



MCHB Updates

Association of State Public Health Nutritionists (ASPHN) Annual Meeting

June 11, 2024

Lauren Raskin Ramos, Director
Meredith Morrisette, MCHB Nutrition Lead
Division of MCH Workforce Development
Maternal and Child Health Bureau (MCHB)

Vision: Healthy Communities, Healthy People



AGENDA

- Maternal Health Updates
- Workforce Development Diversity, Equity, and Inclusion Updates
- MCHB Nutrition Investments and Activities



MCHB Strategic Plan

Mission

To improve the health and well-being of America's mothers, children, and families.

Vision

Our vision is an America where all mothers, children, and families thrive and reach their full potential.

MCHB Goals

ACCESS

Assure access to high-quality and equitable health services to optimize health and well-being for all MCH populations.

EQUITY

Achieve health equity for MCH populations.

CAPACITY

Strengthen public health capacity and workforce for MCH.

IMPACT

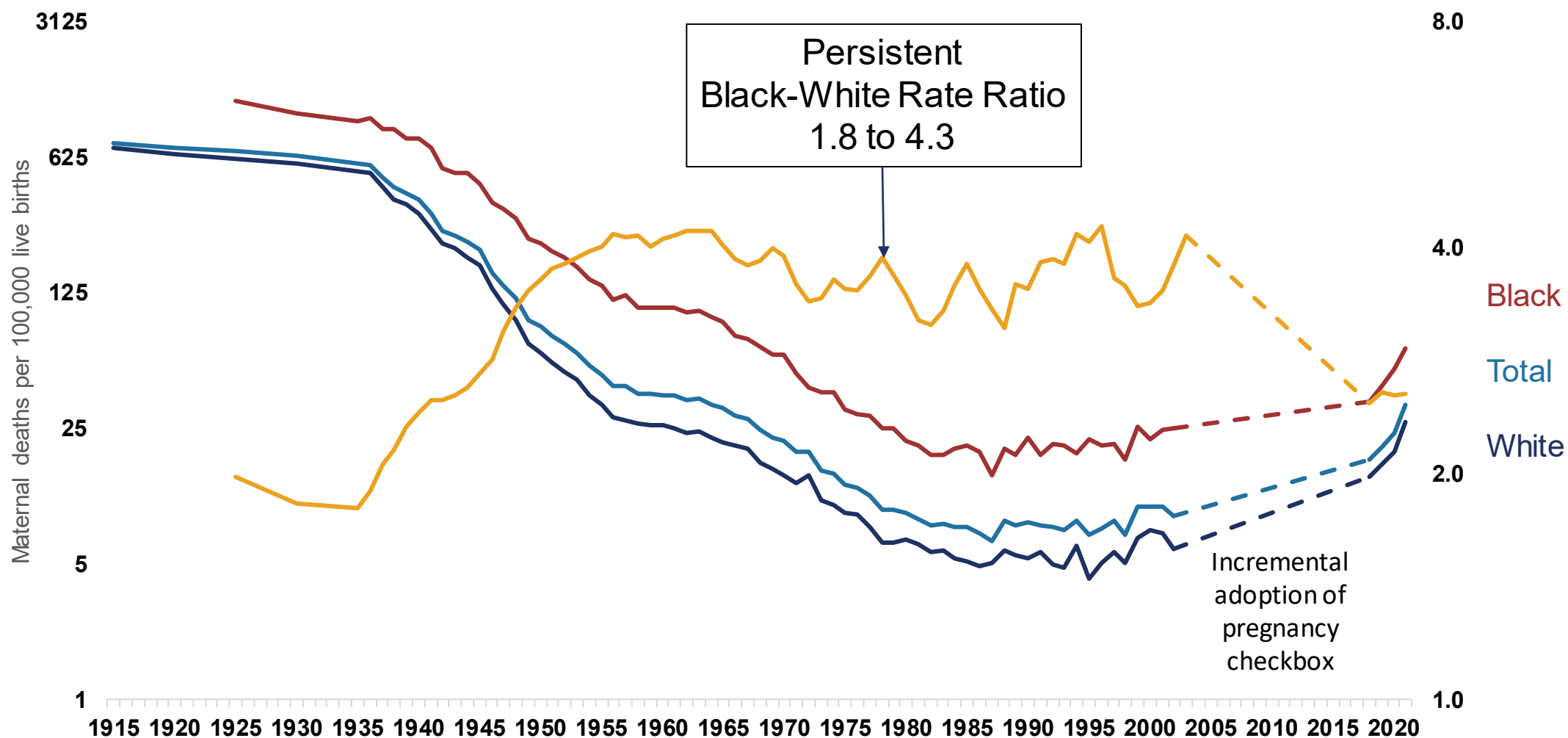
Maximize impact through leadership, partnership, and stewardship.

