Hunger and Environmental Nutrition DPG

Webinar Series

The Role of the Dietitian in the Local Food Movement

February 11, 2014
Moderator

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www.HENdpg.org
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www.healthyfoodinhealthcare.org
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Hunger and Environmental Nutrition (HEN)
Dietetic Practice Group

HEN Vision
Optimize the nation’s health by promoting access to nutritious food and clean water from a secure and sustainable food system.

HEN Mission
Empower members to be leaders in sustainable and accessible food and water systems.

Sustainability
HEN defines sustainability as: "A sustainable and resilient food system [that] conserves and renews natural resources, advances social justice and animal welfare, builds community wealth, and fulfills the food and nutrition needs of all eaters now and in the future."

(Harmon A. & Tagtow A., 2008)
Hunger and Environmental Nutrition (HEN) Dietetic Practice Group

**Member Benefits**

- FREE Online access to the *Journal of Hunger and Environmental Nutrition*
- Quarterly newsletter and webinars with CPE opportunities
- Lively Electronic Mailing List (EML)
- Strategic network relationships
- Educational Resources on Food System Topics: *Organic Talking Points, Antibiotic Use in Agriculture, and more...*
- HEN awards and recognition
- Scholarship opportunities for international members

Reduced rate for student members!

@HENdpg www.HENdpg.org
Introduction of Speakers

Farryl Bertmann, PhD. RD.
Research Scientist
Gretchen Swanson Center for Nutrition

Beth Falls, PhD. RD.
Research Scientist
Ocean Research & Conservation Association (ORCA)
The Role of Dietitians in the Local Food Movement

Beth Falls, Ph.D., R.D.
Local Food

Local food or the local food movement is a “collaborative effort to build more locally based, self-reliant food economies - one in which sustainable food production, processing, distribution, and consumption is integrated to enhance the economic, environmental and social health of a particular place.”

Where does local food come from?

- Community Gardens
- Urban Farms
- Local Farmers
  - Farmer’s Markets
  - CSA
  - Direct Sales/Farm Stands
- Backyard Gardens
- Food Forests
Examples of Local Food Production
Trends in Local Food

• 1940’s – 20 million Victory Gardens
• 2007 – estimated 18,000 – 20,000 community gardens (ACGA)
• Farmer’s markets have increased by 348% since 1994 (USDA)
Human Health Impact

- Decreased risk of disease
- Healthy protein
- Food security
Human Health Impact

Positive Attitudes toward Organic, Local, and Sustainable Foods Are Associated with Higher Dietary Quality among Young Adults

Unique Qualifications of Dietitians

• Food experts (all aspects)
• Complex and Integrative Thinkers
• Foodies
Behavior Change

• Examples of education
  – Recipes and Menus
  – Schools
  – Community

• Interpret scientific and popular news for the public
Review of the nutritional implications of farmers' markets and community gardens: a call for evaluation and research efforts

McCormack et al. JADA 2010 Mar; 110(3):399-408.
Research

The impact of local food and/or community gardening on:

• Micronutrient status
• Biochemical indicators of disease risk
• Obesity and other chronic diseases
• Exposure to toxic chemical
Ohio University - Environmental Nutrition for students interested in careers involving sustainability, agriculture, wellness and food policy.

University of Wisconsin at Stevens Point – M.S. in Nutritional Sciences with a concentration in Community Nutrition that provides expertise in sustainable food systems and community development.
Teach Students Additional Skills

- Program Planning and management
- Fund raising and development (Grant writing)
- Marketing
- Networking
- Political Savvy
- Food policy and regulations
Hunger and Environmental Nutrition DPG

**MISSION:** Empowering members to be leaders in sustainable and accessible food & water systems
Goals of Seminar

Importance of local and sustainable food on human and environmental health

Role of Dietitians in achieving its full potential
The Role of Dietitians in the Local Food Movement

Farryl Bertmann, PhD RD
Research Scientist
Gretchen Swanson Center for Nutrition
Outline of Presentation

