



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

USDA's Actions on Nutrition Security: The Role of the Healthcare Sector

Children's Hospital Association / AAP Webinar Series

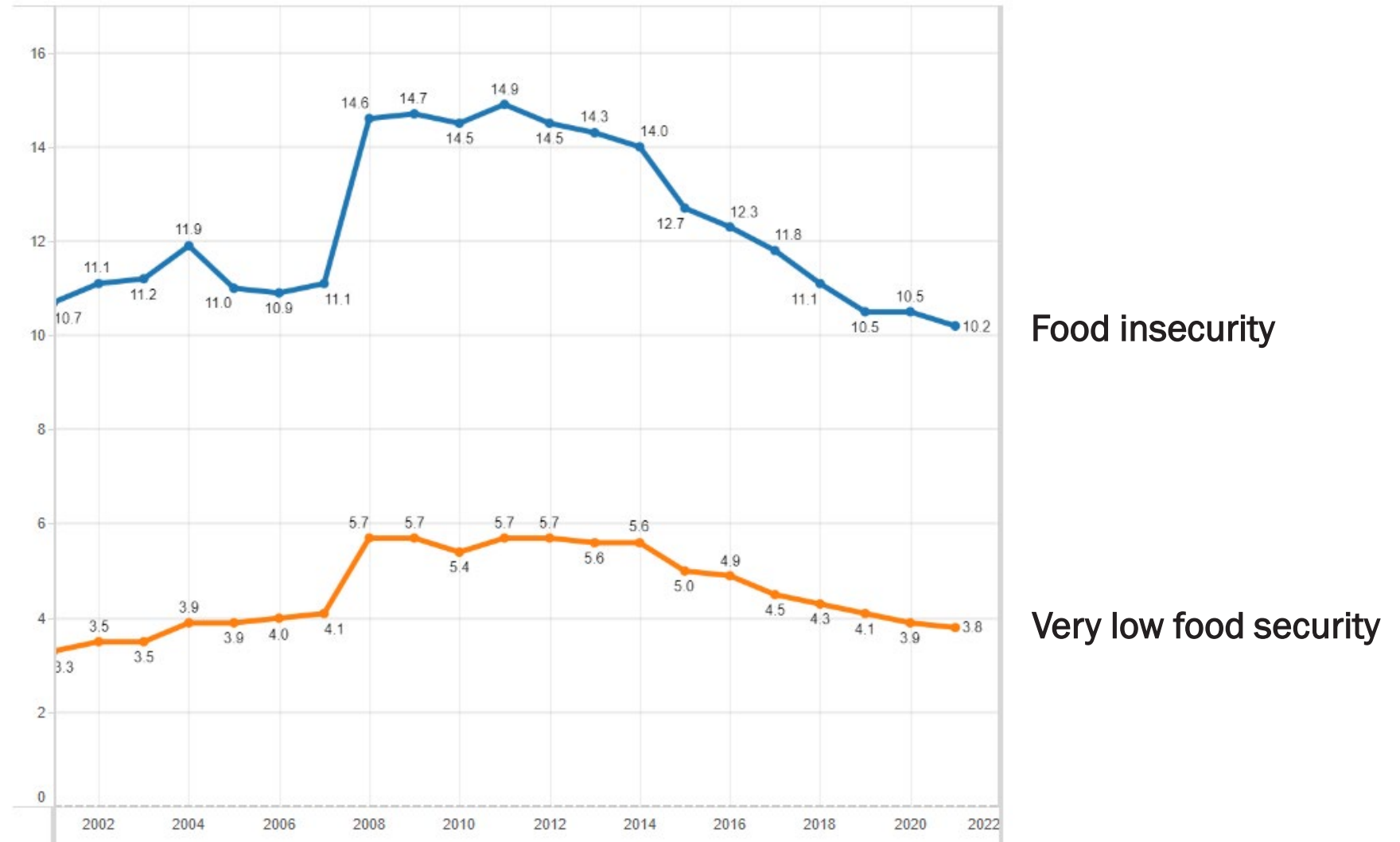
Alberto Gonzalez, MPP, Senior Advisor for External Engagement, USDA Food and Nutrition Service

Sara Bleich, PhD, Director of Nutrition Security and Health Equity, USDA Food and Nutrition Service

