



2019

FOOD SUMMIT

Cook County Department of Public Health

October 4 – 5, 2019

Loyola University Chicago

2160 S. 1st Avenue, Maywood, IL 60153



The Power of Plant-Based Eating



Cook County DEPT. of
Public Health

COOK COUNTY
HEALTH



HEALTH SCIENCES
DIVISION

Acknowledgements

The 2019 Food Summit: The Power of Plant-Based Eating was organized by the Cook County Department of Public Health (CCDPH), Cook County Health, and Loyola University Chicago, Health Sciences Division. We would like to acknowledge staff who played an integral role in planning this event.

Kiran Joshi, MD, MPH

Attending Physician VIII

Gina Massuda Barnett, MPH

Deputy Director of Public Health Programs

Amy O'Rourke, MPH

Program Manager, Chronic Disease Prevention and Control

Keith Winn, MS

Public Health Educator V

Marcia McCullough, MA

Public Health Educator II

Kimberley Conrad Junius, MFA, CCPH

Public Health Educator V

Darcine Scales

Administrative Assistant I

Nancy V. Parolin

Assistant Director, Event Planning and Operations
Loyola University Chicago, Health Sciences Division

We would also like to thank: CCDPH Prevention Services Unit for staffing the event; Opportunity Knocks and Proviso Partners for Health for making the Pre-Summit Urban Farms Tour possible; as well as our keynote speakers, panel participants and breakout session presenters for sharing their stories, expertise and insight.



Welcome to the 2019 Food Summit

Every year, my staff and I look forward to this event. This is our 4th annual Food Summit and we are excited to spend the next couple days with you – our public health partners: healthcare providers, community-based organizations, and community members.

Together, we will build our understanding of the role food plays in preventing, developing or resolving chronic diseases and in supporting the health and well-being of communities.

I hope you will be inspired and engaged as we hear from national and local experts on plant-based nutrition and policies. They will describe the benefits of plant-based eating; how to incorporate more plant-based foods into our diets; and promising policy initiatives and programs to help make healthy eating more of a cultural norm.

This will include a progress report on implementation of the Cook County Good Food Purchasing Program (GFPP) that began in May 2018, after the Cook County Board passed a resolution recognizing the important role of government in cultivating local and regional food systems and providing good food access to all.

Thank you again for being here with us this week to discuss the Power of Plant-Based Eating. I hope you enjoy the summit.

Sincerely,

Terry Mason, MD
Chief Operating Officer
Cook County Department of Public Health

Pre-Summit

URBAN FARMS TOUR

FRIDAY OCT. 4
930 am - 1030 am or
11 am - 12 pm



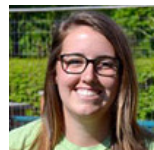
At the Pre-Summit Urban Farms Tours this morning, participants saw first-hand, two local urban farms developed on land donated by ReUse Depot at 50 W. Madison Street, Maywood, IL. They heard each farm's story, and how they support social and business enterprises that are making a difference to local communities and residents.

THE GIVING GARDEN



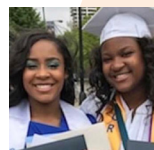
Christopher Epps

Christopher Epps is Proviso Partners for Health's (PP4H) Founding Farmer. He helped establish the Giving Garden as a local solution to improve food access in Maywood. A big believer that we are what we eat, Chris supports the food justice movement and is currently working on creating sustainable solutions with partners at Chicago Botanic Garden, Windy City Harvest and PP4H.



Britt Calendo

Britt Calendo is the VeggieRx Coordinator for Windy City Harvest. In this role she helps to organize and run VeggieRx distributions with North Lawndale Christian Health Center, Loyola Health System, PCC Community Wellness, and Proviso Partners for Health (PP4H). In 2019, Britt began supporting production at PP4H's Giving Garden as the Farm Coordinator Supervisor.



Ciana and Dasia Talmadge

Ciana and Dasia Talmadge are sisters and Maywood residents who have grown along with the PP4H Giving Garden. They helped build the initial garden in 2014, while attending Proviso East High School as freshmen. Over the years, they consistently tended to the garden and supported the team with a smile and vision for their community. Currently, Dasia and Ciana are students at Triton College.

