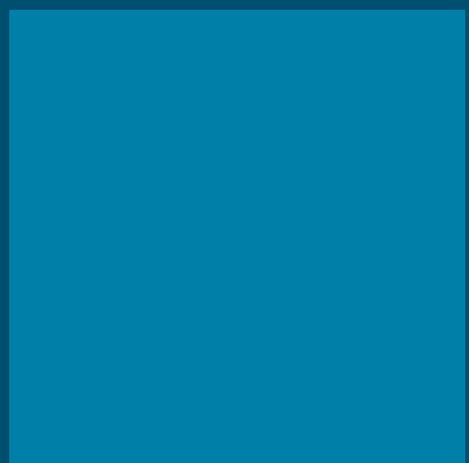
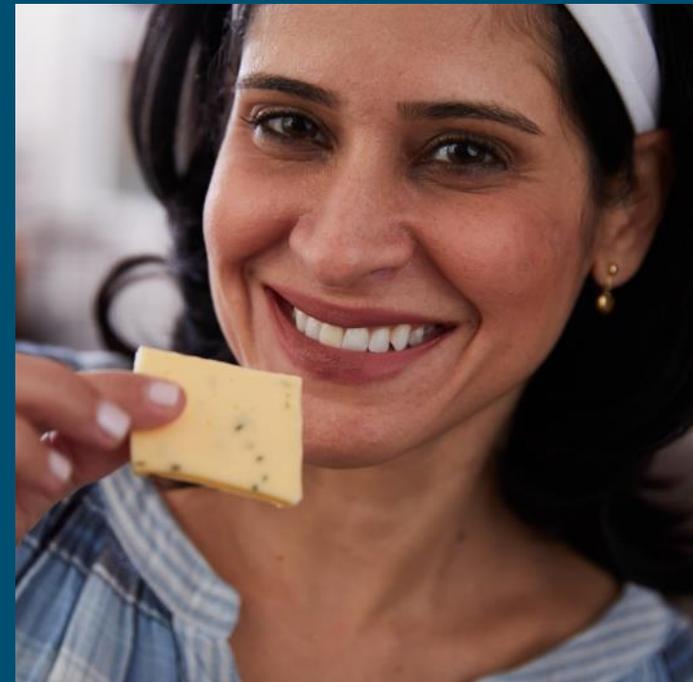




Let's Eat Healthy Community of Practice

2024 Food & Nutrition Trends for Educators and Health Professionals Webinar

May 2, 2024



Welcome and Overview



Sonia Fernandez Arana, MA
Let's Eat Healthy Program Manager
Dairy Council of California

Housekeeping



- Audio connection is through your microphone & speakers of your computer or mobile device.
- If you're having audio difficulty, click on the arrow next to the MUTE button and select TEST SPEAKER AND MICROPHONE. Simply follow the prompts to connect to audio.



- **IMPORTANT:** Keep your microphone muted to eliminate background noise.



- Time has been reserved at the end of each speaker presentation for Q & A.
- Please use your Chat box to submit questions or comments to the host at anytime.



- A link to the webinar recording and PDF copy of the presentation slides will be emailed.

Introductions

**Please enter your
name, agency and title
in the chat.**

Agenda

- Community of Practice Overview
- **2024 Food and Nutrition Trends for Educators & Health Professionals Overview**
Megan Holdaway, RDN, Nutrition Science Program Manager, Dairy Council of California
- **AI Impact: Shaping the Future of Food, Nutrition & Education**
Katherine Goyette, Computer Science Coordinator, California Department of Education
- Let's Eat Healthy Community Discussions & Highlights
- Tools & Resource Spotlight
- Evaluation & Closing Remarks

Objectives

- Review the 2024 food and nutrition.
- Explore implications of trends across sectors.
- Delve further into the considerations on the use of artificial intelligence.
- Discuss applications of trends and strategies to address shifts in the environment.

Organizational Statement

Dairy Council of California is a nutrition organization working together with champions to elevate the health of children and communities through lifelong healthy eating patterns.

