Birth & Beyond: Advancing Equity, Nutrition, And Food Security

Speaking Event & Wikipedia Edit-a-thon

USDA National Agricultural Library

March 23rd

10:00am-3:00pm

Derivative image made up of USDA photos by Lance Cheung
PD-USGov-USDA

USDA National Agricultural Library
U.S. DEPARTMENT OF AGRICULTURE

DISCLAIMER: The guest speakers' portion of today's event will be recorded. The recording will show full-screen slides only, and we will minimize participants.

You may keep your camera off and use "anon" as your meeting name. (To rename yourself, go to the participants list, click next to your name and enter a new name.)

The recording will be shared on NAL YouTube with all Q&A edited out.

Schedule

10:00-10:05 Welcome, Paul Wester, Director, USDA National Agricultural Library
10:05-10:35 Dr. Maya Maroto, Ed.D, MPH, RDN Partnership for a Healthier America
10:35-10:45 Dr. Tanya Agurs-Collins, Ph.D, RD, National Institutes of Health
10:45- 11:00 Question & Answer session with keynote speakers, Paul Wester as moderator
11:00-11:10 Dr. Sara Bleich, Ph.D, Food and Nutrition Service
11:10- 11:20 Lihlani Nelson, Center for Agriculture and Food Systems
11:20-11:30 Question & Answer session with guest speakers, Paul Wester as moderator

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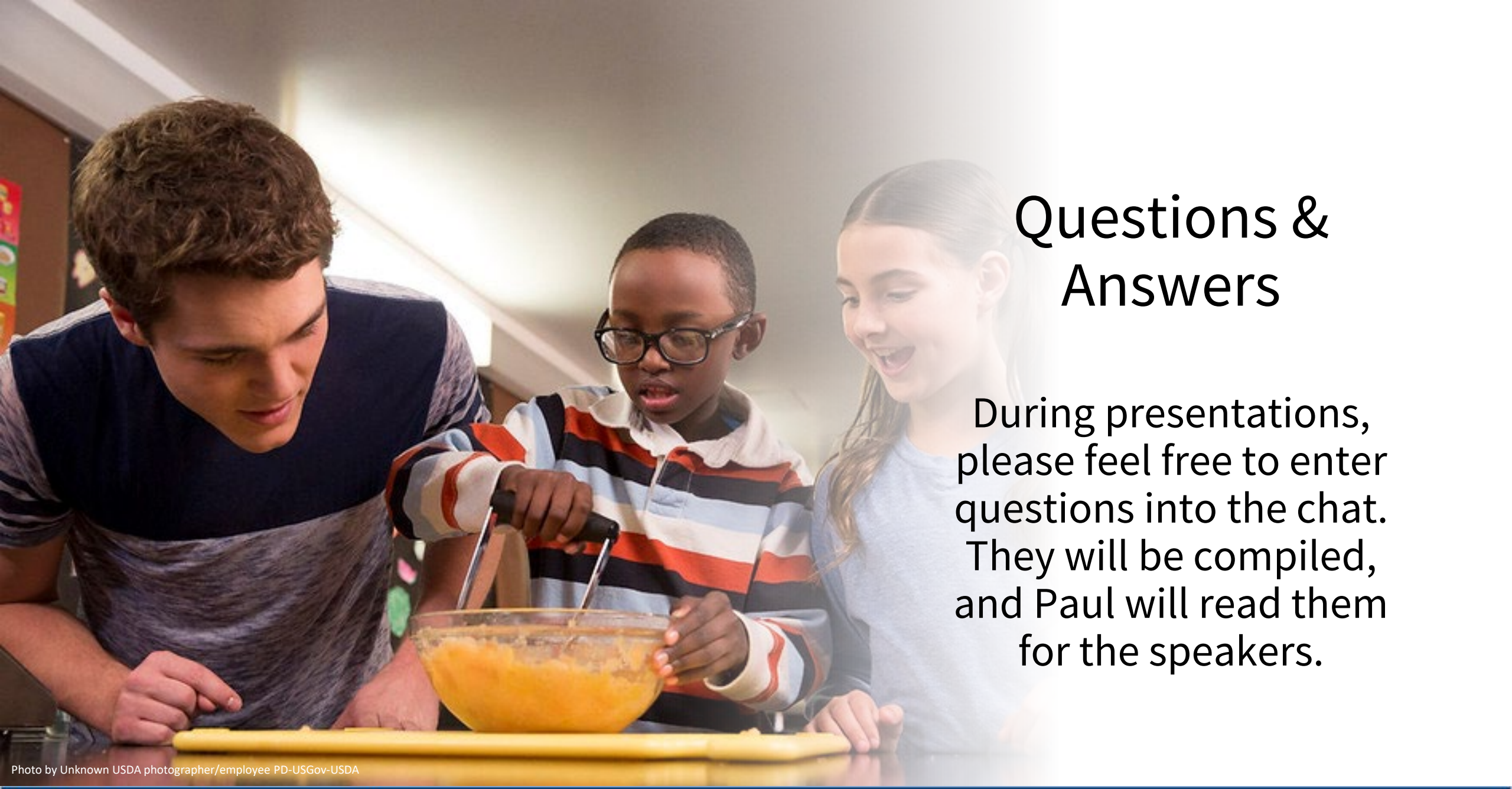
11:30-12:00 BREAK
12:00-12:30 Wikipedia Editing Training with Jamie
12:30-12:35 Break
12:35-3:00 Editing time, questions and follow-up

Photo by Indiana NRCS, Brandon O'Connor RD-USGov-USDA



Questions & Answers

During presentations, please feel free to enter questions into the chat. They will be compiled, and Paul will read them for the speakers.

Photo by Unknown USDA photographer/employee PD-USGov-USDA

Dr. Maya Maroto, EdD, MPH, RDN

Vice President - Federal, State, and Municipal Partnerships
Partnership for a healthier America

Birth and Beyond: Advancing Equity, Nutrition, and Food Security

Maya Maroto, EdD, MPH, RDN
VP, Federal, State and Municipal Partnerships

Overview & Learning Objectives

By the end of the session, participants will be able to:

- Describe the Partnership for a Healthier America
- Interpret key definitions for discussing disparities, inequities, and nutrition security
- Define key Dietary Guidelines for Americans and nutrition inequities for birth to age 2
- Identify PHA's pillars of Food Equity and ways to support Food Equity

About Partnership for a Healthier America

Our Mission

We seek to transform the food landscape in pursuit of Food Equity, the idea that everyone, everywhere should have access to healthy, affordable, culturally-relevant food.

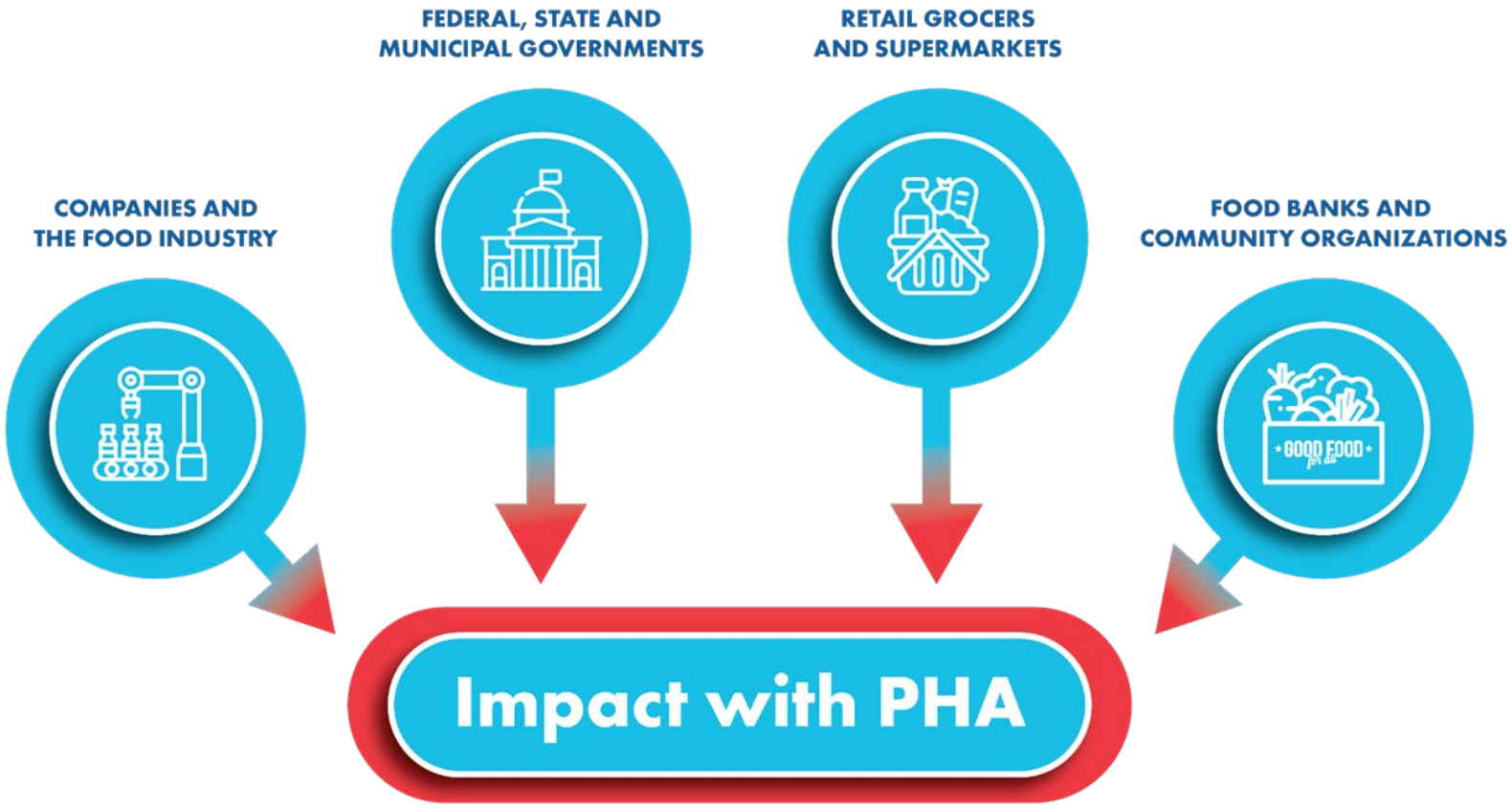
575+ Partners

Founded in 2010, Partnership for a Healthier America (PHA) was created to build on former First Lady Michelle Obama's *Let's Move!* Initiative.

