

CSD Food Policy Resource – Source Notes

Introduction

The Union of Concerned Scientists puts rigorous, independent science to work to advance the goal of healthy food and farms. Learn more at www.ucsusa.org/food_and_agriculture/what_you_can_do/.

The following citations are organized sequentially according to where they are referenced in the toolkit.

Leading causes of death:

National Center for Chronic Disease Prevention. 2014. *Chronic disease prevention and health promotion*. Atlanta, GA: Centers for Disease Control and Prevention. Online at www.cdc.gov/chronicdisease/overview/index.htm, accessed July 31, 2014.

Section I: Navigating Healthy Food Access, Information, and Affordability

Development and operation of new grocery stores:

Califano, C., K. Gross, L. Loethen, S. Haag, and I. Goldstein. 2012. *Searching for markets: The geography of inequitable access to healthy and affordable food in the United States*. Philadelphia, PA: Policy Solutions at The Reinvestment Fund. Online at www.trfund.com/wp-content/uploads/2013/07/SearchingForMarketsFullReport.pdf, accessed August 18, 2014.

...disparities in what food items are sold:

Larson, N.I., M.T. Story, and M.C. Nelson. 2009. Neighborhood environments: Disparities in access to healthy foods in the U.S. *American Journal of Preventive Medicine* 36(1):74–81. www.sciencedirect.com/science/article/pii/S0749379708008386 (subscription required)

Bell, J., G. Mora, E. Hagan, V. Rubin, and A. Karpyn. 2013. *Access to healthy food and why it matters: A review of the research*. Oakland, CA: PolicyLink. Online at http://policylink.org/sites/default/files/GROCERYGAP_FINAL_NOV2013.pdf, accessed August 27, 2014.

Pennsylvania Fresh Food Financing Initiative:

Giang, T., A. Karpyn, H. Burton Laurison, A. Hillier, and R.D. Perry. 2008. Closing the grocery gap in underserved communities: The creation of the Pennsylvania Fresh Food Financing Initiative. *Journal of Public Health Management Practice* 14(3):272–279. Online at http://community-wealth.org/_pdfs/articles-publications/state-local-new/article-giang-et-al.pdf, accessed August 27, 2014.

Learn more about the research that investigated whether living closer to food retail that regularly stocks fresh, affordable food is associated with a reduced risk for diet-related disease in *Access to healthy food and why it matters: A review of the research* referenced above.

Scaled up to the federal level: To learn more about how the Healthy Food Financing Initiative became a part of the 2014 farm bill, check out the organizing efforts of The Food Trust, PolicyLink, and the Reinvestment Fund here: <http://healthyfoodaccess.org/policy-efforts-and-impacts/federal>.

...regulated by the Food and Drug Administration: For more information on Food and Drug Administration's regulation of food labels as well as efforts to update them, go here: www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm.

CSD Food Policy Resource – Source Notes

Voluntary, unregulated labeling schemes: Most notable of the schemes is the Grocery Manufacturing Association’s Facts Up Front (<http://factsupfront.org/>). To learn about industry tactics to mislead consumers on nutrition facts, check out this Union of Concerned Scientists (UCS) blog post that speaks specifically to Facts Up Front (<http://blog.ucsusa.org/fed-up-about-food-new-film-highlights-concerns-around-sugar-science-and-democracy-529>). The UCS report *Sugar Coating Science* (www.ucsusa.org/center-for-science-and-democracy/sugar-coating-science.html) discusses industry efforts to mislead consumers on sugar, and the UCS report *Added Sugar, Subtracted Science* (www.ucsusa.org/center-for-science-and-democracy/sugar-industry-undermines-public-health-policy.html) reveals how industry obfuscates the science behind the harms of added sugar. Both reports stress the importance of stronger regulation to help protect public health.

