

## Acronyms Related to Nutrition and Physical Activity Programs

- ?? **AATF African American Task Force:** Comprised of leaders in the African-American community, to find new ways to address health disparities affecting low-income African Americans in CA. The AATF provides guidance and expertise to the *Network's* 13 African-American faith-based community outreach projects, which promote healthful eating and physical activity among their congregations, affiliate churches and broader communities.
- ?? **ACES Active Community Environments Initiative:** This initiative was one of CDC's earliest efforts to encourage environmental and policy interventions that have the potential to increase physical activity levels and improve public health in communities. Its goals are to: (1) encourage the development of pedestrian and bicycle-friendly environments; (2) promote active forms of transportation like walking and bicycling; (3) disseminate information about ACES to groups around the country.
- ?? **AoA Administration on Aging:** Provides funding to the California Dept. of Aging (CDA) for the administration of the Elderly Nutrition Program (ENP). Through the congregate and home-delivered meal programs, the ENP provides low-income seniors with nutrition education, opportunities for socialization to prevent isolation, a meal that provides one-third of the Recommended Dietary Allowance, and nutrition counseling when there is adequate funding.
- ?? **BMI Body Mass Index:** A measure that refers to a person's relative weight & height.
- ?? **BRFS California Behavioral Risk Factor Survey:** Data from the 1998 BRFS were used to identify the prevalence of physical inactivity, and data from the 1999 BRFS were used to identify prevalence of overweight and obesity.
- ?? **BRFSS Behavioral Risk Factor Surveillance System**
- ?? **CACFP Child and Adult Care Food Program:** Another Child Nutrition Program funded by the USDA at the federal level and administered by the Nutrition Services of CDE. CACFP includes child care, adult day care, and emergency shelter components.
  - ?? **The *Child Care Component*** provides funding for meals served in public and private licensed child care centers and day care homes. Sites include Head Start Centers, after-school programs and family

day care homes. Meals must meet the USDA minimum meal requirements.

?? **The Adult Day Care Component** is available to public agencies or private organizations that provide nonresidential day care services to functionally impaired adults or adults who are 60 years of age or older. These centers include adult day care centers, support day care centers, adult day health centers, or approved Alzheimers centers.

?? **The Emergency Shelter Component** provides funding to local public or private non-profit emergency shelters if they provide residential and food service to homeless children and their parents or guardians.

?? **CalCheeps California Children's Healthy Eating & Exercise Practices Survey:** Survey conducted representing children ages 9-11. This survey helps measure progress toward meeting the Network's 5 a Day Goals. It also helps determine if California is moving closer to achieving the Healthy People 2010 prevention objectives for physical activity and nutrition.

?? **CalTeens California Teen Eating, Exercise & Nutrition Survey:** A telephone survey representing California's more than three million adolescents (ages 12-17). This survey also helps determine if California is moving closer to achieving the Healthy People 2010 prevention objectives for physical activity and nutrition.

?? **CCCAN California Children's Coalition for Activity & Nutrition:** Established to maintain the momentum for policy work in schools and communities.

?? **CCRWF California Center for Research on Women & Families:** Is a division of the Public Health Institute. In addition to sponsoring the Primer Project, CCRWF is home to the California Working Families Policy Summit, the CalWORKs Child Welfare Partnership Project, and the Outcomes Project.

?? **CDA California Department of Aging:** Administers programs funded by the federal Older Americans Act through the network of Area Agencies on Aging and their service providers. Nutrition programs include:

?? **Congregate Nutrition Services** provides meals in a group setting to seniors age 60 and older.

?? **Home-Delivered Meal Services** provides meals to housebound seniors.

?? **Senior Farmers' Market Nutrition Program** provides \$20 coupons annually to low-income seniors to purchase fresh produce at certified farmer's markets during the growing season.

- ?? **Brown Bag Program** provides surplus and donated fresh produce and other food products monthly to low-income seniors at community sites.
  
