



CARDI•OH

Ohio Cardiovascular and Diabetes Health Collaborative



In partnership with:



Cardi-OH ECHO

Weight Management and Behavior Change: Cases and Discussions

March 17, 2022

Cardi-OH ECHO Team and Presenters



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Structure of ECHO Clinics

Duration	Item
5 minutes	Introductions and announcements
10 minutes	Didactic presentation, followed by Q&A
40 minutes (20 minutes per case)	Patient case study presentations and discussions
5 minutes	Reminders and Post-Clinic Survey

Disclosure Statements



- The following planners, speakers, and/or content experts of the CME activity have financial relationships with commercial interests to disclose:
 - Marilee Clemons reports advising at Novo Nordisk.
 - Kathleen Dungan, MD, MPH reports receiving consulting fees from Eli Lilly, Boehringer Ingelheim, and Dexcom, research support from Sanofi, Dexcom, Abbott and Viacyte and presentation honoraria from Medscape, UpToDate, and Elsevier.
 - Adam T. Perzynski, PhD reports being co-founder of Global Health Metrics LLC, a Cleveland-based software company and royalty agreements for book authorship with Springer Nature publishing and Taylor Francis publishing.
 - Goutham Rao, MD serves on the Scientific Advisory Board of Dannon-WhiteWave (White Plains, NY), a division of Groupe Danone, S.A., Paris, France.
 - Christopher A. Taylor, PhD, RDN, LD, FAND reports funding for his role as a researcher and presenter for Abbott Nutrition and funding for research studies with the National Cattleman's Beef Association and the American Dairy Association Mideast.
 - These financial relationships are outside the presented work.
- All other planners, speakers, and/or content experts of the CME activity have no financial relationships with commercial interests to disclose.

Person-Centered Language Recommendations



The ADA and the APA recommend language that emphasizes inclusivity and respect:

- **Gender**: Gender is a social construct and social identity; use term “gender” when referring to people as a social group. Sex refers to biological sex assignment; use term “sex” when referring to the biological distinction.
- **Race**: Race is a social construct that is broadly used to categorize people based on physical characteristics, behavioral patterns, and geographic location. Race is not a proxy for biology or genetics. Examining health access, quality, and outcome data by race and ethnicity allows the healthcare system to assist in addressing the factors contributing to inequity and ensure that the health system serves the needs of all individuals.
- **Sexual Orientation**: Use the term “sexual orientation” rather than “sexual preference” or “sexual identity.” People choose partners regardless of their sexual orientation; however, sexual orientation is not a choice.
- **Disability**: The nature of a disability should be indicated when it is relevant. Disability language should maintain the integrity of the individual. Language should convey the expressed preference of the person with the disability.
- **Socioeconomic Status**: When reporting SES, provide detailed information about a person’s income, education, and occupation/employment. Avoid using pejorative and generalizing terms, such as “the homeless” or “inner-city.”

Food Justice



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Learning Objectives



1. Define food justice.
2. Describe the potential for food justice to influence how people eat.
3. Describe an example of how the food justice movement has influenced nutrition.

A thought exercise



Kitchen nightmare: Owner of a popular catering company sued after abusing and calling her loyal employees 'whores' and 'dirty Mexicans'

- Employees were yelled at and lawsuit states the subject of racial slurs and sexual harassment
 - After complaining to their boss they were told they only had themselves to blame
 - Customer reviews online also describe owner as being 'abusive to staff'
-

Food Justice

Food justice seeks to ensure that the benefits and risks of where, what, and how food is grown, produced, transported, distributed, accessed and eaten are shared fairly. Food justice represents a transformation of the current food system, including but not limited to eliminating disparities and inequities.

Food Justice is communities exercising their right to grow, sell, and eat healthy food. Healthy food is fresh, nutritious, affordable, culturally-appropriate, and grown locally with care for the well-being of the land, workers, and animals. People practicing food justice leads to a strong local food system, self-reliant communities, and a healthy environment.

