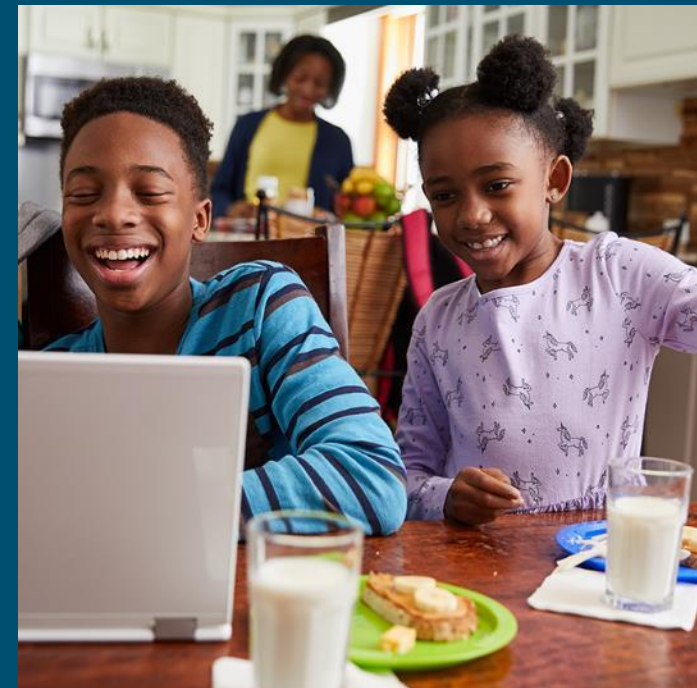
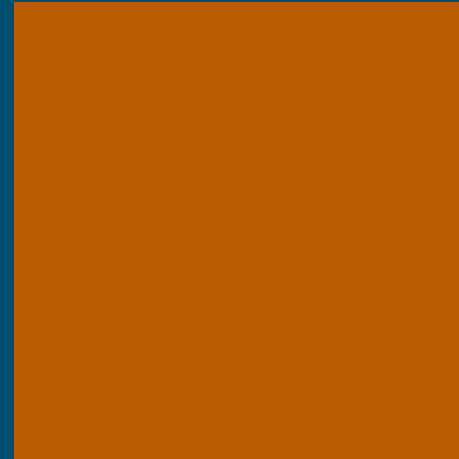




Dairy Council  
of California®

# Trends Shaping the Education Environment

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# After this presentation, you will be able to:

Identify trends in the current nutrition and education environment and implications for improving school wellness strategies.

# Cause

Elevate the health of children and communities in California by promoting lifelong healthy eating patterns.



# How Do We Develop Trends?



**What nutrition or education trends are you seeing in the school environment?**

# Shifting Environments and Demographics

## California Schools Enrollment by Ethnicity

Ethnicity	Enrollment	Percent
African American	298,768	5.1%
American Indian or Alaska Native	27,001	0.5%
Asian	561,795	9.5%
Filipino	136,836	2.3%
Hispanic or Latino	3,291,260	55.9%
Pacific Islander	24,752	0.4%
White	1,240,474	21.1%
Two or More Races	250,964	4.3%
Not Reported	60,390	1.0%
<b>Total</b>	<b>5,892,240</b>	<b>100.0%</b>