- Food systems
- Food security
- Local food
  - Five initiatives
  - Dietitian’s role
- Future opportunities
The food system spans the activities, people and resources involved in getting food from field to plate. Along the way, it intersects with aspects of public health, equity and the environment.
Drivers for Rebuilding a Sustainable Food System

- Energy
- Environment
- **Food Security**
- Food Justice
- Biodiversity
- Market Value
- Marketplace Values

Ackerman-Leist, Philip (2013) Rebuilding the FoodShed: How to create local, sustainable, and secure food systems.
Unique Skills as an RD

• Research Design
• Public Health
  – Relationships between primary prevention and outcomes
  – Development of nutrition programs and services
• Nutrition Status and Nutrition
  – Related health measurements
  – Nutrition composition of foods
• Food and Nutrition Assistance Programs
  – Program intervention
  – Understanding of grant/entitlement programs
(1.) Implementation of wireless terminals at farmers markets: impact on SNAP redemption and overall sales
Purpose

• Pilot study
• Impact of wireless, plug-free terminal use on overall and EBT sales
• Hypothesis:
  – Wireless terminal implementation would increase overall sales above and beyond novel EBT sales at FM
Results

• Increase the ability to utilize SNAP in Arizona Farmers’ Markets
  – Average increase in sales $2760 to $4686
  – In 4 out of 5 markets: post-intervention sales significantly higher
  – Range of EBT sales: $105 to $557

• Could increase financial success of FM
• Broaden access for low-income consumers

The Dietitian’s Role

- Primary Prevention
- Food and Nutrition Assistance Programs
- Expansion of Nutrition Programs and Services
(2.) Ethnographic study of shoppers’ experiences at an urban farmers’ market
Purpose

• Factor enhance and detract shoppers at FM
• Inform targeted intervention and social marketing strategies
• Examine potential added-value in local food venues
Preliminary Results

• 56% - enhanced FM experience
• 5% - distracted from experience
• 42% - neutral

• Freshness/abundance (28%)
• Presentation/Print material (17%)
• Social interactions (16%)
• FM Attractions (13%)

The Dietitian’s Role

- Research Design
- Primary Prevention
- Expansion of Nutrition Programs and Services
(3.) WIC cash value voucher (CVV) use in Arizona: A qualitative exploration of barriers and strategies related to fruit and vegetable purchases
Purpose

The specific objectives of this project were to examine trends and attitudes related to CVV use to provide insight regarding:

1. Overall use of CVV
2. CVV rules changes
3. Differences in CVV redemption

Bertmann FMW, Barroso C, Ohri-Vachaspati P, Hampl JS, Sell K, Wharton, CM. Attitudes, Perceptions, and Barriers to Arizona WIC CVV: a qualitative exploration of fruit and vegetable purchases across four categories of WIC participants. JNEB (In press)
# Results

<table>
<thead>
<tr>
<th>Research Aim: Overall Use of CVV Among Arizona WIC Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Theme: Interactions in the store and shopping strategies</td>
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<tr>
<td>Subtheme: Positive experience using WIC CVV</td>
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<tr>
<td>Subtheme: Anger from the cashier or other shoppers</td>
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<td>Subtheme: Lack of proper WIC training among cashiers</td>
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<td>Subtheme: Fluctuation of WIC-approved items at point of sale</td>
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<tr>
<td>Subtheme: Embarrassed to use WIC</td>
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<tr>
<td>Subtheme: Judged by cashier or other shoppers</td>
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<tr>
<td>Subtheme: Select specific cashier to improve experience</td>
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<tr>
<td>Subtheme: Use store WIC labeling to avoid selecting wrong item</td>
</tr>
<tr>
<td>Subtheme: Suggest implementing EBT cards for WIC to improve redemption</td>
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<tr>
<td>Theme: Maximizing WIC CVV amount</td>
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<tr>
<td>Subtheme: Avoid shopping at expensive stores</td>
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<td>Subtheme: Utilize sales</td>
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<td>Subtheme: Suggest increasing WIV CVV amount</td>
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<tr>
<th>Research Aim: Effect of CVV Fruit and Vegetable Rule Changes on Overall CVV Use</th>
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<tbody>
<tr>
<td>Theme: Rule change on overall CVV use</td>
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<tr>
<td>Subtheme: Fresh fruits and vegetables are preferred</td>
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<tr>
<td>Subtheme: Frozen fruits and vegetables are convenient</td>
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<tr>
<td>Subtheme: Mixture of fresh, frozen and canned is preferred</td>
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<tr>
<th>Research Aim: Differences in CVV Redemption Among WIC Participants of Different Categories</th>
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<tbody>
<tr>
<td>Theme: CVV redemption among different categories</td>
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<tr>
<td>Subtheme: Ease of use</td>
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<tr>
<td>Subtheme: Amount provided is worth the effort</td>
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<tr>
<td>Subtheme: Pooled CVV together during purchase</td>
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<tr>
<td>Subtheme: Redeemed CVV separately over the whole month</td>
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<tr>
<td>Subtheme: Full amount of CVV redeemed</td>
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<tr>
<td>Subtheme: More than full amount of CVV redeemed</td>
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The Dietitian’s Role

