



## Press Release

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### Summit Builds Understanding of the Impact of Food on Population Health

The Cook County Department of Public Health, in collaboration with Loyola University and the MidAmerica Center for Public Health Practice at the University of Illinois at Chicago School of Public Health are convening “2016 Change Institute: A Food Summit” on Sept. 30 and Oct. 1, 2016, at the Loyola University Center for Translational Research in Maywood, Ill.

The food summit will bring together national nutrition experts, public health professionals, leaders in faith- and community-based organizations, and community members to build understanding of the significant role of food in preventing, developing, and resolving chronic diseases, as well as the ways that nutrition can support the health and well-being of communities.

“We are so proud to work with our partners at Loyola University and the MidAmerica Center for Public Health Practice to convene the food summit,” said Dr. Terry Mason, Chief Operating Officer of the Cook County Department of Public Health. “The summit will enable us all to advance our knowledge of the ways that food impacts individual health, population health, and global health.”

Highlights of the food summit include presentations by:

- Dr. T. Colin Campbell, PhD, Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry and co-author of best sellers *The China Study* and *Whole*;
- Dr. Michael Greger, Public Health Director at The Humans Society of the United States, author of the New York Times Best Seller *How Not To Die*, and founder of the website *NutritionFacts.org*;
- Dr. Liz Lipski, Director of Academic Development/Nutrition Programs at the Maryland University of Integrative Health and author of several books, including *Digestive Wellness* and *Leaky Gut Syndrome*.
- Dr. Terry Mason, Chief Operating Officer of the Cook County Department of Public Health, leader in plant-based nutrition, lifestyle and healthcare, and host of the popular radio show, “The Doctor in the House” on WVON 1690AM;
- Dr. Baxter Montgomery, Founder of Houston Cardiac Association and the Montgomery Heart & Wellness Center, and Clinical Assistant Professor of Medicine in the Division of Cardiology at the University of Texas and a Fellow of The American College of Cardiology;
- Dr. Richard Oppenlander, sustainability consultant, author of *Food Choice and Sustainability*, and founder and president of the non-profit organization, “Inspire Awareness Now.”

In addition to these keynote addresses, participants will hear from local experts who will discuss successful strategies for increasing access to healthier food options in communities.

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