KNOCKOUT FARM



Aniki Coates

Aniki Coates is the Farm Coordinator and Program Leader for Opportunity Knocks, a nonprofit dedicated to serving those with intellectual and developmental disabilities. She is a certified Master Urban Farmer and graduate of the Windy City Harvest Sustainable Urban Agriculture program, a horticultural therapist, chef and culinary nutritionist with a focus on plant-based cuisine and food and environmental literacy.

AGENDA AT-A-GLANCE

Friday – October 4, 2019

Loyola University Chicago
Center for Translational Research and Education, Auditorium
2160 S. 1st Avenue, Maywood, IL



12:00 - 1:00 pm

Check-In

WELCOME

1:00 – 1:15 pm
Auditorium

Terry Mason, MD
Chief Operating Officer
Cook County Department of Public Health (CCDPH)

Margaret Faut Callahan, CRNA, PhD, FNAP, FAAN
Interim Provost and Chief Academic Officer, Loyola University Chicago Health Sciences Campus, and Senior Vice President, Strategy & Innovation

John Jay Shannon, MD
Chief Executive Officer
Cook County Health

KEYNOTE ADDRESSES

1:15 – 1:45 pm
Auditorium

Why Plants Work

Terry Mason, MD
Chief Operating Officer
CCDPH

1:45 – 2:30 pm
Auditorium

The Power of Nutrition for Health

Neal D. Barnard, MD, FACC
Adjunct Associate Professor of Medicine at the George Washington University School of Medicine in Washington, DC, and
President of the Physicians Committee for Responsible Medicine

2:30 – 2:45 pm

Break

2:45 – 3:30 pm
Auditorium

It Takes More Than Willpower: Supporting Healthy Eating Through Food Policy

Margo G. Wootan, DSc
Vice President for Nutrition, Center for Science in the Public Interest

3:30 – 3:45 pm

Break

PANEL DISCUSSION

3:45 – 4:45 pm
Auditorium

Cook County Good Food Purchasing Program Update

Moderator: Terry Mason, MD, CCDPH Chief Operating Officer
Panelists:

- The Honorable Alma E. Anaya, Cook County Commissioner, 7th District
- Rodger Cooley, Executive Director, Chicago Food Policy Action Council
- Kathy Chan, Director of Policy, Cook County Health
- Lena Hatchett, PhD, Loyola University Chicago, Health Sciences Campus

RECEPTION

4:45 - 6:00 pm
Atrium

Networking & Sharing of "Unconference Ideas"

Saturday – October 5, 2019

Loyola University Chicago
Stritch School of Medicine (SSOM)
2160 S. 1st Ave., Maywood, IL



8:00 - 9:00 am	Breakfast and Check-In				Lobby
WELCOME					
9:00 - 9:30 am	Terry Mason, MD CCDPH Chief Operating Officer The Honorable Brandon Johnson Cook County Commissioner, 1st District The Honorable Dennis Deer Cook County Commissioner, 2nd District				Tobin Hall
KEYNOTE ADDRESS					
9:30 - 10:15 am	The Food Rx for Cardiovascular Disease Baxter Montgomery, MD Medical Director, Montgomery Heart & Wellness				Tobin Hall
10:15 - 10:30 am	Break				
BREAKOUT SESSIONS AM					
10:30 - 11:45 am	Track 1 Healthcare & Public Health Advancing Nutrition Guidelines Room 150 This session will focus on changes in public and private entities to improve food choices and dietary intake, including adoption and implementation of the Food Service Guidelines for Federal Facilities. Margo G. Wootan, DSc Kathryn Bernstein, MPH, RDN, LDN Daylan Dufelmeier, MPH	Track 1 Healthcare & Public Health Healthy Food in Healthcare Room 170 This session will showcase efforts that are already underway and resources that are available to support policy and systems change. Jennifer Obadia, PhD Mary J. Larsen, MS	Track 2 Consumer Tips for Taking Charge of Your Health Tobin Hall This session will offer nutritional advice for individuals and recommendations for incorporating more plant-based food into your diet. Baxter Montgomery, MD	Track 2 Consumer Plant-Based Food-Prep Demonstration Room 160 This session will provide a live demonstration by Handcut Foods of plant-based meal preparation. Anthony Bosko Marc Asmussen	
11:45 - 12:00 pm	Break				
12:00 - 1:00 pm	Lunch and “Unconference Discussions”				Atrium
BREAKOUT SESSIONS PM					
1:15 - 2:30 pm	Same as above	Same as above	Same as above	Same as above	
2:30 - 2:45 pm	Break				
2:45 - 3:00 pm	Closing Remarks & Adjournment Terry Mason, MD, CCDPH Chief Operating Officer				Tobin Hall

Unconference Ideas

This Summit has incorporated the concept of an “unconference,” which is a conference led by the people attending it. To spur discussions and support networking, you will have an opportunity to share your “unconference idea.” During the Networking Reception, there will be a board where you can identify a specific angle of a topic you want to talk about with others during lunch on Day 2. Other participants can indicate their interest in joining the discussion. Based on interest levels for each topic identified, staff of Cook County Department of Public Health may identify separate space during the lunch hour, as well as provide staffing and materials to support the discussions.