• Primary Prevention
• Food and Nutrition Assistance Programs
• Expansion of Nutrition Programs and Services
• Nutrition Status and Nutrition-Related Health Measures
• Grant/Entitlement Programs
(4.) Food System Assessment II: Farm to Institution Implementation Phase
Purpose

• Increase access to local fruits and vegetables (FVs) by implementing a Farm to Worksite program
  – Maximize efficiency and ease for the producer, worksite, and employees.
  – This included implementing online ordering for pick-up at the worksite.
Results

• Baseline:
  – high confidence in their ability to eat FVs daily
  – employees did not meet national FV recommendations.

• Follow-up:
  – increase in employee perception of access to healthy foods at work
  – Increase in household purchasing of FVs from farmer’s markets and farm stands.

Carpenter LR, Schober DJ, Bertmann FMW, Smith TM, Pinard CA, Yaroch AL (2013) Food System Assessment II: Farm to Institution Implementation Phase.
The Dietitian’s Role

- Research Design
- Primary Prevention
- Expansion of Nutrition Programs and Services
(5.) Evaluation of Child Hunger Ends Here: an Omaha, Nebraska Community Initiative
Purpose

• Evaluate Stakeholders
  – 3 Metro food pantries
  – Food Bank for the Heartland
  – Omaha Public Schools’ Grab-N-Go
  – Creighton University’s Financial Hope Collaborative

• Evaluate the Overall Initiative
  – Food sufficiency
  – Hunger-coping behaviors

Bertmann FMW. (2014) Food Sufficiency: A framework to understand food access and associated coping behavior.
The Dietitian’s Role

• Primary Prevention
• Food and Nutrition Assistance Programs
• Expansion of Nutrition Programs and Services
• Nutrition Status and Nutrition-Related Health Measures
• Grant/Entitlement Programs
Future Research

- Bridging Local Foods and Assistance Programs
- Utilizing Local Food in the Emergency Food Supply
- Increasing Utilization of Local Food in Educational Settings
Local Food and RD Interface

- Low-Income Households
- Community Food Security
- Food Systems
Thank you for sharing your time with me
Tools & Resources

• **HEN DPG**
  - [www.HENdpg.org](http://www.HENdpg.org) Sustainable Food Systems Primer - includes opportunities for RDs to influence the food system
  - FNCE Farm Tours!

• **Healthy Food in Health Care:** [www.healthyfoodinhealthcare.org](http://www.healthyfoodinhealthcare.org)
  - Menu of Change Reports – health care taking action!
  - Farmers Markets and CSAs on Hospital Grounds
  - Seasonal Foods: A new menu for public health
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Q & A
Hunger and Environmental Nutrition
2014 Webinar Series

Pesticides in our Food: The How, What, and Why Dietitians Need to Know.
Date: March 11, 2014 at 3pm EST

All webinars archived at www.HENdpg.org, Continuing Education