



2017 Change Institute **FOOD SUMMIT**

Cook County Department of Public Health



Understanding the Impact of Food Insecurity/Hunger on Population Health

Loyola University

Center for Translational Research and Education

September 29th – September 30th, 2017



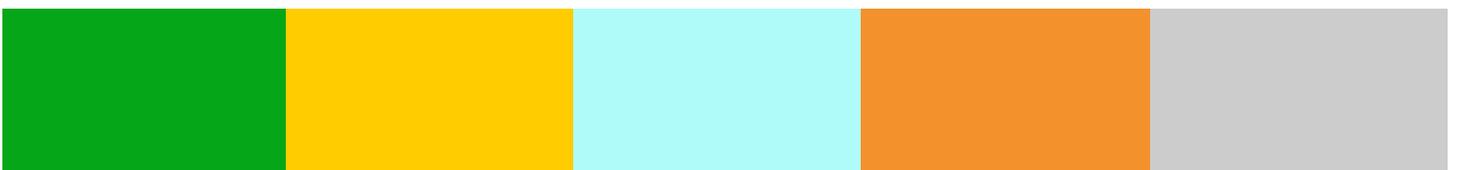
**MidAmerica Center for
Public Health Practice**

Photo Credit: Jurgen Mantzke

2017 Food Summit



Greetings 2017 Food Summit Attendees!
**Local Food Security starts
with you!**





2017 FOOD SUMMIT

Understanding the Impact of Food Insecurity/Hunger on Population Health

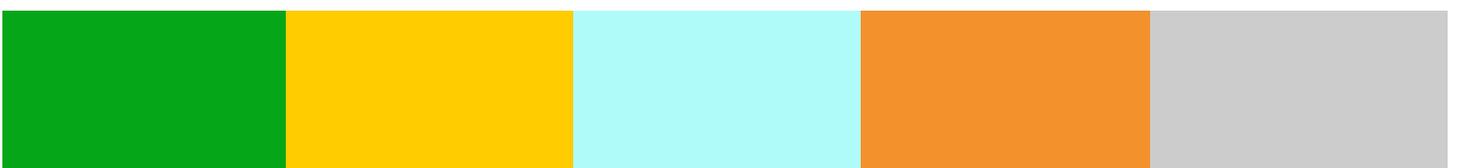
The Cook County Department of Public Health—in collaboration with Loyola University and the MidAmerica Center for Public Health Practice at the University of Illinois at Chicago School of Public Health—welcomes you to the **2017 Food Summit**.

The theme of this year's food summit is *“Understanding the Impact of Food Insecurity/Hunger on Population Health.”* Food access is integral to the health and well-being of a community and to improving population health.

ANTICIPATED LEARNING OUTCOMES

Attendees from local health departments, community-based organizations, healthcare and social services agencies, faith-based institutions, and non-profits, as well as everyday people, will have an opportunity to:

- Understand the human toll of food insecurity/hunger on population health in Cook County, Illinois
- Better understand the intersection between food insecurity/hunger on population health
- Connect Suburban Cook County organizations to food insecurity/hunger on population health resources
- Promote national and local successes and peer-to-peer networking
- Highlight state, local, & government initiatives that address food insecurity/hunger on population health
- Promote local action to support & advocate for initiatives that address food insecurity/hunger on population health



Agenda

Loyola University – Center for Translational Research and Education
2160 S. 1st Ave., Maywood, IL

