



# 2016 Change Institute **FOOD SUMMIT**

Cook County Department of Public Health



## Understanding the Impact of Food on Population Health

Loyola University

Center for Translational Research and Education

September 30th—October 1st, 2016



**MidAmerica Center for  
Public Health Practice**



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## 2016 CHANGE INSTITUTE: A FOOD SUMMIT

### **Understanding 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—welcomes you to the **2016 Change Institute: A Food Summit**.

The theme of this year's food summit is *"Understanding the Impact of Food on Population Health."* Healthy nutrition is integral to the health and well-being of a community and to improving population health.

The 2016 Food Summit will aim to increase understanding of the significant role of food in preventing, developing and resolving chronic diseases/conditions.

#### **ANTICIPATED LEARNING OUTCOMES**

Attendees from local health departments, community-based organizations, healthcare and social services agencies, faith-based institutions, and non-profits, as well as everyday people, will have an opportunity to:

- Hear from national and local experts on nutrition research
- Learn about the impact of food on population health, strategies and successes to increase access to healthier options, and how to reduce the availability of unhealthy options
- Network and share experiences with others



# Agenda

## Friday, September 30, 2016

12:00 pm - 1:00 pm	Registration
1:00 pm - 1:30 pm	<u>Welcome Remarks</u> Dr. Terry Mason Dr. Margaret Faut Callahan
1:30 pm - 2:30 pm	<u>Keynote Address</u> Nutrition Must Be Taught in Medical Schools T. Colin Campbell
2:30 pm - 3:30 pm	<u>Keynote Address</u> Uprooting the Leading Causes of Death: "How Not to Die" Dr. Michael Greger
3:30 pm - 3:45 pm	BREAK
3:45 pm - 4:45 pm	<u>Keynote Address</u> Food Choice and Sustainability-Tipping Point Realities Dr. Richard Oppenlander
4:45 pm - 6:45 pm	Networking Reception

## Saturday, October 1, 2016

8:00 am - 9:00 am	Breakfast/Registration
9:00 am - 9:15 am	<u>Welcome Remarks</u> Dr. Terry Mason
9:15 am - 10:15 am	<u>Keynote Address</u> Food is Information: Change What You Eat to Change the Way You Feel Dr. Liz Lipski
10:15 am - 10:30 am	BREAK

# Agenda

**Saturday, October 1, 2016**

10:30 am - 11:45 pm	<b>A New Paradigm Rooted in Food and Community</b>  <i>Speaker:</i> Nelson Campbell	<b>Food and Holistic Healthy Living</b>  <i>Speaker:</i> Amaal Tokars	<b>Food as Medicine</b>  <i>Speakers:</i> Kathy Chan Aimee Ramirez Dan Lesser	<b>Healthy HotSpot: Changing the Environment to Make Healthy Eating Easier</b>  <i>Speakers:</i> Gina Massuda Barnett Adam Becker Lena Hatchett Connie Spreen	<b>Parents United to Provide Healthy Food Options in their Community</b>  <i>Speakers:</i> Mercedes Hernandez Patricia Giron Gabriel Lara
11:45 am - 12:45 pm	Lunch				
12:45 pm - 2:00 pm	<b>A New Paradigm Rooted in Food and Community</b>  <i>Speaker:</i> Nelson Campbell	<b>Food and Holistic Healthy Living</b>  <i>Speaker:</i> Amaal Tokars	<b>Food as Medicine</b>  <i>Speakers:</i> Kathy Chan Aimee Ramirez Dan Lesser	<b>Healthy HotSpot: Changing the Environment to Make Healthy Eating Easier</b>  <i>Speakers:</i> Gina Massuda Barnett Adam Becker Lena Hatchett Connie Spreen	<b>Parents United to Provide Healthy Food Options in their Community</b>  <i>Speakers:</i> Mercedes Hernandez Patricia Giron Gabriel Lara
2:00 pm - 3:00 pm	<u>Keynote Address</u> The Food Prescription for Cardiovascular Disease Dr. Baxter Montgomery				
3:00 pm - 3:30 pm	<u>Closing Remarks</u> Dr. Terry Mason				
3:30 pm	Adjourn				