Focusing on education and advocacy, dairy ag literacy, and collaboration, we advance the health benefits of milk and dairy foods as part of the solution to achieving nutrition security and sustainable food systems.



**Dairy Council
of California®**



Let's Eat Healthy Initiative Goals



Nutrition Security

Support sustainable, equitable, safe & affordable nutritious foods including milk and dairy



Nutrition Education

Ensure consistent, science-based nutrition messaging & education



Collaboration

Grow a network of collaborators & amplify champion contributions advancing milk and dairy, influencing policy and systems to improve nutrition outcomes

Speaker

2024

Food & Nutrition Trends for Educators and Health Professionals



Megan Holdaway, RDN

Nutrition Science Program Manager
Dairy Council of California



How familiar are you with Dairy Council of CA Trends?

How Do We Develop *Trends*?



JANUARY 2024

Trends

FOOD & NUTRITION TRENDS FOR EDUCATION & HEALTH PROFESSIONALS

MULTIPLE CHALLENGES TO CHILDREN'S HEALTH
IMPACTS OF AN AGING POPULATION
FULL-FAT DAIRY BENEFITS OVERALL HEALTH
ARTIFICIAL INTELLIGENCE IN HEALTHCARE AND EDUCATION



Partnership to Face Complex Challenges

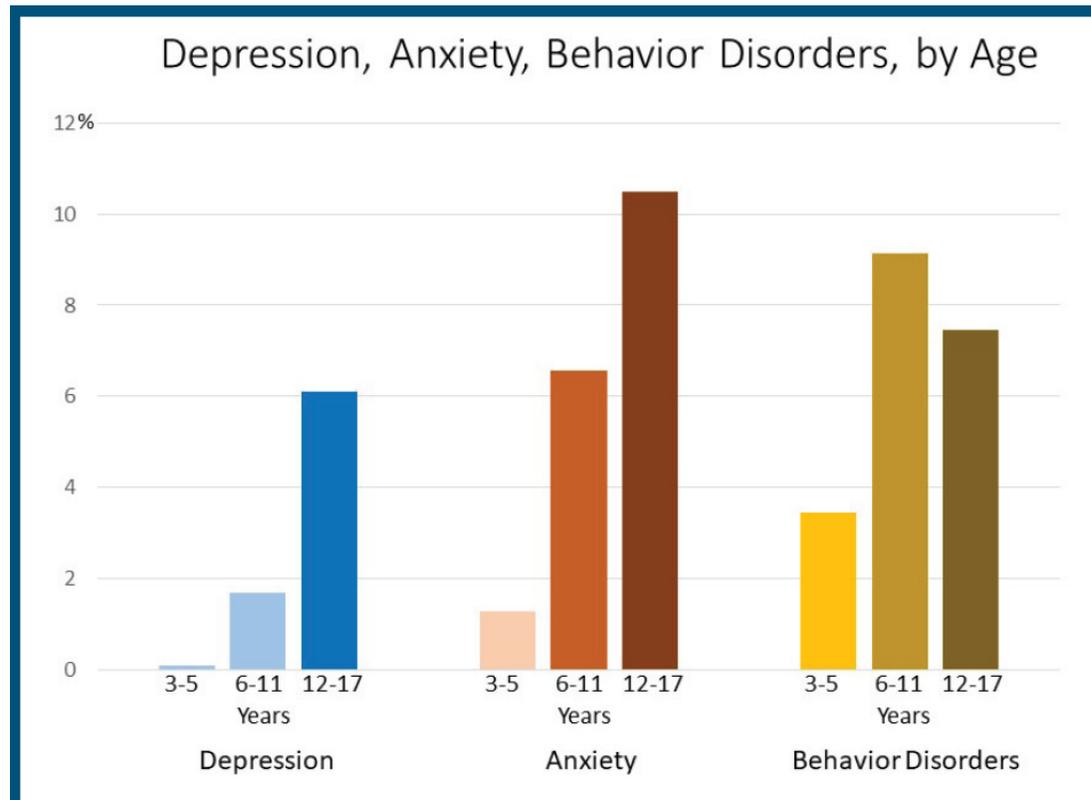


Trend 1: Children's Health

Physical and mental health crises require ongoing action to support children at home and in school.