Maternal Health



Learn more at <https://mchb.hrsa.gov>

Maternal Mortality Trends and Disparities, 1915-2021

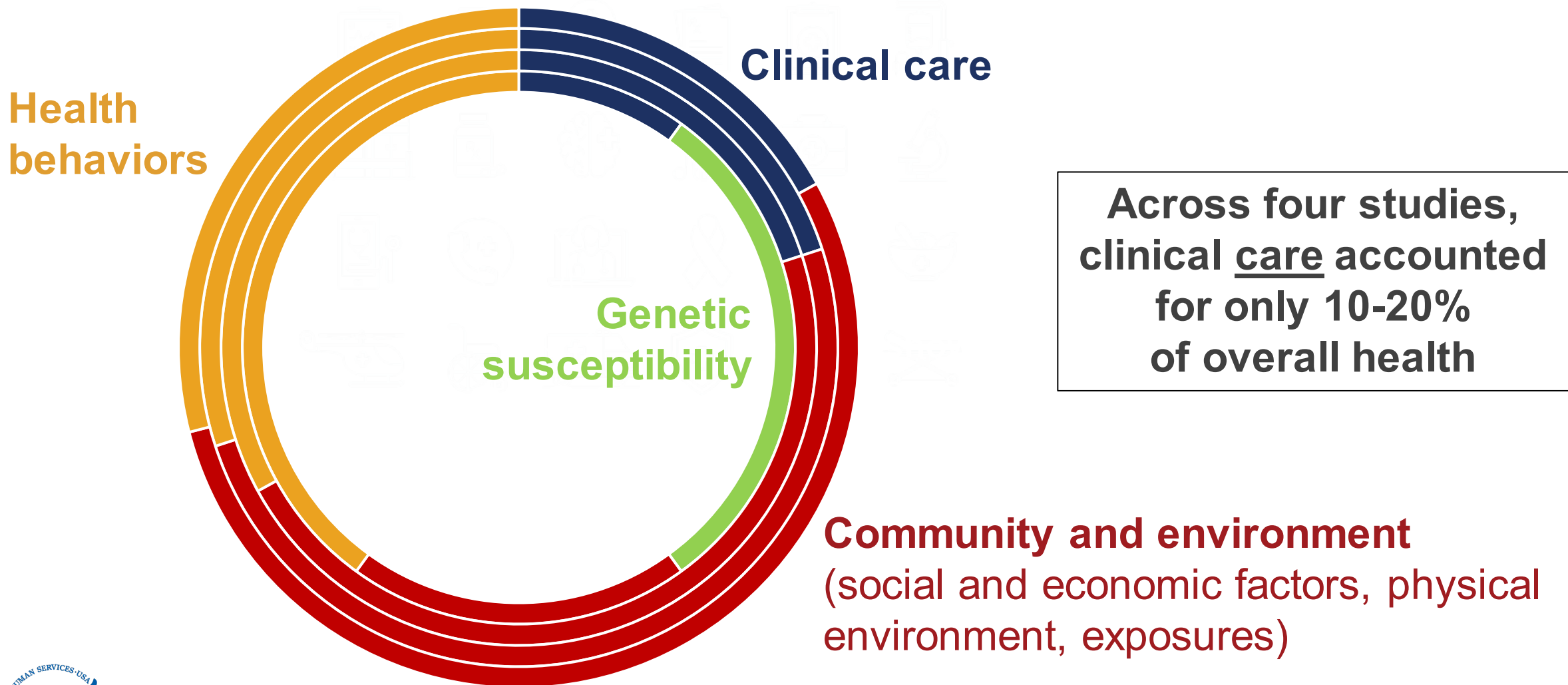


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What Determines Health?



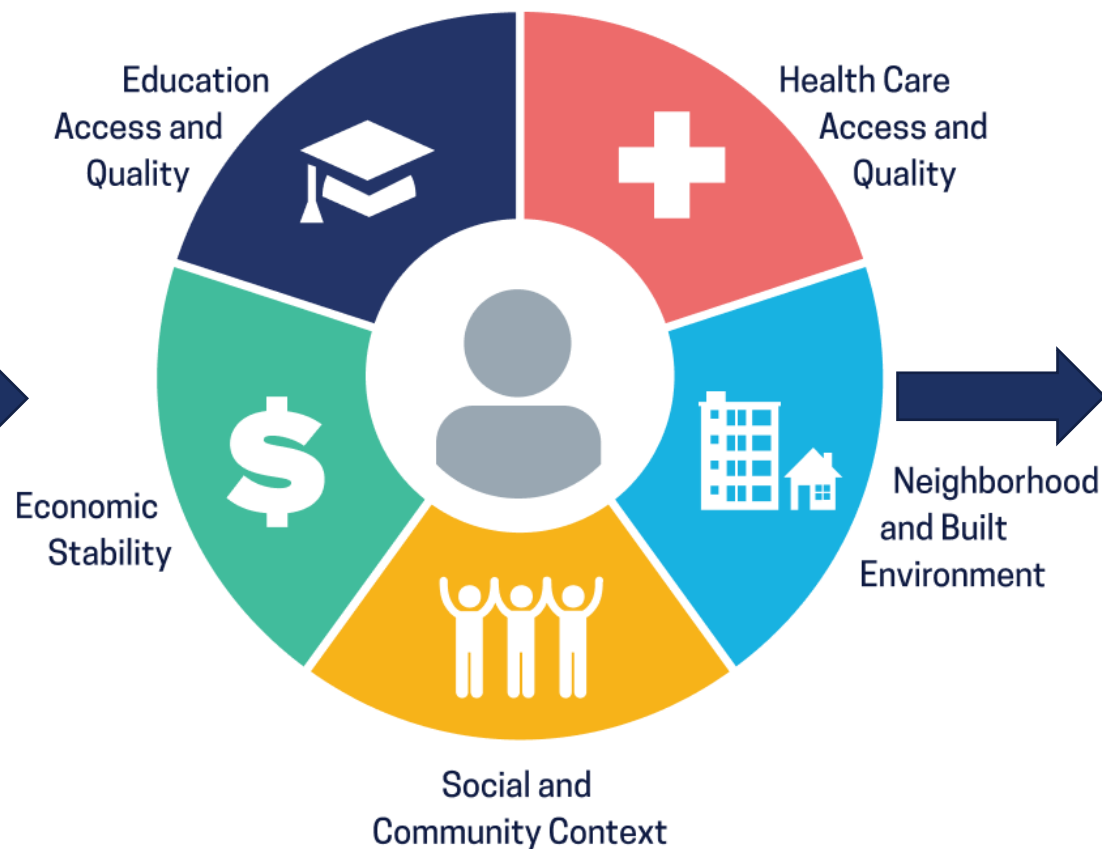
Structural and Social Determinants of Health

STRUCTURAL DETERMINANTS

GOVERNING
PROCESSES

ECONOMIC AND
SOCIAL POLICIES

RACISM,
DISCRIMINATION,
BIAS, AND
SEGREGATION



EXPERIENCE OF SOCIAL DETERMINANTS

INCOME/POVERTY/WEALTH

EDUCATION

EMPLOYMENT

TRANSPORTATION

HOUSING

FOOD SECURITY

EXPOSURE TO TOXINS

HEALTH INSURANCE

DISTANCE TO SERVICES

Maternal Mental Health Hotline



For support, understanding, and resources, CALL
OR TEXT 1-833-852-6262 (1-833-TLC-MAMA)



