

Advancing Health Equity through Healthy Food Education

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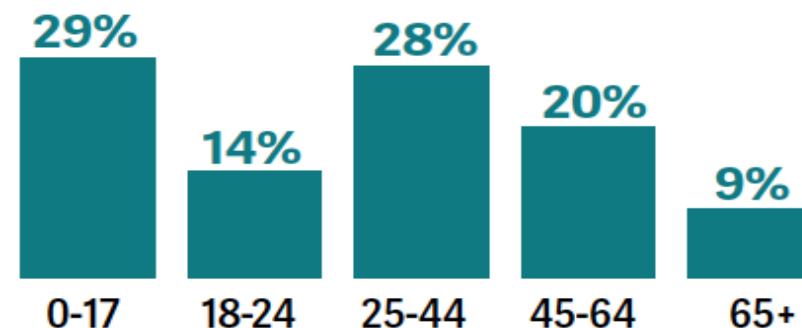
Introduction

SBH Health System is a safety net community hospital serving the Bronx community.

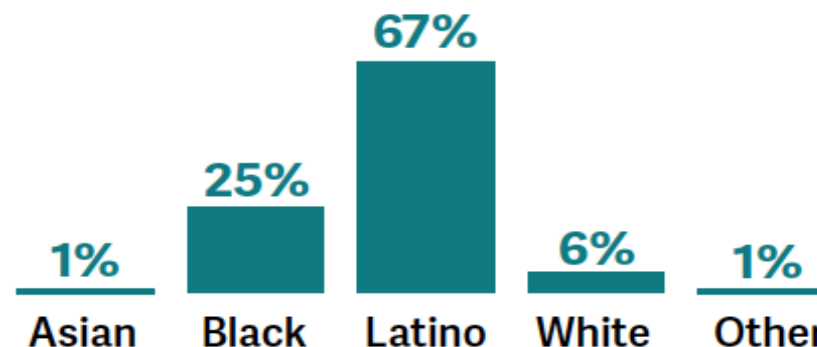
Statistics At A Glance

- 2500 employees
- 435 licensed beds
- 17,000 hospital discharges
- 88,000 emergency room visits
- 400,000 outpatient visits
- 160,000 behavioral health visits
- Payer mix: 90% Medicaid, 5% Medicare
- Founded in 1866
- First US hospital for chronic diseases
- Level 2 Trauma Center
- Teaching hospital: 280 residents
- NCQA NYS Patient Centered Medical Home

Population By Age



Population By Race/Ethnicity



Introduction

Project Eats is a non-profit organization that brings urban farms to neighborhoods lacking access to fresh produce. On top of providing affordable produce directly to our communities, we also provide education on how to cultivate produce.



Founded in 2009 by artist Linda Goode Bryant, Project EATS is a living installation transforming vacant lots and rooftops into neighborhood-based farms...

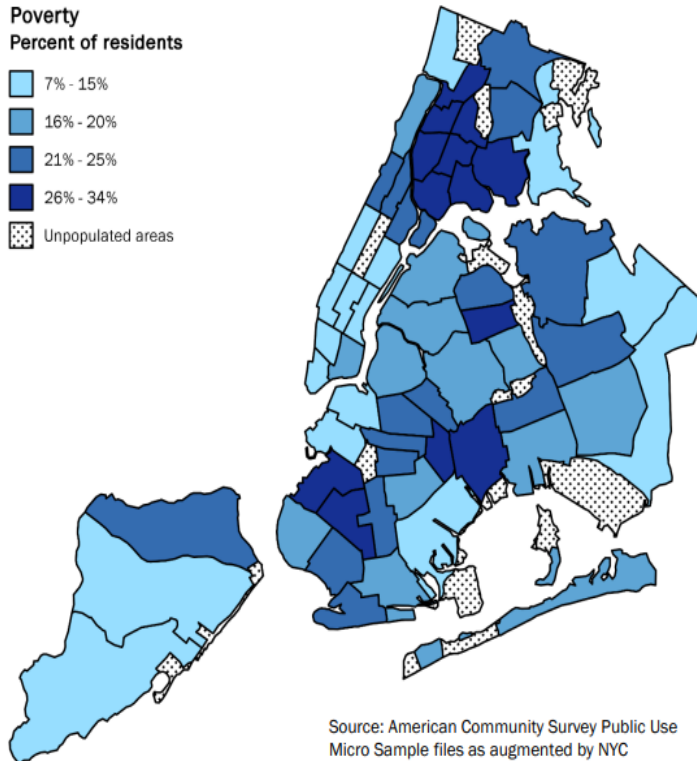
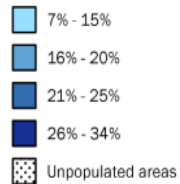
Communities deserve to grow their own food right where they live– art that feeds.

