

Health Equity Resources

Collected at the September 2020 Eat Smart, Move More NC Partners Meeting

These resources were shared during the Eat Smart, Move More NC Partner Meeting on September 10, 2020, in response to this prompt: “What resources (handouts, posts, podcasts, websites, etc.) related to health equity can you share?” These resources are not listed in any particular order.

21-Day Racial Equity Habit Building Challenge, offered by the Food Solutions New England Sustainability Institute

Deepen your understanding of, and willingness to confront, racism for twenty-one consecutive days. The Challenge will raise your awareness, change your understanding and shift the way you behave. The Challenge goes beyond individual or interpersonal racism by helping to demystify structural and institutional racism and white supremacist patterns that are sometimes invisible to people. Finally, the Challenge inspires you to act, on your own or with others in your organization, business or group, to dismantle these systems.

<https://foodsolutionsne.org/21-day-racial-equity-habit-building-challenge/>

A Practitioner’s Guide for Advancing Health Equity: Community Strategies for Preventing Chronic Disease (Health Equity Guide)

The purpose of the Health Equity Guide is to assist practitioners with addressing the well-documented disparities in chronic disease health outcomes. This resource offers lessons learned from practitioners on the front lines of local, state, and tribal organizations that are working to promote health and prevent chronic disease health disparities. It provides a collection of health equity considerations for several policy, systems, and environmental improvement strategies focused on tobacco-free living, healthy food and beverages, and active living.

<https://www.cdc.gov/nccdphp/dch/pdf/HealthEquityGuide.pdf>

Physical Activity Policy Research and Evaluation Network (PAPREN)

PAPREN is a thematic research network of the Prevention Research Centers (PRC) program of the US Centers for Disease Control and Prevention (CDC). PAPREN supports collaborative research and evaluation to identify and implement local, state and national level policy approaches that influence opportunities for physical activity. PAPREN seeks to advance the evidence base supporting physical activity policy and translation of evidence into practice at local, state, and national levels.

<https://papren.org/events/>

(Book) *Let the Children Play: How More Play Will Save Our Schools and Help Children Thrive*, by Pasi Sahlberg and William Doyle

The partner who recommended this book shared that three concepts promoted in this book were time, space, and permission. How can we increase the time, space, and permission that we give our children and youth to be physically active?

<https://www.amazon.com/Let-Children-Play-Schools-Thrive/dp/0190930969>

Alliance for a Healthier Generation

For more than a decade, Healthier Generation has worked with schools, youth-serving organizations, businesses, and communities to empower kids to develop lifelong healthy habits by ensuring the environments that surround them provide and promote good health. The Healthier Generation website offers resources and trainings.

<https://www.healthiergeneration.org/campaigns/covid-19>

A specific resource that was recommended in the Business Sector Engagement section of the Healthier Generation website is the *Improving Access to Address Health Equity* web page and resources:

<https://www.healthiergeneration.org/our-work/business-sector-engagement/improving-access-to-address-health-equity>

Racial Equity Institute

The Racial Equity Institute is an alliance of trainers, organizers, and institutional leaders who are devoted to the work of creating racially equitable organizations and systems. They help individuals and organizations develop tools to challenge patterns of power and grow equity. REI offers virtual services in addition to in-person services (in accordance with local and state gathering and social distancing regulations).

<https://www.racialequityinstitute.com/>

National African American Tobacco Prevention Network (NAATPN)

The NAATPN works to facilitate the implementation and promotion of comprehensive policies, community-led programs and culturally competent public health campaigns that benefit African Americans. One of the resources available on the NAATPN website is Black Body Health, the Podcast.

<https://www.naatpn.org/>

Robert Wood Johnson Foundation: Achieving Health Equity

This website focuses on why health equity matters and what you can do to help give everyone a fair shot at being as healthy as they can be. Health equity means increasing opportunities for everyone to live the healthiest life possible, no matter who we are, where we live, or how much money we make.

<https://www.rwjf.org/en/library/features/achieving-health-equity.html>

Nutrition & Obesity Network Policy Research & Evaluation (NOPREN)

NOPREN fosters identification of effective policies for improved nutrition and obesity prevention through collaborative research and evaluation. This website offers announcements, resources, and working groups.

<https://nopren.org/>

Equitable Enforcement to Achieve Health Equity: An introductory guide for policymakers and practitioners

This guide is offered by ChangeLab Solutions, which is a national organization that advances equitable laws and policies to ensure healthy lives for all. Change Lab Solutions prioritizes communities whose residents are at highest risk for poor health. Its multidisciplinary team of lawyers, planners, policy analysts, and other professionals works with state and local governments, advocacy organizations, and anchor institutions to create thriving communities.