Friday, September 29, 2017

12:00 pm - 1:00 pm	Registration
1:00 pm - 1:30 pm	<u>Welcome Remarks</u> Terry Mason, MD, <i>Cook County Department of Public Health</i> Margaret Faut Callahan CRNA, PhD, FNAP, FAAN, <i>Loyola University</i>
1:30 pm - 2:30 pm	<u>Keynote Address</u> Nourishing Our Community Kate Maehr, MPP, <i>Greater Chicago Food Depository</i>
2:30 pm - 3:30 pm	<u>Keynote Address</u> Technology for Improving Market Accessibility and Expanding Grower Participation Todd Shurn, PhD, <i>Howard University</i>
3:30 pm - 3:45 pm	BREAK
3:45 pm - 4:45 pm	<u>Keynote Address</u> Feeding Hunger, Cultivating Abundance Marilyn Pagan-Banks, MDIV, DMIN, <i>A Just Harvest</i>
4:45 pm - 6:45 pm	Networking Reception

Agenda

Loyola University – Stritch School of Medicine
2160 S. 1st Ave., Maywood, IL

Saturday, September 30, 2017

8:00 am - 9:00 am	Breakfast and Registration			
9:00 am - 9:15 am	<u>Welcome Remarks</u> Terry Mason, MD, <i>Cook County Department of Public Health</i>			
9:15 am - 10:15 am	<u>Keynote Address</u> Hunger and Health: The Paradox Facing our Community Kellie O’Connell, MA, <i>Lakeview Pantry</i>			
10:15 am - 10:30 am	BREAK			
10:30 am - 11:45 am	Food Pantry 101: How it Works <i>Speakers:</i> Barbara Lakomiak, Elizabeth Arreola	Emerging Initiatives for Curbing Local & Global Hunger <i>Speaker:</i> Prasanta Kalita, PhD	A Grocery Store’s Role in Fighting Food Insecurity and Hunger <i>Speaker:</i> Karriem Beyah	Community Food Security – An Approach to Sustainable Health & Wealth in Your Community <i>Speaker:</i> James Miles Sr., PhD, DMin., EDFP
11:45 am - 12:45 pm	Lunch			
12:45 pm - 2:00 pm	Food Pantry 101: How it Works <i>Speakers:</i> Barbara Lakomiak, Elizabeth Arreola	Emerging Initiatives for Curbing Local & Global Hunger <i>Speaker:</i> Prasanta Kalita, PhD	A Grocery Store’s Role in Fighting Food Insecurity and Hunger <i>Speaker:</i> Karriem Beyah	Community Food Security – An Approach to Sustainable Health & Wealth in Your Community <i>Speaker:</i> James Miles Sr., PhD, DMin., EDFP
2:00 pm - 3:00 pm	<u>Keynote Address</u> Food, Jobs and Health: Helping to Build Resilient Communities Eliza Fournier, <i>Windy City Harvest</i>			
3:00 pm - 3:30 pm	<u>Closing Remarks</u> Terry Mason, MD, <i>Cook County Department of Public Health</i>			
3:30 pm	Adjourn			



Terry Mason, MD
Chief Operating Officer
Cook County Department of Public Health

Dr. Mason was appointed Chief Operating Officer of the Cook County Department of Public Health by the Honorable Toni Preckwinkle, President of the Cook County Board of Commissioners, in 2013 after serving more than three years as the Chief Medical Officer and six months as interim Chief Executive Officer for the Cook County Health and Hospitals System.

As the COO, Dr. Mason provides leadership, fiscal responsibility, and performance based accountability in management. He is responsible for public health programs and services for one of the nation's largest metropolitan health departments, including disease prevention, control and epidemiology, health statistics, health promotion, STD/HIV screening, emergency preparedness, and environmental licensing, inspections and complaints.

Before joining the Cook County Health and Hospitals System and the Cook County Department of Public Health, he served as the Commissioner of Chicago Department of Public Health.

Dr. Mason received his Bachelor of Science degree in Biology from Loyola University and his Doctor of Medicine degree from Abraham Lincoln School of Medicine at the University of Illinois Chicago. He devoted 25 years of his life in private practice as a board-certified urologist. During that period, his focus was on male erectile dysfunction and prostate cancer. He is a nationally recognized health educator and inspirational speaker who champions holistic approaches to health management.