Background

Manhattan County, just across the Harlem River, is one of the healthiest in the state. This indicates a significant health disparity.

Poverty

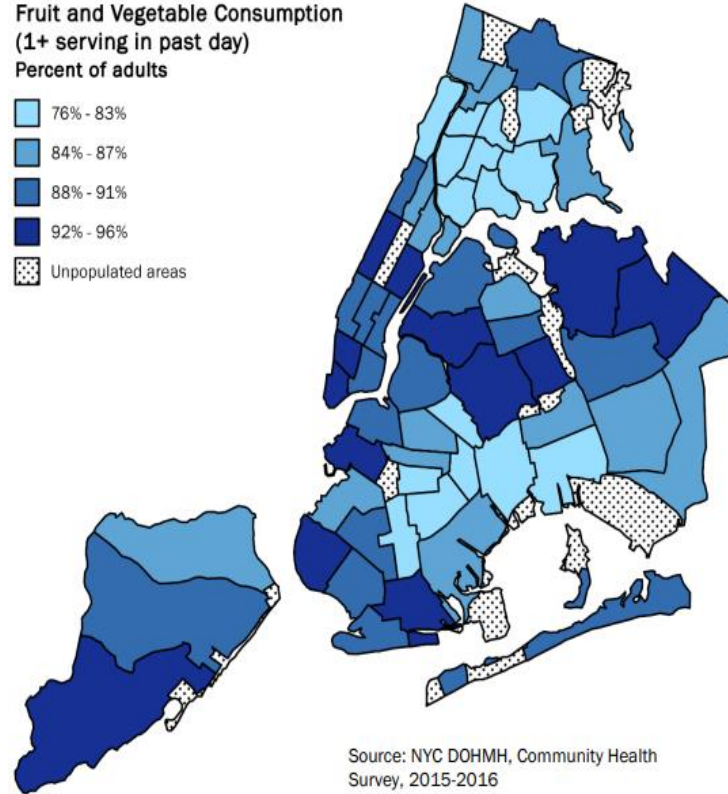
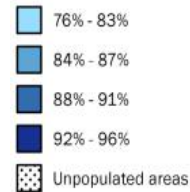
Poverty
Percent of residents



Source: American Community Survey Public Use Micro Sample files as augmented by NYC Opportunity, 2012-2016 (community district and NYC), 2016 (borough)

Fruit and Vegetable Consumption

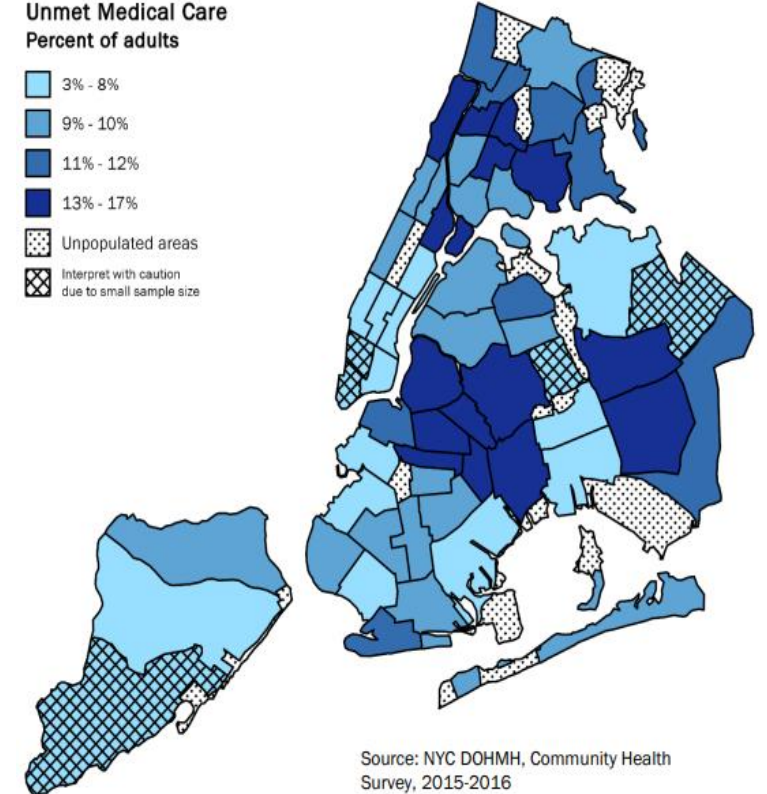
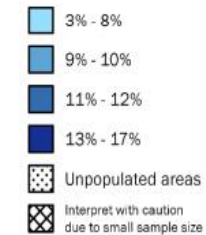
Fruit and Vegetable Consumption
(1+ serving in past day)
Percent of adults