Free Promotional Material Available

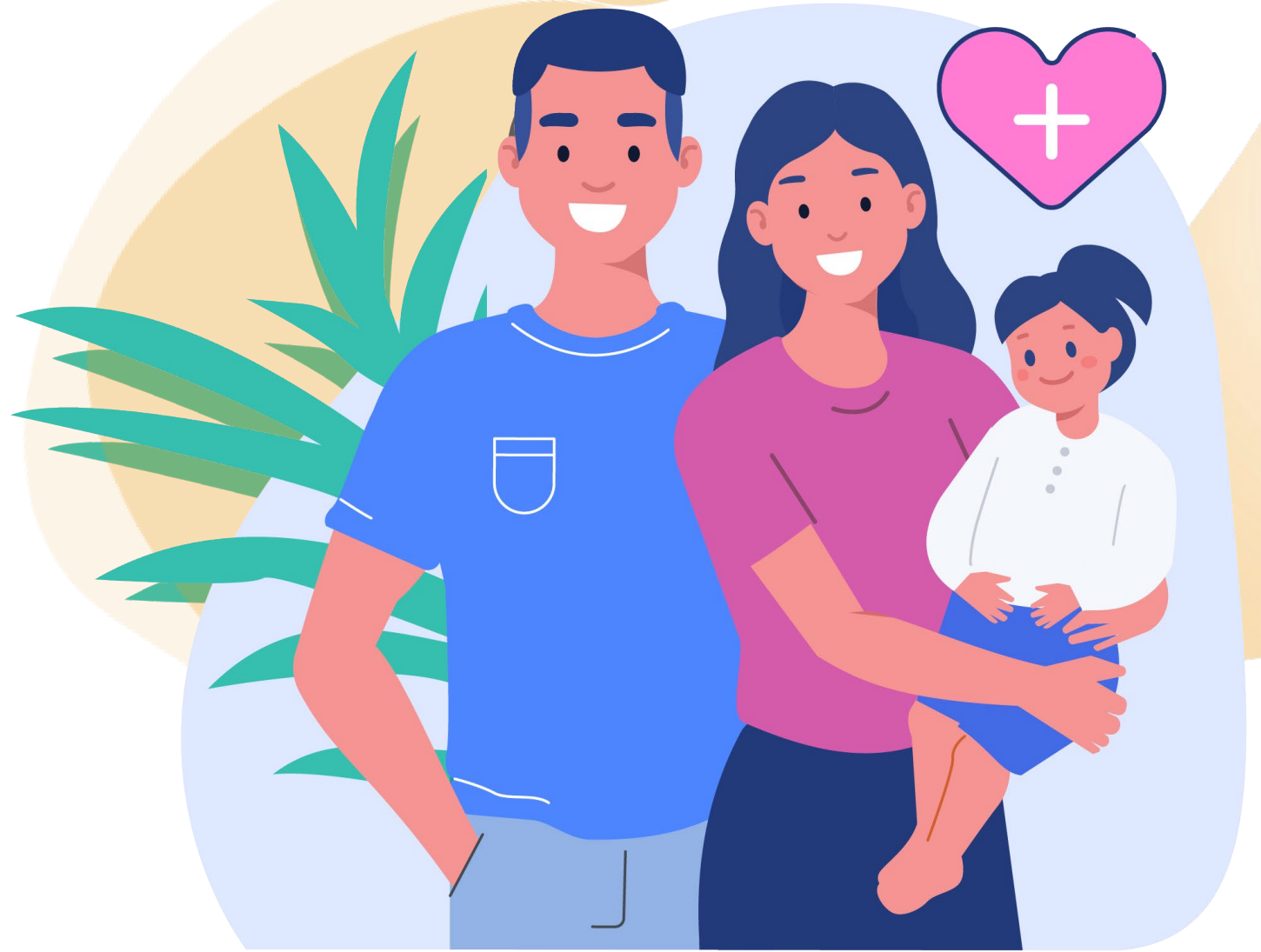
Learn more at <https://mchb.hrsa.gov>

HRSA Enhancing Maternal Health Initiative

- Launched in January 2024
- Brings together HRSA-funded organizations and individuals with lived experience from 12 states
- Develops new partnerships and collaborations in high-need jurisdictions to address maternal health disparities including:
 - Expanding access to maternal care
 - Growing the maternal care workforce
 - Supporting maternal mental health



Workforce Development DEIA Activity Updates



Learn more at <https://mchb.hrsa.gov>

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White House Executive Orders



Executive Order on Advancing Racial Equity and Support for Underserved Communities through the Federal Government

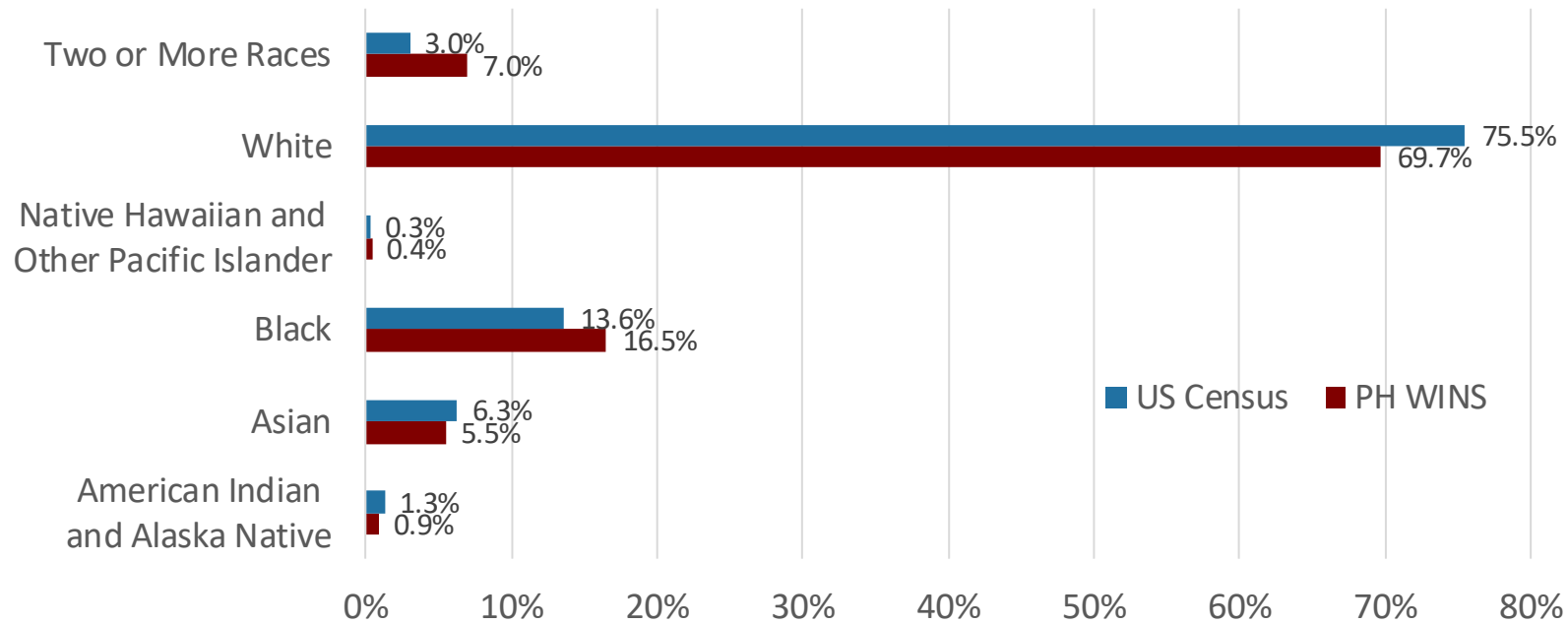
Executive Order on White House Initiative on Advancing Educational Equity, Excellence, and Economic Opportunity through Historically Black Colleges and Universities