Role that some subsidies, market deregulation, and inadequate funding...:

Food and Water Watch and the Public Health Institute. 2011. *Do farm subsidies cause obesity? Dispelling common myths about public health and the farm bill*. Oakland, CA. Online at http://documents.foodandwaterwatch.org/doc/DoFarmSubsidiesCauseObesity.pdf#_ga=1.215801815.1592772005.1406228342, accessed August 27, 2014.

Union of Concerned Scientists. 2012. *Unhealthy food policy*. Cambridge, MA. Online at www.ucsusa.org/food_and_agriculture/our-failing-food-system/unhealthy-food-policy, accessed August 27, 2014.

Supporting viable production of healthy food:

O’Hara, J.K. 2011. *Market forces: Creating jobs through public investment in local and regional food systems*. Cambridge, MA: Union of Concerned Scientists. Online at www.ucsusa.org/assets/documents/food_and_agriculture/market-forces-report.pdf, accessed August 27, 2014.

O’Hara, J.K. 2013. *The \$11 trillion reward: How simple dietary changes can save lives and money, and how we get there*. Cambridge, MA: Union of Concerned Scientists. Online at www.ucsusa.org/assets/documents/food_and_agriculture/11-trillion-reward.pdf, accessed August 27, 2014.

\$680 billion on food in restaurants:

Economic Research Service. 2013. *Food and alcoholic beverages: Total expenditures table*. Washington, DC: United States Department of Agriculture. Online at www.ers.usda.gov/data-products/food-expenditures.aspx#U-qNaKPwqjE, accessed August 12, 2014.

Research has shown a connection between eating out:

Story, M., K.M. Kaphingst, R. Robinson-O’Brien, and K. Glanz. 2008. *Creating healthy food and eating environments: Policy and environmental approaches*. *Annual Review of Public Health* 29:253–272. Online at www.annualreviews.org/doi/pdf/10.1146/annurev.publhealth.29.020907.090926, accessed August 27, 2014.

Fast food restaurants are often more numerous:

Fleischhacker, S.E., K.R. Evenson, D.A. Rodriguez, and A.S. Ammerman. 2011. *A systematic review of fast food access studies*. *Obesity Reviews* 12(5):e460–e471. DOI: 10.1111/j.1467-789X.2010.00715.x. Online at <http://onlinelibrary.wiley.com/doi/10.1111/j.1467-789X.2010.00715.x/full>, accessed August 12, 2014.

CSD Food Policy Resource – Source Notes

Menu-labeling legislation:

Davis, W.N. 2009. Biting back at obesity. *American Bar Association Journal* 95(8):17–18. Online at www.abajournal.com/magazine/article/biting_back_at_obesity, accessed July 13, 2014.

New York City Board of Health. 2006. *Calorie labeling amendment*. § 81.50 of the N.Y. City Health Code, Article 81. December 5. Online at www.nyc.gov/html/doh/downloads/pdf/public/notice-adoption-hc-art81-50.pdf, accessed July 14, 2014.

Research commissioned by the FDA:

Keystone Center. 2006. *The keystone forum on away-from-home foods: Opportunities for preventing weight gain and obesity*. Washington, DC: Keystone Center. Online at https://keystone.org/images/keystone-center/spp-documents/2011/Forum_on_Away-From-Home_Foods/forum_report_final_5-30-06.pdf, accessed July 13, 2014.

31.7 million students participated:

USDA Food and Nutrition Service. 2013. Child nutrition tables. Online at www.fns.usda.gov/pd/child-nutrition-tables, accessed July 18, 2014.

A strong debate:

Hamburger, T. 2014. Michelle Obama's school lunch agenda faces backlash from some school nutrition officials. *Washington Post*, May 30. Online at www.washingtonpost.com/politics/michelle-obamas-school-lunch-agenda-faces-backlash-from-some-school-nutrition-officials/2014/05/29/6a8e4af6-e744-11e3-afc6-a1dd9407abcf_story.html, accessed July 25, 2014.

Aubrey, A., and J. Pupovac. 2014. School lunch debate: What's at stake? National Public Radio Salt Blog, June 11. Online at www.npr.org/blogs/thesalt/2014/06/11/320882341/school-lunch-debate-whats-at-stake, accessed July 25, 2014.