PHA works with a variety of partners to improve aspects of the food system at every level.

PARTNERSHIP FOR A HEALTHIER AMERICA

How PHA Partners Create Change



Key Definitions

PARTNERSHIP FOR A HEALTHIER AMERICA

Key Definitions

Health Disparities - *Differences*

Health Inequities - *Unjust, unfair, and avoidable differences*

Food Security - *Consistent household food access*

Nutrition Security - *Consistent access to health-promoting/restoring foods*

Food Security vs. Nutrition Security

WHAT IS NUTRITION SECURITY?

Consistent access to nutritious foods that promote optimal health and well-being for all Americans, throughout all stages of life.

HOW DOES NUTRITION SECURITY BUILD ON FOOD SECURITY?

Food security is having ***enough*** calories.
Nutrition security is having the ***right*** calories.

**USDA Actions on Nutrition Security – Infographic, 2022*

Nutrition Inequities: Infants and Toddlers

PARTNERSHIP FOR A HEALTHIER AMERICA

Key Recommendations

Birth – 6 Months

- **Human milk or iron-fortified infant formula** when human milk is unavailable.
- Supplemental **vitamin D.**
- Around 6 months, introduce **nutrient-dense complementary foods** including potentially **allergenic foods**.

**USDA/DHHS Dietary Guidelines for Americans, 2020-2025*

Key Recommendations

Up to 23 Months

- Encourage variety – focus on foods rich in **iron** and **zinc**.
- Limit foods high in **sodium**.
- Avoid **added sugars**.

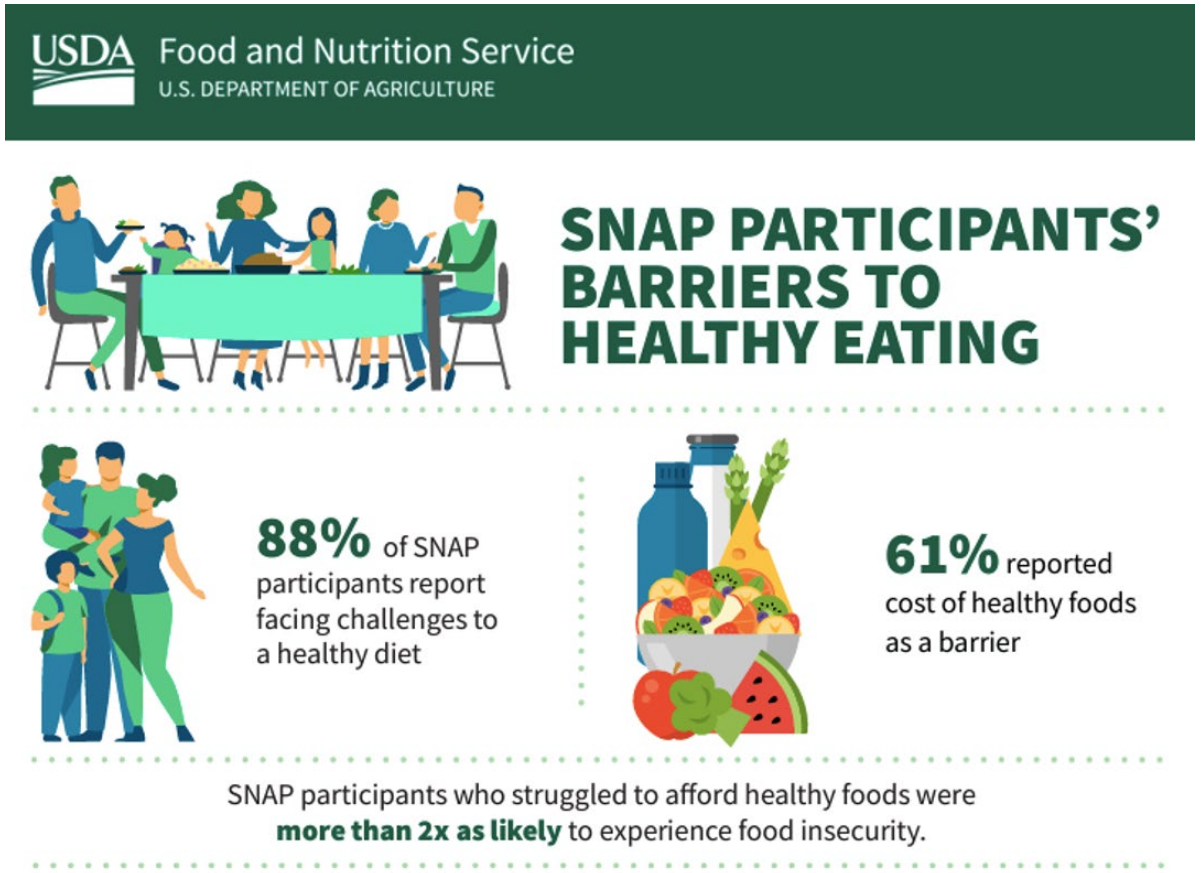
**USDA/DHHS Dietary Guidelines for Americans, 2020-2025*

Nutrition Inequities up to 23 Months by Race/Ethnicity

Black infants/toddlers consume **significantly more ultra-processed foods** like sugar sweetened beverages and sweet bakery goods and **fewer vegetables**.

**Roess et al. J of Nutrition, 2018*

SNAP Participants' Barriers to Healthy Eating



Federal Nutrition Programs for Infants/Toddlers

- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- Supplemental Nutrition Assistance Program (SNAP)

PHA's Food Equity Work

PARTNERSHIP FOR A HEALTHIER AMERICA

PARTNERSHIP FOR A HEALTHIER AMERICA

3 Pillars of Food Equity

Support PHA's Work to Demand Food Equity

- Sign the PHA Food Equity **Pledge**
- Sign up for our **newsletter** to stay in touch with PHA's work to ensure that everyone has equal access to healthy food
- If your organization wants to support or **partner with us**, please reach out to info@ahealthieramerica.org

Thank You!

Questions?

PARTNERSHIP FOR A HEALTHIER AMERICA

Dr. Tanya Agurs-Collins, Ph.D, RD

Program Director
Division of Cancer Control and Population Sciences
National Cancer Institute

Co-chair, Nutrition and Health Disparities Implementation Working Group

Diet and Chronic Disease

Diet is an important modifiable risk factor that can improve health and reduce chronic disease risk

NIH National Institutes of Health

Nutrition Health Disparities and Chronic Disease

- Poor diet quality is higher across lower SES groups, racial/ethnic minorities and is associated with
  - Adverse health outcomes such as obesity, diabetes, cardiovascular disease, and diet-related cancers (Micha R et al. PloS One 2017 & Zhang FF et al. JNCI Cancer Spectr 2019)
  - Increased risk for morbidity and mortality (Micha R et al. JAMA 2017)
- Food and nutrition insecurity have been linked to poor diet quality and nutrition-related health disparities (chronic disease risk) among the socioeconomically disadvantaged

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NIH National Institutes of Health

Nutrition Health Disparities Framework

- To reduce disparities, interventions should address the dynamic interplay of multiple levels of influence that operate within ***biological, behavioral, environmental, and health care domains***, encompassing every socioecological level—***individual, interpersonal, community, and societal***.

- Nutrition Health Disparities Framework posits that conducting research entirely within one cell of the framework may result in research knowledge that is incomplete because it does not address the cumulative or interactive effects of multiple determinants on dietary intake, nutritional status, and health.

