

THE FIRST 1,000 DAYS NUTRITION: IMPROVING NUTRITION SECURITY FOR INFANTS AND TODDLERS IN COMMUNITIES OF COLOR

MARCH 16, 2023

WEBINAR RESOURCES

NACCHO

To view the comprehensive report for *Improving Infant and Young Child Nutrition During the First 1,000 Days in Communities of Color* and various culturally relevant nutrition materials, click [here](#).

To claim Continuing Education Credits (CPEUs 1.0) for viewing this webinar (live or recording), click [here](#).

The webinar recording can be found [here](#).

The slide deck to the webinar can be found [here](#).



- To view the *2021 National Partner Convening*, click [here](#).
- To view the *2021 Landscape Review* of existing early childhood nutrition community programs and resources, click [here](#).
- To view the *Continuity of Care in Breastfeeding Support: A Blueprint for Communities*, click [here](#).
- To join our *Early Childhood Nutrition Virtual Community*, click [here](#). To view instructions to create a MyNACCHO account, click [here](#).
- For more information, contact breastfeeding@naccho.org.

1,000 DAYS ORGANIZATION

- The American Journal of Public Health released a special issue dedicated to the First 1,000 days Nutrition. To view the special issue, click [here](#).
- To learn more about 1,000 Days, visit their webpage [here](#).

ACADEMY OF NUTRITION AND DIETETICS

The Academy of Nutrition and Dietetics shines a light on the 50th anniversary of National Nutrition Month® by offering weekly messages, a social medial toolkit, and a video. To view the annual campaign and resources, click [here](#).

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AMERICAN ACADEMY OF PEDIATRICS (AAP)

- AAP provides Continuing Medical Education (CME) modules for providers (prevent obesity, early feeding, relationships, and the environment). View modules [here](#).
- To help pediatricians and other healthcare professionals engage families, infographics, videos, and social media assets were developed to increase awareness and knowledge about healthy living behaviors. To view these resources, click [here](#).
- "Finger Foods" poster informs caregivers on how to prepare fruits and vegetables to meet the age and ability needs of children. To view the poster, click [here](#).
- The "Eatable Alphabet" kitchen activity cards for children ages 2+ promote early nutrition awareness and expand food literacy in both English and Spanish. To view this resource, click [here](#).



ASSOCIATION OF STATE PUBLIC HEALTH NUTRITIONIST (ASPHN)

- ASPHN developed a CACFP Vegetable and Fruit Snack Menu to help providers more easily plan, prepare, and provide healthier, culturally appropriate snack options. View this menu [here](#).
- ASPHN developed a complementary feeding brief for East African immigrant families in the U.S. This brief provides nutrition professionals with information on complementary feeding and breastfeeding preferences observed in East African families. To view this brief, click [here](#).



BOSTON ORGANIZATION OF NUTRITIONIST & DIETICIANS OF COLOR (BOND)

A cookbook was developed to provide culturally relevant recipes for African American families. These recipes feature healthier twists on family-favorite recipes in African American communities. To view this cookbook, click [here](#).



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CHILDHOOD OBESITY INTERVENTION COST-EFFECTIVENESS STUDY (CHOICES)

CHOICES created a fact sheet on sugary drink consumption and recommendations to increase water intake for children. To view this fact sheet, click [here](#).



NO KID HUNGRY

No Kid Hungry worked closely with Martine and FRESHFarm to develop a toolkit to support the implementation of family councils in communities. To view the toolkit, click [here](#).

KIDS EAT IN COLOR

- Visit, [Kids Eat in Color - Kids Eat in Color](#), to get picky eating help, toddler and child nutrition courses, and recipes.
- Follow Jennifer Anderson, a registered dietitian, on Instagram [@kids.eat.in.color](#), to learn creative ways for picky eaters to eat fruits and vegetables.

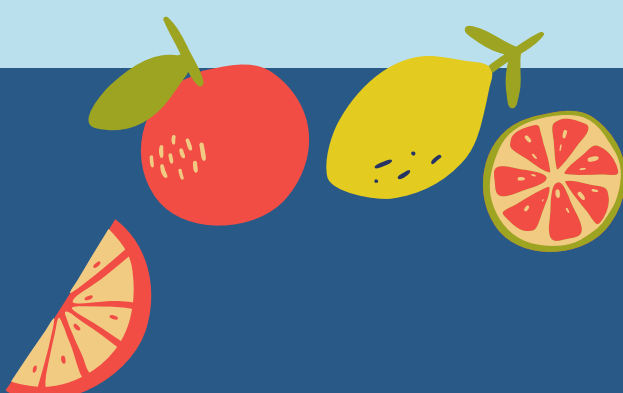
HEALTHY EATING RESEARCH

- Healthy Eating Research recently published recommendations related to what and how to feed young children. To view this publication, click [here](#).
- Healthy Eating Research launched an Instagram to share recommendations with parents and caregivers. To view the Instagram page, click [here](#).
- Feeding Guidelines for Infants and Young Toddlers - Tips for Families website featuring recommendations, tip sheets, and videos for parents and caregivers. View the resources [here](#).



