

Healthy Eating in Edgewater

December 4, 2014

Colorado School of Public Health

Presented at *Jefferson Success Pathway Unveiling*

Presented by Alanah Raykovich and Vicka Chaplin

In collaboration with Blythe Dollar, Brien Darby, Courtney Fultineer, James Warne, Karen Shimamoto, Margaret Araoye, Rochelle Cason-Wilkerson, and Yurico Gutierrez

Project Goals

- To describe Edgewater as a community
- To assess healthy food access and consumption in homes
- Make recommendations based on findings

Background and Partnership

- Edgewater Collective
- Jefferson County (JeffCo) Public Health
- LiveWell Colorado - Healthy Eating, Active Living (HEAL)



Edgewater Collective

All kids succeed cradle to career



Health Assessment Questions

1. What are the socio-demographic characteristics of Edgewater?
2. What are the key health and environmental indicators of morbidity and mortality associated with healthy eating and food access?
3. What does healthy eating at home mean to community members?
4. What are the strengths and resources in Edgewater that enable healthy eating in the home?
5. What evidence-based practices increase access to fruits and vegetables?

Health Equity

AN EXPLANATORY FRAMEWORK FOR CONCEPTUALIZING THE SOCIAL DETERMINANTS OF HEALTH

NATIONAL INFLUENCES
GOVERNMENT POLICIES
U.S. CULTURE & CULTURAL NORMS

LIFE COURSE

DETERMINANTS OF HEALTH

+

HEALTH FACTORS

=

POPULATION HEALTH OUTCOMES

	ECONOMIC OPPORTUNITY	PHYSICAL ENVIRONMENT	SOCIAL FACTORS	HEALTH BEHAVIORS & CONDITIONS	MENTAL HEALTH	ACCESS, UTILIZATION & QUALITY CARE	
PREGNANCY							QUALITY OF LIFE MORBIDITY MORTALITY LIFE EXPECTANCY
EARLY CHILDHOOD	<ul style="list-style-type: none"> • Income • Employment • Education • Housing 	<ul style="list-style-type: none"> • Built Environment - Access to recreational facilities - Access to healthy food - Transportation • Safety • Environmental quality 	<ul style="list-style-type: none"> • Participation • Social network/ social support • Leadership • Political influence • Organizational networks • Violence • Racism 	<ul style="list-style-type: none"> • Nutrition • Physical activity • Tobacco use • Injury • Oral health • Sexual health • Health conditions 	<ul style="list-style-type: none"> • Mental health status • Substance abuse • Functional status 	<ul style="list-style-type: none"> • Health insurance coverage • Received needed care • Provider availability • Preventive care (immunization and screenings) 	
CHILDHOOD							
ADOLESCENCE							
ADULTHOOD							
OLDER ADULTS							

Methods

Identification of Community Composition and Health Status

- Analyzed population characteristics
- Sourced data from the national, state, county and local levels

Community Engagement

- Nominal Group Technique
- Key Informant Interviews
- Focus Groups

Methods

Observational Tour and Farm Interviews

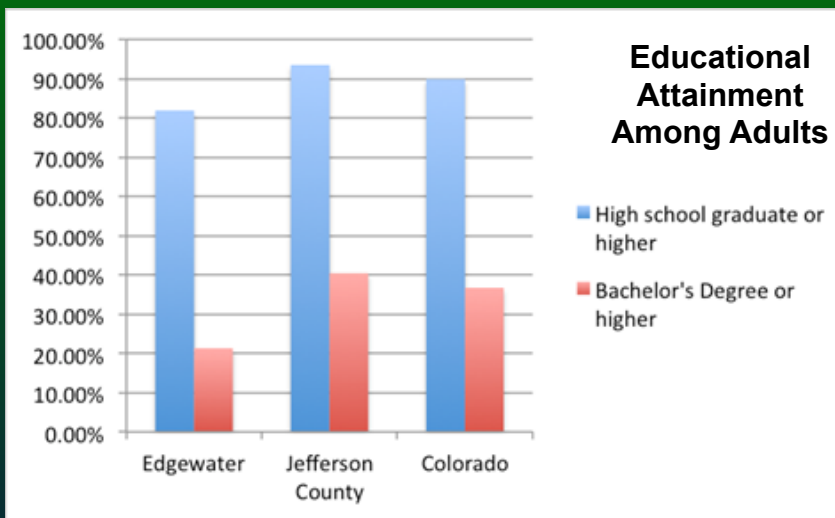
- Used an adapted form to systematically survey all stores selling food
- Assessed alternate produce sources via interviews
 - Jovial Concepts, Edgewater Farmer's Market, Sprout City Farms