National Institutes of Health

Nutrition Health Disparities Research Framework

		Levels of Influence			
		Individual	**Interpersonal**	**Community**	**Societal**
Domains of Influence *(Over the Life Course)*	**Biological**	Taste Predispositions, Nutritional Status, Nutrition Metabolism, Nutrigenomics, Metabolomics, Microbiome, Food Allergies and Intolerances	Maternal -Child Interaction, Feeding Practices (e.g., breastfeeding), Family Microbiome	Community Illness Food Contaminant	Sanitation Pathogen Exposure (e.g., E Coli)
	Behavioral	Dietary Intake, Dietary Habits, Eating Patterns, Coping Strategies	Family Dietary Practices (e.g., family meals) School/Work Dietary Behavior	Community Functioning Community engagement (lobbying for full- service grocery stores)	Nutrition Policies and Laws (e.g., food assistance programs and access) State- and City-level Food and Nutrition Policies (e.g., soda taxes)
	Physical/Built Environment	Personal Food Environment and Access (e.g., exposure to fast food at home)	Household Food Environment School/Work Food Environment	Community Environment Community Resources Neighborhood Food Environment (e.g., food deserts, food marketing)	Societal Structures (e.g., zoning laws) Dept. of Education and School System Workplace Policies and Accommodations, Food Marketing
	Sociocultural Environment	Food Preferences, Sociodemographic (e.g., discretionary income) Food Literacy and Preparation Skills Limited English Cultural Identity/Acculturation Response to Discrimination	Social Networks Family/Peer Norms Interpersonal Discrimination (e.g., dietary practice, body image)	Community Norms Local Structural Discrimination (e.g., dietary practice, body image)	Social Norms Food System (e.g., supply chain, food costs) Societal Structural Discrimination
	Health Care System	Insurance Coverage, Access, Utilization Health Literacy Treatment Preferences Nutrition Medical Therapy	Patient-Clinician Relationship Medical Decision-Making (e.g., referrals to RDs)	Availability of Services Safety Net Nutrition Services (e.g., WIC, SNAP, food pantries)	Quality of Care Health Care Policies for Nutrition Services (e.g., screening & treatment)
Health Outcomes		**Individual Health**	**Family/Organizational Health**	**Community Health**	**Population Heath**

Nutrition Health Disparities Framework

- Special emphasis on nutrition at different life-stages, equity, and cultural diversity

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Nutrition Health Disparities Framework: Birth to Older Adults Examples

Life Cycle	Levels/Domains →	Levels/Domains →	Outcomes
Pre-Natal/Birth/ Infant	Individual/Built Environment: Lack of full-service grocery stores for fresh fruits and vegetables during pregnancy and post-pregnancy	Community/Health Care System: Lack of safety net nutrition services (e.g., WIC)	Maternal nutrient deficiency and high-risk prenatal birth weight
Children	Interpersonal/Behavior: Family and peer norms related to breastfeeding and early childhood nutrition Interpersonal/Sociocultural: Family cultural background and diversity related to food choice and preferences	Societal/Health Care System: Resource-poor environment (such as lack of preventative health care) Societal/Behavioral: Poor uptake of Federal nutrition programs	Risk for childhood malnutrition and food insecurity

Nutrition Health Disparities Framework: Birth to Older Adults Examples

Life Cycle	Levels/Domains →	Levels/Domains →	Outcomes
Families	Societal/Sociocultural Environment: Job discrimination/loss impacting income, housing, racial segregation	Interpersonal/Health Care System: Lack of trust in the patient-clinician relationship	Poor diet quality, risk for diet-related chronic disease, and mortality
Older Adults	Individual/Biology: Genetic predisposition (hypertension or diabetes)	Community/Built Environment: Food deserts, corner stores Societal: Food marketing policies targeting nutrient poor – energy dense foods	Consumption of unhealthy foods and chronic disease risk

Nutrition Health Disparities Framework

- Framework should be used by nutritionists, researchers, public health educators, and others to encourage multidomain, multilevel approaches to health disparities research.

- Better understanding of these interrelationships could lead to the development of nutrition interventions that reduce health disparities and promote health equity.

National Institutes of Health

Acknowledgments

Alison Brown, PhD, RDN Co-chair, Nutrition Health Disparities IWG and IWG members

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Bill Jirles, NIEHS
Lyndon Joseph, NIA
Brama Kowtha, OD
Wayne Lawrence, NCI
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Holly Nicastro, ONR
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Amanda Price, NINR
Nishadi Rajapakse, NIMHD
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Samantha Adas, ONR

Kimberly Barch, ONR

Questions & Answers

With moderator, Mr. Paul Wester

Lihlani Nelson

Associate Director, Center for Agriculture and Food Systems

Policy Tools to Increase Access to Healthy Food

Lihlani Nelson, Associate Director & Research Fellow

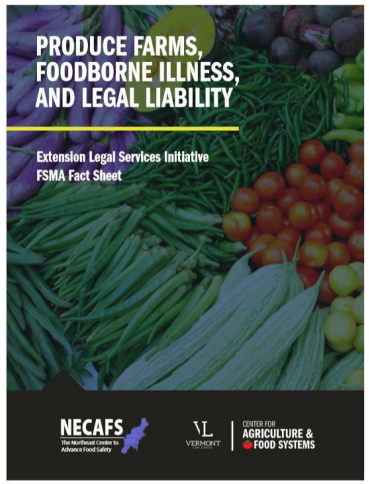
OUR MISSION

The Center for Agriculture and Food Systems trains law and policy students to develop real-world solutions for a more sustainable and just food system.

We develop legal resources that span the food system.

Farm inputs → Production → Processing and manufacturing → Distribution and marketing →

Farmland Access Legal Toolkit



Extension Legal Services Initiative

Farmers Market Legal Toolkit

We develop legal resources that span the food system.

→ Food access and consumption → Surplus and waste

Healthy Food Policy Project

National Gleaning Project

HEALTHY FOOD POLICY PROJECT
Food is accessible when it is affordable and community members can readily grow or raise it, find it, obtain it, transport it, prepare it, and eat it.

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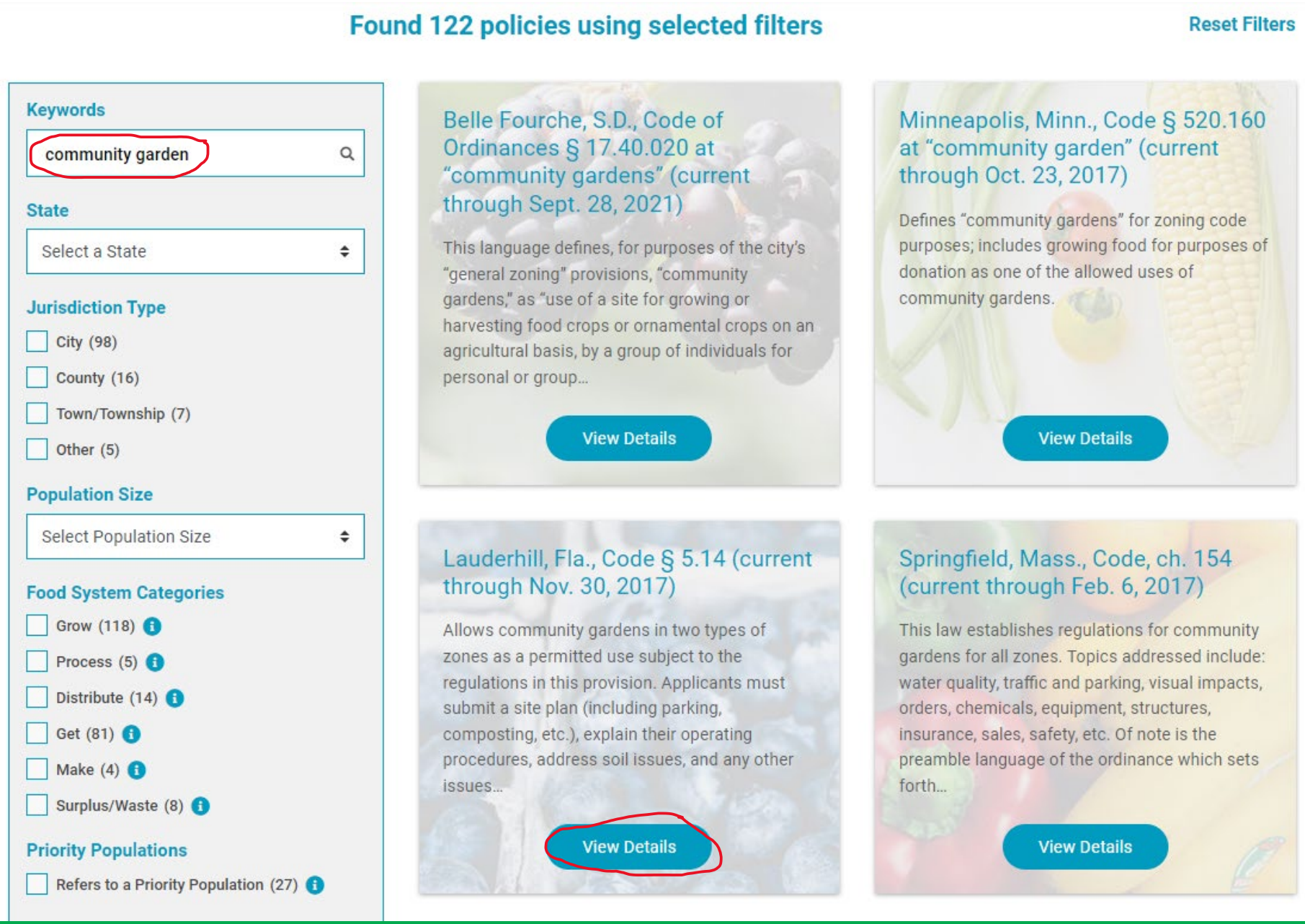
What do we mean by "healthy food"?

