



Obesity Prevention Nutrition Steering Committee

Matrix of the Role of Federally Funded Nutrition Programs in Obesity Prevention

December 2014

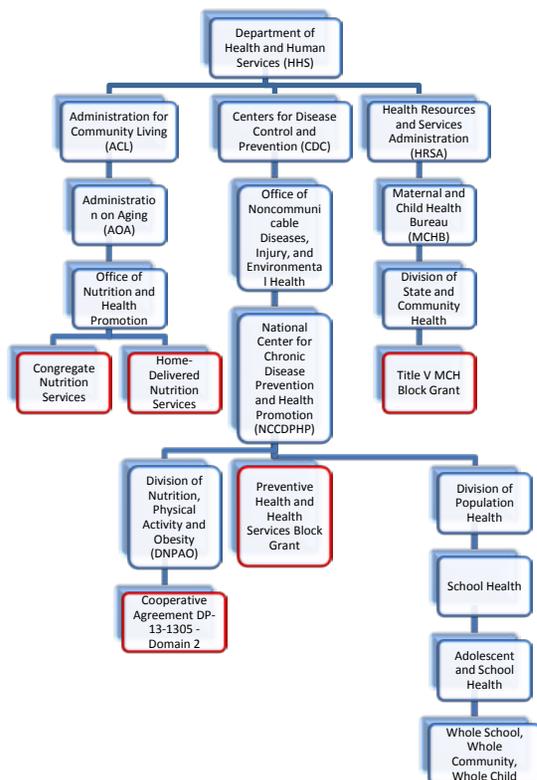
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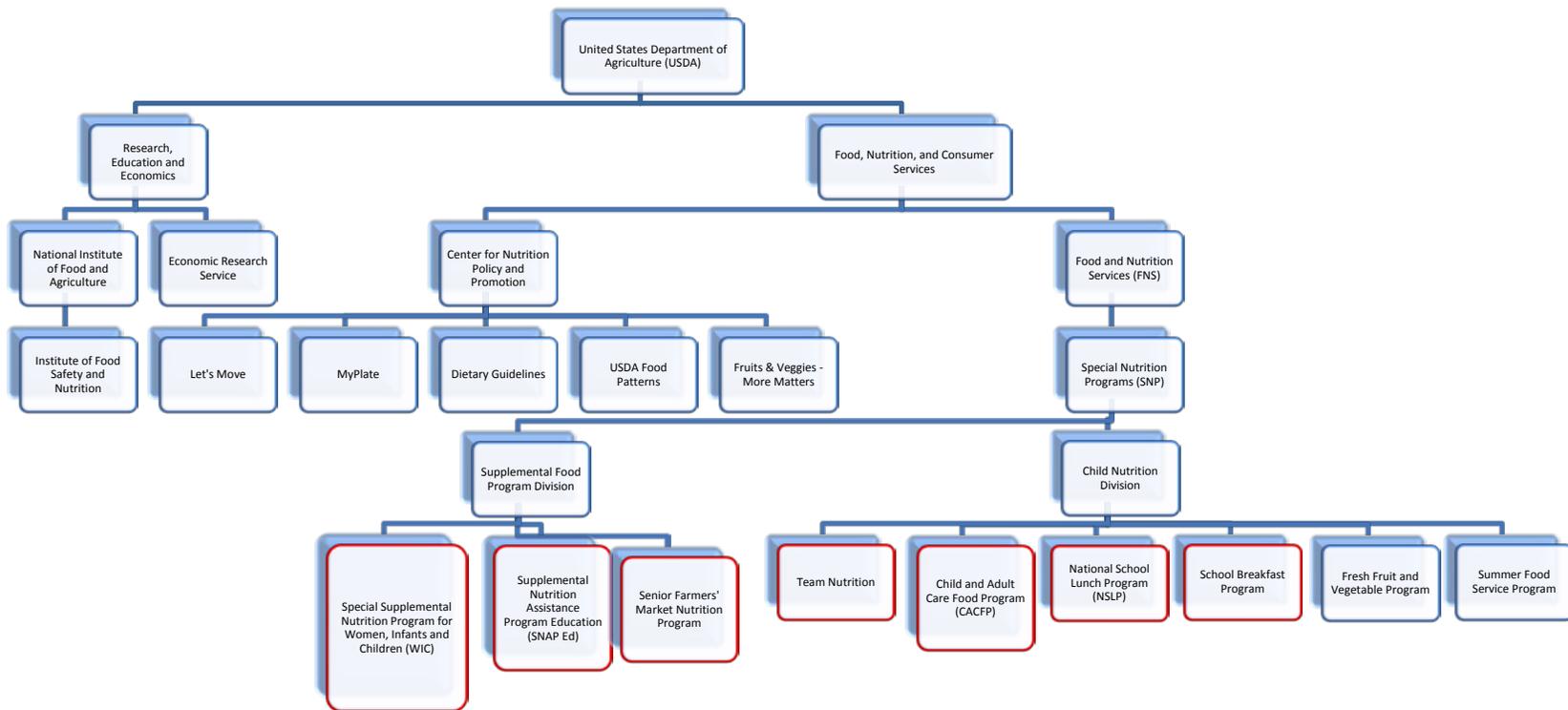
Table of Contents

