



Contemporary Issues in Healthcare

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COMMUNITY
SERVINGS
FOOD HEALS



Introduction



Mission Statement:

To actively engage the community to provide medically tailored, nutritious, scratch-made meals to chronically and critically ill individuals and their families

Vision:

We envision a world in which everyone has access to the nutritious food they need for health and wellbeing as a fundamental right.



Disciplines Perspective

Health Science



- Preventative medicine
- Access to healthcare
- Health literacy
- SDOH
 - Factors that contribute to health

Finance + Data Science

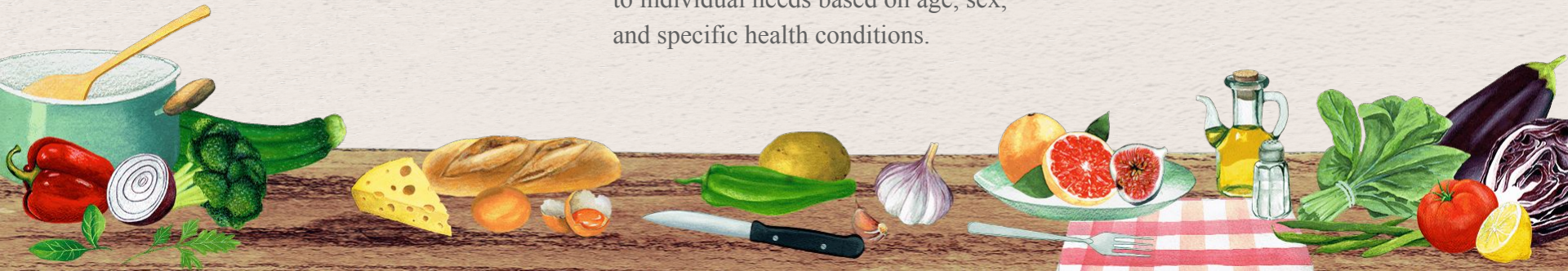


- Finance in Nutritional Health Sustainability & Expansion: Focus on cost-effectiveness for various meal programs.
- Reducing Healthcare Costs: Affordable nutritious food access can decrease healthcare utilization.
- Utilize data analytics to customize meal portions and nutrient content, catering to individual needs based on age, sex, and specific health conditions.

Electrical Engineering



- Identify and implement energy-saving measures.
- Collaborate with center staff to enhance electrical system efficiency.



Community Analysis: Community Served

Initially delivered hot meals to 30 individuals with HIV/AIDS in Dorchester and Roxbury

1

Recognizes the impact of socio-economic factors and lifestyle choices on health

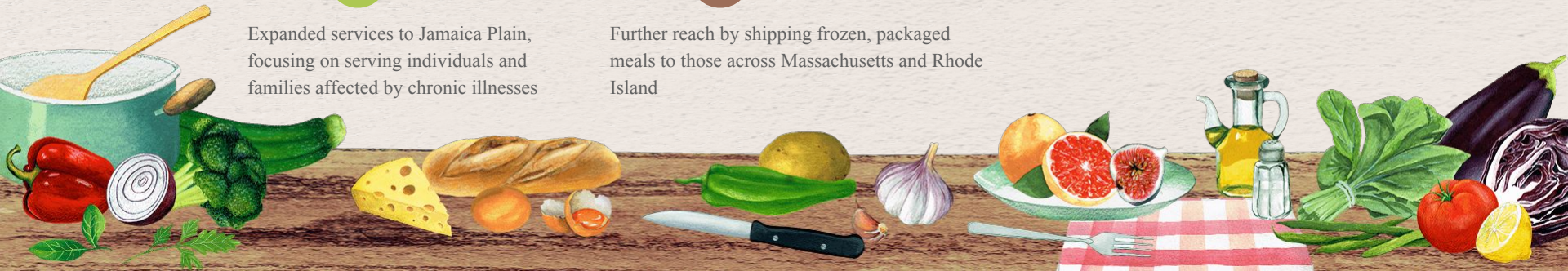
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Expanded services to Jamaica Plain, focusing on serving individuals and families affected by chronic illnesses