Food that is minimally processed; fresh, frozen, or canned produce that has little if any, added sugar, salt, or fat; food that is culturally relevant; food that meets evidence-based nutrition standards; food that is both nutritious and safe to eat.

www.healthyfoodpolicyproject.org



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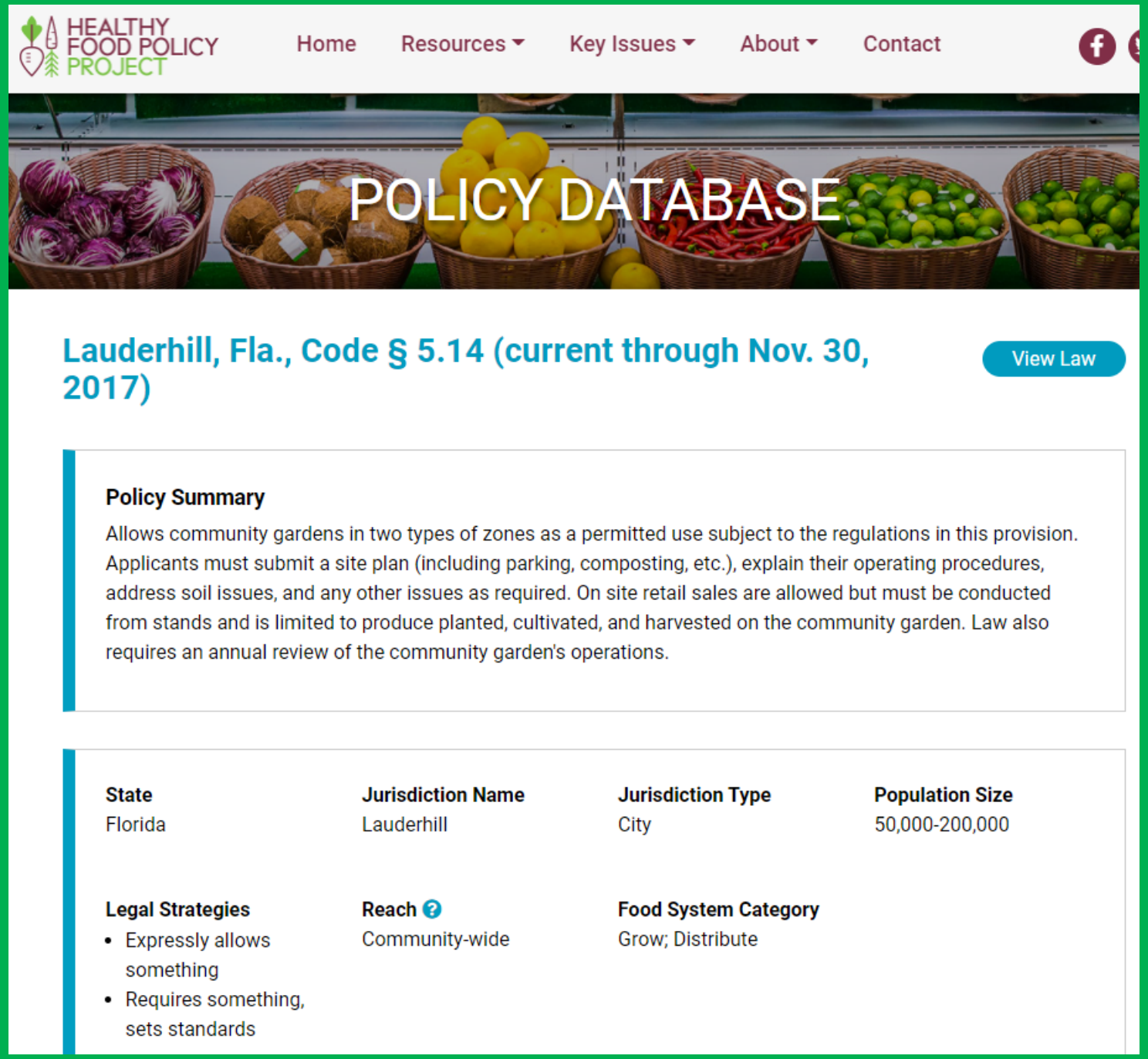
Policy Database



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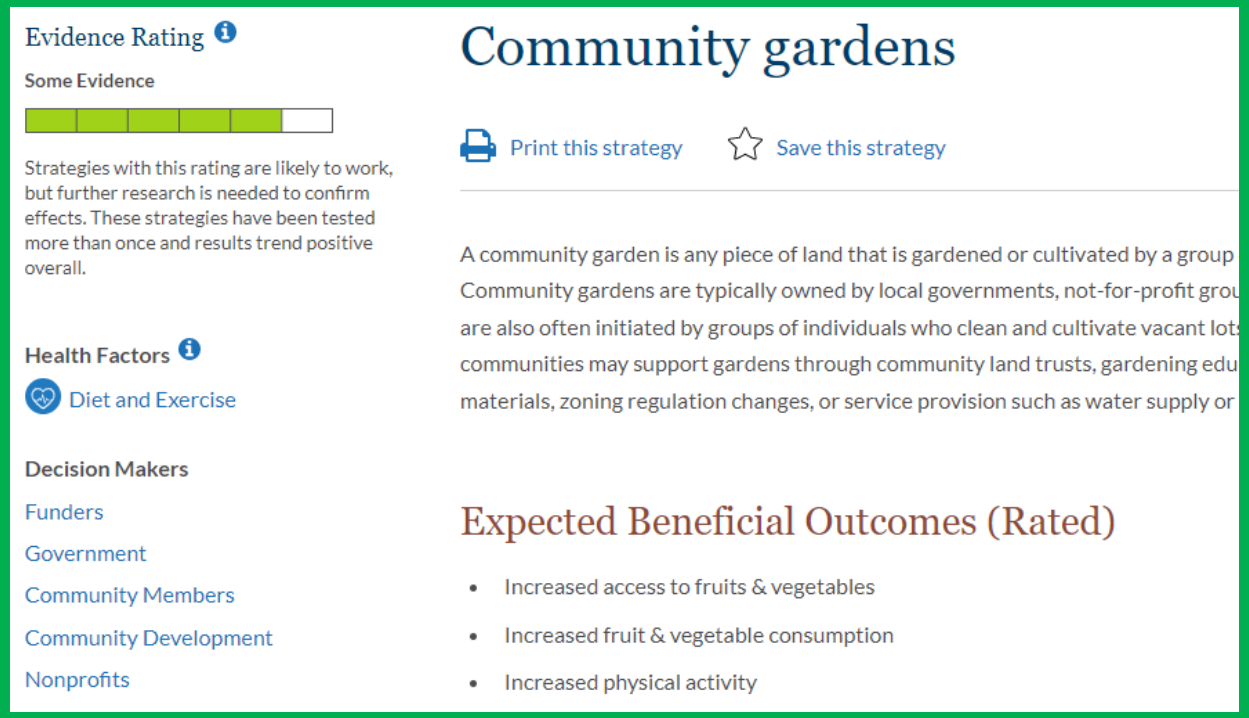
Policy Example

Allowing community gardens as a permitted use



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Policy Example

Evidence for Health

This policy may correspond to diet-related strategies identified by the County Health Rankings' What Works for Health tool, including:

- Community gardens
- Urban agriculture

For research on the potential effectiveness, please review the category links above.

We understand that this information is not comprehensive. It also does not include other important forms of evidence such as community members' lived experiences and practice-based evidence.

POLICY DRAFTING COMPANION GUIDE

Turning Your Community Vision into Local Healthy Food Law or Policy

The purpose of this resource is to provide an introduction to common elements of laws and policies, share examples of how these elements can be used to support local healthy food access, and offer recommended practices in the drafting process for those who may be exploring or entering the world of local policymaking, or for those who want to advocate for healthy food access policies.

Policy Development Considerations

Beyond understanding the key elements of a law or policy, there are a number of important considerations in crafting an effective law or policy:

Considerations for Equity

- **Advance racial and health equity in all policies.**[1] It is important to think through how a policy may impact health outcomes and health inequities, particularly for Black people, Indigenous people, and all people of color. Policies should be designed to reduce racial health inequities and improve health for all. This requires intentional, conscious decision-making.

Examples

Racial equity tools can aid local governments in advancing racial and health equity. For example, Milwaukee County in Wisconsin has committed to "use racial equity tools to evaluate the impact of decisions on black and brown communities" in developing its budget, policies, processes, and procedures.[2] Some examples of racial equity tools include:

- The Praxis Project: Working Principles for Health Justice and Racial Equity
- City of St. Paul, Minn.: Racial Equity Assessment Toolkit
- Government Alliance on Race and Equity: Racial Equity Toolkit
- Policy Link Racial Equity Index
- Voices for Racial Justice: Racial Equity Impact Assessment Tool
- Montgomery County, Md.: Racial Equity and Social Justice Legislative Review Tool
- Washington DC: Racial Equity Toolkit

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FOOD ACCESS POLICY CHANGE THROUGH AUTHENTIC RESIDENT ENGAGEMENT

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INTRODUCTION

The Healthy Food Policy Project (HFPP) team and its Advisory Committee members developed this definition and these working principles to provide a template for authentic resident engagement in food access policy change. In many communities, the first step in this process is reaching out to community and base-building organizations that already have deep and trusted relationships with residents. Absent these organizations, it may be appropriate to engage directly with residents, but only if there is a long-term commitment to engagement. The definition seeks to explain what HFPP means when using the term "authentic resident engagement" and the principles are tools to be used throughout the policy development process.