It is Dr. Mason's continued vision to transform healthcare delivery through the integration of public health and public medicine to create a population-based strategy to manage chronic disease.

Dr. Mason is a member of the Cook County Physicians Association and was featured in the 2010 film "Forks over Knives" and received a Telly Award for the video, "Not By Myself," featuring Marylyn Macoo and Billy Davis Jr. Dr. Mason has delivered countless presentations and conducted numerous interviews on a range of public health matters and continues to share his holistic approach to health on his popular radio call-in show on WVON 1690 AM, "The Doctor in the House," which has been airing for more than 21 years.



**Margaret Faut Callahan, CRNA, PhD, FNAP,
FAAN**

**Provost, Health Sciences Division
Loyola University, Chicago**

Margaret Faut Callahan, CRNA, PhD, FNAP, FAAN, is provost of the Loyola University Chicago Health Sciences Division. She leads all academic initiatives in the division, which includes the Stritch School of Medicine, Marcella Niehoff School of Nursing, and The Graduate School Programs.

Callahan received her Bachelor of Science degree in Nursing from Loyola and has more than 35 years of experience in health care and higher education. Before coming to the University, she served as interim provost at Marquette University and dean and professor of the University's College of Nursing. There she led the Marquette University College of Nursing through a successful reaccreditation, expanded the college's freshmen class size by 77 percent, and implemented the Doctor of Nursing Practice Program.

Before her time at Marquette, she was at Rush University for many years, where she served as chair of adult health nursing, director of the nurse anesthesia program, and professor.

Callahan also holds a Master of Science degree in Nursing and a Doctor of Philosophy in Nursing Science from Rush University College of Nursing. Her research on pain management, palliative/end-of-life care, and health policy is widely published. Additionally, she is a certified registered nurse anesthetist.

She is married to her husband Daniel and they have four children: Thomas, Daniel, Katherine, and Ryan. She is a member of the Midwest Nursing Research Society and the Institute of Medicine, Chicago. She is a fellow of the American Academy of Nursing & National Academies Practice.



Kate Maehr, MPP
Executive Director and CEO
Greater Chicago Food Depository

As Executive Director and CEO, Kate Maehr leads the Greater Chicago Food Depository's mission of providing food for hungry people while striving to end hunger in our community. Over the last 11 years, Kate has overseen the expansion of the food bank's distribution to meet a rising need and has guided the development of new programs and partnerships for vulnerable populations. A leading voice in the fight against hunger in our community and across the nation, Kate began her career with the Food Depository in 1996.

Keynote Address: Nourishing our Community

Address Description:

Healthy communities need access to healthy food. Unfortunately, food insecurity is persistent throughout Cook County neighborhoods and suburbs. This is why the Greater Chicago Food Depository has partnered with the Cook County government under a plan to measurably reduce hunger in our community. Learn about this work and the role of public-private partnerships in creating a healthier, hunger-free Cook County.

Objectives:

- Inform the audience on the local scope of hunger and its consequences.
- Show how public-private partnerships are making a positive and replicable impact on hunger.
- Inspire new stakeholders and decision makers to join the fight against hunger.



Todd Shurn, PhD
Educator and Entrepreneur
Howard University
Fresh Michigan Produce, LLC

Dr. Todd Shurn is a tenured Howard University Computer Science faculty with a small seasonal business, Fresh Michigan Produce, LLC based in Benton Harbor, Michigan. Over the past 10 years, Fresh Michigan Produce has made fruit and vegetables available to south and west side residents through events sponsored by Trinity United Church of Christ, WVON radio and other community organizations. Dr. Shurn is affiliated with the University of Michigan Smart and Healthy Cities initiative to improve urban livability using connected communication, data analytics, and reconfigurable, mission-enabling spatial design.

Keynote Address: Technology for Improving Market Accessibility & Expanding Grower Participation

Address Description:

This keynote address will explore technology-leveraged concepts to create profitable markets for urban, micro, and community growers, and accessible low-cost fruit and vegetable options for Cook County consumers.

