PLAN4Health Miami Valley

The Food System and Healthy Eating Workshop

October 9, 2024

Agenda

I. Welcome and Warm Up Activity (10 min)

II. Miami Valley Food System and Healthy Eating Briefing (30 min)

III. Small Group Activity and Discussion: Strategies to Improve the Food System (35 min)

IV. Wrap Up (15 min)

Orientation/Housekeeping

- ## Individual Worksheet
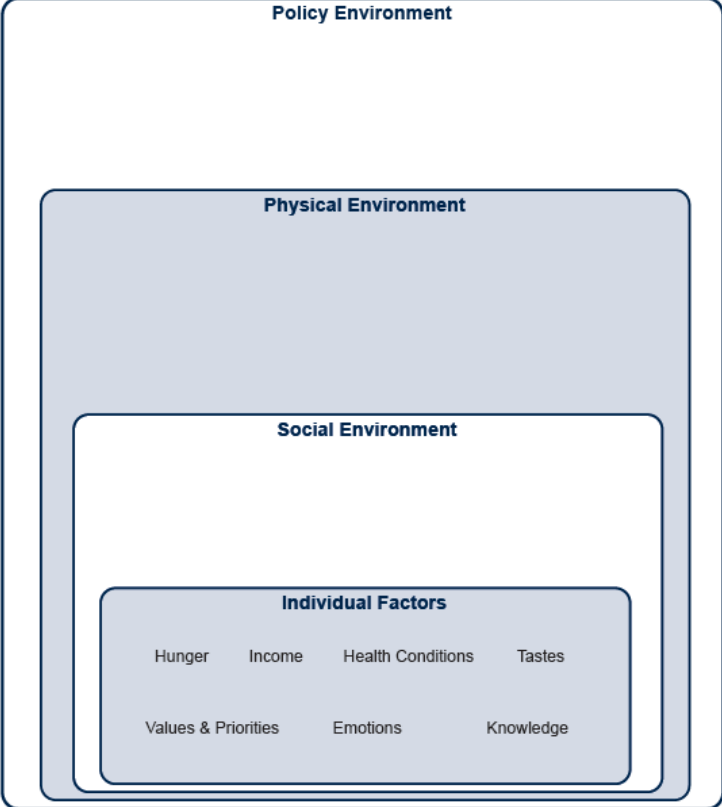 *Use this sheet to formulate ideas and take notes*

- ## Restrooms
  Through the lobby

- ## Informal Setting
  Ask questions and share your ideas

The Food System and Healthy Eating Workshop

Individual conditions and preferences affect our food choices. However, our choices are also influenced by a number of external factors, such as food costs, proximity to a grocery stores, culture, etc.

While many people desire a healthy diet, our environments might not always support healthy eating. Considering how our food environment impacts our food choices, in the space below, write down ideas related to the policy environment, physical environment, and social environment that contribute to our food environment and may promote or hinder healthy eating.

Policy Environment

Physical Environment

Social Environment

Individual Factors

| Hunger | Income | Health Conditions | Tastes |

| Values & Priorities | Emotions | Knowledge |

October 9, 2024

Promote and advocate "Health in All Plans and Policies"

Convene and engage partners to improve environments that are known to be key determinants of health

Advance planning efforts aimed at creating conditions for healthy people and communities

PLAN**4**Health
Miami Valley

A healthy community does not happen by accident.

It requires a comprehensive approach covering all aspects of social, physical, and economic environments.

PLAN4Health seeks to make the healthy choice, the easy choice.

Benefits of Planning for Health

Physical
- Reduced BMI and chronic disease
- Increased physical activity
- Increased access to healthy foods
- Increased healthcare access

Environmental
- Reduced exposure to pollutants
- Improved air quality
- Improved water quality

Mental
- Increased contact with nature
- Improved access to healthy housing

Communal
- Improved social cohesion
- Diverse neighborhoods
- Reduced social isolation

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Miami Valley

Understanding Where We Are

Identifying Barriers & Opportunities

Seeking Solutions & Building Capacity

PLAN4Health – Miami Valley: A Planning for Health Initiative

- Health Environment Assessment (complete)
- Built Environment Assessment (complete)
- Active Living Interventions Best Practices (complete)
- Food System Overview (in progress)
- Community Health Mapping

- Local Plan Health Assessment (complete)
- Healthy Communities Needs Assessment (in progress)

- Healthy Communities Planning Toolkit
- Healthy Communities Roundtables (on-going, 6 events held to date)

Improving Health Outcomes

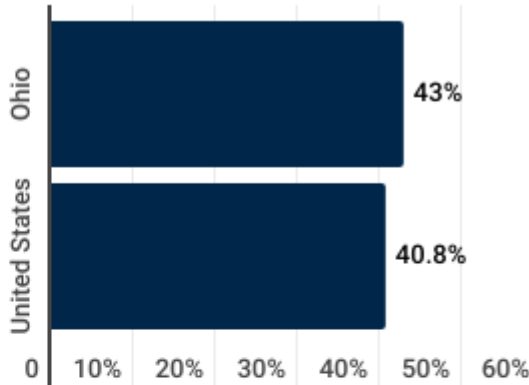## Physical Activity

Healthy Eating

Active Living

Built Environment Assessment
PLAN4Health - Miami Valley Initiative
Miami Valley Regional Planning Commission | Published 2022

Active Community Index

| Land Use | Pedestrian Friendly Environment | Activity Infrastructure |

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Healthy Eating

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Adults Who Consumed Less Than One Serving of Fruit Per Day

Ohio: 43%
United States: 40.8%

Adults Who Consumed Less Than One Serving of Vegetables Per Day

Ohio: 19.6%
United States: 19.7%
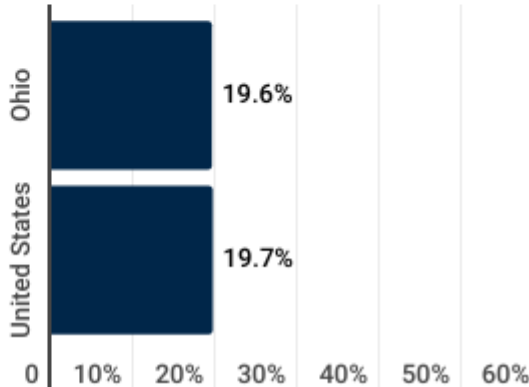
Coronary Heart Disease: 6%
Ohio Rate: 8%
US Rate: 5%