January 12, 2023



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

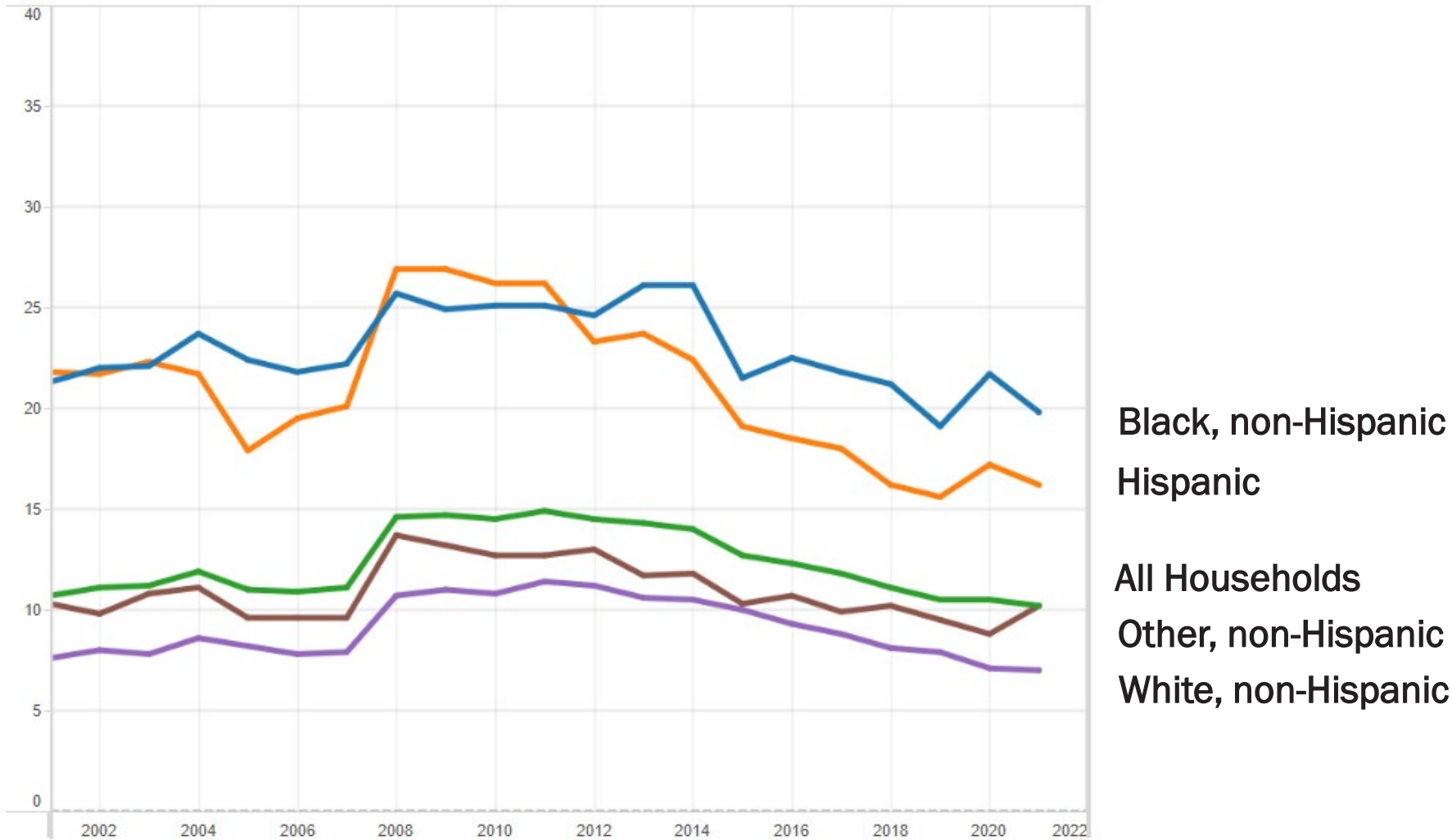


Food insecurity

Very low food security

Trends in food insecurity by race and ethnicity, 2001-21

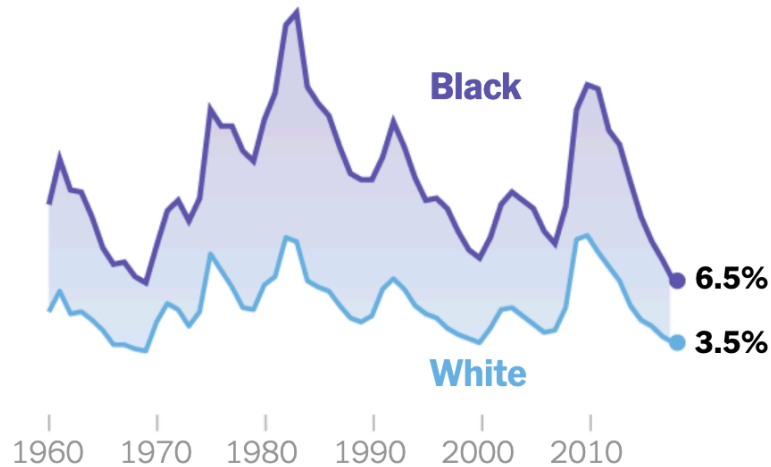
Percent of households



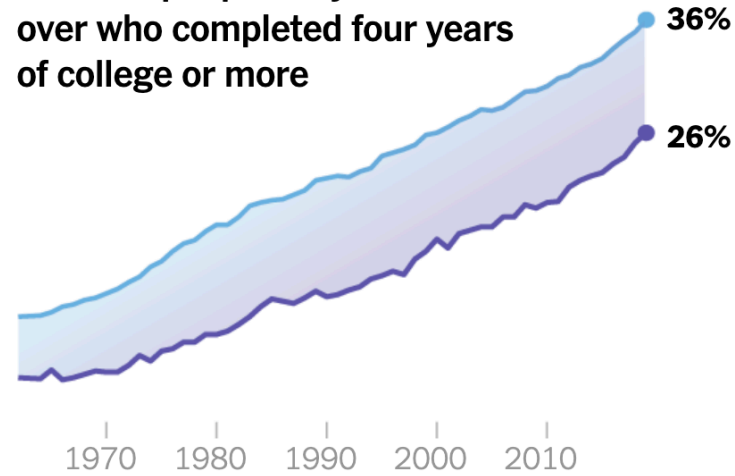
