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| **Healthcare Domain Meeting**: **May 15, 2020 9 am-10:30am**Via Zoom  | **Next Healthcare Domain Meeting:** **June 19, 2020 9am-10:30am**Via Zoom  |
| **Attendees: Kim Elkins, Shaila Serpas, Maria Sosa, Kusaynyonon Mackenzie, Miranda Westfall, Adrienne Markworth, Blanca Melendrez, Brigitte Lamberson, Heidi Oliver, Julie Castaneda, Lisa Bandong, Maria Amos, Mary Beth, Kathryn Goldberg, Nidia Croce, Carissa Hwu****Recorder**: Carissa Hwu |

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| **Topic/Issue** | **Discussion** | **Action** |
| **Welcome/Introductions** | Mary Beth led introductions. |  |
| **Announcements and Partner Updates**  | Dr. Shaila Serpas* National City area has incredibly high rates of COVID-19 cases – higher than other areas
* Youth may not be getting the amount of needed outdoor time due to parents’ fear

COI* SD Hunger Coalition working on a huge outreach effort to spread awareness of Pandemic EBT
* Be on the lookout for those resources to help spread the word
* $365 per child that qualify for free or reduced-price meals.- Enrollment opens May 22-June 30th
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| **Leah’s Pantry Presentation** |  “A Compassionate Response to Poor Dietary Health and Nutrition Insecurity” by Adrienne Markworth (Founder and Executive Director of Leah’s Pantry)Background on Leah’s Pantry* Vision: nourished communities and a healthy, equitable food system
* Mission: to improve the health, wellness, and resilience of communities through trauma-informed nutrition security
* Direct service programs: explore relationship with food, support health, and build resilience
* Build capacity
* Value a commitment to innovation, imagination, and creative problem-solving
* Value a commitment to trust and transparency. Be honest about what is known and what is not known
* Value a commitment to humbly centering work around diverse voices and experiences

Trauma-Informed Nutrition* Framing food in terms of 5 domains: aesthetic, social, health, sacred, moral
* How do you connect with people through food?
* Nourishing the mind and the body
* Trauma is the residue of adversity in our lives
* Types of ACEs: household (divorce, incarcerated family member, homelessness, domestic violence), community (substandard schools, lack of social capital and mobility, poor air quality), environment (COVID-19)
* Implications for nutritional health: trauma changes the way our body grows and develops. ACEs can lead to disrupted neurodevelopment and biology, social/emotional/cognitive impairment (feast/famine mindset), adoption of health-risk behaviors, disease/disability/social problems, and ultimately early death
* Public health interventions have typically started at adoption of health-risk behaviors. But, do not acknowledge the complexities underneath the health risk behaviors
* Acknowledging food trauma: the way we access food can complicate relationship with food. Food can be healing. Food can be hurt/harm. Food trauma includes control/manipulation, fat shaming, feast/famine, cultural oppression, punishment, stigma. This can lead to a residue of trauma.
* The first of the 5 R’s: Realize that trauma impacts our communities. Widespread difficulty in adopting health-promoting dietary behaviors can be understood through the lens of trauma and toxic stress. Realizing our behaviors may be adaptations to trauma.
* Dr. Vincent Felitti pioneered this research.
* Trauma complicates our quest for health.
* 2nd R: Recognize the signs of trauma
* 3rd R: Respond using trauma-informed practices, policies, and procedures. Resist re-traumatizing clients and staff. We want to build protective factors and healing practices when we can. Build resistance
* Protective factors and healing practices: nurturing caregivers, community connection, mindfulness/spiritual connection, good nutrition, rest/sleep, exercise, mental health. Messaging around these things are very important. Nutrition not as “low calorie”. Exercise not just as “burning calories” or “weight loss”. Highlighting the benefits of these different things holistically. Framing food and exercise as healing, etc.
* Strengths and experiences are recognized and built upon
* Operations organized to foster empowerment for staff and clients alike

Leah’s Pantry Model* Safety and security
* Positive experiences: enjoyment, gratitude, sensory experiences with food
* Supportive Relationships: foster relationships by cooking and eating together
* Identity and Self-Expression: sharing food memories, telling stories, honoring heritage

Key Programs* Around the Table: 6 week program for youth and young adults + 6 week adult curriculum designed for those raising children
* Themes and objectives for youth: risk-taking, leadership, voice. They get to be the head chef, take charge
* Themes and objectives for families: self-compassion and de-stigmatization, techniques for healing practices
* Nutrition Pantry Program: combining best practices of healthy pantry work with trauma-informed tools and processes that ensure a client and community-centered distribution. Focus on environment, nutrition education, cultural and dietary accommodations, inventory. COVID-19 has complicated a lot of this. Trying to figure out new ways to make sure we can still align with these values.
* Reach of the NPP: 87 network pantries (31 in SD). Collegiate and faith-based are largest groups. Healthcare is a growth area.
* EatFresh.org

Implementation* Leah’s Pantry delivers workshops at organization’s site
* Training program available with virtual delivery
* Must go through training before obtaining curriculum

Early Impacts* Significant improvements made in food and cooking skills, sugary beverage consumption
* Rigorous qualitative data collection unearthed themes of self-efficacy, collaboration, mindfulness
* Combination of qualitative and quantitative data to evaluate programs
* NPP Impact: environmental, client services, fresh produce distribution are areas of largest improvement overall
* EatFresh.org Impact: adopted by California CalFresh Healthy Living, thousands of participants, lots of COVID-19 relevancy due to being an online program

Upcoming Events* Ongoing Mindful Nourishment and Mindful Food free workshops
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| **Next Meeting** | The next meeting will take place on **June 19 from 9:00 AM – 10:30 AM.** Dr. Shaila Serpas will be presenting at this meeting.  |  |