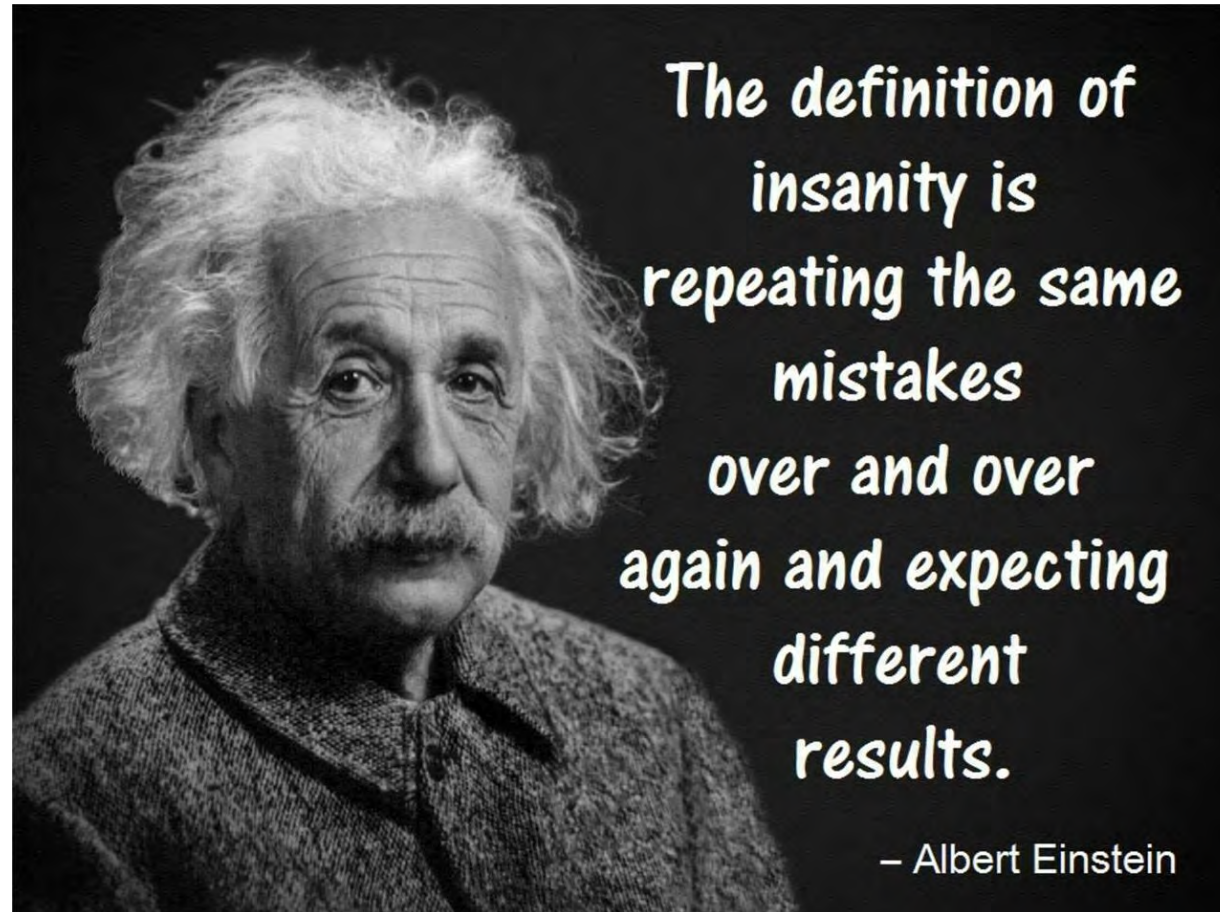
Three pillars:

- 1) Healthy food for all.
- 2) Sustainable food systems.
- 3) Justice for food workers.

Drivers of Consumption

- Taste ✓✓✓✓✓✓✓✓
- Convenience ✓✓✓
- Price ✓✓✓
- Sustainability ✓
- Social justice ?