Today's Public Health Workforce

Race*

MCH Public Health Workforce vs. US Population

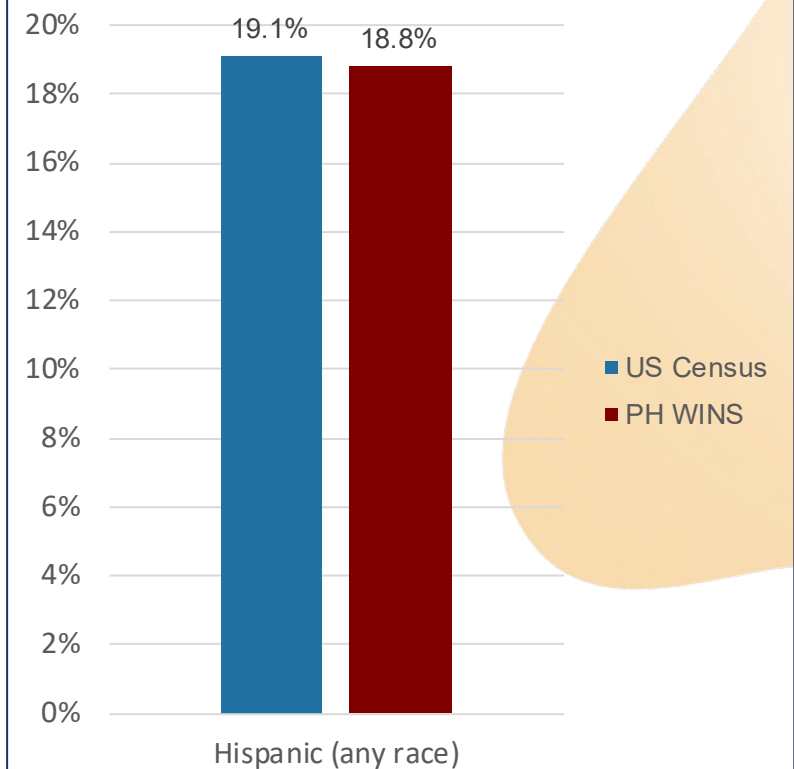
Race of the MCH Public Health Workforce / US Census



*All race categories include Hispanic and non-Hispanic

Ethnicity

MCH Public Health Workforce vs. US Population



Citation: 2021 Public Health Workforce Interests and Needs Survey, Conducted by de Beaumont Foundation and the Association of State and Territorial Health Officials

Census Data: <https://www.census.gov/quickfacts/fact/table/US/RH125222#RH125222>

Learn more at <https://mchb.hrsa.gov>

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MCH Nutrition Long-Term Training Program Diversity Compared to Workforce and Population Benchmarks

Category	AIAN	Asian	Black	NHPI	More than one race	Under-represented racial groups	Hispanic or Latino
MCH Nutrition Long-Term Trainees ¹	0.0%	13.4%	14.9%	1.5%	6.0%	35.8%	11.9%
Academy of Nutrition and Dietetics (Carson et al., 2022) ²	0.2%	20.9%	6.0%	-	1.0%	-	5.0%
U.S. Population ³	1.3%	8.8%	18.9%	0.3%	13.4%	28.1%	18.7%

Citations and Sources

¹ Discretionary Grants Information System, Report Fiscal Year 2022

² Carson TL, Cardel MI, Stanley TL, et al. Racial and ethnic representation among a sample of nutrition- and obesity-focused professional organizations in the United States. *Obesity (Silver Spring)*. 2022;30:292–296. doi:10.1002/oby.23310

³ U.S. Census Bureau, American Community Survey, 5-Year Estimates, 2018-2022

Learn more at <https://mchb.hrsa.gov>

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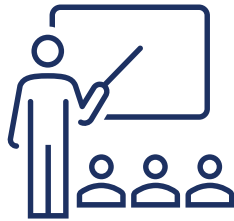


Advancing MCH in Partnership with HBCUs

HRSA MCHB is invested in advancing health equity through engagement with HBCUs.



Partnership
between HRSA
MCHB + MCH-
HBCU Alliance
Team (HAT)



Build MCH
capacity at
HBCUs



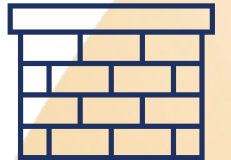
Diversify MCH
workforce and
strengthen MCH
curriculum



Bi-directional
information
sharing



Connect to
national MCHB
programs,
grantees, & MCH
organizations



Identify barriers
in federal
grantmaking for
HBCUs & MSIs

MCH-HBCU Alliance Team: Bethune-Cookman University | Chicago State University | Howard University | Jackson State University | Morehouse College | Morgan State University | Tennessee State University | Texas Southern University | Tuskegee University

Learn more at <https://mchb.hrsa.gov>

MCH Nutrition Workforce Equity Enhancement

Launched **Nutrition Workforce Equity Enhancement** to increase diversity in the nutrition workforce through partnerships with Minority Serving Institutions (MSIs)

Strengthen partnerships with MSIs and build the MCH nutrition workforce infrastructure capacity through the following activities:

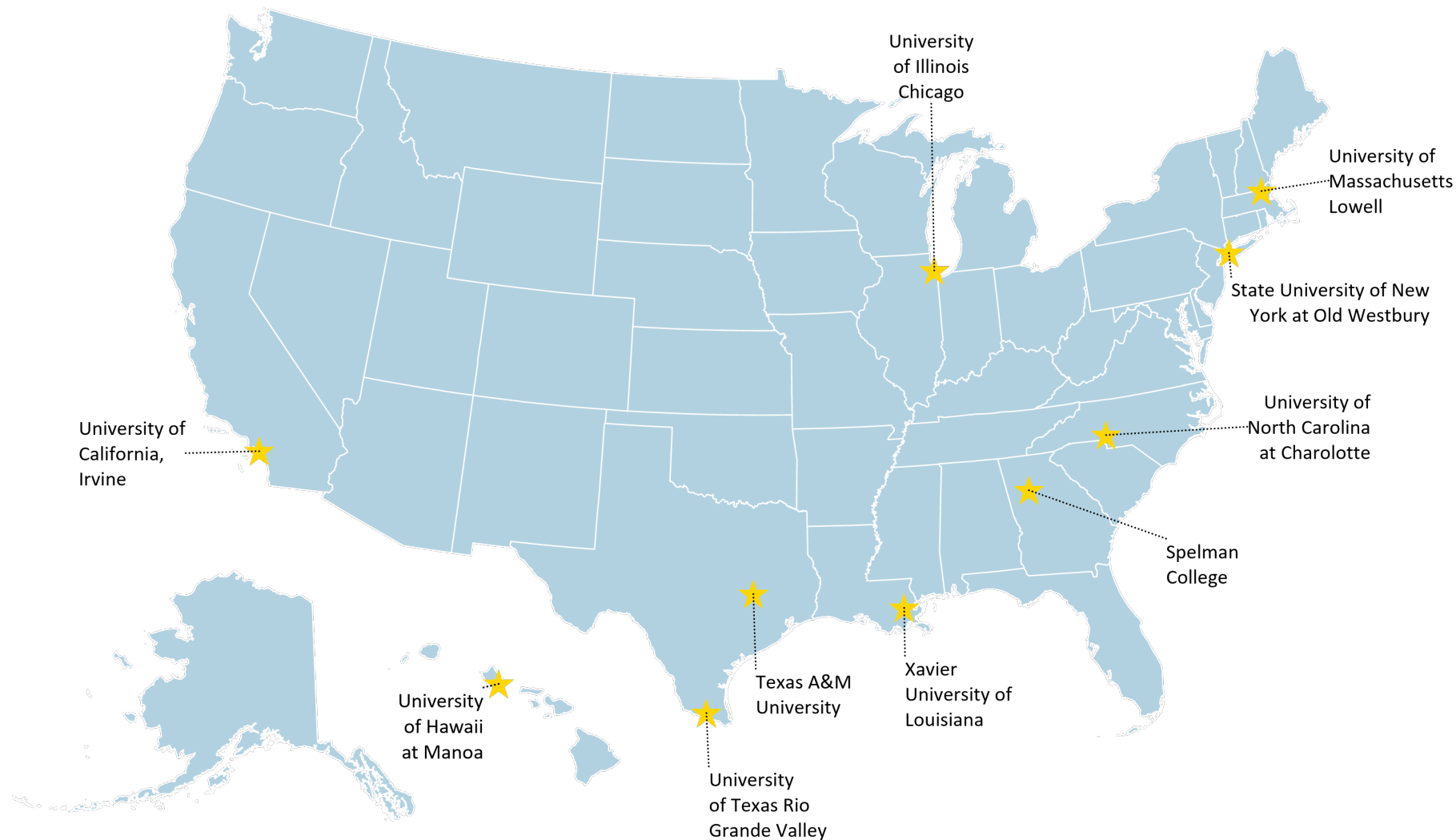
1. Student Support (e.g., recruitment, student stipends, training activities, mentorship programs)
2. Faculty Support (e.g., pilot research projects for junior faculty, coaching, workforce development)
3. Continuing Education and Technical Assistance to MSIs (e.g., curriculum development, capacity building, pathways to accreditation)

MCH Faculty Development Fellowship Program at Diverse Institutions (MCH FDFP @ DI)

- Two-year fellowship program for early to mid career public health faculty at MSIs interested in growing MCH research, practice, and education
- 10 fellows
- Key activities:
 - Assess MCH public health curriculum within their academic institution
 - Advance MCH research & collaborate with MCH practice partners (state Title V MCH partners, community-based organizations)
 - Participate in and disseminate research at national MCH conferences
 - Attend a week-long Summer Institute
- Supports:
 - Technical assistance on growing MCH curricula, student engagement, academic-practice partnerships
 - Engaging in peer network and mentoring



Faculty Fellows' Institutions



Learn more at <https://mchb.hrsa.gov>

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Nutrition is Center Stage!

Learn more at <https://mchb.hrsa.gov>

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PRESIDENT BIDEN ANNOUNCED

The White House National Strategy On Hunger, Nutrition, And Health



Help more Americans access food
to keep nourished and healthy



Provide Americans with the options and
information to make healthy dietary choices



Support more Americans to
become physically active



HRSA Participates in HHS Food is Medicine Summit



Learn more at <https://mchb.hrsa.gov>

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MCHB Nutrition Investments and Activities

- Integrated Across Programs
- Coordination with HRSA Bureaus/Offices
- MCHB Nutrition Team
- Strategic Alignment Meetings with Federal Partners
- Federal Working Groups



Biden-Harris Administration National Strategy on Hunger, Nutrition, and Health

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

SEPTEMBER 2022



“Health Resources and Services Administration, through its **Maternal and Child Health Nutrition Training Program**, will train over 4,500 future nutrition professionals and over 30,000 practicing professionals over the next five years on key topics such as pediatric obesity prevention, household food security, and nutrition during pregnancy. Beginning in 2023, the program will partner with Minority Serving Institutions (MSIs) and Historically Black Colleges and Universities (HBCUs) to recruit and train nutrition professionals from underrepresented groups.”

Learn more at <https://mchb.hrsa.gov>

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MCH Nutrition Training Program

- Provide interdisciplinary **graduate and post-graduate training**, including didactic and community practicum experiences for trainees
- Prepare trainees for leadership roles, **building workforce capacity and integrating systems of care**
- Engage trainees in **research** projects and dissemination of findings
- Provide **consultation, technical assistance, and continuing education** to state Title V and other MCH programs



MCH Nutrition Training Program

Five-year program, new cohort started July 1, 2023

- Pennsylvania State University
- Tulane University
- University of Alabama at Birmingham
- University of California, Berkeley
- University of California, Los Angeles
- University of Minnesota
- University of Tennessee, Knoxville



