

Thank you for joining!



We will begin in just a few minutes

HOW DO SOCIAL, RACIAL, AND ECONOMIC DISPARITIES IMPACT DIET AND HEALTH?

Food Truths Webinar
Hosted by Diet ID
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Mary Murimi, Ph.D, RDN
Professor of Nutrition at Texas Tech University



Kim Williams, MD
Chair of Cardiology at Rush University



Mark Bittman
Journalist, author, & lecturer at Columbia University



Moderated by David L. Katz, MD, MPH
CEO, Diet ID; President, True Health Initiative



Central Discussion Points

1. What are the main problems?

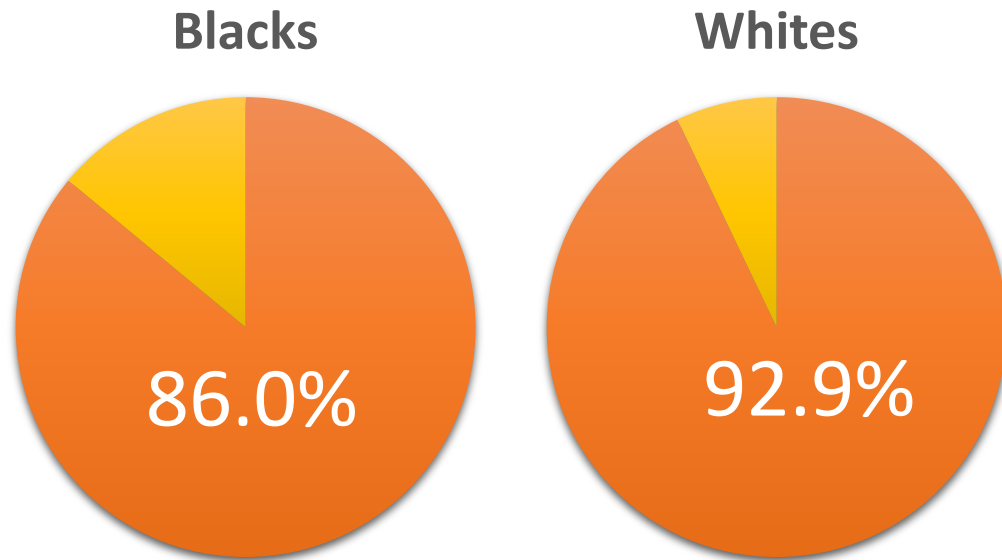
2. How and why is poor nutrition a root cause of chronic disease in underserved populations?

3. Once someone gets sick, how is the medical system currently stacked against these populations?

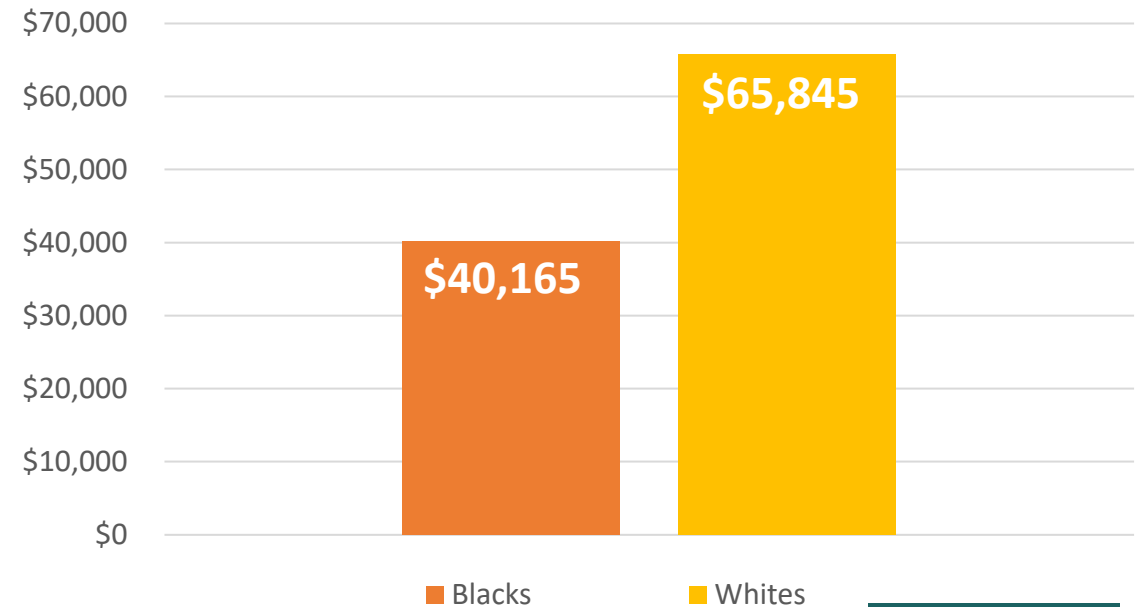
4. What are some solutions?

