



Produce to the People FOOD MATTERS

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February 10, 2016

WELLS FARGO

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

Customer Card: XXXXXXXX5516
Transaction #: 6749
Transaction: withdraw From Checking
Amount: \$20.00
From Account #: XXXXXX9152
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

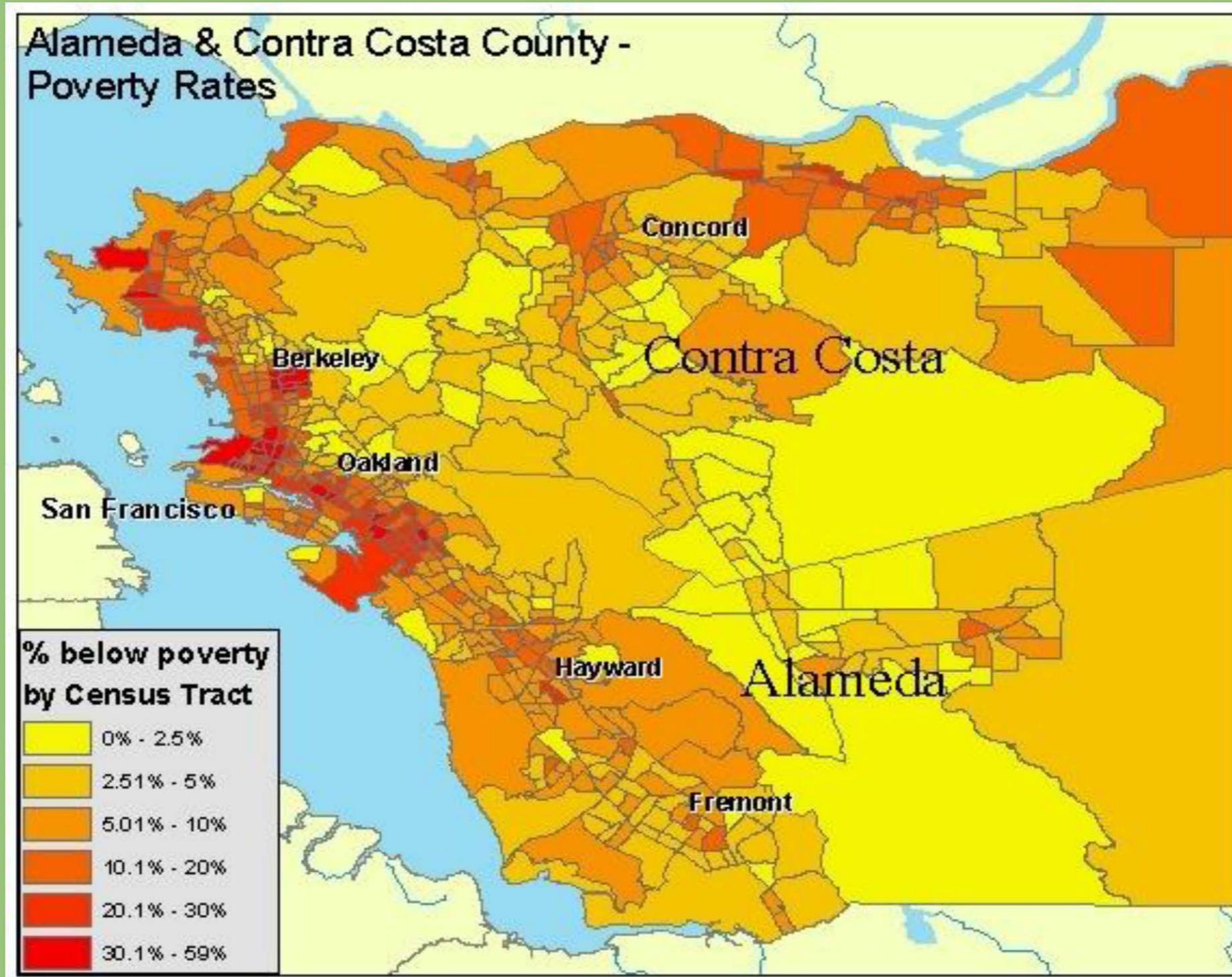
WELLS FARGO

Date: 12/26/13
Time: 02:03 PM
Location: NO. BERKELEY
ATM: 0132B

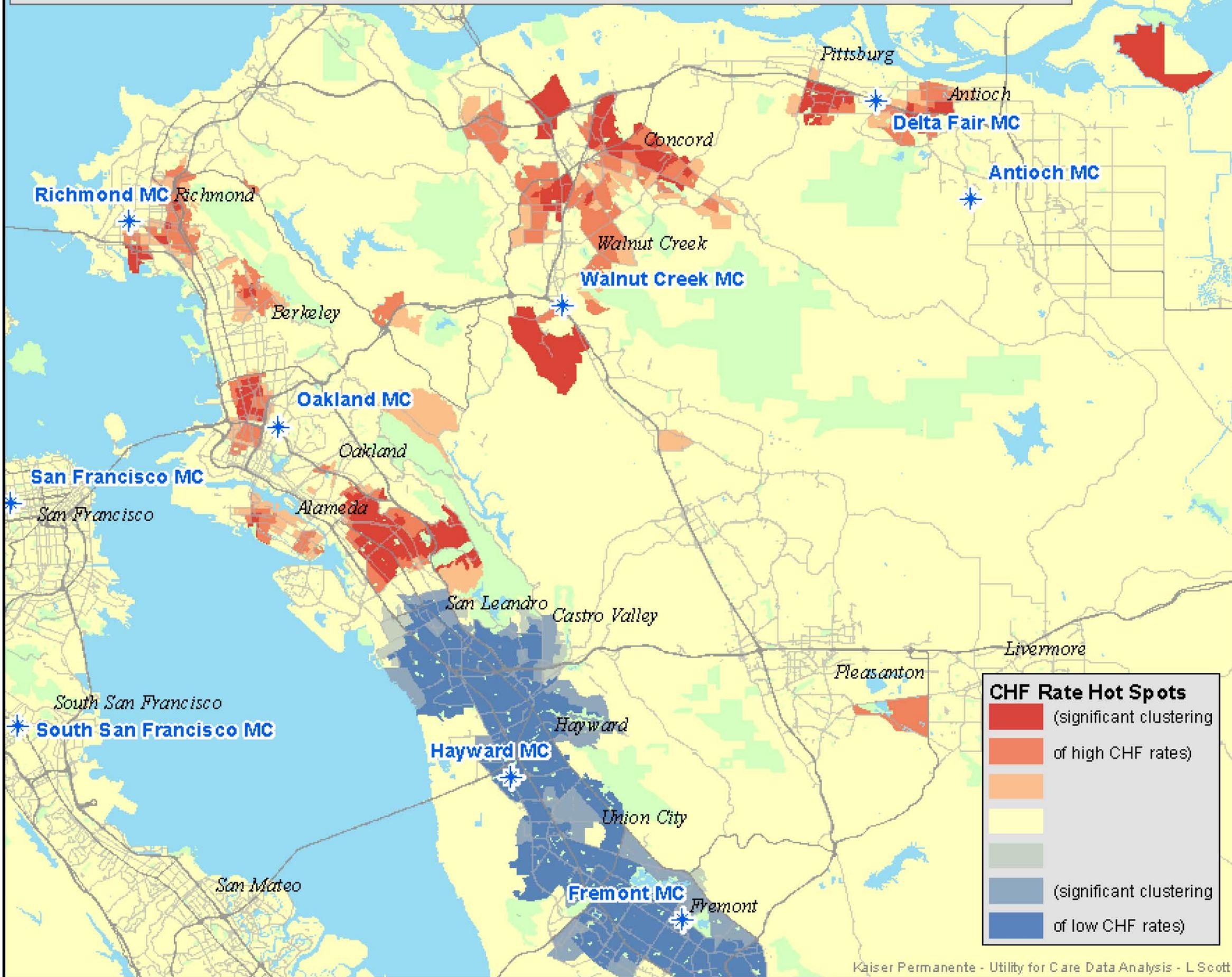
Customer Card: XXXXXXXX0349
Transaction #: 7232
Transaction: Withdraw From Checking
Amount: \$300.00
From Account #: XXXXXX4936
Available Balance: \$163,452.22
Total Balance: \$163,452.22

Thank you for using our ATM.
For questions, call 1-800-869-3557
Business customers call 1-800-225-5935

Census data – Poverty Rates



CHF Rate Hot Spots (statistically significant clusters of block groups with either high or low CHF rates)



CHF Rate Hot Spots

- (significant clustering of high CHF rates)
- (significant clustering of low CHF rates)

