

Nutrition Talk

1. Objective: The purpose of this week's tabling is to explain what a food desert is, and where they are located.
2. Activity: On the non-red US Map ask the participants to play "pin the tail on the state." To "pin," have the participants to use the sticky notes. Once the participant has marked 3 (or more if they/you) like, flip the board and show them where food deserts are located. Also please define what a food desert is
3. Information:
 - a. The red map specifically shows the how the population has low access to a grocery store (as a percent). The darker the red the worse it is.
 - i. Lightest red: 0-10% of people don't have easy access to a grocery store.
 - ii. Next red: 10.1-20% of people don't have easy access to a grocery store.
 - iii. Next red: 20.1-30% of people don't have easy access to a grocery store.
 - iv. Darkest red: 30.1-100% of people don't have easy access to a grocery store.
 - b. Definition: "Food deserts are defined as parts of the country vapid of fresh fruit, vegetables, and other healthful whole foods, usually found in impoverished areas. This is largely due to a lack of grocery stores, farmers' markets, and healthy food providers."
 - i. "This has become a big problem because while food deserts are often short on whole food providers, especially fresh fruits and vegetables, instead, they are heavy on local quickie marts that provide a wealth of processed, sugar, and fat laden foods that are known contributors to our nation's obesity epidemic."
 - ii. "Approximately 25 percent of Black and Latino families experience food-insecurity compared to 11 percent of White households.¹⁰Black and Latino families have earned \$1 for every \$2 earned by White families for the past 30 years."
 - iii. "Nearly 60 percent of counties where Native American/Alaska Natives make up the majority population have the highest food-insecurity rates in the nation. Among all 3,142 Native American/Alaska Native counties, those living in Apache County, Arizona (at 42 percent) and Wade Hampton, Alaska (at 40 percent) have the highest child food-insecurity in the nation, approximately double the national rate of 20.9 percent.¹ Nearly 60 percent of counties where Native American/Alaska Natives make up the majority population have the highest food-insecurity rates in the nation. Among all 3,142 Native American/Alaska Native counties, those living in Apache County, Arizona (at 42 percent) and Wade Hampton, Alaska (at 40 percent) have the highest child food-insecurity in the nation, approximately double the national rate of 20.9 percent."

- iv. “Families in predominantly minority and low-income neighborhoods have limited access to supermarkets and fresh produce. Greater accessibility to supermarkets is consistently linked to lower rates of overweight and obesity.¹⁸ Studies have found that there is less access to supermarkets and nutritious, fresh foods in many urban and lower-income neighborhoods and less healthy items are also often more heavily marketed at the point-of purchase through product placement in these stores”
 - c. Questions to get them to think about:
 - i. How will this affect children at the developing age?
 - ii. How will this affect deficiency in nutrients?
- 4. Prizes: Whomever participates
- 5. References:
 - a. <http://americannutritionassociation.org/newsletter/usda-defines-food-deserts>
 - b. <http://stateofobesity.org/food-insecurity/>