Adult Obesity : 36%
Ohio Rate: 35%
US Rate: 32%

Diabetes: 11%
Ohio Rate: 12%
US Rate: 10%

High Blood Pressure: 31%
Ohio Rate: 35%
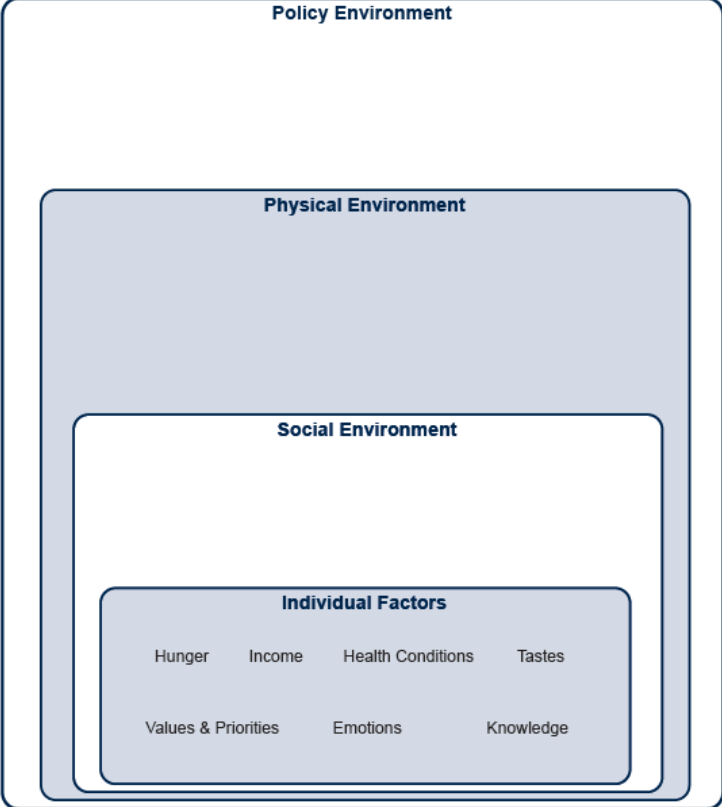US Rate: 30%

Warm Up Activity

Our individual choices are influenced by the options available to us. These options may be enhanced or hindered by a range of factors.

Use your worksheet to write down examples under each category that may influence our food choices.

The Food System and Healthy Eating Workshop

Individual conditions and preferences affect our food choices. However, our choices are also influenced by a number of external factors, such as food costs, proximity to a grocery stores, culture, etc.

While many people desire a healthy diet, our environments might not always support healthy eating. Considering how our food environment impacts our food choices, in the space below, write down ideas related to the policy environment, physical environment, and social environment that contribute to our food environment and may promote or hinder healthy eating.

Policy Environment

Physical Environment

Social Environment

Individual Factors

Hunger   Income   Health Conditions   Tastes

Values & Priorities   Emotions   Knowledge

October 9, 2024

Warm Up Activity

Policy Environment

Food Assistance Programs

Food Taxes

Policies that Affect Food Prices
(i.e. Farming Subsidies)

School Meal Programs

Regulations on Food Marketing

Physical Environment

Food Costs

Food Access -
Vehicle Availability, Sidewalks, Public Transit, Retail Locations, etc.

Food Marketing –
Advertising, Shelf Placement, Labels, Toys, etc.

Food Availability -
in Homes, Store Locations, Restaurants, Schools, etc.

Social Environment

Culture   Religion   Eating Habits of Family, Friends, Coworkers, etc.

Individual Factors

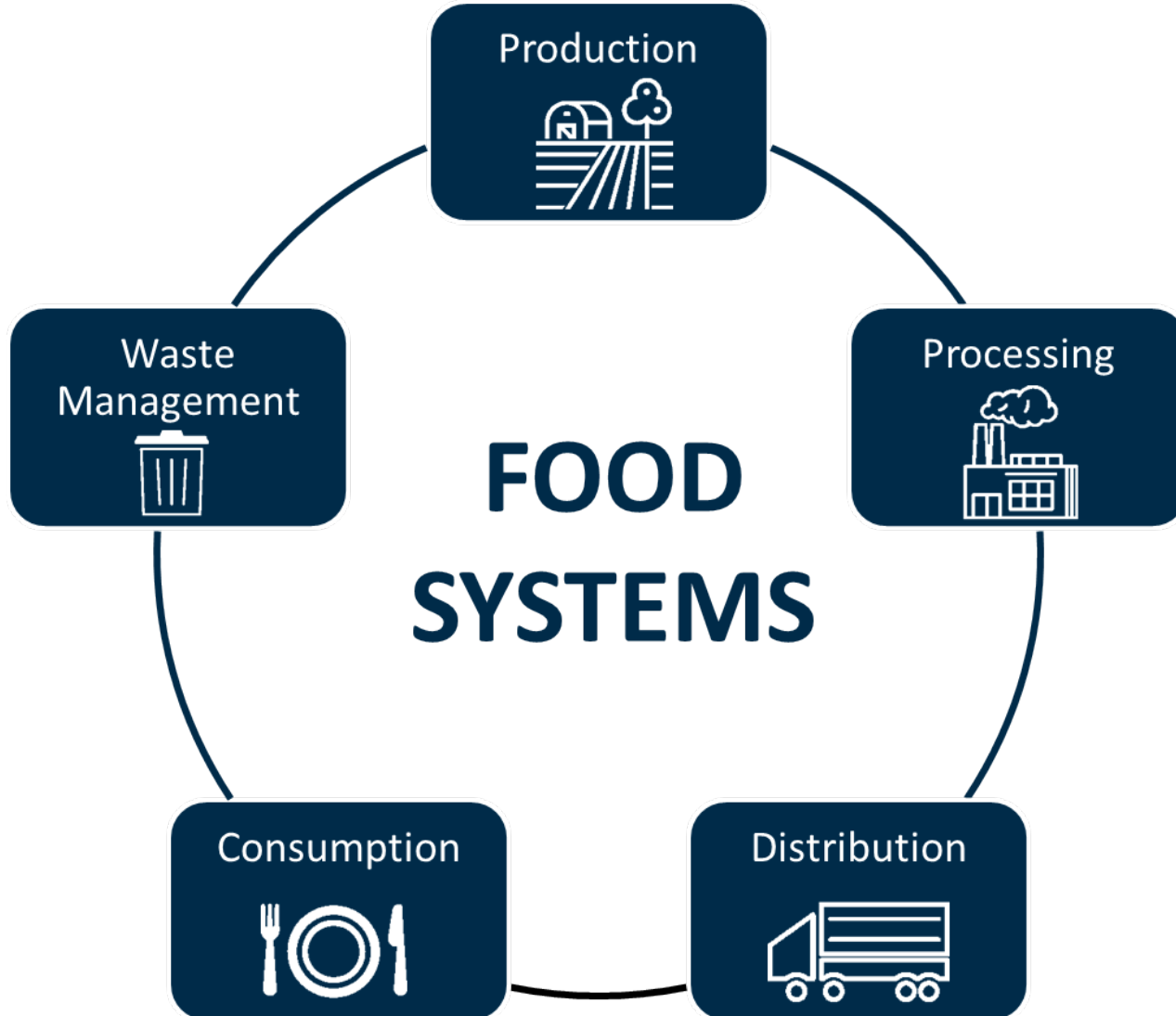Hunger   Tastes   Health Conditions   Values and Priorities

Income   Knowledge   Emotions

Food Systems

Planning is fundamentally tied to our food system in terms of land use, transportation, environment, and economic development.