Food Desert and Food Swamps: A County-Level Analysis

RFEI Index*

> 5.0



= 4.0 – 4.9



= 3.0 – 3.9



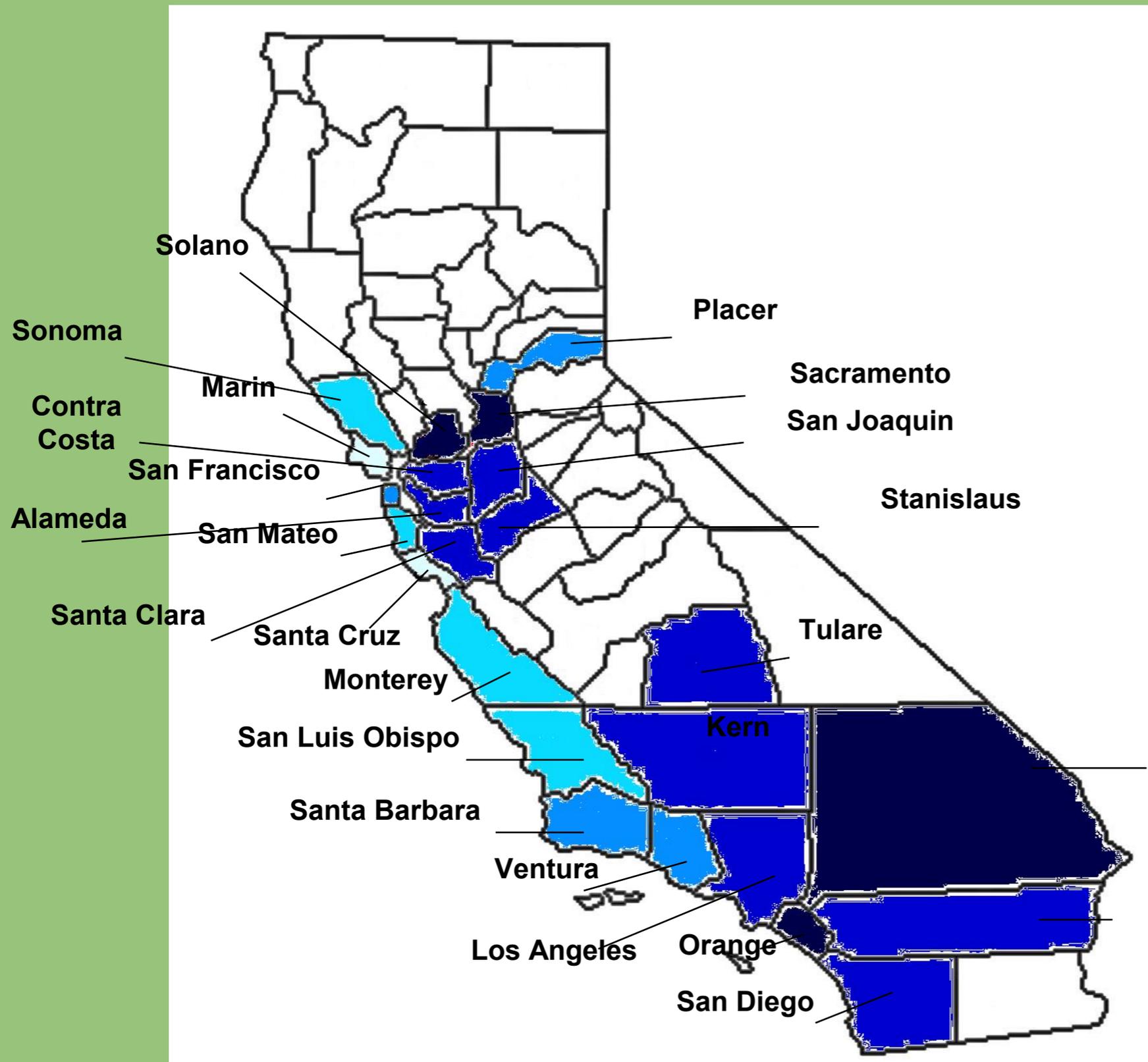
= 2.0 – 2.9



= 1.0 – 1.9



* RFEI = ratio of fast-food restaurants and convenience stores to supermarkets and produce vendors. For counties with populations >250,000.



VIACOM



Childhood obesity.
Don't take it lightly.