- ?? **CDE California Department of Education:** Is responsible for a vast network of meal and food distribution programs in the state. The Nutrition Services Division of the CDE administers the following USDA Child Nutrition Programs:
  - ?? **National School Lunch Program** provides daily nutritionally balanced low-cost or free lunches.
  - ?? **School Breakfast Program** provides daily nutritionally balanced low-cost or free breakfasts.
  - ?? **Summer Food Service Program** provides meals to children when they are out of school for 15 or more consecutive days.
  - ?? **Child and Adult Care Food Program** provides funding for meals served in a child care setting to children up to age 13 and in adult care centers to impaired adults.
  - ?? **Special Milk Program** assists schools and other agencies by providing milk to children at low prices.
  
- ?? **CDC Centers for Disease Control & Prevention:** Is home to the *National Center for Chronic Disease Prevention & Health Promotion*, which develops guidelines & recommendations on nutrition, obesity prevention & physical activity. Because obesity has many causes, interventions are required at many levels. CDC is working to foster creative approaches that reach Americans in their communities, at their jobs and in their schools. The Obesity Prevention Program supports activities in the states, while the Coordinated School Health Program focuses on schools. The national youth media campaign known as VERB urges young people to choose a physical activity they enjoy that also helps them be more physically fit.
  
- ?? **CDCB: Chronic Disease Control Branch:** Is home to the *Epidemiology and Health Promotion Section* which administers California Project LEAN (Leaders Encouraging Activity and Nutrition), the California Center for Physical Activity, the Diabetes Prevention and Control Program, and School Health Connections (a partnership with the Department of Education).
  
- ?? **CDFA California Department of Food & Agriculture:** Protects California's food supply from pests and diseases. CDFA oversees over 50 marketing programs, including Buy California. These marketing programs conduct industry-supported promotion and marketing, as well as research and inspection of agricultural products, including many fruits, vegetables, nuts and dairy, seafood and animal products. CDFA regulates California's

- Certified Farmer's Markets and also oversees 78 county fairs that serve as family-oriented educational venues.
- ?? **CDFG: California Daily Food Guide:** Established in 1990 by the California Department of Health Services to provide the public and professionals with guidelines for adequate nutrients at lower caloric levels to prevent diet-and-physical-inactivity-related chronic diseases.
  - ?? **CDHS California Department of Health Services:** Develops and implements statewide Nutrition and physical activity campaigns and programs, conducts surveys and intervention research, and provides supplemental food to special needs populations.
  - ?? **CDNR Chronic Disease Notes & Reports:** A magazine put out by Centers For Disease Control and Prevention.
  - ?? **CDSS California Department of Social Services:** Administers the following food assistance programs:
    - ?? **Food Stamp Program** provides monthly food stamps to eligible low-income households and individuals.
    - ?? **California Food Assistance Program** is a state-funded program that provides food assistance to legal immigrants who lost food stamp eligibility under federal welfare reform in 1996 and who have been legally residing in the country less than 5 years.
    - ?? **Emergency Food Assistance Program (TEFAP)** provides emergency food and nutrition assistance to low-income households and individuals and to congregate feeding sites.
  - ?? **CEWAER California Elected Women's Assn. for Education & Research**
  - ?? **CFS Community Food Security:** Can be viewed as a continuum where the goal is to move from less food secure to more food secure through partnerships among community-based institutions, schools, health professionals, local government, and residents.
  - ?? **CHCC California Healthy Cities & Communities Initiative:** Focuses on the physical environment, economic conditions and social climate of cities as arenas for nutrition and physical activity promotion activities. This has resulted in the development of community gardens, implementation of farmers' markets in low-income neighborhoods, development of a Teen Nutrition Council to advocate for nutrition and physical activity policies at school and in the teen center.
  - ?? **CHDP Child Health & Disability Prevention:** Administers the Early and Periodic Screening, Diagnosis, and Treatment Program (EPSDT). EPSDT

offers preventive health assessments for children and youth up to 21 in low-income families.

?? **CNN California Nutrition Network**

?? **CNPP Center for Nutrition Policy & Promotion:** Develops & coordinates nutrition policy within USDA and, in conjunction with DHHS, publishes the *Dietary Guidelines for Americans* and the *Food Guide Pyramid*.

?? **COPI California Obesity Prevention Initiative:** CA was one of 12 states to win a grant from the Centers for Disease Control & Prevention in 2000. COPI partners with national, state and local organizations focusing on reducing lifelong risks and health disparities related to obesity by creating environments that support healthy eating and physical activity, especially for youth. Major projects include the statewide Reversing the Obesity Epidemic: California's Plan for Action, a pilot project to promote quality physical education and improved physical environments for 40 low-resource schools in San Diego, tools to reduce television viewing time of girls ages 11-14, and partnering to increase youth involvement in state and local policy issues related to obesity.

