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News in Childhood Nutrition:

USDA Nutrition Standard and "Farm to School" Grant Contributes to Reducing Childhood Obesity Rates

September was National Childhood Obesity Awareness Month and with one in three children in the U.S. being obese or overweight, there is an increasing need to combat childhood obesity in our schools. The USDA Healthy, Hunger-Free Kids Act of 2010 funded the Farm to School Grant Program to bring healthier foods to children nationwide and has made incredible strides in the past year:

- 50% of funded projects include expanding healthy menu options offered in the cafeteria;
- 46% include training for food service staff about menu planning, meal preparation, and cooking with local and regional foods;
- 65% include nutrition education activities;
- 40% of farm to school grants were awarded to rural schools or districts;
- 38% of grants were distributed in [StrikeForce states and territories](#) to address challenges associated with rural poverty.

The grant has helped 12,300 schools provide more nutritious meal options made with local ingredients for 6.9 million students, while at the same time expanding market opportunities for family farmers and ranchers in their communities. The USDA will soon be releasing new census data on Farm to School programs for all programs

nation-wide. Have schools in your counties felt the benefits of this grant?

To read the USDA Press Release, click here: [USDA Farm to School Press Release](#)

To read about California's Farm to School Program, visit their website: [the California Farm to School Network](#)

Also, click here to find resources and our recently hosted webinar on [CDPH MCAH Nutrition and Physical Activity Guidelines for Adolescents](#)

Researchers find that longer lunch periods will encourage greater consumption of vegetables for elementary and middle school children

Now that the USDA is taking steps to provide students with more nutritious meal options, are children actually eating them? Researchers following up on the [Modifying Eating and Lifestyles at School \(MEALS\) study](#) were interested in determining if the length of a child's lunchtime was affecting their fruit and vegetable consumption so they observed 1,001 students during lunch breaks. They observed students from six schools in an urban, low-income school district. Their lunch breaks ranged from 20 -30 minutes with eating times varying from 10-33 minutes, and an average eating time of 23.9 minutes per child. The study determined that children were less likely to pick up a fruit or vegetable to eat when the amount of time they had to eat was 20 minutes or less. Students with 25 minutes or more consumed more of their entrée, milk, and vegetables.

While the study accepts that lengthening lunchtimes is not always an option, they do suggest that schools coordinate lunch lines in more efficient ways to allow children more time to eat. It is amazing to think of how something as small as five minutes a day could affect a child's health outcomes as they grow. What kind of role does your MCAH program play in school lunchtimes?

To read the LA Times article, click here: [In school cafeterias, a longer lunch is a more healthful lunch, study says](#)

To read more about the study, click here: [Lunchtime Study ANDJ](#)

News in Maternal Health:

By asking women's pregnancy history, Doctors may be able to save lives, prevent heart disease

A groundbreaking, 50-year study has just been released determining that certain pregnancy complications are associated with an increased risk of developing cardiovascular disease, the number one killer of women in America. The study found that cardiovascular disease death risk increased:

- 7.1 times when a woman had pre-existing high blood pressure (diagnosed up to 20 weeks of pregnancy) and a pre-term delivery
- 5.6 times when a woman had pre-existing high blood pressure and pre-eclampsia
- 4.8 times when a woman had pre-existing high blood pressure and small-for-gestational-age delivery

This study will allow doctors to conduct low-cost interventions by paying close attention to women's medical histories and reducing the risk of cardiovascular disease in women nationwide.

To read the press release and manuscript, click here: [Pregnancy Events Reveal Cardiovascular Risk \(PHI\)](#)

News in MCAH Legislation:

New Legislation Expands Mid-Wife Services to Cover Medi-Cal Patients

Governor Jerry Brown recently signed Senate Bill 407-the new law allows licensed midwives to provide

comprehensive perinatal care for their patients. This bill will increase access for low-income mothers and also save the state money in the long run. Additionally, providing more options for mothers who would otherwise not see a physician as often during their pregnancy will undoubtedly have a positive impact on their health outcomes as well as their child's.

To read more about the new law, click here: [Senate Bill 407](#)

Intervention Spotlight

FHOP will be increasing our focus on Maternal Mental Health (MMH) in the coming months and we wanted to provide you with examples that may be helpful for you when tackling MMH issues in your counties. In this quarterly newsletter we are highlighting two studies of preventative interventions for MMH issues:

1) A study called MOMCare on culturally relevant treatment services for perinatal depression in socio-economically disadvantaged women that describes the design, methodology, culturally relevant enhancements, and implementation of a randomized controlled trial of depression care management compared to public health Maternity Support Services (MSS). Read about the study [HERE](#)

- Also, for further reference on the study: [MOMCare PowerPoint from Seattle King County Health Department](#)

2) A study that evaluated a wide-range of interventions and found a clear beneficial effect in the prevention of postpartum depression from a range of psychosocial and psychological interventions. Promising interventions included professionally-based postpartum home visits, lay or peer based postpartum telephone support, and interpersonal psychotherapy. Read about this study [HERE](#)

Upcoming Events

MCAH/WIC Conference:

This year, in addition to the two-day MCAH October Meeting, there will be a combined CWA-MCAH Action Education Day, designed to provide valuable continuing professional education for health professionals serving women and children.

DATES & LOCATION

October 6-8, 2015

Hilton Sacramento Arden West

2200 Harvard St., Sacramento, CA 95815

If you still need to register (last day to register is September 30th), please click [HERE](#)

Upcoming MCAH TA Webinars:

Wednesday, October 14th - Late or Inadequate Prenatal Care

Wednesday, November 11th - Low Birth Weight & Preterm Birth

Wednesday, December 9th - SIDS & Safe Sleep

MCAH Marketplace

FHOP would like to remind everyone to utilize the [MCAH \(MCAH Marketplace\)](#) to share examples of resources (interventions, assessment tools, etc.) and programs they have developed that other local MCAH programs could adapt and utilize.

Learn how to access and share on the Marketplace with FHOP's [PowerPoint presentation](#) describing how to access existing documents and share new documents. *You may also just send documents to share to us at FHOP and we will post them for you.*

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