



Advocate

March 2017

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Food for Thought

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National Nutrition Month

Few question that basic physiological needs – food, water, ability to breathe – underlie every other need. This is especially true for the link between children and learning. Emotional trauma and loss that affect the brain architecture are often accompanied by hunger and inadequate nutrition. Poverty and its related deprivations are considered a source of toxic stress.

Academy of Nutrition and Dietetics, *EatRight.org*, **National Nutrition Month**, <http://bit.ly/1RnRqqu>.

School Nutrition Association, **National School Breakfast Week, March 6-10, 2017**, <http://bit.ly/2lg6kSK>.

Cooperative Extension Service, **3 Ways Nutrition Influences Student Learning Potential and**

School Performance, <http://bit.ly/2leejPW>.

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TCCY's Children's Advocacy Days "Launching the Next Generation" To Infinity and Beyond...

This year's Children's Advocacy Days will be out of this world, thanks to a collaboration with the Space and Rocket Center in Huntsville, AL. Dr. Deborah Barnhart, the Space and Rocket Center's CEO and executive director, will speak on Wednesday on inspiring Tomorrow's Generation.



The Center will also bring a space rover, a model solar system and freeze-dried space food.

Learn more about Children's Advocacy Days 2017:
<http://www.tn.gov/assets/entities/tccy/attachments/cad-ag.pdf>.

Register for this free event: <http://bit.ly/2kTE6Ba>.

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Healthy Brains Need Healthy Food



March is National Nutrition Month and a good time to focus on the importance of programs dedicated to improving child nutrition, which is critical for both physical and mental growth. While the Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps), is the largest food assistance program, other programs specifically serve children. The Special Supplemental Nutrition Program for **Women's, Infants and Children (WIC)** provides nutritious food proven to improve dietary intake, breastfeeding outcomes and obesity rates.

WIC provides supplemental foods, health care referrals, nutrition education and breastfeeding promotion and support to low-income pregnant, breastfeeding, and postpartum women, and to infants and children up to age 5 at nutritional risk. The Tennessee Department of Health operates the WIC program.

School food programs provide meals to millions of children each school day. Approximately 95 percent of US schools participate in the US Department of Agriculture (USDA) **National School Lunch Program**, and the great majority of these schools also participate in the **School Breakfast Program**. Generally, students must meet income guidelines to qualify.

Community eligibility. A recent innovation, community eligibility, makes nutrition programs available to schools serving a high number of low-income students. Administrative costs for schools are reduced, more children get the healthy nutrition they need, and children are not shamed by participation in the program. Making meals available to all students, especially Breakfast in the

Classroom, allows students whose incomes do not qualify for free meals but who, for a variety of reasons, may not have healthy breakfasts available, to participate. This program, as well as improvements in school nutrition standards, may be endangered by upcoming federal budgetary changes.

Other school nutrition improvements. Options of the School Nutrition Program available in Tennessee also include an afterschool snack program, a summer feeding option and a fresh food and vegetable program. Schools can link nutrition with other learning through school gardens and farm-to-school programs. Farm-to-School programs help keep taxpayer money local. The Tennessee Department of Human Services operates the Child Care Food and Summer Food Service Programs.

Food Research and Action (FRAC), **Supplemental Nutrition Assistance Program (SNAP)**, <http://bit.ly/2mknN18>.

USDA, WIC: **About WIC: How WIC Helps**, <http://bit.ly/2loEVi5>.
USDA, **WIC Prescreening Tool**, <http://bit.ly/2loKhKj>.

Tennessee Department of Education, **SNP Program Enrichment**, <http://bit.ly/2lOTf4k>.

Tennessee Department of Human Services, **Nutrition Programs**, <http://bit.ly/2lYEdLS>.

National Farm to School Network, <http://bit.ly/2lZBQIZ>. **Tennessee Farm to School**, <http://bit.ly/2mAiu9T> and <http://bit.ly/2lKaq9d>.

TN Department of Health, **Harvesting a Future: A Comprehensive Garden Resource Guide**, <http://bit.ly/2le8Ubl>.

USDA, **School Gardens: Using Gardens to Grow Healthy Habits in Cafeterias, Classrooms, and Communities**, <http://bit.ly/2lJXvns>.

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Greetings to Our Legislators

TCCY Action Alert

You can introduce yourself to your legislators using TCCY's alert link and ask them to speak up for children. You can write your own message or using some of the fully editable talking points we will make available. Then press the submit button to send the email right to your legislator's inbox!

TCCY has begun its reporting on the 110th Tennessee General Assembly legislation regarding children and will begin weekly updates shortly.

Action Alert: <http://www.tn.gov/tccy/article/tccy-leg-alerts>.

TCCY Legislative Information: <http://www.tn.gov/tccy/article/tccy-legislat>.

