



STATE PARTNERSHIPS
— IMPROVING —
NUTRITION & EQUITY

Monthly Update Call

January 17, 2023 | 3-4 PM ET



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.



WELCOME!





Agenda

3:00-3:05 pm	Welcome
3:05-3:15 pm	SPINE Listening Session Takeaways
3:15: 3:30 pm	Group Activity: Developing Accountable Spaces
3:30-3:45 pm	Discussion: Day of Racial Healing
3:45-3:55pm	Q&A
3:55-4:00 pm	Upcoming Dates/Important Reminders





A few housekeeping items...



Ask **questions** via
Chat



Use **Chat** for
comments and
reactions



Have feedback or
suggestions for us?
Submit your
thoughts to the
[General Feedback
Form](#)





SPINE Listening Session Takeaways





What sources of data were most helpful?

- State Census Data
- State Health and Mortality Data
- Social Vulnerability Index
- Comparing SNAP enrollment vs. SNAP eligibility
- One Economy Report
- Literature Review
- Internal mapping of where food councils and grassroots efforts are located in a state; highlighting gaps
- Map the Meal Gap (Feeding America)
- Anecdotal information collected through community partners





What were some promising practices in activity implementation?

- Developed a Narrative Driven Food System Assessment using in depth community-participatory methods
- Interviewed people with lived experience to help collect information that quantitative data cannot
- Partnered with local food policy councils to do on the groundwork and gather information from the community since it's hard for a state agency to do that.
- Leveraged individual policies and advocacy agendas to find common ground and help build political power
- Hosted a community of practice calls with partnering organizations and groups who don't know each other and promoted open dialogue so they can learn from one another





What were some facilitators and challenges?

- Facilitators
 - Financial compensation to those with lived experience
 - Funding to grow capacity in advocacy and policy work
 - Tapping into an already established network of relevant stakeholders
- Challenges
 - Can be challenging to get local food policies on the same page if they have different goals
 - Communities are different and working at different paces, with different skill sets and require different tailored support and interventions





How were states able to incorporate equity into program planning and implementation?

- CEOR Framework (culturally effective organizations framework)
- Partnering with a trusted community liaison like facilitators or "promotoras"
- Note: building trust and work to sustain meaningful relationships takes A LOT of time, the CBPR process can take months so patience is key!





Navigating Bureaucracy

- Identify strong partners outside of the agency who are willing to hit the ground running and can act as a fiduciary
- No Cost Extensions
- Keep partners in the loop through constant communication, being earnest, and consistency
- Flexibility from funder





What would have been done differently?

- Identified a partner from the beginning to co-write the grant with
- Assessed capacity of contractors more thoroughly
- Spent more time finding the right community partners
- Be more up front with partners about getting on the same page and what the goals and priorities were (This would have helped align priorities in a way that could have moved things more quickly)
- Would have incorporated BF from the beginning





How are states working towards sustainability?

- Alignment with existing:
 - Strategic Plans
 - SNAP-Ed work plans
 - Food Plans
 - Obesity Prevention Plans
- Community-Driven Collaboration
- Incorporating work into established coalitions that can continue to support this work





What are some sources of innovation?

- Having community define what the work is
- CBPR/narrative-driven food system research
- National Environment Scan that highlights PSE approaches in addressing nutrition & food insecurity





Large Group Activity





Relationship Building

Building strong relationships requires intentionally curating spaces that demonstrate:

- Vulnerability
- Trust
- Inclusion
- Grace
- Accountability





Types of Inclusive Spaces

What is a *safe* space?





Types of Inclusive Spaces

What is a *brave* space?





Safe vs Brave Spaces

- **Safe** spaces do not explicitly outline what is expected from those with systemically advantaged identities to create an environment that supports those with systemically marginalized and historically underrepresented identities
- **Brave** spaces minimize or completely dismiss the daily bravery of individuals with systemically marginalized and historically underrepresented identities and provide little relief to those who must carry their bravery into a space intended to support them but end up reinforcing microaggressions and discrimination





The Call for ACCOUNTABLE Spaces

"To move forward, we don't need to promise safety or expect bravery. We need to embrace accountability to foster more inclusive and equitable spaces in communities and workplaces."

- Elise Ahenkorah, CCIP, Award-Winning Inclusion Strategist & Speaker





Defining an Accountable Space

SPACE GUIDELINES: A COMPARISON

Accountable spaces allow for allies and marginalized communities to agree on a set of actionable behaviors/actions during the discussion to show allyship in real-time and after the event. It allows participants to align their well-meaning intentions with impact through a set of collective agreements. They place an equal amount of onus for all to behave equitably and inclusively, to foster a deeper understanding of diverse lived experiences in real-time.

Safe Space Guidelines ❌	Brave Space Guidelines ❌	Accountable Space Guidelines ✅
Impossible for organizations to anticipate participants' evolving triggers.	An unbalanced onus of bravery of marginalized communities to maintain bravery while sharing lived experiences to ensure allies can grow and learn from it.	Places an equal amount of onus for all to behave equitably and inclusively to foster a deeper understanding of diverse lived experiences in REAL-TIME.
Impossible to guarantee complete safety since we cannot control people's behaviours or actions to embed DE&I principles in their actions during and after the conversation.	Negates the daily bravery marginalized communities need to display to navigate workplaces and society. Also, it does not lighten marginalized communities' "burden of bravery."	Creates a REAL-TIME opportunity for EVERYONE in the discussion to challenge the conditions that are oppressing marginalized communities by demonstrating accountable and equitable behaviours and actions.
It does not allow allies and non-marginalized people to show allyship in action by following a set of guidelines to support accountable conversations that foster inclusion and equity.	It does not allow allies and non-marginalized people to show allyship in action by following a set of guidelines to support accountable conversations that foster inclusion and equity.	Intent and impact are rooted within accountability to promote actions, thoughts, and behaviours that are equitable and inclusive of marginalized communities.