Trend I: Mental Health



SOURCE: <https://www.cdc.gov/childrensmentalhealth/data.html>, 2016-2019

Trend 1: Implications

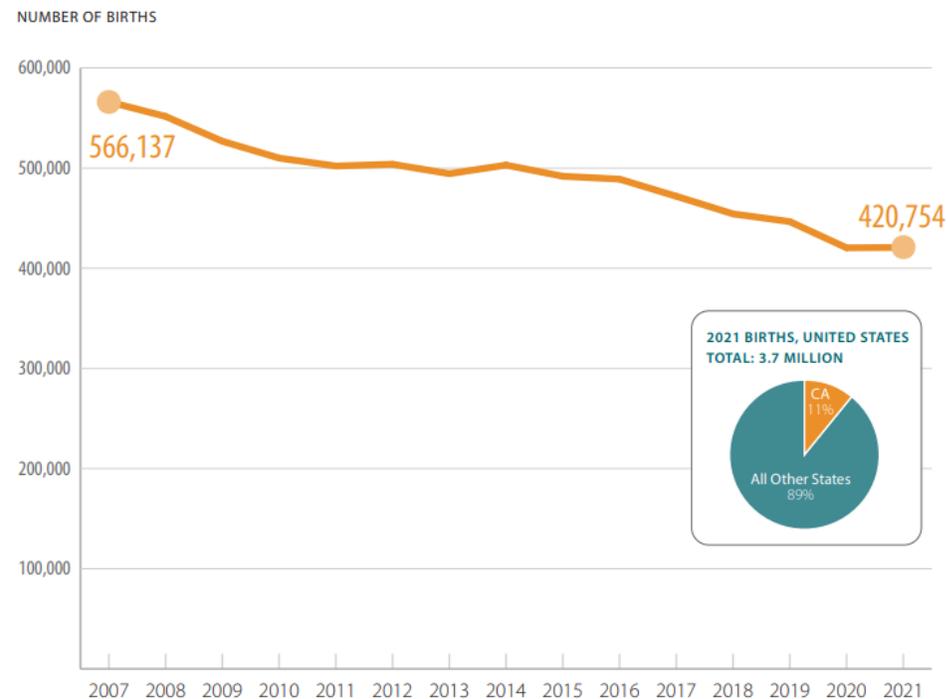
- Understanding and meeting the physical, social and emotional needs of children is imperative.
- Health professionals can continue to improve access to nutritious food and physical activity before other interventions, providing education and referrals as needed.
- Addressing lifestyle changes, food access and nutrition education in the school environment can help improve eating patterns.

Trend 2: Population Changes

Changing age demographics are creating societal shifts with lasting impacts.

These changes will impact the health care environment, economy, workforce, consumer landscape and family dynamics.

Births
California, 2007 to 2021



Trend 2: Older Adults

Nutrition can play a key role in **managing disease** and **maintaining quality of life**.

2016 estimate of California's population

Less than 18	18-24	25-64	Over 65
9.3 million	4.2	20.4	5.5

2060 projection

9.2	4.4	24	13.5
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SOURCE: <https://www.latimes.com/projects/la-pol-ca-next-california-demographics/>



Trend 2: Implications

- Declining enrollment and fewer students will impact everything in the school environment, from school closures and class sizes to food procurement.
- Businesses must consider shifting demographics in the development of long-term strategy for future success and stability.
- As the population of older adults increases, unique nutritional solutions including access to and education on a variety of foods, including dairy, will play a critical role in supporting community health.

Trend 3: Sustainability

Concern about climate change and slow progress toward global sustainability goals highlight the need for innovative solutions.

Consumer attitudes and behaviors show there are challenges to aligning choices with values.