Literature Review

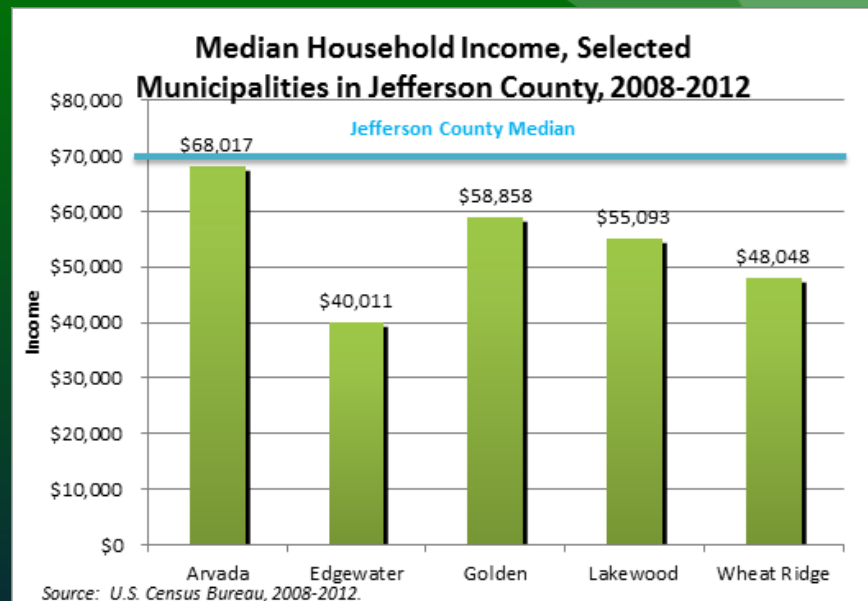
- Searched for evidence-based approaches to increasing fruit and vegetable access at the community level

Community Description

- Edgewater Population was 5,261 in 2012 with an about equal split between the sexes



Source: U.S. Census Bureau 2008-2012



Source: U.S. Census Bureau, 2008-2012.

American Community Survey, 2012

5 Key Findings - Main Themes

1. Healthy eating is defined by fruit/vegetable consumption and home cooked meals
1. Access is an asset to healthy eating in Edgewater
1. Cost and time are burdens of healthy eating
1. An abundance of unhealthy options deters healthy eating at home
1. Parents and children perceive school meals to be unhealthy

Key Finding #1

Healthy eating understood and well-defined

- Community members adequately and concisely defined healthy eating
- Fruit/Vegetable consumption in 1-14 years olds:
 - JeffCo: 7.4%
 - Colorado: 10.9%