## **Terry Mason, MD**

**Chief Operating Officer**

**Cook County Department of Public Health**

Dr. Mason was appointed Chief Operating Officer of the Cook County Department of Public Health by the Honorable Toni Preckwinkle, President of the Cook County Board of Commissioners, in 2013 after serving more than three years as the Chief Medical Officer and six months as interim Chief Executive Officer for the Cook County Health and Hospitals System.

As the COO, Dr. Mason provides leadership, fiscal responsibility, and performance based accountability in management. He is responsible for public health programs and services for one of the nation's largest metropolitan health departments, ranging from disease prevention, control and epidemiology; health statistics; health promotion; STD/HIV screening; emergency preparedness; and environmental licensing, inspections and complaints.

Before joining the Cook County Health and Hospitals System and the Cook County Department of Public Health, he served as the Commissioner of Chicago Department of Public Health.

Dr. Mason received his BS in Biology from Loyola University and his MD from Abraham Lincoln School of Medicine at the University of Illinois Chicago. He devoted 25 years of his life in private practice as a board certified Urologist. During that period, his focus was on male erectile dysfunction and prostate cancer. He is a nationally recognized health educator and inspirational speaker who champions holistic approaches to health management.

It is Dr. Mason's continued vision to transform healthcare delivery through the integration of public health and public medicine to create a population based strategy to manage chronic disease.

Dr. Mason is a member of the Cook County Physicians Association and was featured in the 2010 film "Forks over Knives" and received a Telly Award for the video, "Not By Myself," featuring Marylyn Macoo and Billy Davis Jr. Dr. Mason has delivered countless presentations and conducted numerous interviews on a range of public health matters and continues to share his holistic approach to health on his popular radio show on WVON 1690 AM call in show, "The Doctor in the House" for more than 21 years.



**Margaret Faut Callahan, CRNA, PhD, FNAP,  
FAAN**

**Provost, Health Sciences Division  
Loyola University, Chicago**

Margaret Faut Callahan, CRNA, PhD, FNAP, FAAN, is provost of the Loyola University Chicago Health Sciences Division. She leads all academic initiatives in the division, which includes the Stritch School of Medicine, Marcella Niehoff School of Nursing, and The Graduate School Programs.

Callahan received her Bachelor of Science in Nursing from Loyola and has more than 35 years of experience in health care and higher education. Before coming to the University, she served as interim provost at Marquette University and dean and professor of the University's College of Nursing. There she led the 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.

Before her time at Marquette, she was at Rush University for many years, where she served as chair of adult health nursing, director of the nurse anesthesia program, and professor.

Callahan also 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.

She is married to her husband Daniel and they have four children: Thomas, Daniel, Katherine, and Ryan. She is a member of the Midwest Nursing Research Society and the Institute of Medicine, Chicago. She is a fellow of the American Academy of Nursing & National Academies Practice.



## **T. Colin Campbell, PhD**

**Jacob Gould Schurman Professor Emeritus of  
Nutritional Biochemistry**

T. Colin Campbell began his research career on diet and health in August 1956, with his graduate studies at Cornell University. Thereafter, he spent 3 years at MIT, 10 years at Virginia Tech and 40 years at Cornell's Division of Nutritional Biochemistry.

He has focused much of his research on the role of nutrition in the development of cancer and related degenerative diseases. With his son, Tom (MD), he wrote *The China Study* (2005), now having sold more than 2 million copies, in addition to *Whole* (2013), a NY Times best seller.

He also has been featured in several documentary movies, the most notable being *Forks Over Knives* (2011) and *PlantPure Nation* (2015), both now on Netflix.