Source: CDE. 2021-22 Enrollment by Ethnicity and Grade

# 'Food is medicine' increasingly viewed as a solution to improving health



People are seeking foods with health promoting properties





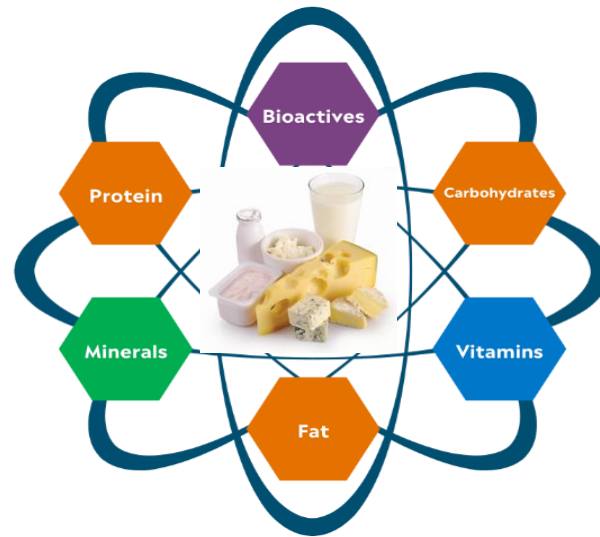
**What does the term Food  
is/as Medicine mean to you?**

# Implications

School meals which include nutrient dense foods are foundational for student success.

Nutrition Education to accompany school meal programs reinforces the important role nutritious dietary patterns play in student wellness in the short and long term.

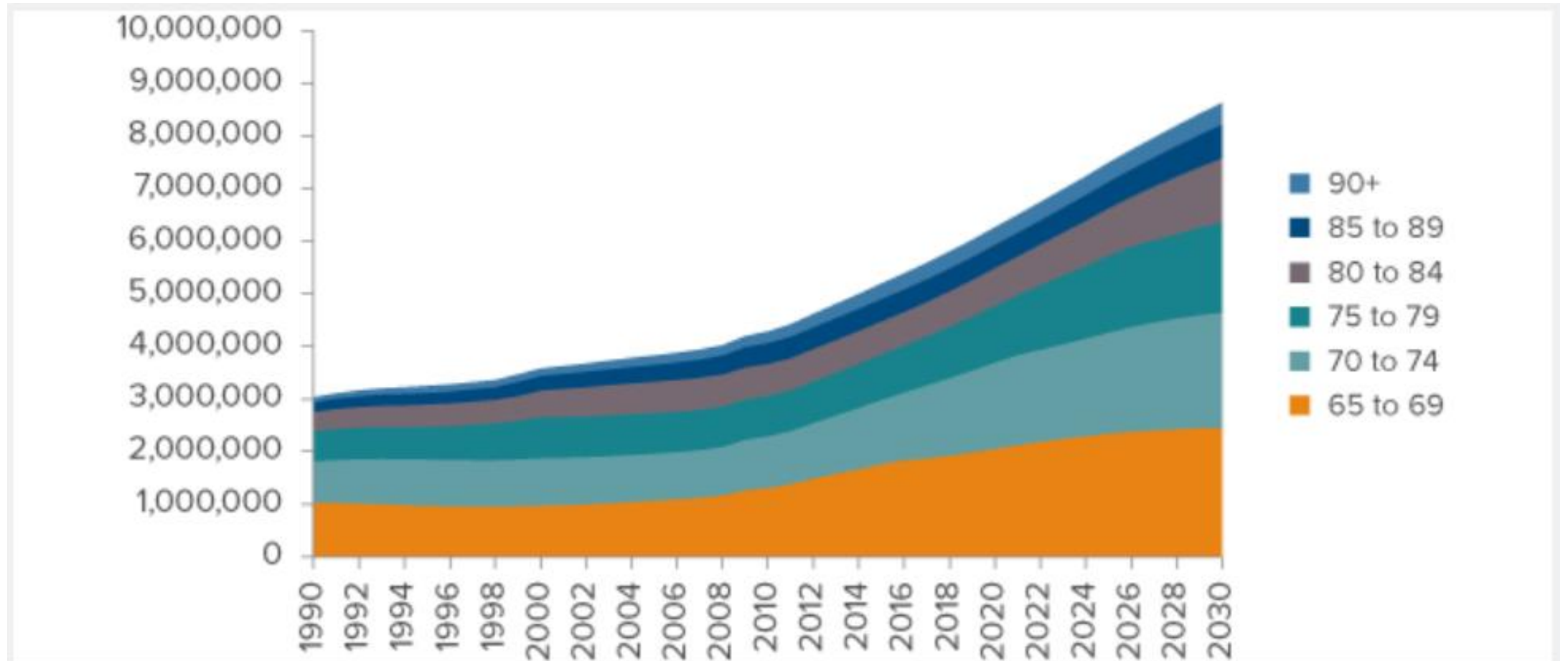
# Pregnancy, early childhood, and older adulthood are key life stages for nutrition interventions that include nutrient-dense dairy foods.



