

# California Health in All Policies Task Force: Food Procurement

Changing the Menu: Strategies for Healthy Eating and Sodium  
Reduction in California

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Public Health Institute in partnership with California Department of Public Health, Office of Health Equity



# Overview

- Overview of Health in All Policies (HiAP) and California HiAP Task Force
- HiAP Focus on Healthy Food
- HiAP Food Procurement Work Group
- Nutrition Guidelines



*“It is unreasonable to expect that people will change their behavior easily when so many forces in the social, cultural, and physical environment conspire against such change.”*

*Institute of Medicine*





# California Health In All Policies Task Force



## Process:

- Consensus decision-making
- Focus on co-benefits
- Facilitated by California Department of Public Health, in partnership with Public Health Institute



# HiAP Task Force: Healthy Food

**Aspirational Goal:** Every California resident has access to healthy, affordable foods at school, at work, and in their neighborhoods.

## Recommendations:

1. Farm to Fork
2. Healthy government food procurement



# Multi-Agency Food Procurement Work Group

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## California Departments of...

- Corrections and Rehabilitation (CDCR)
- General Services (DGS)
- Aging
- Rehabilitation
- Public Health (CDPH)
- Education (CDE)
- Food and Agriculture (CDFA)
- Developmental Services
- Veterans Affairs



# Multi-Agency Food Procurement Work Group



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# Nutrition Guidelines for Food Procurement and Service in Adult California Correctional Facilities

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## **CEREALS AND GRAINS (excluding bread)**

- Aim for  $\leq 230$  mg sodium/serving in cereal and pasta offerings.

## **BREAD**

- Aim for loaf bread to contain 140 mg of sodium per 1 ounce serving.

## **DAIRY/YOGURT/CHEESE/FLUID MILK**

- Aim for  $\leq 230$  mg sodium/serving of processed and imitation cheeses.

## **PROTEIN FOODS**

- Aim for  $< 290$  mg sodium/serving in pouched or frozen seafood.

## **OTHER CONSIDERATIONS**

- Aim for  $< 800$  mg of sodium/serving in mixed dishes containing cheese.



# Outcomes

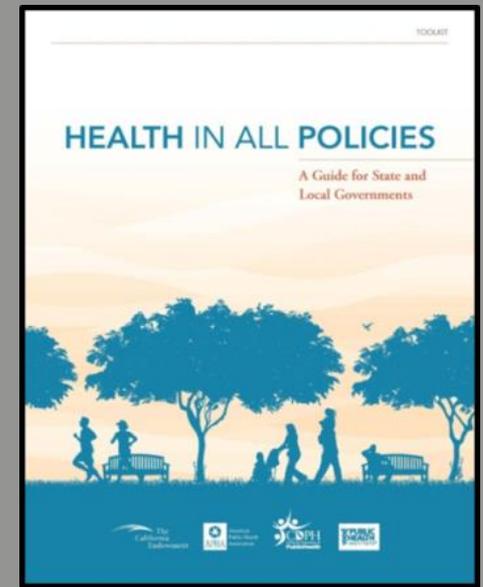
- Healthier food offerings
- Strengthened relationships
- Use of nutritional guidelines by other entities



# For more information

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HiAP Task Force website

[http://sgc.ca.gov/s\\_hiap.php](http://sgc.ca.gov/s_hiap.php)

Health in All Policies:

A Guide for State and Local Governments

<http://www.phi.org/resources/?resource=hiapguide>