### **Keynote Address: Nutrition Must Be Taught In Medical Schools**

#### **Address Description:**

Nutrition, the biological expression of food, can resolve more health problems than all the pills and procedures combined, with far less side effects.

Major diseases like heart disease and diabetes (especially type 2), among many other ailments, can be reversed and health restored with the same type of dietary protocol, a whole food plant-based (WFPB) diet.

This conclusion is based on published, peer-reviewed research findings.

#### **Objectives:**

- Define nutrition.
- Show the beneficial evidence for a WFPB dietary lifestyle.
- Describe what is meant by a holistic nutrition effect.





## Michael Greger, MD, FACLM

Public Health Director  
Humane Society of the United States

A founding member and Fellow of the American College of Lifestyle Medicine, Michael Greger, MD, is a physician, New York Times bestselling author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, testified before Congress, and was invited as an expert witness in the defense of Oprah Winfrey in the infamous "meat defamation" trial.

He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine. Currently Dr. Greger serves as the public health director at The Humane Society of the United States.

His latest book *How Not to Die* became an instant New York Times Best Seller. More than a thousand of his nutrition videos are freely available at *NutritionFacts.org*, with new videos and articles uploaded every day.

### Keynote Address: Uprooting the Leading Causes of Death: "How Not to Die"

#### Address Description:

Dr. Greger will run through the 15 leading killers in the United States and explore the role diet may play in preventing, treating and even reversing our top 15 killers: heart disease, cancer, COPD, stroke, accidents, Alzheimer's disease, diabetes, kidney failure, respiratory infections, suicide, blood infections, liver failure, high blood pressure, Parkinson's disease, and swallowing problems.

#### Objectives:

- Describe the role diet may play in preventing some of the leading causes of death in the United States.
- Describe the role diet may play in treating some of the leading causes of death in the United States.
- Describe the diet followed by populations largely free of "Western" diseases such as ischemic heart disease and type 2 diabetes.



**Richard Oppenlander, PhD, DDS**  
Sustainability Consultant, Researcher, Author

Dr. Richard Oppenlander is a sustainability consultant, researcher, and author. His award-winning book, *Comfortably Unaware* has been endorsed as a must-read by Ellen DeGeneres and Dr. Jane Goodall among others. Dr. Oppenlander's most recent book titled, "*Food Choice and Sustainability*," has won numerous awards including the 2014 International Book Award and the 2014 Green Book Festival Award and is being used by think tanks and strategists for developing initiatives to advance change. Dr. Oppenlander is a much sought after international lecturer on the topic of food choice and how it relates to sustainability and serves as a consultant for three full-length environmental documentary films to be released. He also serves as an adviser to world hunger projects in developing countries. Dr. Oppenlander has spent the past 40 years studying the effects food choices have on our planet and on us. He started an organic plant based food production company, operates an animal rescue sanctuary (with his wife Jill), and is the founder and president of the non-profit organization, Inspire Awareness Now.

### **Keynote Address: Food Choice and Sustainability–Tipping Point Realities**

#### **Address Description:**

Dr. Oppenlander guides his audience through a fact filled journey of critical time lines regarding the food choice-animal agriculture-environment connection, revealing why humanity is currently on a path of pseudo-sustainability...with time running out for us. Along the way, Dr. Oppenlander provides unique perspectives, shocking statistics, re-defining of key terms and words while offering creative, never seen before insights and solutions—all wrapped in an entertaining, engaging, and compelling lecture.

#### **Objectives:**

- Understand How food choice is currently positioned in sustainability efforts and why that should change.
- Understand what factors create inaccuracy within the promotion of current food movements—local, grass fed, small family farms, organic, sustainable seafood, real food, humane, ect.
- Understand the impact food choice, specifically animal products and animal agriculture, have on climate change and how this is being addressed globally.