DEFINITION OF AUTHENTIC RESIDENT ENGAGEMENT

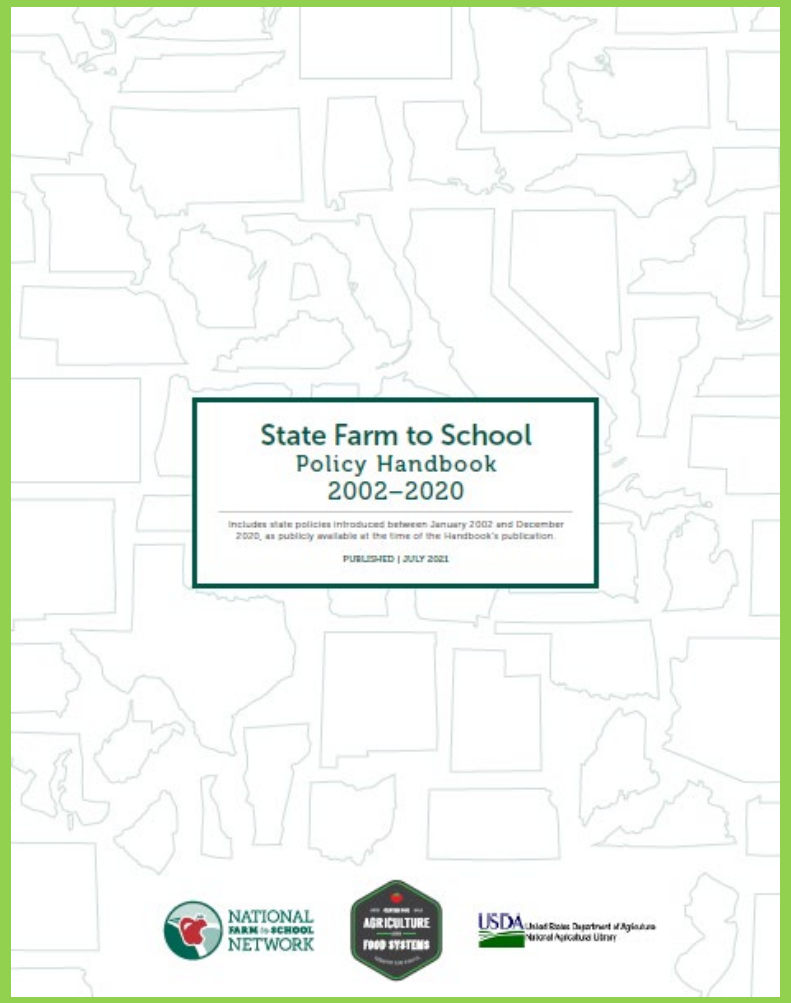
Authentic resident engagement describes an inclusive process for informing, designing, implementing, and evaluating food access policy changes that centers community residents. By inclusive, we mean moving beyond participatory practices and acknowledging the long-standing deficiency by policy and advocacy organizations, government and public health officials, and others to embrace the capacity, knowledge, and experience already present in dynamic and resilient communities. This requires an intentional commitment to address power imbalances and overcome historical and ongoing barriers to inclusion (such as the law, policy, and systems that intentionally exclude Black, Indigenous, and People of Color) while supporting and looking to those most affected by inequities to lead the process.

WORKING PRINCIPLES

ADDRESS POWER IMBALANCE: Work to remove or overcome historical and ongoing barriers to inclusion and the impact of systemic and structural racism

1.) Intentionally addressing factors affecting residents' ability to exercise their power.[1]

> Example: Historical and generational trauma caused by federal policy that aimed to eradicate culture and ways of life that traditionally supported community health, oppression, redlining, disenfranchisement, disinvestment, etc.



2020 F2S Policy Handbook

- **Summaries of proposed bills** since 2002 and legislative trends
- **Case studies**
- **Additional resources** for advocates and policymakers to support state farm to school policies

FIGURE 4

Seeding, Growing, and Sustaining Farm to School in Your State

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Emerging F2S Policy Opportunities

- **Universal meals policies**
- **Producer support policies**

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LEARN MORE AND GET IN TOUCH

@CAFScenter

cafs@vermontlaw.edu

vermontlaw.edu/cafs

Questions & Answers

With moderator, Mr. Paul Wester

Lunch Break

30 minutes - see you back here at 12pm EST!

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We'll be starting in 5 minutes.

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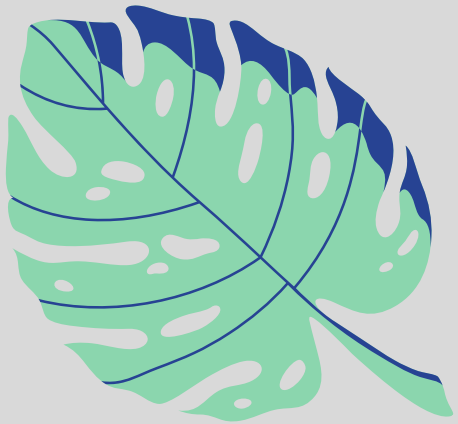
Training agenda



1. Wikipedia & why you should edit
2. Wikipedia policies & getting started
3. Article anatomy
4. Editing options to get you started

Wikipedia and why you should edit

Wikipedia

- Free, online encyclopedia
- Created & edited by volunteers
- Overseen by nonprofit Wikimedia Foundation
- 6+ million articles, 270+ language versions

Photo by Lance Cheung PD-USGov-USDA

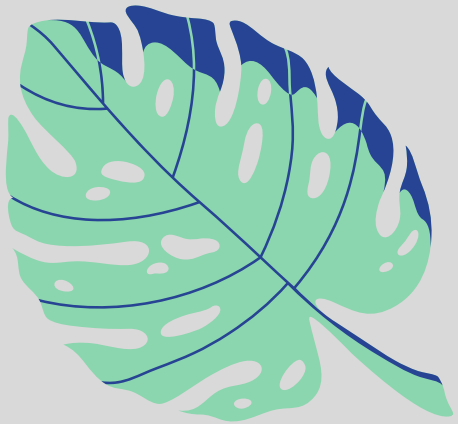
But why?

- Wikipedia ranks in the Top 10
- Top search result
- Easy way to share
- More diverse editors – more diverse article offerings
  - More editors = more accuracy

Photo by Lance Cheung PD-USGov-USDA

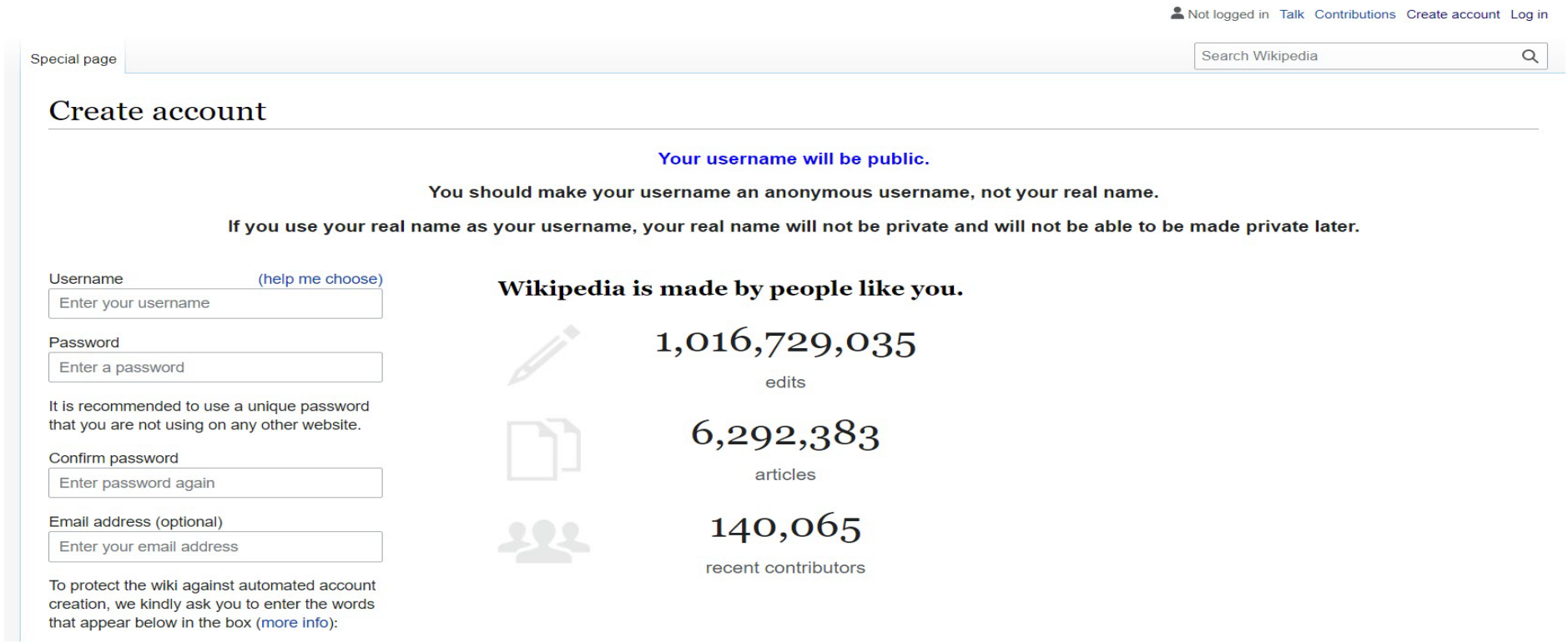
Wikipedia policies and getting started

Wikipedia policies



1. **Neutral Point of View** - written so all sides can agree
2. **Notability** - significant independent sources - - help prove importance
3. **Verifiability** - using reliable sources to reference information
4. **No original research** - point to existing scholarship
5. **Assume good faith** - start with a congenial spirit
6. **Conflicts of interest**- disclose and abide by terms of service

Getting started: Create a username/sign-in



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From Wikipedia, the free encyclopedia

Join us for the...