EAT FRUITS & VEGETABLES
AND BE ACTIVE

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

4151

VIACOM



i'm lovin' it



my kinda
shoppin'
spree



Dollar  Menu

4152

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

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

**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

CALORIES	900 (average)
FAT	37 grams
CARBOHYDRATES	123 grams
PROTEIN	23 grams

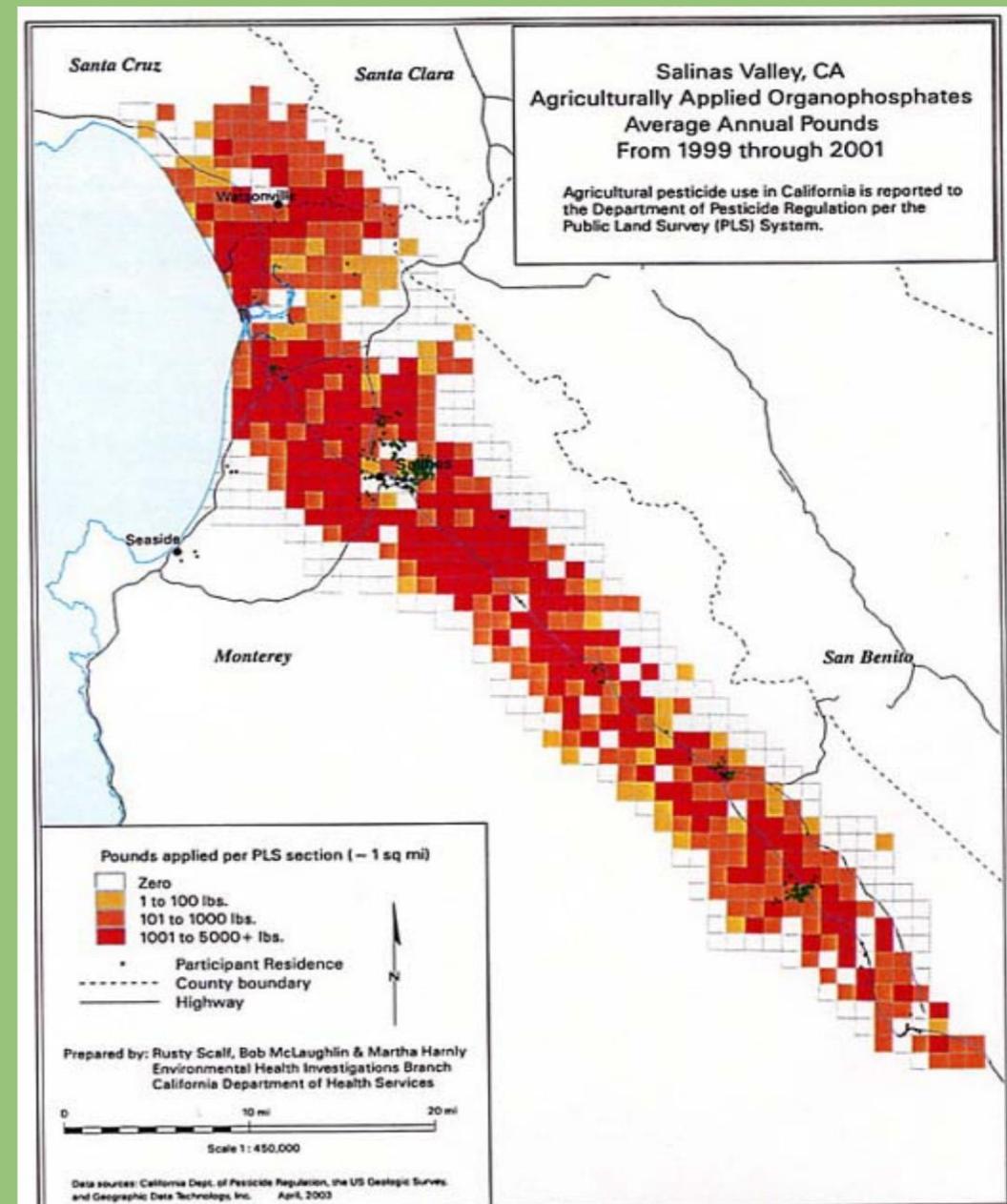
43

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*

PRHE

Information for Families

Resources to help your family reduce their environmental exposures



Clinical Practice

Resources for health care professionals to promote environmental health



Research

Targeted research to inform clinical decision making and public policy



Policy

Resources to advance science-based policy solutions.



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



UCSF

University of California
San Francisco

By Patrice Sutton, David Wallinga, Joanne Perron, Michelle Gottlieb, Lucia Sayre, and Tracey Woodruff

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The People-to-People Health
Foundation, Inc.

Reproductive Health And The Industrialized Food System: A Point Of Intervention For Health Policy

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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.



The American College of
Obstetricians and Gynecologists
WOMEN'S HEALTH CARE PHYSICIANS



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.