**Elizabeth Lipski, PhD, CNS, CCN, BCHN, IFMCP,  
LDN**

**Director of Academic Development/Nutrition Programs  
Maryland University of Integrative Health**

Liz Lipski, PhD, CCN, CNS, CHN, LDN, CFM, is Professor of Clinical Nutrition and the Director of Academic Development, Nutrition & Integrative Health at Maryland University of Integrative Health (MUIH), and on faculty at the Institute for Functional Medicine.

She is board certified in Clinical Nutrition, Holistic Nutrition, as a Nutrition Specialist, and in Functional Medicine.

Dr. Lipski is nationally known for her pioneering work and expertise in the field of functional and integrative nutrition, and digestive health.

She is the author of *Digestive Wellness*, *The Digestion Connection*, *Digestive Wellness for Children*, and *Leaky Gut Syndrome*.

**Keynote Address: Food Is Information: Change What You Eat To Change the Way You Feel**

**Address Description:**

Food is also information. It talks to your genes and microbiota and determines our overall health. We'll talk about the bioactive components of food and how they can reduce inflammation and pain, help you have better energy and resiliency, and some of the research that supports this.

Finally we'll translate this into simple steps to make sure that your body gets the right messages from food.

**Objectives:**

- Learn about the interplay between the food, genetic expression, the microbiome, and overall health.
- Gain practical skills to use personally and professionally to enhance food choices.
- Change the conversation about food from macro and micronutrients, taste, cost and convenience to one of food as information.
- Utilize an Elimination Diet to reduce inflammation and pain.

**Session:**

**A New Paradigm Rooted in Food and Community**

**Speaker:** Nelson Campbell, MA

**Session Description:**

We often fixate on the particular failings of a system, rather than understanding the paradigm upon which it is based.

In healthcare, people have argued over how to deliver care and pay its costs, rather than seeing the system's roots in a failed paradigm.

Seeing paradigms enables transformative solutions, like the solution offered by whole food plant-based nutrition.

Nelson Campbell will discuss the efforts of his organization to launch a grassroots movement to create a new, nutrition and community-based paradigm for healthcare, and in so doing, to demonstrate a new paradigm for broader social change.

**Session Objectives:**

- Understand how to create a grassroots movement centered on nutrition and community.
- Understand how paradigms play a role in healthcare cost and nutrition.

**Session:**

**Food and Holistic Healthy Living**

**Speaker:** Amaal Tokars, PhD, MS

**Session Description:**

Food and Holistic Healthy Living will examine the construct of food within the context of healthy living. The relationship between human agency and food is essential to healthy living.

The relationship between social movement and food is also essential to healthy living. Thoughtful human agency and informed social movement are both necessary for transformational change in the way that food is integrated for the lived wellbeing of all the peoples.

**Session Objectives:**

- Participants will gain an understanding of the relationship between human agency and food as essential to healthy living.
- Participants will gain an understanding of the relationship between social movement and food as essential to healthy living.
- Participants will gain a deeper understanding of transformational change in our approach to food as necessary for whole health and wellbeing.



## Session:

### Food as Medicine

**Speakers:** Kathy Chan, BA; Aimee Ramirez, MS; and Dan Lesser, JD

#### Session Description:

One in 7 Cook County residents are food insecure, meaning that these individuals do not know when or where their next meal will be.

Food insecurity is associated with adverse health outcomes for children and older adults, and can force households to make difficult choices, such as paying for food or paying for medicine.

Learn about the work that the local public hospital system, the region's food bank, and anti-poverty advocates are doing together to address this issue in Cook County.

#### Session Objectives:

- Learn the basics about public benefits programs that can provide nutrition assistance.
- Identify potential practices and partnership opportunities between healthcare providers and anti-hunger organizations.
- Hear a case study about the Cook County Health and Hospitals System and what they are doing to identify and address food insecurity.

## Session:

### Healthy HotSpot: Changing the Environment to Make Healthy Eating Easier

**Speakers:** Gina Massuda Barnett, MPH; Adam Becker, PhD, MPH; Lena Hatchett, PhD; and Connie Spreen, PhD

#### Session Description:

Healthy HotSpot, an initiative led by the Cook County Department of Public Health, aims to build healthy places through community partnerships.