While food and nutrition are separate concepts, they converge at the point of access - not only should food be reliably available to everyone, but that food should be affordable, culturally relevant, and nutritious. In the United States, 38 million people, including 12 million children, are food insecure. United States Department of Agriculture and other government and non-governmental organizations improve nutritional guidelines and increase access to healthy and affordable food.

During Birth & Beyond, keynote speaker Dr. Maya Maroto will talk about the convergence of food and nutrition security, the role of nutritional guidelines, and the policies and programs the federal government and non-governmental organizations are implementing to equitably improve food and nutrition security in the United States. Guest speaker Dr. Tanya Agurs-Collins will speak on the root causes of nutrition health disparities; a representative from the Center for Agriculture and Food Systems at Vermont Law School will share tools and programs created to support local communities to strengthen healthy health food policy and healthier school lunch programs. The Food and Nutrition Information Center at the United States National Agricultural Library will close out the event, sharing tools and research and demonstrating how to navigate the information center and nutrition.gov websites.

The afternoon session consists of an optional Wikipedia editing training session and editing time to focus on food systems and food insecurity.

Please register on Eventbrite. The confirmation email from Eventbrite will include the Zoom link and password to access the event. Full-day attendance is not required.

Wikipedia is an openly editable resource, meaning that you can improve the quality and accuracy of Wikipedia entries. As one of the web's most visited reference sites, Wikipedia serves as a starting point for many individuals looking to learn about art,

Wiki Event Page

https://en.wikipedia.org/wiki/Wikipedia:Birth_and_beyond_edit-a-thon

Or search en.Wikipedia.org "Wikipedia:Birth_and_beyond_edit-a-thon"

Sign-in to the event

en.wikipedia.org/wiki/Wikipedia:Invasive_Species_Editathon

Apps | Insperity Portal | Lo... | R•Login - RefTracker | NetSuite - Custome... | Hass vs Haas Avoca... | Rudolph Hass - Wik... | National Agricultur... | Banks Law Firm pro... | Farm Aid Resource... | National Agricultur...

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Wikipedia:Invasive Species Editathon

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Join us for the...

ARS_Lygodium_mi....jpg | ARS_Lygodium_mi....jpg | Asian hornet.jpg | Show all

Article anatomy

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Asian giant hornet

A B-class article from Wikipedia, the free encyclopedia

The **Asian giant hornet** (*Vespa mandarinia*), including the color form referred to as the **Japanese giant hornet**,[2][3] is the world's largest hornet. It is native to temperate and tropical East Asia, South Asia, Mainland Southeast Asia, and parts of the Russian Far East. It was also found in the Pacific Northwest of North America in late 2019 [4] [5] with a few more additional sightings in 2020,[6][7] prompting concern that it could become an invasive species.[8][Ala 1] They prefer to live in low mountains and forests, while almost completely avoiding plains and high-altitude climates. *V. mandarinia* creates nests by digging, co-opting pre-existing tunnels dug by rodents, or occupying spaces near rotted pine roots.[9][Arc 1] It feeds primarily on larger insects, colonies of other eusocial insects, tree sap, and honey from honey bee colonies.[10] The hornet has a body length of 45 millimetres ($1\frac{3}{4}$ inches), a wingspan around 75 mm (3 in), and a stinger 6 mm ($\frac{1}{4}$ in) long, which injects a large amount of potent venom.[11] Although the scientific literature and official government sources continue to refer to this species by its established common name, the popular media have taken to using the nickname "**murder hornet**".[12][13]

The Asian giant hornet is often confused with the smaller yellow-legged hornet (*Vespa velutina*), also known as the Asian hornet, an invasive species of major concern across Europe, including the UK.

The Eastern Cicada Killer *Sphecius speciosus* lives in the Eastern United States. It is not a hornet, but a large digger wasp, however. The females in particular, which can be 2 inches (5.1 cm) in length, are commonly confused with the Asian Giant Hornet.

Contents [hide]

1 Taxonomy and phylogeny
2 Description
  2.1 Queens and workers
  2.2 Drones
  2.3 Larvae
3 Distribution
  3.1 Ecological distribution
  3.2 Geographic distribution

Asian giant hornet

Vespa mandarinia form "magnifica".
Private collection, F. Turetta.

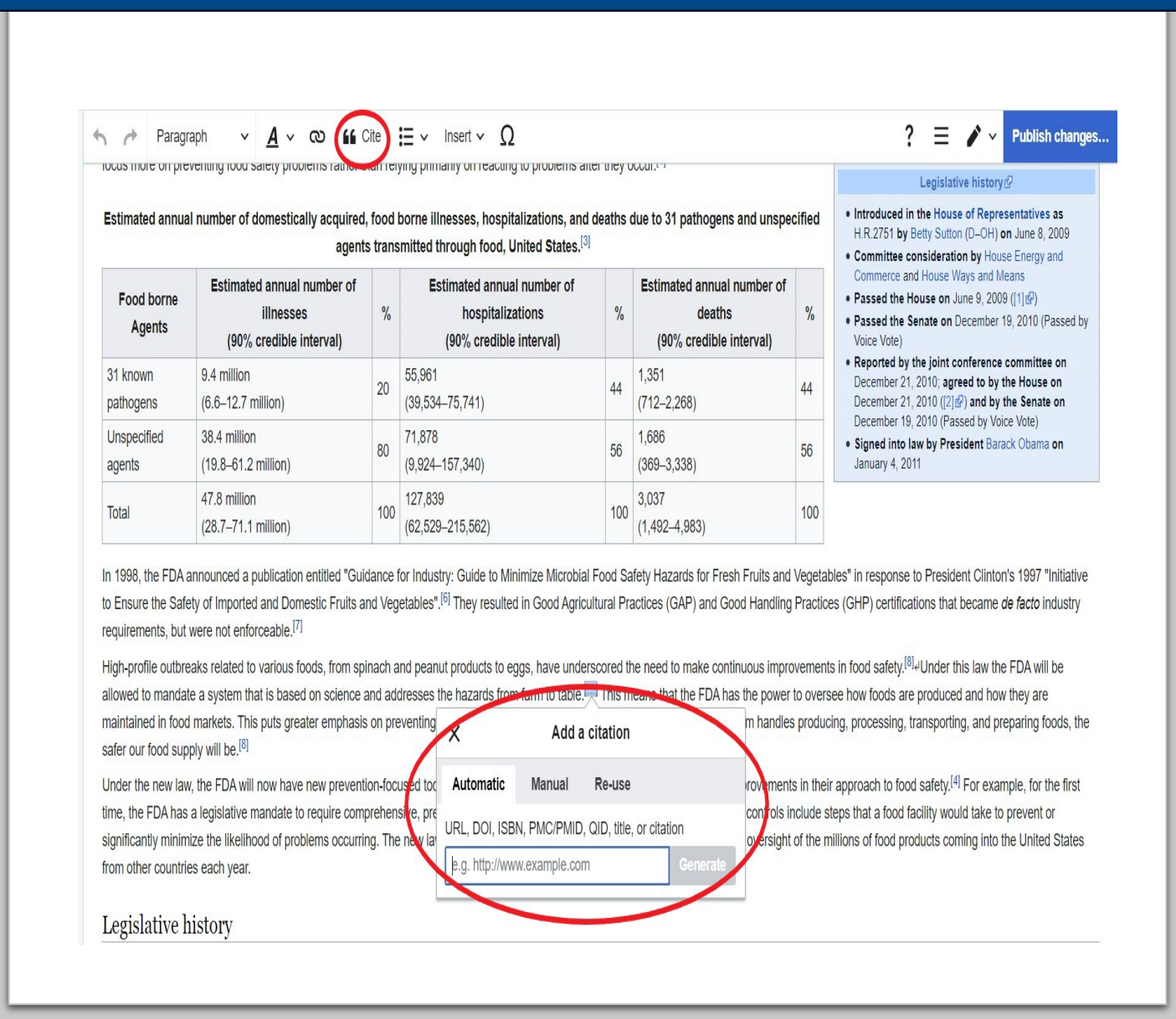
Scientific classification

Kingdom:	Animalia
Phylum:	Arthropoda
Class:	Insecta
Order:	Hymenoptera
Family:	Vespidae
Genus:	*Vespa*

