



# Missouri State Profile

## Building Resilient Inclusive Communities

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### Overview

Building Resilient Inclusive Communities (BRIC) is a program of the [National Association of Chronic Disease Directors](#) (NACDD) [Center for Advancing Healthy Communities](#). NACDD and its more than 7,000 Members seek to improve the health of the public by strengthening leadership and expertise for chronic disease prevention and control in states, territories, and at the national level. Established in 1988, in partnership with the U.S. Centers for Disease Control and Prevention (CDC), NACDD is the only membership association of its kind serving and representing every state and U.S. territory's chronic disease division.

In collaboration with the CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) and the Division of Population Health (DPH), and a team of nationally recognized experts, NACDD is providing funding to 20 states (including 15 DNPAO SPAN-funded states and five DNPAO Ambassador states) to implement BRIC at both a state and local level. As part of the program, states are engaging more than 60 communities to address food and nutrition security, safe physical activity access, and social connectedness through policy, systems, and environmental (PSE) change strategies. Social determinants of health, health equity, and social justice principles are integrated into the planning and implementation of all three strategy areas, in addition to accounting for the impact of the COVID-19 pandemic on groups at highest risk.

The initial project period was Jan. 1, 2021 – Dec. 31, 2021; an additional year of funding was awarded in 2021 and again in 2022, expanding the project period to Dec. 31, 2023. These profiles represent the state- and community-level activities planned by each BRIC state.

Learn more about the [BRIC program](#) or e-mail [BRICinfo@chronicdisease.org](mailto:BRICinfo@chronicdisease.org).

### State-Level Activities

#### Overarching

- Conduct assessment of existing state partners and available resources related to health equity and BRIC strategies.
- Identify how implementation of BRIC activities within the areas of food and nutrition security, safe physical activity access, and social connectedness can support the current Missouri State Plan on Aging 2020-2023 and the next State Plan.
- Participate in the assessment and prioritization development processes, as permitted, that informs the development of the Missouri Health Improvement Plan.
- Participate in the implementation of the Missouri Health Improvement Plan, to be released in 2022.

### Food and Nutrition Security

- Meet with the local Area Agency on Aging (AAA), St. Louis Area food bank, Operation Food Search, community level pantries, community gardens, and urban farms to explore ways in which BRIC can support increased distribution of healthier foods to community members; develop one local community plan.

### Safe Physical Activity Access

- Collaborate with the Missouri Livable Streets Advisory Team partners to identify how COVID-19 has impacted physical activity access among low-income audiences and explore potential solutions.
- Meet with Missourians for Responsible Transportation to encourage consideration of COVID-19 impacts on development of community active transportation plans for the St. Louis neighborhoods of The Ville Greater Ville and Jeff-Vander-Lou.
- Provide feedback on the State Active Transportation Plan and Outdoor Recreation Plan

### Social Connectedness

- Identify how implementation of BRIC activities can support the Missouri Department of Health and Senior Services, Missouri Health Improvement Plan current (2020-2023) and future Missouri State Plan on Aging around social connectedness.
- Explore connections and partnerships with community health workers (CHW) to address social connectedness.

## **Community-Level Activities**

### **St. Louis County and City (Urban)**

#### Food and Nutrition Security (*Reaching an estimated 2,250 residents*)

- Meet with the local AAA, local education agencies, St. Louis Area food bank, Operation Food Search, community level pantries, community gardens, and urban farms to explore ways in which BRIC can support increased distribution of healthier foods to community members.
- Provide training to each local and community organization on the adoption and implementation of food service guidelines, or other identified strategies, to expand capacity for providing healthier foods.
- Provide cold storage equipment to participating food organizations to increase capacity for storage and improve nutrition quality and distribution of healthy foods.
- Assist the St. Louis Area Food Bank with adopting the Supporting Wellness at Pantries (SWAP) program and a client choice model at North St. Louis food pantries to increase the availability and selection of healthy foods.
- Collaborate with several North St. Louis community-based organizations to update and begin implementing the St. Louis Food Policy Coalition strategic plan; increase the number and sustainability of urban farms, community gardens, and farmers markets; and conduct a feasibility study for a cooperative grocery store in a North St. Louis food apartheid zone.



- Support Urban Harvest to launch an apprenticeship program to increase capacity for local urban farming among youth leaders of low resourced communities in North St. Louis.
- Retrofit two Metro buses to be used as a Metro Market, a mobile market that serves the area of North St. Louis.

Safe Physical Activity Access *(Reaching an estimated 2,271 residents)*

- Establish a connection with ongoing local efforts in North St. Louis in relation to the Calm Streets project involving Alderman in North St. Louis, the National Association of City Transportation Officials (NACTO), and Equitable Cities.
- Establish a partnership with Metro Transit and Bi-State Development/Metro to support local access to and distribution of healthy foods.
- Create Community Mobility Hubs that will improve connections to everyday destinations and support multi-modal transportation, as well as places and sites for food distribution.

Social Connectedness *(Reaching an estimated 1,200 residents)*

- Establish partnership with St. Louis AAA Executive Director to support ongoing efforts around social connectedness and it's connection to food and nutrition security in three senior centers located in North St. Louis - Northside Youth and Senior Service Center, Inc., Wesley House, and Robert Fulton Development Home. Strategies include:
  - Utilizing community gardens as a vehicle to implement intergenerational mentorship programs between senior centers and local youth. Garden freezers will also help preserve foods for future distribution from the food pantry. Interagency agreements between senior centers, Missouri Coalition for the Environment, and Urban Harvest will provide sustained support for the maintenance of the community gardens and intergenerational programs. (Wesley House and Robert Fulton Development Home)
  - Implementing intergenerational computer technology programs (also through the partnership and Memorandum of Understanding with the St. Louis Network of Public Libraries). Seniors and youth will have an opportunity to use and/or practice newly acquired computer skills, which will help them decrease social isolation. (Northside Youth and Senior Service Center, Inc.)
- Provide mobile infrastructure to arrange outdoor congregate meals at the three senior centers in North St. Louis utilizing produce from the community garden and supporting farmers markets.
- Explore a partnership with the St. Louis Integrated Health Network, working specifically with CHWs in St. Louis.
- Establish a partnership with Spanish Lake Community Development Corporation and conduct community engagement activities at the North Node area to identify resident ideas and solutions to improve social connectedness; ideas include an art project at bus stops to help develop a sense of place for residents.
- Support a local community podcast that features various community stories and social events.



## Health Equity

- The BRIC team assures that all program solutions and interventions are community-driven, placing a high value on food sovereignty, dignity, and food justice. The approach is to support the communities experiencing health inequities by providing accurate information as well as funding in the form of mini-grants. This enables communities to identify effective, practice- and evidence-based solutions and the resources needed to implement their community improvement plans. The BRIC team's funding has mostly supported Black-owned, non-profit organizations in North St. Louis City and County.



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**resilient inclusive**  
COMMUNITIES

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