Every day we learn more about the direct connection between the places we live, work, worship, play, or receive health care and our health.

These places should be Healthy HotSpots that make it easier for residents to make healthful choices and take charge of their health.

This session will provide information about the Healthy HotSpot initiative, highlighting local efforts that promote healthy eating.

#### Session Objectives:

- Describe the Healthy HotSpot Initiative.
- Highlight local successes that make healthy eating easier.
- Share challenges, lessons learned, and future direction.

**Session:**

**Parents United to Provide Healthy Food Options in their Community**

**Speakers:** Mercedes Hernandez, Patricia Giron, and Gabriel Lara

**Session Description:**

Story of a grass-root women cooperative that is contributing to healthy living in the community of Maywood, IL.

Mujeres Unidas is a women co-op dedicated to providing employment opportunities for low-income women and healthy food options for their communities.

**Session Objectives:**

- To share a model of engaging parents in the fostering of healthy living in their communities.
- To tell the story of transformation of a community through healthy eating initiative.
- To share how collaboration is key to sustainability of community health initiatives.



## **Baxter Montgomery, MD**

**Founder and President**

**Houston Cardiac Association and the Montgomery Heart and Wellness Center**

Dr. Baxter Montgomery, the founder of Montgomery Heart & Wellness, is a Board Certified Cardiologist and Cardiac Electrophysiologist with years of experience in the latest state-of-the-art medical practices and nutritional health.

He is 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.

In addition to running Montgomery Heart & Wellness, he manages arrhythmias and coronary disease, performs angiographies, defibrillator implants, and other hospital procedures, and teaches young physicians.

### **Keynote Address: The Food Prescription for Cardiovascular Disease**

#### **Address Description:**

The Food Prescription Approach for the Treatment of Cardiovascular: A Focus on Congestive Heart Failure.

#### **Session Objectives:**

- To describe of a food prescription currently used as a therapeutic intervention.
- Show clinical data on the evidence of reversing hemodynamic components of heart failure.
- Describe a new integrative healthcare delivery model in the setting of the traditional medical system.



## **Nelson Campbell, MA**

**President**

**PlantPure, Inc. and Plant Pure Communities, Inc.**

Nelson Campbell founded PlantPure, Inc. and its non-profit arm, PlantPure Communities, to lead a grassroots movement to promote the health benefits of plant-based nutrition. Prior to founding the PlantPure organization, Nelson graduated from Cornell University with a Bachelors Degree in Political Science, and a Masters Degree in Economics, and then worked for 25 years as a socially conscious business entrepreneur.

He also is the Executive Producer, Director and Co-Writer of the documentary film, PlantPure Nation. This film, currently playing on Netflix, examines the political and economic factors that suppress information about the benefits of plant-based nutrition, and makes connections to public policy, medical practice, food deserts, and farming.



## **Amaal Tokars, PhD, MS**

**Executive Director and Public Health Administrator**

Amaal is humbled to serve as the Executive Director and the Public Health Administrator of the Kendall County Health Department. She has a Masters of Science in the area of systems therapies in the clinical setting. Her doctoral work emphasized her love of Organizational Learning, Social Movement, and Research Methods; as well as a cognate in Anthropology.

Her graduate and doctoral work was completed at Northern Illinois University in Illinois. She is also a graduate of the Navy Post Graduate School Executive Leaders Program in California. Work experience includes approximately 15 years in the public health arena, as well as clinical, policy, and research experience.

Areas of particular passion include health ethics, international policy, and engaging in dialogue about the essentialities of a thriving civil society.





**Kathy Chan, BA**

**Director of Policy  
Cook County Health and Hospitals System**

Kathy Chan is Director of Policy for Cook County Health & Hospitals System, where she provides leadership on policy activities and initiatives for one of the nation's largest public hospital systems.