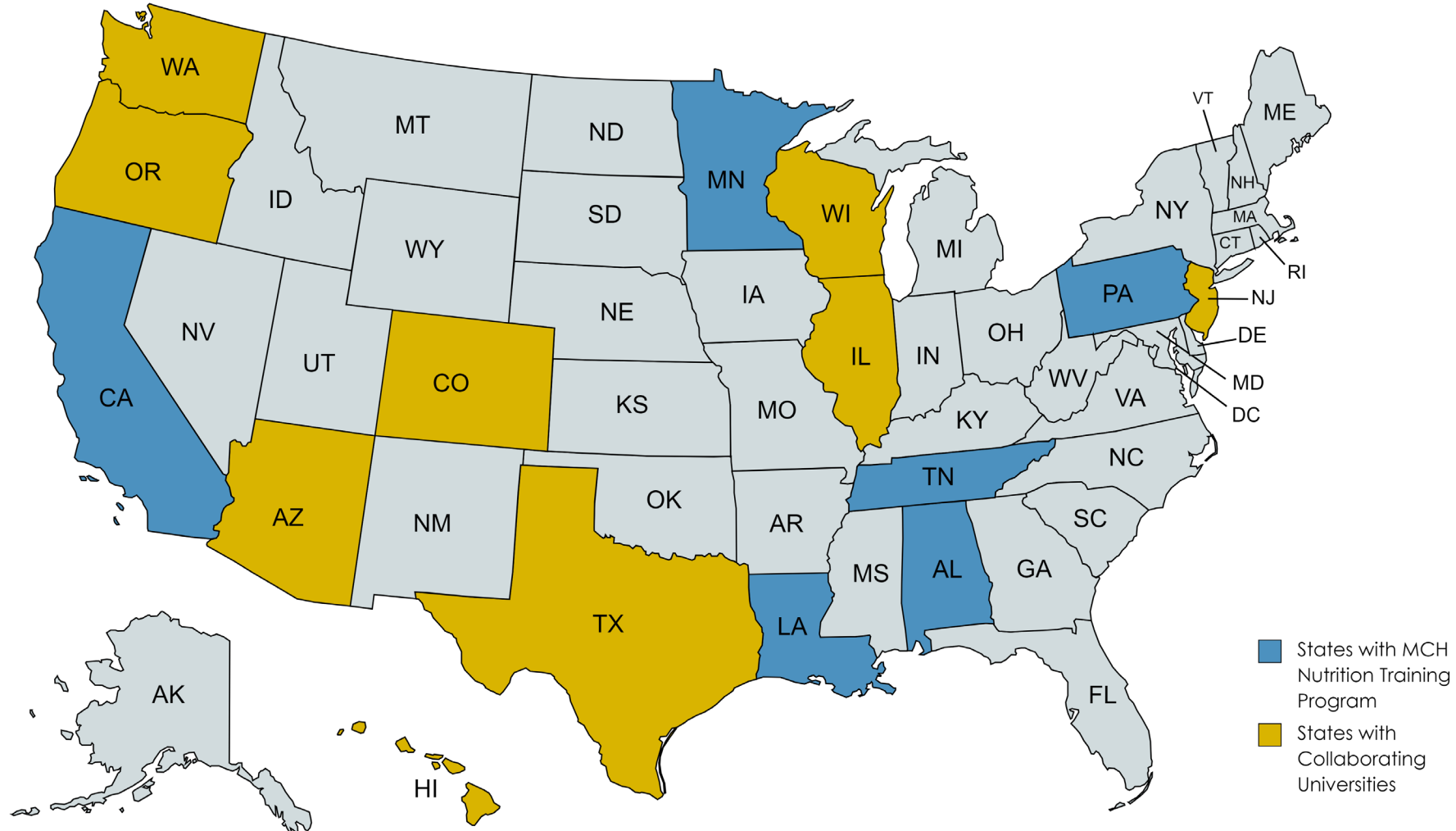
MCH Nutrition Training Program

Collaborations with Minority Serving Institutions (MSIs)

- Montclair State University
- Dillard University
- Xavier University
- Southern University
- Tennessee State University
- University of Illinois-Chicago
- University of Houston
- California State University-Northridge
- University of Hawaii at Manoa
- University of Washington-Seattle



MCH Nutrition Training Program



Learn more at <https://mchb.hrsa.gov>

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Nutrition Training Programs Reach

915

Short-Term
Trainees

497

Medium-Term
Trainees

67

Long-Term
Trainees

6,544

Continuing Education
Participants

68

Continuing Education
Events

Discretionary Grants Information System, Report Fiscal Year 2022

Learn more at <https://mchb.hrsa.gov>

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MCH Nutrition Training Program

DEIA Highlights

- Mid-America MSI Training Consortium
- New Partnerships with HBCUs and MSIs – coursework, research projects
- Promoting MCH nutrition careers at the middle school, high school, and undergraduate levels in under-resourced areas

Project Spotlights

- Produce Prescription Programs
- Food Insecurity Simulator
- Bright Spots Mini-Lab

Collaborative Projects

- Emerging Nutrition Leaders
- Nutrition Leadership Network

Nutrition Workforce Equity Enhancement

TRANSCEND-UP

Program Goals

- Provide training in MCH leadership competencies to a cohort of **underrepresented undergraduate nutrition students** each year with at least 85% of fellows from MSIs
- **Create pathways** for underrepresented students to pursue careers and graduate education in MCH nutrition and build a network of support for underrepresented students in MCH nutrition
- Facilitate **peer mentorship** between the TRANSCEND trainees and the TRANSCEND-UP fellows
- Provide a **network for faculty** with undergraduate DPD programs at MSIs and practitioners to share best practices



Founding Partners of TRANSCEND-UP

MCH Nutrition Training Grant	Institution	MSI Status
TRANSCEND Program	Penn State University	None
	Montclair State University	Hispanic serving institution (HSI)
	Arizona State University	HSI
Mid-America MSI Consortium	University of Minnesota-Twin Cities	Asian American Native American Pacific Islander Serving Institution (AANAPISI)
	University of Illinois-Chicago	AANAPISI & HSI
	University of Houston	AANAPISI & HSI
	University of Minnesota-Morris	Native American-Serving Non-Tribal Institutions



Learn more at <https://mchb.hrsa.gov>

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TRANSCEND-UP Program Year 2024 - 2025

Student Recruitment *January to April 2024*

Orientation *June 2024*

4-Day MCH Nutrition Intensive Training in Minneapolis *Summer 2024*

Monthly Professional Development Workshops *August 2024-May 2025*

Shadowing *Each Semester*

Peer mentorship *August 2024-May 2025*

Paid summer experiential learning *120 hours May-August 2025*

Nutrition Across MCHB Investments

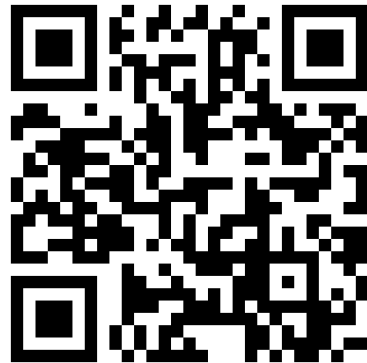


Learn more at <https://mchb.hrsa.gov>

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Title V Block Grant Guidance

- New guidance released January 2024
- New national performance measure on food sufficiency
- Stratified data available at national and state levels