Food Systems Matter to Planners Because…

PLAN4Health Miami Valley

Food system activities take up a significant amount of land

Planners can play a role to help reduce the rising incidence of hunger and obesity

The food system represents an important part of the local economy

Food takes a lot of fossil fuel energy to produce, process, transport, and dispose of

Farmland in metropolitan areas is being lost impacting local food production

Pollution of water, caused by chemical fertilizers and pesticides, adversely affects drinking water supplies

Access to healthy foods in low-income areas is a problem for which urban agriculture can offer a solution

Benefits emerge from stronger community and regional food systems
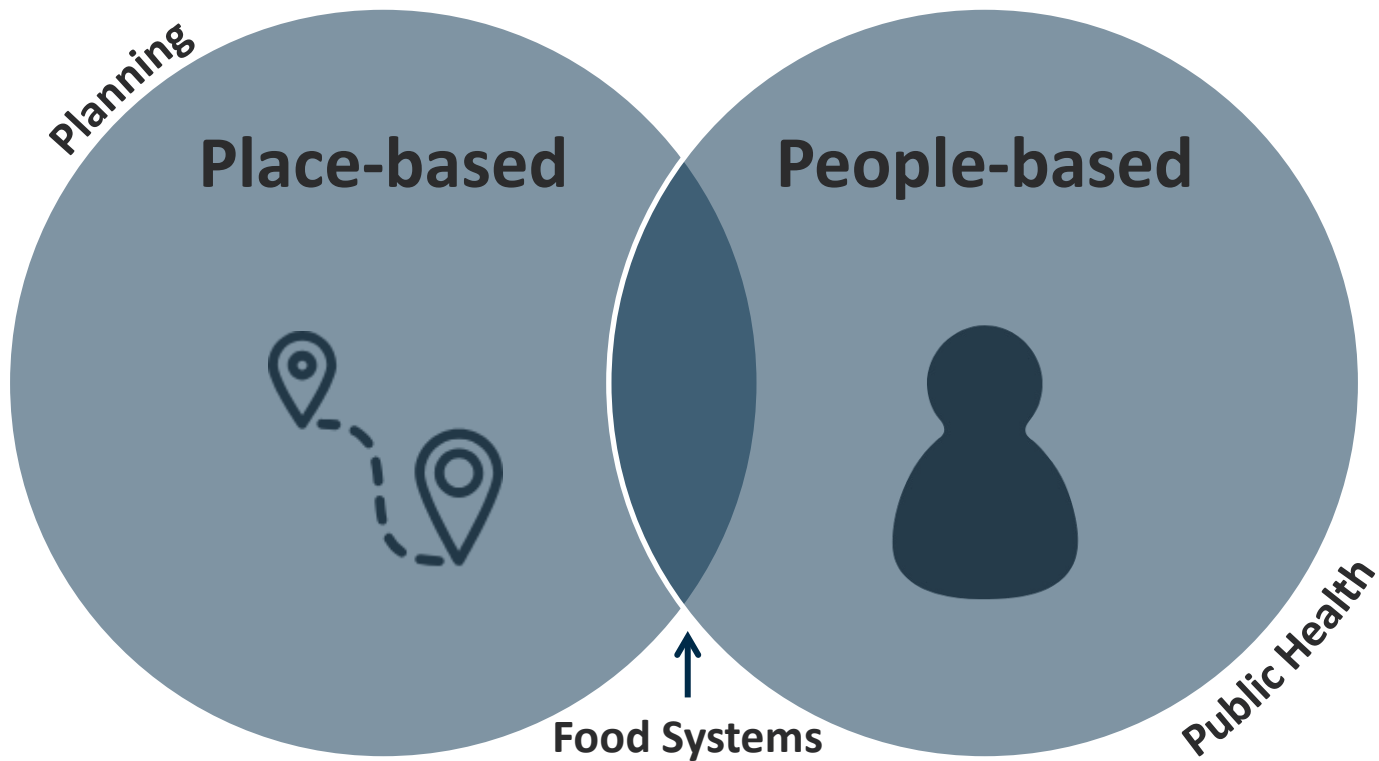
Regional Food System Overview

PLAN4Health - Miami Valley Initiative

Miami Valley Regional Planning Commission | Published Date Draft

Under Construction

Regional Food System Overview

- Examines food assets, security, and access across the Miami Valley

- Aims to increase awareness about local conditions within the food system

- Includes a series of interactive maps on various topics

- Not intended to be a food systems plan nor does it cover all aspects of the food system

Regional Food System Overview

PLAN4Health Miami Valley

Assets

- Cultivation
- Production
- Distribution

Security

- Income
- Food Costs
- Food Assistance

Access

- Urban vs. Rural Area
- Low Income Status
- Vehicle Access
- Distance from Food Stores

Regional Food System Overview

Assets

- Regional agricultural facts and figures
- Regional food manufacturing firms and employment
- Key food distribution information related to stores, restaurants, etc.

Security

- Data on local food insecure populations
- Average meal cost information
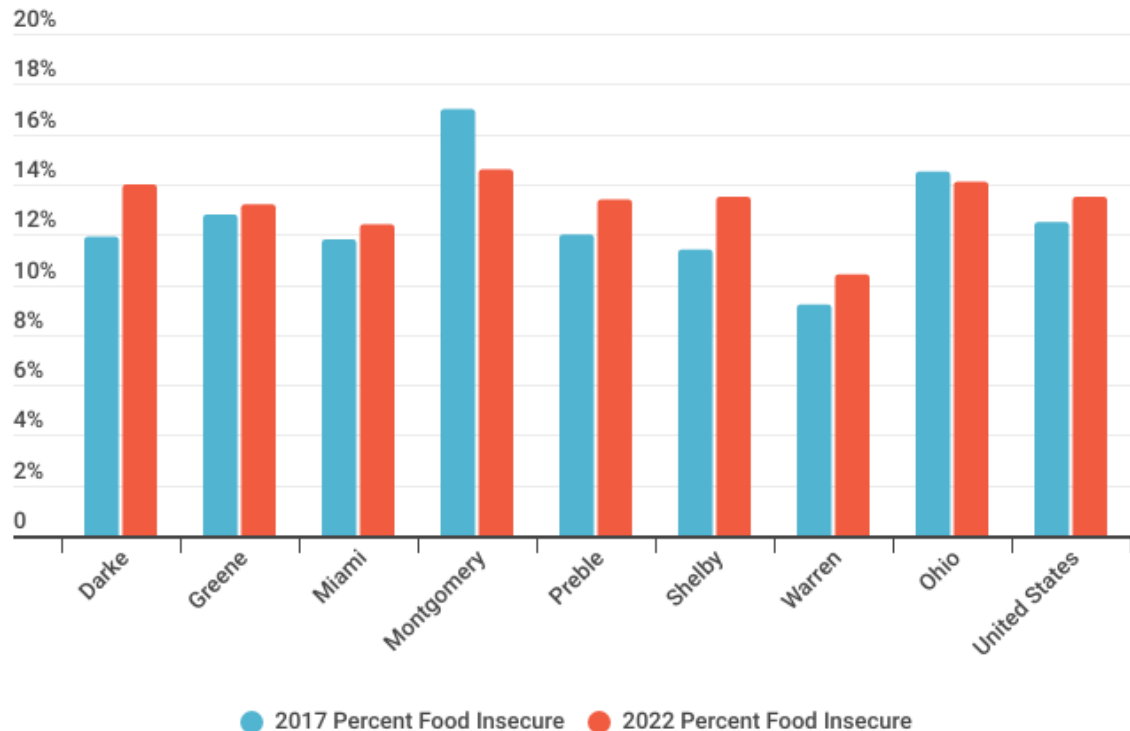- Food assistance programs

