

IMPROVING ACCESS TO GOOD NUTRITION IN RILEY COUNTY, KANSAS

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OVERVIEW

- Flint Hills Wellness Coalition
 - Food and Farm Council of Riley County and the City of Manhattan
- Learning objectives
- Activities and projects
- MPH Foundational Competencies
- MPH Emphasis Competencies
- Questions

FLINT HILLS WELLNESS COALITION

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- Purpose - to work with residents and groups throughout Riley County to mature community norms that will ultimately support healthy behaviors and environments. ¹
- Mission is to create a healthy, equitable community for our residents through policy, system, environmental, and personal change. ¹



FLINT HILLS WELLNESS COALITION

- Workgroups
 - Active Transportation
 - Mental Health
 - Access and Coordination of Services
 - Advancing Health Equity
 - Nutrition Leadership Team
 - Food and Farm Council



FOOD AND FARM COUNCIL

FOOD AND FARM COUNCIL

- The council provides a forum for local food issues and a platform for coordinated actions to create a more healthful food system.²
- Mission: To have an effective and equitable local food system that integrates sustainable food production, processing, distribution, consumption, and waste management in order to enhance the environmental, economic, and social health of Riley County and the City of Manhattan, Kansas.²
- Preceptor: Vickie L. James, RD, LD
 - Coordinator for the Food and Farm Council



LEARNING OBJECTIVES

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- Understand the complexity of a local food and farm council and how stakeholders of all different backgrounds can help improve a local food system.
 - Attending regular monthly meetings
 - Collaboration with FFC members and partners
 - Adaptive leadership

LEARNING OBJECTIVE

- Understand the importance of capacity building of stakeholders for a sustainable future.
 - Engaging in meetings and conversations with FFC members
 - FFC Partner interviews
 - FFC Partners and Community Action Teams (CATs)

LEARNING OBJECTIVE

- Competence in evaluation, categorization and interpretation of qualitative data.
 - Food assessment survey and community focus group data interpretation
 - Evaluation and categorizing FFC Partner needs, wants and gaps

LEARNING OBJECTIVE

- Identify unhealthy behaviors within a specific community.
 - Assessing community qualitative data to identify community needs related to food.
 - Researching food insecurity rates in Riley County.

LEARNING OBJECTIVE

- Illustrate health marketing and promotional tools.
 - Flint Hills Wellness Coalition website and Facebook
 - Kitchen Restore presentation
 - Kansas Grocery Store Sales Tax

ACTIVITIES AND PROJECTS

FOOD ASSESSMENT AND DATA COLLECTION COLLABORATION

- Assessed and interpreted previously collected data
 - 2018 Riley County Community Food System Assessment survey
 - Community focus groups
 - International student focus groups
- Key findings, community barriers and limitations from data were reported back to FFC in a PowerPoint.

TAKEAWAYS

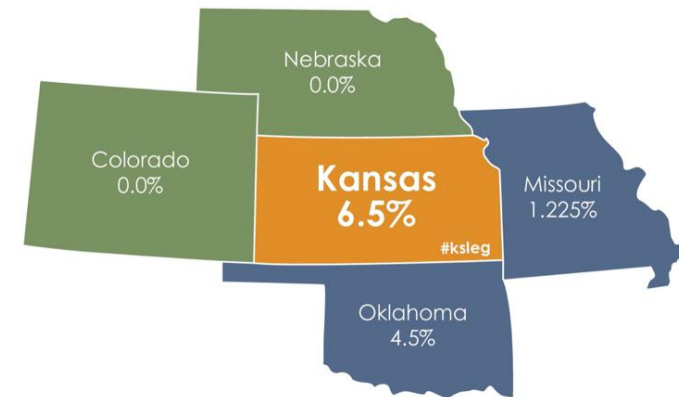
- Understanding of the community needs and barriers of Riley County's food system.
 - Gain support from community partners
 - Implement community initiatives
- Limitations to the data
 - Food assessment survey and focus groups