Title V MCH Block Grant Program Priorities in Nutrition

- Two National Performance Measures (NPM) related to healthy weight:
 - Breastfeeding (NPM 4; 42 states/jurisdictions selected)
 - Physical Activity (NPM 8; 20 states/jurisdictions selected)
- Evidence-based/informed strategy measures (ESM) related to nutrition (WV, NY, KY, ID, MO, KY, TN)
 - Medically necessary food
 - Guidance on nutrition
 - Professional training/technical assistance on nutrition
 - Local program focused on nutrition
- 5 State Performance Measures (SPM) include reducing food insecurity, increasing access to nutritious foods, and local programs that directly increase access to food (HI, DC, MA, DC, TN)



Bright Futures Guidelines

Bright Futures Guidelines 4th Edition* includes information on:

- Pre-conception nutrition
- Nutrition for appropriate growth
- Nutrition and development of feeding and eating skills
- Healthy feeding and eating habits
- Healthy eating relationships
- Nutrition for children and youth with special health care needs

*Hagan JF, Shaw JS, Duncan PM, eds. *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*. 4th ed. Elk Grove Village, IL: American Academy of Pediatrics; 2017.

Learn more at <https://mchb.hrsa.gov>

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Children's Healthy Weight State Capacity Building Program

- 5-year Cooperative Agreement with Association of State Public Health Nutritionists (ASPHN)
- Wisconsin, North Dakota, Oregon
- Creating state models to be replicated nationwide
 - Increasing MCH nutrition competency of the state Title V workforce
 - Building data capacity at the state and local level



Maternal, Infant, and Early Childhood Home Visiting (MIECHV) Program

Maternal, Infant, and Early Childhood HOME VISITING PROGRAM

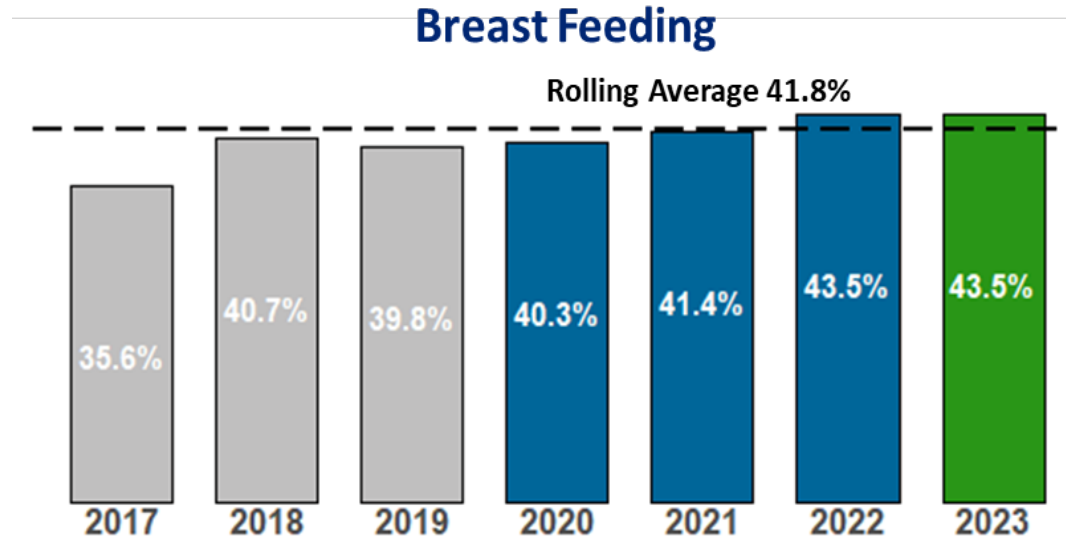
The voluntary Maternal, Infant, and Early Childhood Home Visiting (MIECHV) Program gives pregnant people and families living in communities at risk for poor maternal and child health outcomes the necessary resources and skills to raise children who are physically, socially, and emotionally healthy and ready to succeed.



Maternal, Infant, and Early Childhood Home Visiting (MIECHV) Program

Benchmark Area 1: Maternal and Newborn Health

FY 2017 – FY 2023



- ✓ Nationally, Breast Feeding rates under Benchmark Area 1 have improved over time relative to the rolling average
- ✓ Home visiting improves childhood readiness, family eating behaviors and food security
- ✓ Partnerships with federal nutrition programs to improve maternal and child health outcomes

Breastfeeding Activities in Healthy Start

- 2019-2024 HS Breastfeeding Highlights
 - Capacity building through webinar series and resources
 - 40 Certified Lactation Counselor Scholarships awarded to HS grantees
 - HS Technical Assistance & Support Center (HS TASC) held three rounds of Breastfeeding Cohorts for HS grantees, working to develop shared best practices, tools, and resources
 - LATCH (Learning About Challenges & Helping to Support Breastfeeding) Tool
 - Sponsored HS staff to attend Reaching Our Sisters Everywhere (ROSE) Breastfeeding & Equity Summit



Office of Epidemiology and Research

Division of Research

Multi-site and Research Networks

- Healthy Weight Research Network
- Pregnancy-Related Care Research Network

Field-Initiated Research Studies (FIRST) Program

Secondary Data Analysis Research (SDAR) Program



National Survey of Children's Health (NSCH)

Overview

- Sponsored by the **Health Resources and Services Administration's Maternal and Child Health Bureau**; conducted by the U.S. Census Bureau. Co-sponsorship by CDC and USDA.
- **Annual**, cross-sectional, address-based survey that collects information via the web and paper/pencil questionnaires.
- Designed to collect information on the health and well-being of **children ages 0-17**, and related health care, family, and community-level factors that can influence health.
- Provides both **national** and **state-level** estimates for all non-institutionalized children ages 0-17 years in the U.S.
- Data are released annually on **Child Health Day** for the previous year.



National Survey of Children's Health

Healthy Weight-Related Content

- **New content in 2021 (0-5 years)**
 - Sugary drink consumption
 - Fruit and vegetable consumption
 - Time spent playing outdoors
- **New content in 2022 (6-17 years)**
 - Skipping meals or fasting
 - Low interest in food
 - Extremely picky eating
 - Binge eating
 - Purging or vomiting after eating
 - Using diet pill, laxatives, diuretics
 - Over-exercising
 - Not eating due to fear of vomiting or choking
 - Parent concern about eating behaviors
 - Child concern about weight, body shape, or body size
- **Additional content**
 - Height and weight
 - Breastfeeding
 - Physical activity
 - Participation in sports
 - Amount of sleep
 - Amount of screen time
 - Frequency of family meals
 - Household food sufficiency
 - Difficulty covering basic necessities (food or housing)
 - Food and cash assistance programs
 - Neighborhood safety and amenities for physical activity

National Survey of Children's Health

Data Brief on Health Weight Behaviors



National Survey of Children's Health
Healthy Weight: Foundations in Early Childhood
Data Brief | April 2023

ABOUT THE NSCH
The Health Resources and Services Administration's (HRSA) Maternal and Child Health Bureau (MCHB) funds and directs the National Survey of Children's Health (NSCH), the largest national and state-level survey on the health and health care needs of children 0-17 years, their families, and their communities.