Trend 3: Consumer Attitudes



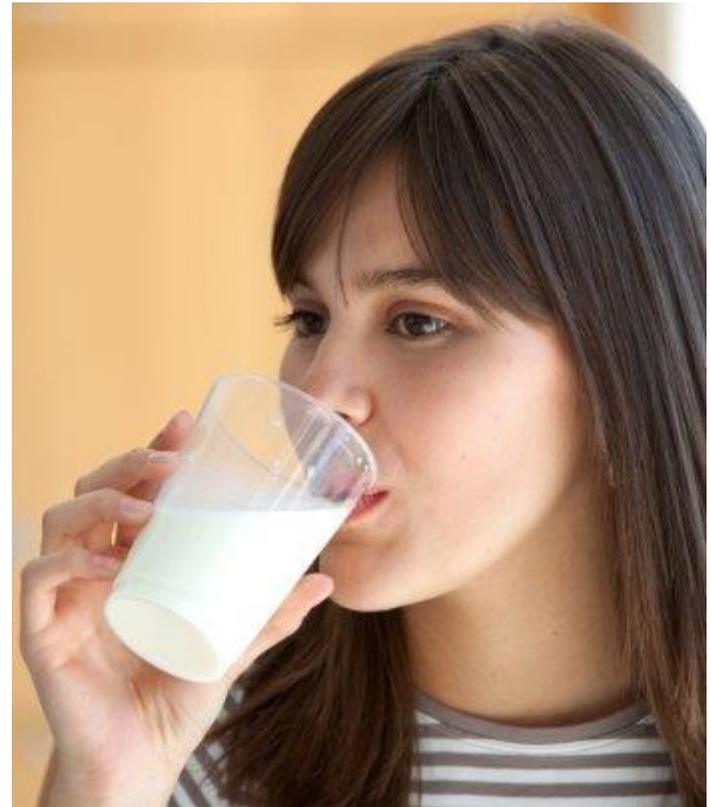
Trend 3: Implications

- Ongoing consumer education is a critical first step in understanding how personal choices impact the environment.
- Sustainability conversations and actions must address the intersecting challenges of climate, food insecurity and food systems.
- Improving people's access to nutrient-dense, affordable foods is imperative. Dairy foods provide a unique package of nutrients to help meet the needs of a growing population.

