

Building Resilient Communities: Nutrition and Food Access

Overview

Data & Information

Workgroup Plan:
Objective 1

Workgroup Plan:
Objective 2

Workgroup Plan:
Objective 3

BUILDING RESILIENT COMMUNITIES: NUTRITION AND FOOD ACCESS

Overarching vision: Increase access to healthy foods regardless of location or socio-economic status

Background:

People typically get **food from food retail venues** (such as grocery stores or food markets), where they can take the food home and prepare it to eat at home, or from **food service venues** (schools, hospitals, cafeterias, and restaurants), where they eat out. Having access to affordable, accessible, and nutrition-rich food helps people make healthier food choices.¹ However, when such foods are not available, people have no choice but to settle for the cheaper, unhealthy option (fast foods, chips, etc.).¹ This is why creating sustainable systems that provide people access to healthy foods is an important part of public health work.

Why it is important:

People with healthy nutrition and eating patterns live longer and are at a lower risk of developing serious health problems.² Healthy nutrition is not just an individual problem, it is also affected by broader, structural factors like income, location, and lack of access to healthy food options.² Research has shown that communities with *low* access to healthy and affordable foods and *high* concentrations of fast-food outlets and relatively high-priced convenience stores have higher rates of obesity, diabetes, and other health problems.² In 2019, 56.7% of Sutter County residents had low access to healthy foods. Residents living in low-income, rural, and minority communities are more likely to experience poor food access to healthy foods.³

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Affordable,
accessible, and
nutrition-rich foods



Sources:

1. Healthy Food Environment. CDC. Accessible at: <https://www.cdc.gov/nutrition/healthy-food-environments/index.html>

2. Health Risk Factors. Sutter County, CA. Accessible at: <https://www.suttercounty.org/government/county-departments/health-and-human-services/public-health-branch/community-health-assessment/health-risk-factors>

3. About Nutrition. CDC. Accessible at: <https://www.cdc.gov/nutrition/about-nutrition/index.html>

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NUTRITION AND FOOD ACCESS

Figure 1: Food Environment Index for Sutter County and California (2016-2020)