Source: NYC DOHMH, Community Health Survey, 2015-2016

Unmet Medical Care

Unmet Medical Care
Percent of adults



Source: NYC DOHMH, Community Health Survey, 2015-2016

Problem statement

The Bronx has one of the highest rates of food insecurity in the country. The inability to afford nutritious and sufficient food leads to unhealthy and imbalanced diets, which contribute to poor health outcomes.

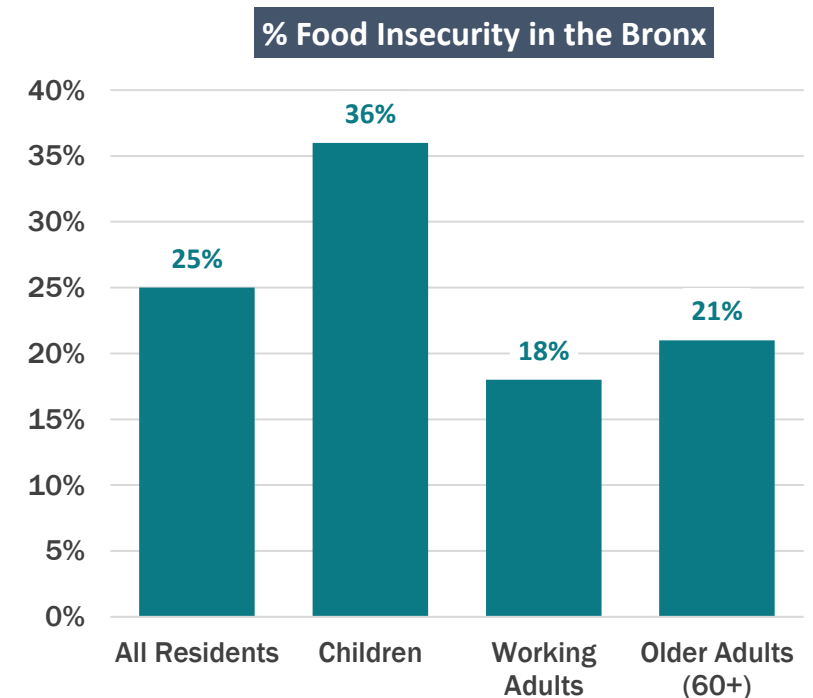
Our approach is to engage and educate local students on the importance of healthy food. We provide:

- hands-on experiences planting and harvesting fresh food in the SBH rooftop farm;
- classes on how to prepare nutritious meals in the SBH Culinary Center and Teaching Kitchen; and
- food kits that students can take home to prepare with their families.

SMART Goal: improve understanding of healthy foods, how to read nutrition labels and how to choose healthy foods over a month period, measured by 50% improvement in quiz results.

Sources:

1. NYC Food Policy Report 2020. <https://www1.nyc.gov/assets/foodpolicy/downloads/pdf/Food-Metrics-Report-2021.pdf>
2. Hunger Free America: New York 2021. https://hfa-website.cdn.prismic.io/hfa-website/4d3dd213-f5a5-45ed-923c-6d0615b78636_NY+Press+Release+-+2021.docx
3. NYC Dept of Health and Mental Hygiene Community Health Profile: Belmont and East Tremont, <https://www1.nyc.gov/assets/doh/downloads/pdf/data/2018chp-bx6.pdf>