EVALUATE THE KANSAS SALE TAX RATE ON FOOD

- Potential impact a decreased or eliminated sales tax rate on food would have on Kansas and specifically, Riley County.
- Riley County has a 17.5% food insecurity rate, compared to the national average of 12.5%, with 13,240 individuals being food insecure.³
- Poverty Rate = 22% or 16,653 individuals.⁵

4

SALES TAX RATES ON FOOD



kchealthykids™

Source: Federation of Tax Administrators, Sales tax rates including food & drug exemptions

1. Map the Meal Gap. (2019). Retrieved from <https://map.feedingamerica.org/county/2017/overall/kansas/county/riley>
2. Change Kansas' Grocery Tax. (2019). Retrieved from <https://www.kchealthykids.org/change-kansas-grocery-tax/>
3. Riley County, KS. (2019). Retrieved from <https://datausa.io/profile/geo/riley-county-ks#health>

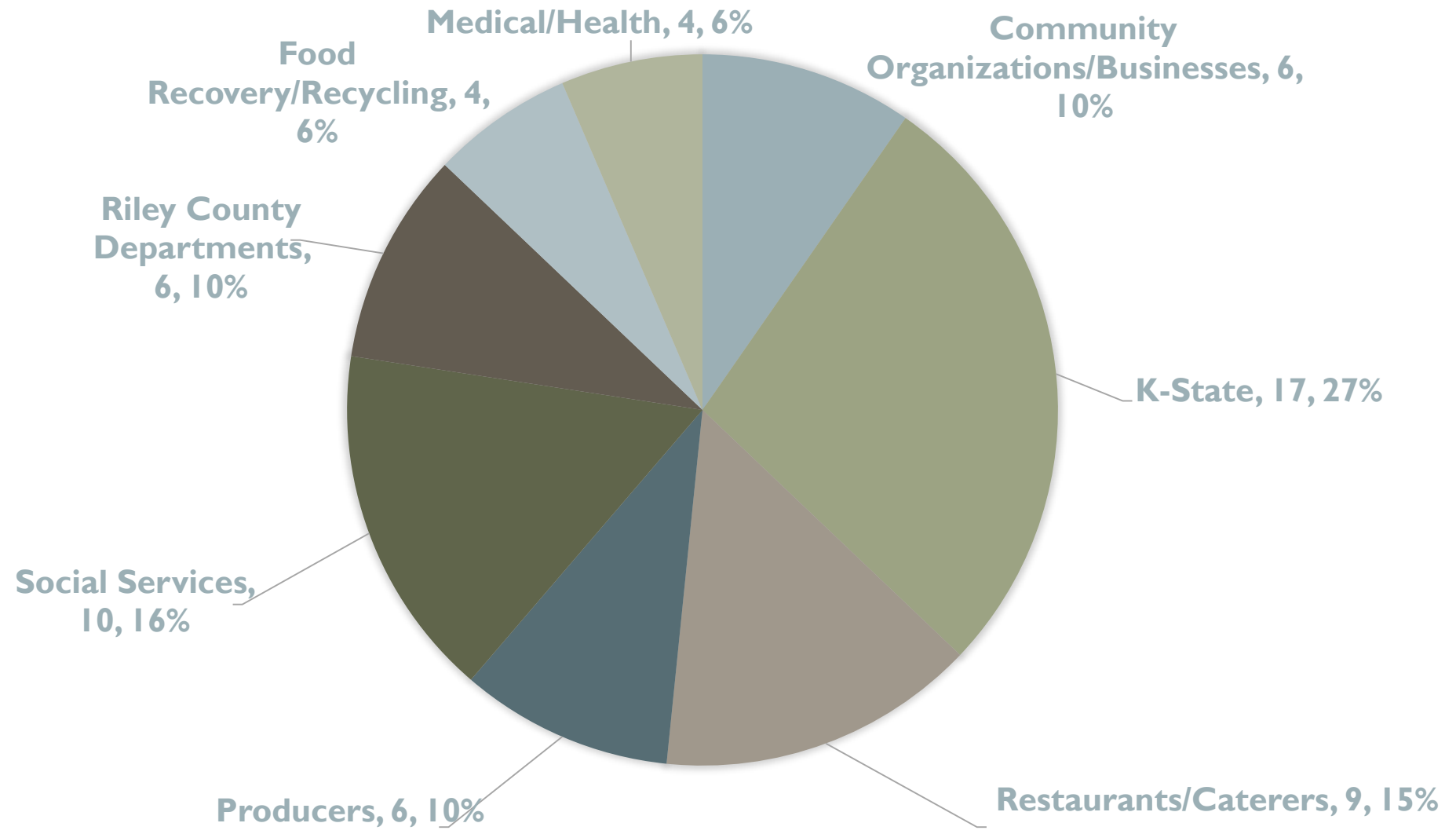
TAKEAWAYS

- Lowering the Kansas Sales Tax can
 - Lessen the burden for the 13,240 food-insecure and 16,653 individuals living in poverty.
 - Decrease the chronic disease prevalence in Riley County, especially obesity.
 - Stimulate economic growth for local vendors and grocers.

FFC COMMUNITY PARTNERS

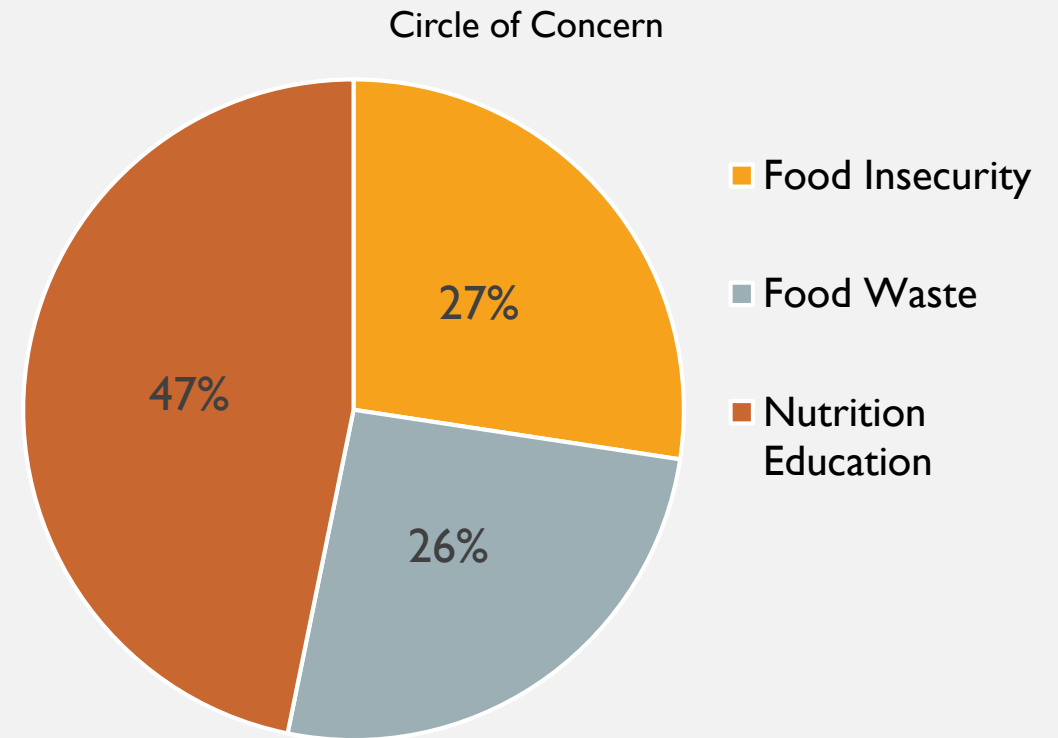
- FFC Interviews
 - Inputting data, analyzing data and interpreting the findings
 - Summary of partner interviews
 - Circle of concern





