

Health & Nutrition Working Group (CCCFPC)

Meeting Minutes – September 29, 2010

Location: Shipley's Coffee House (E. 65th Street)

Next Meeting: October 28th 2010, 9:00 am at Cuyahoga County Board of Health (Parma Office)

In Attendance: Lauren Melnick, Annie Stahlheber, Morgan Taggart, Carolyn Hodges, Jennifer Scofield, Pam Brackett, Todd Alexander, Myron Bennett.

Agenda:

1. State Food Policy Update
 2. Euclid Food Audit Recap
 3. Policy Brief – Sugar-Sweetened Beverages
 4. Update on Progress of Goals from Work Plans
 5. Next Meeting and Tasks
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1. State Food Policy Update

Jennifer began the meeting by giving a few updates on the State Food Policy Coalition. The first update Jennifer gave was on the promotion of local food week, and the second was on the next full council meeting, which is scheduled for Monday November 1st from 1:00 – 3:00 pm.

Annie expressed interest in attending the next full council meeting because she feels that the November 1st meeting will focus on what the next year of efforts should / could be.

Multiple group members mentioned the events that were taking place during local foods week: Monday October 4th E4S Local Food Event being held at the Great Lakes Brewing Company Tasting Room @ 5:30; Tuesday October 5th Growhio Launch Party @ 1836 W. 25th Street beginning at 6:30 PM; Wednesday October 6th Food Policy Coalition Quarterly Meeting @ Trinity Cathedral at 9:00 am; Thursday October 7th Polycultures showing @ East Cleveland Public Library; Saturday October 9th Polycultures will be shown again at the East Cleveland Public Library Branch following a 1:15 pm open house of East Cleveland Community Gardens.

2. Euclid Food Audit Recap

Annie recapped the food audits, and stated that Simone did an excellent amount of work organizing the audits, and putting the events for the day together. Annie stated that the food audits were very well attended; approximately ten teams of two went out into the neighborhood. Annie and her partner were surprised at the number of stores that they needed to add to the official list. These stores were “under the radar”, and after going into some of these stores many actually had food stocked in their aisles. Annie found this very surprising, and was also surprised at the amount of food products that Drug Mart offered to its patrons.

Lauren stated that the Southeast side of Euclid lacked almost ANYTHING with regards to food establishments. There seemed to be only two corner stores, and one dollar store. Lauren also brought up Brooklyn as a potential neighborhood that a future food audit should take place.

Annie thought it was good to get baseline data, but thought certain expansions to the audit may be desired in the future. She cited the price of milk, and whether SNAP benefits are accepted as two criteria that she would like to see included in the audit process.

Annie brought up that Chris Hopkins from the County Planning Commission wants to redo maps and was leaning toward a redo of maps that would focus more heavily on grocery stores, instead of doing a mapping method that compared grocery AND fast food establishments. Morgan asked why that was the plan, and Annie stated that Chris Hopkins felt this would allow for a closer look at how grocery access is lacking. If this is the case, maps could be developed using health department data, although 100 or so establishments would need to be checked out before they could be included in the map – this would assure their validity. The County list of establishments would include City establishments. Annie felt that this could be a worthy effort for 2011.

It was stated that Chris Hopkins or Meghan Chaney from County Planning could be interested in attending a future H and N meeting to discuss the listing of grocery establishments.

****Next Steps**** Lauren stated that she could take on Simone’s role of compiling the Euclid food audit information.

3. Policy Brief – Sugar-Sweetened Beverages

Annie listened to the NPLAN webinar for Sugar-Sweetened Beverage Tax Legislation. Annie reported that the webinar gave good insight into the issue, and that the webinar began by speaking to the negative facts associated with sugar sweetened beverages – They are the number 1 source of sugar; companies have begun putting vitamins in the drinks to mask the poor nutrition of the beverages; the calories consumed through beverages with high sugar levels are not providing satiety, which ultimately translates to weight gain when people continue to consume the same number of food calories; and soft drinks and sugar sweetened beverages seem to target economically-vulnerable populations.

Annie reported on some of the clarifications that were brought up in the webinar. All of her major take aways can be seen by referencing the handout that she included with her verbal breakdown. Some of the major points she brought up were: Any legislation should clarify that targeted beverages use artificial sweeteners – this would exclude juices; legislation would result in a \$50 billion reduction in medical costs; “pop tax” legislation has been introduced in 17 places, but has yet to pass in any of those locations.

Comments from other attendees focused on how support for any such initiative could take place in the most organized manner. Annie mentioned the dentistry industry as a potential partner in any future efforts. Jennifer wondered what policies and programs the Food Policy Coalition could support for earmarked soda tax funds. A question for consideration by the H and N group and the FPC would be “what is our position on certain earmarks for this money”?

Annie handed out other documents that would give more information on this particular tax issue. Please search online to find, *Using Regulatory Fees to Combat the Adverse Effects of Sugar-Sweetened Beverages*, put out by Public Health Law and Policy. Also see the Rudd Center For Food Policy and Obesity *RUDD REPORT: Soft Drink Taxes A Policy Brief*.

4. Update on Progress of Goals from Work Plans

a. Goal 1: Improve connectivity between healthy food retail and transit

Morgan stated that Hawken School is collaborating with the FPC to do a food audit of the Glenville neighborhood. Hawken Schools has block scheduling, and students will be available for 5 hours a week for a three week period of time. The goal for implementing this is the end of October or November. The students would work off of the same tools developed for the other food audits, and would be trained in using those tools

Simone is surveying transit riders for her capstone – she will be visiting RTA stations and handing out two surveys that she has developed. She will focus these efforts in 4-5 communities.

****Next Steps**** 1) Working on getting all of the information from the audits in a map by next meeting 2) Analyzing the data from these maps 3) Must figure out a more clear classification for retail stores before

Hawken students work on the Glenville project – For example corner stores and small grocery store were blurry because some audited could have classified as both at times. It was decided that Chris Schneider who works with PRC data collection should be contacted to ensure the definitions used by the H&N Group and Hawken were consistent with the PRC.

Lauren and Pam will code the Clark-Fulton Food Audit Results (grocery or small grocery); Lauren and Carolyn will work on coding the Euclid results. Lauren will send all results to Kris Luckshey at the City for use in a comprehensive map.

b. Goal 3: Ensure that all Cuyahoga County farmers' markets offer EBT/Work with Growhio

Annie stated that one way to incentivize markets is to create some form of creative labeling where markets that accept EBT are referred to as one type of market and other markets are called something entirely different.

Morgan stated that it would be great to have Dave Covol at the next meeting to discuss these efforts. He was very interested in nutrition and sustainability focused efforts.

****Next Steps**** Annie will invite Dave Covol to next meeting

5. Next Meeting and Tasks

- a. **Minutes:** Completed by Todd Alexander
- b. **Policy Brief:** Next policy brief will focus on EBT - Annie and Morgan
- c. **Location/Date/Time:** Cuyahoga County Board of Health [Parma Office]/ October 28th / 9:00 am
- d. **Other Tasks:**
 - i. Dave Covol will be invited to the next meeting - Annie
 - ii. Information will be compiled from the food audits; Chris Schneider will be contacted about the blurry definitions between corner stores and small grocery stores - Lauren will take over Simone's efforts in Euclid; Lauren and Pam will code Clark-Fulton Area; Lauren and Carolyn will code Euclid area. All data will be sent to Kris Luckshey for use in a map. Map will be ready for next meeting.