

Changing the Landscape of Children's Nutrition

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Acknowledgments

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Why children, why Institutions?

- Logical target for prevention efforts
- Much time spent in institutions subject to regulation
- Public support for regulation regarding children's health and welfare
- Effects hoped to support families

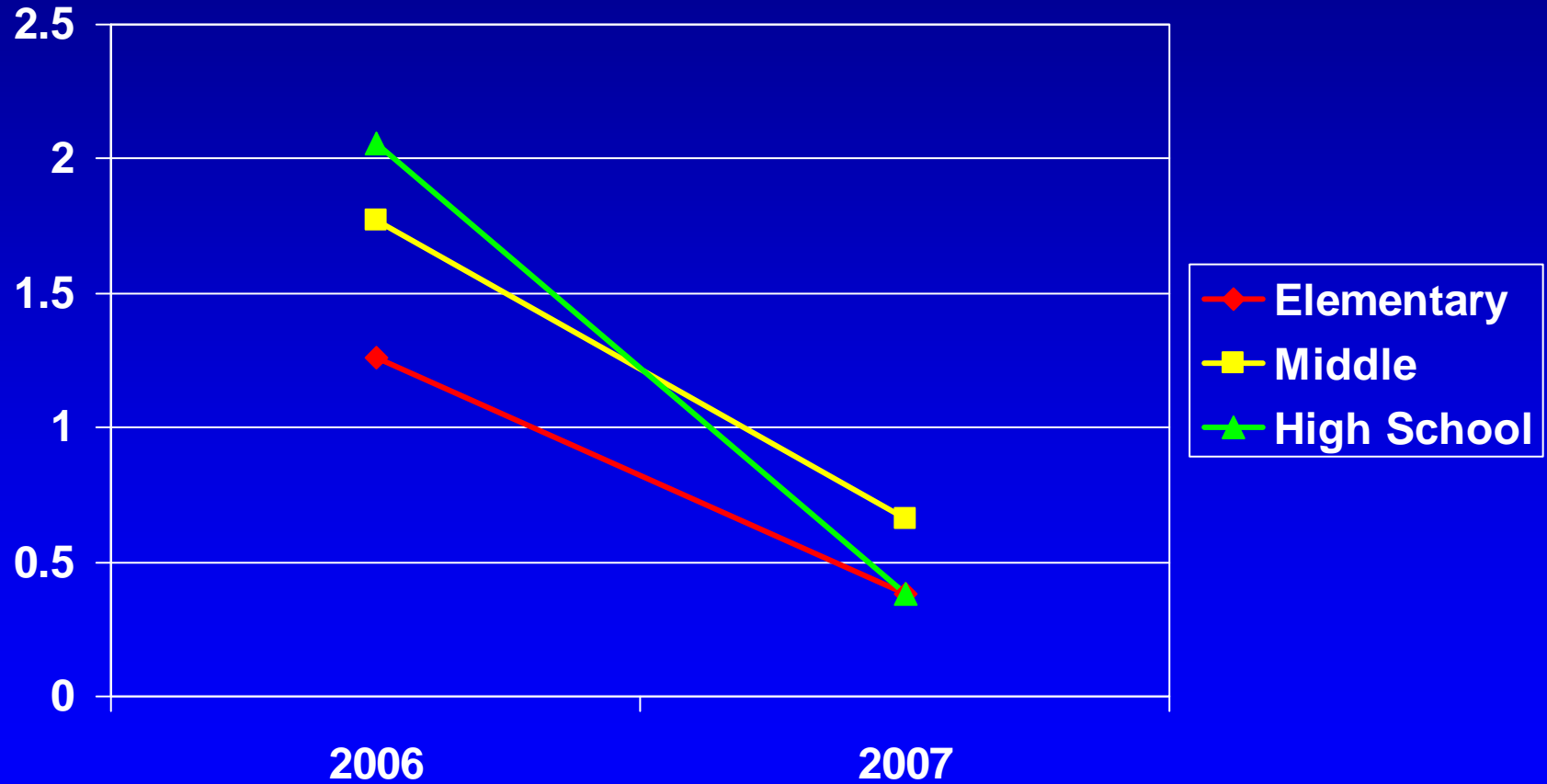
Current Nutrition Norms

- Generally toxic food environment
- “Kid” foods
- Snack foods and snacking
- Epidemic of “picky eating”
- Huge portions, eating out
- “Moderation” as recommendation
- Fear of eating disorders

