The Tulsa Food Security Council is setting the P.A.C.E. to improve health and wellness, food security, and quality of life for all of Green Country.

POLICY
Advocate for policy change to improve our food system and our communities.

AWARENESS
Bringing attention and education to the public regarding food and health related issues.

CONNECTIVITY
Building community together and facilitating trust across a broad range of cultures through events.

ECONOMICS
Fostering sustainable entrepreneurial opportunities around the food system.

We are an alliance of individuals, businesses, and organizations representing critical components of our local food system including healthcare, education, social services, agriculture, government, distribution, institutions, non-profits and retailers.

Meetings of the Tulsa Food Security Council are open to all who share an interest in improving local food security and access to healthful food and are held on the 4th Monday of each month from 11:30 am to 1:00 pm at the Indian Health Care Resource Center located at 550 S. Peoria, Tulsa, OK

For more information contact:
KATIE PLOHOCKY, CHAIRPERSON
(918) 346-3788
kplohocky@gmail.com

WE ARE WHAT WE EAT!
Impacting health policy throughout the Food System.

Unhealthy eating and physical inactivity is the leading cause of death in the United States.
Unhealthy eating and inactivity contribute to 310,000 to 580,000 deaths each year according to the US Department of Health and Human Services (HHS). That’s 13 times more than are killed by guns and 20 times more than by drug use.

Almost two-thirds (61%) of American adults are overweight or obese.
Obesity rates in children have doubled in the last two decades, prompting concern about the rates of diet and inactivity related diseases that will occur as obese children age.

Diet and inactivity related disabilities reduce quality of life.
Diabetes is the leading cause of blindness and amputation. 22% of men and 46% of women will be disabled with heart failure.

Diet and inactivity related diseases are expensive. Better nutrition could reduce the cost of heart disease, cancer, stroke, and diabetes by $71 billion each year.

Number of Americans Living with Diet and Inactivity Related Diseases

<table>
<thead>
<tr>
<th>Condition</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seriously Overweight/Obese</td>
<td>113,360,000</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>50,000,000</td>
</tr>
<tr>
<td>Diabetes</td>
<td>15,700,000</td>
</tr>
<tr>
<td>Coronary Heart Disease</td>
<td>12,600,000</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>10,000,000</td>
</tr>
<tr>
<td>Cancer</td>
<td>8,900,000</td>
</tr>
<tr>
<td>Stroke</td>
<td>4,600,000</td>
</tr>
</tbody>
</table>

According to the CDC, state and federal governments spend one thousand times more to treat disease than to prevent it ($1,390 vs. $1.21 per person each year).

Pearl Farmer’s Market. 2012

It’s Expensive to ignore Prevention!
IDEAS FOR POLICY CHANGE

We can no longer take food for granted. It is simply too important!

1. Increase opportunities to purchase local food. Getting fresh, locally produced food from the farm to our grocery stores, farmers markets, schools, and institutions can help reduce diet related diseases. Produce found at supermarkets has traveled great distances before it gets neatly arranged on your grocer's shelves. Much of these products are picked long before they are ripe and artificially ripened en route making their debut at the supermarket weeks after harvest. While it may look fresh, we are left with a product that is lacking most of the nutrients and flavor that fresh, local produce boasts.

Policy solutions include:
1) develop and support partnerships between farmers and governments, schools and restaurants,
2) provide incentive policies to support increased production, distribution, and consumption,
3) promote production on public land to increase access, entrepreneurship, and fighting blight,
4) support home gardens, community gardens, CSA's, and farmer’s markets.

2. Encourage new grocery stores, community gardens, and farmers markets in underserved communities. Those living in a food desert have little choice but to shop at convenience store, fast food restaurants, or travel long distances to get to groceries. Studies have shown a link between better access to healthy foods and healthier eating habits. Proximity to healthy foods increases fruit and vegetable consumption.

Policy solutions include: 1) support public transportation policies that provide adequate access to residents in low income areas to get to grocery stores where they can buy healthy, affordable food. 2) provide financial incentives such as tax breaks and low interest loans to entrepreneurs to open or expand in to food deserts. 3) Provide incentives or grants to existing convenience stores to move to a more healthy model by expanding selection of healthy foods, 4) support additional distribution systems and regional food

Healthy food access is a priority for comprehensive neighborhood development and essential in improving disinvested communities.

3. Integrate planning strategies for a healthy community to include land use, work force, economic development, transportation, and housing.

Elected officials and community leaders can decrease the burden of chronic disease through forward thinking regarding nutrition, fitness, and foods system policies. Having a strong local food system can also keep revenue in our community and provide opportunities for new business to develop and expand. Healthy communities understand that the integration of all basic elements and supporting economic development and health for all people within that community, regardless of income level, cultural background or political persuasion contribute to the quality and character of our community.

Policy solutions include:
1) preserve and stabilize existing neighborhoods
2) provide more transit options to access job opportunities and access to healthy food
3) promote physical activity through parks, recreational facilities, make biking and walking accessible and attractive

DEFINITIONS

What is a Health Improvement Plan (HIP)? Did you know that Oklahoma has a health improvement plan known as OHIP? OHIP is a plan made up of action steps to guide providers of essential public health services in addressing problems and gaps that have been identified. You can read the full copy at:


What is a Food Desert?

A food desert is a district with little or no access to large grocery stores that offer fresh and affordable foods needed to maintain a healthy diet. Instead of such stores, these districts often contain many fast food restaurants and convenience stores. Food deserts disproportionately affect socially segregated groups in urban areas, specifically single mothers, children, and the elderly living in underprivileged urban neighborhoods. Families and individuals without a car are also at a higher disadvantage in terms of their access to healthy food in food deserts.

FOR MORE INFORMATION

For more information about the food system, public policies, and local food resources contact:

Katie Plohocky
TFSC Chair
(918) 346-3788
kplohocky@gmail.com

www.tulsafoodsecurity.org