Access

- How access is measured
- Maps showing low access measures
- Limited access to healthy food trends
- Low Access population information

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Miami Valley

Security

In 2022, there were **more than 158,700** (13%), food insecure people in the Region.

Food Insecure Population Change: 2017 to 2022

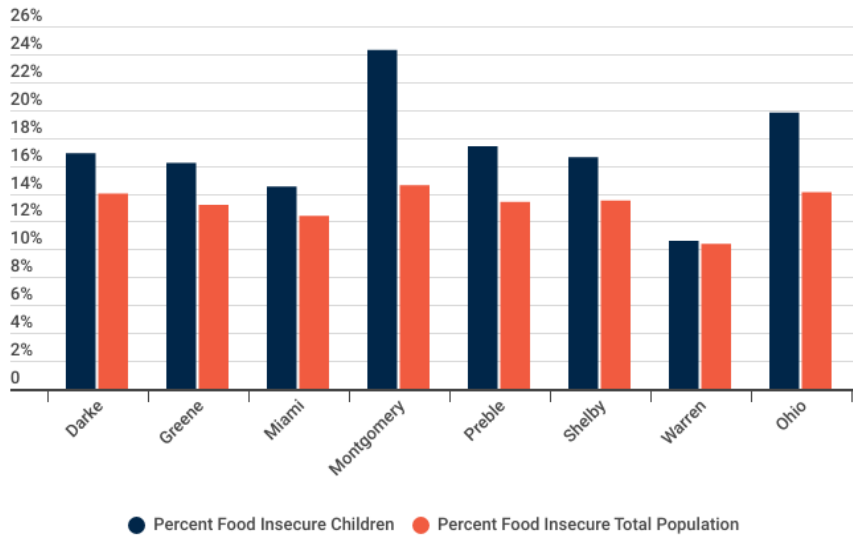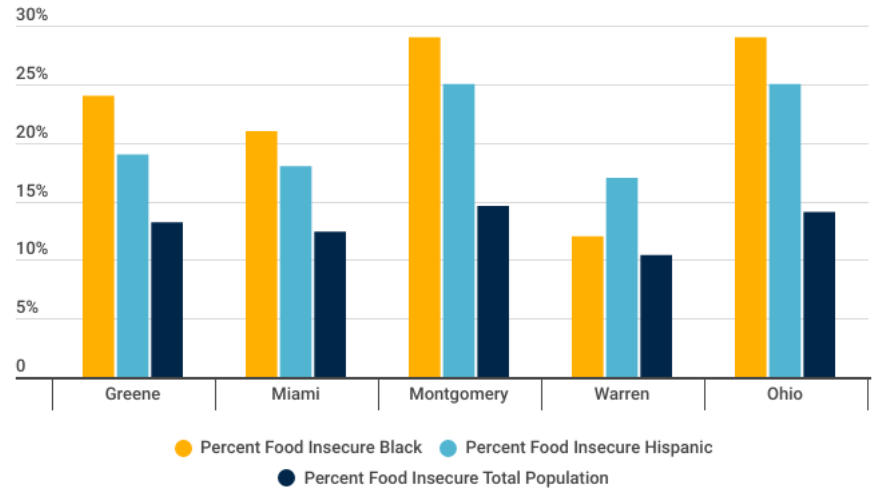Source: Feeding America, 2017 & 2022 Data

Security

Some groups face higher rates of food insecurity.

2022 Food Insecure Children vs Total Population

Legend: ● Percent Food Insecure Children ● Percent Food Insecure Total Population