Black, non-Hispanic
Hispanic
All Households
Other, non-Hispanic
White, non-Hispanic

Racial inequity is evident in many domains

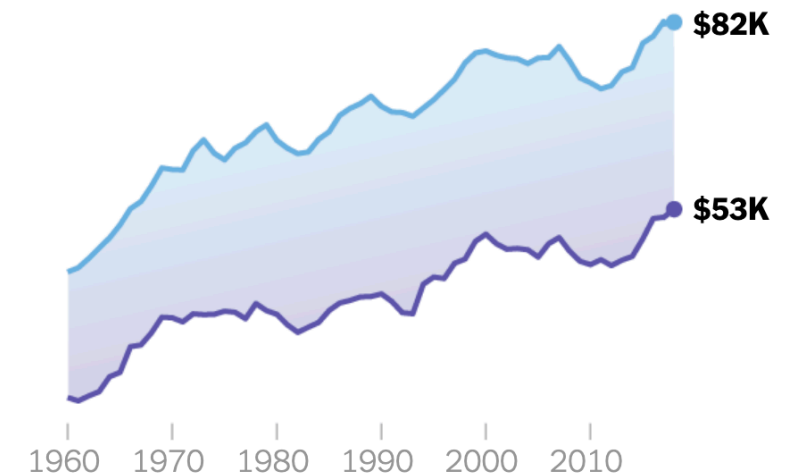
Unemployment rate, age 16 years and over



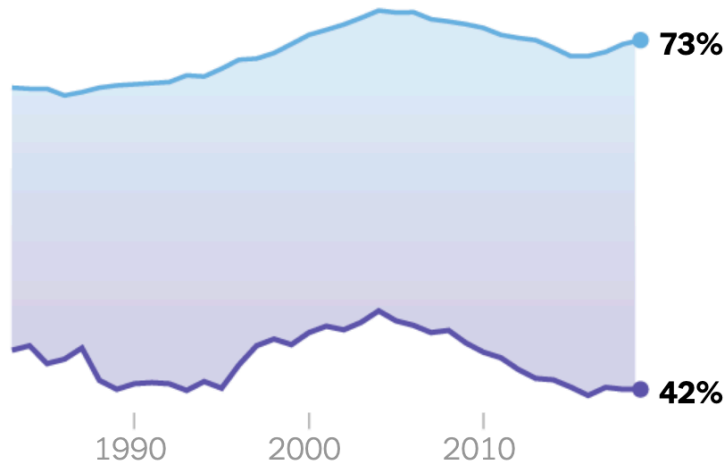
Share of people 25 years and over who completed four years of college or more