Ferguson, E. 2014. Debate over school lunch nutrition standards delays agriculture spending bill. *CQ Roll Call*, July 11. Online at www.rollcall.com/news/debate_over_school_lunch_nutrition_standards_delays_agriculture_spending-234686-1.html, accessed July 25, 2014.

More than 90 percent are in compliance:

Office of Communications. 2014. Statement from agriculture secretary Tom Vilsack on house appropriations bill that would provide students with less healthy food. *USDA Office of Communications Bulletin*. May 19. Online at <http://content.govdelivery.com/accounts/USDAOC/bulletins/b8f34f>, accessed August 11, 2014.

USDA Food and Nutrition Service. 2013. Certification of compliance with meal requirements for the national school lunch program under the Healthy, Hunger-free Kids Act of 2010. *Federal Register* 79(2):335. Online at www.fns.usda.gov/sites/default/files/2013-341030P.pdf, accessed August 14, 2014.

Nationally representative surveys:

Turner, L., and F. Chaloupka. 2014. Perceived reactions of elementary school students to changes in school lunches after implementation of the United States Department of Agriculture's new meals standards: Minimal backlash, but rural and socioeconomic disparities exist. *Childhood Obesity* 10(4):349–356. Online at <http://online.liebertpub.com/doi/pdfplus/10.1089/chi.2014.0038>, accessed August 27, 2014.

CSD Food Policy Resource – Source Notes

Terry-McElrath, Y.M., and L. Turner. 2014. *Student reactions during the first year of updated school lunch nutrition standards*. Ann Arbor, MI: Bridging the Gap Research. Online at www.bridgingthegapresearch.org/_asset/h6l9/BTG_student_opinions_school_lunch_Jul_14.pdf, accessed August 5, 2014.

Healthy eating is a crucial part of living a healthy life:

U.S. Department of Agriculture and U.S. Department of Health and Human Services. 2010. *Dietary guidelines for Americans*. 7th ed. Washington, DC: U.S. Government Printing Office. Online at www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf, accessed August 1, 2014.

In 2013 more than 46.7 million people received support:

USDA Food and Nutrition Service. 2014. Supplemental Nutrition Assistance Program (SNAP): National level annual summary. Online at www.fns.usda.gov/pd/supplemental-nutrition-assistance-program-snap, accessed July 18, 2014.

8.9 million mothers and children also received support:

USDA Food and Nutrition Service. 2014. WIC Program: National level annual summary. Online at www.fns.usda.gov/pd/wic-program, accessed July 18, 2014.

Despite these targeted efforts:

Leung, C.W., E.E. Hoffnagle, A.C. Lindsay, H.E. Lofink, V.A. Hoffman, S. Turrell, W.C. Willett, and S.J. Blumenthal. 2013. A qualitative study of diverse experts' views about barriers and strategies to improve the diets and health of supplemental nutrition assistance program (SNAP) beneficiaries. *Journal of the Academy of Nutrition and Dietetics* 113(1): 70–76. Online at www.ncbi.nlm.nih.gov/pmc/articles/PMC3548568, accessed August 4, 2014.

Though research findings are mixed: Whether or not a healthy diet is more expensive than an unhealthy diet is a source of constant debate. Economists at the USDA Economic Research Service published research that used three different methods of comparing food costs and determined that healthy food is not more expensive than unhealthy food. The same researchers also researched and challenged the association between low income and low-quality diet, concluding that healthy food needs to be promoted more effectively and less focus needs to be placed on addressing food cost.

Carlson, A., and E. Frazão. 2012. Are healthy foods really more expensive? It depends on how you measure the price. *Economic Information Bulletin* 96. Washington, DC: United States Department of Agriculture Economic Research Service Online at www.ers.usda.gov/media/600474/eib96_1_.pdf, accessed August 27, 2014.

