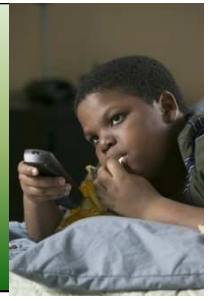
Children's Food Environment State Indicator Report



DNPAO Teleconference January 13, 2011:

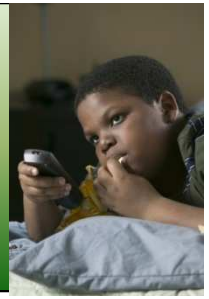
Children's Food Environment State Indicator Report, 2011

Indicator Report Card Team: **Stephen Onufrak, Kelly Pattillo, Holly Wethington, Ashleigh May, Heidi Blanck**

***Advisory Members*: Bettylou Sherry, Meredith Reynolds, William Dietz, Marissa Zwald, Cassie Sheldon, Rosemary Bretthauer-Mueller**

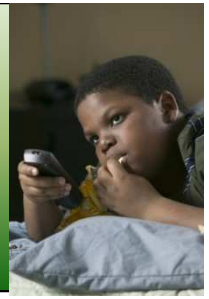
Division of Nutrition, Physical Activity & Obesity (DNPAO)
National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention (CDC)

Teleconference Objectives



- Describe purpose of Children's Food Environment State Indicator Report
- Discuss process of choosing indicators
- Identify and describe key components
  - Behavioral indicators
  - Policy and environmental indicators
- Share project status and timeline
- Describe application of Indicator Report – Call to Action

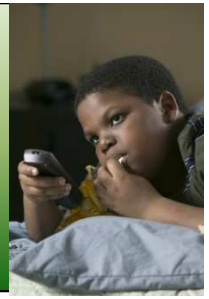
Purpose: Why Focus on Food Environments?



We can support healthy food environments where children live, learn, and play by:

- Reducing children's access to less healthy food and beverage choices
- Increasing access to healthier food and beverage choices
- Decreasing exposure to advertising of less healthy foods and beverages

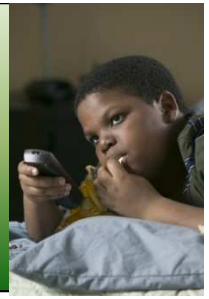
Children's Food Environment State Indicator Report

