Produce to the People

FOOD MATTERS

Preston Maring, MD
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University of California San Francisco
Program on Reproductive Health and the Environment
February 10, 2016
WELLS FARGO

Date: 05/27/11
Time: 10:34 AM
Location: 40TH-PIEDMONT
ATM: 0089B

Customer Card: XXXXXXX05516
Transaction #: 6749
Transaction: Withdraw From Checking
Amount: $20.00
From Account #: XXXXXXX9152
Available Balance: $63.22
Total Balance: $63.22

Thank you for using our ATM.
For questions, call 1-800-869-3557
Business customers call 1-800-225-5935
Date: 12/26/13
Time: 02:03 PM
Location: NO. BERKELEY
ATM: 0132B

Customer Card: XXXXXXX0349
Transaction #: 7232
Transaction: Withdraw From Checking
Amount: $300.00
From Account #: XXXXXX4936
Available Balance: $163,452.22
Total Balance: $163,452.22

Thank you for using our ATM.
For questions, call 1-800-869-3557
Business customers call 1-800-225-5935
CHF Rate Hot Spots (statistically significant clusters of block groups with either high or low CHF rates)
Food Desert and Food Swamps: A County-Level Analysis

RFEI Index*

- > 5.0
- = 4.0 – 4.9
- = 3.0 – 3.9
- = 2.0 – 2.9
- = 1.0 – 1.9

*RFEI = ratio of fast-food restaurants and convenience stores to supermarkets and produce vendors. For counties with populations >250,000.
Childhood obesity.
Don’t take it lightly.

Food Stamps can help. Call 1-888-328-3483 to see if you qualify.

my kinda shoppin’ spree

Dollar M Menu
Table 1. Quintiles of income before taxes: Average annual expenditures and characteristics, Consumer Expenditure Survey, 2006

<table>
<thead>
<tr>
<th>Item</th>
<th>All consumer units</th>
<th>Lowest 20 percent</th>
<th>Second 20 percent</th>
<th>Third 20 percent</th>
<th>Fourth 20 percent</th>
<th>Highest 20 percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of consumer units (in thousands)</td>
<td>118,843</td>
<td>23,738</td>
<td>23,773</td>
<td>23,765</td>
<td>23,770</td>
<td>23,796</td>
</tr>
<tr>
<td>Lower limit</td>
<td>n.a.</td>
<td>n.a.</td>
<td>$18,370</td>
<td>$35,095</td>
<td>$56,222</td>
<td>$88,774</td>
</tr>
<tr>
<td>Consumer unit characteristics:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Income before taxes</td>
<td>$60,533</td>
<td>$9,974</td>
<td>$26,657</td>
<td>$44,933</td>
<td>$70,975</td>
<td>$149,963</td>
</tr>
<tr>
<td>Age of reference person</td>
<td>48.7</td>
<td>52.3</td>
<td>50.9</td>
<td>47.4</td>
<td>46.1</td>
<td>46.9</td>
</tr>
<tr>
<td>Average number in consumer unit:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Persons</td>
<td>2.5</td>
<td>1.7</td>
<td>2.2</td>
<td>2.5</td>
<td>2.8</td>
<td>3.1</td>
</tr>
<tr>
<td>Children under 18</td>
<td>0.6</td>
<td>0.4</td>
<td>0.5</td>
<td>0.6</td>
<td>0.7</td>
<td>0.8</td>
</tr>
<tr>
<td>Persons 65 and over</td>
<td>0.3</td>
<td>0.4</td>
<td>0.4</td>
<td>0.3</td>
<td>0.2</td>
<td>0.2</td>
</tr>
<tr>
<td>Earners</td>
<td>1.3</td>
<td>0.5</td>
<td>1</td>
<td>1.4</td>
<td>1.8</td>
<td>2.1</td>
</tr>
<tr>
<td>Vehicles</td>
<td>1.9</td>
<td>0.9</td>
<td>1.5</td>
<td>1.9</td>
<td>2.5</td>
<td>2.9</td>
</tr>
<tr>
<td>Percent homeowner</td>
<td>67</td>
<td>42</td>
<td>56</td>
<td>67</td>
<td>80</td>
<td>91</td>
</tr>
<tr>
<td>Average annual expenditures</td>
<td>$48,398</td>
<td>$20,410</td>
<td>$30,224</td>
<td>$41,431</td>
<td>$55,697</td>
<td>$94,150</td>
</tr>
<tr>
<td>Food</td>
<td>$6,111</td>
<td>$3,193</td>
<td>$4,307</td>
<td>$5,614</td>
<td>$7,195</td>
<td>$10,243</td>
</tr>
<tr>
<td>Food at home</td>
<td>3,417</td>
<td>2,138</td>
<td>2,647</td>
<td>3,210</td>
<td>3,903</td>
<td>5,186</td>
</tr>
<tr>
<td>Cereals and bakery products</td>
<td>446</td>
<td>276</td>
<td>354</td>
<td>413</td>
<td>516</td>
<td>673</td>
</tr>
<tr>
<td>Meats, poultry, fish, and eggs</td>
<td>797</td>
<td>532</td>
<td>631</td>
<td>749</td>
<td>902</td>
<td>1,172</td>
</tr>
<tr>
<td>Dairy products</td>
<td>368</td>
<td>227</td>
<td>291</td>
<td>358</td>
<td>426</td>
<td>540</td>
</tr>
<tr>
<td>Fruits and vegetables</td>
<td>592</td>
<td>370</td>
<td>464</td>
<td>547</td>
<td>649</td>
<td>933</td>
</tr>
<tr>
<td>Other food at home</td>
<td>1,212</td>
<td>733</td>
<td>907</td>
<td>1,144</td>
<td>1,410</td>
<td>1,867</td>
</tr>
<tr>
<td>Food away from home</td>
<td>2,694</td>
<td>1,055</td>
<td>1,660</td>
<td>2,404</td>
<td>3,292</td>
<td>5,058</td>
</tr>
</tbody>
</table>
Comparison Shopping:
McDonald’s for Four