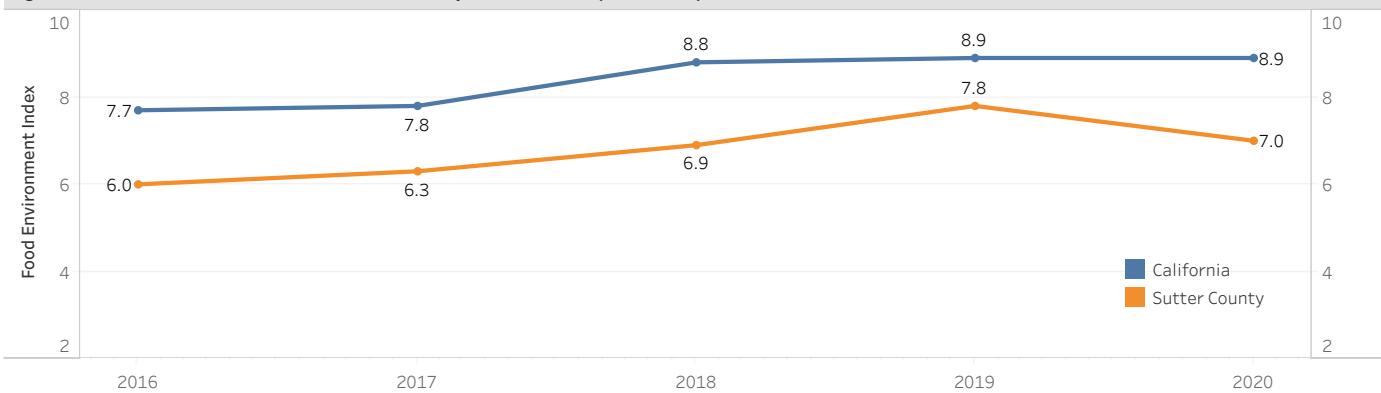
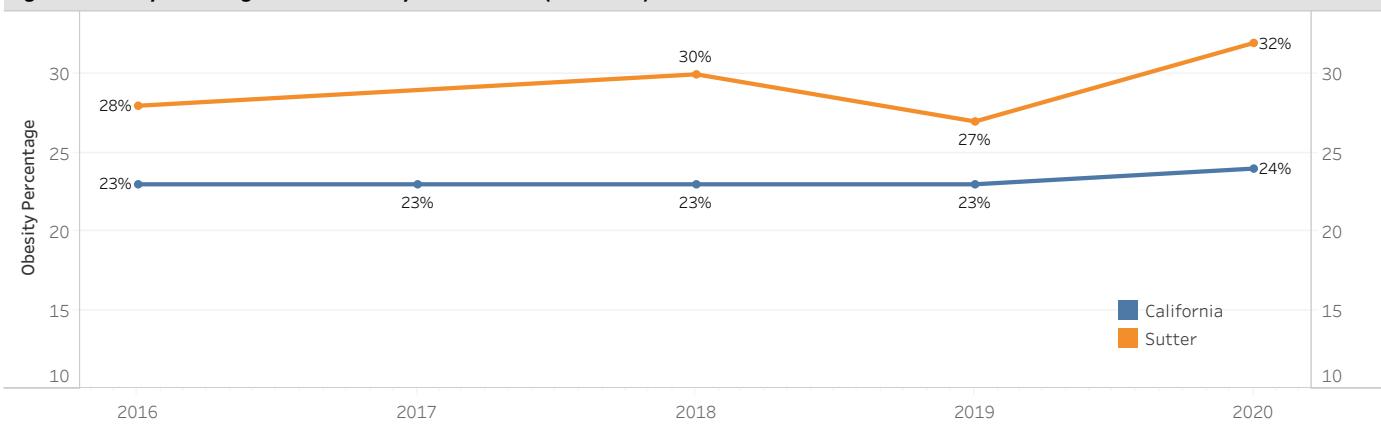


Figure 2: Obesity Percentage of Sutter County and California (2016-2020)



Source: California. County Health Rankings and Roadmaps. Accessed March 23, 2022. <https://www.countyhealthrankings.org/app/california/2021/r..>

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WORKGROUP PLAN: OBJECTIVE 1

Objective 1: By January 30, 2026, implement at least one additional program that delivers food to vulnerable priority populations experiencing food insecurity in Sutter County

STRATEGIES	ACTIONS	LEAD ENTITIES	TARGET DATE	ANTICIPATED PRODUCT OR RESULT
Form advisory committee to investigate and implement new equitable food delivery programs.	Work with other agencies to identify food deserts and quantify need	Blue Zones Project, Salvation Army, Sutter County Public Health, Yuba College	First meeting by September 15, 2023	Committee will identify food desert areas to direct currently available food programs toward locations in accordance to need
	Investigate funding and other logistics for new food delivery program such as mobile food pantry*, meals on wheels expansion**, street outreach program, and mobile farmers market***		December 15, 2023; ongoing quarterly cadence	Committee will identify which food delivery programs are feasible in Sutter County
	Evaluate options for an additional new food program and agree upon at least one new model to implement for Sutter County		January 30, 2026	Sutter County will have at least one new program that delivers food to vulnerable populations
Utilize the aforementioned committee to monitor progress, identify funding, and increase partner collaboration for food delivery programs.	Identify funding sources and additional collaborators	Blue Zones Project, Salvation Army, Sutter County Public Health, Yuba College	December 15, 2023; ongoing quarterly cadence	Advocate for consistent funding for the identified food delivery programs

***Mobile Food Pantry:** Unlike traditional food pantries, mobile pantries bring free food and groceries to residents at targeted locations throughout the community. For more information, visit [Feeding America](#).