?? **CPL California Project LEAN:** Works with state and local physical activity and nutrition leaders conducting programs in communities throughout the state to increase healthy eating and physical activity to reduce the prevalence of chronic diseases. CPL's campaigns include Food on the Run for teens in high school, School Board Nutrition Policy Project, and California Bone Health Campaign for Low-Income Latino Mothers.

?? **CPNS Cancer Prevention & Nutrition Section:** Implements large-scale campaigns geared to correct problems of poor diet, physical inactivity, and food insecurity. CPNS manages the *California Nutrition Network for Healthy, Active Families*, the *California 5 A Day – For Better Health! Campaign*, and the California Physical Activity Integration Unit. CPNS administers the biennial California Dietary Practices Survey of Adults, the California Teen Eating, Exercise and Nutrition Survey (CalTEENS), and the California Children's Healthy Eating and Exercise Practices Survey (CalCHEEPS).

?? **CSFP Commodity Supplemental Food Program:** Provides food packages and administrative funds to states for low-income adults age 60 and older, pregnant and breastfeeding women, postpartum mothers for up to one year, infants and children under age 7. Seniors (who make up the vast majority of the California caseload) must have incomes at or below 130% of the poverty level, and women, infants and children must have

incomes at or below 185% of the poverty level or be participating in another qualifying program, such as Food Stamps.

- ?? **CSREES Cooperative State Research, Education & Extension Service i.e. National Initiatives & Educational Programming:** Supports programs & national initiatives for educational programming.
- ?? **CVD Cardiovascular Disease:** Obesity influences all the major risk factors for CVD, including high blood pressure, high cholesterol and other lipid disorders, and diabetes. Obesity is a good predictor of heart blockage.
- ?? **DHHS Department of Health & Human Services:** Plays central role in funding, regulating & developing public policy for most public nutrition & food assistance programs.
- ?? **DOD Department of Defense:** Through a partnership with USDA called the Fresh Fruit and Vegetable Project, distributes high quality fresh fruits & vegetables at a minimal cost for use in school meal programs.
- ?? **DRG Diagnostic Related Groups:** Baseline data were used to estimate the prescription drug costs associated with obesity and physical inactivity for managed care clients and all California adults. Assuming that the total payments for prescription drugs tied to targeted ICDs (International Classification of Diseases) and DRGs are similar to the same ICDs and DRGs payments for medical care, it is possible to estimate pharmaceutical costs attributable to these risk factors, individually and collectively.
- ?? **EBT Electronic Benefits Transfer:** New system providing food stamps through an electronic card that can be used at certified grocery stores, supermarkets and farmers' markets.
- ?? **EFNEP Expanded Food & Nutrition Education Program:** Operates in all 50 states and is designed to provide low-income Americans with information about nutritionally sound diets.
- ?? **ENP Elderly Nutrition Program:** Provides low-income seniors with nutrition education, opportunities for socialization to prevent isolation, a meal that provides one-third of the Recommended Dietary Allowance, and nutrition counseling when there is adequate funding.
- ?? **ERS Economic Research Service:** Is the main source of economic information and research from USDA on economic and policy issues related to agriculture, food, natural resources, and rural development.