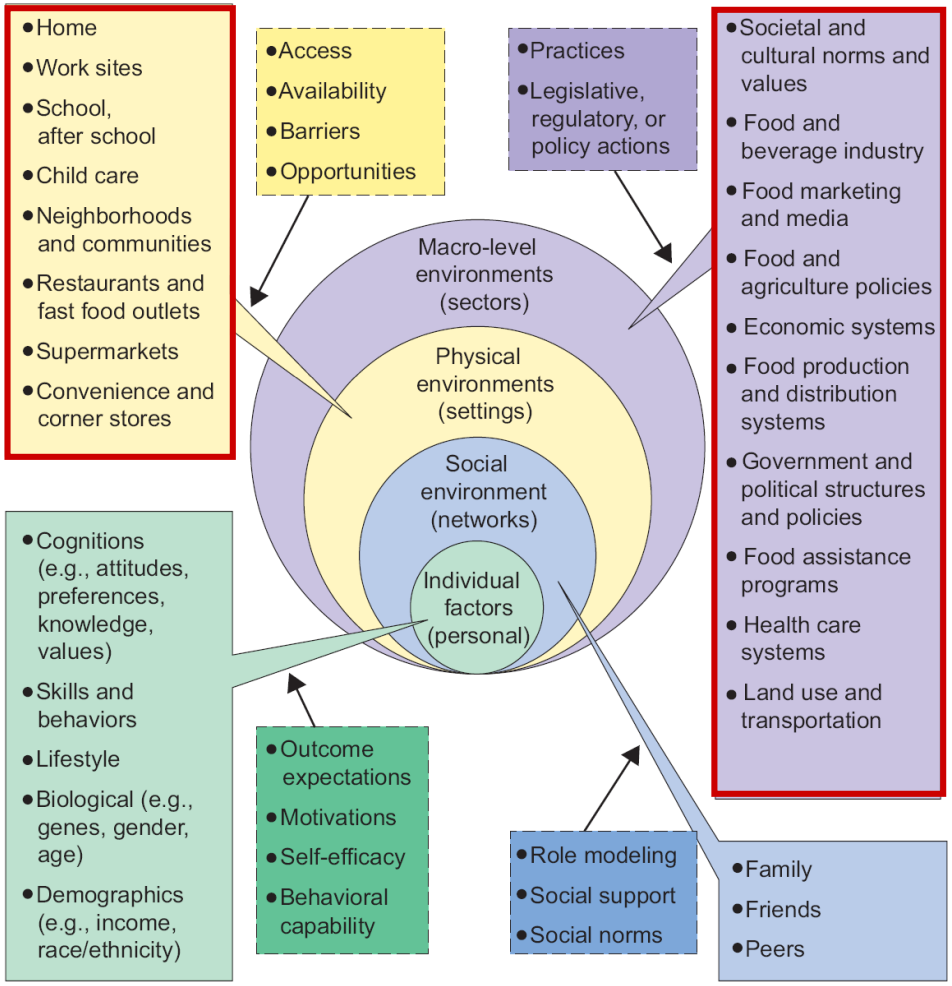


Children's Food Environment State Indicator Report, 2011 can be used:

- As part of a state's surveillance plan
- To increase awareness of opportunities that exist across diverse settings to help prevent childhood obesity
- To identify current successes and opportunities for growth in environmental and policy supports for making the food environment more healthful for children and adults
- To provide data for advocacy for change

Approaches for Improving the Food Environment



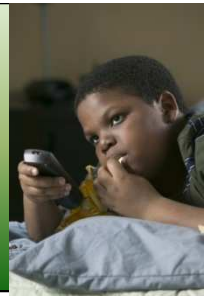


Socioecological (SE) Model

- Physical environment
  - Child care facilities
  - Schools
  - Communities
- Macro-level environments
  - Policy actions
  - Food marketing/media

Story, M., K. M. Kaphingst, et al. (2008). "Creating healthy food and eating environments: policy and environmental approaches." Annual Rev Public Health **29**: 253-72, Figure 1.

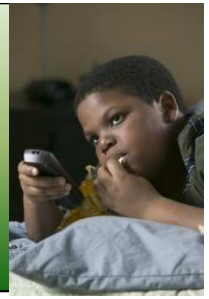
Development of State Indicator Report



Criteria for inclusion of an indicator included:

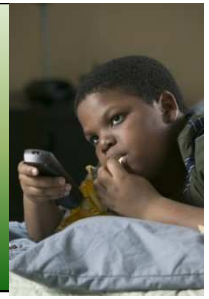
- Promising area within the physical or macro-level environments of socioecological model for addressing child obesity
- Data measurable and available for most states
- Data from reputable source
- Transparent methodology in obtaining information

Children's Food Environment State Indicator Report



- Two categories of indicators
  - Behavioral indicators monitor status of child consumption of sugary drinks, television viewing, and family meals
  - Policy and environmental indicators measure healthfulness of food environments across three settings: child care facilities, schools, and community
- Indicators show where a state has been successful in improving the food environment and where more work may be needed

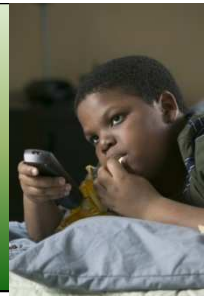
Behavioral Indicators



- % of High School Students in the State Consuming 1 or more Sugar-sweetened Soda per Day
  - Nationally: 29%
  - Range across states: 9 – 40%
- % of High School Students in the State Watching 3 or more Hours of Television per School Day
  - Nationally: 25%
  - Range across states: 16 – 45%