Tracks

Choose one of the two tracks below and attend both sessions:

- **Track 1** – Public health and health care professionals will learn about policy initiatives and programs that support making healthy eating – including plant-based foods – more of a cultural norm.
- **Track 2** – General public and consumers will learn about the benefits of plant-based eating and how to incorporate more plant-based foods into your diet.



WELCOME ADDRESSES - DAY 1



Margaret Faut Callahan, CRNA, PhD, FNAP, FAAN
Margaret Faut Callahan is Interim Provost and Chief Academic Officer of Loyola University Chicago Health Sciences Campus, and Senior Vice President, Strategy and Innovation.

Since joining Loyola University Chicago in 2015, Callahan has taken a lead role in the development and launch of the Parkinson School for Health Sciences and Public Health, supported the expansion of research services across the university and has lead many successful leadership recruitments.

Prior to Loyola, Dr. Callahan was interim provost at Marquette University (Milwaukee, WI) and dean and professor of the University's College of Nursing. She led Marquette University College of Nursing through a successful reaccreditation, expanded the college's freshmen class size by 77 percent, and implemented the Doctor of Nursing Practice Program. She lead advancement efforts to build the Wheaton Franciscan Healthcare Center for Clinical Simulation.

Earlier in her career, Dr. Callahan was chair of adult health nursing, director of the nurse anesthesia program, and professor at Rush University, where she worked for many years. Dr. Callahan holds a Master of Science in Nursing and a Doctor of Philosophy in Nursing Science from Rush University College of Nursing. Her research on pain management, palliative/end-of-life care, and health policy is widely published. Additionally, she is a certified registered nurse anesthetist. Dr. Callahan is an elected fellow in the Institute of Medicine, Chicago, National Academies of Practice, and the American Academy of Nursing.



John Jay Shannon, MD
Dr. Jay Shannon is the Chief Executive Officer of Cook County Health (CCH). He was appointed CEO in June 2014 after serving as Chief of Clinical Integration.

Under Dr. Shannon's leadership, CCH is continuing a transformative journey, developing innovative and integrative approaches to the fulfillment of the system's mission by aligning its role as a provider of care, both in traditional and correctional settings, a public health authority and a health plan. The journey has included significant investments in outpatient services to shift the system from its historic role as a provider of sick care to a provider of health care.

In 2017, CCH earned the prestigious Health Information Management Society highest achievement for the full integration of the electronic medical record, an honor less than 10% of health systems in the nation have earned. In 2018, the dissolution of a Department of Justice consent decree signaled a complete transformation of the health services provided to detainees at Cook County Jail. Today, the work of CCH's correctional health team stands as a national model for the delivery of care to the justice-involved. In addition, in 2019, Stroger Hospital earned recognition from US News & World Report as a High Performing Hospital in neurology and neurosurgery, heart failure, gastroenterology and gastrointestinal surgery.

One in three residents of Cook County enrolled in Medicaid are members of CountyCare, CCH's Medicaid managed care plan, making it the largest plan in Cook County despite competing with national brands. The success of the health plan has allowed CCH to address food insecurity, housing and behavioral health issues facing all CCH patients as well as offset costs associated with a greatly increased demand for charity care. CCH has consistently provided 50% of all the charity care in Cook County with no additional funding from local taxpayers. In FY2019, local tax dollars represent just 3% of CCH's operating revenues.

KEYNOTE ADDRESSES - DAY 1

Why Plants Work

Most of the leading causes of death – like diabetes, heart disease and cancer – are linked to food. Research is increasingly showing that plant-based food is medicine and can prevent and cure such diseases. Dr. Mason will describe the power plant-based eating has on our health and why we must act now to change the way we eat to shift the burden of chronic diseases.