According to Einstein.....



Many Approaches

- “If only there were healthier food options in poor communities.”

It's Time to Stop Shopping for Supermarket Tax Breaks

By DC Fiscal Policy Institute • November 3, 2009

Where do old DC tax incentives go to die when they are no longer needed? That was a trick question. Many tax subsidies never die – they stay on the books even if they've proven to be ineffective or outlived their usefulness.

The latest example is a 10-year property tax exemption for new grocery stores, an incentive DC has offered for more than a decade. City policymakers have pushed legislation to make sure that **Ellwood Thompson's**, a high-end organic grocer, gets this tax benefit package for a store in the DC-USA shopping center in Columbia Heights.



Why Convenience Stores Don't Sell Better Food

Corner stores get help to offer healthier options in a move to improve the health of low-income communities.

By Olga Khazan and National Journal

JULY 20, 2015

SHARE ▼

At a small corner store in Northeast Washington, Nola Liu, a community-outreach officer with the D.C. Central Kitchen, whirled around a deli case with a clipboard in hand, passing out a recipe for cinnamon pear crisps to anyone who would take it.

She thrust a card at a man in a blue knit hat who was on his way out.

"Are you gonna make it for me?" he asked.

"No, you have to make it yourself," she responded.

"I'm not much of a baker," he said, and walked out.

Many Barriers

- “But healthy food is so expensive.”

Eating healthy vs. unhealthy diet costs about \$1.50 more per day

Meta-analysis pinpoints the price difference of consuming a healthy diet, which could be burden for low-income families but is trivial compared with health costs of eating an unhealthy diet

For immediate release: Thursday, December 5, 2013



Many Barriers

- “I simply don’t have time to cook and have to deal with a lot of stress.”