Legislative Report: <http://www.tn.gov/assets/entities/tccy/attachments/legislat.pdf>.

TCCY Legislative Update: <http://www.tn.gov/assets/entities/tccy/attachments/legupdat.pdf>.

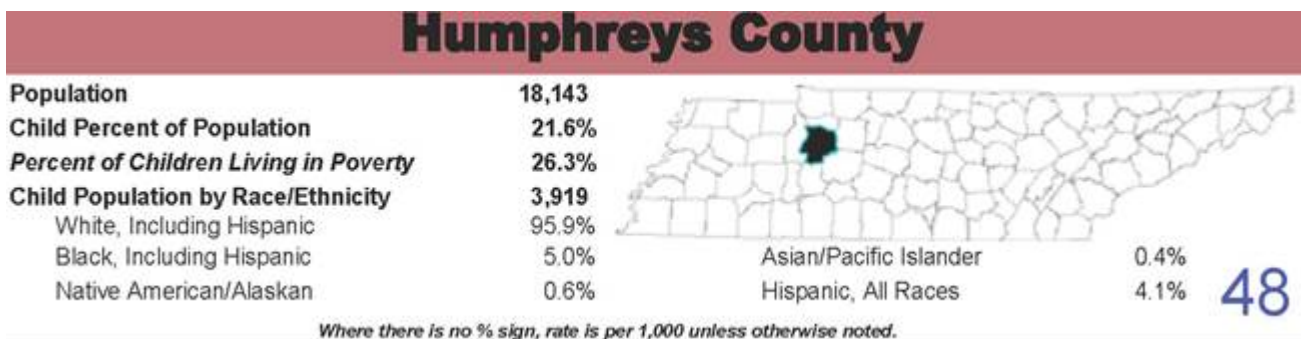
TCCY Budget Recommendations: <http://www.tn.gov/assets/entities/tccy/attachments/leg-recommend.pdf>.

TCCY Legislative Listserv: <http://www.tn.gov/tccy/article/leg-listserv>.

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Where Does Your County Rank on Child Well-Being?

When TCCY shared information about its recently released **KIDS COUNT: The State of the Child in Tennessee**, it listed the top five counties identified by the data, Williamson, Wilson, Sumner, Rutherford and Washington. The counties where youth faced the most challenges were Warren, Haywood, Shelby, Van Buren and Lake. But, where do the other counties rank? Information on your county and your neighboring counties is available. For example, what county ranks 48 or directly in the middle?



Humphreys County KIDS COUNT Profile: <http://www.tn.gov/assets/entities/tccy/attachments/KC-15Humphreys.pdf>.

County Profiles of Child Well-Being: <http://www.tn.gov/tccy/article/tccy-kc-soc15-counties>.

KIDS COUNT: The State of the Child in Tennessee, <http://tn.gov/tccy/article/tccy-kcsoc15>.

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Update

TCCY thanks its student interns and volunteers. UT College of Social work field placement student **Elizabeth Thomas** and Vanderbilt University student **Sarah Kirshbaum** are contributing to TCCY programs now. **Megan Collie** continues to volunteer with TCCY. The fresh perspective these students provide has been beneficial in developing TCCY handouts..

TCCY is receiving its **Baldrige Level 1 Performance Excellence Recognition** from the Tennessee Center for Performance Excellence (TNCPE) at its Tennessee Awards Banquet on March 1.

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Mark Your Calendar

March 8, 8:30 a.m., **Behavioral Health Day on the Hill**, War Memorial Auditorium, Nashville. Contact bhannah@namitn.org for more information.

March 9, 8 a.m. to 4 p.m., Gundersen National Child Protection Training Center presents **From Trauma to Resilience**, Northwest Arkansas Community College, Bentonville, Ark. Registration \$125. Information: jkreedyt@gundersenhealth.org or 608-775-4897. Register: <http://conta.cc/2hRji3H>.

March 14-15, **Children's Advocacy Days**, War Memorial Auditorium. Contact: John.Rust@tn.gov.

Register at <http://www.cad2017.eventbrite.com/>.

March 20-22, **104th Annual Tennessee Conference on Social Welfare Spring Conference: Common Ground: The Path to Collective Impact**, Franklin Marriott-Cool Springs. Contact pfoster@tcsw.org. Register: <http://conta.cc/2l bj1hx>.

March 29-31, **Child Welfare League of America 2017 Conference**, "Advancing Excellence in Practice and Policy: Highlighting Successful Strategies to Address the Needs of Children, Youth and Families," Hyatt Regency Capitol Hill, Washington, DC. Register at <http://bit.ly/2erh8QG>.