Introduction	2
Federal Regulations / Guiding Documents	4
Increase Access To Healthy Foods And Beverages	5
Implement Nutrition Standards Where Foods And Beverages Are Available	7
Create Supportive Nutrition Environments In Schools.....	9
Increase Physical Activity Access And Outreach.....	11
Implement Physical Activity In Early Care And Education (ECE) And Worksites	13
Implement Quality Physical Education And Physical Activity In K-12 Schools	16
Increase Access To Breastfeeding Friendly Environments	18
Glossary.....	20

Introduction

The Federal Nutrition Programs are government funded food programs designed to improve the nutrition, well-being, and food security of low-income Americans. The programs are administered through the various divisions of the United States Department of Health and Human Services (HHS) and Food and Nutrition Services (FNS) of the United States Department of Agriculture (USDA) on a national level and various agencies on the state and local level. The Federal Nutrition Programs including the administering agency are depicted in the following charts. The nutrition programs included in this document are highlighted in red.





Each nutrition program has a role toward helping states achieving the Centers of Disease Control (CDC) Division of Nutrition Physical Activity and Obesity (DNPAO) recommended strategies for the state public health actions to prevent and control obesity. The intent of this document is to provide information on the role of the different programs toward achieving the strategy and to encourage collaboration at the state level by describing and providing examples of program activities.

The following table provides links to the governing documents for each nutrition program. For this table and all subsequent tables programs are as follows:

- Senior Meals = Congregate Nutrition Services + Home Delivered Nutrition Services
- 1305 = Cooperative Agreement DP-13-1305
- School Meals = School Breakfast Program + National School Lunch Program

Federal Regulations / Guiding Documents

AOA - Senior Meals		Administration on Aging, Nutrition Services - Older Americans Act of 1965 As Amended in 2006 (Public Law 109-365)
CDC	1305	CDC, Division of Nutrition, Physical Activity and Obesity's (DNPAO), Implementation Guidance and Resources For Cooperative Agreement DP-13-1305, Domain 2 Enhanced Strategies
	Preventive Health and Health Services Block Grant	CDC, Preventive Health and Health Services Block Grant ASTHO, Preventive Health and Health Services Block Grant Proposed Guiding Principles
MCHB – Title V Block Grant		HRSA, Maternal and Child Health, Title V Maternal and Child Health Services Block Grant Program Compilation of the Social Security Laws, Title V-Maternal and Child Health Services Block Grant
FNS	WIC	USDA, Food and Nutrition Services (FNS), WIC Laws and Regulation 7 CFR Part 246-WIC Program Regulations
	SNAP-Ed	USDA, FNS, SNAP Legislation USDA, FNS, SNAP-Ed Plan Guidance and Templates
	Senior Farmer's Market	USDA, FNS, Senior Farmers' Market Nutrition Program Regulations 7 CFR Part 249-Senior Farmers' Market Nutrition Program
	Team Nutrition	USDA, FNS, Team Nutrition 7 CFR Part 227-Nutrition Education and Training Program
	School Meals	USDA, FNS, School Meals Regulations 7 CFR Part 220-School Breakfast Program 7 CFR Part 210-National School Lunch Program
	CACFP	USDA, FNS, Child and Adult Care Food Program Regulations 7 CFR Ch. II Part 266-Child and Adult Care Program