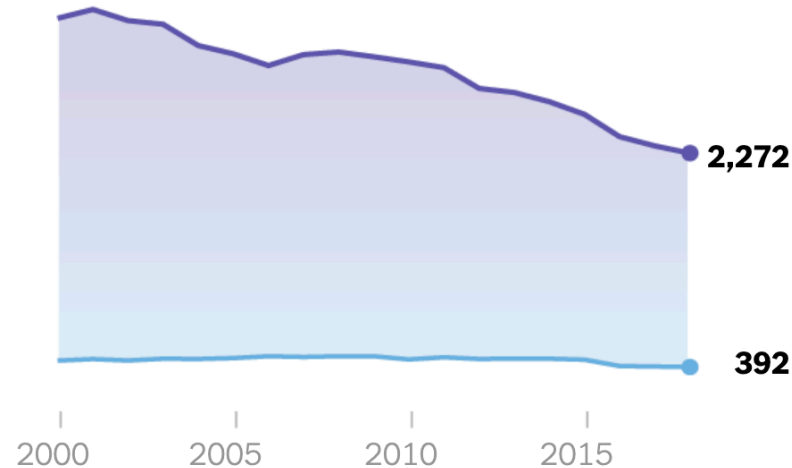
Median household income



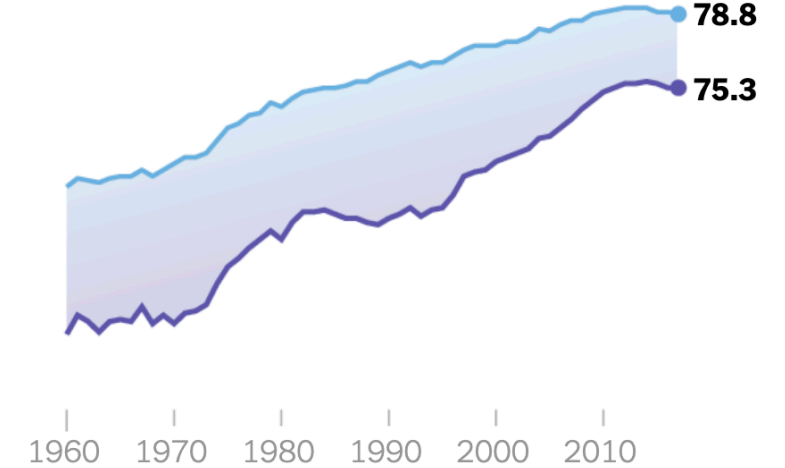
Homeownership rate



Sentenced male prisoners per 100,000 residents of the corresponding group



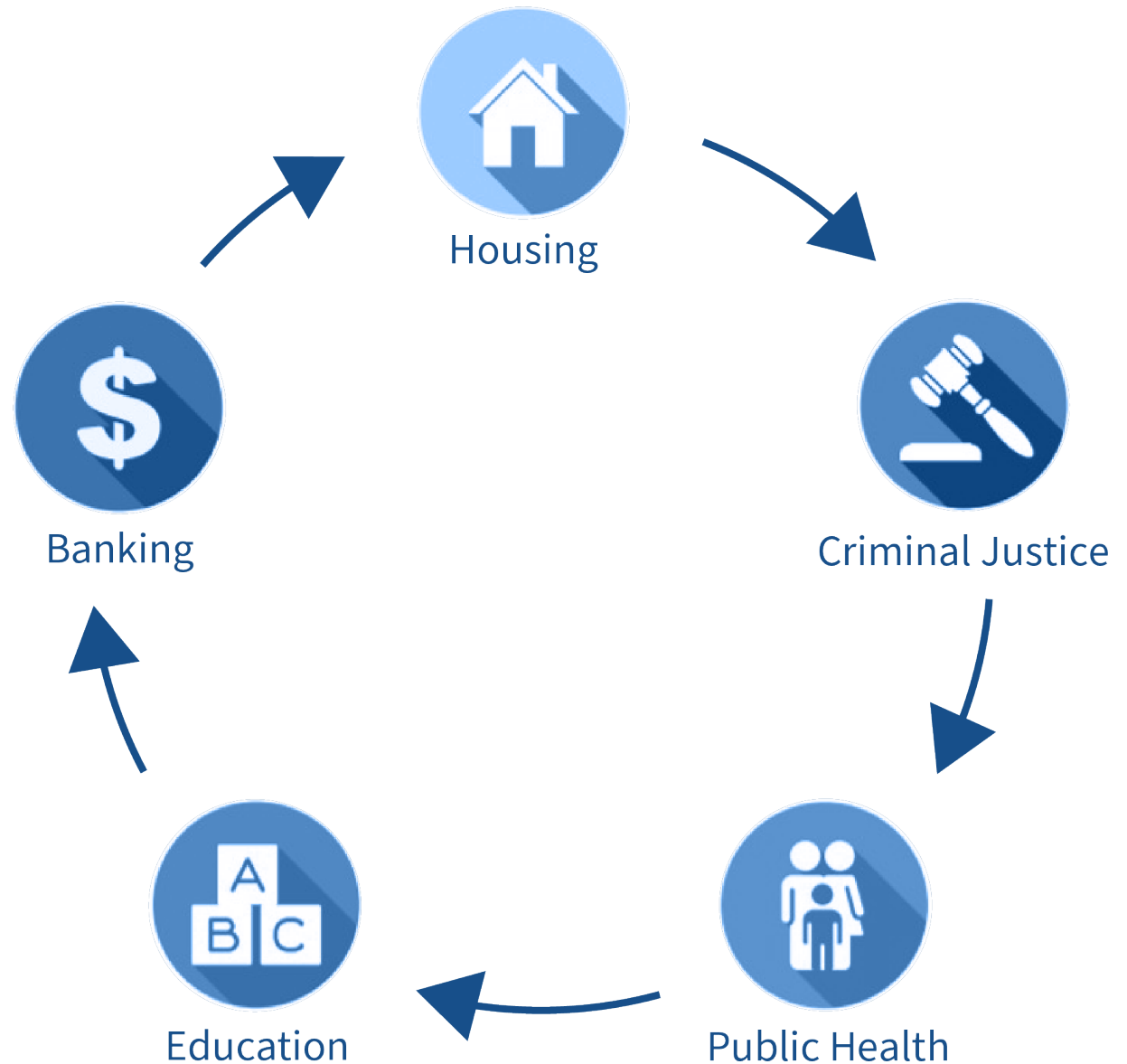
Life expectancy at birth



An aerial photograph of a city, likely Philadelphia, showing a dense urban landscape with various buildings, streets, and green spaces. A large green rectangular box is overlaid on the center of the image, containing white and green text. The text reads: "Structural racism is not simply the result of individual preferences".

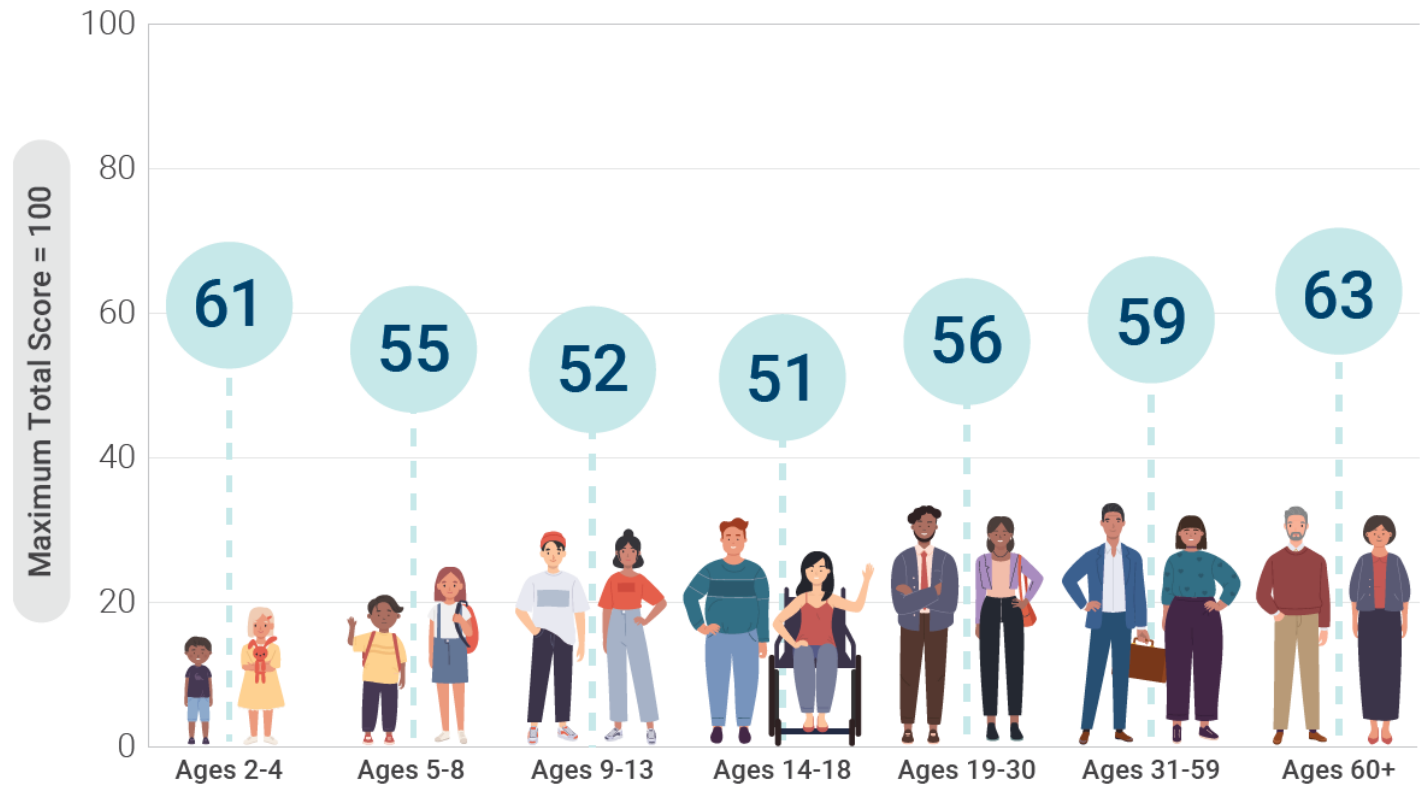
**Structural racism is not
simply the result of
individual preferences**

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:
**Consistent and equitable access to
healthy, safe, and affordable foods
essential to optimal health and wellbeing**



Building on longstanding efforts **to address food insecurity**





**1 in 4 Americans is
served by one of
USDA's 15 nutrition
assistance
programs**

Uniquely positioned to impact food and nutrition security

- Nutrition assistance programs
- Dietary Guidelines and MyPlate
- Nutrition education and promotion
- Other USDA equities



USDA Actions *on* Nutrition Security



Join U.S. Department of Agriculture Secretary Vilsack at Teachers College, Columbia University where he will deliver an address about USDA Actions on Nutrition Security



Thursday, March 17 • 2:15 pm ET • www.usda.gov/live



<https://www.usda.gov/sites/default/files/documents/usda-actions-nutrition-security.pdf>

Our work is driven by research and grounded in science

It's woven into our policies, informs each of our decisions, and most importantly, impacts every life we touch.