Competitive Food Offerings: IOM Standards

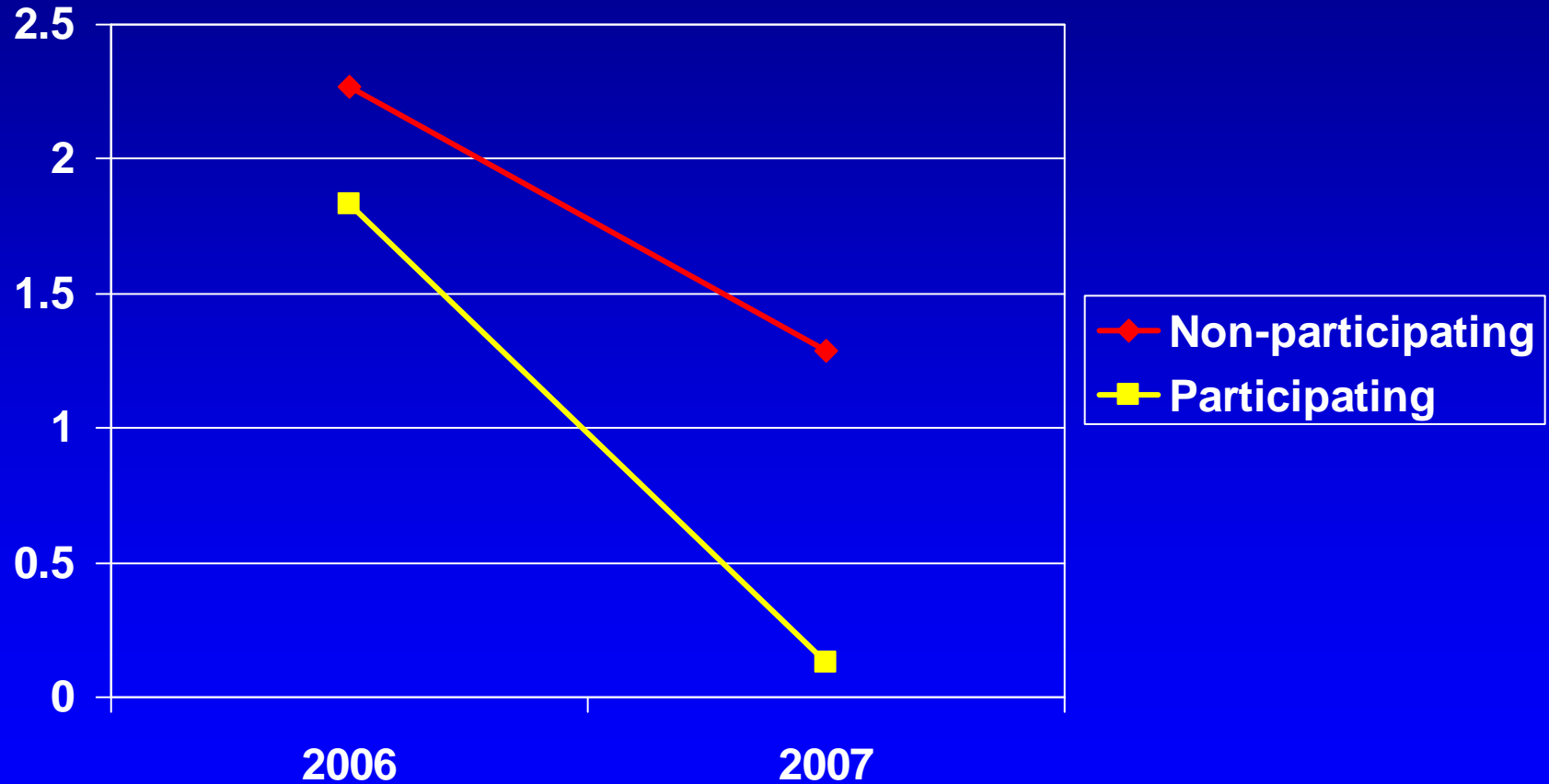
- Tier 1 and Tier 2 standards
- No sugar-sweetened beverages
- Beverages with artificial sweeteners only in HS and only after the school day
- Snack items have 200 calorie limit
- Trans fats prohibited
- Use of food as a reward prohibited

