Creating a Healthy Minnesota

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CTG Overall Strategy

• To reduce obesity and related chronic disease rates, we must:
  – Use a policy, systems, and environmental change approach (FOOD SYSTEMS APPROACH)
  – Work across sectors, expertise areas, and agencies (COLLECTIVE IMPACT MODEL)
  – Focus on where people consume much of their food (FOCUS ON INSTITUTIONS)
  – Involve Minnesotans in guiding the work (CIVIC ENGAGEMENT)
downstream symptom
upstream problem
What is a food system?

http://www.nourishlife.org/teach/food-system-tools/
Food Systems Approach

• Use a policy, systems, and environmental change approach to the food system
Civic Engagement
collective impact
collective impact

- Common Agenda
- Common Progress Measures
- Mutually Reinforcing Activities
- Communications
- Backbone Organization
Institutional Settings

2/3
Focus on Institutions

• Providing encouragement, resources, and leadership to ‘anchor’ institutions can inspire change.
Changing Institutions

• Creating change requires willing partners, clear steps to take, and useful guidance.
• CTG is designed to offer all of these things to worksites, communities, schools, childcare and healthcare facilities.
Buckets of CTG Work

- Minnesota Food Charter
- Regional Food Networks
- Bridgebuilding with local public health
- Food access assessments
What are they? Why do we need them?

REGIONAL NETWORKS
WHAT ARE REGIONAL FOOD NETWORKS?
Why do we need regional food networks?

• A group positioned for collective impact
  – Oriented toward systems change
  – Cross sector, cross-organizational with common vision and mutual agenda
  – Organized entity to build public engagement and encourage implementation of Food Charter and institutional change around healthy food access
  – A conduit where community needs and priorities flow up to the state level and state efforts flow through and reach communities
Building Bridges:
local public health & food networks
The Minnesota Food Charter is a document developed through a broad-based public process that expresses a clear and compelling vision for how all residents will be able to obtain healthy, affordable, and safe food.
Anyone can host a Food Charter Event. Many will be happening across the state.

- 60 events so far
- Easy to host
• There are two kinds of Food Charter Events:
  – General Input Sessions that ask questions about Food Skills, Food Accessibility, Food Availability, Food Affordability, and Food Infrastructure (1 hour)
  – Setting Specific Modules that ask more detailed questions about barriers and strategies for worksites, schools, childcare, healthcare or community settings (30 minutes)
• What will result?
  – **Food Charter** – Document outlining priorities and recommendations to increase access to healthy foods
  – **Setting Specific Guidebooks** – Offer clear, implementable activities and related policy and systems changes focused on each institutional setting
Community Food Systems Educators

✓ Weave relationships between local public health practitioners and food networks in the region
✓ Build capacity of local public health to engage in food systems change efforts
✓ Increase focus of regional food networks on improving healthy food access in schools, worksites, healthcare, community and childcare settings
Making Change: Preventing Obesity

**Concepts**
- Collective Impact
- Existing Assets/Infrastructure
- Policy, Systems & Environmental Change
- Food Systems Approach

**Instructions**
Add state public health legislative dollars and CDC Community Transformation Grant funding. Create six new Community Food Systems Educator positions within the UMN Extension Service, with partial SNAP ed job responsibilities. Provide staff and organizing support to existing sub-regional and regional food networks and help them build bridges with local public health practitioners. Provide training, convening & technical assistance support. Create Minnesota Food Charter with 5 institutional setting guidebooks. Stir for 5 years and produce healthy food access in institutions across the state.