



FOOD FOR HEALTH 2030

SCHOOL OF
PUBLIC HEALTH
UNIVERSITY OF MINNESOTA

The Division of Epidemiology and Community Health at the U of M School of Public Health

is one of the nation's top authorities in nutrition and healthy weight research and education. Our faculty, staff, and students improve the health of individuals and communities in Minnesota and around the world.

The mission of the division is to improve population health and reduce health disparities through state-of-the-art teaching, translation of research into practice, and training the next generation of public health professionals.

QUESTIONS WE SEEK TO ANSWER

- What are people eating and why?
- How are eating patterns and dietary intake associated with health outcomes of major public health concern?
- What can be done to help people eat healthier diets?

GLOBAL DIET & NUTRITION CHALLENGES

IN MINNESOTA:

- **30 percent** of the population lacks easy access to healthy food
- **28 percent** of youth and adults are overweight or have obesity

IN THE U.S.:

- **30 million** people suffer from an eating disorder at some time in their lives

ACROSS THE GLOBE:

- **41 million** children under the age of 5 are overweight or have obesity
- **44 percent** of countries experience very serious levels of both hunger and obesity

We are determined to change this picture.

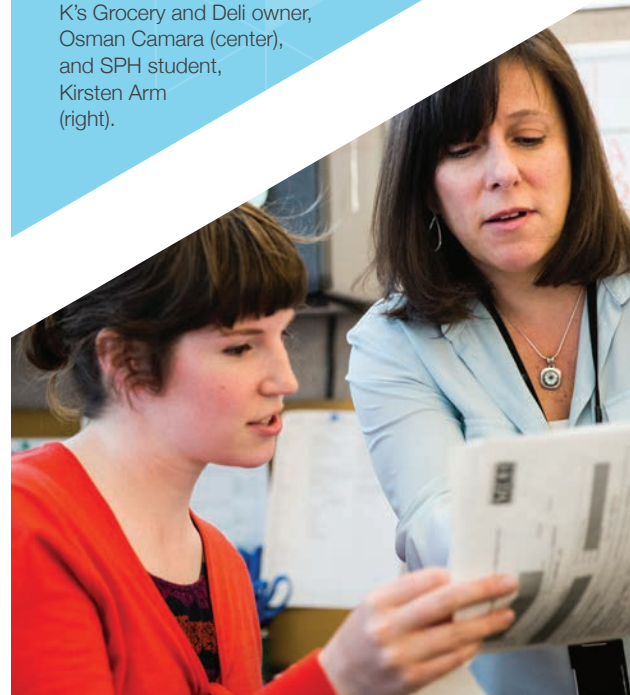


ENDING FOOD DISPARITIES IN MINNEAPOLIS

In Minnesota, 30 percent of the state's population – more than 1.6 million people – lack easy access to healthy food.

When the City of Minneapolis decided to tackle this disparity, it used the evidence-based research of SPH Professor Melissa Laska to design and pass the innovative Staple Foods Ordinance. As a result, Minneapolis became the first city in the nation to make selling high-quality, nutritious food and fresh produce a requirement for a licensed food retailer: a definition that encompasses venues like corner stores, gas stations, and pharmacies, often the only access to food for people in low-income neighborhoods.

Pictured: Melissa Laska (left), K's Grocery and Deli owner, Osman Camara (center), and SPH student, Kirsten Arm (right).





PREPARING THE NEXT GENERATION OF NUTRITION PROFESSIONALS

Our Public Health Nutrition MPH program – one of the top in the nation – is designed for students who are committed to health promotion and disease prevention through healthy eating. The curriculum strongly emphasizes food access, nutrition policy, community nutrition interventions/programs, health disparities research and evaluation methods, nutrition assessment, and healthy eating throughout the life course.

The program is located in the SPH Division of Epidemiology and Community Health, a division that uniquely houses epidemiology, public health nutrition, maternal and child health, and community health. This interdisciplinary structure provides students with access to courses and faculty across disciplines. Students also have the opportunity to specialize their training to individual interests and career goals.

Better nutrition. Better health. Stronger communities.

