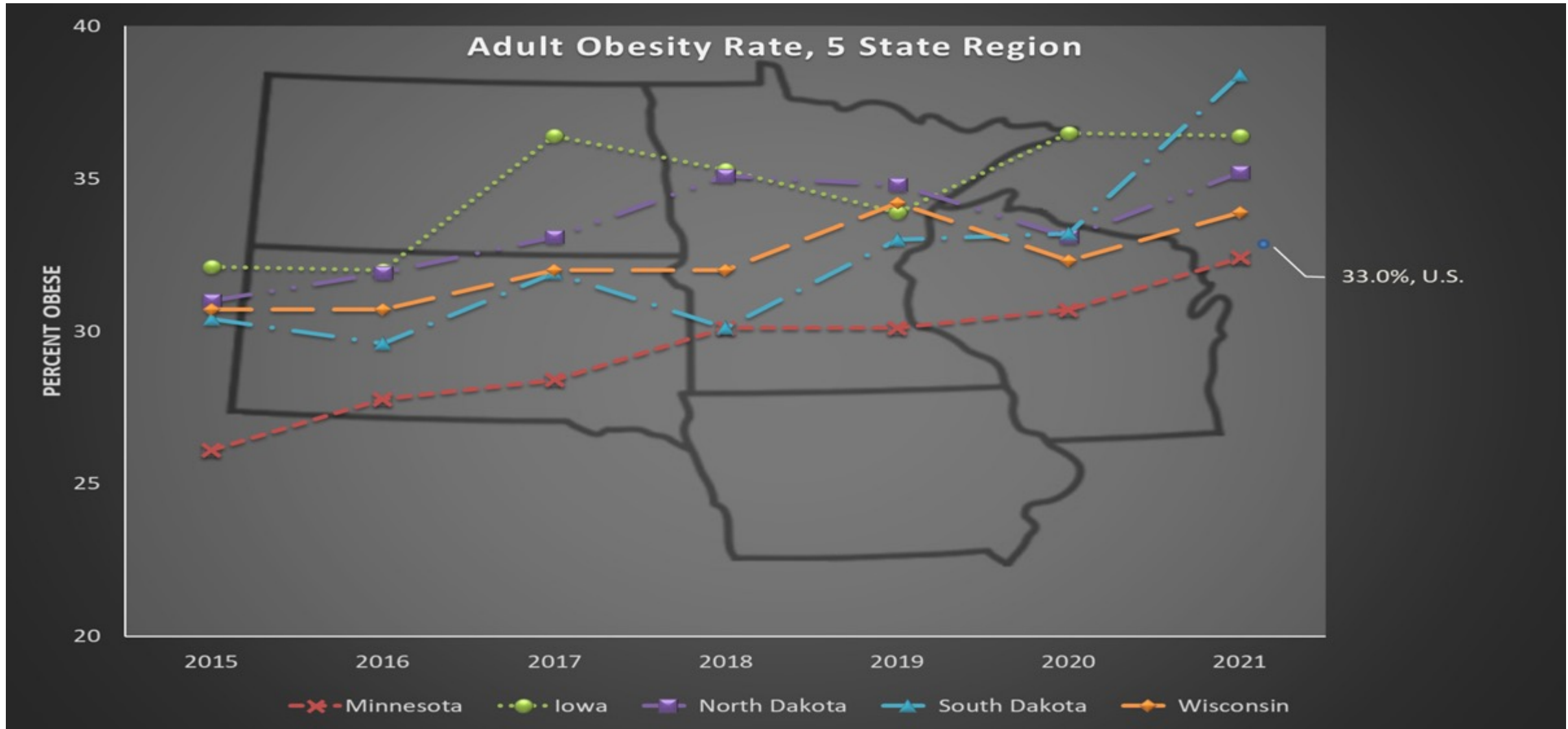
State of Obesity- Minnesota

MN and U.S. Obesity

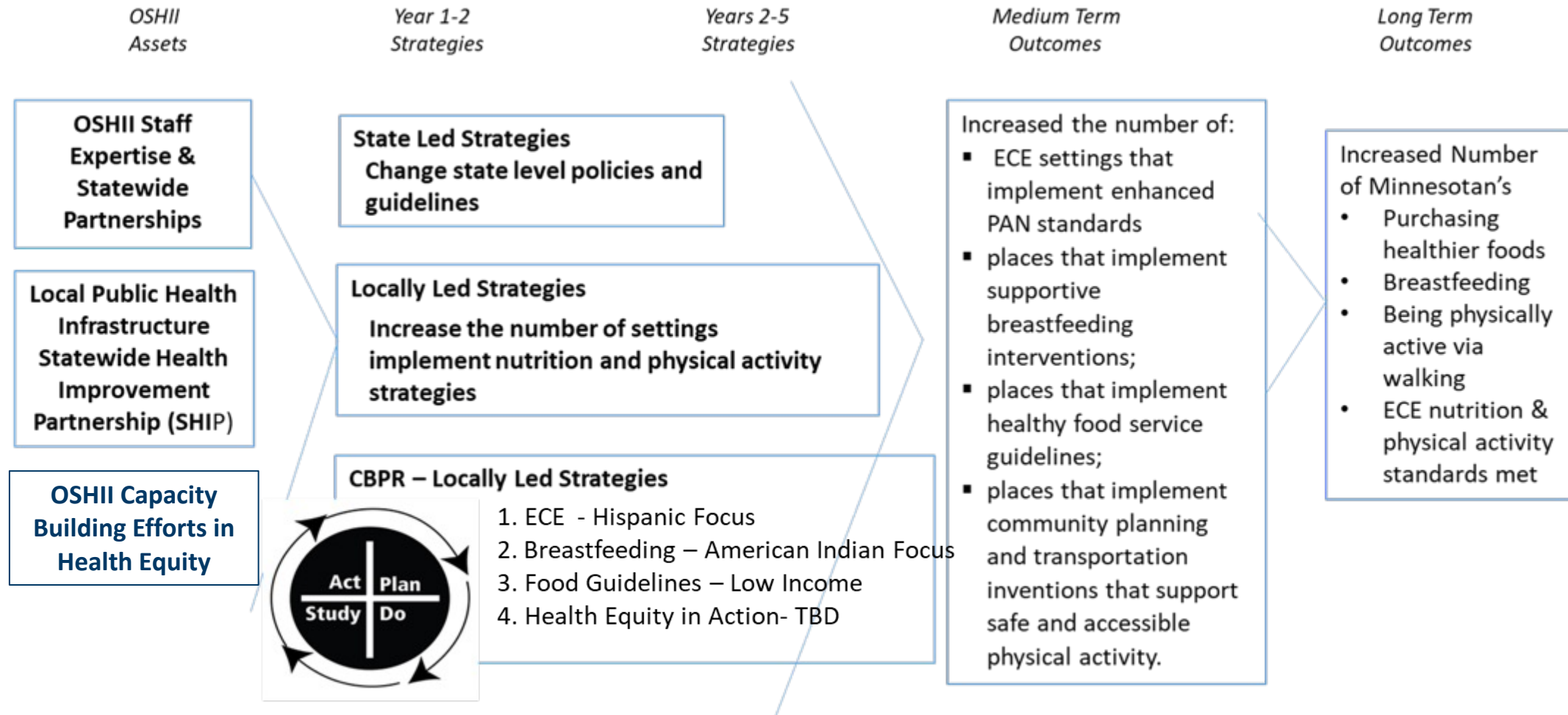


*BRFSS Methodology Change in 2011

State of Obesity-5 State Region



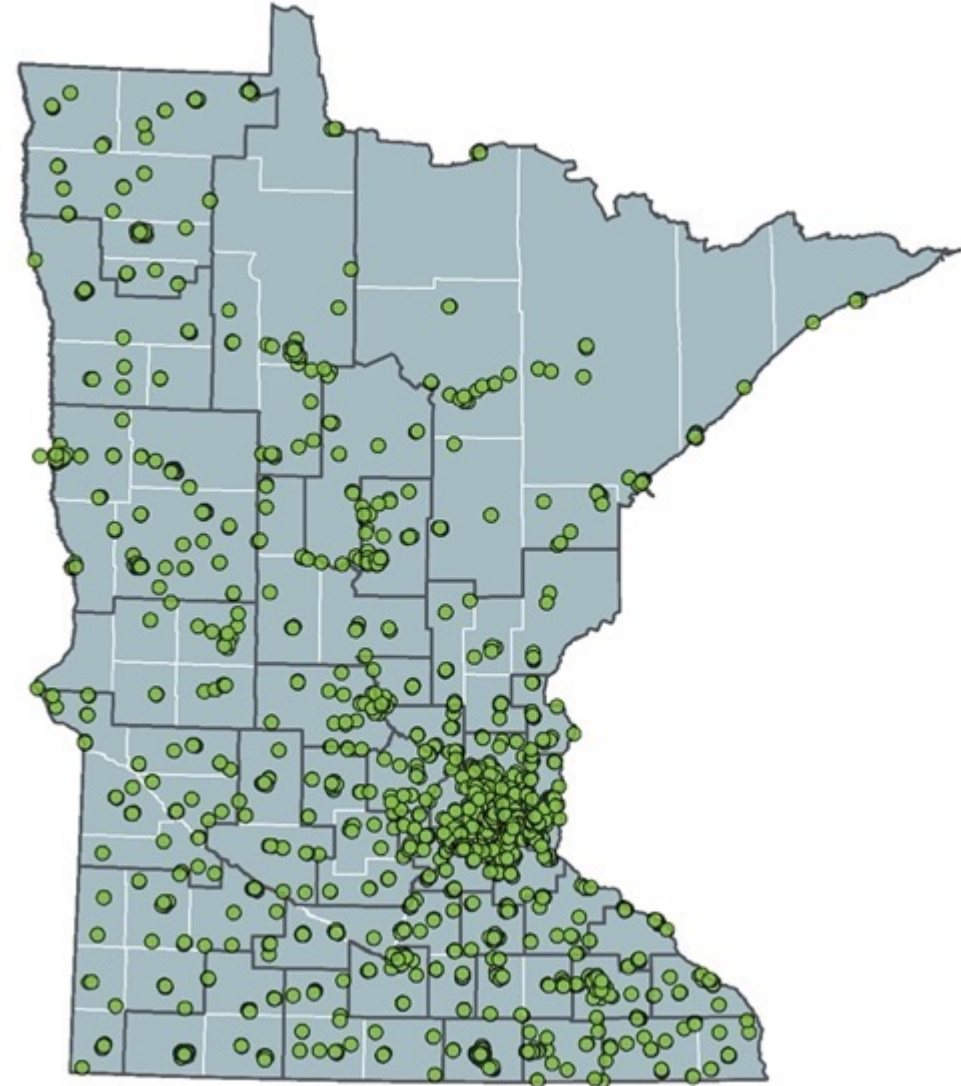
Minnesota SPAN Theory of Change



Local Leadership, Local Partners, Local Expertise

- 5,250 partner sites
 - worksites, childcare & schools, healthcare & community spaces
- 2,100 collaborative partnerships
- 850+ engaged community leaders

to increase access to active living, health eating and commercial tobacco-free environments where Minnesotans live, work, learn and play.





Strategy: Breastfeeding



Breastfeeding



Breastfeeding

Indigenous Lactation Course

FOR HEALTH CARE PROVIDERS

A FREE 20 hr Indigenous-led Lactation training that centers how to support Indigenous lactating families as a health care provider.

Topics include

- ✓ A brief history of Native people in the US