Objectives:

- Discuss growers' need for active buyer markets.
- Discuss days, times, and locations determined by demand, make fresh produce available in food and mobile deserts.
- Understand how consumers demand cost and convenience utilize analytics in supply chain decisions).



Marilyn Pagan-Banks, MDIV, DMIN
Executive Director
A Just Harvest

Rev. Dr. Marilyn Pagán-Banks is an ordained minister and pastor with the United Church of Christ and currently serves as the executive director of A Just Harvest, an anti-hunger organization committed to service, community organizing, and community and economic development located in Rogers Park. Rev. Pagán-Banks also teaches in the areas of faith-based community development and community organizing as an Adjunct Professor.

Rev. Pagán-Banks is a leader that organizes as a champion for justice. Her passion has taken her from Washington, DC to the inner-city streets of Chicago. She has stood face-to-face, as well as, side-by-side with elected officials, demanding accountability to the communities we are all called to serve. Rev. Pagán-Banks strongly believes that faith communities cannot afford to be irrelevant, passive or mediocre if they are to truly be builders of the beloved community. Rev. Pagán-Banks received her Masters of Divinity degree from McCormick Theological Seminary and her Doctorate in Ministry from the Chicago Theological Seminary where she was twice named Hispanic Scholar.

Keynote Address: Feeding Hunger, Cultivating Abundance

Address Description:

In the work of fighting hunger and addressing food insecurity, it is important to understand the need to feed the real, physical “hunger” for food, while also engaging the “hunger” for justice and change. This work comes from the core understanding that there is enough for all. We must cultivate a spirit and a practice of abundance—making sure everyone has enough and that no one goes hungry.

Objectives:

- Understand why justice work needs to be connected to direct service.
- Understand how cultivating abundance is a spiritual and faith practice.
- Share stories and best practices.

**Saturday
Keynote**



Kellie O'Connell, MA

**Executive Director
Lakeview Pantry**

Kellie O'Connell is the Executive Director of Lakeview Pantry, the largest food pantry in Chicago, where she leads the organization in addressing food insecurity and other complex social issues on Chicago's North Side.

Kellie came to Lakeview Pantry in 2016 with over 18 years of experience in the non-profit and government sectors focusing on strategic planning, communications, fundraising, social service delivery and outcome measurement. Prior to her role at the Pantry, she was Director of Advancement at Northwestern Settlement House and Senior Vice President for Strategic Planning and Public Affairs at the Chicago Housing Authority. She holds a bachelor's degree in Sociology from Northern Illinois University and a master's degree in Sociology from Loyola University Chicago.

Keynote Address: Hunger and Health: The Paradox Facing our Community

Address Description:

With 1 in 6 people in Chicago and 1 in 9 on the North Side experiencing food insecurity, hunger is one of the largest public health issues facing our community. Hunger is often invisible as it touches the lives of so many hard-working people living among us—moms, dads, kids, and seniors—who are quietly struggling to put food on the table and, many times, experiencing a health crisis or living in poor health. Lakeview Pantry works each day to meet the needs of hungry people in Chicago by providing nearly 1.5 million nutritious meals to hungry neighbors through multiple food distribution programs and social service programs to help them achieve stability. This session will profile the faces of hunger, provide an overview of the intersection of hunger and health, highlight how Lakeview Pantry is responding to the growing, complex needs of neighbors in Chicago and explore how the public health community can engage in our work.

Objectives:

- Educate on who is hungry in Chicago and explore the intersection of hunger and health.
- Dispel myths about the types of people needing emergency food assistance.
- Inform how Lakeview Pantry responds to the needs of the hungry people in Chicago.