WE COVER FOOD AND NUTRITION IN A MORE COMPREHENSIVE WAY THAN ANYWHERE ELSE IN THE COUNTRY

Our priorities

- Understand the connection between diet and health
- Improve access to nutritious food
- Increase healthy food consumption and behaviors
- Educate future leaders in food and nutrition

Proven impact of our research

- Provided evidence to reshape the **Supplemental Nutrition Assistance Program (SNAP)** food purchasing to address overweight and obesity
- Determined that the **Mediterranean Diet** (#1 ranked nutritional regime in the U.S.) lowers heart disease
- The **Staple Foods Ordinance** made Minneapolis the first city in the nation to make selling and displaying fresh, high-quality produce a requirement for licensed food retailers
- Identified key factors that influence weight-related problems during the transition from adolescence to adulthood in **Project EAT**
- The importance of addressing nutrition from multi-level perspectives within the **Healthy Weight Research Center**
- Building evidence on environmental policy strategies that have the greatest potential to improve healthy eating and weight patterns among children through **Healthy Eating Research**
- Improvements in workers' health using administrative and environmental tactics such as use of sit-stand workstations in the **STAND&MOVE** study

CAMPAIGN PRIORITIES FOR FOOD

The vitality of Minnesota's communities and food industry depends strongly on partnerships, first-rate research, and a talented workforce of leaders, scientists, and practitioners. As Minnesota's only School of Public Health, our capacity to advance Minnesota's nutrition and food infrastructure will increase with philanthropic support.

PIONEERING RESEARCH

Gifts augment and sustain established research projects and will push us into new frontiers. Funding will create new pathways to expand our work by fortifying connections with health departments, corporations, hospitals, and health care organizations.

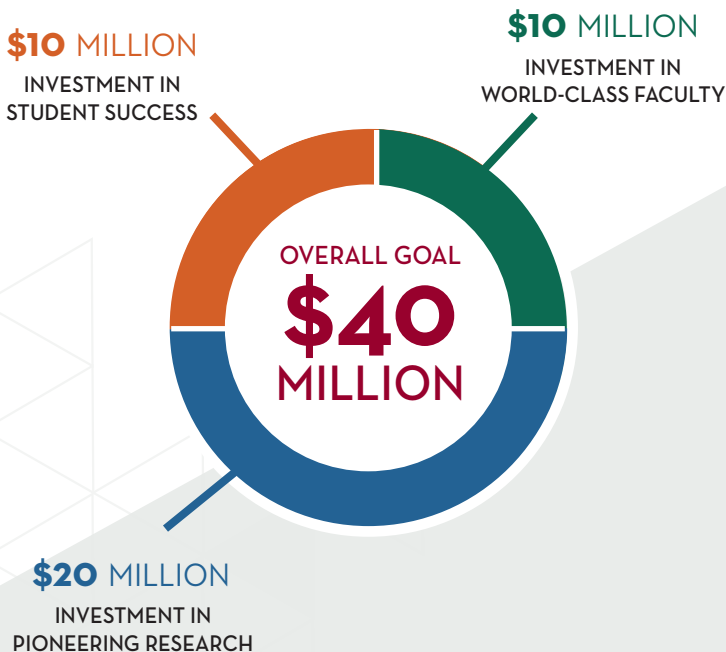
STUDENT SUPPORT

Competition for research funding and for recruiting outstanding students is fierce. Funding for students will allow us to recruit the brightest minds who will advance our understanding of how to live a healthier life. It will also provide experiential learning opportunities to retain students and ensure they receive the highest quality education that is in-step with industry needs.

WORLD-CLASS FACULTY

Funding for faculty will develop leaders to shape priorities, engage in innovative methods, and train future leaders to confront critical food challenges.

CAMPAIGN GOALS



SHAPING A BODY OF RESEARCH

Dianne Neumark-Sztainer, SPH professor and division head of epidemiology and community health, conducts the largest and most comprehensive longitudinal body of research in the U.S. that examines predictors of eating- and weight-related problems in young people. (Dr. Neumark-Sztainer recently received NIH's coveted Outstanding Investigator Award.)

► [Learn more: sph.umn.edu/give](https://sph.umn.edu/give)

THE PHILANTHROPIC OPPORTUNITY

You will make a huge impact on health in Minnesota and across the globe by making a campaign gift to support food research, education, and faculty.

FOR MORE INFORMATION

We welcome the opportunity to talk to you about various options to support School of Public Health research, students, and faculty. We will be happy to discuss options for giving, naming opportunities, and stewardship of your gifts.

Contact **Jessica Kowal**, Chief Development Officer, at 612-626-2391, or jkowal@umn.edu.