Source: Feeding America, 2022 Data

Food Insecurity Among Selected Populations

Legend: ● Percent Food Insecure Black ● Percent Food Insecure Hispanic ● Percent Food Insecure Total Population
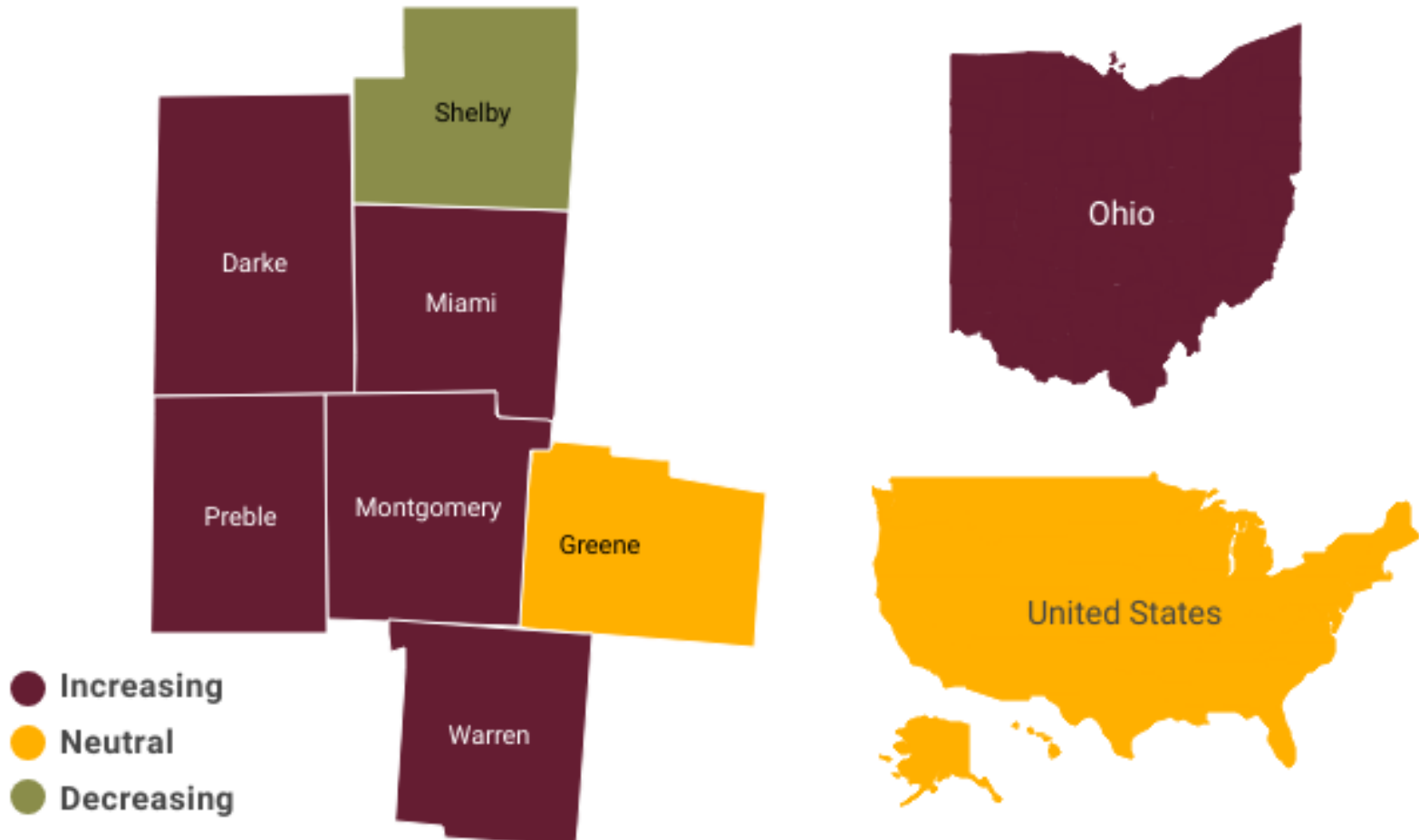
There was limited or no data available for Darke, Preble, and Shelby counties. Data for other races and ethnic groups was not available.
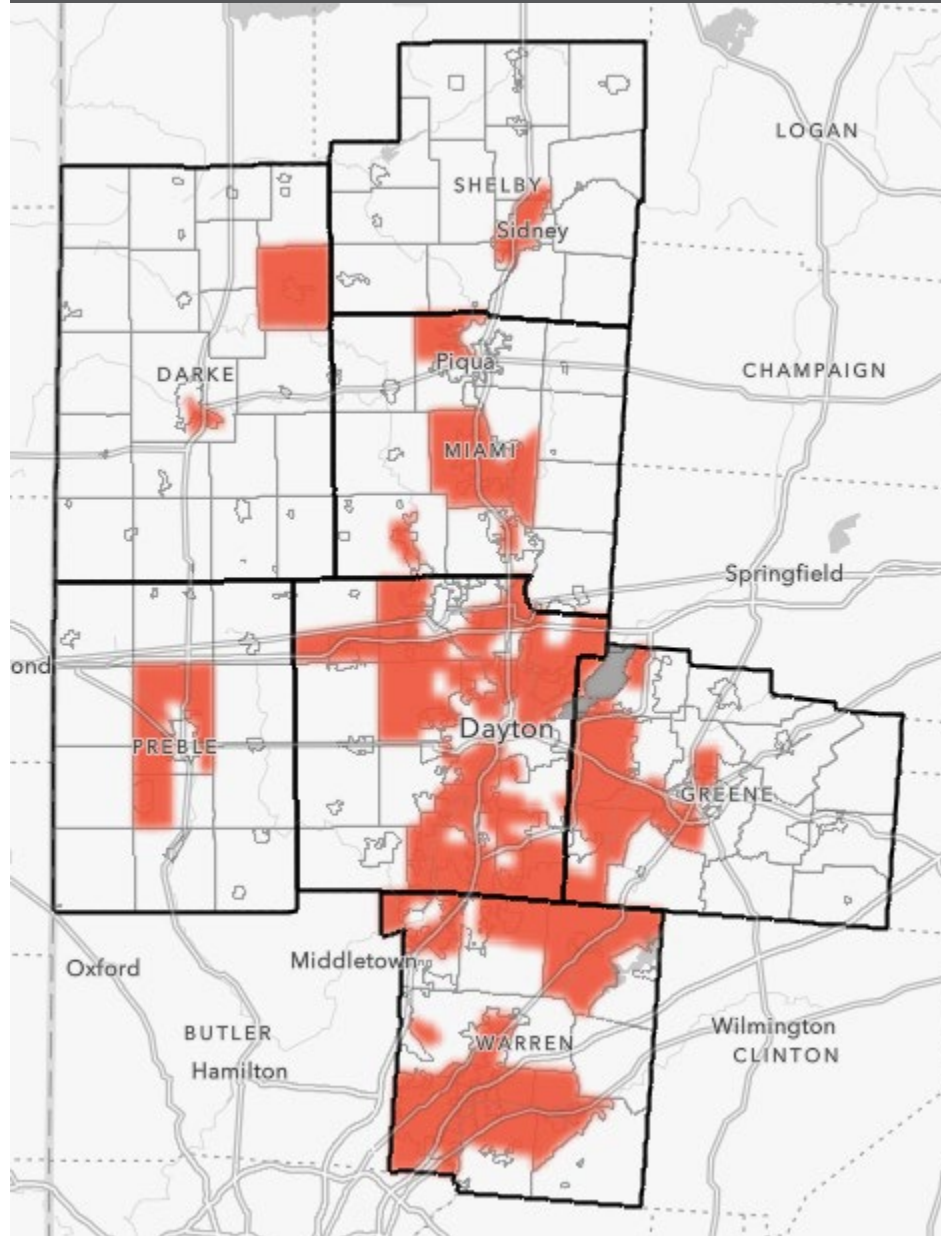
Source: Feeding America, 2022 Data

Limited Access to Healthy Foods

Limited Access to Healthy Foods is a growing problem. Since 2015, most of the Region has seen an increase in the number of people with Limited Access to Healthy Foods.