- ?? **FDA Food & Drug Administration:** Monitors food safety, as well as nutrition and ingredient labeling. FDA's new initiative – "Calories Count" – includes an action plan to address the nation's obesity problem.
- ?? **FDPIR Food Distribution Program on Indian Reservations:** Administered by USDA, contracts directly with tribal organizations at the state level. FDPIR is administered by seven Indian Tribal Organizations (ITO's) throughout California. This program is an alternative to the Food Stamp Program for Indian Tribal Organizations preferring food distribution. Households may not participate in FDPIR and the Food Stamp Program in the same month.
- ?? **FFY Federal Fiscal Year:** The FFY is from October 1st through September 30<sup>th</sup>.
- ?? **FPL Federal Poverty Level:** Level below which a family's income could not cover the cost of a nutritionally adequate diet.
- ?? **FSNEP California Food Stamp Nutrition Education Program:** Operates through interagency agreements between CDSS, UCCE at Davis, and CDHS. FSNEP operates in more than 30 California counties and offers both adult and youth programs, all of which are developed using the USDA Food Guide Pyramid and Dietary Guidelines for Americans, 2000.
- ?? **FSP Food Stamp Program:** Largest nutrition program in the country, helping low-income Americans buy food.
- ?? **GAO General Accounting Office**
- ?? **HMA Health Management Associates:** In Spring 2001, the CA. Dept of Health Services contracted with the Public Health Institute (PHI) and HMA, a division of Chenoweth & Associates, Inc., to provide the most complete estimate possible of the California-specific costs of physical inactivity, obesity and overweight.
- ?? **HP 2010 Healthy People 2010:** An initiative sponsored by the U.S. Dept. of Health and Human Services. HP 2010 is a set of objectives to improve the health of Americans over the first decade of the new century. This document has been revised every 10 years since 1980.
- ?? **HWI Healthier Worksite Initiative:** The HWI vision is to create "a work site where healthful choices are easy choices."
- ?? **ICD: International Classification of Diseases**

- ?? **ITOs Indian Tribal Organizations:** They administer the Food Distribution Program on Indian Reservations at the federal level and contract directly with tribal organizations at the state level.
- ?? **JAMA Journal of the American Medical Association**
- ?? **KRAs Key Result Areas:** *Example:* From its inception, the *Network* aspired to work with partners so that the healthiest choices became the easiest choices for California's low-income families. Meeting that goal demanded widespread, comprehensive environmental changes that could only be realized with a strong statewide organization in place. For this reason, strategic planning and organizational development marked the first 2 year's of the *Network's* existence. This preparation laid the foundation, and strategically organized *Network* efforts into six complementary Key Result Areas (KRA's): (1) Partnerships, leadership & resource development, (2) Research & evaluation, (3) Media & retail (4) Community development, (5) Systems, policy & environmental change (6) School-aged children. These KRAs allow partners, staff and contractors to match their skills, resources and expertise to a specific area.
- ?? **LEAF Linking Education, Activity & Food:** Reflects the intent of Senate Bill 19 to implement and pilot test changes in school nutrition and physical activity policies and practices to improve children's lifelong health.
- ?? **LIAs Local Inventive Awardees**
- ?? **MCH Maternal & Child Health:** The MCH Branch annually evaluates county MCH programs on the childhood obesity performance indicator and includes nutrition and physical activity components in its programs.
- ?? **MDCs: Major Diagnostic Categories:** A method of formatting claims data.
- ?? **MEAL Menu Education and Labeling:** Legislation introduced in November 2003 requiring nutrition information to be displayed on menu boards and on printed menus at some restaurants and vending machines.
- ?? **NCCDPHP National Center for Chronic Disease Prevention and Health Promotion:** Within this department, a multidisciplinary task force is synthesizing the existing science and examining the issues of physical inactivity and poor diet, as well as the policies and environmental factors that have fostered the rapid increases in rates of obesity and overweight in this country. This task force will create the Public Health Action Plan for Obesity, culminating in the action steps necessary to achieve maximum public health impact on obesity and overweight. The task force also is

examining the links between obesity and the major causes of death in this country – cardiovascular disease, some cancers and diabetes.

?? **NETA Nutrition Education and Training Academy**

?? **NetCom Network Communications Training Program:** By providing this to all funded Projects, there are now over 250 credible spokespersons who can provide local perspectives on statewide news stories and media tours. This is key to securing media coverage, since most outlets are committed to reporting local issues and stories.

?? **NHANES National Health and Nutrition Examination Surveys:** These surveys are conducted on an on-going basis by the National Center for Health Statistics in the CDC. This data shows that the prevalence of overweight and obesity among U.S. adults has increased dramatically in the past 25 years.

?? **NIA's Nonprofit Incentive Awardees**

?? **NIH National Institutes of Health:** Is the steward of medical & behavioral research in the US. Among its 27 institutes and centers, the *National Cancer Institute* is the lead health authority for the national 5 A Day Program.