Carlson, A., and E. Frazão. 2014. Food costs, diet quality and energy balance in the United States. *Physiology and Behavior* 134:20–31. Online at www.sciencedirect.com/science/article/pii/S0031938414001358, accessed August 27, 2014.

Other researchers disagree, as their systematic review and meta-analysis determined that a healthier diet is more expensive at approximately \$1.50 more per day per person. This would be a large barrier for low-income families with multiple members.

Rao, M., A. Afshin, G. Singh, and D. Mozaffarian. 2013. Do healthier foods and diet patterns cost more than less healthy options? A systematic review and meta-analysis. *British Medical Journal Open* 3(12):1-

CSD Food Policy Resource – Source Notes

16. 3:e004277. DOI:10.1136/bmjopen-2013-004277. Online at <http://bmjopen.bmj.com/content/3/12/e004277.full>, accessed July 24, 2014.

Cost remains a prevalent barrier:

Eikenberry, N., and C. Smith. 2004. Healthful eating: Perceptions, motivations, barriers, and promoters in low-income Minnesota communities. *Journal of the American Dietetic Association* 104(7):1158–1161. Online at www.sciencedirect.com/science/article/pii/S0002822304005681, accessed August 27, 2014. (subscription required)

Baruth, M., P.A. Sharpe, D. Parra-Medina, and S. Wilcox. 2014. Perceived barriers to exercise and healthy eating among women from disadvantaged neighborhoods: Results from a focus groups assessment. *Women and Health* 54(4):336–353. Online at www.tandfonline.com/doi/abs/10.1080/03630242.2014.896443?url_ver=Z39.88-2003&rft_id=ori:rid:crossref.org&rft_dat=cr_pub%3dpubmed#.U-5TeaMQOJE, accessed August 27, 2014. (subscription required)

Chang, M.W., S. Nitzke, E. Guilford, C.H. Adair, and D.L. Hazard. 2008. Motivators and barriers to healthful eating and physical activity among low-income overweight and obese mothers. *Journal of the American Dietetic Association* 108(6):1023–1028. Online at www.sciencedirect.com/science/article/pii/S0002822308003131, accessed August 27, 2014. (subscription required)

USDA Healthy Incentives Pilot Program:

USDA Food and Nutrition Service. 2014. HIP: Healthy incentives pilot. Online at www.fns.usda.gov/hip/healthy-incentives-pilot, accessed July 29, 2014.

Klerman, J.A., S. Bartlett, P. Wilde, and L. Olsho. 2014. The short-run impact of the healthy incentives pilot program on fruit and vegetable intake. *American Journal of Agricultural Economics*. First published online May 15, 2014. DOI:10.1093/ajae/aau023. Online at <http://ajae.oxfordjournals.org/content/early/2014/05/20/ajae.aau023.full.pdf+html>, accessed August 27, 2014.

Section II: Identifying Policies that Affect Access to Healthy Food

Food policy councils:

Harper, A., A. Shattuck, E. Holt-Gimenez, A. Alkon, and F. Lambrick. 2009. *Food policy councils: Lessons learned*. Oakland, CA: Food First Institute for Food and Development Policy. Online at http://commprojects.jhsph.edu/communications/idFive/mod_clfResource/files/downloads/Food%20Policy%20Councils%20Lessons%20Learned.pdf, accessed August 27, 2014.

Scherb, A., A. Palmer, S. Frattaroli, and K. Pollack. 2012. Exploring food system policy: A survey of food policy councils in the United States. *Journal of Agriculture, Food Systems and Community Development* 2(4):3–14. Online at www.agdevjournal.com/component/content/article/111-open-call-papers/277-survey-of-food-policy-councils-in-us.html, accessed August 27, 2014. (subscription required)

Policy tools to impact food in your community:

Centers for Disease Control and Prevention. 2011. *Improving the food environment through nutrition standards: A guide for government procurement*. Washington, DC, and Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic

CSD Food Policy Resource – Source Notes

Disease Prevention, and Health Promotion Division for Heart Disease and Stroke Prevention. Online at www.cdc.gov/salt/pdfs/dhdsp_procurement_guide.pdf, accessed August 12, 2014.

