Community Nutrition Programs

Department of Population, Family and Reproductive Health
Noon Hour Seminar
September 16, 2015
Scope of Program

- Community Nutrition
- Supplemental Feeding Programs
- Breastfeeding promotion
- Peer Counselling
- Obesity
- Maternal Nutrition
- Post Partum Weight Retention
- Schools Feeding Programs
- Nutrition Education
- Healthy Food Choices
- Food Preparation
- Shopping Choices
- SNAP
- Food Deserts
- Early Life Origins of Adult Disease
- Chronic Disease and Dietary Patterns
Collaboration and Partnerships

Center for Adolescent Health
Center for Human Nutrition
JHH Department of Pediatrics
JHH Department of Obstetrics & Gynecology
Johns Hopkins Bayview Medical Center
Morgan State University
Baltimore City Health Department
Baltimore Food Policy Advisory Committee
Maryland Dept. Health & Mental Hygiene
Family League of Baltimore
Food Bank for New York City
NYC Dept. of Education
Share our Strength
National WIC Association
CDC
MCHB
UCLA
University of Maryland
MD American Academy of Pediatrics
MD Academy of Nutrition & Dietetics
Current Programs/ Projects

Supplemental Nutrition Program (WIC)
Obesity/Post-partum Weight retention
Community Nutrition Partnerships to Reduce Chronic Disease
Breast Feeding Peer Counselors
School Lunch Selection/ Environment
Virtual Shopping tours
Cooking Matters
The WIC Program

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is funded by the United States Department of Agriculture (USDA)

Provides
- Healthy Supplemental Foods
- Nutrition assessment and education
- Referrals to health and other social services to participants

The prototype for the National WIC Program was designed and piloted at this School and adopted nationally by Congress in 1974
Johns Hopkins WIC Program

Promotes the health and nutritional well being of low-income pregnant, postpartum and breastfeeding women, infants and children under five years of age living in Baltimore through practice, research and community engagement.
Program serves over 10,000 Pregnant, breast feeding and post partum women, infants and children up to age five

Operates in twelve sites, Head Start, Shelters for the homeless and domestically abused women and children in Baltimore

Over 75% of all infants participate in the program

Peer counselors provide supportive services to breast feeding women
Integrating obstetrical care and WIC to address maternal obesity and postpartum weight retention

- **Primary Goal:** obese women (BMI >30) return to pre-pregnancy weight within 6 months of delivery

- **Collaborating Partners:** Hopkins Hospital Outpatient Center, Nutrition in Pregnancy Clinic

- **Design (Randomized Clinical Trial):** randomized to receive standard service of care or enrolled in a targeted program to promote weight loss (WICNIP)

- **Methodology:** within 24 hours of delivery all participants received WIC standard of care
  - WICNIP groups received targeted periodic: weight loss counseling, postnatal nutrition education, exercise instruction, and family health and nutrition information. They also received timed text messages reinforcing and expanding on above and social media engagement.

- **Data:**
  - OBGYN clinic (standard prenatal care assessments, weight and nutrition history)
  - JHU WIC Clinic (demographics, anthropometrics, health status, and nutrition history)
Community Partnerships to Reduce Chronic Disease

**CDC/National WIC Association Grant**
Increase access to healthy foods and beverages thereby reducing obesity and chronic disease risk.

**Components**
- Needs Assessment of Baltimore City
- Coalition Building: Baltimore Food PAC
  - network of Baltimore City community partners
  - health organizations; social service agencies; advocacy groups; faith based entities; breastfeeding consortia and educational institutions.
- Community Action Plan
  - A multi-pronged effort to maximize healthy food choice, increase fresh food purchases, improve health education and coordinate efforts between agencies serving the Baltimore WIC population.
Share our Strength: Cooking Matters at the Store

Mission: Empower low income families with the skills to stretch their food budgets and cook nutritious meals for their families.

In JHU WIC clinics:
• Nutrition education for low-income mothers (in English and Spanish)
• Pop-up grocery store tour
• Focus: Identifying WIC foods and whole grains, comparing unit prices, reading nutrition labels, buying seasonal produce

At Community Events:
• Similar focus but aimed at all community members
*CookShop*

**What is CookShop?**

- CookShop teaches nutrition information and cooking skills.
- New York City Public Schools
- Implemented by the Food Bank for New York City.

**Cafeteria Observations**

- Cafeteria Observation
  - 10 public elementary schools in New York City
  - 274 Kindergarten-2nd grade students
  - Digital Data Collection using iPad
  - Selection
  - Consumption
  - Cafeteria environment
  - School nutrition policies

- Kristin Mmari, Principal Investigator
PFRH Community Nutrition Program
THE TEAM

Faculty and Senior Staff
Aderonke Adegbite
Marycatherine Augustyn
Patricia Bell Waddy
Anna Bondy
Dina Gorlin
Susan Gross
Linda Kelly
Maureen Nathanson
David M. Paige
Claudette Welch
Erin Wicks
Jasina Wise

Clinic Staff
Lashawn Darian
Annette Duval
Yadira Foley
Lauren Forte
Ali Foster
Tara James
Brenda Nock
Jennifer Poynot
Dawnetta Robinson
Deborah Robinson
Rhonda Wicks
Shannon Winston
## Student Team
### Current/Recent

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Khrysta Baig</td>
<td>Laina Gagliardi</td>
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<td>Poongothai Belaji</td>
<td>Danielle Gilbert</td>
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<td>Amanda Belknap</td>
<td>Matthew Goldshore</td>
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<td>Erin Biehl</td>
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<td>Anna Bondy (current WIC Staff)</td>
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<td>Stephanie Brown</td>
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<td>Stephany Gabaud</td>
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Student Opportunities and Internships

• Project Evaluation
• Community engagement
• Participant and Community nutrition education
• Study tool development
• Study participant recruitment
• Data collection
• Data Analysis
• Assist with manuscript development
For more Information

- Please contact
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  - Marycatherine Augustyn – maugust1@jhu.edu
  - David Paige – dpaige@jhu.edu
Selected Publications


Selected Publications Continued


