



Eat Smart, Move More NC September Meeting
Breakout Session Notes
Thursday, September 10, 2020

Discussion Question	Key Points
<p>What does health equity mean in your job and community?</p>	<p>Definitions and Applications</p> <ul style="list-style-type: none">• Everyone has a fair and just opportunity to be as healthy as possible, including removing obstacles including poverty, discrimination, powerlessness, and lack of access to jobs, education, and healthcare (reference to RWJF)• Everybody has opportunity for health in the community• Make the healthy choice the easy choice and making that choice culturally appropriate, always• Equity in virtual programs – access to technology• In community, it is more about being targeted in efforts and strategies and being targeted in messaging; being equal partners at the table; collaboratively identifying how to implement; engaging partners in the process all the way through <p>Observations and Experiences</p> <ul style="list-style-type: none">• Providing training to senior staff at this time• Receiving staff training on how to design resources and staff training with an equity lens.• Equity is a buzz word at the moment. Would like to see more than just statements made.• Just access to food is stressful, regardless of the health aspect

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<p>What does health equity mean in your job and community?</p>	<ul style="list-style-type: none"> • County-to-county the opportunities and access are different, based on resources of that community (school nutrition as an example) • Three kitchens for catering for childcare; cook mostly from scratch and seasonally; increasing accessibility and availability; for some, this is the main meals they will receive – need to be big impact; despite efforts, some children are being missed right now. How to see benefit of participating. • Approaching work through the Whole School, Whole Community, Whole Child. Many schools do not have School Based Health Centers, accessible health departments, etc. • Feeding children all summer • Would like to reach more children • Mobilized a bus system to ensure all children could receive food • Meeting clients where they are (ex: bus passes for appointments) • With COVID, they are slowing everything down • Forced to shut down for a few months due to exercise issues • Moved to a half virtual/half in-person; trying to keep in contact with clients while not physically seeing them (not enough staff, time, clients may not have a phone, etc.) • Cannot bill insurance due to the virtual so they have opened more services to those on the phone • Every SODH affects patients with HIV/AIDS at a larger rate than common public (housing, etc.) • Depending more on their clients to own their health • How do we make sure that all kids are actually receiving their food if they don't have access to drive or walk to the school or drop point? What are we doing to ensure that <i>all</i> kids have access?

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<p>What does health equity mean in your job and community?</p>	<ul style="list-style-type: none"> • How can we better understand the relationship between racial equity and health equity? • How do we determine if the resources provided are equitable? • Health equity for children vs providers? • How do we make sure virtual programs are designed with equity in mind, to take diversity of ability and environment into account? With virtual programs, we see differing abilities of participants in terms of sight, hearing, movement. We see different homes in the background. <p>Ideas and Suggestions</p> <ul style="list-style-type: none"> • Learn how to identify targeted community and have community members at the table and engaged throughout process • To build capacity around health equity for state-level work, utilize Communities of Practice • Look at the environment and include that as part of the solution – make the solution community-centered • Expand the school nutrition program into other areas of community; food is not just distributed at school. • Consider coupling resources – e.g., food delivered via school bus alongside school resources and hot spots • For school, provide more breaks. Provide more green space. Kids need permission from administrators to play and take breaks. Based on the book <i>Let the Children Play</i>: three words – time, space and permission. • Incorporate breaks and activity into the day of students. • Diversity among staff members is important. Need to train more people in marginalized communities so applicant pool is more diverse. Need to understand how best to recruit for diversity. Is there certain language or ways to connect that would help?

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<p>What do you need right now as it relates to health equity and your work?</p>	<p>Knowledge, Information, Examples</p> <ul style="list-style-type: none"> • Stories to share; more stories of the innovative solutions and what is working (or not working); concrete success stories about implementing strategies • Also want to hear what did not work and why; data to determine what worked and what didn't work • Success stories on how to connect with lower resourced families in this virtual world • Data and research; demonstrate why new solutions need to continue and get additional funding/support • Most professionals understand the policies/high-level approaches to health equity, but less about specific examples of when those policies worked • Success stories on connecting with partners at the ground level who can network with potential participants • Strategy-specific health equity guidance. Better understand cultural reasons, access issues, etc., and give back to practitioners <p>Policies and Partnerships</p> <ul style="list-style-type: none"> • Discussion about how we can reassess policies given COVID-19 and the closing of school buildings • As we emphasize Social Emotional Learning in schools, continue to emphasize PE • Coalition work • Discussion to identify gaps that have been highlighted by COVID-19 and solutions that are community-centered • Would like health equity CoP (Community of Practice)

Discussion Question	Key Points
<p>What do you need right now as it relates to health equity and your work?</p>	<p>Staff and Capacity</p> <ul style="list-style-type: none"> • Biggest struggle is the lack of diversity in the workplace • Hiring staff that creates diversity in my organization • Difficult to find people to create a diverse board • Friends of color are being asked to present to audiences and it is overwhelming them right now • Community members of color are being asked to meet and speak with community members. We need to recruit and train more members to serve on boards and as speakers. Cultivate others to feel comfortable speaking. • Ideas, language, process for recruiting more diverse workforce, more reflective of the population that we want to reach • Disparity in PTAs – looking to connect with these districts and communities. Not sure what the need is at this point