$27.89

- 2 Big Macs
- 1 cheeseburger
- 1 6-pc. Chicken McNuggets
- 2 medium fries
- 2 small fries
- 2 medium Cokes
- 2 small Cokes

Nutrition facts per person

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>CALORIES</td>
<td>900 (average)</td>
</tr>
<tr>
<td>FAT</td>
<td>37 grams</td>
</tr>
<tr>
<td>CARBOHYDRATES</td>
<td>123 grams</td>
</tr>
<tr>
<td>PROTEIN</td>
<td>23 grams</td>
</tr>
</tbody>
</table>
Chemicals found in virtually every pregnant woman in the US
Pesticide use in the Salinas Valley

500,000+ pounds of organophosphate pesticides used annually
Pesticide Exposure

CHAMACOS
Mothers and Children
Mission: To create a healthier environment for human reproduction and development by advancing scientific inquiry, clinical care, and health policies that prevent exposures to harmful chemicals in our environment.
ABSTRACT What food is produced, and how, can have a critical impact on human nutrition and the environment, which in turn are key drivers of healthy human reproduction and development. The US food production system yields a large volume of food that is relatively low in cost for consumers but is often high in calories and low in nutritional value. In this article we examine the evidence that intensive use of pesticides, chemical fertilizers, hormones, antibiotics, and fossil fuel in food production, as well as chemicals in food packaging, are potentially harmful to human reproductive and developmental health. We conclude that policies to advance a healthy food system are necessary to prevent adverse reproductive health effects and avoid associated health costs among current and future generations. These policies include changes to the Farm Bill and the Toxic Substances Control Act, and greater involvement by the health care sector in supporting and sourcing food from urban agriculture programs, farmers’ markets, and local food outlets, as well as increasing understanding by clinicians of the links between reproductive health and industrialized food production.
COMMITTEE OPINION

Number 575, October 2013

The American College of Obstetricians and Gynecologists Committee on Health Care for Underserved Women
American Society for Reproductive Medicine Practice Committee
The University of California, San Francisco Program on Reproductive Health and the Environment

This Committee Opinion was developed by the American College of Obstetricians and Gynecologists Committee on Health Care for Underserved Women and the American Society for Reproductive Medicine Practice Committee with the assistance of the University of California, San Francisco (UCSF) Program on Reproductive Health and the Environment. The Program on Reproductive Health and the Environment endorses this document. This document reflects emerging clinical and scientific advances as of the date issued and is subject to change. This information should not be construed as dictating an exclusive course of treatment or procedure to be followed.

Exposure to Toxic Environmental Agents

ABSTRACT: Reducing exposure to toxic environmental agents is a critical area of intervention for obstetricians, gynecologists, and other reproductive health care professionals. Patient exposure to toxic environmental chemicals and other stressors is ubiquitous, and preconception and prenatal exposure to toxic environmental agents can have a profound and lasting effect on

http://prhe.ucsf.edu/prhe/healthnottoxics.html
Patient Counseling

Food Matters: What to Eat?

Your health depends on the food you eat.

The health of communities and the environment we depend on for life are also impacted by how food is grown and how it gets to your dinner plate.

This brochure provides tips for making food choices to protect your health and the health of your family and community.