Y1 SPINE Meeting Norms

- Remain emotionally, intellectually, and socially engaged
- Listen to understand
- Practice being vulnerable. It's ok to speak in rough draft.
- Feel free to speak *your* truth, while knowing it's only part of the truth
- Be ok with not having all of the answers and be honest about your capacity
- Be willing to assume best intentions while simultaneously be working to build trust
- Aim to be constructive rather than critical
- Have fun!





Reflection Question

How can we adjust or add onto our Y2 meeting norms to align better with being an accountable space?





Y2 SPINE Meeting Norms Revision

- Remain emotionally, intellectually, and socially engaged
- Listen to understand
- Practice being vulnerable. It's ok to speak in rough draft.
- Feel free to speak *your* truth, while knowing it's only part of the truth
- Be ok with not having all of the answers and be honest about your capacity
- Be willing to assume best intentions while simultaneously be working to build trust
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Learn More

[From Safe Spaces to Brave Spaces: A New Way to Frame Dialogue Around Diversity and Social Justice\(2013\)](#)

[Safe and Brave Spaces Don't Work and What you Can do Instead\(2020\)](#)





Day of Racial Healing Discussion





Reflection

When you hear the term 'Racial Healing'
what thoughts, emotions, or bodily
sensations come up for you?





What is racial healing?

Racial healing restores individuals and communities to wholeness. Racial healing repairs the damage caused by racism. It facilitates trust, builds authentic relationships and bridges divides.

Racial healing is at the heart of racial equity – the people work that leads to community, organizational and systems transformation.





THRT Framework

Narrative Change

Entertainment Industry

Journalism & News Media

Digital Media

Publishing

School Curricula

Cultural Institutions

Monuments, Parks

Racial Healing and Relationship Building

Separation

Segregation, Colonization & Concentrated Poverty

Decolonization

Housing

Health

Arts & Culture

Immigration & Migration

Education & Development

Law

Civil, Criminal & Public Policies

Law Enforcement

Safety

Criminal Justice

Juvenile Justice

Civil Justice

Mass Incarceration

Immigration & Migration

Education & Development

Economy

Structured Inequality & Barriers to Opportunity

Employment

Labor

Workforce

Wealth

Immigration & Migration

Education & Development





Discussion

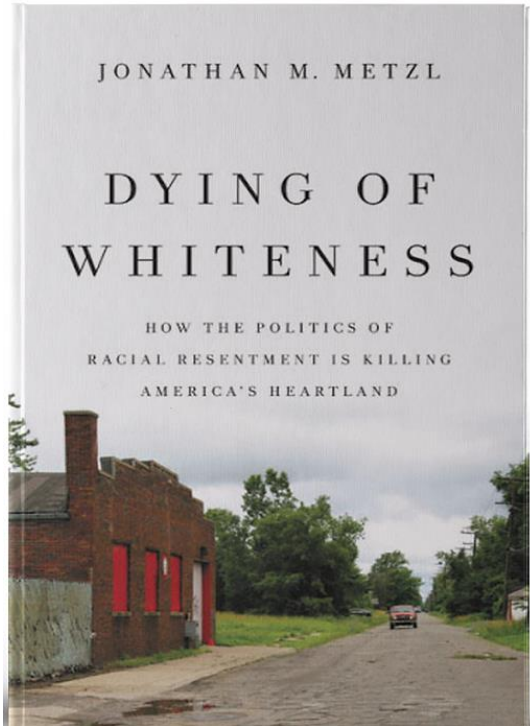
Think about key stakeholders and officials on the state and local level that are most opposed to doing work around equity and food and nutrition security.

1. What do they (key stakeholders and officials opposed to this work) lose out on when ALL of the constituents and communities they are supposed to serve do not have access to a consistent and adequate supply of nutritious and affordable food (I.e. reduce the potential workforce, higher healthcare costs, absenteeism in schools, unemployment ,crime)?
2. How does ensuring that the most systemically marginalized are food and nutrition secure help ALL people thrive?





Resource



“The white body that refuses treatment rather than supporting a system that might benefit everyone then becomes a metaphor for, and parable of, the threatened decline of the larger nation.”

- *Jonathan M. Metzler, author of Dying of Whiteness: How the Politics of Racial Resentment Is Killing America's Heartland*





Learn more at:

<https://healourcommunities.org/day-of-racial-healing/>

and

<https://healourcommunities.org/>





Q&A





Dates & Reminders





Upcoming Dates & Important Reminders

- 1:1 Calls from 1/18-1/25
- **Infant and Toddler Nutrition Digital Ad Campaign Application** deadline is tomorrow, **Wednesday, January 18**
- Attend the BRIC Webinar on **Wednesday, January 25**. Details and Registration Link TBA.
- Attend the NACDD General Member Webinar on **Thursday, January 26**. Details and Registration Link TBA.
- Apply for the 2023 Physical Activity and Nutrition (PAN) **Partner Engagement Learning Lab** by **Friday, January 27**
- **SPINE End of Year 1 T/TA Survey** deadline is **Friday, January 27**
- Signed SPINE contract due by **Tuesday, January 31**
- Attend the next STLO: "Moving from Cultural Competence to Cultural Humility" on **Wednesday, February 8, 2-3:30 PM ET**. Registration Link TBA.

*****More Information can be found on the SPINE Internal Hub*****





Thank You!