<https://www.usda.gov/nutrition-security/research>



**Lived
experience**





USDA's Four Pillar Approach



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



Meaningful Support

- **Support healthy eating patterns**
- **Reflect the latest nutrition science**
- **Deliver high-quality nutrition education**
- **Promote and support breastfeeding**

<https://www.usda.gov/nutrition-security/meaningful-support>



SNAP
benefits
increased
by 21%





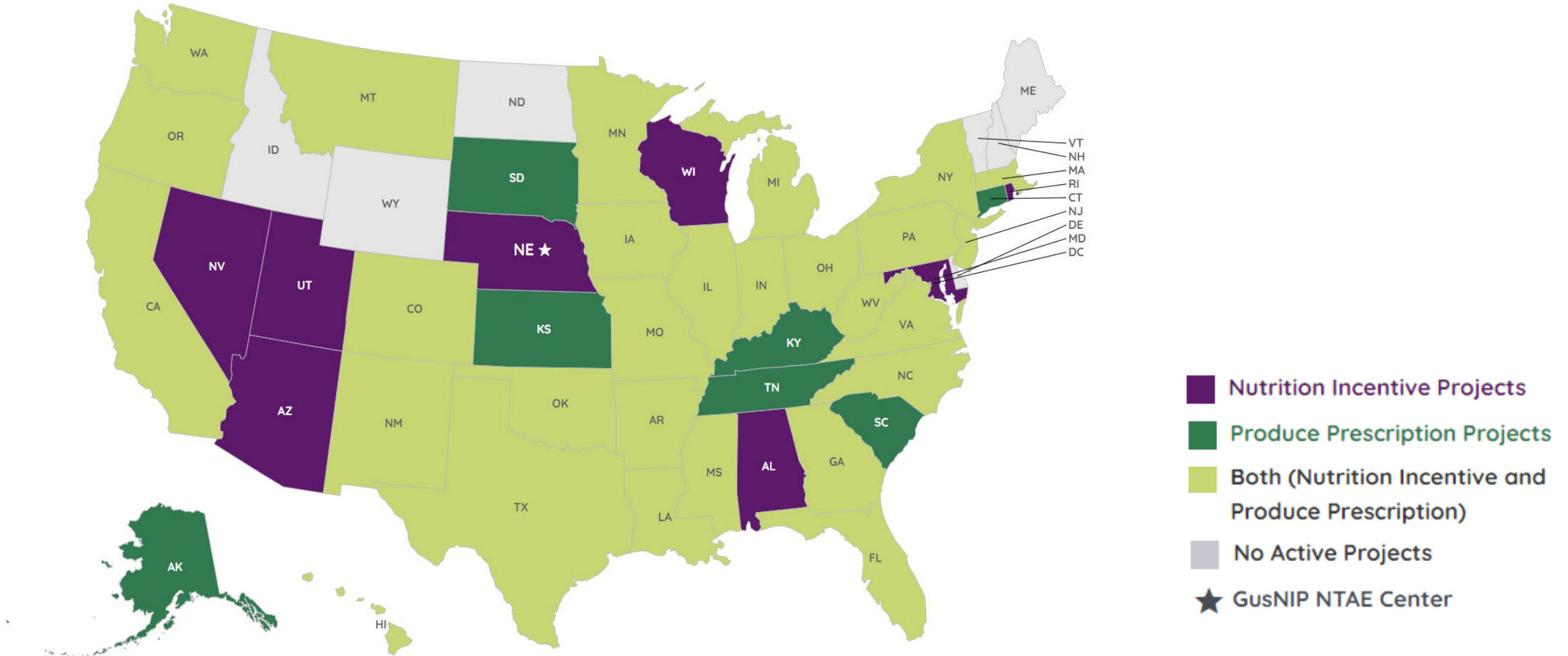
Healthy Food

- **Promote and support fruit and vegetable consumption**
- **Utilize incentive programs**
- **Provide food for people in need**

<https://www.usda.gov/nutrition-security/healthy-food>



GusNIP Grantees



<https://www.nutritionincentivehub.org/grantee-projects>



**Nutrition
Incentive
Hub**

CREATED BY GUSNIP NTAE CENTER

- **Increased fruit and vegetable intake**
- **Purchased more than \$20M in fruits and vegetables from local retailers**
- **Incentive spending generated an economic impact of approximately \$41M**

<https://www.nutritionincentivehub.org/media/fjohmr2n/gusnip-ntae-impact-findings-year-2.pdf>



Food Systems Transformation



Tune in for an announcement by Secretary of Agriculture Tom Vilsack on USDA's framework for shoring up the food supply chain and transforming the food system to be fairer, more competitive, and more resilient.