PARTNERSHIPS FOR A HEALTHIER AMERICA

- Partnerships for a Healthier America developed patient education resources for clinicians to educate patients on feeding development during pregnancy and from 0-15 months. To view the handouts, click [here](#).
- Visit, [Veggies Early & Often](#), to learn more about Partnerships for a Healthier America's nutrition education campaign.



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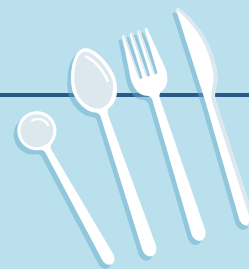
WEBINAR RESOURCES

PENN STATE BETTER KID CARE (BKC)

- BKC has partnered with Dipti Dev to develop online courses on EAT. To access the online courses, click [here](#).
- BKC offers online courses to educate ECE professionals on federal food programs to share with families in their care about benefits and how to access them. BKC also educates childcare professionals about CACFP. To view the course, click [here](#).
- BKC is currently working on a research project with UT School of Public Health. This project focuses on caregiver wellness, including a food access piece available through Brighter Bites, an organization bringing fresh produce to families in schools and ECE programs.

UCONN RUDD CENTER FOR FOOD POLICY AND HEALTH

- For more information on food marketing, click here: [Food Marketing | UConn Rudd Center for Food Policy and Health](#)
- To learn more information about food marketing related to baby and toddler populations, click here: [Baby & Toddler | UConn Rudd Center for Food Policy and Health](#)



UNITED STATES DEPARTMENT OF AGRICULTURE (USDA)

- The USDA included a chapter on nutrition for infants and toddlers in the 2020 - 2025 Dietary Guidelines for Americans. To view chapter 2 of the Dietary Guidelines, click [here](#).
- To learn more about nutrition security and USDA's actions on nutrition security, click [here](#).

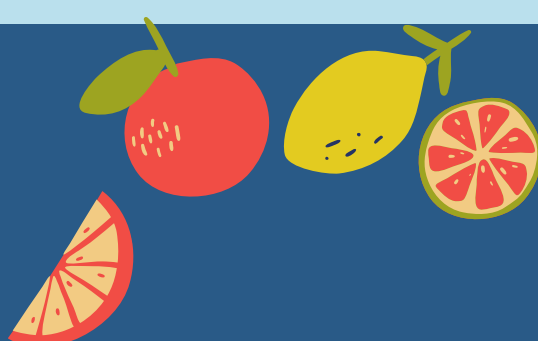


WHITE HOUSE NATIONAL STRATEGY ON HUNGER, NUTRITION, AND HEALTH

In September 2022, the Biden-Harris administration released a national strategy to help end hunger and increase healthy eating in the United States. To read about the call to action and the pillars outlined to reduce diet-related diseases and disparities, click [here](#).

ZERO TO THREE. STATE OF BABIES YEARBOOK: 2022

The State of Babies Yearbook: 2022 highlights social determinants of health for babies and families and provides public health practitioners with the economic and social resources available to all babies. To read the report, click [here](#).



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THE PREGNANCY AND BIRTH TO 24 MONTHS PROJECT: A SERIES OF SYSTEMATIC REVIEWS ON DIET AND HEALTH

This research article reviews the literature on diet and health for pregnant women, infants, and toddlers. Researchers found links between dietary intake during pregnancy, chest/breastfeeding, and complementary food introduction and health outcomes. To learn more, click [here](#).



HOUSEHOLD FOOD INSECURITY, BREASTFEEDING, AND RELATED FEEDING PRACTICES IN US INFANTS AND TODDLERS: RESULTS FROM NHANES 2009-2014

This research article explored the relationship between food insecurity, breastfeeding, and other related feeding practices among infants and toddlers in the United States. To learn more, click [here](#).



IMPROVING NUTRITION IN THE FIRST 1000 DAYS IN THE UNITED STATES: A FEDERAL PERSPECTIVE

This research article examines the state of nutrition in the first 1,000 days in the United States and opportunities for federal agencies to improve the health and well-being of mothers and children. To learn more, click [here](#).

COMPLEMENTARY FEEDING INTERVENTIONS FOR INFANTS AND YOUNG CHILDREN UNDER AGE 2 SCOPING OF PROMISING INTERVENTIONS TO IMPLEMENT AT THE COMMUNITY OR STATE-LEVEL | NATIONAL ACADEMIES

A committee was convened under the National Academies of Sciences, Engineering, and Medicine to conduct a scoping review on interventions to improve infant and young child feeding behaviors. To read more about the convening, click [here](#).