Key Finding #2

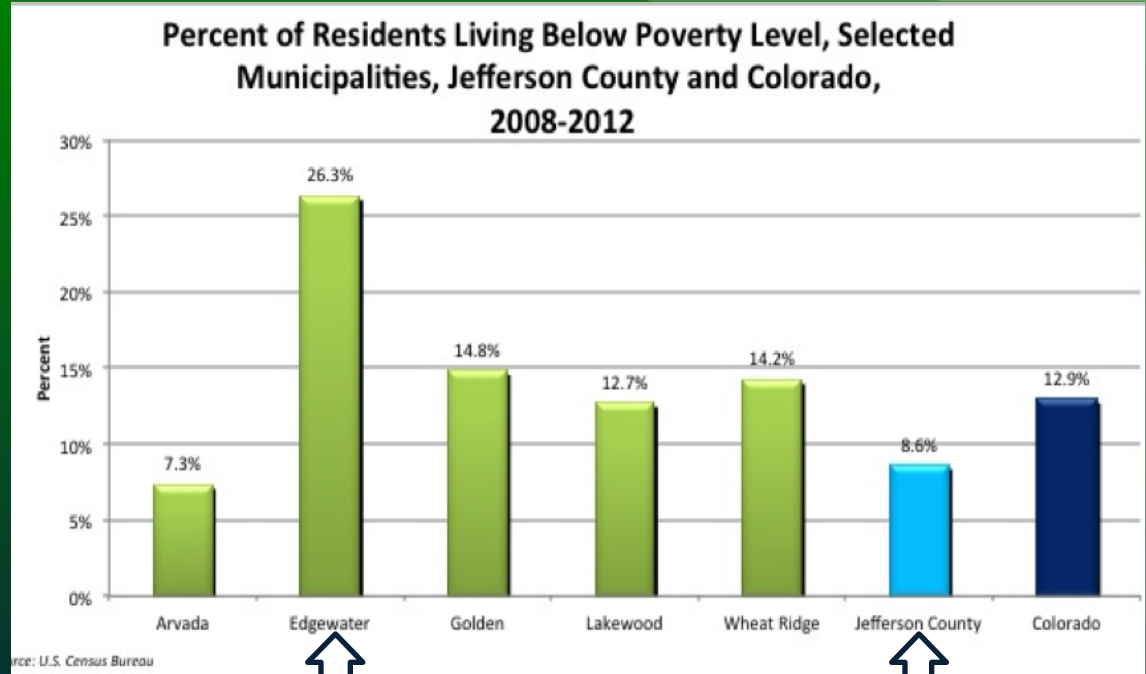
Food access is an asset

- Parents and kids reported plenty of food outlets
- Windshield survey confirmed community member commentary
- Local farmers markets and community gardens further increase access
- Those who report healthy foods are somewhat or very available:
 - JeffCo: 93.2%
 - Colorado: 86.6%
- Healthy food outlets per 10,000 residents
 - JeffCo: 0.9
 - Colorado: 1.1

Key Finding #3

Burdens: Cost and time

- Households with children <18 receiving food stamps, past 12 months:
 - JeffCo: 60.5%
 - Colorado: 58.6%
- Parents: Cost is a barrier, in spite of discounts and food assistance programs



