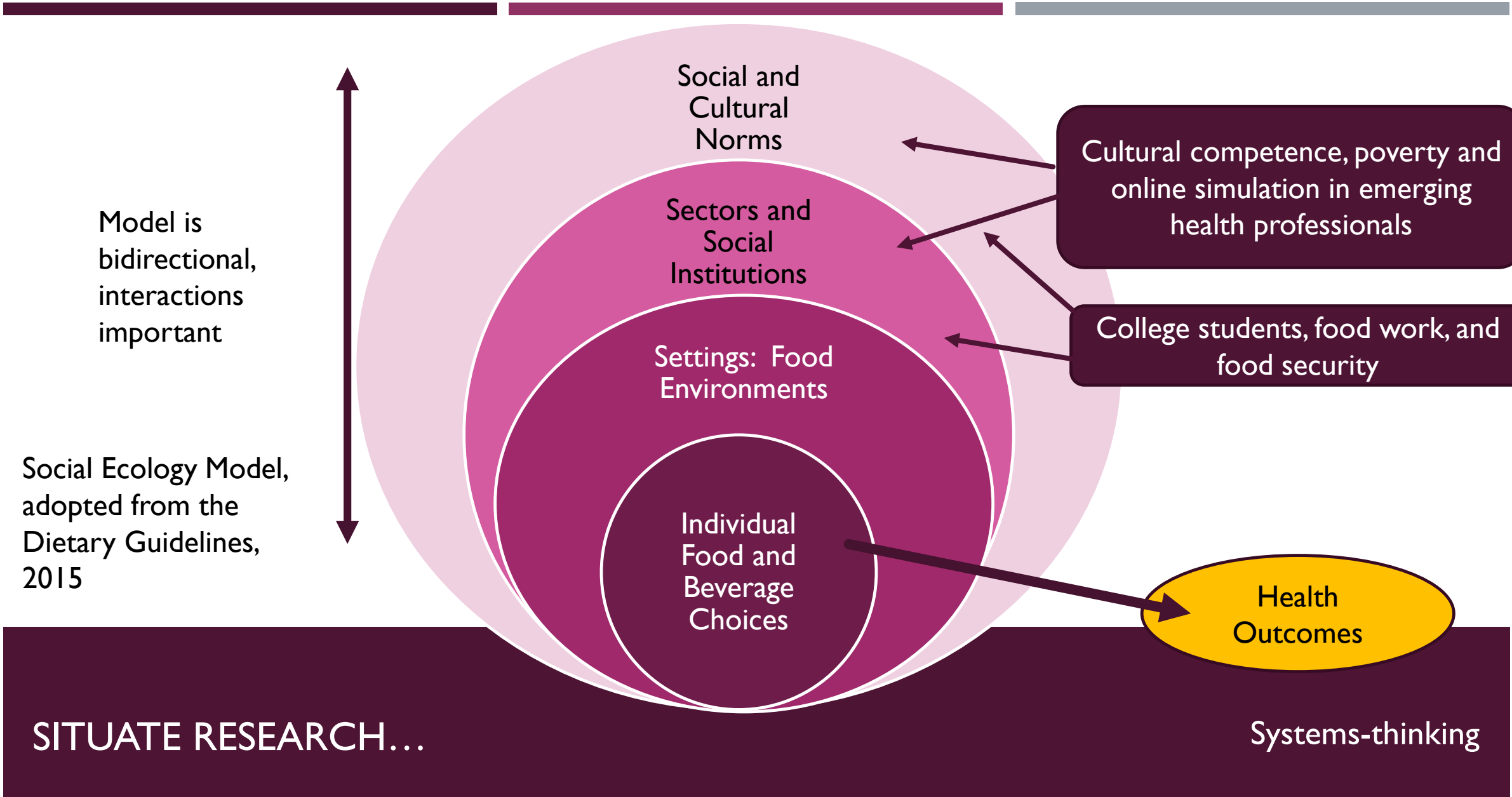

COMMUNITY FOOD SECURITY: WHAT DOES DEMOCRACY HAVE TO DO WITH IT?

SYSTEMS APPROACHES TO NUTRITION AND HEALTH...

