



Local Health Department

# News Bulletin



Wednesday, 07/29/2020

## California Department of Public Health, CalFresh Healthy Living COVID-19 Frequently Asked Questions

The [California Department of Public Health, CalFresh Healthy Living \(CDPH, CFHL\) COVID-19 Frequently Asked Questions \(FAQ\)](#) resource document is now available for use on the [CDPH, NEOPB COVID-19 webpage](#) under Program Guidance. This [FAQ](#) document provides CalFresh Healthy Living local health departments (LHD) with responses relevant to CFHL integrated work plan (IWP) activities and COVID-19.

Topics covered in this FAQ include:

- IWP activities and connectivity with COVID-19
- Curriculum and resources
- Policy, systems and environmental change
- Evaluation - defining and reporting COVID-19 activities in program evaluation and reporting system and impact outcome evaluation
- Reporting IWP activities impacts of COVID-19 and year-end report
- Branding

CDPH, CFHL will continue to add FAQ responses as they become available.

LHD staff should continue to connect with their assigned project officers and contract managers, as appropriate.

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## FFY 2020-2022 CalFresh Healthy Living Curricula Update for FFY 2021

### Federal Fiscal Year (FFY) 2021 California CalFresh Healthy Living (CFHL) Integrated Curricula List Update

The [FFY 2020-2022 CFHL Integrated Curricula List](#) has been updated with new, approved curricula for use in FFY 2021, which begins October 1, 2020. For ease of use, a new, comprehensive list has been created combining previously approved and newly approved FFY 2021 curricula. The new list is titled [FFY 2021 California CalFresh Healthy Living Integrated Curricula List](#) and can be found on the Local Support & Training Resources page of the [California Department of Public Health \(CDPH\), Nutrition Education and Obesity Prevention, CFHL website](#). Within the list, select the Updates tab to identify newly approved curricula.

The new FFY 2021 curricula list has been made available now for program planning purposes. Please note: To preserve data quality for evaluation purposes, local implementing agencies may not begin using any of the newly approved FFY 2021 curricula until October 1, 2020. For the remainder of FFY 2020, which ends September 30, 2020, please continue to use the [FFY 2020-2022 CFHL Integrated Curricula List](#).

As a reminder, any curricula listed on the Pilot tab may only be used with approval from your state implementing agency.

For any questions, please contact your assigned project officer.

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## Dietary Guidelines Advisory Committee's Scientific Report Posted

On July 15, the U.S Department of Agriculture (USDA) posted the 2020 Dietary Guidelines Advisory Committee's (DGAC) Scientific Report. This report is what USDA and the U.S. Department of Health and Human Services (HHS) will use for writing the 2020-2025 Dietary Guidelines for Americans (DGA). CalFresh Healthy Living is required by federal law to base all its nutrition education on the recommendations found in the DGA.

Be aware, though not every recommendation that this outside scientific committee makes will necessarily appear in the final 2020-2025 DGA.

Here are a few of the changes that the committee recommends be included:

- Men who drink should reduce their intake to one alcoholic drink per day. (This was two drinks per day in the last DGA).
- Americans age two and older should consume less than 6% of calories from added sugars. (This was ten percent in the last DGA).
- Parents should avoid giving foods and beverages with added sugars to children less than two years old.

Next, the USDA and HHS will write the Dietary Guidelines for Americans (DGA) 2020-25 based on this external advisory report.

You can view the 835 page DGAC Advisory Report here:

[https://www.dietaryguidelines.gov/sites/default/files/2020-07/ScientificReport\\_of\\_the\\_2020DietaryGuidelinesAdvisoryCommittee\\_first-print.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-07/ScientificReport_of_the_2020DietaryGuidelinesAdvisoryCommittee_first-print.pdf)

For additional information, contact Carma Okerberg at [Carma.Okerberg@cdph.ca.gov](mailto:Carma.Okerberg@cdph.ca.gov).

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## CalFresh Healthy Living Training Resources

Check out the [training resources webpage](#) for the latest training information and calendar of scheduled events. Did you know we also offer nine by-request trainings? Check out the titles and complete the [training request form](#) if interested.

### **Designing Powerful Online Meeting Experiences**

August 5

### **ToP Secrets of Implementation – Virtual Edition**

**Rescheduled!** August 10<sup>th</sup> – 13<sup>th</sup>, three hours per day

### **Nutrition Update Webinar**

August 25

### **Community Engagement: Involving Community Members in Priority Planning and Implementation**

August 26

### **2020 Step-by-Step Guide – Hosting a Virtual Day of Action Event**

September 2

### **Community Engagement: Inclusion, Trust Building, and Meaningful Participation**

September 10

### **ToP Secrets of Implementation – Virtual Edition**

October 13<sup>th</sup> – 16<sup>th</sup>, three hours per day

### **NOW live! CalFresh Healthy Living Building Blocks for Success**

Ongoing

### **Systems Approaches for Healthy Communities**

Ongoing

### **Including People with Disabilities: Public Health Workforce Competencies**

Ongoing

### **Online Civil Rights Training**

Ongoing

### **A Taste of Success: Food Tasting and Recipe Demonstrations**

Ongoing

### **Health and Disability 101 Training for Health Department Employees**

Ongoing

### **Breakthrough Messaging for CalFresh Healthy Living LIAs**

Ongoing