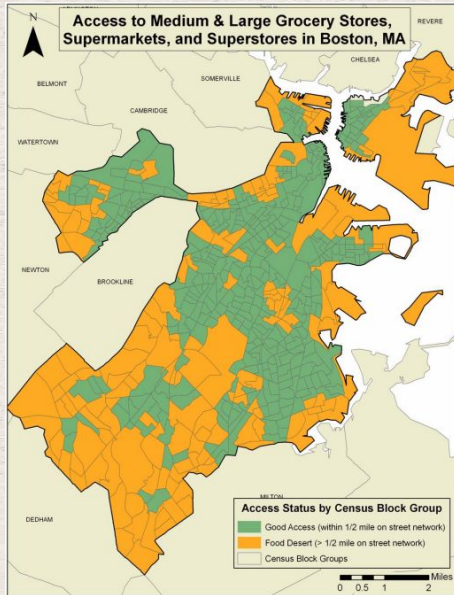
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Further reach by shipping frozen, packaged meals to those across Massachusetts and Rhode Island

4



Community Analysis: Root Causes



Structural Inequities

- Gentrification and rising living costs.
- Systemic issues that perpetuate socioeconomic challenges.
- Disproportionate impact of chronic illnesses on underrepresented populations.

Food Apartheids and Limited Access

- Limited availability of grocery stores in affected communities.
 - Contributing factor to unhealthy dietary patterns.

Lack of Health Literacy

- Limited knowledge about nutrition and healthy food choices.
- Educational disparities exacerbate health inequalities.
- Insufficient awareness of the impact of diet on chronic illnesses.



Community Analysis: Health Issues

- **Prevalent Chronic Diseases:** Residents face a significant burden of chronic diseases, with diabetes and heart disease ranking high among prevalent health issues.
- **Impact of Socio-economic Factors:** The intersection of health challenges with socio-economic factors intensifies the complexity of managing chronic diseases within the community.
- **Nutritional Disparities:** Access to nutritious food is a concern, contributing to health disparities; addressing this gap becomes crucial for better health outcomes.



Community Analysis: Needs

Economic Stability

- Identify opportunities for economic empowerment within Roxbury.
- Explore initiatives to create jobs and support local businesses.

Access to Healthcare

- Evaluate the existing healthcare infrastructure.
- Identify gaps and propose solutions to enhance healthcare accessibility.

Education Programs

- Assess the current state of educational resources
- Propose programs that support education and skill development



Community Analysis: Assets & Constraints

Assets

1. Experienced Staff
2. Community Engagement
3. Volunteer Base
4. Diverse Funding Sources
5. Kitchen
6. Garden

Constraints

1. Resource Limitations
2. Logistical Challenges
3. Cultural Variability
4. Regulatory Compliance
5. Data Management
6. Volunteer Retention



Action and Service

Using food as medicine

- Confronting challenges posed by health issues caused by SDOH

Addressing Nutritional Disparities

- Providing affordable and healthy meals tailored to specific health needs.
- Challenging structural deficiencies contributing to health inequities.

Fostering Community and Support

- Beyond nutritional intervention, emphasis on community-building.
- Creating a network of volunteers committed to addressing broader structural issues.
- Collaborative efforts, mentorship, and support for newcomers.



Interventions



Ways to volunteer at the organization?

- Weigh meal portions
- Package soups/meals
- Build weekly meals
- Package “snack” boxes
- Label specific diets



Changes made:

- Offered new set of hands to help
- Spread the word
- Mentored new volunteers

GOALS ACCOMPLISHED:

Evaluating needs of the community

Addressing nutritional disparities

Fostering sense of community

Educate self and others about issues CS
addresses

Continued service



Evaluating Action



MULTIFACETED APPROACH

Volunteer feedback in the form of surveys to assess volunteer experiences, challenges, and improvements.

Meal distribution tracking will help monitor the number of meals and recipients with specific conditions.



CLIENT FEEDBACK

Surveys administered by providers to respect confidentiality, focusing on impact of meals on health, and suggestions for enhancement.

Satisfaction, health changes, meeting dietary needs, usefulness of educational materials, knowledge about dietary management.

MEASURING IMPACT

SAMPLE CLIENT SURVEY





Further Proposed Action

ABCD Approach

Engaging Local Experts: Collaborate with local nutritionists and healthcare professionals to develop educational content.

Community Input: Incorporate feedback from residents to ensure materials are relevant and culturally appropriate.

Utilizing Local Talent: Enlist local artists and writers for material design, fostering community pride and ownership.



Impact on Community Health

Improved Nutritional Knowledge: Empower residents with information tailored to their health needs.

Enhanced Access to Healthy Food: Strengthen local food systems, ensuring consistent access to nutritious meals.

Community Empowerment: Foster a sense of community ownership over health and nutrition.

Establishing Partnerships

Strategy: Collaborate with local markets, community gardens, and food suppliers.

Goal: Ensure consistent access to fresh, nutritious food for community members.

Benefits: Facilitates the concept of 'food as medicine,' improving community health



How can Community Servings
further outreach to community
members like college students?



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