



Minneapolis Healthy Food Shelf Network

The Minneapolis Health Department, in conjunction with the greater MPLS food shelves, work together to supply healthy food items for food shelf clients

The Ultimate Vision

- Improve the quality, quantity, and accessibility of high quality, healthy items (HQHI) in food shelves throughout the Minneapolis area. By increasing access to healthy food items, the initiative seeks to improve nutrition and reduce chronic disease incidence among food shelf clients.



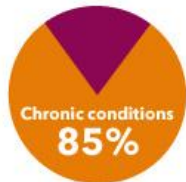
Why?



EVERYBODY NEEDS HEALTHY FOOD

“Many families in Minneapolis rely on food from food shelves to feed their households. For some, the food shelf is temporarily their only resource for fresh produce. Eating healthy food like whole grains, fruits, and vegetables lowers the risk of obesity and chronic disease. Access to fresh, healthy food allows families and individuals to get by with less worry about health complications so they can focus on getting back on their feet.”

The cost of chronic conditions



Chronic conditions account for **85%** of every health care dollar.

Robert Wood Johnson Foundation, 2010.

HEALTH PROMOTION AND CHRONIC DISEASE PREVENTION

Risk factors for many chronic diseases can begin early in life. But evidence shows that making dietary and lifestyle changes may prevent disease progression and premature death.

CHRONIC CONDITIONS RELATED TO DIET

1. HEART DISEASE & STROKE

HEART DISEASE:
LEADING CAUSE OF DEATH IN THE U.S. for 100 years, and currently accounts for 1 in 3 deaths.
STROKE: 1 IN 18 DEATHS IN THE U.S.

2. OBESITY

1 IN 3 ADULTS IN THE U.S. IS OBESE
Obesity in all ages, ethnic, and gender groups within the U.S. has reached epidemic proportions.
14% OF 4-19 YEAR OLDS ARE OBESE
based on BMI guidelines for children and adolescents.

3. CANCER

CLAIMS MORE LIVES THAN HEART DISEASE
every seven years from 1998 to 2007.
CAUSING FACTORS: OBESITY, POOR DIET & PHYSICAL INACTIVITY
• Consuming food that has an effect on increasing risk of breast and ovarian cancers.
• Moderate to vigorous exercise results in 20% reduction of colon cancer risk.

4. OSTEOPOROSIS

8% OF 20+ YEAR OLD FEMALES IN THE U.S. ARE AFFECTED
BONE FRACTURE PREVENTION
is strongly linked to weight-bearing exercise, and vitamin D and calcium intake.

5. DIABETES

18+ MILLION U.S. ADULTS DIAGNOSED WITH TYPE 2 DIABETES IN 2008
Diabetes prevalence is projected to reach 23% by 2050.
12.7% OF 12-19 YEAR OLDS HAVE METABOLIC SYNDROME
which encompasses both obesity + type 2 diabetes in young adulthood and beyond.

PREDICTORS OF TYPE 2:

- Obesity
- Family history
- High triglyceride levels
- High blood pressure
- Low high-density lipoprotein (HDL) cholesterol

RECOMMENDED PHYSICAL ACTIVITY:

6
MINS/DAY
FOR KIDS

15
MINS/WEEK
FOR ADULTS

OPTIMAL HEALTH

includes physical activity and an overall healthy diet. Registered dietitian nutritionists are uniquely qualified to provide nutrition education and interventions that promote a healthy lifestyle.

eat right. Academy of Nutrition and Dietetics

Position of the Academy of Nutrition and Dietetics: "The Role of Nutrition in Health Promotion and Chronic Disease Prevention" July 2010. <http://www.eatright.org/files/2010/02/07107.pdf>

Who should be at the table?