A Systemic Issue...

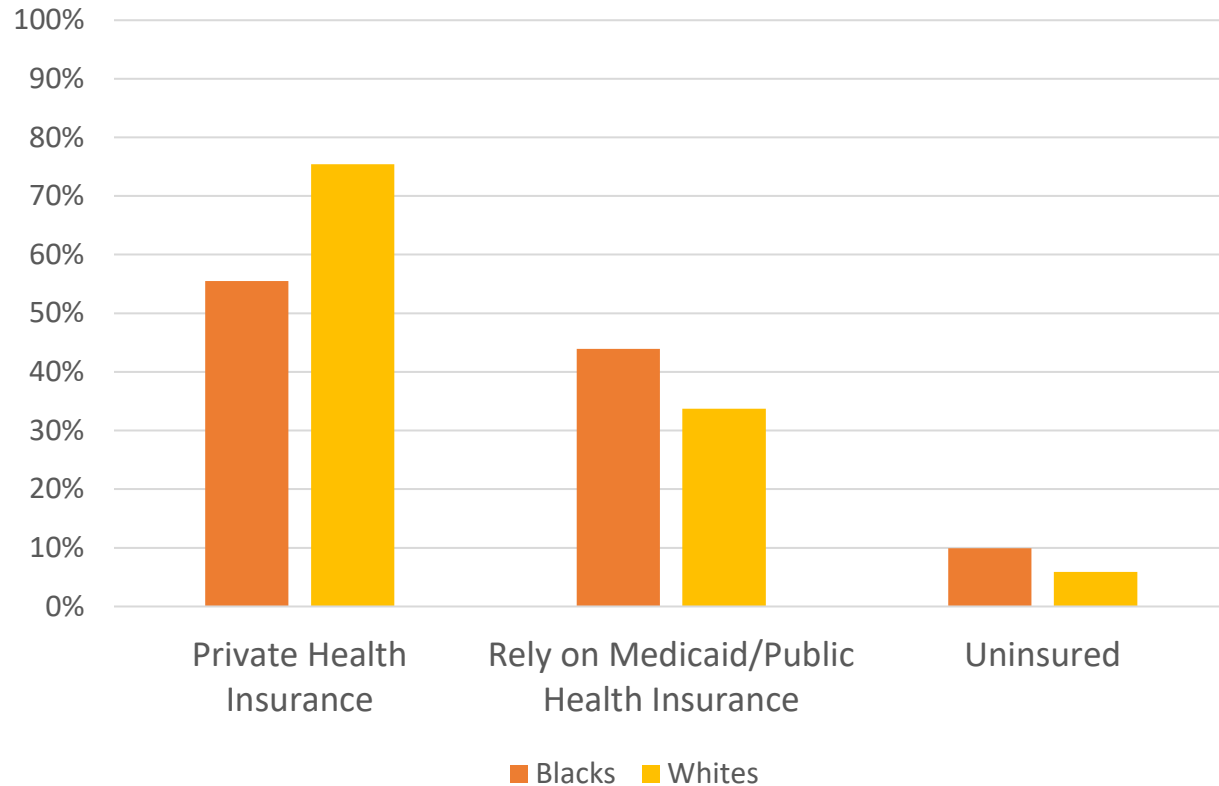
High School Diploma



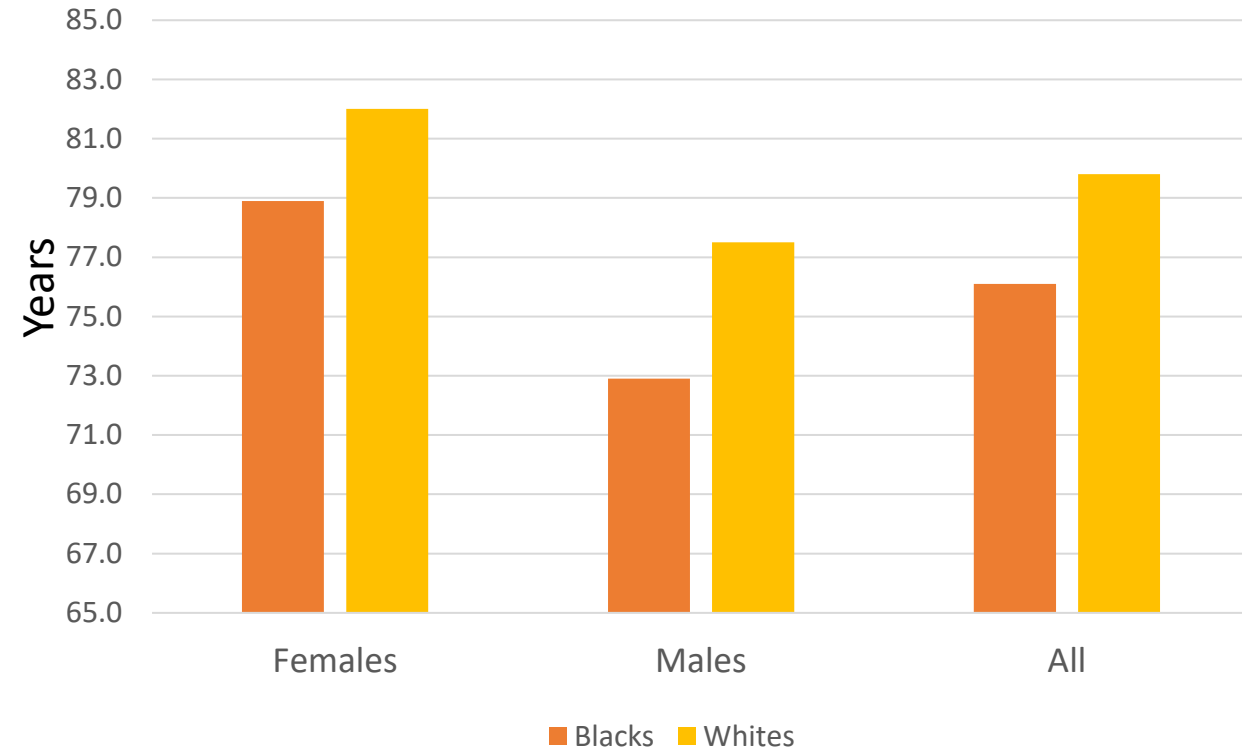
Avg. Household Median Income



Health Insurance Coverage



Life Expectancy



Health Outcomes: A few examples

Compared with non-Hispanic white adults, African American adults:

- Are 60% more likely to have been diagnosed with diabetes
- Are 20% more likely to die from heart disease
- Are 40% more likely to have high blood pressure
- Are 50% more likely to have a stroke
- Have the highest mortality rate of any racial and ethnic group for all cancers combined and for most major cancers.

How do chronic diseases affect different populations differently?

**How and why do racial, economic, and social disparities disproportionately affect cardiovascular disease risk, in particular?
Other chronic diseases?**

Kris-Etherton PM, Petersen KS, Velarde G, et al. Barriers, Opportunities, and Challenges in Addressing Disparities in Diet-Related Cardiovascular Disease in the United States. J Am Heart Assoc 2020 Apr 7;9(7):e014433. <https://www.ahajournals.org/doi/epub/10.1161/JAHA.119.014433>



How are food issues and social justice issues interconnected?

Bittman, Mark. No Justice, No...Anything. New York Times Op Ed, May 13, 2015.

<https://www.nytimes.com/2015/05/13/opinion/no-justice-no-anything.html>



What are the relationships between racial disparities and food insecurity in the US and worldwide?

How does food insecurity affect eating patterns, and subsequent health outcomes?

Murimi MW, Kanyi MG, Mupfudze T, et al. Prevalence of Food Insecurity in Low-Income Neighborhoods in West Texas. J Nutr Educ Behav 2016;48(9):625-630. <https://pubmed.ncbi.nlm.nih.gov/27524688/>