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Model is bidirectional, interactions important

Social Ecology Model, adopted from the Dietary Guidelines, 2015

Social and Cultural Norms

Sectors and Social Institutions

Settings: Food Environments

Individual Food and Beverage Choices

Cultural competence, poverty and online simulation in emerging health professionals

College students, food work, and food security

Health Outcomes

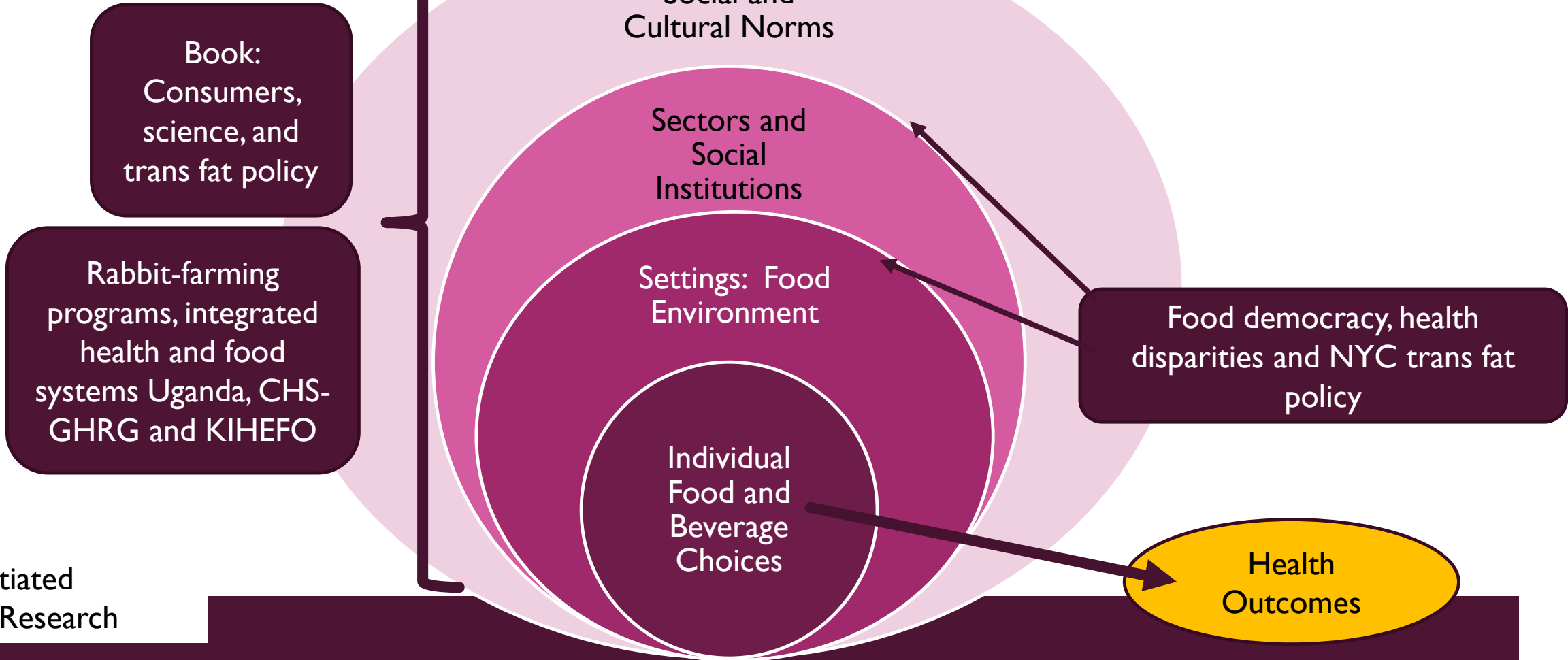
SITUATE RESEARCH...

Systems-thinking

Integrated
Science/Research



Differentiated
Science/Research



SITUATE RESEARCH...

Social Ecology Model, adopted
from the Dietary Guidelines, 2015

Systems-thinking



HOW DO WE START THE STORY?...

Community food security: “A state in which all community residents obtain a safe, culturally appropriate, nutritionally sound diet and clean water through an economically and environmentally sustainable food and water system that promotes community self-reliance and social justice.” Tagtow, 2012

HOW ARE WE DOING WITH COMMUNITY FOOD SECURITY?

- Problem: Health disparities “are preventable differences in the burden of disease, injury violence or opportunities to achieve optimal health that are experienced by socially disadvantaged populations (e.g.: ethnic minorities, gender, education or income...)” CDC

- Problem:
 - 12.4% low and very low food security US population
 - Vulnerable populations: disparately higher risk for low/very low food security
 - Low/very low food security associated with higher intake refined foods and commercial food environments (less expensive)



FOOD DEMOCRACY AS EMERGING MOVEMENT ADDRESSING COMMUNITY FOOD SECURITY...