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Miami Valley

Shelby

Darke

Miami

Preble

Montgomery

Greene

Warren

Ohio

United States

● Increasing
● Neutral
● Decreasing

Source: County Health Rankings and Roadmap

Areas with Low Access

Source: USDA Food Access Research Atlas, 2019 data

Measuring Access

Urban vs. Rural Area
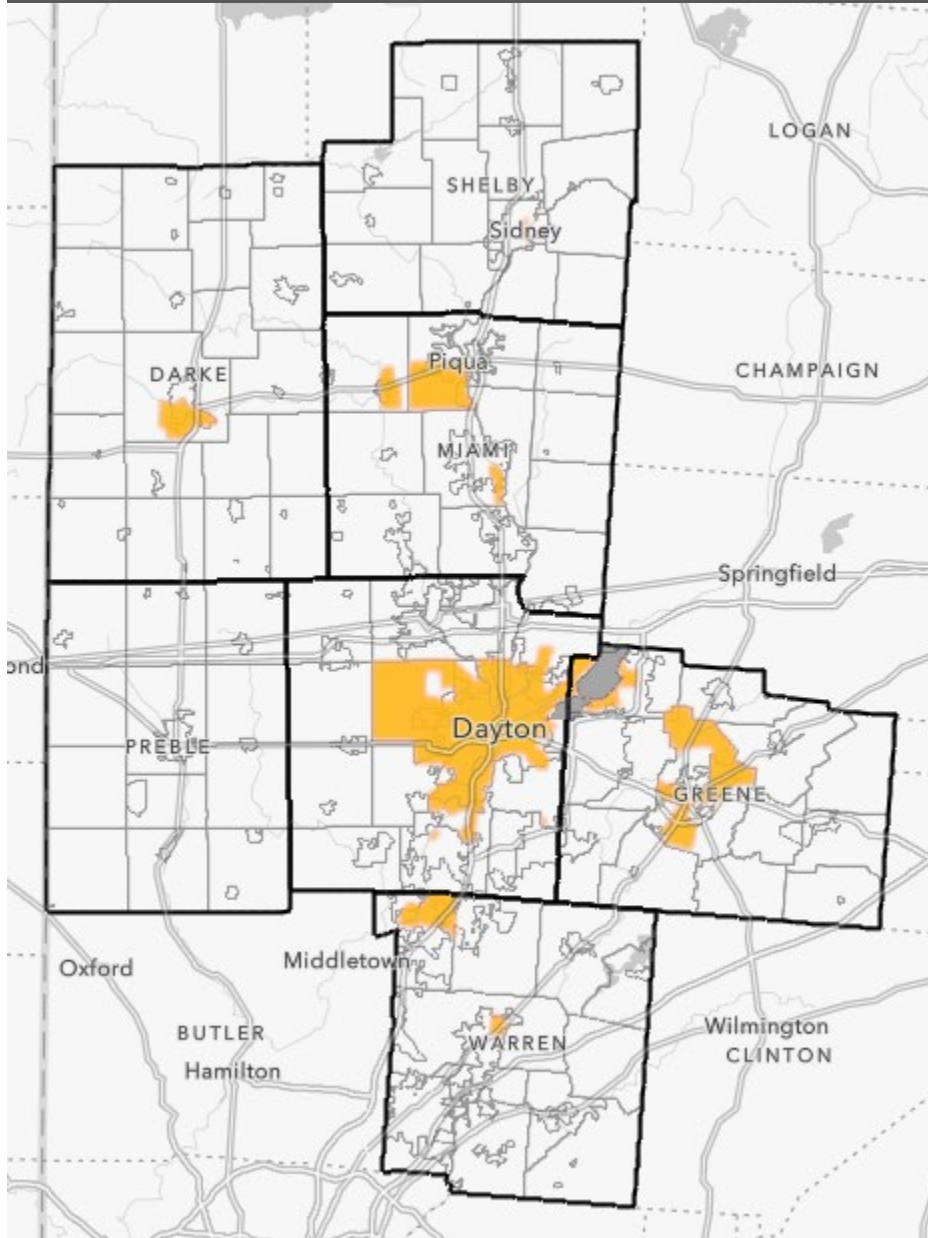
Low Income Status

Vehicle Access

Distance from Food Stores

Areas with Low Incomes

Measuring Access

Urban vs. Rural Area
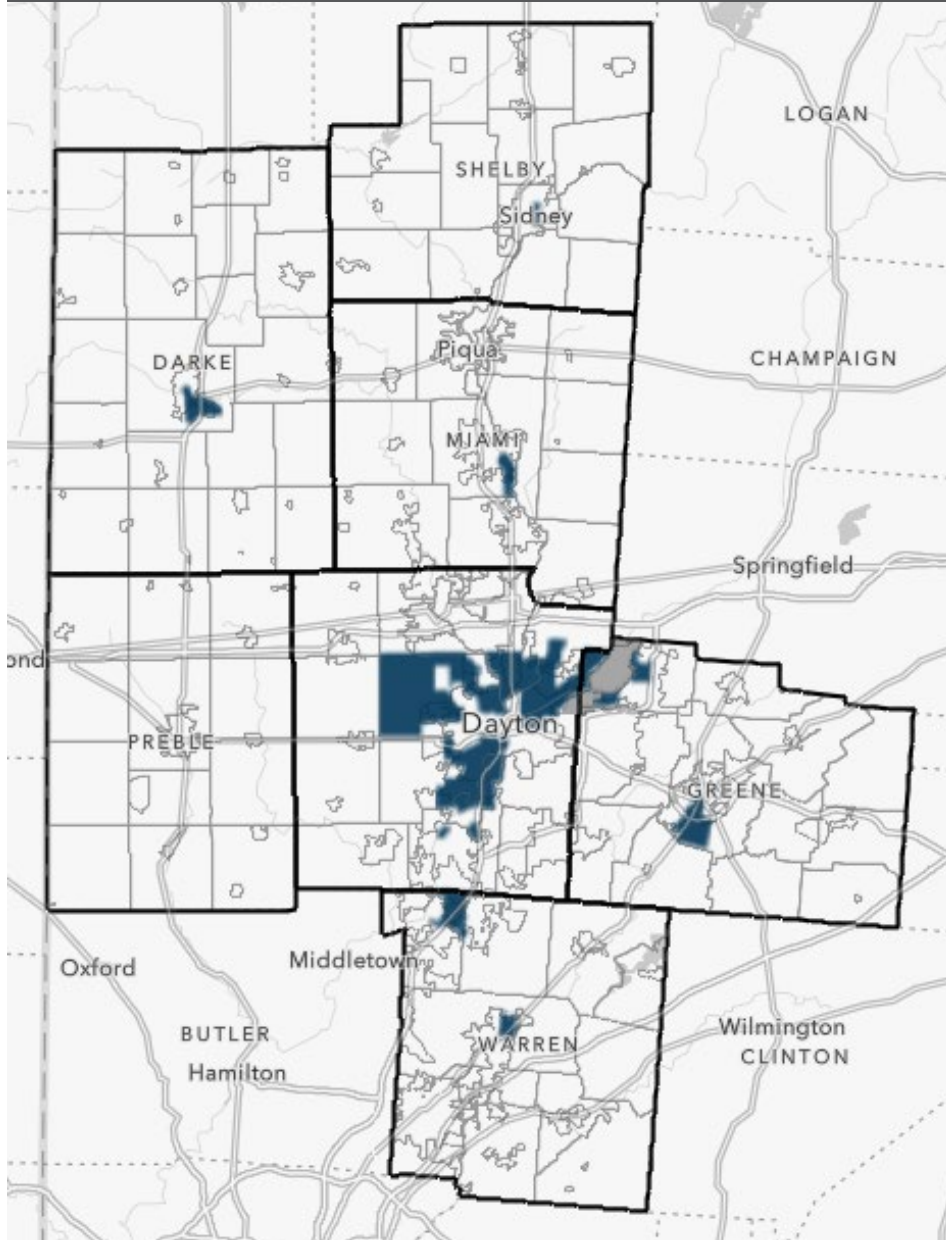

Low Income Status

Vehicle Access

Distance from Food Stores

Low Income & Low Access

Source: USDA Food Access Research Atlas, 2019 data

Measuring Access

Urban vs. Rural Area

Low Income Status

Vehicle Access

Distance from Food Stores

Percent of Population in Low Income Low Access Areas

County	Percent
Darke	7.2%
Greene	9.5%
Miami	3.3%
Montgomery	21.7%
Preble	0%
Shelby	7.6%
Warren	3.7%