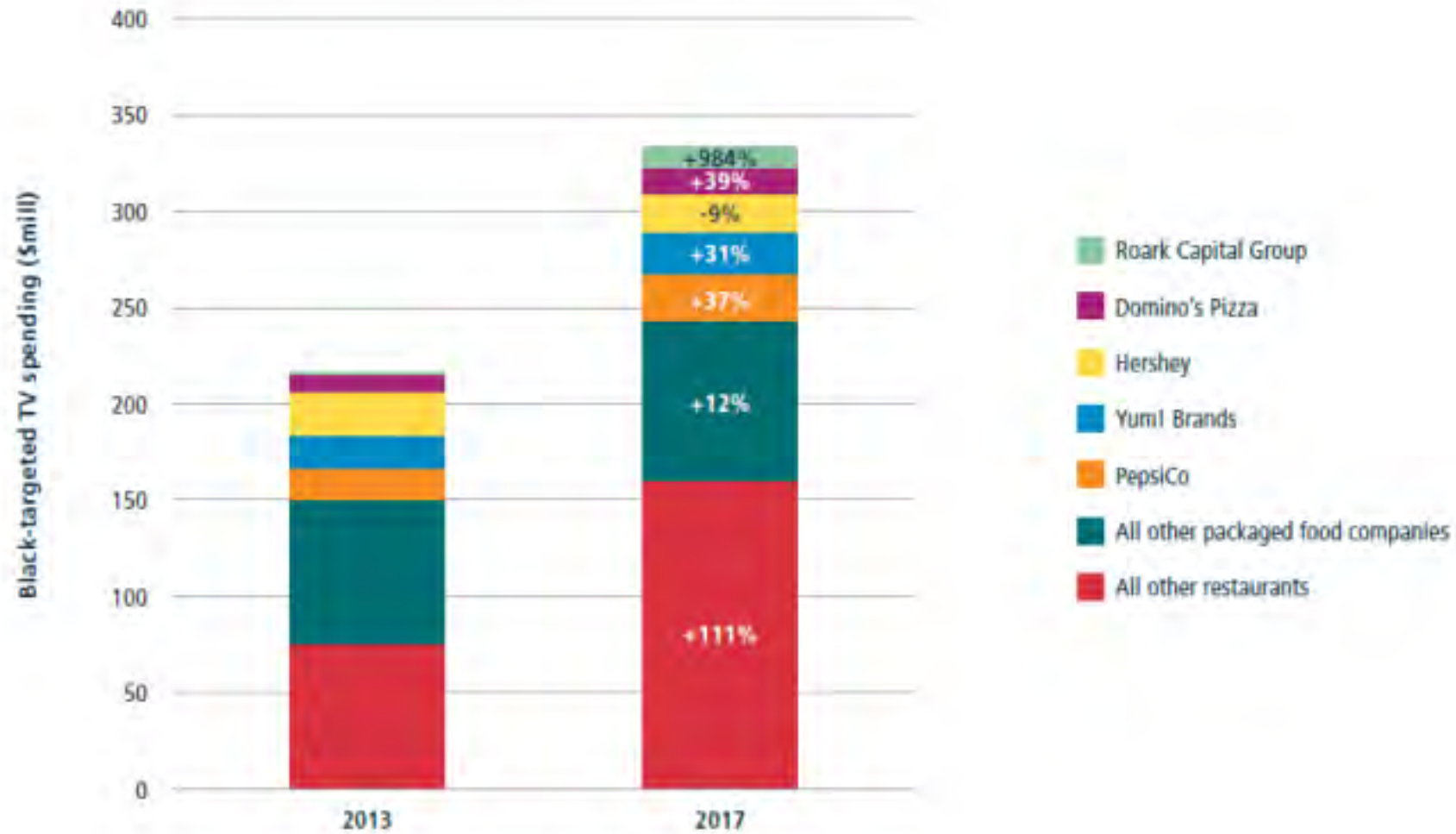


Who Has Time To Cook? How Family Resources Influence Food Preparation

Lisa Mancino
Constance Newman



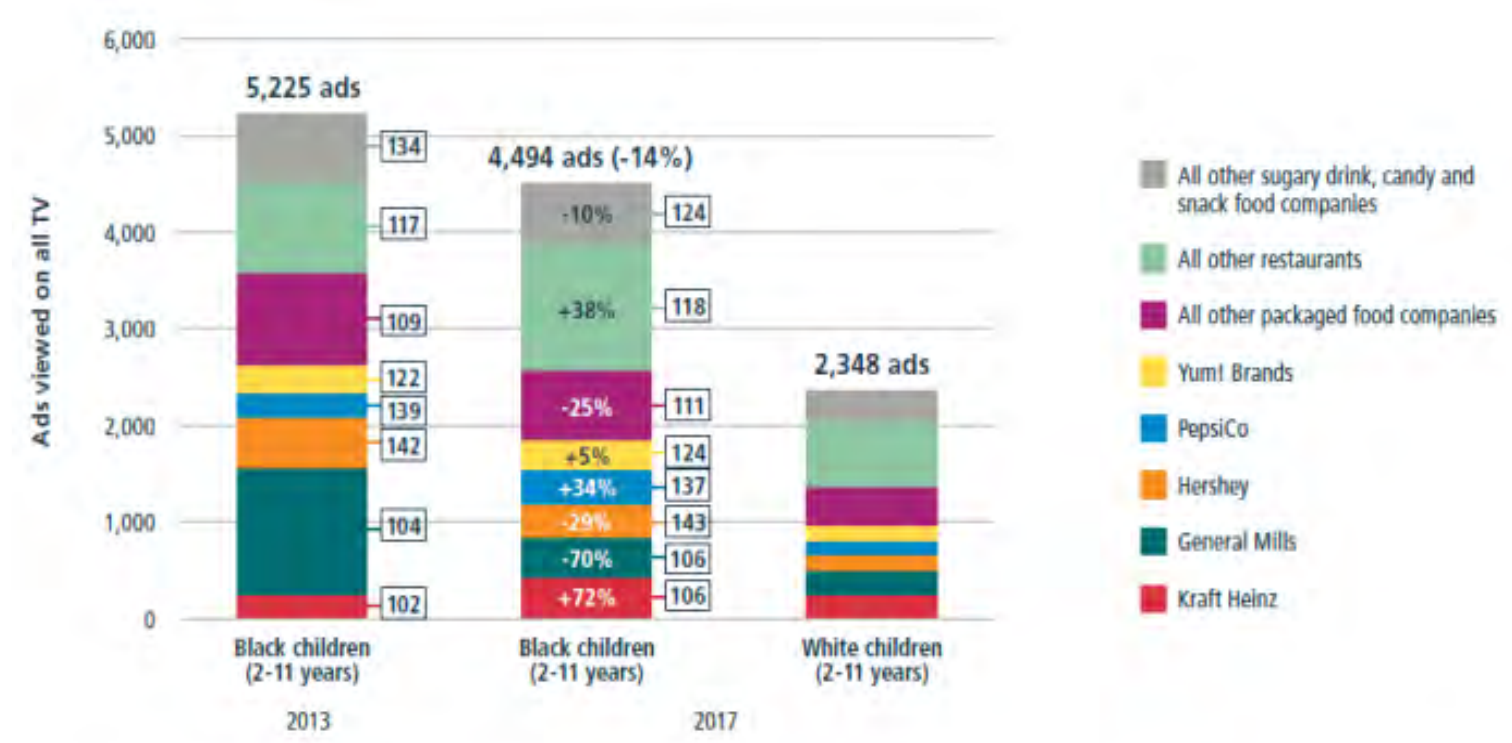
FIGURE 7. CHANGE IN TOTAL FOOD-RELATED AD SPENDING ON BLACK-TARGETED TV



Junk food ads overwhelmingly target black, Hispanic kids

By Lauren Tousignant

January 15, 2019 | 2:49pm | Updated



* Targeted indices are listed in the callout boxes. A targeted index greater than 100 indicates that Black children were more likely to see TV ads for a specific company/product category compared to White children controlling for differences in TV viewing.
Source: Rudd Center analysis of Nielsen data (2018)

How fast food “became black”

In her new book, *Franchise*, Marcia Chatelain explains how black franchise owners became the backbone of the industry.

By Cynthia Greenlee | Jan 10, 2020, 7:30am EST



When Marcia Chatelain was a teen in the 1990s, her after-school pit stop was a downtown Chicago McDonald’s. Almost daily, she hung out with friends, buying burgers, fries, and pocket-size apple pies. She snacked against a backdrop of black history brochures, prints of famous Jacob Lawrence paintings, and community events such as a local quiz bowl.