- ✓ Affects of historical trauma on Native families
- ✓ What mothers and families want for lactation support
- ✓ Empathy and strengths based approach for clients
- ✓ How milk gets from breast/chest to baby
- ✓ Indigenous Birth practices and breastfeeding
- ✓ Practices that assist breastfeeding and milk supply....and more!

FREE Training!

September 28-30, 2022
Bemidji, MN
[Register on Eventbrite](#)

The instructors This Indigenous Lactation training was created by Camie Jae Goldhammer, MSW, LICSW, IBCLC (Sisseton Wahpeton). Camie and Kimberly Moore Salas, IBCLC (Diné) are the course instructors.

Training is made possible through the Minnesota Department of Health's CDC State Physical and Nutrition (SPAN) Program grant, through a grant from the Minnesota State Department of Health's Statewide Improvement Partnership (SHIP), with funding from the Centers for Disease Control and Prevention.

Contact for more info: pearl.wolke@gmail.com (987) 419-4650 www.mnwinzhs.com

health.state.mn.us



Liquid Gold
 AND
It Takes A Village

Two stories to uplift and empower Black women to breastfeed their babies.

RAMSEY COUNTY

These two stories were written by the Equity Team, which is comprised of passionate and committed African-American community members who shared their insight during Ramsey County listening sessions. These stories are their creations that were brought to life through powerful illustrations.

Read the entire book and find resources by scanning the QR Code.



Funded by Saint Paul - Ramsey County Public Health through the Minnesota Department of Health's CDC State Physical and Nutrition (SPAN) Program grant, through a grant from the Minnesota State Department of Health's Statewide Improvement Partnership (SHIP), with funding from the Centers for Disease Control and Prevention.