Wednesday, June 1 • 11:30 am ET
www.usda.gov/live





Collaborative Action

- **Update and build the evidence base for the *Dietary Guidelines for Americans* (DGAs)**
- **Translate the latest DGAs**
- **Equip child nutrition program operators**
- **Tailor products to our programs**

<https://www.usda.gov/nutrition-security/collaborative-action>





Make Every
Bite Count With
the *Dietary
Guidelines*



Dietary
Guidelines
for Americans

2020 - 2025



Critical SNAP-Ed Changes

- Created a Nutrition Education branch
- Hired first Branch Chief
- Established a National license for N-PEARS
- Improving data collection
- Encouraging maximum flexibility in approaches

<https://www.fns.gov/snap/snap-ed>





Equitable Systems

- **Native American/Tribal School food programs**
- **Expanding online shopping options for SNAP and WIC**
- **Bridging language barriers**
- **Reaching underserved populations**
- **Diverse partners to foster healthy food options through diverse partners**

<https://www.usda.gov/nutrition-security/equitable-systems>





White House Conference on Hunger, Nutrition, and Health





National Strategy on Hunger, Nutrition, and Health

Anchored around five pillars and provides a roadmap for:

- **Actions the federal government will take administratively;**
- **Several legislative proposals; and**
- **A call to action for private sector; local, state, Tribal, territory governments; philanthropy; civil society; and other partners**

**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**

[#WHConfHungerHealth
tinyurl.com/whconfshareyourvoice](https://tinyurl.com/whconfshareyourvoice)



National Strategy Pillar 1: **Improve food access and affordability**



- **Increase access to local and regional food systems**
- **Fund training and equipment purchases**
- **Invest in the school nutrition workforce**
- **Expand nutrition education for children**



National Strategy Pillar 2: **Integrate nutrition and health**



- **Prioritize nutrition and food security in overall health**
- **Recognize the need for disease prevention and management**
- **Screen for food insecurity**

USDA



Come to the Table:

USDA's

*National Nutrition Security and
Healthcare Summit*

**Tuesday, October 25
9:30 am to 3:30 pm ET**

Goal:
Encourage
action and
engagement



Outcomes

- **Raise awareness of USDA equities**
- **Strengthen and build connections**
- **Increase exposure to successful models**

Support a **diverse WIC workforce**





National Strategy Pillar 3:

Empower all consumers to make and have access to healthy choices

- **Increase access to healthy food**
- **Encourage healthy workplace and school policies**
- **Invest in public education campaigns**



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



National Strategy Pillar 4:

Support physical activity for all



- **Ensure access to safe places to be active**
- **Increase awareness on the benefits of physical activity**
- **Conduct research on and measure physical activity**



National Strategy Pillar 5: **Enhance nutrition and food security research**



- **Increase access to local and regional food systems**
- **Fund training and equipment purchases**
- **Invest in the school nutrition workforce**
- **Expand nutrition education for children**



LEVERAGING THE WHITE HOUSE CONFERENCE
TO PROMOTE AND ELEVATE NUTRITION SECURITY:

The Role of the USDA Food and Nutrition Service

Recent FNS Food & Nutrition Security Investments



Increasing
SNAP Benefits
to Support
Healthy Eating



Bringing SNAP
and WIC
Shopping
Online



Modernizing
WIC to Improve
Reach



Strengthening
Evidence to
Inform FNS
Policy and
Nutrition
Services



Supporting a
Diverse WIC
Workforce



Restructuring
SNAP-Ed





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Key takeaways

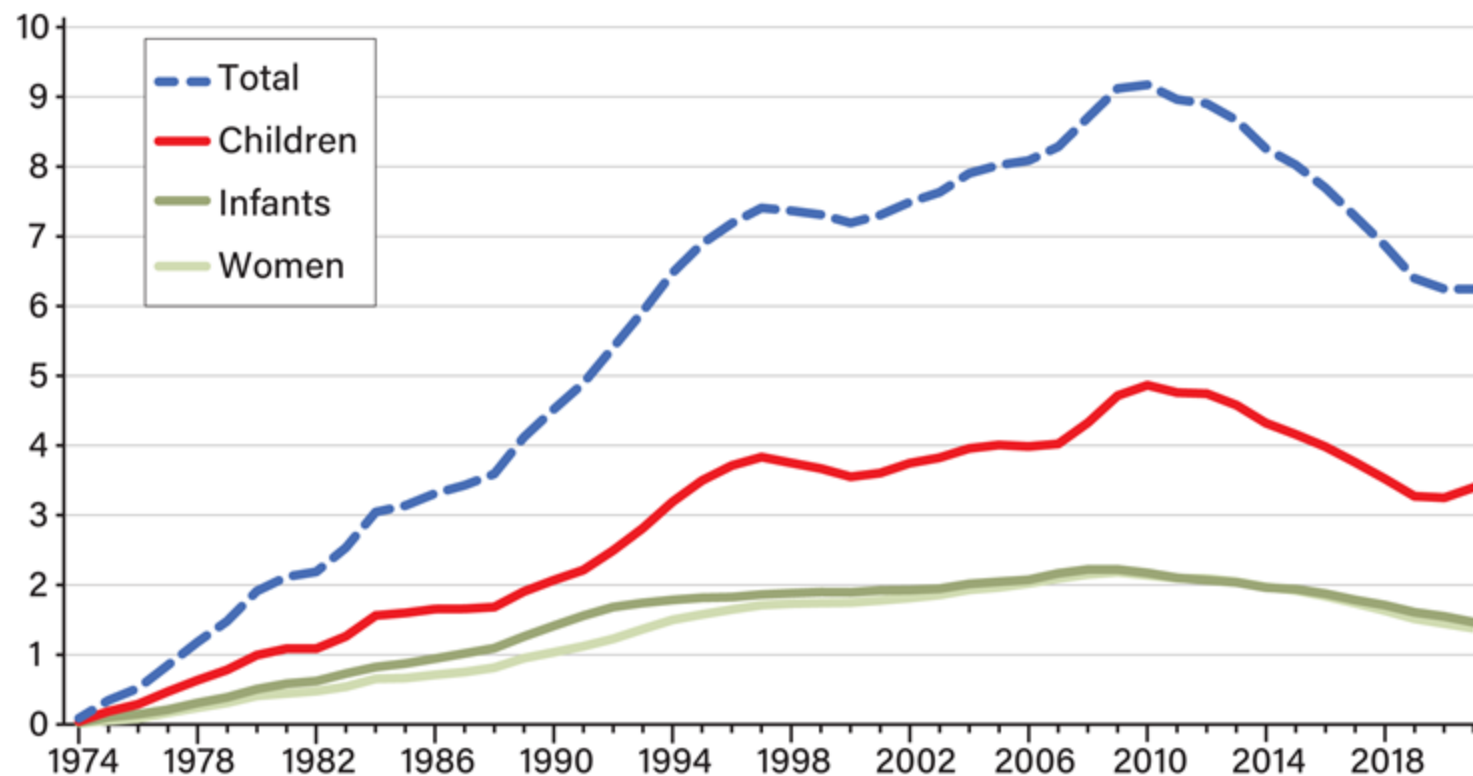
- **Building awareness that food insecurity and diet-related diseases are rising but preventable**
- **Mobilizing key USDA assets**
- **Collaborating with partners—like you**

Average monthly WIC participation by group, fiscal years 1974–2021



Economic Research Service
U.S. DEPARTMENT OF AGRICULTURE

Millions of people



Notes: Children refers to children ages 1 through 4 years. WIC = Special Supplemental Nutrition Program for Women, Infants, and Children. Figure based on preliminary data from the January 2022 Program Information Report (Keydata) released by USDA, Food and Nutrition Service (FNS) in April 2022 and September 2021 Keydata released by FNS in December 2021.

Source: USDA, Economic Research Service using data from FNS.





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HEY PARENTS AND GUARDIANS!

APPLY FOR FREE AND REDUCED PRICE SCHOOL MEALS TODAY

USDA's school meal programs are important to millions of children every school day. These meals give children the healthy food they need to learn, grow, and thrive. For the 2022-2023 school year, many families will need to fill out an application to find out if they can get free or reduced price meals.

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HOW TO APPLY

Contact your local school district at any time to see if your children are eligible.

Your child is eligible for **FREE SCHOOLS MEALS** if:

- Your annual income is \$36,075 or less with a household of four.
- Your household receives benefits like EBT and cash assistance.
- Your child is in foster care, is a child of migrant workers, or is experiencing homelessness.
- Your child participates in the Head Start program.

Your child is eligible for **REDUCED PRICE MEALS** if:

- Your annual income is \$51,338 or less with a household of four.

*Income limits are for the 48 contiguous states, D.C., Guam, and the territories. Income limits are higher in Alaska and Hawaii.



USDA is an equal opportunity provider, employer, and lender.

<http://www.fns.usda.gov/nslp/back-to-school-media-toolkit>

Thank You & Stay Connected



www.usda.gov/nutrition-security



@USDANutrition