It wasn’t until decades later that Chatelain, now a history professor at Georgetown University, learned that those touches in her beloved McDonald’s came from a black entrepreneur who operated that store. And now, as a scholar, Chatelain explains how that McDonald’s she patronized — and many other fast-food restaurants — were the fruit of corporate expansion, cultural and population shifts, and the restaurant’s “discovery” that black consumers and businesspeople could deliver precious profits to the Golden Arches.

Rethinking Food Justice



- Empowerment
- “It’s not what you eat, it’s what *else* you eat.”
- **Recognition** that food that is highly processed and is high in fat, sugar, and calories has been deliberately marketed to populations which suffer disproportionately from obesity and its consequences.”
- **Empowering** consumers to make choices not only based on primary drivers but also on the basis of fair and just marketing practices.
- **Advocating** for healthier food from existing sources.
- **Declining** food that isn’t aligned with one’s values.

R.E.A.D



- Recognition: “Learning and thinking about unjust marketing practices.”
- Empowerment: “Asking questions about why and how specific foods are marketed to specific communities.”
- Advocate: “Does your snack need to be so high in sugar? My family would like to reduce its consumption of refined sugars.”
- Declining: “No thank you. Not only is that a poor beverage choice, but I don’t like the way the company targets people in my community.”



Thank you!

Questions/Discussion