Source: 2009 Youth Risk Behavior Surveillance System (adolescents, grades 9–12)

Behavioral Indicators

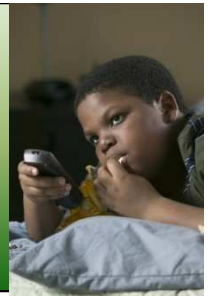


- % of Children Ages 6-17 with Television in their Bedroom
  - Nationally: 50%
  - Range across states: 24% – 71%

- % of Children Ages 12-17 who do not Eat Meals with their Families Most Days of the Week
  - Nationally: 31%
  - Range across states: 22 – 39%

Sources: 2007 National Survey of Children's Health

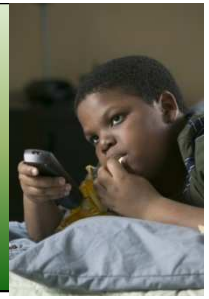
Policy and Environmental Indicators



Indicators across three different settings for improving the food environment:

- The child care facility food environment
- The school food environment
- The community food environment

Child Care Food Environment



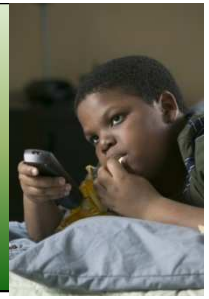
- State Regulations Restrict Sugar Drinks in All Child Care Facilities

- State Regulations Require Access to Drinking Water in All Child Care Facilities
  - Reduce excess energy intake
  - Promote healthy choices such as water and non-fat/low-fat milk

- State Regulations Limit Television and Video Time in All Child Care Facilities
  - Reduce influence of advertising of unhealthy foods
  - Engage in active play and physical activity

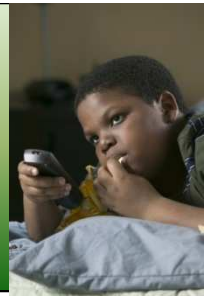
Source: S. Benjamin, 2010. "Preventing Obesity In The Child Care Setting: Evaluating State Regulations." http://cfm.mc.duke.edu/childcare

Child Care Food Environment
Sugar Drinks and Water Access



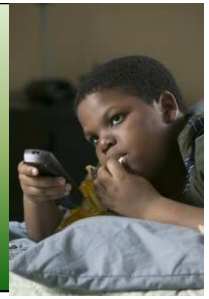
- State Regulations Restrict Sugar Drinks in All Child Care Facilities
  - Nationally: 2 states have a state regulation restricting sugar drinks in all child care facilities
- State Regulations Require Access to Drinking Water in All Child Care Facilities
  - Nationally: 26 states have regulations mandating access to drinking water in all child care facilities

Child Care Food Environment
Television



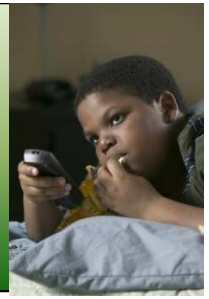
- State Regulations Limit Television and Video Time in All Child Care Facilities
  - Nationally: 17 states have regulations limiting TV and video time in all childcare facilities

School Food Environment



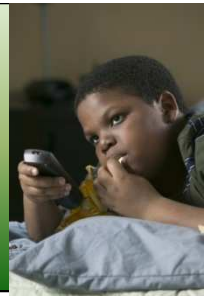
- % Middle and High Schools that Offer Sugar Drinks as Competitive Foods
  - Includes sugar-sweetened sodas, fruit-flavored drinks, and sports drinks
- % Middle and High Schools that Offer Less Healthy Foods as Competitive Foods
  - Includes candy, salty snacks, cookies, crackers, cakes, pastries, ice cream or frozen yogurt that is not low in fat, or water ices or frozen slushes that do not contain juice
- % Middle and High Schools that Allow Advertising of Less Healthy Foods
  - Advertising in schools may impact children's ability to make healthy food choices
- Source: 2008 School Health Profiles survey of middle and high schools (Principal questionnaire).