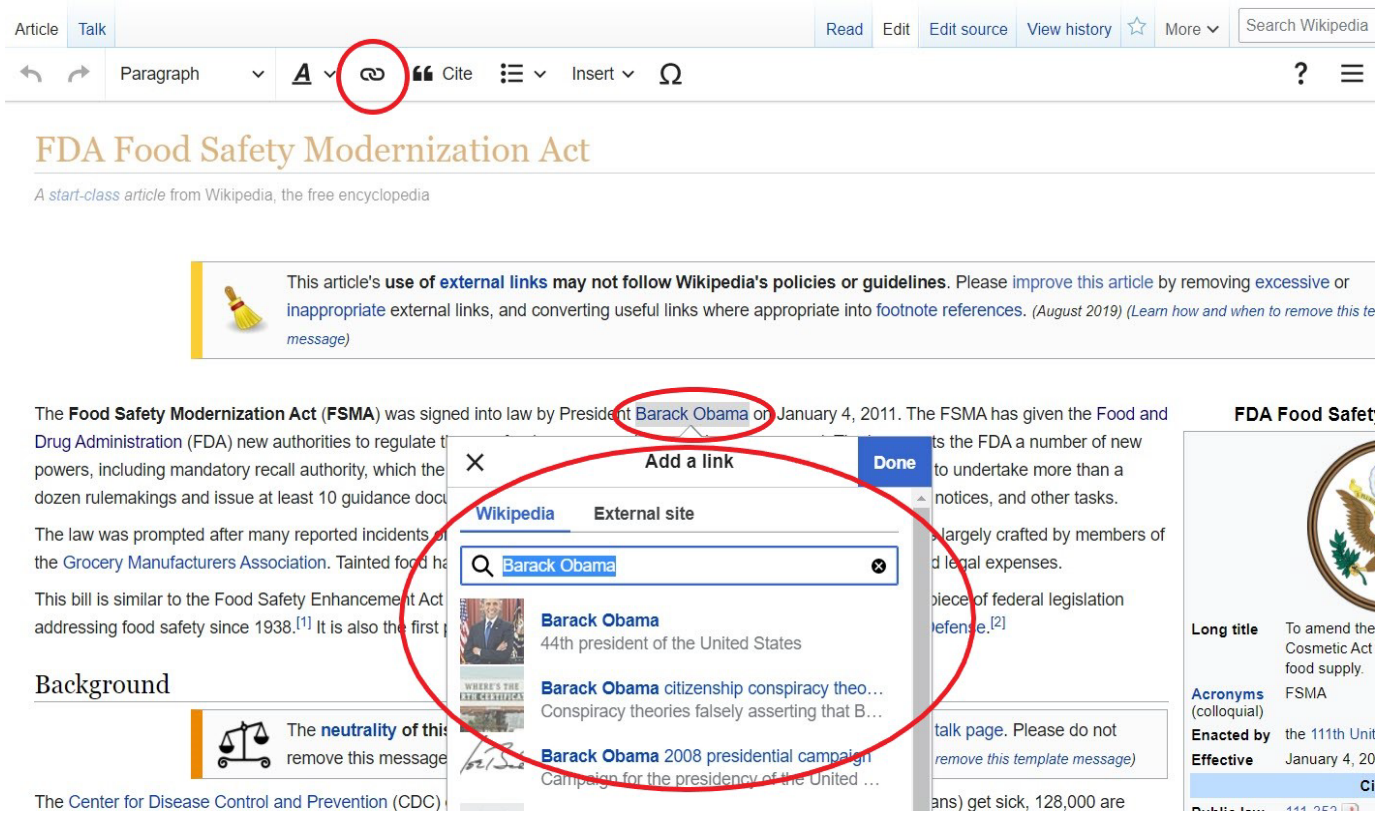
Editing options to get you started

Add references

1. Place cursor in desired location, select “cite”
2. Follow prompts
   - “Automatic” – insert a URL, ISBN, DOI and automatically generate a citation
   - “Manual” – follow prompts and put in the information manually.

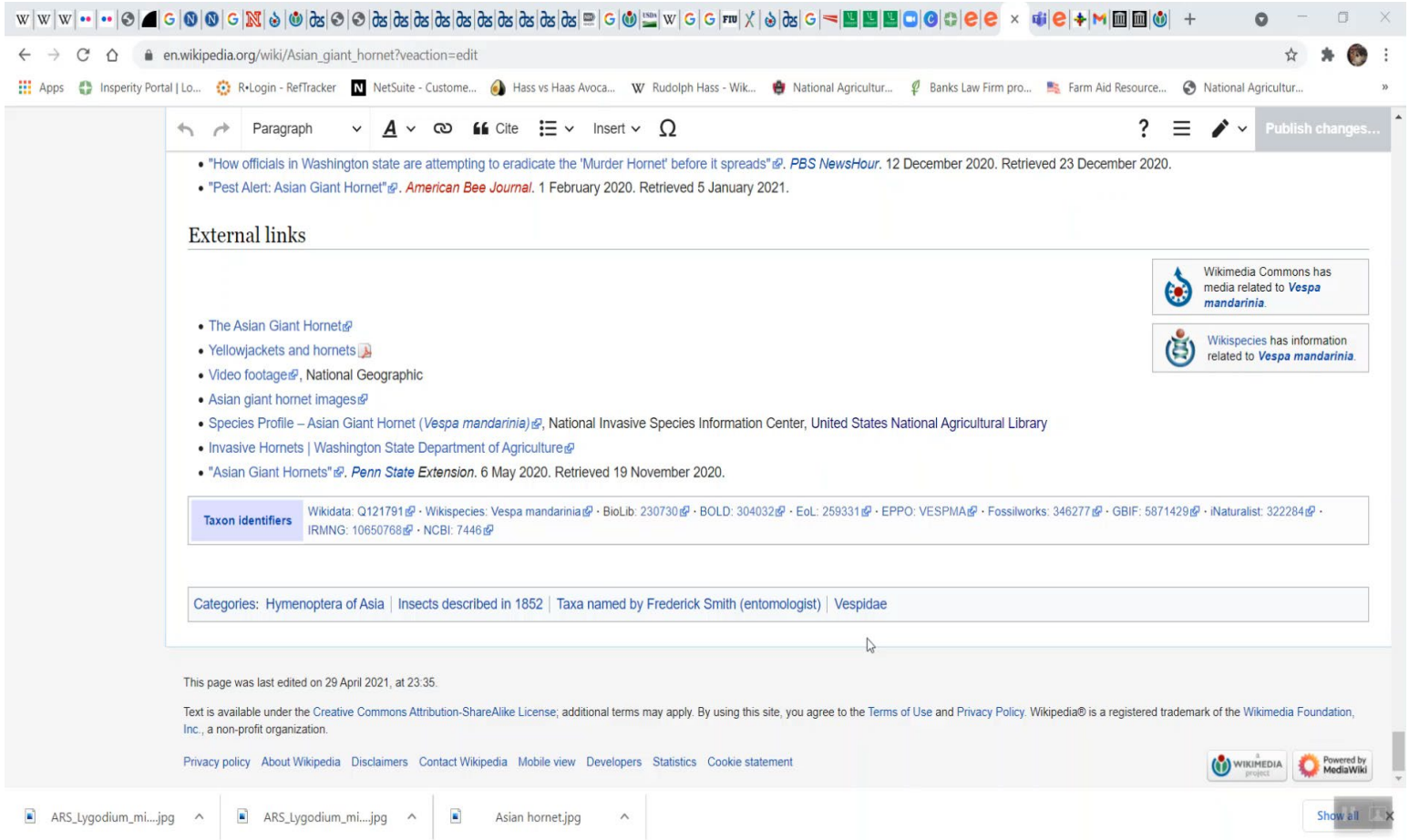


Link between articles



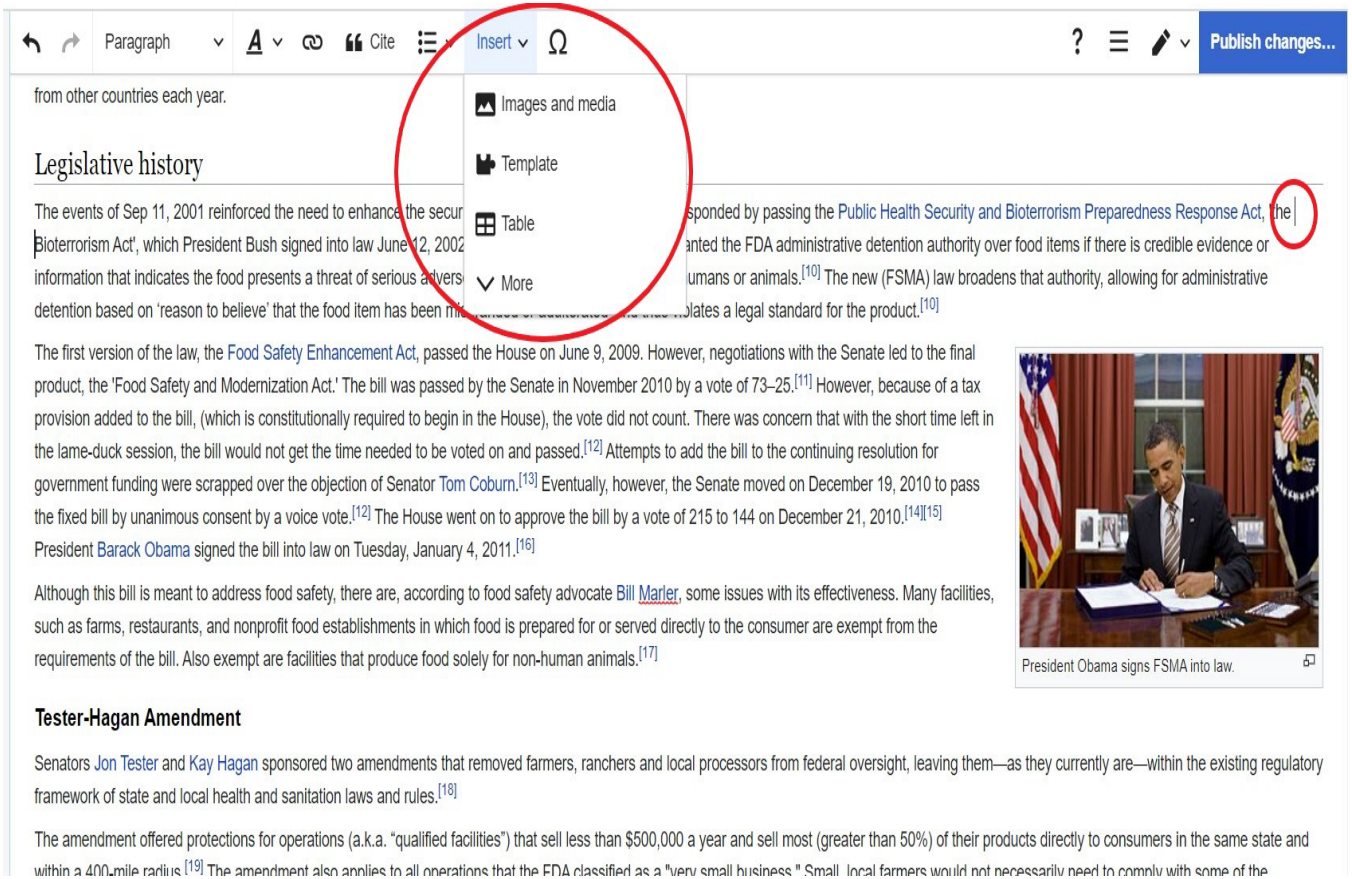
1. Select text
2. Select link icon
3. Select article and “Done”