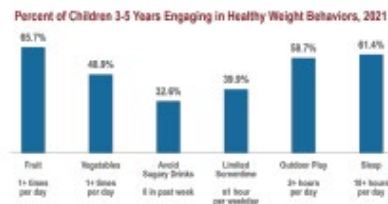
HEALTHY WEIGHT TOPICS
The NSCH includes a variety of topics related to healthy weight:

- Weight status and concerns (0-17 years)
- Infant feeding (0-5 years)
- Consumption of fruits & vegetables (1-5 years)
- Consumption of sugary drinks (1-5 years)
- Amount of physical activity (3-17 years)
- Frequency of family meals (0-17 years)
- Amount of screen time (0-17 years)
- Amount of sleep (0-17 years)
- Household food sufficiency (0-17 years)
- Household difficulty covering the basics like food or housing (0-17 years)
- Household receipt of support for food or basic needs (0-17 years)
- Neighborhood amenities for physical activity (0-17 years)
- Eating and weight-related behaviors (0-17 years) will be available in October 2023

Healthy habits established in childhood have lifelong benefits.^{1,2} In 2021, with support from the Centers for Disease Control and Prevention (CDC) Division of Nutrition, Physical Activity and Obesity, questions about young children's consumption of fruits, vegetables, and sugary drinks, and the time they spent playing outdoors were added to the NSCH. Together with existing questions about screen time and sleep, this brief presents the prevalence of six healthy weight behaviors among children 3-5 years in the United States (US).

PREVALENCE OF HEALTHY WEIGHT BEHAVIORS

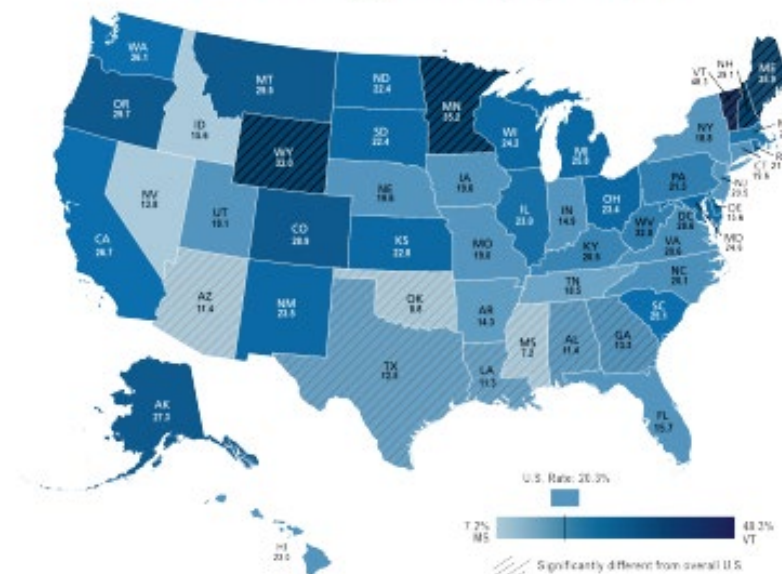
- In 2021, 2 in 3 (65.7%) preschool-age children ate fruit at least once a day while less than half (48.9%) ate vegetables at least once a day. The Dietary Guidelines for Americans recommend eating a variety of fruits and vegetables every day.
- Only 1 in 3 (32.6%) preschool-age children had no sugary drinks in the past week. Sugary drinks (e.g., soda, sports drinks, and fruit drinks that are not 100% juice) are not necessary in the child diet and are not a recommended component of the Dietary Guidelines for Americans.
- Only 39.9% of preschool-age children had limited screentime of 1 hour or less per weekday. The American Academy of Pediatrics recommends limiting screentime to 1 hour per day of high-quality programming for children 2-5 years.
- 58.7% of preschool-age children played outdoors 2 or more hours per day. The Physical Activity Guidelines for Americans recommend that children 3-5 years be physically active throughout the day.
- Similarly, 61.4% of preschool-age children slept 10 hours or more per day. The American Academy of Sleep Medicine recommends children 3-5 years sleep 10-13 hours per day (including naps).



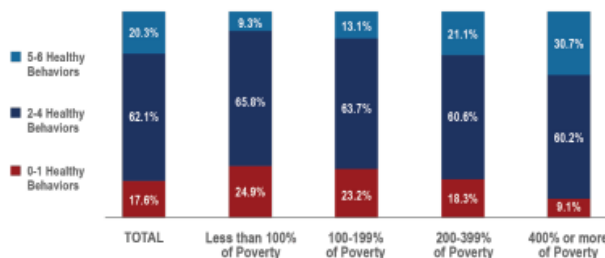
STATE VARIATION IN HEALTHY WEIGHT BEHAVIORS

- The percent of preschool-age children engaging in 5 or 6 healthy behaviors varied widely by state, ranging from 7.2% in Mississippi to 48.3% in Vermont.
- Seven states had a significantly lower percent of children 3-5 years engaging in 5 or 6 healthy weight behaviors than in the US overall: Mississippi (7.2%), Oklahoma (8.8%), Louisiana (11.3%), Alabama (11.4%), Arizona (11.4%), Texas (12.5%), and Georgia (13.3%).
- Seven states had a significantly higher percent of children 3-5 years engaging in 5 or 6 healthy weight behaviors than in the U.S. overall: Vermont (48.3%), New Hampshire (39.1%), Maine (35.9%), Minnesota (35.2%), Wyoming (32.0%), Oregon (29.7%), and Colorado (28.9%).

Percent of Children 3-5 Years Engaging in 5 or 6 Healthy Weight Behaviors, 2021



Percent of Children 3-5 Years Engaging in Healthy Weight Behaviors by Family Income*, 2021



*Ratio of Income to Poverty Thresholds; the U.S. Census Bureau Poverty Threshold for a Family with two children and two adults was \$27,478 in 2021.

<https://mchb.hrsa.gov/data-research/national-survey-childrens-health>

Learn more at <https://mchb.hrsa.gov>

Contact Information

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