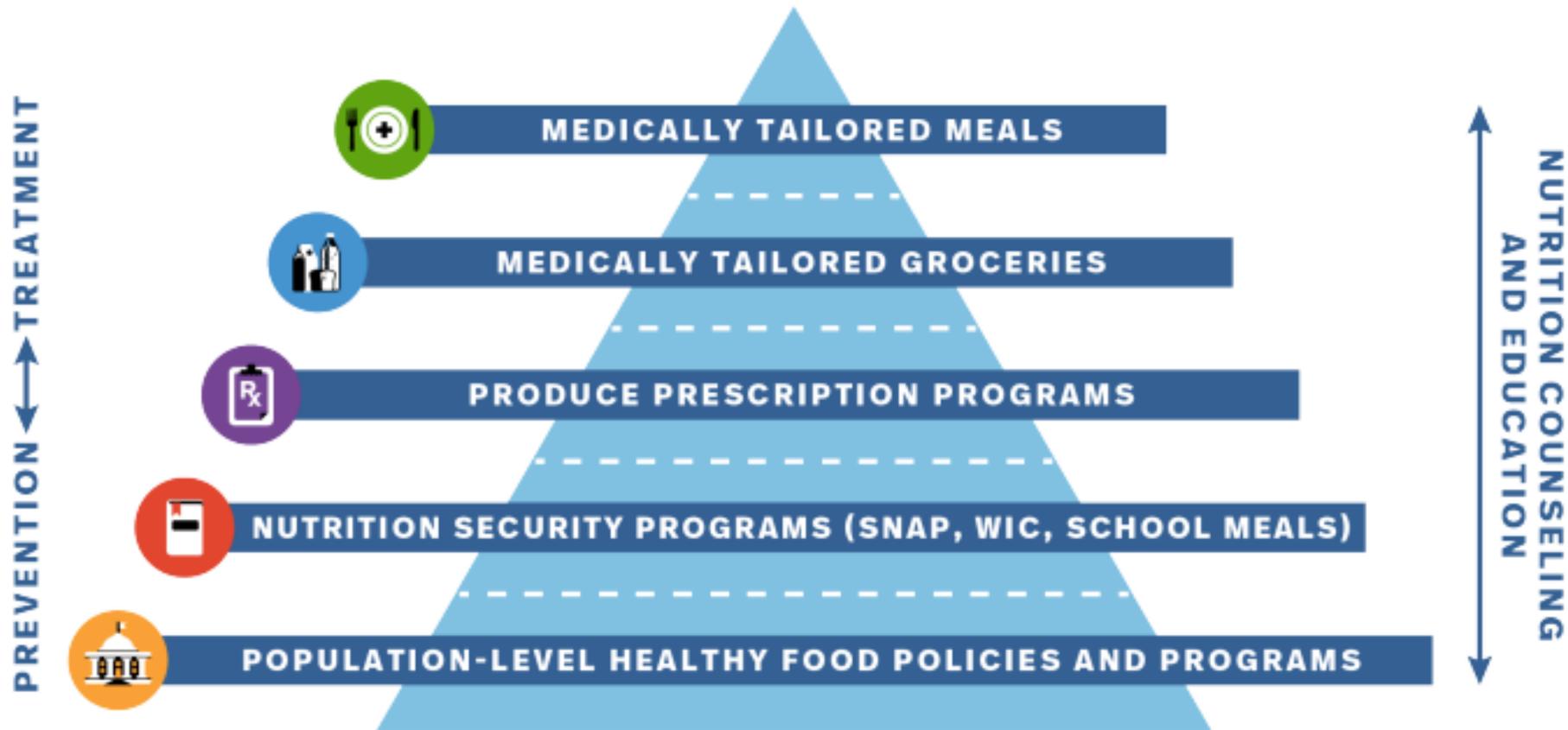
Trend 4: Whole Dairy

Whole milk and dairy foods continue to show positive impacts on health.

And as consumer values for whole milk, cheese, yogurt and butter increase, so does demand.



Trend 4: Food is Medicine



SOURCE: True Cost of Food: Food is Medicine Case Study. Food is Medicine Institute, Friedman School, Tufts University; 2023. Adapted from Food is Medicine Massachusetts. Food is Medicine pyramid. Food is Medicine interventions. <https://foodismedicinema.org/food-is-medicine-interventions>

Trend 4: Whole Dairy

- Credible science and a renewed value for whole dairy foods may shift dietary recommendations to include a wider variety of dairy options that support health and personal preferences.
- Health educators can play a key role in educating people on the health benefits of whole dairy foods. They can also advocate for inclusion of whole milk, cheese and yogurt within nutrition security programs.
- Due to budget constraints, people are eating more at home, creating opportunity for consumers to include whole dairy foods as part of their culturally relevant eating patterns.

**Are you using Artificial
Intelligence (AI) in your work?**

Trend 5: Artificial Intelligence

The health care and education sectors are adapting to rapid advances in artificial intelligence technology.

Adoption of AI may outpace the development of guidelines for safe and effective implementation.

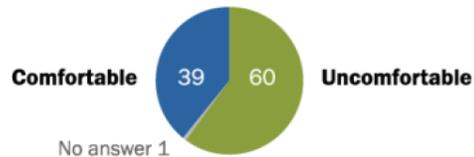


Trend 5: Artificial Intelligence

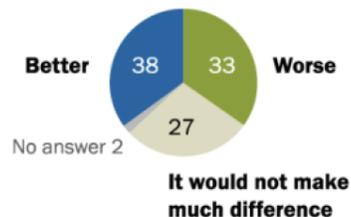
Fewer than half in U.S. expect artificial intelligence in health and medicine to improve patient outcomes

% of U.S. adults who say that thinking about the use of artificial intelligence in health and medicine to do things like diagnose disease and recommend treatments ...

They would feel ___ if their health care provider relied on it for their medical care



It would lead to ___ health outcomes for patients



Source: Survey conducted Dec. 12-18, 2022.