Source: Miami Valley Regional Planning Commission

Low Vehicle Availability & Low Access

Measuring Access

Urban vs. Rural Area

Low Income Status

Vehicle Access

Distance from Food Stores

Source: USDA Food Access Research Atlas, 2019 data

Low Income, Low Access, & Low Vehicle Availability

Source: USDA Food Access Research Atlas, 2019 data
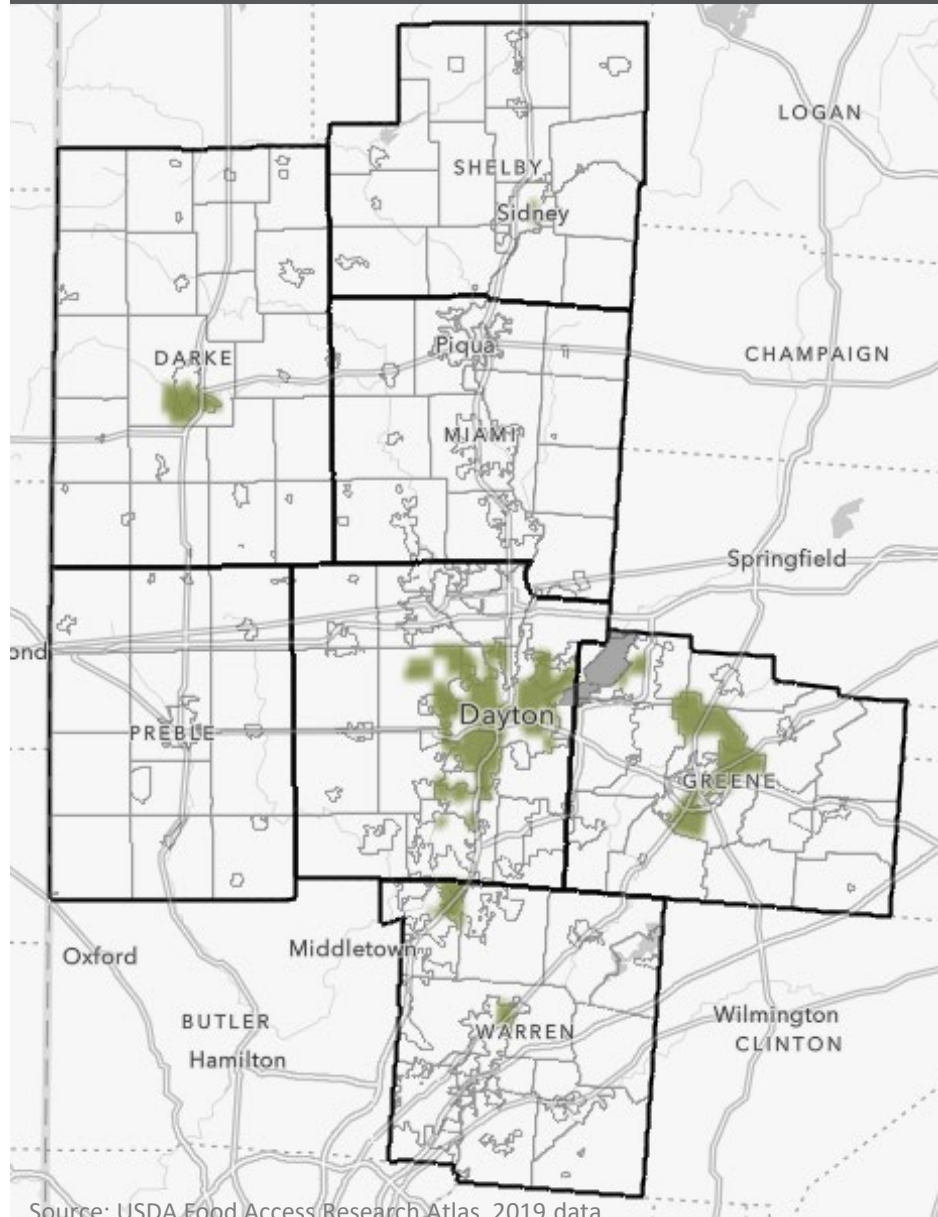
Measuring Access

Urban vs. Rural Area

Low Income Status

Vehicle Access

Distance from Food Stores

Percent of Population in Low Income, Low Access, and Low Vehicle Availability Areas