**Saturday
Keynote**



Eliza Fournier
Urban Youth Programs Director
Windy City Harvest

Eliza Fournier has served in the Windy City Harvest department for more than 15 years. In that time, she has helped more than 200 communities and schools plan and implement gardens in their neighborhoods and hired and managed the hiring and training of over 800 teens in Lake and Cook Counties for summer job training through the Windy City Harvest Youth Farm program. She now oversees all programming aspects of the Windy City Harvest Department including Youth Farm, Windy City Harvest Apprenticeship and Entrepreneurial workshops and courses. Fournier earned her bachelor's degree in environmental studies from Lake Forest College in Lake Forest, Illinois, and her master's degree in public affairs from Indiana University, where she concentrated in urban management. Eliza Fournier, will oversee the expansion of Youth Farm and Entrepreneurial programming at the Farm on Ogden and assist in developing and implementing physician training sessions.

Keynote Address: Food, Jobs, Health: Helping to Build Resilient Communities

Address Description:

Learn about the Chicago Botanic Garden's Windy City Harvest program and the unique approach taken to introduce people to where their food comes from. Windy City Harvest has multiple program components working with youth, returning citizens, and others to provide fresh vegetables in food insecure communities.

Objectives:

- Learn about the blended approach to re-entry training using food as a platform.
- Learn about public-private partnerships and the approach we use to deliver a multi-pronged program.
- Develop ideas around integrating program components in your community.

Session:

Food Pantry 101: How it Works

Speakers: Barbara Lakomiak & Elizabeth Arreola

Session Description:

Take an inside look at how a pantry on the southwest side of Chicago works. You will learn about who we serve and how we operate, from the first food item that is ordered, through storage, set-up and distribution at our pantry.

Session Objectives:

- Provide a real look at how a food pantry operates.
- Inspire others to set up pantries in their communities.
- Encourage others to get involved in some way within their community.

Session:

Emerging Initiatives for Curbing Local & Global Hunger

Speaker: Prasanta Kalita, PhD

Session Description:

With the increase in population, the demand on food is increasing. Various organizations are developing and implementing initiatives on providing nutritious and healthy food to communities – both locally and globally. This presentation will discuss issues related to human health effects from inadequate food, both in terms of quantity and quality, and how various organizations are working on mitigating these issues in communities, college campuses, and in developing countries.

Session Objectives:

- Raise awareness of hunger problems in local and global communities.
- Provide information on initiatives in curbing hunger problems.
- Recommend opportunities to get involved in mitigating hunger problems.

Session:

A Grocery Store's Role in Fighting Food Insecurity and Hunger

Speaker: Karriem Beyah

Session Description:

Karriem's Fresh Market is an emerging grocery store with a focus on providing healthy food options to underserved, primarily urban neighborhoods. The mission and purpose of the Market is not only to provide access to healthy foods for people residing in urban neighborhoods, but to also empower communities by recruiting and training local residents for living wage jobs, fighting lifestyle diseases like obesity and diabetes, and working cooperatively with community leaders, institutions and public officials to determine their needs.

Session Objectives:

- Understand the mission and value of Karriem's Fresh Market.
- Discuss how grocery stores can provide for underserved, urban communities.
- Learn the business operations of a grocery store in an urban community to fight food insecurity and hunger.

Session:

Community Food Security – An Approach to Sustainable Health & Wealth in Your Community

Speaker: James Miles, Sr. PhD, DMin., EDFP

Session Description:

The community food security (CFS) movement integrates social justice and self-reliance into the food security conversation. The goal is to empower whole communities so residents have access and collaborative-control over safe, culturally appropriate, and nutritionally sound food choices in their everyday lives. This session will explore what CFS is and how CFS can be applied in communities throughout Cook County Illinois.

Session Objectives:

- Understand how to distinguish a community food security initiative from other food security initiatives.
- Gain knowledge of existing community food security initiatives in Cook County, Illinois.
- Understand the three things to consider if you want to launch a sustainable community food security initiative in your own community.