"60% of Americans Would Be Uncomfortable With Provider Relying on AI in Their Own Health Care"

SOURCE: <https://www.pewresearch.org/science/2023/02/22/60-of-americans-would-be-uncomfortable-with-provider-relying-on-ai-in-their-own-health-care/>

60% of Americans would be uncomfortable with providers relying on AI in their own health care

Less than half in U.S. expect AI in health and medicine to improve patient outcomes

Trend 5: Artificial Intelligence

- Industries are in the early stages of combining human intelligence with AI. Determining ways to effectively use AI in health care and education settings will be essential.
- Educators, researchers and developers need to train and test AI to avoid misinterpreting science misguiding the public.

Questions & Answers



Please type questions, comments and/or compliments in the chat.

Speaker

Artificial Intelligence Impact: Shaping the Future of Food, Nutrition & Education



Katherine Goyette

Computer Science Coordinator, Office of the Deputy
Superintendent, Information Technology Branch
California Department of Education



Questions & Answers



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Let's Eat Healthy Community Discussion

Breakout Session Directions

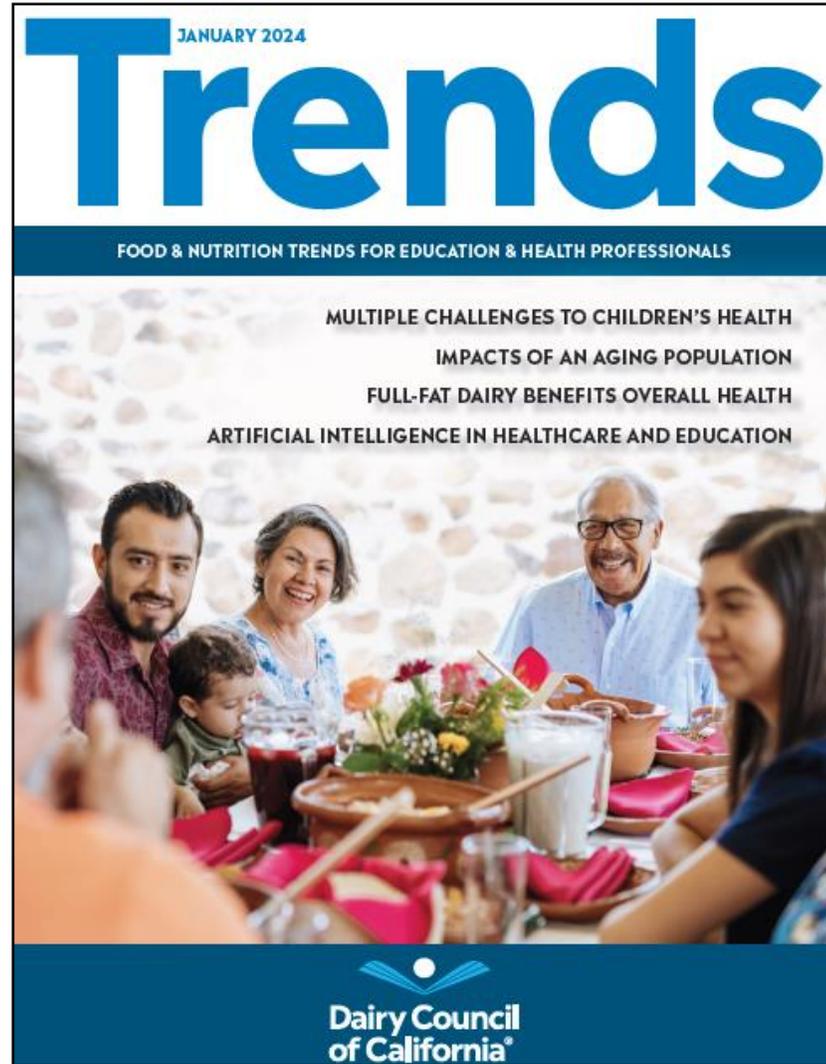
1. Your breakout room will be assigned.
2. Discuss the following question: **Which trend resonated with you the most and why?**
3. A facilitator will summarize your discussion and report back.
4. The breakout session will be approximately 10 mins.

Discussion Highlights



Please provide 1 to 2 key takeaways per breakout room.