School Wellness Policies: Availability of unhealthy snacks



(Long, Henderson, & Schwartz, submitted)

Incentive Programs: Availability of unhealthy snacks (High School)



(Long, Henderson, & Schwartz, submitted)

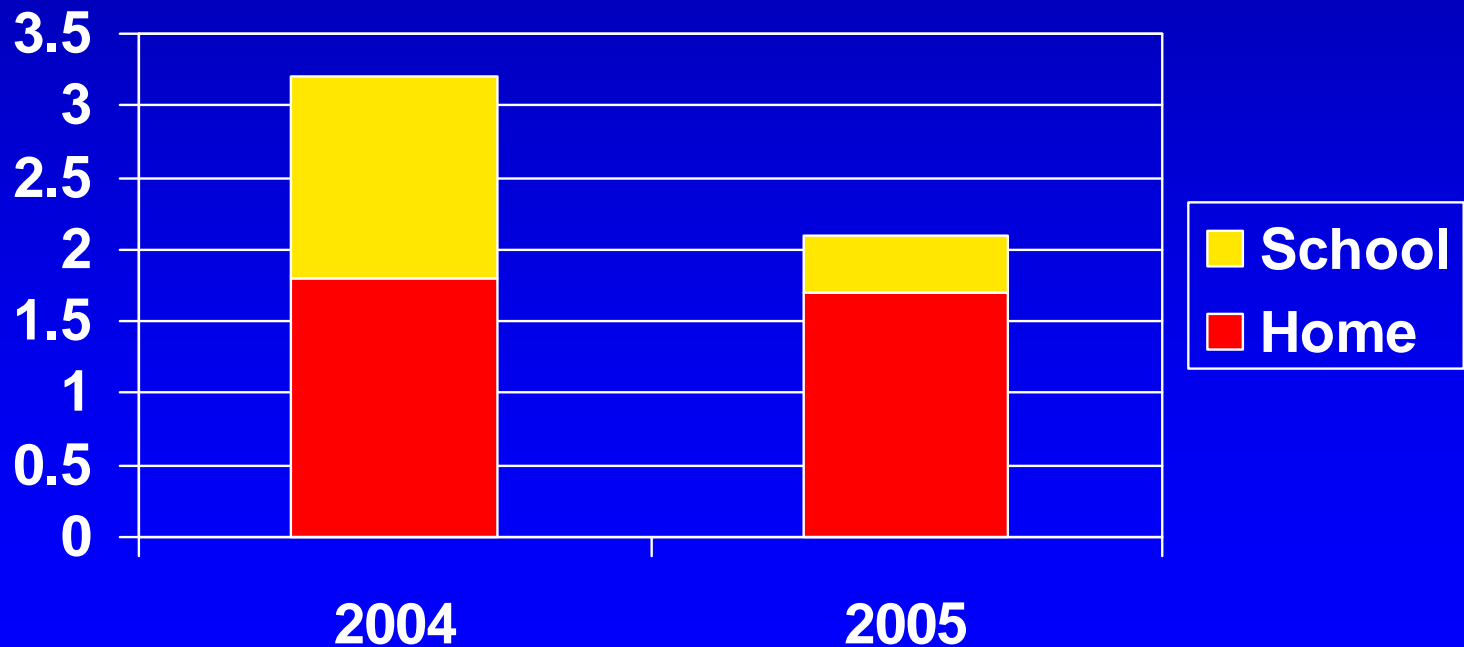
Eliminate Competitive Foods

- No-choice NSLP model
- Healthier snacks improve the diet, but effects dampened by continued presence of unhealthy snacks
- Students who attend schools without a la carte options eat more fruits and vegetables and fewer calories from fat
- Schools that have fewer policies to limit food consumption have a higher prevalence of obesity

(French et al., 2004; Kubik et al., 2003; Kubik et al., 2005)

Addressing concerns: Do children compensate at home?