PDF Format

Exposure to Toxic Environmental Agents

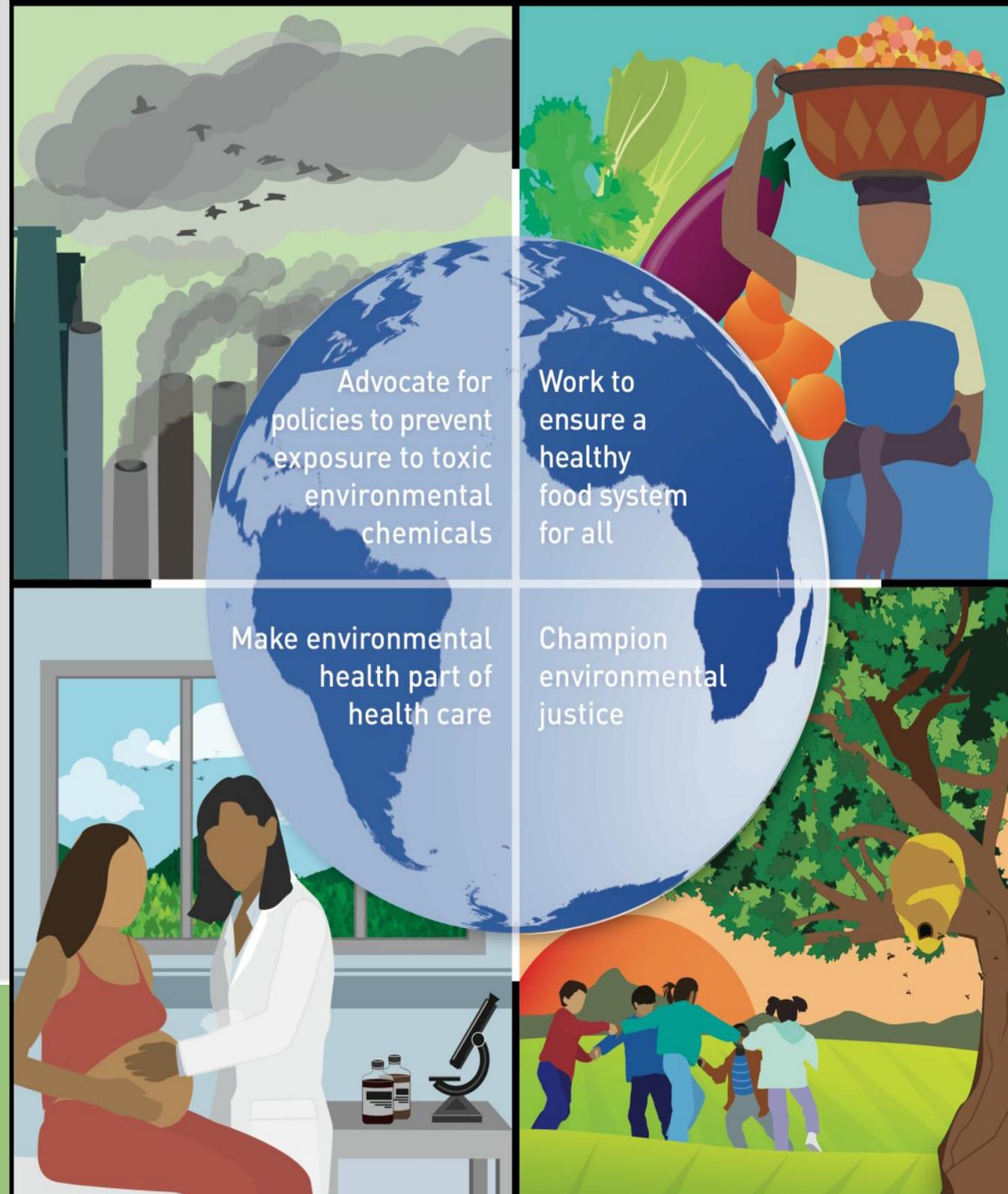
ABSTRACT: Reducing exposure to toxic environmental agents is a critical area of intervention for obstetricians, gynecologists, and other reproductive health care professionals. Patient exposure to toxic environmental chemicals and other stressors is ubiquitous, and preconception and prenatal exposure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

<http://prhe.ucsf.edu/prhe/healthnottoxics.html>



INTERNATIONAL FEDERATION OF GYNECOLOGY & OBSTETRICS

Recommendations for Preventing Exposure to Toxic Chemicals



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>

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

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

<http://prhe.ucsf.edu/prhe/foodmattersresources.html>



KAISER PERMANENTE
3801 HOWE

Peas

Carrots

Green Beans

Organic

An idea takes root...



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:



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:



CALORIES	571
-37%	
FAT	15 grams
-59%	
CARBOHYDRATES	83 grams
-33%	
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)

BILL MARSH/THE NEW YORK TIMES
PHOTOGRAPHS BY TONY CENICOLA/THE NEW YORK TIMES



BUY FRESH

BUY LOCAL

A PROGRAM OF THE COMMUNITY ALLIANCE WITH FAMILY FARMERS