FFC COMMUNITY PARTNERS

- Summit Partner Meeting tasks
 - RSVP List
 - Sign-in Sheets
- Community Action Teams (CATs) were formed
 - Food Insecurity
 - Food Waste
 - Nutrition Education



Flint Hills Wellness Coalition (FHWC)

Nutrition/Active Transportation/Mental Health/Childcare/ /Access &Coord. of Services
(5 Workgroups)

Nutrition Leadership Team/Nutrition Workgroup



Education CAT	Food Insecurity CAT	Waste CAT
COMMITTEES	COMMITTEES	COMMITTEES
a. Kitchen Restore	a. ATA bus for Common Table use	a. Restaurant Waste Reduction Champion Program
b. Program with Boys and Girls Club	b. Increase number of Blessing Boxes	b. Consumer Waste Reduction Challenge
c. Program with targeted audiences (at risk, Seniors, other TBD)	c. Increase meal sites in the city/county	NOTE – These may be done with some collaboration with Education CAT
d. Develop a plan for addressing one-time educational events		

KITCHEN RESTORE

- Kitchen Restore PowerPoint
 - Nutrition Workgroup initiative to engage with community members to donate gently used or new household kitchen supplies and equipment. Items will be restored and distributed to individuals and families in need.
 - The purpose of this initiative is to provide those in need with basic kitchen equipment so individuals can prepare and store meals properly.
 - Ways on how the community can support the initiative



TAKEAWAYS

- Community work is complex and adaptive
- Capacity building is important for sustaining and improving a local food system
- Working through challenges and obtaining funds for projects and initiatives makes community work difficult

MPH FOUNDATIONAL COMPETENCIES

NUMBER AND COMPETENCY

DESCRIPTION

- 
- 4** Interpret results of data analysis for public health research, policy or practice.
- The FFC and I conducted interviews with stakeholders in the community. I inputted data and interpreted the results of 75 partner interviews. I produced an infographic and flyer based on the findings.
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- 7** Assess population needs, assets and capacities that affect communities' health.
- I was able to assess population needs from previously conducted food assessment surveys and focus groups in the community.
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- 15** Evaluate policies for their impact on public health and health equity.
- I was able to evaluate the sales tax rate on food in Kansas and then compare it to the surrounding states. This allowed me to see the potential impact could be in Riley County, if the sales tax on food was lowered in Kansas.

NUMBER AND COMPETENCY

DESCRIPTION



19 Communicate audience-appropriate public health content, both in writing and through oral presentation.

I was able to post relatable, public health nutrition content on the FHWC Facebook site and manage website updates as well. The Kitchen Restore presentation was another project created to inform various groups throughout the community about the initiative. It was clear, concise and easy to understand.



21 Perform effectively on interprofessional teams.

Most of my time was spent at monthly coalition meetings, as well as collaborating with FFC members and community partners. Having clear, effective conversations and emails were a key aspect to making progress on various tasks or initiatives.

MPH EMPHASIS COMPETENCIES

MPH Emphasis Area: Public Health Nutrition		
Number and Competency		Description
1	Information literacy of public health nutrition	Inform public health practice through analysis of evidence-based policy, systems and environmental changes.
2	Compare and relate research into practice	Examine chronic disease surveillance, policy, program planning and evaluation, and program management, in the context of public health nutrition.
3	Population-based health administration	Critically examine population-based nutrition programs.
4	Analysis of human nutrition principles	Examine epidemiological concepts of human nutrition in order to improve population health and reduce disease risk.
5	Analysis of nutrition epidemiology	Describe criteria for validity in nutritional epidemiology methodology.

MPH Committee:

Dr. Richard Rosenkranz

Dr. Sandra Procter

Dr. Jennifer Hanson

MPH Department:

Dr. Ellyn Mulcahy

Barta Stevenson

Preceptor:

Vickie L. James, RD, LD



THANK
YOU!

QUESTIONS?