Increase Access To Healthy Foods And Beverages

AoA - Senior Meals		<ul style="list-style-type: none"> • Provide access to healthy meals, nutrition education and counseling, in either a congregate setting or home-delivered.
CDC	1305	<ul style="list-style-type: none"> • Integrate electronic benefits transfer into farmers' markets sites with highest need. • Provide statewide training and technical assistance (TA) as well as working closely with targeted communities to implement food service guidelines and healthy food retail projects.
	Preventive Health and Health Services Block Grant	<ul style="list-style-type: none"> • Provide funding through LPHAs to work on related strategies at the local level. • Coordinate with 1305 projects.
MCHB – Title V Block Grant		<ul style="list-style-type: none"> • Refer to WIC, SNAP, and other local food distribution locations. • Allow local programs to select nutrition, physical activity and/or breastfeeding as a priority area for the contract period. Obesity is one of the possible areas they can select. Strategies selected must impact the maternal child population. • Use MCH funding to support programs that provide tools, resources, training and TA to local communities to implement healthy retail projects. For example, California's Stock Healthy, Shop Healthy program
FNS	WIC	<ul style="list-style-type: none"> • Provide healthy foods and beverages to pregnant, breastfeeding and non-breastfeeding postpartum women, infants and children who are nutritionally and financially eligible. • Set minimum stock requirements requiring fresh fruits and vegetables for WIC authorized vendors. • Include farmers' market as authorized vendors for fruits and vegetables. • Develop participant education materials encouraging use of farmers' markets. • Provide WIC Farmers' Market Nutrition Program (FMNP) coupons to WIC participants. (not available in all states) • Provide access to community garden produce.

Increase Access To Healthy Foods And Beverages

SNAP-Ed	<ul style="list-style-type: none"> • Encourage use of farmers' market with SNAP and WIC. • Encourage drinking water access and limitation of sugar-sweetened beverages (SSB). • Kindergarten – High School: Improve student, teacher, and staff access to nutrition information through menu labeling and classroom curriculum to improve student understanding of nutrition information • Work locally with grocery stores, farmers markets, schools, community centers, senior centers, emergency food providers and other facilities to increase access to healthy foods and beverages.
Senior Farmer's Market	<ul style="list-style-type: none"> • Promote fruit and vegetables. • Provide Senior Farmers' Market Nutrition Program (SFMNP) coupons to seniors who are Commodity Supplemental Food Program (CSFP) participants to purchase locally grown fresh fruits and vegetables.
Team Nutrition	<ul style="list-style-type: none"> • Promote local wellness policies in schools and nutrition guidelines in child care facilities. • Provide training and TA to providers on implementing policies. • Make Cooking Matters courses available for providers.
School Meals	<ul style="list-style-type: none"> • Provide healthy meals. • Develop comprehensive school wellness policies emphasizing healthy food and beverage options and putting limits on unhealthy snacks, foods and beverages.
CACFP	