Previously, Kathy worked at EverThrive Illinois, where she oversaw government relations and advocacy activities. Kathy also worked at the Illinois Department of Healthcare and Family Services and assisted with the implementation and strategic enrollment efforts of the All Kids health insurance. She is the Chair of the Illinois Medicaid Advisory Committee and volunteers on the boards of the Midwest Access Project and Delta Dental Foundation of Illinois.



**Aimee Ramirez, MS**

**Public Policy Manager  
Greater Chicago Food Depository**

Aimee Ramirez is the Public Policy Manager at the Greater Chicago Food Depository. In addition to monitoring public policy issues related to hunger, Aimee manages the Cook County Food Access Task Force - an initiative of Cook County Board, along with President Toni Preckwinkle to address food insecurity in Cook County and its impact on people's health, children's education, and economic development across the County. Aimee joined GCFD in late 2015 after spending 8 years working in government.

She has worked in the Illinois State Treasurer's Office, Cook County Bureau of Administration, and the Office of Congresswoman Robin Kelly (IL-02). She is thrilled to apply her knowledge of local, state, and federal government to advocate on behalf of Cook County's food insecure families.



**Adam Becker, PhD, MPH**

**Executive Director, Consortium to Lower Obesity in Chicago Children  
Lurie Children's Hospital**

Dr. Becker has extensive training and experience in the practice of Community-Based Participatory Research (CBPR) and has written a number of book chapters and articles on this approach to examining and addressing public health problems.

Some of the issues to which Dr. Becker has applied this methodology include: the impact of stressful community conditions on the health of women raising children, youth violence prevention, and the impact of the social and physical environment on physical activity.

In his role as executive director of the Consortium to Lower Obesity in Chicago Children, he is currently exploring the role that public and institutional policy has on childhood nutrition, physical activity, and obesity - with a focus on early child care and education settings.



**Dan Lesser, JD**

**Director, Economic Justice  
Sargent Shriver National Center on Poverty Law**

Dan Lesser is the Director of Economic Justice at the Sargent Shriver National Center on Poverty Law, which is based in Chicago. He specializes in public benefits, including the Supplemental Nutrition Assistance Program (SNAP) and other food and nutrition programs.

Dan also co-coordinates the Responsible Budget Coalition (RBC), a statewide coalition of nearly 300 organizations united in our advocacy for a state budget with adequate revenue to fully fund vital services and make smart investments.

He is a member of the executive committee of the Illinois Commission to End Hunger.



## **Connie Spreen, PhD**

**Co-Chair**

**Cook County Food Access task Force**

Connie Spreen co-founded the Experimental Station, a non-profit cultural incubator, in 2002. She holds a doctorate in French Literature and Languages from the University of Chicago (1997).

She has been Executive Director of Experimental Station since 2008. In that role, she has built and overseen a variety of programs, including an active Cultural Events program, Blackstone Bicycle Works (a community bike shop and youth education program), 61st Street Farmers Market (a 30-vendor market and food education program serving a Chicago ‘food desert’), LINK/SNAP Access For City of Chicago Farmers Markets (food stamp service provided for the City of Chicago farmers markets) and LINK Up Illinois (a statewide program that offers double value incentive programs for low-income shoppers at Illinois farmers markets).

Connie is an active partner in a national group of organizations managing statewide farmers market networks and currently serves on the Executive Committee of the Consortium to Lower Obesity in Chicago’s Children (CLOCC) and is a co-chair of the Cook County Food Access Task Force.



**Gina Massuda Barnett, MPH**

**Director, Chronic Disease Prevention & Health Promotion  
Cook County Department of Public Health**

Gina Massuda Barnett is known for leading community change initiatives, and for recognizing and engaging the creative capacity of individuals, teams and alliances to get positive results.

In her 15 plus years of experience as a public health professional, primarily in government, she has directed various initiatives focused on chronic disease prevention, emergency preparedness, and maternal and child health.