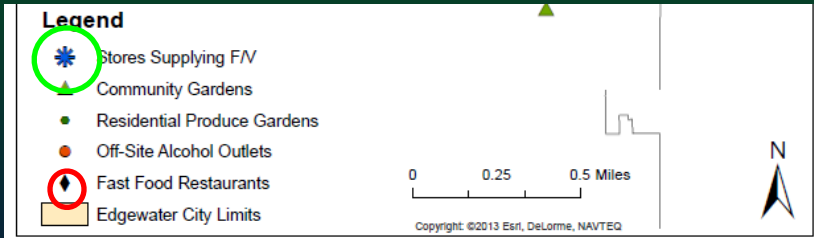
Edgewater

JeffCo

Key Finding #4

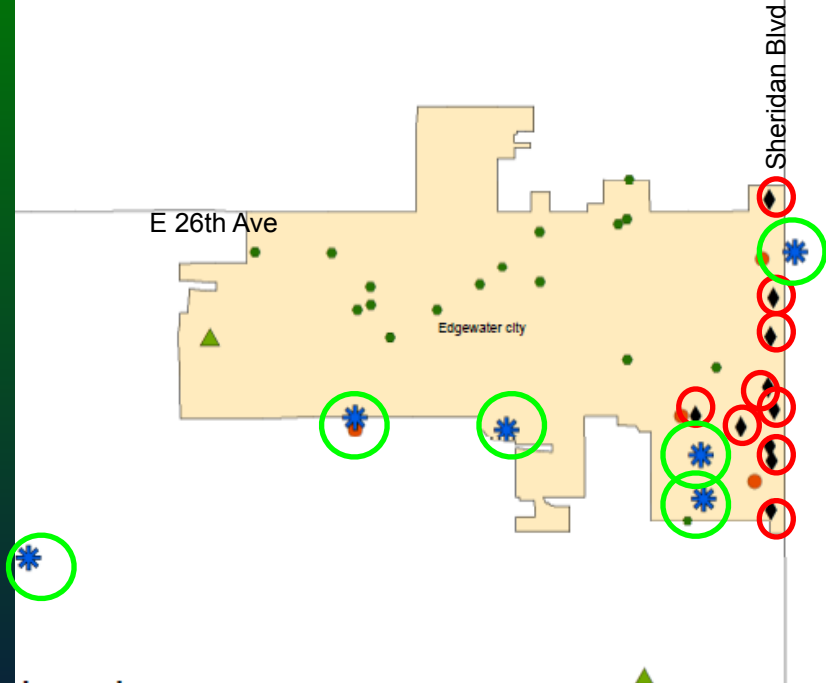
Unhealthy options discourage healthy eating

- Parents and children reported an abundance of unhealthy options deterred healthy eating in the home
- 8 stores selling fruits and vegetables
- 10 fast food restaurants



Edgewater Observational Survey Map

Source: Observational study conducted on 10/15/14 by Vicka Chaplin, Courtney Fultiner, & Holly Kingsbury



Key Finding #5

Parents and children: School meals deter healthy eating

- Reported foods in schools are unappetizing, unhealthy
- Majority of students eat two meals at school per day
- Sprout City Farms unable to implement “Farm-to-Cafeteria” program
 - Blocked by “red tape” from school policies and kitchen models in JeffCo



Recommendation #1

Improve access via community-based strategies

- Store-based interventions
- Alternative places to buy produce, connect farmers to consumers
- Lowering prices and increasing participation in assistance programs

Recommendation #2

Improve utilization by reducing perceived barriers

- Increasing access is not enough
- Barriers of cost, time:
 - Address via education, community engagement
- Barrier of unhealthy food environment:
 - Address via farm-to-institution programs

Recommendation #3

Coordinate efforts with a food policy council

- Collaborative councils that examine the food system
- Provide recommendations and coordinate support
- Focus on policy

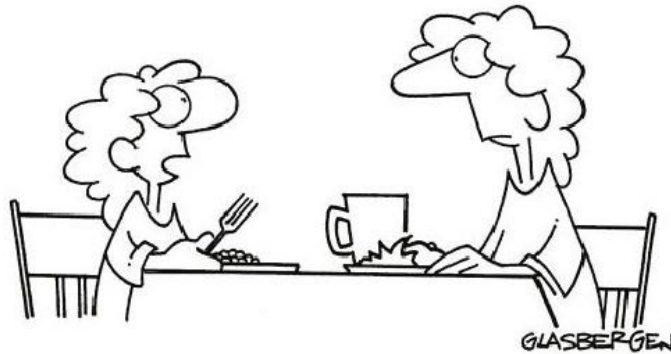
Acknowledgements

- **Joel Newton**, Edgewater Collective
- **Holly Wolf**, CSPH course instructor
- **Talia Brown and Holly Kingsbury**, CSPH course teaching assistants
- **Ana Marin-Cachu**, Jefferson County Public Health
- **All the parents, children, and community members** who gave their time to be interviewed via our community engagement efforts

thank you!

Thank you for your time!

Copyright 2004 by Randy Glasbergen.
www.glasbergen.com



“There’s war, disease, poverty, and violent crime all over the world...and your greatest concern is me not eating peas!”

This presentation and the forthcoming report it is based on will be made available on the Edgewater Collective’s website:
edgewatercollective.org