School Food Environment
Sugar Drinks



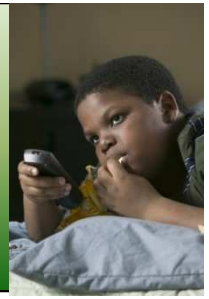
- % Middle and High Schools That Offer Sugar Drinks as Competitive Foods
  - Nationally: 64%
  - Range across states: 17 – 81%

School Food Environment
Less Healthy Competitive Foods



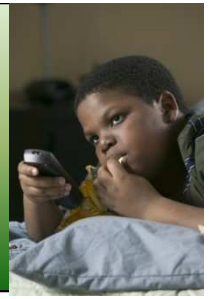
- % Middle and High Schools That Offer Less Healthy Foods as Competitive Foods
  - Nationally: 51%
  - Range across states: 22 – 83%

School Food Environment
Advertising of Less Healthy Foods



- % Middle and High Schools That Allow Advertising of Less Healthy Foods
  - Nationally: 49%
  - Range across states: 24 - 69%

Community Food Environment

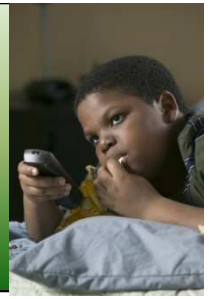


- Modified Retail Food Environment Index Across Census Tracts within State
  - Measures the number of healthy and unhealthy food retailers across census tracts in a state
  - Lower scores indicate:
    - Less healthy food retailers
    - More convenience stores and fast food restaurants relative to healthy food retailers

- Modified Retail Food Environment Index Across Impoverished Census Tracts within State
  - Measures only census tracts where 20% or more of the residents are below the poverty line

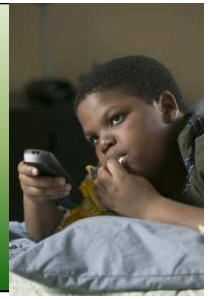
Sources: Supermarkets, supercenters, and produce store data is derived from InfoUSA business database, 2009. Fast food retail data is from NavTeq database, 2009. Convenience store data is from Homeland Security Information Program database, 2008

Community Food Environment
Modified Retail Food Environment Index



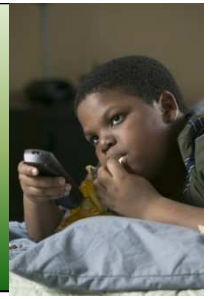
- Modified Retail Food Environment Index Across Census Tracts within State
  - Nationally: 0.10
  - Range: 0.04 – 0.16

Community Food Environment
Modified Retail Food Environment Index - Impoverished



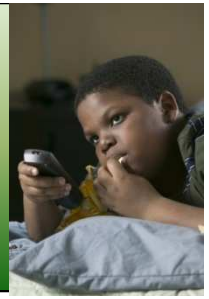
- Modified Retail Food Environment Index Across Impoverished Census Tracts within State
  - Nationally: 0.07
  - Range: 0.00 – 0.14

Project Timeline and Status



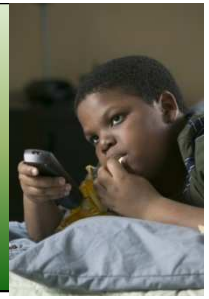
- Search for potential indicators began January 2010
- Draft indicators presented to fruit and vegetable (F&V) coordinators during teleconference in June 2010
- Further input from specific F&V coordinators solicited in August 2010
- Anticipated release date is February 9, 2011 (to coincide with anniversary of launch of Let's Move campaign)

Child Obesity
State Indicator Report
Call to Action



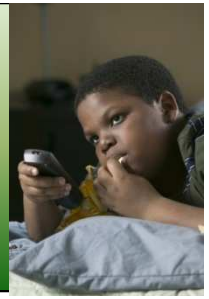
- Incorporate into state plan
  - Surveillance
  - Priority strategies
- Advocate for improvement
- Evaluate progress over time
- Identify success stories
- Broaden community support for obesity prevention
- Strengthen policy action and support

