

FEDERAL FOOD/NUTRITION INITIATIVES: IMPLICATIONS FOR FOOD REFORM

Susan L. Roberts JD, MS, RD

A TIME FOR ACTION: An Obesity Agenda for the Next Administration

Northeastern University

Boston, MA

September, 2008

OBESITY AGENDA



Issue

Inadequate intake of fruits and vegetables for obesity prevention and health, especially in children.

OBESITY AGENDA



Recommendation

Increase production of
fruits and vegetables
through federal
legislation/policy

OBESITY AGENDA

Rationale

Children's Diets Over Past 25 Years

Increased Intake

- Carbonated Beverages
- Savory Snack Foods
- Candy
- Pizza

Decreased Intake

- Whole Milk
- Most Vegetables



OBESITY AGENDA

Rationale

Children's Diets

2% Children meet Food
Guide Pyramid serving
recommendations



OBESITY AGENDA

Rationale



Children Consume
< 50%
recommended
amount of fruits
and vegetables

OBESITY AGENDA

Rationale

Food Group	USDA Plan	Reported
Grains	12.26 #/wk	10.58 #/wk
Vegetables	31.56	13.31
Fruit	24.48	11.40
Milk Products	42.39	18.81
Meat/Beans	13.29	13.31
Fats/Sweets	6.63	38.65

OBESITY AGENDA

Rationale

2005 Dietary Guidelines

Fruit

2 Cups/day → ↑132%

Acreage

3.5 Million → 7.6 Million

OBESITY AGENDA

Rationale

2005 Dietary Guidelines – Vegetables

2 1/2 Cups/day → ↑31%

Legumes ↑ 431%

Starchy Vegetables ↓ 35%

Acreage

6.5 Million → 15.3 Million

OBESITY AGENDA

Rationale

Cost of 1000 Calories

High Cal 'Junk'	\$ 1.76
Low Cal Nutrient Dense	\$18.16

THE FOOD & FARM BILL

Nutrition Title

Fresh Fruit & Vegetable Program

- All states
- Focus on schools with low income children
- \$40 million → \$150 million

Section 4304

Susan L. Roberts, JD, MS, RD

THE FOOD & FARM BILL

Nutrition Title Research

Pilot projects looking at **health status** in SNAP

- ↑ Dollars
- ↑ Access to Farmer's Markets
- Incentives to purchase more fruits & vegetables

Section 4141

Susan L. Roberts, JD, MS, RD

THE FOOD & FARM BILL

Nutrition Title

Healthy Urban Food Development Center

Community Food Projects

Section 4402

Susan L. Roberts, JD, MS, RD

THE FOOD & FARM BILL

Nutrition Title

Local Food Procurement OK for School Food

Pilot Project – School/Community Gardens

Section 4302, 4303

Susan L. Roberts, JD, MS, RD

THE FOOD & FARM BILL

Nutrition Title

Senior Farmer's Market Nutrition Program

Section 4231

Susan L. Roberts, JD, MS, RD

THE FOOD & FARM BILL

Horticulture & Organic Agriculture Title

Farmers Market Promotion Program \$

↑EBT at Farmer's Markets (10%)

Section 10106

Susan L. Roberts, JD, MS, RD

THE FOOD & FARM BILL

Research Title

Food Desert Research
Agriculture & Food Research Initiative
(Food Safety & Health)
Organic Agriculture Research
Research on Ag policy promoting health

Sections 7427, 7406, 7305, 7113

Susan L. Roberts, JD, MS, RD

THE FOOD & FARM BILL



Still Needed

More Fruit & Vegetable
Production

- Incentives
- No Penalties
- More Research
- More Gardens

THE FOOD & FARM BILL

Ideal Food System

- Provides a safe and nutritious food supply that promotes health
- Provides for all in society
- Food is grown in a manner that
protects health of producers
protects the environment
adds value to rural and urban communities
- Is sustainable into the future

OBESITY AGENDA

Child Nutrition & WIC Reauthorization

2009

OBESITY AGENDA

Recommendation

Improve school food by legislating national food and beverage standards for **all** food and beverages in schools based on:

- US Dietary Guidelines
- Production standards consistent with sustainable farming methods

OBESITY AGENDA

Recommendation

Increase funding to:

↑ Quantity and quality of fruits and vegetables in school food

↑ Universal school meals

↑ Fruit & vegetable snack program

↑ Student food & nutrition education

↑ Staff training

↑ Gardens in schools