Insights on the CDC Sodium Reduction in Communities Program grant

Date: Wednesday, July 24, 2019
Time: 11:00 AM PST, 12:00 PM MST, 1:00 PM CST, 2:00 PM EST - 90 minutes
CPE: Pending 1.5hrs of CPEU credit

Registration Link: https://www.phcnpg.org/members/member-login

Registration is free for PHCN DPG members

- This session will be presented using VOIP. A phone number will not be available.
- Webinar will be recorded and posted to the PHCN DPG website for later viewing and CPEU credit
- Slides and recording will be sent to all registrants.

DESCRIPTION:

Learning Objectives:

1. Discuss the history and intent of the CDC “Sodium Reduction in Communities Program” grant.
2. Identify differences and similarities in the various settings where the grant was implemented.
3. List barriers and opportunities encountered while implementing grant activities.

Session Description:

In this webinar you will hear from Nancy Andrade, Health Scientist, from CDC’s Division for Heart Disease and Stroke Prevention who will provide an overview on the Sodium Reduction in Communities Program. You will also get insights on the implementation of the program from three practitioners from NYC, Marion County, Indiana and Seattle-King County.

Staff from the NYC Department of Health and Mental Hygiene will discuss efforts to reduce sodium in New York City, particularly those funded by the Sodium Reduction in Communities program, over the years. After an overview of previous programming, the presenters will highlight current work funded by SRCP – specifically, supporting the adoption of the NYC Food Standards for Cafeterias/Cafes in hospitals and universities, as well as Good Choice, a program that works with national food distributors to identify products that meet the NYC Food Standards. Presenters will discuss the technical assistance provided to partnering institutions, share preliminary outcomes of this grant period, and discuss successes and challenges experienced through this work.

King County, Washington’s Sodium Reduction in Communities Program work focuses on schools and food pantries. Both settings provide vital food services to people with limited incomes and both do so on limited operational budgets. Both settings are also challenged to meet the cultural and dietary needs of an increasingly diverse audience. By applying SRCP’s sodium reduction strategies to these settings, school staff have made key procurement
changes, reduced sodium levels of menu items, and implemented new behavioral design strategies for school breakfast and lunch programs. Food pantries have developed and adopted nutrition policies to guide their procurement and have made dramatic changes to increase the opportunities for choice in their spaces.

The Marion County Public Health Department (MCPHD), Indianapolis, Indiana will share insights from their Sodium Reduction in Communities Program efforts with federally funded distributive meal programs. The MCPHD RDN will highlight successes and lessoned learned through sodium reduction work with the local Area Agency on Aging senior nutrition program, Summer Food Service Program and At-Risk Afterschool Meals (CACFP) sponsor and their mutual Food Service Management Company. Strategies to lower sodium in meals served to older adults and children, and ensure closer alignment with the USDA 2015-2020 Dietary Guidelines for Americans will be shared.

Presenters:

Arielle Herman MS, RD, CDN, is a Nutrition Project Manager and Registered Dietitian in the Bureau of Chronic Disease Prevention and Tobacco Control at the NYC Department of Health and Mental Hygiene. Arielle oversees recruitment, technical assistance, and communications related to implementation of the New York City Food Standards (Standards) in City agencies, hospitals and other institutions. The Standards are evidence-based nutrition criteria that address various settings in which food is purchased and served including through programming, in vending machines and at meetings and events. Over Arielle's tenure at the NYC Department of Health and Mental Hygiene, she has been staffed on multiple iterations of the CDC's Sodium Reduction in Communities Program Grant. She strongly believes that the food and nutrition standards can help lower the risk of obesity, diabetes and cardiovascular disease by increasing the availability of fruits, vegetables and whole grains while limiting fried foods, sugary beverages and sodium. Arielle received her Master of Science degree in Clinical Nutrition from New York University.

Meghan Maroney, MPH is the Nutrition Project Coordinator at the New York City Department of Health and Mental Hygiene in the Bureau of Chronic Disease Prevention and Tobacco Control (BCDPTC). In this role, Meghan serves as the project lead for Good Choice, a program that helps food service providers identify and purchase healthier food and beverage products from their distributors. Meghan also supports technical assistance provided to hospitals and universities implementing the NYC Food Standards in their cafeterias and cafes. Prior to working on the Sodium Reduction in Communities grant, she provided support to community-based organizations and farmers’ markets participating in the Health Bucks Program, also in the BCDPTC, which provides incentives to New Yorkers to buy more fruits and vegetables at local farmers’ markets. She also worked at the Partnership for a Healthier America as a Development and Partner Relations Coordinator. Meghan received her Master of Public Health degree in Public Health Nutrition from The George Washington University.
K. Elise Lindstrom, MA, RDN, is the Cardiovascular Dietitian Nutritionist for the Sodium Reduction in Communities Program at the Marion County Public Health Department in Indianapolis, Indiana. Elise has over a decade of experience developing and implementing nutrition programs; creating and supporting community partnerships; and working with food service providers and distributors to increase access to healthier food options in all environments. Elise believes that healthy food access plays a vital role in promoting stronger local economies, vibrant neighborhoods, and healthy people—and RDN’s have an important role to play in our communities’ efforts. She earned a Bachelor Degree from Purdue University with a dual major in Dietetics and Nutrition, Fitness and Health, and holds a Master’s Degree in Advance Nutrition from Ball State University. Elise is the chairperson for the Top 10 Coalition of Indiana’s Nutrition Work Team and member of the Indiana Nutrition Council. In her free time, she loves to garden, camp and hike with her husband and spirited 3-year-old son.

Kate Ortiz, MPH, RD, has been working in food for the past 18 years. Her first foray was managing one of the largest farmers markets in Los Angeles for six years. Here she developed a passion for making sure fresh, nutritious foods are available to everyone, starting with making sure farmers market customers can shop with their SNAP benefits. More recently Kate was the executive director of Hunger Intervention Program, which provides nutritious meals to seniors and youth in North Seattle. She currently is a project manager at Public Health - Seattle & King County and works with community partners like schools and food banks on increasing the availability of affordable and healthy foods. Kate earned her BA from Brown University and completed her MPH and dietetic internship at University of Washington. She lives in Seattle with her husband and 3-year-old daughter and loves taking advantage of beautiful Seattle summers to go berry picking, camping and hiking.