- Food Shelf Directors and Managers
- Minneapolis Health Department
- Food Bank Management
- Hunger Relief Organizations

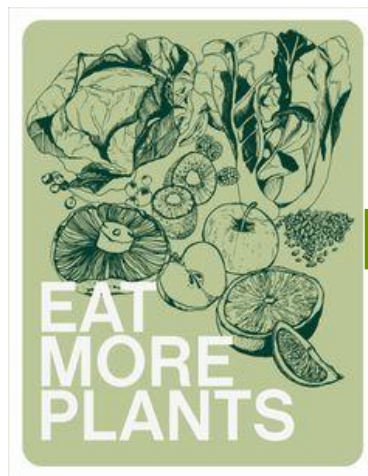


*Formerly Emergency
Foodshelf Network*



Long-Term Goals

- Improved nutrition among food shelf clients
- Reduced chronic disease among food shelf clients



**IMPROVED
NUTRITIONAL
STATUS**



**REDUCED CHRONIC
DISEASE**

Intermediate Goals

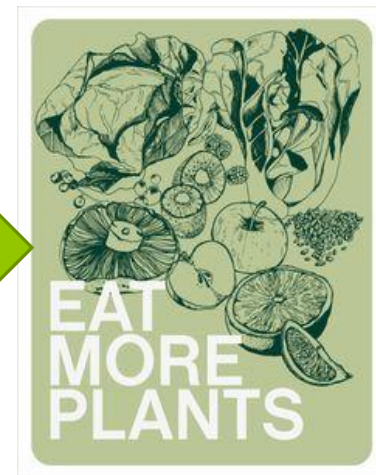
- Food shelves have increased access to HQHIs
- Food shelves have increased inventory of HQHIs



IMPROVED ACCESS



**IMPROVED
INVENTORY**



How?

- In collaboration with food shelves within the network, promising practices were recommended to improve healthy item access:
 - Merchandising
 - Communication
 - Client Awareness
 - Inventory
 - Policy



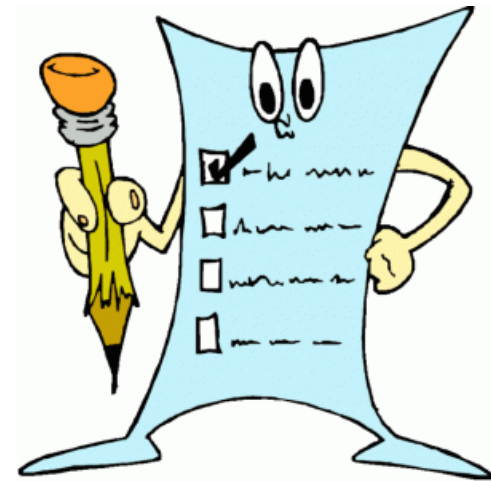
Progress?

- To evaluate the progress in each promising practice, survey questions were designed directly from the recommendations. Each recommendation could meet specific qualities of each promising practice.



Moving Forward...

- Survey Administration
- Survey Feedback Changes
- Gather & Research Answers
- Other Possible Avenues:
 - Gather Demographic Data on Food Shelf Neighborhoods
 - Food Desert Mapping
 - Food Bank and Food Shelf Client Surveys
 - Other Thoughts?



Questions/Concerns?



Picture References

1. http://www.foodbanklarimer.org/wp-content/uploads/2015/02/healthy_heart_foods.jpg (Slide 2)
2. http://businesshealth.kaiserpermanente.org/uploads/87659_Better_Way_Web_Graphics_v10b_13.jpg (Slide 3)
3. <http://avp.com/wp-content/uploads/Whole-Foods-Logo-1.jpg> (Slide 4)
4. http://www.secondharvest.ca/sites/secondharvest.ca/files/second_harvest_logo.jpg (Slide 4)
5. http://seward.coop/theme/seward/img/bg/logo_x2.png (Slide 4)
6. http://greenevent.com.mx/wp-content/uploads/2014/11/home_table.jpg (Slide 4)
7. <https://s-media-cache-ak0.pinimg.com/236x/06/b3/a6/06b3a65684fd32c219c4f8267d164acf.jpg> (Slide 5)
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14. <http://espei.com/wp-content/uploads/2013/05/equipmentprotection3.png> (Slide 11)