


# Nutrition Research Updates

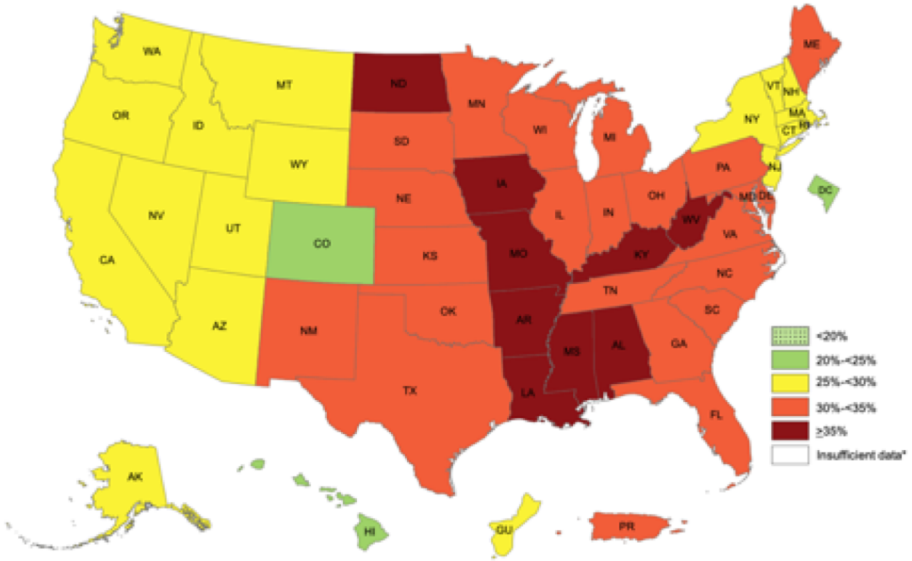
# The 71 percent data: Major disqualifiers

- Nearly one-third (31 percent) of young people ages 17-24 are too overweight to qualify

- Among 10-17 year olds, nearly 16 percent had obesity

# Recruitment challenges due to obesity

- Obesity rates are highest in Southern states, which have a high number of military recruits



# Recruitment challenges due to obesity

- Children with obesity are more likely to experience:
  - Asthma
  - Type II diabetes
  - Heart disease
  - Bone and joint problems

# Research behind programs we support

- Supplemental Nutrition Assistance Program (SNAP)
- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- National School Lunch Program (NSLP)
- Summer Food Service Program (SFSP)



# SNAP

- SNAP can:
  - Improve food security
  - Benefit children's academic performance
  - Improve children's health

# WIC

- Among children who participated in WIC, obesity rates declined from 16 percent in 2010 to 14 percent in 2016

- This decline occurred in 41 states/territories

# National School Lunch Program

- Participation is associated with:
  - Lower BMI
  - Reduced obesity rates
  - Improved academic performance

# Summer meals

- Participation is associated with:
  - Improved nutrition during the summer
  - Reduced food insecurity



# COVID-19 and school nutrition

- Food insecurity rates increased during the pandemic
- Schools served as vital resources to provide children with adequate nutrition