The brochure also provides many more resources to learn more about how the food we eat impacts our health. For more information, visit: [http://www.prhe.ucsf.edu/prhe/foodmatters.html](http://www.prhe.ucsf.edu/prhe/foodmatters.html)

There are many ways to make a difference. Here are some suggestions to get started.

<table>
<thead>
<tr>
<th>Good</th>
<th>What to Eat Better</th>
<th>Best</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat fruits and vegetables every day</td>
<td>Eat the least pesticide-contaminated fruits and vegetables and avoid the most contaminated</td>
<td>Eat locally grown, organic food</td>
</tr>
<tr>
<td>Wash fruits and vegetables before eating or cooking them</td>
<td>Eat beans and legumes instead of meat every day</td>
<td></td>
</tr>
<tr>
<td>Fruits, vegetables, beans, legumes and whole grains</td>
<td>Seafood</td>
<td></td>
</tr>
<tr>
<td>Do not eat King Mackerel, Tuna (Bigeye, Ahi), Swordfish, Tilefish or Shark. These fish have high levels of mercury</td>
<td>Eat chunk light tuna instead of white albacore tuna. Do not eat more than two cans of chunk light tuna a week</td>
<td></td>
</tr>
<tr>
<td>Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas</td>
<td>Five of the most commonly eaten fish that are low in mercury are: Shrimp, Canned light tuna, Salmon, Pollock, and Catfish</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dairy and animal fat</td>
<td></td>
</tr>
<tr>
<td>Eat low-fat or non-fat dairy products</td>
<td>Eat non-fat, non-BGH, free-range, antibiotic free dairy products</td>
<td>Eat non-fat organic dairy products</td>
</tr>
<tr>
<td>Limit foods high in animal fat</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Meat</td>
<td></td>
</tr>
<tr>
<td>Eat meat sparingly - get protein from plant sources instead</td>
<td>Eat hormone and antibiotic free meat sparingly</td>
<td>Eat organic or grass fed meat sparingly</td>
</tr>
<tr>
<td>Avoid fast food and other processed foods whenever possible</td>
<td>Increase the number of meals you make at home</td>
<td></td>
</tr>
<tr>
<td>Eat at home</td>
<td>Make most of your meals at home with organic, fresh, local, seasonal foods</td>
<td></td>
</tr>
</tbody>
</table>

[http://prhe.ucsf.edu/prhe/foodmattersresources.html](http://prhe.ucsf.edu/prhe/foodmattersresources.html)
An idea takes root...
Travis AFB Farmers’ Market sprouts success

By Melissa Murphy, The Reporter, Vacaville

Tuesday, June 16, 2015

An idea for a weekly summer farmers market at Travis Air Force Base has started to sprout.

A trial run for just the month of June has already proven quite successful and there are still two weeks left.

“I’ve wanted this to happen for 14 years,” said Brian Floyd, deputy director of the 60th Force Support Squadron. “The first day it happened was fantastic. To finally make it happen is incredible.”

Floyd, along with Col. George Dietrich, commander of the 60th Force Support Squadron, partnered with Pacific Coast Farmers’ Market Association to see if there was interest at the base for a farmers market.

So far, the answer has been a resounding “yes.”
Chicken, Potatoes and Salad for Four

$13.78

A savings of $14.11, or 51%, over the McDonald’s meal. Prices per item:

- Chicken: $5.96
- Potatoes: $2.98
- Lettuce: $1.50
- Milk: $1.49
- Bread: $2.98
- Olives: 50 cents
- Salad dressing: 5 cents
- Sliced bread: 75 cents
- Cheese: 5 cents

Nutrition facts per person and difference from McDonald’s meal:

- Calories: 934
  - +4%
- Fat: 39 grams
  - +5%
- Carbohydrates: 80 grams
  - −35%
- Protein: 67 grams
  - +191%
Pinto Beans and Rice for Four

$9.26

A savings of $18.63, or 67%, over the McDonald’s meal. Prices per item:

- Pinto Beans: $2.00
- Rice: $3.00
- Milk: $1.49
- Peppers: 50 cents
- Onions: 37 cents
- Bacon: 5 cents
- Salt: 5 cents

CALORIES: 571
- FAT: 15 grams (-37%)
- CARBOHYDRATES: 83 grams (-59%)
- PROTEIN: 26 grams (+13%)

Sources: McDonald’s, Key Food grocery, Sunset Park, Brooklyn (meal ingredients); Self magazine and United States Department of Agriculture (nutrition analysis)
BUY FRESH
BUY LOCAL

A PROGRAM OF THE COMMUNITY ALLIANCE WITH FAMILY FARMERS