County	Percent
Darke	13.4%
Greene	10.9%
Miami	0%
Montgomery	26.5%
Preble	0%
Shelby	7.6%
Warren	3.7%
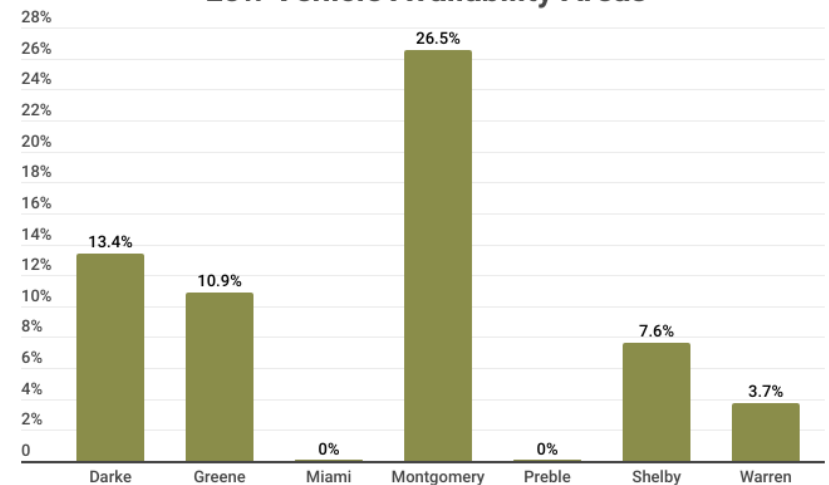
Source: Miami Valley Regional Planning Commission
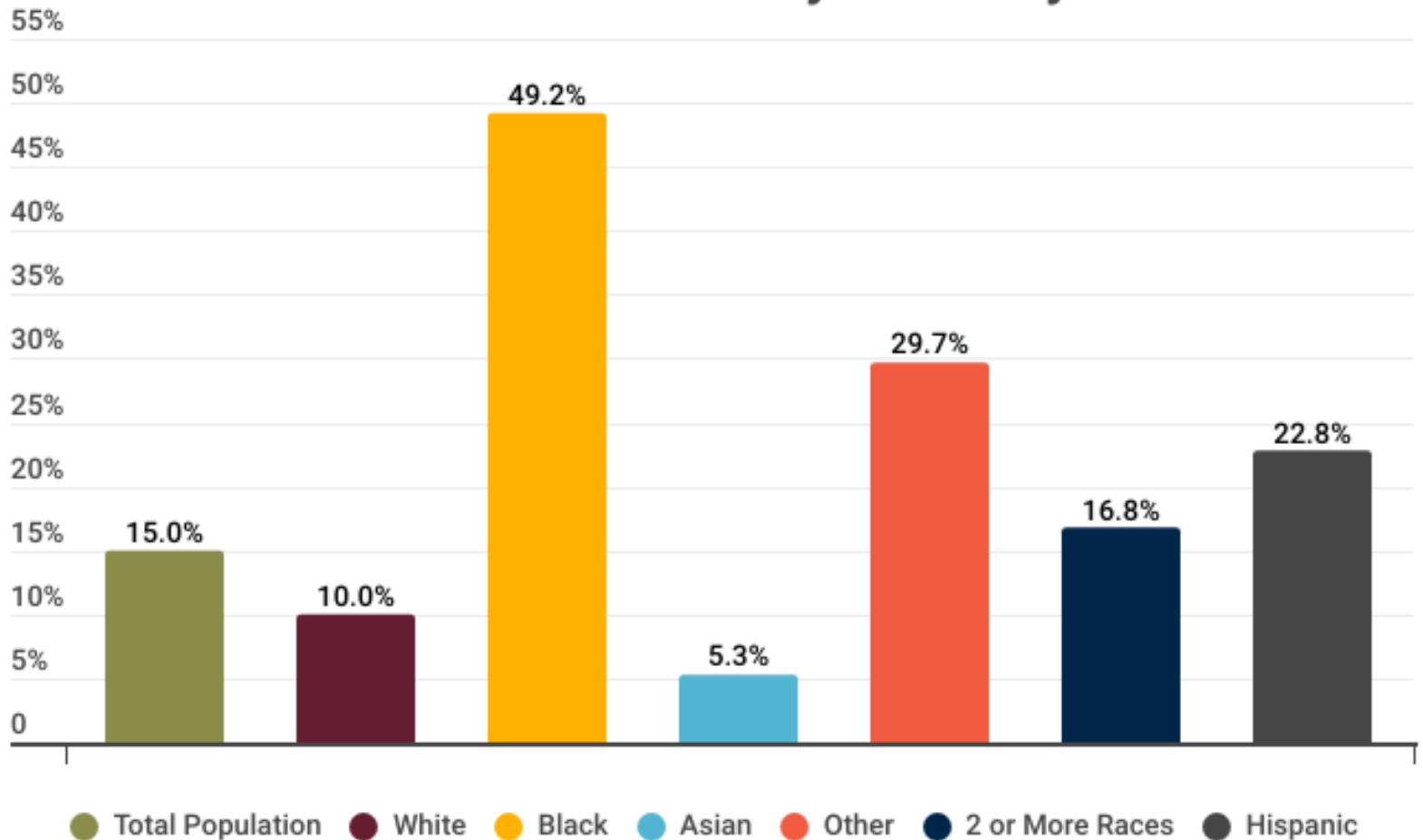
Percent of Population in Low Income, Low Access, and Low Vehicle Availability Areas by Race

Source: Miami Valley Regional Planning Commission

Ashley Mack
Community Initiatives Manager
Montgomery County Office of Strategic Initiatives

Vision
A sustainable food system accessible to all in Montgomery County.

Mission
Collaborate with food system stakeholders to educate and advocate for policy changes to improve food access and security.

MONTGOMERY COUNTY
FOOD
EQUITY
COALITION

MONTGOMERY COUNTY
FOOD EQUITY COALITION

Steering Committee

Provides general oversight and approval of coalition plans.

Leadership Team

Identifies strategic priorities for the coalition.

Coalition

Collectively works on identified strategies to improve food access & security.

Thriving Local Economies

Sustainable Farms

Empowered Communities

Goal 1: Advocate for policies and initiatives that will increase food security and access in Montgomery County

Goal 2: Develop and implement policies that foster an equitable local economy

Goal 3: Develop and champion policies that focus on creating an environmentally sustainable food system

Goal 4: Enhance Coordination & Communication

MONTGOMERY COUNTY
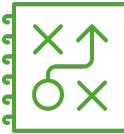FOOD
EQUITY
COALITION

Looking Ahead

Finalize Objectives and Strategies

Create Action Plans

Release Strategic Plan

Get to Work

MONTGOMERY COUNTY
FOOD
EQUITY
COALITION

Improving Our Local Food System &
Creating Healthy Eating Opportunities

Our development choices impact our food environment and health outcomes

We can improve our food system when we...

Preserve productive agricultural land	Remove barriers to urban food production	Offer incentives for grocery stores in underserved communities
Prioritize local food	Create safe routes to markets	Support community gardens
Enable farmers markets or farm stands	Develop healthy food retail initiatives	What other ideas?

Small Group Discussion

- Please try to sit with a mix of planners, public health, and food systems professionals

- Get creative! There are no bad ideas here. Give us everything from your moonshot to practical ideas.

- You can suggest things that are currently being done or could be done in the future.

- Your ideas can be for the planning sector, public health sector, food system sector, or partnership opportunities

The Food System and Healthy Eating Workshop - Small Group Discussion Worksheet

Use this space to recommend any strategies related to each goal that could improve our regional food environment and/or bolster healthy eating. Be sure to consider ideas related to the policy environment, physical environment, or social environment.
Use the sticky dots to indicate whether the recommendation is for planners (blue dots), public health (green dots), and/or food systems stakeholders (red dots).

Goal: Increase Food Security	Goal: Increase Food Access	Goal: Foster an Equitable Local Food Economy	Goal: Support an Environmentally Sustainable Food System

Small Group Discussion

1. *Identify strategies related to each goal that could be implemented to improve our regional food environment and/or bolster healthy eating.*

2. *Using the sticky dots, identify which group would be the most appropriate to take ownership of the strategy.*

Wrap Up

Small Group Reporting

Wrap Up Activity

Of the strategies listed on your group's worksheet which idea do you think should be the top priority?

Please write your favorite idea on a post-it note and place it on the poster.

Talk to Us!

What ideas do you have for stakeholders to continue the conversation? We want the hear from you!

www.mvrpc.org/regional-planning/plan4health-miami-valley

1.5 AICP CM Credits Available (Event #9297229)