?? **NSLP National School Lunch Program:** Established in 1946, NSLP is the oldest school food program. NSLP operates in public and private non-profit schools and residential child care institutions to provide daily nutritionally balanced, low-cost or free lunches.

?? **PATs Policy Action Teams**

?? **PCFH Primary Care & Family Health Division (within CDHS):** Provides in-kind and in return receives federal matching funds from the *Network* for a variety of special nutrition projects.

?? **PEP Grants Physical Education Program Grants:** These grants are intended to help students make progress toward meeting state standards for physical education.

?? **PHI Public Health Institute:** An independent non-profit organization dedicated to promoting health, well-being, and quality of life for people.

?? **PRFCA Proportionate Risk Factor Cost Appraisal:** Obesity & physical inactivity are independent risk factors or aggravating agents for specific medically diagnosed conditions that incur health care expenditures, and overweight is a precursor to obesity. To determine the proportion of each

medical condition claim associated with obesity and physical inactivity, a customized PRFCA was constructed for CA.

- ?? **PI Principal Investigator**
- ?? **RDAs Recommended Dietary Allowances:** RDAs for specific nutrients – protein, calcium, iron, vitamin A, and Vitamin C as recommended by the USDA (US Department of Agriculture).
- ?? **RPPC Regional Perinatal Programs of California**
- ?? **SAAR Semi-Annual Activity Report**
- ?? **SDHS State Department of Health Services**
- ?? **SFSP Summer Food Service Program:** Makes funding available to provide meals to children under 18 when they are out of school for 15 or more consecutive school days. The sponsors receive reimbursements from USDA through CDE for the meals they serve based on their documented operating and administrative costs.
- ?? **SHAPE Shaping Health As Partners in Education:** The Nutrition Services Division participates in USDA's Team Nutrition Program and has a variety of initiatives such as SHAPE. The Division provides SHAPE California schools with resources, technical assistance, and training.
- ?? **SPARK Sports, Play & Active Recreation for Kids:** Creates, promotes, and evaluates programs that promote lifelong wellness. The age-specific classes are designed to maximize the outcomes of physical education and recreation programs by teaching students state-of-the-art methods for improving children's fitness levels, sport skills, and activity levels outside of school. One class provides instruction on nutrition as well.
- ?? **SCNAC Sierra Cascade Nutrition & Activity Consortium**
- ?? **TN Team Nutrition Training Grants:** Established in 1995. Through a competitive application process, TN provides limited funds to state agencies that administer school meal programs to train and provide technical assistance to food service staff and some nutrition education for children and parents.
- ?? **TEFAP Temporary Emergency Food Assistance Program:** P.L. 98-8 established TEFAP to provide food to local emergency food providers. The word "Temporary" was dropped from the statute and program title in 1990.

- ?? **UCCE University of California Cooperative Extension:** Is the outreach arm for the Division of Agriculture and Natural Resources for the University of California. Based in county offices, UCCE nutrition, family and consumer sciences advisors provide services, training, and educational materials on nutrition, food safety, food preparation, food preservation, and finance management.
- ?? **USDA U.S. Department of Agriculture:** Plays a central role in funding, regulating & developing public policy for most public nutrition & food assistance programs.
- ?? **VERB** A national youth media campaign that urges children between the ages of 9 through 13 to choose a physical activity they enjoy that also helps them be more physically fit. The goal is to get them away from TV and video games and onto a playground. Nickelodeon, the Disney Channel, Seventeen Magazine, Girl Scouts of America and the YMCA are all partners of VERB.
- ?? **WIC Women, Infants & Children:** Provides food vouchers & nutrition education to eligible low-income pregnant, postpartum, & breastfeeding women, as well as children under five who are at medical or nutritional risk. Originated as a pilot project in 1972 and became a permanent national health and nutrition program by 1974.
- ?? **WISEWOMAN:** A heart disease-oriented pilot nutrition intervention.
- ?? **WWP: Worksite Wellness Project**
- ?? **YRBSS Youth Risk Behavior Surveillance System:** Through the CDC (Center for Disease Control), the YRBSS monitors 6 categories of priority health risk behaviors: behaviors that contribute to unintentional injuries and violence, tobacco use, alcohol and other drug use, sexual behaviors, unhealthy dietary behaviors, and physical inactivity.