

February News Flash - UCSD Center for Community Health

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Larsson-Rosenquist Foundation  
**Mother-Milk-Infant Center of Research Excellence**  
*Unraveling the complexity of human milk*

### **MoMI CoRE Seminar**

**“Breastfeeding, breast milk composition and the developmental origins of health and disease in the CHILD birth cohort”**



**Meghan Azad, PhD**

Research Scientist, Children’s Hospital Research Institute of Manitoba  
Assistant Professor, Pediatrics & Child Health, University of Manitoba

**Monday, March 6, 2017 - 9:00-10:00 am**

PSB classroom 1120 (Skaggs School of Pharmacy)

Coffee and light breakfast will be available.

For more information visit <http://milk.ucsd.edu>

### **Synopsis**

The Canadian Healthy Infant Longitudinal Development (CHILD) Study is

following 3,500 families across Canada, from pregnancy through early childhood. We are exploring the genetic and environmental factors that predispose or protect children from chronic diseases including asthma, allergies and obesity. Research in the Azad Lab focuses on infant feeding practices and breast milk composition in the CHILD Study. Our results show that breastfeeding is associated with reduced risks of asthma and obesity in early childhood, and these effects differ depending on the mode of feeding (direct breastfeeding vs. expressed breast milk) as well as the timing and type of complementary feeding (formula vs. solid foods). To understand the biological mechanisms underlying these associations, we are analyzing breast milk samples from the

CHILD cohort to measure multiple bioactive components, including oligosaccharides (in collaboration with UC San Diego's MoMI CoRE), microbiota, fatty acids and endocrine hormones. Our results to date have identified specific milk bioactives associated with infant body composition and allergic sensitization, and show that both fixed (eg. age, ethnicity) and modifiable (e.g. diet, BMI) maternal characteristics are associated with breast milk composition. Long-term associations are now being studied as the CHILDCOHORT reaches 5 years of age. (<http://www.canadianchildstudy.ca>)



### **¡Más! Fresco! More Fresh Program Update**

The ¡Mas Fresco! More Fresh Program has just recently completed its 2017 enrollment events in Orange County and is now conducting enrollment events in Los Angeles County to be followed by enrollment events in San Diego County. The ¡Mas Fresco! More Fresh Program enrolled 280 CalFresh recipients into the program during its Orange County enrollment events. These program participants are already earning and redeeming financial incentives at Northgate Gonzalez Markets in Orange County. CalFresh recipients who enroll in this program earn one dollar for every CalFresh benefit dollar spent on fresh

fruits and vegetables, up to \$40 per month for one year. The financial incentive dollars earned can then be used to purchase additional fresh fruits and vegetables. In this way, the program helps to increase the purchasing power and consumption of fruits and vegetables among CalFresh recipients.

The ¡Mas Fresco! More Fresh Program is the first-ever retail-based USDA Food Insecurity Nutrition Incentive (FINI) randomized control trial study where program participants enroll in a formal FINI study that includes a baseline survey, a survey at 6-months, a survey at the 12-month completion of the study and a follow-up survey at 18-months. In addition to the self-reported survey data, this study also includes point-of-sale transaction data. The transaction data includes the dollar amount of fruits and vegetables being purchased by the ¡Mas Fresco! More Fresh Program participants, as well as the dollar amount of financial incentives that are earned and redeemed by program participants.

This program would not be possible without the support of Northgate Gonzalez Market and the incredible leadership and support of the entire Northgate Gonzalez Market team. This program would also not be possible without the support of Latino Health Access and their network of Promotoras. Since this is a randomized control trial study each ¡Mas Fresco! More Fresh Program participant needs to be informed about the study, sign an informed consent form agreeing to participate in the study, and then complete a baseline survey on-site in the store. This simply would not be possible without the rapport and trust that the Latino Health Access Promotoras are able to establish with each and every ¡Mas Fresco! More Fresh Program participant.



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### Welcome to our Team!

We would like to officially introduce Danielle Ralleca, Jamie Moody, MS, and Rahwa Weldeselase to our Center. We are excited to have them with us!



[Danielle Ralleca](#)



[Jamie Moody, MS](#)



[Rahwa Weldeselase](#)

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### Crosswalk Celebration in Mt. Hope!

We are proud to announce our walkability project at the intersection of Market & Denby in the Mt. Hope neighborhood of Southeastern San Diego is finally

complete and the newly built crosswalk is ready for some action! Fresh Garden Market, a participating market in our *Live Well Community Market Program*, and the Mt. Hope Community Garden, operated by *Project New Village*, are located at this intersection. Neighborhood residents now can more safely access both locations for good food opportunities. Read more about the project [here](#).



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Funders of the projects highlighted include but are not limited to the County of San Diego Health and Human Services Agency (HHS), the California Department of Public Health's Nutrition Education and Obesity Prevention Branch (NEOPB), the United States Department of Agriculture (USDA), the Centers for Disease Control and Prevention (CDC), the National Institutes of Health (NIH), and the Prevention Institute.

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