DiLisio, C. 2011. *Food policy councils: Helping local, regional and state governments address food system challenges*. Chicago, IL: American Planning Association. Online at www.planning.org/nationalcenters/health/briefingpapers/pdf/foodcouncils.pdf, accessed August 27, 2014.

Ferris, S. 2014. Nation's first soda tax could come to Berkeley. *Washington Post*, July 3. Online at www.washingtonpost.com/blogs/govbeat/wp/2014/07/03/nations-first-soda-tax-could-come-to-berkeley/, accessed July 25, 2014.

Muller, M., A. Tagtow, S.L. Roberts, and E. MacDougall. 2009. Aligning food systems policies to advance public health. *Journal of Hunger and Environmental Nutrition* 4(3-4):225–240. Online at www.tandfonline.com/doi/abs/10.1080/19320240903321193#.U-5YG6MQOjE, accessed August 27, 2014.

Neuner, K., S. Kelly, and S. Raja. 2011. *Planning to eat?: Innovative local government plans and policies to build healthy food systems in the United States*. Buffalo, NY: Food Systems Planning and Healthy Communities Lab, SUNY—Buffalo. Online at <http://foodsystemsplanning.ap.buffalo.edu/wp-content/uploads/2012/08/planningtoeat5.pdf>, accessed August 27, 2014.

The Food Trust. 2004. *Healthy Beverage Toolkit*. Philadelphia, PA. Online at http://thefoodtrust.org/uploads/media_items/beverage-policy-toolkit.original.pdf, accessed August 27, 2014.

Wilde, P. 2013. *Food policy in the United States: An introduction*. New York, NY: Routledge.

Winne, M. 2008. *Closing the food gap: Resetting the table in the land of plenty*. Boston, MA: Beacon Press.

Harrison County, Mississippi, comprehensive plan:

The Ohio State University and Knowlton School of Architecture. 2008. *2030 Harrison county comprehensive plan: Moving into the future, while learning from the past*. Columbus, OH: Ohio State University. Online at <http://knowlton.osu.edu/sites/default/files/sites/default/files/docs/464.pdf>, accessed August 12, 2014.

Industrial trans-fat ordinance of the Healthy Cleveland Initiative:

Cleveland v. State. 2013-Ohio-1186.

Council of the City of Cleveland. 2011. *Res. No. 257-11*. The City Record, April 6.

Council of the City of Cleveland. 2011. *Ord. No. 474-11*. The City Record, May 4.

The city of Los Angeles...:

Los Angeles city council. 2008. Ordinance no. 180103: Fast food interim control ordinance. *Los Angeles Municipal Code*, July 29. Online at http://cityplanning.lacity.org/Code_Studies/Misc/FastFoodInterim.pdf, accessed August 27, 2014.

CSD Food Policy Resource – Source Notes

City of Boston increases local food access:

Boston Redevelopment Authority. 2014. *Article 89 made easy: Urban agriculture zoning for the city of Boston*. Boston, MA. Online at www.cityofboston.gov/images_documents/usersguide_july-1_tcm3-45895.pdf, accessed July 11, 2014.

Boston Redevelopment Authority. 2014. Urban Agriculture Rezoning Initiative. Online at www.bostonredevelopmentauthority.org/planning/planning-initiatives/urban-agriculture-rezoning, accessed July 11, 2014.

Changing permitting to ease farmers market establishment:

Institute for Agriculture and Trade Policy. 2014. Mini markets. Minneapolis, MN. Online at www.iatp.org/issue/mini-markets, accessed July 17, 2014.

Federal standards help guide food purchasing:

Centers for Disease Control and Prevention. 2011. *Improving the food environment through nutrition standards: A guide for government procurement*. Atlanta, GA. Online at www.cdc.gov/salt/pdfs/dhdsp_procurement_guide.pdf, accessed August 27, 2014.