Implement Nutrition Standards Where Foods And Beverages Are Available

AoA - Senior Meals		<ul style="list-style-type: none"> The OAA requires that all meals served using OAA funds must adhere to the current Dietary Guidelines for Americans (DGAs), provide a minimum of one-third of the Dietary Reference Intakes, meet state and local food safety and sanitation requirements and be appealing to older adults. Each state has the responsibility and authority to implement the nutritional standards to best meet the needs of the older adults that they serve. Focus State nutrient standards toward related strategies.
CDC	1305	<ul style="list-style-type: none"> Integrate strategies to reduce sodium and enhance nutrition best practices training curriculum, such as Arizona's Empower Plus ECE Learning Collaborative curriculum. Provide statewide training and TA as well as working closely with targeted communities to implement Food Service Guidelines and healthy food retail Work with state and local park systems and state government agencies to implement Food Service Guidelines and healthy food retail.
	Preventive Health and Health Services Block Grant	<ul style="list-style-type: none"> Provide funding through LPHAs to work on related strategies at the local level. Coordinate with 1305 projects. Include as a performance measure for LPHA contracts.
MCHB – Title V Block Grant		<ul style="list-style-type: none"> Encourage LPHAs to work on nutrition, physical activity and/or breastfeeding as meets the needs of their community. Encourage the use of 1305 programs to create consistency among local communities.
FNS	WIC	<ul style="list-style-type: none"> WIC food packages are based on scientific dietary information, the Dietary Guidelines for Americans and guidelines from the Institute of Medicine (IOM). The IOM reviews nutritional requirements and assesses the supplemental nutrition needs of the population served by the WIC Program. Ensure all authorized retailers meet and maintain minimum stock requirements of WIC foods. For a complete list of Arizona requirements refer to: http://azdhs.gov/azwic/documents/trainMat/az-minimum-stock.pdf

Implement Nutrition Standards Where Foods And Beverages Are Available

SNAP-Ed	<ul style="list-style-type: none"> • Work with schools to provide direct or indirect nutrition education; policy, systems and environmental changes; media, and social marketing. • Serve on school wellness committees. • Serve on the committee responsible for statewide recommendations for nutrition and physical activity standards in schools. • Encourage the development and adoption of healthy eating food and beverage and active living household policies and child-feeding practices. See Arizona's Empower Home Visiting standards. • Support the development, implementation, and evaluation of healthy eating and active living policies/standards for community venues. • Support development, implementation, and evaluation of food and beverage policies for child care settings.
Senior Farmer's Market	
Team Nutrition	
School Meals	<ul style="list-style-type: none"> • USDA published practical, science-based nutrition standards for all foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food. • Develop policies on healthy fundraising for school activities.
CACFP	<ul style="list-style-type: none"> • Develop and support implementation of standards that are above the minimum requirements, such as Missouri's Eat Smart Guidelines for Child Care. • Recognize providers meeting the enhanced standards.

Create Supportive Nutrition Environments In Schools

AoA - Senior Meals		
CDC	1305	<ul style="list-style-type: none"> • Incentivize schools to voluntarily adopt healthy policies and practices around wellness standards. For example, with Arizona's Empower Schools program selected sites will receive free professional development, technical assistance, and toolkits to implement the 10 standards focused on creating supportive nutrition environments. • Provide training and TA to school districts; districts required to complete a School Health Index (SHI) in each building and develop and implement action plan. • Host training such as Missouri's Culinary Skills Institute to increase cooking abilities of school foodservice managers and personnel. Partner with Department of Education to conduct other training.
	Preventive Health and Health Services Block Grant	Include as potential strategy in LPHA contracts.
MCHB – Title V Block Grant		<ul style="list-style-type: none"> • Encourage LPHAs to work on nutrition, physical activity and/or breastfeeding as meets the needs of their community. • Encourage the use of 1305 programs to create consistency among local communities.
USDA	WIC	

Create Supportive Nutrition Environments In Schools

SNAP-Ed	<ul style="list-style-type: none"> • Work with school personnel on nutrition education training and curricula for teachers. • Work with school personnel on nutrition education materials for students and parents. • Work with school personnel on nutrition education training and materials for food service staff. • Provide education on healthy eating and active living to staff and students in the classroom setting. • Support the development, implementation, and evaluation of nutrition and physical activity Local Wellness Policies in collaboration with Local Education Agencies (LEAs) • Support development, implementation, and evaluation of cafeteria point of purchase prompts. • Support development, implementation, and evaluation of cafeteria design supporting healthier food purchasing and consumption. • Support development, implementation, and evaluation of healthy school vending policies. • Encourage drinking water access and limitation of sugar-sweetened beverages (SSB). • Start and expand Farm to School programs increasing purchase and use of foods from local farms. • Support development of policies limiting advertisements of less healthy foods and beverages. • Support development of policies to improve student, teacher, and staff access to nutrition information through menu labeling. • Promote intersections between garden and classroom curriculum with creation of sustainable school gardens
Senior Farmer's Market	
Team Nutrition	Support the development, implementation, and evaluation of nutrition and physical activity Local Wellness Policies in collaboration with LEAs.
School Meals	Develop comprehensive school wellness policies emphasizing healthy food and beverage options and putting limits on unhealthy snacks, foods and beverages.
CACFP	