<https://www.changelabsolutions.org/product/equitable-enforcement-achieve-health-equity>

Public Health Law Center Mitchell Hamline School of Law

The Public Health Law Center collaborates with others to reduce and eliminate commercial tobacco, promote healthy food, support physical activity, and address other causes of chronic disease. Our belief in health and equity for all people is at the core of our work.

<https://publichealthlawcenter.org/>

Free Food Fridges in Charlotte, NC

<https://www.wccbcharlotte.com/2020/09/01/more-free-food-fridges-popping-up-across-charlotte/>

Childcare Aware of America Webinar Series: Racial Justice, Equity and the Role of Child Care

In this three-part series, we engage in honest dialogue about the state of our country, Childcare Aware of America's position, mental health and health trauma that exists as a result of systemic racism and how we create an equitable system to support providers, children and families.

<https://www.childcareaware.org/events/webinars/webinar-series-racial-justice-equity-and-the-role-of-child-care/>

Safe Routes Partnership: Healthy Communities, Commitment to Equity

We are committed to advancing active transportation and healthy community design in underserved communities and schools by advocating for the inclusion of equity and health language in federal legislation and state policies, to working with social equity organizations and health organizations across the country, and to leveraging our deep expertise to share best practices, core knowledge, and research. We aim to create communities that support health for children who are low-income, of color, native, recent immigrants, underserved, or who have disabilities.

<https://www.saferoutespartnership.org/healthy-communities/equity>

Healthy Eating Research (Robert Wood Johnson Foundation)

Healthy Eating Research (HER) is a national program of the Robert Wood Johnson Foundation (RWJF). The program supports research on policy, systems, and environmental (PSE) strategies that have strong potential to promote healthy eating among children, especially among lower-income and racial and ethnic minority population groups that are at highest risk for poor health and well-being and nutrition-related health disparities.

Healthy Eating Research issues competitive calls for proposals (CFPs) and commissions small-scale research studies and analyses on a variety of topics to solicit scientifically rigorous, solution-oriented proposals from investigators representing diverse disciplines and backgrounds. We also develop research reviews, issue briefs, and papers that address major policy issues in child and family nutrition.

<https://healthyeatingresearch.org/>

NC Office of Minority Health and Health Disparities

The mission of the Office of Minority Health and Health Disparities is to promote and advocate for the elimination of health disparities among all racial and ethnic minorities and other underserved populations in North Carolina.

Among the resources offered are the Health Equity Report 2018, the NC Social Determinants of Health Interactive Maps, and Minority Health Webinars.

<https://www.ncminorityhealth.org/>

North Carolina Alliance for Health: “Blackism or Foodism?” Series with Chef Kabui

Njathi Kabui is a Kenyan born Kenyan-born Anthropologist, chef, farmer and food activist. Kabui has a background in Political Science and Philosophy from LeMoyne Owens College, dual masters in Medical and Urban Anthropology from the Universities of Memphis.

Join the NC Alliance for Health for a three-part series and discussion facilitated by Chef Njathi Kabui! “Blackism or Foodism?: The Growing American Dilemma” will explore race, food, and politics.

- Thursday, September 17, 10am – Historical Evolution of African Americans Food from the Founding of America to the Present (Presentation)
- Thursday, September 24, 10am – Food as an Obstruction to Justice for African Americans (Presentation)
- Thursday, October 1, 10am – Uncle Sam as Chef Sam: the Unhealthy Politics of the South (Presentation and Discussion)

<https://www.ncallianceforhealth.org/blackism-or-foodism-the-growing-american-dilemma/>

Webinar Series from NC State University

NC State University researchers and extension professionals co-hosted a webinar series entitled “The Impacts of COVID-19 on Food Security, Physical Activity, and Health.” The three webinar titles were as follows:

- “Exploring the Impact of COVID-19 on Food Security and Health Behavior to Build a Public Health System Responsive to Crises in North Carolina.
- “Leveraging Community Organizations to Support Physical Activity During COVID-19 Food Security
- “Resources during COVID-19”

<https://www.eatsmartmovemorenc.com/news/impacts-of-covid-19-on-food-security-physical-activity-and-health-webinar-series/>

Racial Equity in Farm to School

This is a recording of a 53-minute meeting:

https://ncsu.zoom.us/rec/play/-V14cqMCyAtvAppBzA-MAzbaejAsWZA21n97cw0uQBxpBgWQIsJDTDRa_gJ-mZRamFqmyUebV_U0r3SX.lgIWIW-ZbYdQoLIT?startTime=1595962987000& x_zm_rtaid=eqtmrYnWT4SO_w6B2-KfJA.1599756755153.525ec994e3163d4ccc3f36df32779301& x_zm_rhtaid=310