Add external links



Add an image

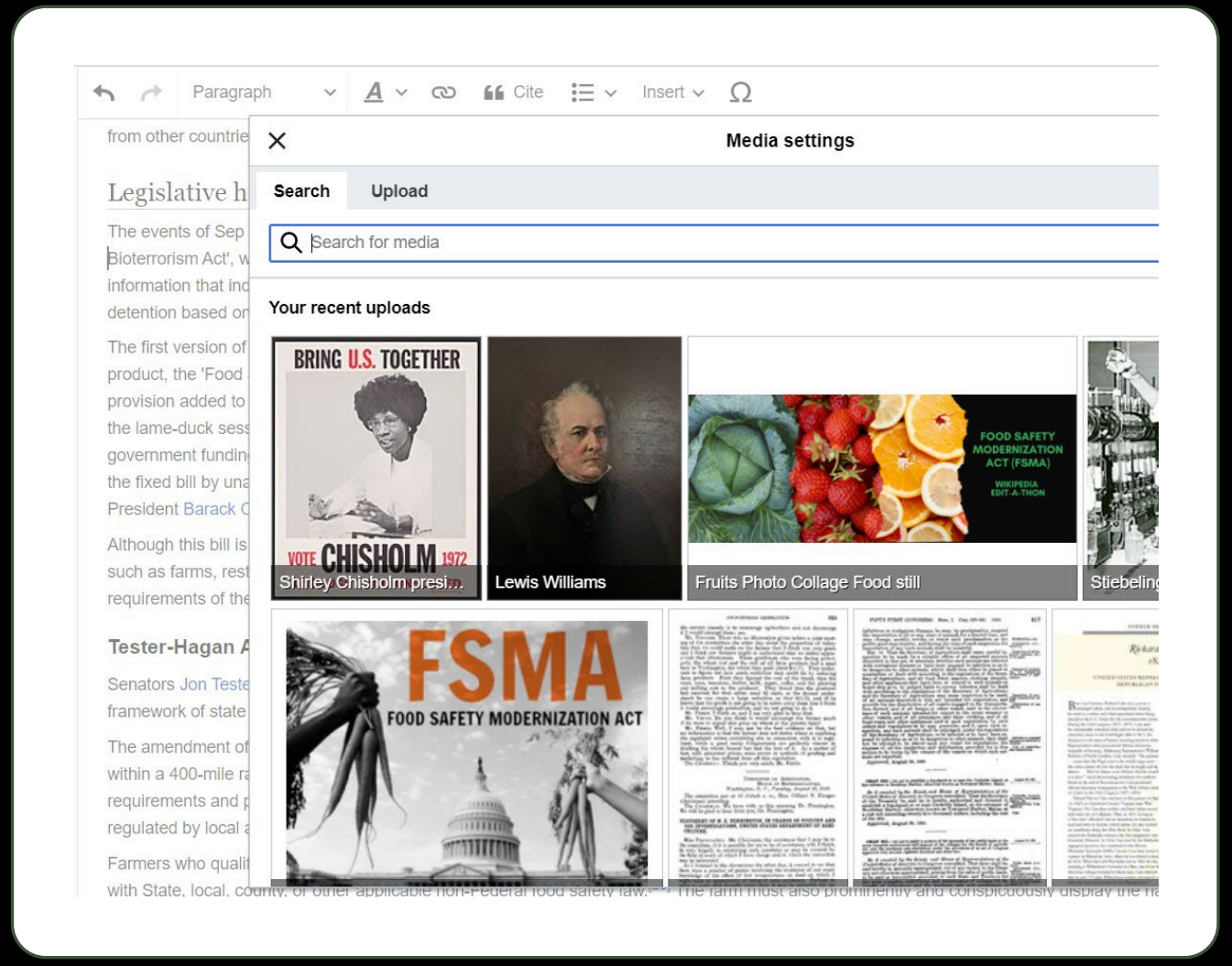
1. Place cursor in desired location (red circle, right)
2. Select: “insert” + “media”
3. Enter search term
4. Select photo + “Use this image”



Add an image cont.

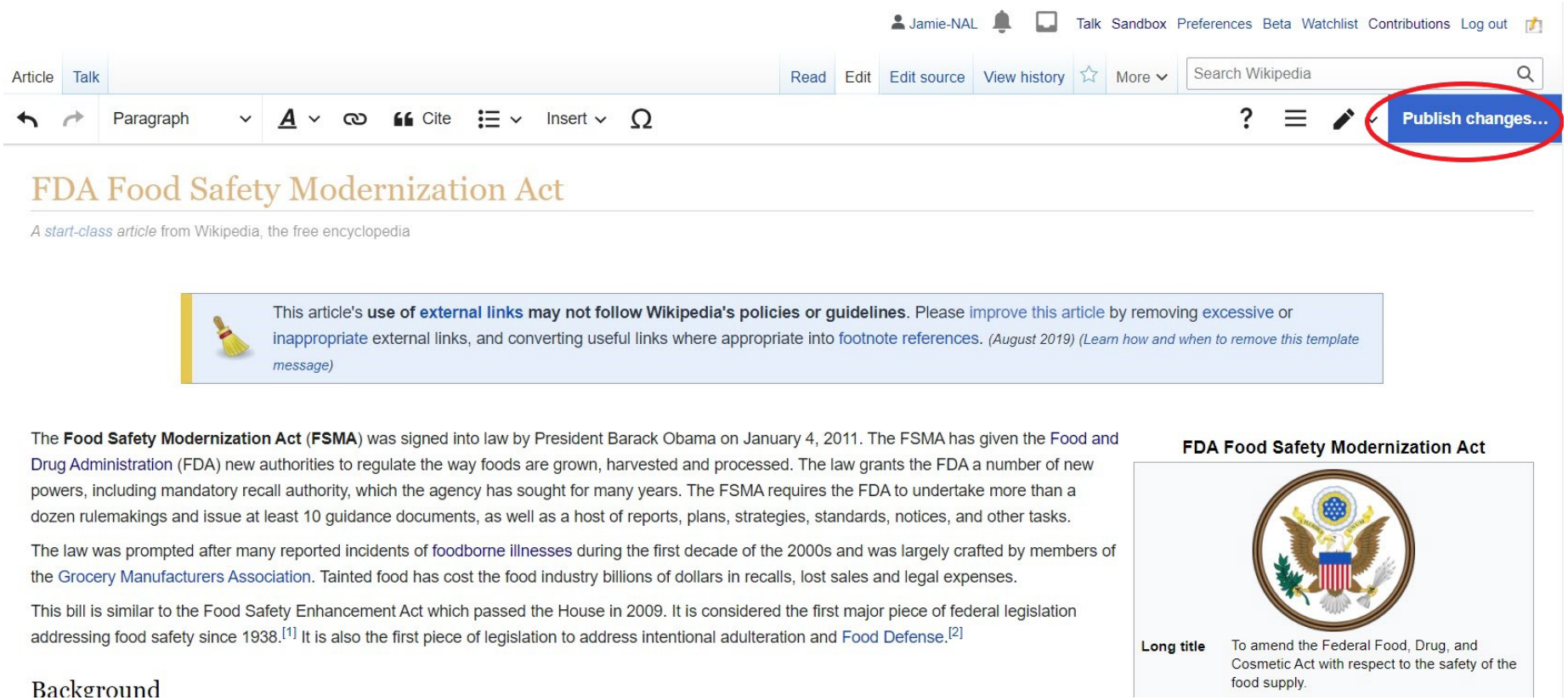
5. Search for image and select “insert”

6. All images must exist in Wikimedia Commons prior to inclusion in Wikipedia



Don’t forget to “Publish changes”

- To quickly abandon changes made to an article, select “Read” (next to edit/edit source) and your edits will not be saved.



Questions?

Please feel free to ask questions or seek assistance at any time. For in-depth questions, breakout rooms are available.

Please feel free to email me:

jamie.flood2@gmail.com