Increase Physical Activity Access And Outreach

AoA - Senior Meals		<ul style="list-style-type: none"> • Provide evidence-based services to promote healthy aging and maintenance of optimal physical, mental, and social well-being in older adults. • Provide physical activity programs at congregate meal sites.
CDC	1305	<ul style="list-style-type: none"> • Design streets and communities for physical activity. • Develop grants for LPHAs to partner with local planning organizations to complete a health impact assessment on a policy or plan that impacts physical activity or develop policies, such as complete streets, to enhance access. • Work through non-profit agency to deliver training and TA to regional planning commissions on Livable Streets policies.
	Preventive Health and Health Services Block Grant	Include as a strategy in LPHA contracts.
MCHB – Title V Block Grant		<ul style="list-style-type: none"> • Encourage local MCAH programs to work on nutrition, physical activity and/or breastfeeding as meets the needs of their community. • Encourage the use of 1305 programs to create consistency among local communities. • Contract with local non-profit to provide training and TA to local communities to pass/implement Livable Streets policies.
USDA	WIC	<ul style="list-style-type: none"> • Support local agency implementation of FitWIC--no additional funding provided. • Include discussion with families regarding physical activity as part of an active healthy lifestyle and make referrals to places where they may participate. • Encourage WIC to include physical activity as part of a nutrition lesson. • Conduct health fairs as method of community outreach.

Increase Physical Activity Access And Outreach

SNAP-Ed	<ul style="list-style-type: none"> • Support structured family-friendly physical activity opportunities throughout the year, throughout the community • Support development, implementation, and evaluation of physical activity policies and environments that meet Physical Activity Standards, such as Arizona’s Empower. • Improve capacity of child care providers to provide children with opportunities for physical activity throughout the day, including teacher-led and free play opportunities consistent with Physical Activity Standards, such as Arizona’s Empower • Support the development, implementation, and evaluation of nutrition and physical activity Local Wellness Policies in collaboration with LEAs. • Support development, implementation, and evaluation of physical activity policies that address the five components of comprehensive school physical activity programming • Support student participation in comprehensive school physical activity programming, including physical education, recess, walking and bicycling to school, and joint use agreements. • Promote participation in and use of free area physical activity resources, including partnerships with parks and trails organizations, and other community organizations • Serve on school wellness committees. • Serve on the committee responsible for statewide recommendations for nutrition and physical activity standards in schools.
Senior Farmer’s Market	
Team Nutrition	
School Meals	<ul style="list-style-type: none"> • Serve on school wellness committees. • Serve on the committee responsible for statewide recommendations for nutrition and physical activity standards in schools.
CACFP	

Implement Physical Activity In Early Care And Education (ECE) And Worksites

AoA - Senior Meals		
CDC	1305	<ul style="list-style-type: none"> • Incentivize physical activity best practices, i.e. enhancing implementation of Arizona's Empower Plus ECE Learning Collaborative physical activity best practices with additional activity kits and resources. • Implement a set of physical activity standards, for childcare facilities such as Missouri's MOve Smart Guidelines for providers. • Provide training and TA through coaching program. • Conduct I am Moving, I am Learning training for providers.
	Preventive Health and Health Services Block Grant	Include as a strategy in LPHA contracts.
MCHB – Title V Block Grant		<ul style="list-style-type: none"> • Encourage LPHAs to work on nutrition, physical activity and/or breastfeeding as meets the needs of their community. • Work with partners to develop a childcare nutrition curriculum. • Contract with local non-profits to provide training and TA to local communities to pass/implement Livable Streets policies • Encourage the use of 1305 programs to create consistency among local communities.
USDA	WIC	