Healthy People 2020: Food Insecurity.

<https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/food-insecurity>



How and why are unhealthful foods marketed to different groups differently?

What roles do food deserts, food swamps, and access to food assistance programs play in these inequities?

What barriers exist to optimal nutrition environments?

Katz DL, Doughty K, Njike V et al. A Cost Comparison of More and Less Nutritious Food Choices in US Supermarkets. Public Health Nutr 2011;14(9):1693-9.

<https://pubmed.ncbi.nlm.nih.gov/21356146>

Yeh M, Ickes SB, Lowenstein LM, et al. Understanding Barriers and Facilitators of Fruit and Vegetable Consumption Among a Diverse Multi-Ethnic Population in the USA. Health Promot Int 2008;23(1):42-51. <https://pubmed.ncbi.nlm.nih.gov/18182418>

<https://pubmed.ncbi.nlm.nih.gov/18182418>



What role does race play in medical decision-making guidelines?

What current initiatives exist to enhance ethnic and racial sensitivity among healthcare providers?

Vyas DA, Eisenstein LG, Jones DS. Hidden in Plain Sight — Reconsidering the Use of Race Correction in Clinical Algorithms. *New England Journal of Medicine* 2020, June 17.

<https://nejm.org/doi/full/10.1056/NEJMms2004740>



What public health measures do/would ensure greater access to healthful foods like fresh produce and whole grains?

What social justice initiatives would be most impactful to improve public health?

QUESTION & ANSWER



Please submit questions via Q/A feature



Thank you for attending!



**We'll send out an announcement about our next webinar.
Make sure you're on our email list!**