Source: <https://www.usdairy.com/getmedia/03080c08-4f29-4918-82c0-b2e1e8f97f01/NDC-Dairy-Matrix-Webinar-Slides.pdf?ext=.pdf>



# California's Senior Population Will Nearly Double by 2030



# Implications

There is increasing opportunity to preserve sustainable nutritious eating patterns that include dairy.

Future dietary guidance will include specific nutrition solutions to support key life stages.

Economic uncertainty and unpredictability impact consumers, workforce, and funding.



**How have you witnessed  
economic instability in the  
environment?**

# Impacts on School Funding



**cdfa** **CDFA-F2F** **CALIFORNIA FARM TO SCHOOL NETWORK**

## FUNDING TRACKS

**TRACK 1:** The CA Farm to School K-12 Procurement & Education Grant

**TRACK 2:** The CA Farm to School Partnership Grant

**TRACK 3:** The CA Farm to Early Care & Education (ECE) Grant

**TRACK 4:** The CA Farm to School Producer Grant

View the RFA at [cdfa.ca.gov/caf2sgrant](http://cdfa.ca.gov/caf2sgrant)

A dark green rectangular graphic with white and yellow text. At the top, there are three circular logos: 'cdfa' with a sun, 'CDFA-F2F' with a fork, and 'CALIFORNIA FARM TO SCHOOL NETWORK' with a lightbulb. Below the logos is the title 'FUNDING TRACKS' and a list of four tracks. At the bottom, there is a URL.



# Implications

There is opportunity to amplify data that demonstrates the health, academic, and economic benefits of state & federally funded nutrition security programs.

As communities deal with economic uncertainty, a focus on the value of nutrient dense foods through school meals is an opportunity to support students and communities.

# Diverse dietary patterns play a role in sustainable food systems



# People are asking are my food choices...

***Good for my  
body?***



***Good for the  
planet?***



***Culturally  
Relevant?***



Source: National Dairy Council

# Environment

Compared to 70 years ago CA dairies...

- Use 90% less land
- Have 63% smaller carbon footprint
- Use 65% less water



# Nutrition + Health

- Milk provides **13 nutrients essential to health** in every serving: Protein, potassium, phosphorus, calcium, iodine, selenium, zinc, vitamin A, vitamin D, B2 (riboflavin), B3 (niacin), B5 (pantothenic acid) and B12 (cobalamin)
- Dairy intake is a key marker for diet quality, and is associated with reduced risk of hypertension, stroke, type 2 diabetes and childhood obesity.

## DGAC Scientific Report Lower risk for health outcomes of interest

- ✓ All-cause mortality (**strong**)
- ✓ Cardiovascular disease (**strong**)
- ✓ Overweight / Obesity (**moderate**)
- ✓ Bone health (**moderate**)
- ✓ Colorectal cancer (**moderate**)
- ✓ Lung cancer (**limited**)

# Implications

Investments in farm to school and sustainable nutrition programs create opportunity to highlight the California dairy community's climate-smart farming practices and leadership.

Dairy farm tours and other dairy ag literacy experiences are a solution to equip students, educators and food service staff with comprehensive ag education.

# Implications for School Wellness

Educate + Advocate + Collaborate + Activate

Advocate for nutrition education in schools and the role nutrition plays in good health

Share information and resources with peers

Increase community awareness to food access programs such as Universal School Meals

Implement farm to school activities

Expand collaborative networks to activate school wellness

# Thank you!

Please share your feedback