Implement Physical Activity In Early Care And Education (ECE) And Worksites

SNAP-Ed	<ul style="list-style-type: none"> • ECE: <ul style="list-style-type: none"> ○ Support development, implementation, and evaluation of child care gardens. ○ Start and expand Farm to Child Care programs. ○ Establish strong child care wellness programs and policies, including the development of child care wellness councils ○ Support development, implementation, and evaluation of physical activity policies and environments that meet Physical Activity Standards, such as Arizona's Empower. ○ Improve capacity of child care providers to provide children with opportunities for physical activity throughout the day, including teacher-led and free play opportunities. ○ Conduct educational programs for parents and children in Head Start and eligible preschool programs. ○ Promote physical activity through statewide trainings like Arkansas' Best Care Program and Best Care Connected online classes for Child Care Providers. • Worksites: <ul style="list-style-type: none"> ○ Provide healthy eating and active living education in collaboration with worksites. ○ Promote use point-of-decision prompts to encourage use of stairs. ○ Promote participation in and use of area physical activity resources, including partnerships with parks and trails organizations.
Senior Farmer's Market	
Team Nutrition	<ul style="list-style-type: none"> • Provide coaching for child care providers implementing physical activity standards such as Missouri's MOve Smart Guidelines. • Provide I am Moving, I am Learning and other related training on physical activity in child care. • Work on establishing a network to keep providers engaged after training and recognition.
School Meals	

Implement Physical Activity In Early Care And Education (ECE) And Worksites

CACFP

- Support implementation of a set of physical activity standards for childcare facilities such as Missouri's [MOve Smart Guidelines](#) through training and TA.
- Provide recognition for providers meeting standards.

Implement Quality Physical Education And Physical Activity In K-12 Schools

AoA - Senior Meals		
CDC	1305	<ul style="list-style-type: none"> • Develop, implement, and evaluate comprehensive school physical activity programs (CSPAP). CSPAP includes quality physical education and physical activity programming before, during, and after school, such as recess, classroom activity breaks, walk/bicycle to school, physical activity clubs) • Host regional workshops to increase knowledge and skills around CSPAP. • Incentivize schools to voluntarily adopt healthy policies and practices around wellness standards. For example, with Arizona's Empower Schools program selected sites will receive free professional development, technical assistance, and toolkits to implement the 10 standards focused on creating supportive nutrition environments. • Require districts to complete a SHI in each building then develop and implement an action plan. • Partner with State Education Department to revise Grade Level Expectations and develop comprehensive Physical Education curriculum.
	Preventive Health and Health Services Block Grant	
MCHB – Title V Block Grant		<ul style="list-style-type: none"> • Encourage LPHAs to work on nutrition, physical activity and/or breastfeeding as meets the needs of their community. • Encourage the use of 1305 programs to create consistency among local communities.
USDA	WIC	

Implement Quality Physical Education And Physical Activity In K-12 Schools

	SNAP-Ed	<ul style="list-style-type: none"> • Support the development, implementation, and evaluation of nutrition and physical activity Local Wellness Policies in collaboration with LEAs. • Support development, implementation, and evaluation of physical activity policies that address the five components of comprehensive school physical activity programming. • Support student participation in comprehensive school physical activity programming, including physical education, recess, walking and bicycling to school, and joint use agreements. • Promote physical activity through classroom programs, out of school care programs and summer programs for youth including WiserCise, Yoga for Kids, gardening and other physical activities.
	Senior Farmer's Market	
	Team Nutrition	Promote local wellness policies in schools.
	School Meals	
	CACFP	