****Meals on Wheels:** Meal delivery program available to seniors' age of 60 and older that are homebound due to illness, recovery, disability, or other causes that prevent them from leaving their home. Home-delivered meals are free for eligible seniors. For more information visit [Yuba Sutter Meals on Wheels](#).

*****Mobile Farmers Market:** Farmers market on wheels that travels to sites throughout Sutter County to bring fresh fruits and vegetables to target..

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WORKGROUP PLAN: OBJECTIVE 2

Objective 2: By May 2026, establish at least one additional farmers market.

STRATEGIES	ACTIONS	LEAD ENTITIES	TARGET DATE	ANTICIPATED PRODUCT OR RESULT
Identify funding and partners for new farmers market	Identify host for new farmers market	Blue Zone Project, Sutter County Public Health	September 1, 2024	Identify organization that will be able to host a regular farmers market..
	Connect with current farmers market manager, local farmers and merchants who will sell at the farmers market..		March 1, 2025	Secure a variety of local produce, food, and craft vendors who will attend the farmers market
	Secure time and location that maximizes farmers market attendance ..		September 1, 2025	Secure for the farmers market a consistent venue that is well known, well trafficked, visible, and inviting
	Expand advertising for existing and future farmers markets		July 1, 2023 for existing farmers market	Utilize a variety of media and materials to promote awareness for farmers markets. Increase attendance at existing farmers markets
Implement alternative payment methods at all Sutter County Farmers Markets	Distribute vouchers for completing “food as medicine”**** curriculum that can be used at farmers markets	Sutter County Public Health	May 1, 2024	Vouchers are distributed as incentives for completing the “food as medicine” curriculum to increase equity and accessibility of the farmers market
	Pilot program of EBT at existing farmers markets with the goal of expanding to future programs	Blue Zone Project, Sutter County Public Health	May 1, 2024 for existing farmers markets	EBT pilot program is implemented at existing farmers markets to improve accessibility and utilization of farmers markets for CalFresh recipients

****Food as medicine: Food and nutrition aids individuals through interventions that support health and wellness. Focus areas include improving health outcomes through identifying patients who might be experiencing food insecurity at primary care visits, providing education, transportation, clinical support to access food pantries, and standing up food pantries in locations with higher prevalence of food insecurity. For more information visit the [National Academy of Science, Engineering, and Medicine: Interventions Addressing Food Insecurity](#).

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WORKGROUP PLAN: OBJECTIVE 3

Objective 3: By December 2025, establish and implement a "food as medicine" campaign and toolkit in collaboration with community stakeholders to increase the availability of healthy foods, strengthen knowledge of healthy foods, an..

STRATEGIES	ACTIONS	LEAD ENTITIES	TARGET DATE	ANTICIPATED PRODUCT OR RESULT
Identify new "food as medicine" toolkit examples to supplement existing CalFresh classes	Encourage healthy and locally grown options	Blue Zone Project, Sutter County Public Health	January 1, 2024	Food as medicine toolkit is developed, encouraging locally grown food optio..
	Review and expand upon existing nutritional health education trainings	Sutter County Public Health	June 1, 2024	Nutritional health education trainings are reviewed, and additional trainings are implemented throughout the community
	Provide vouchers or other incentives for completing nutrition education curricula	Sutter County Public Health	January 1, 2024	Vouchers are provided to participants upon completion of nutrition education curricula
Implement "food as medicine" toolkit at various distribution checkpoints	Incorporate new "food as medicine" toolkit into existing CalFresh curriculum	Sutter County Public Health	June 1, 2024	Offer new informational materials and classes to the community
	Collaborate with Sutter County schools to implement this toolkit, educate on nutrition, and screen for food insecurity	Sutter County Public Health, Yuba College	August 1, 2025	Early intervention for food insecurity and provide children/families with education and opportunities for healthy eating