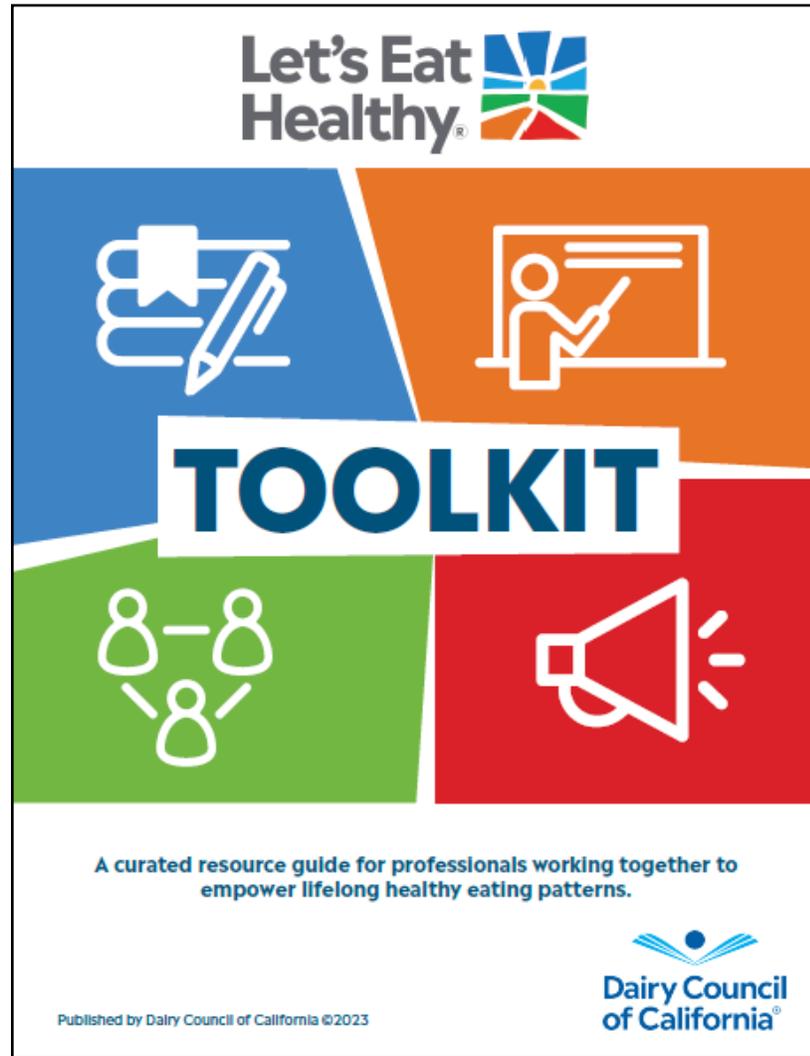
Resource Spotlight



Dairy Council of California

www.dairycouncilofca.org/trends

Resource Spotlight



Educate

Suggested Activities

- **Stay up to date** with [Nutrition Trends](#) for health professionals and educators.
- **Share** science-based nutrition resources with target audiences:
 - Use [Let's Eat Healthy Tip Sheets](#) with turnkey activities to build on nutrition knowledge and reinforce healthy eating patterns.
 - Relay [California WIC nutrition and health content materials](#), which support families of young children.

Closing Remarks

- Certificate of Attendance
- Evaluation
- *Stay tuned for the 2024 Fall CoP*

Thank you for joining us!

Please scan the QR code to complete a short survey





Certificate of Attendance

Let's Eat Healthy Community of Practice 2024 Food & Nutrition Trends for Educators and Health Professionals

Participant Name

Date: 5/2/24

Location: Webinar

Professional Standards Crediting Information for School Nutrition Programs

Key Area: Nutrition (1000)

Topics: General Nutrition (1300)

Learning Objectives: Relate the Dietary Guidelines for Americans and USDA food guidance system to the goals of the school nutrition program (1310); Understand general nutrition concepts that relate to school meals (1320)

Total Continuing Education/Instructional Hours: 1.5 hours

This institution is an equal opportunity provider



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Contact Information

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