Food democracy: “Emphasizes fulfillment of the human right to safe, nutritious food that has been justly produced...all [citizens] have a right and responsibility to participate in decisions that determine our access to safe, nutritious food.” (North American Pesticide Action Network, n.d.)

Democracy associated with higher
food security in cross-country
comparisons

Gap: no research on
processes of food
democracy and health
outcomes or disparities

HOW TO RESEARCH SUCH A BIG, SEEMINGLY AMORPHOUS TOPIC?....

- Principles of food democracy (per Levkoe, Hassnein, Hamilton)
 - Inclusive citizenship
 - Accessible and shared knowledge to inform choices and decisions
 - Collaborative participation in food systems decision-making and policy
 - Orientation toward collective good

Cultural norms about community food security and our food system...

Research the processes of food democracy in a successful public health nutrition policy

NYC ARTIFICIAL TRANS FAT POLICY 2006

Successful policy

- High public support
- Influenced national policy
- Ordinance passed after BOH review, public comments, hearing and testimony
- Estimated to save lives

What are perceptions regarding how the NYC *trans* fat policy and process engaged tenets of food democracy?
How did the policy tackle health disparities?

Artificial trans fats: industrial fats in highly refined low-cost foods

- Increased risk for CVD, other health issues

Health disparities, NYC:

- Minorities, low SES higher risk nutrition-related disease: CVD, DM
- Vulnerable populations increased exposure to artificial trans fats

RESEARCH METHODS

Qualitative content analysis of texts

- A priori (deductive) for principles of food democracy
- Inductive coding for sub-themes (layers of open, axial and selective coding)

Mixed qualitative data, purposive sample:

- 33 interviews 2010-2013: stakeholders
- Comments to DOHMH on policy: 2,157
- Public Hearing Testimony: 261 pages of transcript, 53 participants.

Truth value, consistency, appropriate (“reliability and validity”)

- Data and methods triangulation: time, various stakeholders, 3 sources
- Respondent validation interviews
- Verbatim extracts



INCLUSIVE CITIZENSHIP

NYC Health Code process: comments, public hearing, BOH vote

Local, national, international comments and testimony
Industry, public advocates, scientist-experts, supporters, opposition

NYC student, Morgan Carmine testified, “if you know that *trans* fats are bad for people, why do people still serve it in restaurants?...Please protect us so we don’t have to go to the hospital and have other problems when we grow up.”

INFORMED CHOICES

Addressed low-transparency: restaurants and loophole in federal labeling 2006

- Florence Rice, President of the Harlem Consumer Education Counsel testified, “People ... have a right to know what’s in their food... [to limit] *trans* fat in restaurant foods” to help reduce risk for heart attack.

Required government intervention

- Fabiola wrote, “ Food corporation[s] who use *trans* fat do NOT care about the health of citizens, but the Board of Health should care, that is the reason such an institution exists, right?”

Circumstances influence choice

- Pamela from NJ shared, “Working in the city coupled with commuting... My family is forced to buy prepared foods for a good portion of our meals and snacks...who has the extra time, energy or funds to do the research necessary to find the good stuff?”



Image from NYC DOH webpage: <http://www.nyc.gov/html/doh/html/pr/pr083-05.shtml>

COLLABORATIVE PARTICIPATION, ORIENTATION TOWARD COLLECTIVE GOOD

Solidarity and collaborative participation: Ingrid of Virginia wrote, “I feel that as part of this country it is my duty and pleasure to help take *trans* fat out of our lives....I am really proud to be a part of this cause.”

Community-oriented comments beyond self-interest, health disparities: Jill commented, “As an African American I am deeply concerned over the numerous health issues that affect my community that do not affect other communities to the same degree...I want to exercise my choice in whether or not to eat *trans* fat in my food.”

Outrage industry: Diana from Ohio demanded, “Please STOP killing our children, MY CHILDREN...these kids don’t have a fighting chance. Except for ME, I stand to FIGHT for what is right and will not sit idle to the deep pockets of some of these food manufacturers.”



CONCLUSION AND DISCUSSION

Good evidence of food democracy in successful NYC trans fat policy processes.

Complicated by unevenness in democracy: Social and economic disparity decrease capacity for engagement in healthy eating and collective decision-making

Future studies

- Research aspects of “deeper” democracy in our social institutions
- Quantify health outcomes and disparities relative to food democracy

How does this inform my work?

- Teaching: SFISM track, TBL, citizenship and agency
- Book; Next project federal regulation
- How might findings be used?
 - Advocacy: Promote primary interventions and critique cultural norms about food system, policy....