

## Healthy Eating/Food Security

**About Technical Assistance Briefs.** The MCH Evidence Center provides ongoing technical assistance (TA) to Title V agencies related to the emerging evidence base, strategies, and measures related to many topics interconnected with National Performance Measures and other critical topics in MCH. *Technical Assistance Briefs* are an outcome of these TA sessions that are designed to act as *conversation starters* in thinking about programs that can be developed to address issues that affect women, infants, children, adolescents, youth, families, and communities. These briefs are not meant to be comprehensive; full analyses of the NPM topic areas are provided in [Evidence Analysis Reports](#).

The Center makes these customized briefs available during TA and on the program website to identify evidence-based/informed strategies, promising practices, examples of ESMs from the field and peer-reviewed resources. Please [contact us](#) if you would like us to develop a similar report for topics that you are working on.

**Initial Query for this Brief.** Identify measures and best practices around Healthy Eating/Food Security.

### Evidence-Based Strategy Measures

**ESM: Program Integration.** These ESMs have been chosen by other states. You can review the ESMs to see if any resonate with your goals. Evidence Center staff are available to talk through how you could modify select ESMs to serve your needs.

State	ESMs
FL	ESM 8.1.1 The cumulative total of Florida school districts that have ever been awarded the evidence-based Florida Healthy School District recognition.
ID	ESM 8.1.1 Number of child care professionals trained on healthy behaviors for young children and creating health environments with focus on nutrition and physical activity.
KY	ESM 8.1.1 Number of early care and education professionals or providers completing training modules on nutrition, physical activity, or other obesity related opportunities.
KY	ESM 8.2.1 Number of districts receiving training or technical assistance for strategies to create a healthy school nutrition environment, or evaluation of recess and multi-component education policies.
NY	ESM 8.1.1 Percent of children and youth enrolled in School Based Health Centers (SBHCs) who have documentation of anticipatory guidance that includes physical activity and nutrition during a visit to a SBHC within the past year.
TN	ESM 8.1.7 Percent of eligible venues offering the Double Up Food Bucks Program

### Evidence-Based Strategies – What Works for Health

The following programs have been identified as effective models related to Healthy Eating/Food Security

<b>Title</b>	<b>Link</b>	<b>Category</b>
<b>Multi-component school-based obesity prevention interventions</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/multi-component-school-based-obesity-prevention-interventions">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/multi-component-school-based-obesity-prevention-interventions</a>	Scientifically Supported
<b>School fruit &amp; vegetable gardens</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/school-fruit-vegetable-gardens">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/school-fruit-vegetable-gardens</a>	Scientifically Supported
<b>Nutrition and physical activity interventions in preschool &amp; childcare</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/nutrition-and-physical-activity-interventions-in-preschool-child-care">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/nutrition-and-physical-activity-interventions-in-preschool-child-care</a>	Scientifically Supported
<b>School breakfast programs</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/school-breakfast-programs">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/school-breakfast-programs</a>	Scientifically Supported
<b>Point-of-purchase prompts for healthy foods</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/point-of-purchase-prompts-for-healthy-foods">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/point-of-purchase-prompts-for-healthy-foods</a>	Some Evidence
<b>Child-focused advertising restrictions for unhealthy foods &amp; beverages</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/child-focused-advertising-restrictions-for-unhealthy-foods-beverages">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/child-focused-advertising-restrictions-for-unhealthy-foods-beverages</a>	Some Evidence
<b>Healthy school lunch initiatives</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/healthy-school-lunch-initiatives">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/healthy-school-lunch-initiatives</a>	Some Evidence
<b>School food &amp; beverage restrictions</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/school-food-beverage-restrictions">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/school-food-beverage-restrictions</a>	Some Evidence
<b>Nutrition prescriptions</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/nutrition-prescriptions">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/nutrition-prescriptions</a>	Expert Opinion
<b>Zoning regulations for fast food</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/zoning-regulations-for-fast-food">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/zoning-regulations-for-fast-food</a>	Expert Opinion
<b>Fruit &amp; vegetable gleaning initiatives</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/fruit-vegetable-gleaning-initiatives">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/fruit-vegetable-gleaning-initiatives</a>	Expert Opinion

## **Evidence-Based Strategies – Innovation Hub**

The following programs have been identified as effective models related to Healthy Eating/Food Security

<b>Title</b>	<b>Link</b>	<b>Category</b>
<b>The Empower Program</b>	<a href="https://amchp.org/wp-content/uploads/2021/05/The-Empower-Program_Practice-Handout_Best.pdf">https://amchp.org/wp-content/uploads/2021/05/The-Empower-Program_Practice-Handout_Best.pdf</a>	Best

<b>Get Healthy Together</b>	<a href="https://amchp.org/wp-content/uploads/2021/05/Get-Healthy-Together_2015.pdf">https://amchp.org/wp-content/uploads/2021/05/Get-Healthy-Together_2015.pdf</a>	Promising
<b>Women Together for Health</b>	<a href="https://amchp.org/wp-content/uploads/2021/05/Women-Together-for-Health_2015.pdf">https://amchp.org/wp-content/uploads/2021/05/Women-Together-for-Health_2015.pdf</a>	Emerging

**Healthy Eating/Food Security: Technical Assistance Brief**

Last Updated: June, 2022

Access other resources at <https://www.mchevidence.org>

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U02MC31613, Strengthen the Evidence for Maternal and Child Health Programs, \$3.5 M. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.