Increase Access To Breastfeeding Friendly Environments

AoA - Senior Meals		
CDC	1305	<ul style="list-style-type: none"> • Collaborate with the Department of Labor to develop/implement systems to support Section 4207 of the Patient Protection and Affordable Care Act under the Fair Labor Standards Act (FLSA) of 2011. • Develop / revitalize website and marketing materials for the Breastfeeding Workforce Campaign. • Provide training and TA to childcare programs to develop / implement breastfeeding friendly policies. • Incorporate breastfeeding materials into existing websites, i.e. the Healthy Arizona Worksite Program. • Train staff to provide TA in developing breastfeeding policy/initiatives for worksites. • Implement a Breastfeeding Friendly Worksite award program. • Provide training and TA to employers that need assistance. • Provide a small stipend to employers to create/improve lactation spaces at their worksites.
	Preventive Health and Health Services Block Grant	Include as a strategy in LPHA contracts.
MCHB – Title V Block Grant		<ul style="list-style-type: none"> • Encourage LPHAs to promote breastfeeding, including (but not limited to) lactation accommodation and hospital policies. • Provide additional funding to counties to work on increasing breastfeeding friendly workplaces. • Encourage the use of 1305 programs to create consistency among local communities. • Maintain breastfeeding promotion resources on webpage, like California’s Department of Public Health’s webpage: www.cdph.ca.gov/Breastfeeding.

Increase Access To Breastfeeding Friendly Environments

USDA	WIC	<ul style="list-style-type: none"> • Provide breastfeeding support and education services to WIC participants. • Provide breastpumps for nursing moms. • Require all WIC clinics have a lactation room. • Support implementation of Breastfeeding Friendly Worksites • Create breastfeeding friendly clinics by using NWA's Six Steps to Achieve Breastfeeding Goals Checklist. • Expand the Breastfeeding Peer Counselor Program, in which a Peer Counselor is available for breastfeeding promotion and support in WIC clinics throughout the state.
	SNAP-Ed	<ul style="list-style-type: none"> • Promote breast-feeding with appropriate SNAP-Ed clientele, coordinate with local WIC clinics to compliment but not duplicate efforts. • Collaborate with hospitals to support breastfeeding policies consistent with Arizona's Baby Steps to Breastfeeding Success or Baby-Friendly USA (BFHI) • Support breastfeeding in child care consistent with Arizona's breastfeeding-friendly child care centers and homes initiative • Support access to and compliance with worksite breastfeeding accommodation policies.
	Senior Farmer's Market	
	Team Nutrition	
	School Meals	
CACFP	Provide training for child care providers on supporting breastfeeding families.	

Glossary

A

A

ACL - Administration for Community Living

AoA – Administration on Aging - the principal agency of the U.S Department of Health and Human Services designated to carry out the provisions of the [Older Americans Act of 1965 \(OAA\)](#), as amended (42 U.S.C.A. § 3001 et seq.)

ASPHN – Association of State Public Health Nutritionists

ASTHO – Association of State and Territorial Health Officials

B

BFHI –The Baby-Friendly Hospital Initiative “Baby Friendly, USA”

C

CACFP – Child and Adult Care Food Program

CDC – Centers for Disease Prevention and Control

CFR – Code of Federal Regulations

CSFP – Commodity Supplemental Food Program

CSPAP – Comprehensive School Physical Activity Programs

D

DNPAO – Division of Nutrition Physical Activity and Obesity

E

ECE – Early Care and Education

F

FMNP – Farmers’ Market Nutrition Program

FNS – Food and Nutrition Services

H

HAWP – Healthy Arizona Worksite Program

HHS – United States Department of Health and Human Services

HRSA – Health Resources and Services Administration

I

IOM – Institute of Medicine

L

LEA – Local Education Agency

LPHA – Local Public Health Agency

M

MCAH – Maternal, Child and Adolescent Health

MCH – Maternal and Child Health

N

NCCDPHP - National Center for Chronic Disease Prevention and Health Promotion

O

OAA - Older Americans Act

S

SFMNP - Senior Farmers' Market Nutrition Program

SHI – School Health Index

SNAP – Supplemental Nutrition Assistance Program

SNAP-Ed – Supplemental Nutrition Assistance Program Education

SSB – Sugar Sweetened Beverages

T

TA - Technical Assistance

U

USDA – United States Department of Agriculture

W

WIC – Special Supplemental Nutrition Program for Low Income Women, Infants and Children