



The Latest on Ultraprocessed Foods

Ultraprocessed foods (UPFs) have become a growing focus of public health research and policy due to an increasing body of evidence suggesting that diets high in UPFs are associated with poor health outcomes. Check out our latest resources on the topic:

Understanding Ultra-processed Foods

Public Health Communications Collaborative created this resource in collaboration with HER to simplify what people need to know about ultraprocessed foods: what makes a food ultraprocessed, what research says about their potential health impacts, and practical tips to help people make informed food choices. [Find it here.](#)

Defining Ultraprocessed Foods: 5 Questions Answered

Our latest blog post answers five frequently asked questions about UPFs, HER's recommended definition of UPFs for policy, and what it means for researchers, advocates, and policymakers. [Read it here.](#)

[Read More](#)



Healthy Drinks Healthy Kids Implementation Toolkit

A free, evidence-based toolkit with ready-to-use social media posts, printable materials, and educational resources to help organizations promote healthy beverage choices for families with young children. Developed by the Sugar Smart Coalition in partnership with Michigan State University Extension, using [HER's recommendations](#) for healthier beverages for kids ages 0-5. Learn more and request free access at sugarsmartcoalition.org.

Latest Grantee Research

SNAP Food Restrictions May Help or Hurt—But We Will Probably Never Know

This viewpoint examines the challenges of evaluating new SNAP food restrictions across states, noting limited evidence on their effects and significant challenges in measuring potential benefits and unintended consequences. [Learn more.](#)

Parents' Reactions to Universal School Meals Social Media Campaign

This study examined parents' reactions to a social media campaign promoting universal school meals among elementary-aged children in the U.S. The findings provide insight into how parents respond to messaging about making school meals available to all students. [Learn more.](#)

Expanding the Reach and Access of School Meals

This report examines factors influencing schools' adoption of the Community Eligibility Provision, which allows schools to provide free meals to all students. The analysis finds that reimbursement rates, Medicaid data matching, and local financial conditions can affect participation, with rural schools facing particular challenges. [Learn more.](#)

Impact of CACFP Reimbursement Tiers

This mixed-methods study examined how reinstating tiered reimbursements in the Child and Adult Care Food Program affected family child care providers and families in California. Providers reported that reimbursements were insufficient, contributing to reduced food variety and quality and increased financial burdens. [Learn more.](#)

Spotlight on WIC Research

Forecasting WIC Funding Needs

This report presents a new model for projecting WIC funding needs for Fiscal Year 2027 and examines how proposed funding levels could affect access to the program. The analysis highlights the importance of adequate funding to ensure WIC can continue serving eligible families. [Learn more.](#)

Evaluating an Electronic Health Record (EHR)-based WIC Referral Program

- Findings suggest that using an electronic health record tool to screen children for WIC participation and facilitate referrals during pediatric primary care visits can help connect eligible families with WIC. [Learn more.](#)
- WIC participants in this study were overwhelmingly comfortable with information sharing and integrated communication between health care providers and WIC. [Learn more.](#)

Impact of WIC Cash-Value Benefit Increases and Remote Services on Massachusetts WIC Participants

- The cash-value benefit for fruits and vegetables increase was associated with large increases in redemption. [Learn more.](#)
- Remote WIC services were associated with more children staying enrolled, which may inform efforts to make remote options permanent. [Learn more.](#)
- Compared to non-participating children, WIC-participating children in Massachusetts ate fruits and vegetables more often and consumed more fruit after the cash-value benefit increase. [Learn more.](#)

Updates From Our Partners

Rudd Center Adolescent Citizen Scientists Project

The UConn Rudd Center for Food Policy and Health and the Hispanic Health Council have developed a website that provides tools and lessons learned for community partners and researchers who wish to engage high school students in the design and delivery of community-engaged programs to improve their food environment. [Learn more about their project and new resources here.](#)



New NCCOR resource: Clinical Research Gaps in Pediatric Obesity Pharmacotherapy

NCCOR's new white paper, *Clinical Research Gaps in Pediatric Obesity Pharmacotherapy*, identifies critical unanswered questions related to the use of obesity medications for children and adolescents. Developed in collaboration with experts across research and clinical care, the paper outlines research priorities that can inform the prescription, maintenance, and discontinuation of GLP-1s and other obesity medications for youth. Access the white paper, priority research questions, and other resources on the [NCCOR website.](#)