April 6, **Tennessee Juvenile Court Services Association Mini-Conference-Middle TN**, Clarksville-Montgomery County Courthouse, 2 Millennium Plaza, Clarksville. Contact: <http://alhart@montgomerycountyttn.org/>

April 19, 8 a.m. to 3 p.m., **Steps Toward a Safer Tennessee: 2017 TSPN Symposium**, Trevecca Community Church, 335 Murfreesboro Pike, Nashville. Preregistration available at <http://bit.ly/2gVss2w> for a fee of \$35.

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In the News

Hicks, M., *Clarksville Leaf-Chronicle*, "Statistics show Stewart, Houston fairing OK in many youth health areas," <http://leafne.ws/2mplU00>.

Andrews, M., Kaiser Health News, *Health Law's 10 Essential Benefits: A Look at What's at Risk in GOP Overhaul*, <http://bit.ly/2milFql>.

Fifield, J., *Stateline*, "Should People Be Barred from Buying Junk Food with Food Stamps?" <http://bit.ly/2IW0rON>.

Blad, E., *Education Week*, "When School Doesn't Seem Fair, Students May Suffer Lasting Effects; Teachers' 'wise feedback' to students may help," <http://bit.ly/2IVTCwX>.

Brook, R.H., *JAMA Network*, "Should the Definition of Health Include a Measure of Tolerance?" <http://bit.ly/2lbvn9j>.

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Research Information

Hewins, J., and Rosso, R., Food Research and Action Center, *School Breakfast Scorecard School Year 2015–2016*, <http://bit.ly/2IMgZcg>.

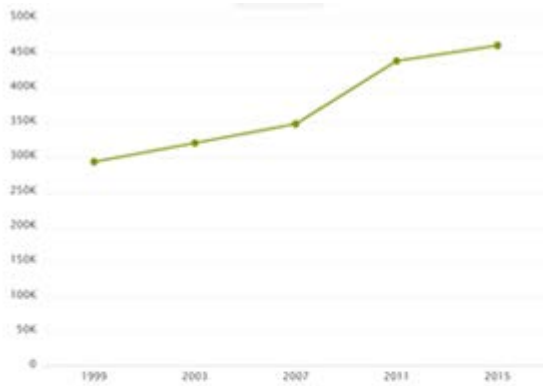
Economic Policy Institute, *How would repealing the Affordable Care Act affect health care and jobs in your state?* <http://bit.ly/2IbD BOX>.

Perez-Escamilla, R., et al., Robert Wood Johnson, *Healthy Eating Research*, "Feeding Guidelines for Infants and Young Toddlers: A Responsive Parenting Approach," <http://bit.ly/2IHxRhX>.

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Tennessee KIDS COUNT Facts

Free/Reduced-Price School Lunch Participation



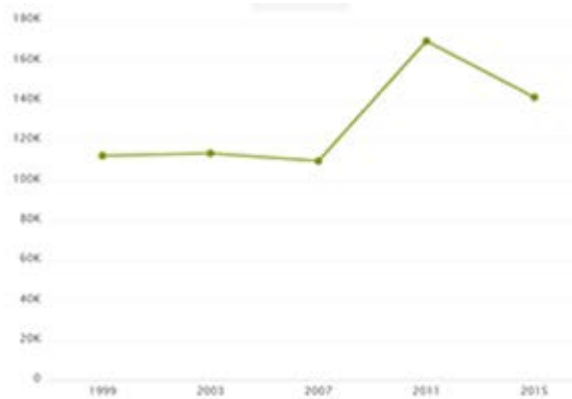
Note: Non-consecutive years appear adjacent in the trend line because one or more years have been deselected.

FREE/REDUCED-PRICE SCHOOL LUNCH PARTICIPATION (NUMBER)

Tennessee Commission on Children and Youth
KIDS COUNT Data Center, datacenter.kidscount.org
A project of the Annie E. Casey Foundation

<http://bit.ly/2lbiNao>

TCAP Science Scores 3rd to 8th Grade Average



Note: Non-consecutive years appear adjacent in the trend line because one or more years have been deselected.

INFANTS AND CHILDREN RECEIVING WIC (NUMBER)

Tennessee Commission on Children and Youth
KIDS COUNT Data Center, datacenter.kidscount.org
A project of the Annie E. Casey Foundation

<http://bit.ly/2mpDq4i>

Larger graphics of the above information are available by clicking on the links under the graphic.
More data on Tennessee child well-being are available at <http://bit.ly/15alkVu>.

No person shall, on the grounds of race, color, national origin, sex, age, religion, disability or ability to pay, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity operated, funded or overseen by the Tennessee Commission on Children and Youth (TCCY). It is the intent of TCCY to bind all agencies, organizations or governmental units operating under its jurisdiction and control to fully comply with and abide by the spirit and intent of the Civil Rights Act of 1964.

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