Terry Mason, MD
Terry Mason is the Chief Operating Officer of Cook County Department of Public Health (CCDPH). He was appointed by Cook County Board President Toni Preckwinkle in 2013, after serving as the Chief Medical Officer and Interim Chief Executive Officer for Cook County Health (CCH). Before joining CCDPH and CCH, Dr. Mason served as Commissioner of the Chicago Department of Public Health. Dr. Mason is a nationally-recognized health educator and inspirational speaker who champions holistic approaches to health management. Dr. Mason has been featured in four films about plant-based nutrition, including the new release, *The GameChangers*.

The Power of Nutrition for Health

There is growing scientific research on the positive impact plant-based diets have on heart disease, obesity, diabetes, and other health problems. Dr. Barnard will review this growing evidence and outline methods for putting the power of nutrition to work in clinical practice. Dr. Barnard will also highlight public policy initiatives aimed at improving nutrition for the broader public.



Neal Barnard, MD, FACC
Neal Barnard is an Adjunct Associate Professor of Medicine at the George Washington University School of Medicine in Washington, DC, and President of the Physicians Committee for Responsible Medicine. As president of the Physicians Committee, Dr. Barnard leads programs advocating for preventive medicine, good nutrition, and higher ethical standards in research. His research contributed to the acceptance of plant-based diets in the Dietary Guidelines for Americans. Dr. Barnard has authored key resolutions, now part of AMA policy, calling for a new focus on prevention and nutrition in federal policies and in medical practice.

It Takes More Than Willpower: Supporting Healthy Eating Through Food Policy

Healthy eating in America today is like trudging through deep snow. Policy, food environment, and system changes can clear a path for people to make it possible for them to eat well to prevent disabilities, reduce healthcare costs, and live longer, healthier lives. Dr. Wootan will explore how in-store marketing, advertising, disinformation campaigns, portion sizes, restaurant foods, and defaults often encourage unhealthy eating and eating too much. The session will outline promising policy and environmental approaches that can help to reshape the food system and make healthier choices easier, especially for low-income families.



Margo G. Wootan, DSc
Margo Wootan was named one of the Most Innovative Women in Food and Drink by Fortune Magazine and recognized by Harvard School of Public Health for her leadership in public policy. Dr. Wootan is Vice President for Nutrition at the Center for Science in the Public Interest (CSPI), the top-ranked Nonprofit for National Childhood Nutrition/Health. She has coordinated and led efforts to require calorie labeling at fast-food and other chain restaurants; remove trans fat from the food supply; improve school food; reduce junk-food marketing to children; and expand nutrition and physical activity programs. She is a powerful voice in the national nutrition debate, and quoted regularly in the media.

DAY 1 PANEL DISCUSSION

Cook County Good Food Purchasing Program Update

Moderator

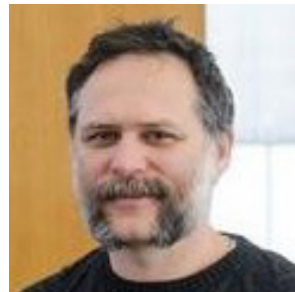
Terry Mason, MD, CCDPH Chief Operating Officer

Cook County became the third local government in the U.S. to approve a resolution promoting the Good Food Purchasing Program (GFPP) in May 2018. GFPP provides a metric-based framework for food procurement that advances a healthy, sustainable, and equitable food system through five core value categories: Local Food Economies, Valued Workforce, Environmental Sustainability, Animal Welfare and Nutrition. Cook County's resolution emphasizes that values-based food purchasing can "create opportunities for smaller farmers and low-income entrepreneurs of color to thrive." Cook County Department of Public Health (CCDPH) is leading GFPP implementation throughout Cook County departments and agencies with the support of the Chicago Food Policy Action Council and the Cook County Good Food Task Force. The panel will discuss progress with GFPP implementation and opportunities. (See page 13 for GFPP overview).



The Honorable Alma E. Anaya, MPA

Cook County Commissioner Alma E. Anaya represents the 7th District and serves the Southwest Side of Chicago. Alma became the only Latina (the first in over 25 years), and the youngest woman to ever serve on the Cook County Board of Commissioners when she took office. Alma is also one of the few formerly undocumented immigrants to hold office in the country. Alma was born in Guadalajara, Jalisco, Mexico and arrived to the United States at the age of 6. Alma holds a Bachelor's degree in Communications and a Master's degree in Public Administration from the University of Illinois at Chicago (UIC).