Cookie, brownie, donut
consumption in middle schools



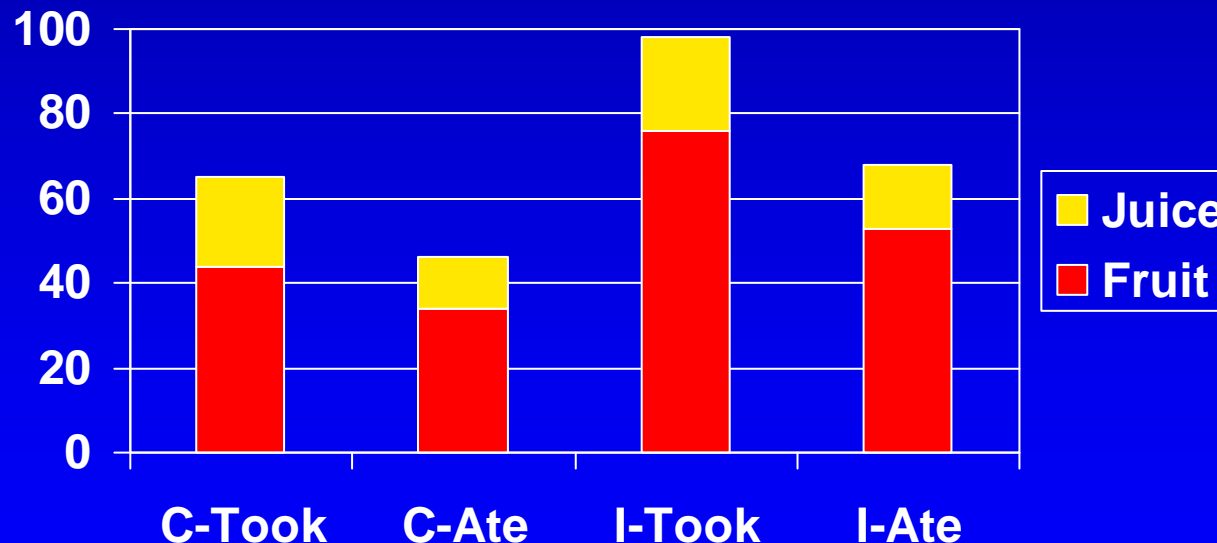
(Schwartz, Novak, & Fiore, in press)

Other Concerns

- Heightened eating and weight concerns
(Schwartz, Novak, & Fiore, in press)
- Financial concerns (Wharton, Long, & Schwartz, 2008;
Long, Henderson, & Schwartz, submitted)
- BMI as outcome

Behavioral Contingencies: Serving Practices

**% Taking vs Eating Fruit in
Intervention and Control Schools**



(Schwartz, 2007)

What about preschoolers (and younger)?

- Toddlers require 950 calories/day; average intake is 1220
- 30% of children under 2 eat no fruits or vegetables
- 60% of 12-month-olds have dessert or candy every day
- The most common vegetable for children 15+ months is french fries
- 1/3 children over 15 months have a sugary fruit drink each day and 10% have soda

An opportunity in CACFP

- An opportunity to create healthy norms early
- CACFP: room for improvement
 - Juice and sugar-sweetened beverages permitted
 - Low-fat milk not required
 - Whole grains not required
 - No serving size caps
 - No limits on sugar
 - Reimbursement rates
 - Feeding practices
- Research currently underway

Summary of Recommendations

- Food sold or served in schools should be limited to food provided within the NSLP and School Breakfast Programs
- Financial incentives should be used to promote improved nutrition within the NSLP and CACFP
- CACFP should adopt more stringent nutrition standards, and adopt empirically supported best feeding practices