Today, Gina serves as the Chronic Disease Prevention and Health Promotion Unit Director at the Cook County Department of Public Health (CCDPH) with a jurisdiction of 125 municipalities in suburban Cook County, Illinois. CCDPH is an affiliate of the Cook County Health and Hospitals System.

In this position, Gina provides strategic leadership and management that has resulted in more than \$25 million supporting implementation of: community health solutions; hundreds of policy and environmental changes that make healthy living easier; and enduring organizational and community connections needed to advance a shared vision towards health equity.

Gina earned her undergraduate degree from Vanderbilt University and a Masters degree in Public Health from the University of Michigan, Ann Arbor.



**Lena Hatchett, PhD**

**Assistant Professor and Director, Community and University  
Partnerships, Neiswanger Institute for Bioethics  
Loyola University Chicago Health Sciences Division**

Lena Hatchett, PhD is Director of Community and University Partnerships in the Stritch School of Medicine, Loyola University Chicago. She leads the institution in health equity research and education through program and policy development.

She received her PhD in Social and Health Psychology from State University of New York Stony Brook and her post-doctoral training in Community and Prevention Research from University of Illinois at Chicago School of Public Health.

Dr. Hatchett's research addresses community-engaged approaches to reduce racial and economic health disparities.

To improve the local food systems, Dr. Hatchett co-founded the Maywood Multicultural Farmers Market and the Cook County Green Corps, a green job training program.

On-going projects include Proviso Partners for Health, a multi-sector coalition to prevent childhood obesity through policy, system, and environmental change. She co-founded the coalition and supports over 25 organizations from the business, health, and community sectors. This work is funded by the Institute for Healthcare Improvement and Robert Wood Johnson SCALE initiative and most recently, the Trinity Health System Transforming Communities Initiative.

Dr. Hatchett is a public health advocate with the following organizations; Cook County Department of Public Health Community Health Advisory Council; Advocates for Urban Agriculture; American Public Health Association Community-based Public Health Caucus Policy Workgroup; Cook County Department of Public Health, Alliance for Healthy and Active Communities; Institute for Healthcare Improvement 100 Million Healthier Lives and the Albert Schweitzer Fellowship Advisory Board.





**Mercedes Hernandez**

**Co-Owner  
Mujeres Unidas**

**Gabriel Lara**

**Director of Human  
Concerns  
St. Eulalia**

**Patricia Giron**

**Co-Owner  
Mujeres Unidas**

Mujeres Unidas (United Women) started three years ago as a group of low-income women in the Village of Maywood partnered with the Quinn Community Center of St. Eulalia to prepare themselves to enter into a joint employment in the catering business and special event planning and coordination.

The project is currently in its first year of operation as a registered women-cooperative, with 24 women participating in the project. Mujeres Unidas provides participating women with lead classes in cooking, sewing, cake decorating, and more.

Mujeres Unidas' main goals are:

- To provide employment opportunities to low-income women.
- To provide healthy food options to clients in Proviso Township.

Thank You

The 2016 Change Institute: A Food Summit, is sponsored by Loyola University and supported by the Cook County Department of Public Health. We would like to acknowledge those involved in planning this event.

### Cook County Department of Public Health

**Terry Mason, MD**

Chief Operating Officer

**Gina Massuda Barnett, MPH**

Director, Chronic Disease Prevention and Health Promotion Unit

### MidAmerica Center for Public Health Practice

**Christina Welter, DrPH, MPH**

Director

### Loyola University

**Margaret Faut Callahan, CRNA, PhD, FNAP, FAAN**

Provost, Health Sciences Division

Loyola University, Chicago

**Linda Brubaker, MD, MS**

Dean and Chief Diversity Office

Stritch School of Medicine

Loyola University

**Nancy Parolin**

Assistant Director

HSD Event Planning and Operations

Loyola University Chicago