**Concurrent
Session
Speakers**



Barbara Lakomiak
Business Manager
Cook County Department of Public Health



Elizabeth Arreola
Retired, Volunteer
St. Vincent de Paul District 9 Food Pantry

Barbara Lakomiak is the Business Manager at the Cook County Department of Public Health. Elizabeth Arreola is a volunteer at the St. Vincent de Paul District 9 Food Pantry. The pantry was started by volunteers in a small room in the basement of a church in 1993 because people were going hungry. The pantry began serving 7 to 10 families weekly. Today, as an all-volunteer organization, it feeds over 166,000 people per year.



Prasanta Kalita, PhD

**Professor and Associate Dean for Academic Programs
University of Illinois at Urbana-Champaign**

Dr. Prasanta Kalita is a Professor of Soil & Water Resources Engineering, a University Distinguished Teacher Scholar, and the Associate Dean for Academic Programs in the College of Agricultural, Consumer and Environmental Sciences (ACES) at the University of Illinois Urbana-Champaign. An elected Fellow of the American Society of Agricultural & Biological Engineers (ASABE) and Indian Society for Agricultural Engineering (ISAE), Dr. Kalita's areas of research include water management and environmental sustainability, non-point source pollution control, food security, and irrigation design. He is widely recognized for his excellence in teaching, research, and advising, has worked extensively in educational development and capacity building, and in food security issues around the world. He has published more than 150 articles and served as Editor-in-Chief and Associate Editor for three international journals. His career is marked impressively by over 40 university, regional, national and international honors and awards recognizing teaching excellence, research excellence, and outstanding service. In his current capacity as the Associate Dean for Academic Programs, Dr. Kalita administers the college's both graduate and undergraduate educational programs.

**Concurrent
Session
Speakers**



James Miles Sr., Ph.D., DMin., EDFP
Chief Strategist
Lodestone R3

Dr. James Miles has successfully led business performance management and supplier development programs, regional collaborations, faith-based community economic development reorganizations, triple-bottom-line business sustainability initiatives, municipal healthcare system design projects, public policy implementation programs, and population health initiatives. He is currently developing curriculum and teaching in the Physician Assistant Program at Rush University while researching wellness as personal identity and personal empowerment. With a Ph.D. in Public Policy focused on healthcare reform and a Doctorate of Ministry focused on community economic development, Dr. Miles' passion is to help build strong, economically viable communities as people-centered collaboratives.



Karriem Beyah
President of Executive Marketing Partnership
SuperValu/Jewel-Osco

Karriem Beyah is a business leader whose concern for his community led him to open the first African American-owned and operated full service grocery store in Illinois. He has been recognized in major media including CNN, CBS News, FOX News in the Morning, First Business, and BET News for his stewardship in business development and economic empowerment efforts. Beyah's Famers Best Market was featured in *Time* magazine, *Chicago Tribune*, *Chicago Sun Times*, and *Chicago Defender*. Beyah continues to use his strong media platform to increase awareness about health and economic disparities caused by food deserts in low-income, minority communities. Since 2006, he has been the President of Executive Marketing Partnership, consulting with large grocery stores such as Jewel-Osco on store operations for groceries, fresh markets, and pharmaceuticals. In this role, he has also provided input for maximizing employees' potential, increasing sales, improving customer satisfaction and reducing shrinkage.

Thank You

The 2017 Food Summit is supported by the Cook County Department of Public Health. We would like to acknowledge those involved in planning this event.

Cook County Department of Public Health

Terry Mason, MD

Chief Operating Officer

Barbara Lakomiak

Business Manager

MidAmerica Center for Public Health Practice

Christina Welter, DrPH, MPH

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Provost, Health Sciences Division

Steve A. N. Goldstein, MA, MD, PhD,
FAAP

Dean, Stritch School of Medicine

Nancy Parolin

Assistant Director

HSD Event Planning and Operations

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