Child Care Food Environment
Potential Action Steps



- Support policies and incentives to require physical activity and healthier foods/beverages in child care settings
  - (e.g., licensing regulations, state standards for the Child and Adult Care Food Program, quality rating improvement systems, and early learning standards)
- Encourage child care providers to conduct self-assessments to identify improvements related to healthier foods and beverages
- Integrate training on nutrition, physical activity, and screen time into child care provider training, certification and continuing education
- Support initiatives to increase access to healthier foods and opportunities for physical activity for child care providers
  - (e.g. farm to preschool programs, procurement standards, gardening initiatives, and joint use agreements)

Child Care Food Environment
Resources for Action



Preventing Obesity In The Child Care Setting: Evaluating State Regulations: http://cfm.mc.duke.edu/wysiwyg/downloads/State_Reports_Final.pdf

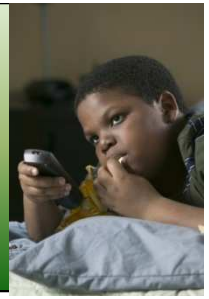
Caring for Our Children: Preventing Childhood Obesity in Early Care and Education Programs (child care standards): http://nrckids.org/CFOC3/PDFVersion/preventing_obesity.pdf

Food Research and Action Center: Child Care Food Program Wellness Tool Kit: http://frac.org/federal-foodnutrition-programs/child-and-adult-care-program/child-care-wellness-plans-and-policies/

National Child Care Information and Technical Assistance Center: Quality Rating & Improvement System Resource Guide: http://nccic.acf.hhs.gov/qrisresourceguide/

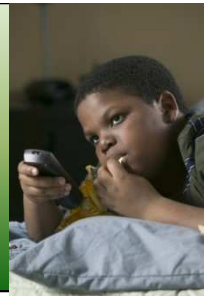
National Association of Child Care Resource & Referral Agencies: http://www.naccrra.org/

School Food Environment
Potential Action Steps



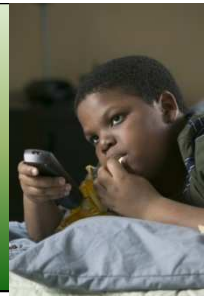
- Promote policies to ensure free drinking water is available at schools
- Collaborate with state and school district officials to eliminate the sale of sugar drinks on school grounds and at school-based activities
- Establish strong nutrition standards for competitive foods consistent with *Institute of Medicine's Nutrition Standards for Food in Schools*

School Food Environment
Potential Action Steps



- Support school districts in implementing strong nutrition standards that restrict the availability of less healthy foods and sugar drinks
- Revise food and beverage contracts so that only healthier food options are available to students
- Collaborate with state and school district officials to redefine or eliminate beverage “pouring contracts” in schools

School Food Environment
Resources for Action



Making It Happen: School Nutrition Success Stories:
http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/index.htm

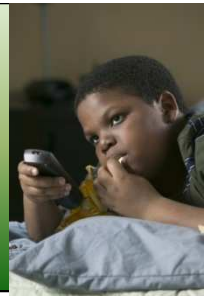
Water in Schools website: http://www.waterinschools.org/

CDC Fact Sheets about IOM Nutrition Standards for Foods in Schools:
http://www.cdc.gov/HealthyYouth/nutrition/standards.htm

NPLAN: Model Healthy Beverage Vending Agreement:
http://www.nplanonline.org/nplan/products/model-healthy-beverage-vending-agreement

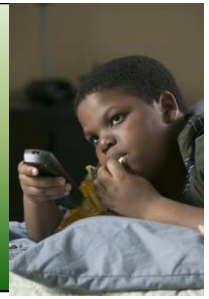
CDC resource on Local Wellness Policy Tools & Resources for schools:
http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm

Community Food Environment
Potential Action Steps



- Increase community access to healthy foods by upgrading supermarkets, grocery, convenience and corner stores
- Ensure public transportation allows residents to reach food retailers
- Promote efforts to provide and identify healthy foods in farmers' markets, farm stands, and restaurants
- Provide incentives to food retailers to locate in or offer healthier food and beverage choices in underserved areas
- Adopt policies or zoning regulations to restrict fast food establishments near school grounds or public playgrounds

Community Food Environment
Resources for Action



NPLAN Creating a Healthy Food Zone Around Schools

- http://www.nplanonline.org/nplan/products/creating-healthy-food-zone-around-schools

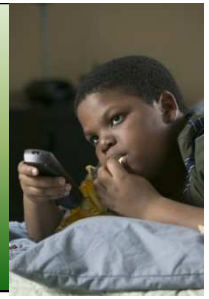
PolicyLink Improving Access to Healthy Food:

- http://www.policylink.org/site/c.lkIXLbMNJrE/b.5136643/k.1E5B/Improving_Access_to_Healthy_Food.htm

The Food Trust: Our Projects: Community-Based Programs

- http://www.thefoodtrust.org/index.php

Questions?



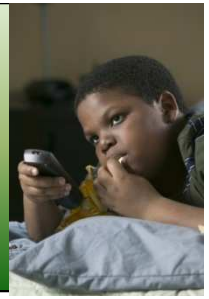
We welcome your inquiries and comments about this report.

CDC Contact Information

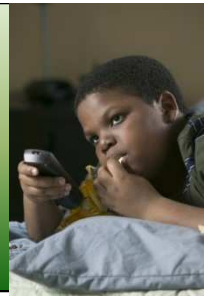
foodenvironmentreport@cdc.gov

Stephen Onufrak 770-488-5551

- Technical assistance
- Feedback and general questions



Sugar Drink Reduction



NEW!!

The Beverage Bulletin

December 2010

***The Beverage Bulletin* is a new CDC–supported electronic resource for practitioners interested in public health efforts to reduce sugar drinks.**

In addition to this monthly email bulletin, we are seeking your input on how regular networking calls related to sugar drink reduction strategies might be beneficial to you. These calls would be similar to the Fruit and Vegetable Coordinator Call or the Child Care Networking Call.

Topics could include:

- Ensuring ready access to potable drinking water
- Limiting access to sugar drinks
- Promoting access to more healthful drink alternatives
- Limiting marketing of sugar drinks
- Differential pricing of beverages

Please respond to Kelly Pattillo at KPattillo@cdc.gov with your interest level or ideas regarding a sugar drink networking call.

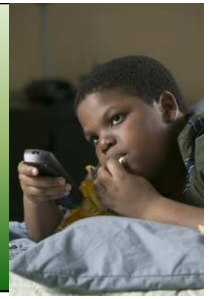
This December Edition of *The Beverage Bulletin* contains the following:

a) Sugar Drink State Program Highlights
b) RWJF Healthy Eating Research – Research Briefs on Sugar Drinks
c) Release of the Healthy People 2020 Objectives – Relevant Sugar Topics

a. Sugar Drink State Program Highlights

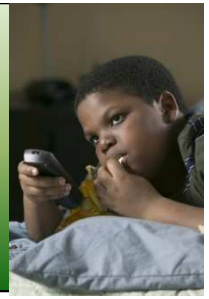
Sugar-sweetened beverages, or sugar drinks, are readily accessible in homes, schools, worksites, and communities. Limiting their availability and accessibility can decrease their consumption and increase the consumption of more healthful beverages.

Sugar Drink Reduction Networking Call



- **Might such a call be useful to you?**
- **What frequency would you prefer for a networking call?**
- **What content would you like to hear presented or discussed?**
- **Can you recommend any speakers for future calls?**

Sugar Drink Reduction



Please submit your comments or questions related to The Beverage Bulletin or sugar drink networking call to

Kelly Pattillo
KPattillo@cdc.gov
770-488-6516