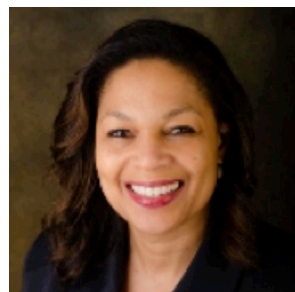
Rodger Cooley, MUPP

Rodger Cooley, Executive Director of the Chicago Food Policy Action Council, has worked for 20+ years in urban agriculture and sustainable urban food systems developing policy and projects. Rodger previously spent 9 years with Heifer International, supporting the development of urban farming projects in Chicago and the mid-western United States. He has a Master's degree in Urban Planning and Policy from the University of Illinois at Chicago and Bachelor of Arts from Oberlin College and has served as adjunct faculty at DePaul University and the Illinois Institute of Technology.



Kathy Chan

Kathy Chan is Director of Policy for Cook County Health, where she provides leadership on health policy and special initiatives that address social determinants of health. Kathy previously served as Associate Director and Director of Policy for EverThrive Illinois. Kathy worked at the Illinois Department of Healthcare and Family Services and assisted with implementation and strategic enrollment efforts for All Kids health insurance program. She serves on the boards of the Michael Reese Health Trust, the Midwest Access Project, and the Alliance to End Homelessness in Suburban Cook County.



Lena Hatchett, PhD

Lena Hatchett, PhD, is an Associate Professor at Loyola University Chicago Health Sciences, Neiswanger Institute for Bioethics, and co-founder and executive lead for Proviso Partners for Health, a nationally-recognized community coalition to promote racial and economic opportunity. This work supports social enterprises in the Proviso local food economy. As a community-based participatory researcher, she bridges and sustains cross-sector coalitions to integrate equity. Since 2000, Lena has held leadership positions focused on creating opportunities for health equity through systemic change; most recently as co-chair for the stewardship group 100 Million Healthier Lives, funded by The Robert Wood Johnson Foundation.

DAY 2 - WELCOME & KEYNOTE ADDRESSES

Welcome Addresses



The Honorable Brandon Johnson, MA

Cook County Commissioner Brandon Johnson has been a public servant for nearly 20 years, inspired by his early career as a Chicago Public School teacher. He helped organize the 2012 Chicago Teachers Union (CTU) strike against school closings and privatization in Black and Latinx schools. He organized a parent/community coalition campaign to pass state legislation for an elected representative school board, stronger oversight of private charter operators, restoring collective bargaining rights for teachers and an elimination of tax breaks and slush funds for the 1%. He is the Cook County Commissioner of the 1st District and won on a dynamic platform demanding the wealthy pay their fair share in taxes.



The Honorable Dennis Deer, PhD

Cook County Commissioner Dennis Deer represents the 2nd district. He is a servant-leader who has helped transform the lives of many individuals and families who stopped believing in themselves and/or were counted out by society. He has worked extensively on employment and training, re-entry, economic development, affordable housing, healthcare, and education. He founded two consulting firms: Deer Rehab Services Inc. for ex-offenders, and Law Enforcement Family Training Services. He serves on the boards of Strategic Human Services and, North Lawndale Community Coordinating Council, which he also co-founded and is Vice President of the Illinois Coalition Against Domestic Violence.

Keynote Address

The Food Rx for Cardiovascular Disease

Medical practice in the U.S. has become a process of prescribing medicines and procedures to treat the effects of the foods we eat. The key issue for health is lifestyle, and the core of that lifestyle is nutrition. Dr. Montgomery will discuss the integration of nutrition and plant-based science in the medical practice.



Baxter Montgomery, MD

Baxter Montgomery is a cardiologist in Houston, TX, a Clinical Assistant Professor of Medicine in the Division of Cardiology at the University of Texas, and a Fellow of the American College of Cardiology. He manages arrhythmias and coronary disease, performs angiography, defibrillator implants, and other hospital procedures, and teaches young physicians. In 2002, at age 38, after his mother's death from complications of heart disease, Dr. Montgomery began to re-evaluate not only his own health, but also his approach to medicine. Digging into the scientific literature and nutrition books, he came to some stark conclusions. A healthy diet was plant-based, and animal-based foods had to go. He changed his diet, got his cholesterol down, and began to build nutritional teaching into his practice, developed programs to teach patients, and built a series of conferences to reach the larger community.