Bronx High School Collaboration: Healthy Food Education



PROJECT
E A T S
ART FOOD LIFE



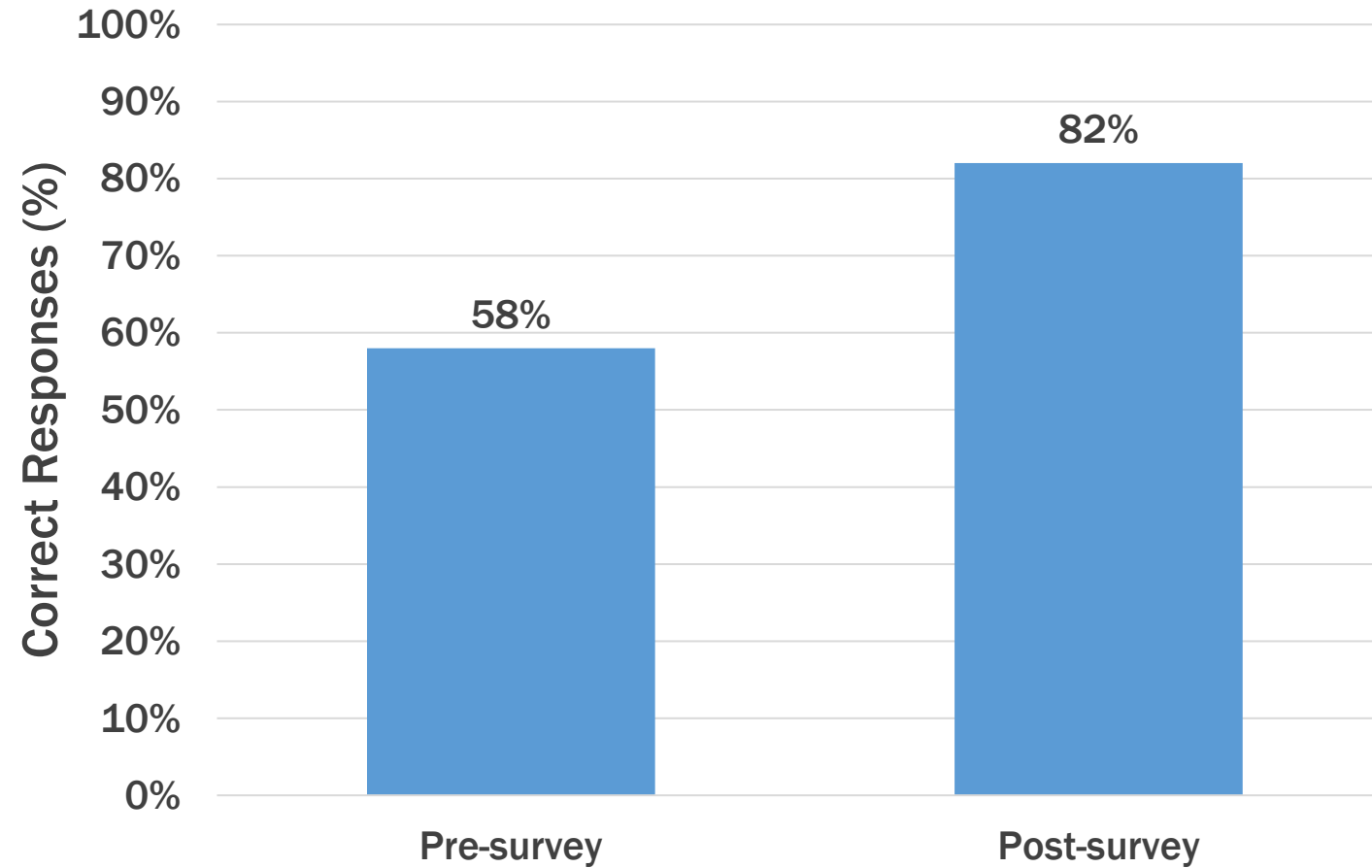
Bronx High School Collaboration: Healthy Food Education



Results



Healthy Foods and Nutrition Quiz



Source: baseline quiz administered in the classroom and again at end of program at SBH

Lessons learned

What went well?

1. Interactive Nutrition Education - fiber, sugar and how to read a nutrition facts label.
 - Fiber included a “bread demo” showing a visual representation of what happens in your body.
 - Sugar included students measuring different sugar amounts in popular beverages.
 - Nutrition facts included showing labels and how to interpret and read the line items.
2. Hands-On Cooking
 - At each station, two students prepared two recipes, presented to the class and all ate together.
3. Gardening
 - Learned about the rooftop garden, harvested their own vegetables to use in class and to take home.

What did not go so well?

1. Some repeat students – good that they wanted to return, but not ideal, because the program reached slightly fewer students than planned.
2. Sent students home with “meal kit” boxes containing recipes, produce from the rooftop and any other items needed. We asked them to cook it, take a picture, send to us and/or post on Instagram and tag us. None of them did it.

What's next?

Our plans for the coming year:

1. Repeat the program with new students from the same school.
 - The program is running twice more in 2023, and we hope to do it again in 2024.
2. Invited cooking club from the same school to collaborate with us on some of their meetings.
 - Meetings will take place four times in 2024, with different topics each time.
3. We would like to expand to other schools and reach additional students.



ADVANCING HEALTHCARE
EXCELLENCE AND INCLUSION

Questions?

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