Gardner, C.D., L.P. Whitsel, A.N. Thorndike, M.W. Marrow, J.J. Otten, G.D. Foster, J.S. Carson, and R.K. Johnson. 2014. Food-and-beverage environment and procurement policies for healthier work environments. *Nutrition Reviews* 72(6):390–410. Online at <http://onlinelibrary.wiley.com/doi/10.1111/nure.12116/abstract>, accessed August 27, 2014. *(subscription required)*

Good food purchasing pledge:

Delwiche, A., C. McKinney, L. Day Farnsworth, S. Pratch, and M. Bailkey. 2014. *The good food purchasing pledge: A case study evaluation and year one progress update*. Madison, WI: Community and Regional Food Systems Project, University of Wisconsin-Madison. Online at www.community-food.org/wp-content/uploads/2014/06/Good-Food-Purchasing-Policy_Final_0614.pdf, accessed August 27, 2014.

Lawrence, Kansas, Department of Parks and Recreation’s healthy concessions policy:

City of Lawrence Parks and Recreation. 2014. *Making it count: LPRD helps to gain complete wellness*. Lawrence, KS. Online at www.lawrenceks.org/assets/lprd/winter-spring/14/winter-spring2014.pdf, accessed August 27, 2014.

Lawhorn, C. 2013. Parks and recreation plans healthier foods at city-owned concession stands. *Lawrence Journal-World*, September 12. Online at www2.ljworld.com/news/2013/sep/12/parks-and-recreation-department-crafting-policy-re, accessed August 27, 2014.

Tilden, C. 2014. *Efforts to provide healthier food choices gaining momentum locally, statewide*. Lawrence, KS: LiveWell Lawrence. Online at www.livewelllawrence.org/efforts-to-provide-healthier-food-choices-gaining-momentum-locally-statewide, accessed July 8, 2014.

Section III: Recognizing Who Makes the Decisions

Exploring food policy at each level of government:

Broad Lieb, E.M. 2012. *Good laws, good food: Putting local food policy to work for our communities*. Boston, MA: Harvard Food Law and Policy Clinic. Online at

CSD Food Policy Resource – Source Notes

<http://blogs.law.harvard.edu/foodpolicyinitiative/files/2011/09/FINAL-LOCAL-TOOLKIT2.pdf>, accessed June 12, 2014.

Broad Lieb, E.M., and A. Condra. 2012. *Good laws, good food: Putting state food policy to work for our communities*. Boston, MA: Harvard Food Law and Policy Clinic. Online at <http://blogs.law.harvard.edu/foodpolicyinitiative/files/2012/12/FINAL-full-state-toolkit.pdf>, accessed June 12, 2014.

Although no waivers have been granted: For more information about waivers and the SNAP program, check out the USDA SNAP waiver database at www.fns.usda.gov/snap/waivers-rules. For information on applications for waivers to test healthy food initiatives within SNAP, go to www.snaptohealth.org/snap-innovations/snap-and-restrictions.

Promising policy changes:

Aussenberg, R.A. 2014. SNAP and related nutrition provisions of the 2014 farm bill (P.L. 113-79). Washington, DC: Congressional Research Service. Online at <http://nationalaglawcenter.org/wp-content/uploads/assets/crs/R43332.pdf>, accessed July 28, 2014.

Minnesota food charter:

Minnesota Food Charter. 2014. About the Minnesota food charter. Online at <http://mnfoodcharter.com/about>, accessed July 10, 2014.

Section IV: Building Relationships to Strengthen Food Policy Efforts

Collaboration for farmers market success:

Gans, S. 2011. *Red tape, green vegetables: A plan to improve New York City's regulations for community-based farmers markets*. New York, NY: Office of the Manhattan Borough President.

Katz, N. 2013. Nutritionally, a tale of two cities. *New York Daily News*, December 30. Online at www.nydailynews.com/opinion/nutritionally-tale-cities-article-1.1559911, accessed August 8, 2014.