Breastfeeding Innovative Intervention

NorthPoint Health and Wellness Center Food Shelf



Strategy: Early Care and Education



MINNESOTA
Farm to Early Care



Early Care and Education

Family, Friend and Neighbor Child Care Networks

A community-based solution to early
childhood health and education
inequity



Strategy: Food Service Guidelines



SuperShelf Transformation



Strategy: Physical Activity



Walkable Community Workshops

Community Walk Audit



Implementation Planning



Strategy: Community Pilots



Thank You!

Cherylee Sherry, MPH, MCHES[®]

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Special Assistant to the President for Public
Health and Disparities

The White House

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**Our Goal: By 2030, end hunger
and increase healthy eating
and physical activity to reduce
diet-related disease while also
reducing disparities**

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National Strategy on Hunger, Nutrition, and Health

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National Strategy on Hunger, Nutrition, and Health

- Anchored around **five pillars**
- Provides a **roadmap** for:
 - Federal gov't actions
 - Legislative proposals; and
 - A call to action for private sector; government; philanthropy; civil society; and others.

<https://www.whitehouse.gov/wp-content/uploads/2022/09/White-House-National-Strategy-on-Hunger-Nutrition-and-Health-FINAL.pdf>

**Improve food access
and affordability**

**Integrate nutrition
and health**

**Empower all consumers
to make and have access to
healthy choices**

**Support
physical activity
for all**

**Enhance nutrition
and food security research**

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tinyurl.com/whconfshareyourvoice



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Pillar 1: Improve Food Access and Affordability

- **Address the root causes of hunger**
 - Permanently extending the child tax credit
 - Raising the minimum wage to \$15/hr
 - Expanding Medicaid coverage
- **Invest in community and economic development**
- **Improve access to and modernize federal assistance programs like SNAP and WIC**
- **Work toward free healthy school meals for all**

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Pillar 2: Integrate Nutrition and Health

- **Expand access to “food is medicine” services, like medically-tailored meals and produce prescriptions**
- **Increase screening for food insecurity and other social needs**
- **Improve access to counseling on nutrition and obesity**
- **Bolster the health care workforce**

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Pillar 3: Empower Consumers to Make and Have Access to Healthier Choices

- **Develop front-of-package labeling** for food products
- **Make it easier to find nutrition information** when grocery shopping online
- **Reduce the sodium content in food**
- **Expand incentives for fruits and vegetables in SNAP**
- **Work to develop added sugar targets**

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Pillar 4: Support Physical Activity for All

- **Build environments that promote physical activity**
 - Expand CDC's State Physical Activity and Nutrition Programs (SPAN) to all states and territories
 - Connect more people to parks
 - Promote active transportation and land use policies
- **Fund regular updates to the *Physical Activity Guidelines for Americans***
- **Support physical activity in schools and federal facilities**



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Pillar 5: Enhance Nutrition and Food Security Research

- **Bolster nutrition research funding**
- **Ensure diversity and inclusion in nutrition, health, and food security research, including through the *Dietary Guidelines for Americans* process**
- **Expand and diversify the nutrition science workforce**

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External Commitments

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\$8 Billion in External Commitments

Examples

- **Washington State Dept. of Health** will launch an online ordering pilot for WIC; enable benefits to be used at farmers' markets; transition to a card-based system for fruit and vegetable prescriptions; and reduce transportation barriers for WIC participants.
- **Chobani** will launch a national corporate responsibility initiative to encourage businesses to “adopt-a-school” and pledge to make it food- and nutrition-secure and will pay their employees at least \$15/hour.

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What's Next?

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Next Steps

The conference and the strategy release are just the beginning.

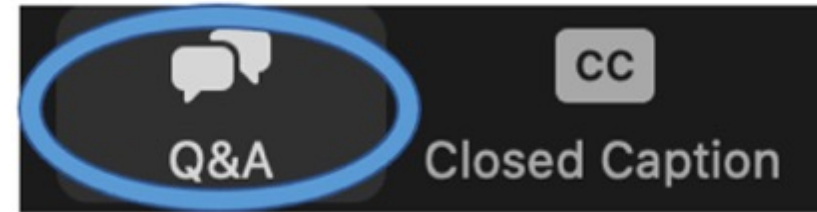
Moving forward, we are focused on:

- Strategy implementation
- Additional commitments from the public and private sectors
- Continued engagement & momentum
 - Join our monthly stakeholder calls

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Submit Questions for Our Panelists

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3. Hit Enter



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Thank You to Our Moderator and Panelists



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Thank you!

@HealthyAmerica1 

The recording and slides will be available at tfah.org.