Advancing Nutrition Guidelines

This session will focus on changes in public and private entities to improve food choice and dietary intake including adoption and implementation of the Food Service Guidelines for Federal Facilities.

Panelists

Margo G. Wootan, DSc (see bio on page 7), Kathryn Bernstein, MPH, RDN, LDN, and Daylan Dufelmeier, MPH



Kathryn Bernstein, MPH, RDN, LDN

Kathryn Bernstein is a Nutrition Program Manager at the Illinois Public Health Institute (IPHI), a non-profit organization focused on prevention, and improving the health and quality of life for the people of Illinois. Within her role at IPHI, Kathryn manages the nutrition strategies of the Illinois State Physical Activity and Nutrition (ISPAN) program, a cooperative agreement with the Centers for Disease Control and Prevention (CDC). These strategies are designed to improve the continuity of care and community support for women who want to breastfeed, and to make healthy foods more available in workplaces and community spaces. Kathryn has her Master of Public Health in Nutrition from the University of North Carolina at Chapel Hill.



Daylan Dufelmeier, MPH

Daylan Dufelmeier is Assistant Director of the Chicago Partnership for Health Promotion (CPHP), a program of the University of Illinois at Chicago Office of Community Engagement and Neighborhood Health Partnerships. At CPHP, Daylan oversees implementation of a federal nutrition program and staff. He also helped develop a department-wide wellness policy. In his spare time, Daylan moonlights as a doctoral candidate in the UIC Community Health Sciences Division, with a focus on institutional behavior and health equity.

Healthy Food in Healthcare

This session will discuss opportunities to improve the health of patients, staff, and visitors by offering healthier food and beverage options in healthcare settings. Showcase national and local efforts that are already underway and resources that are available to support policy and systems change.

Panelists

Jennifer Obadia, PhD and Mary J. Larsen, MS



Jennifer Obadia, PhD

Jennifer Obadia is the Eastern U.S. Director for Health Care Without Harm's Healthy Food in Health Care Program. In this capacity, she guides a team to support hospitals in their role to improve regional food systems. This includes transitioning their procurement toward more sustainable and regionally produced foods and engaging in the development of healthy community food systems. She received her doctorate (2011) in Nutrition from the Friedman School of Nutrition Science and Policy at Tufts University and her BA (1999) from New York University.



Mary Larsen, MS

Mary Larsen is Director of Environmental Affairs and Sustainability for the Advocate Aurora Health (AAH) system. Mary is responsible for driving best practices in environmentally-sustainable operations, green design and construction, environmentally-preferable purchasing and AAH team member engagement. Under Mary's leadership, Advocate was a founder of the Healthier Hospitals Initiative, along with 11 other leading U.S. health systems to create a guide for hospitals to sustain a culture of conservation, reduce energy and waste costs, select safer and less-toxic products, and purchase healthier, sustainable foods.

Tips for Taking Charge of Your Health

During this session, Dr. Baxter will offer nutritional advice and recommendations for incorporating more plant-based foods into our lives. Dr. Baxter believes families pass illnesses more effectively through recipes than through genes. He will help participants untangle these lethal recipes and learn how to practice a plant-based lifestyle.

Presenter

Baxter Montgomery, MD (see page 9 for bio)

Plant-Based Food-Prep Demonstration

Plant-based food products and meat substitutes are growing in popularity and becoming more widely available. The Executive Chef from Handcut Foods will provide a live demonstration of plant-based meal preparation. During this session, participants will learn about the benefits of plant-based food and how to prepare these products at home.

Panelists

Anthony Bosko and Marc Asmussen



Anthony Bosko

Anthony Bosko has more than 20 years of experience as chef across a variety of cuisines and dining atmospheres. He refined his love for cooking at the Illinois Institute of Art. Anthony currently serves as the Corporate Executive Chef for Handcut Foods, a Chicago-based food service firm bringing responsibly sourced, scratch-made meals to children, university students, and businesses. At Handcut, Anthony works with local producers and farmers to create everyday-meals that are organic, non-GMO, and sustainability grown.



Marc Asmussen

Marc Asmussen has worked in the food service and manufacturing industry for over 20 years. After 6 years with the HJ Heinz Co, Marc worked for 15 years in the Food Brokerage community representing leaders in manufacturing and processing. For the last two years, he has been director of sales for Beyond Meat in the Central Division.

