

The Road to Food Security: Creating a Food and Resource Center in Stillwater

By:

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Abstract of Work

The Road to Food Security: Creating a Food and Resource Center in Stillwater

Our Daily Bread is an up-and-coming Food and Resource Center that will be located in Stillwater, Oklahoma. Currently, there are 14 locations scattered across Payne County that serve as food pantries, 4 locations that serve free meals, and 6 locations that address other services. This means that individuals seeking food or other health related resources are forced to shuffle around to 24 different locations to receive the assistance they need. To resolve this problem, Our Daily Bread will serve as the central location for food donations, food delivery, food distribution, volunteers and provide access to other health related resources. It will be open more hours of the day and more days a week, which will allow Payne County to serve double the amount of food and double the number of families.

The objective of this project was to develop and implement a baseline assessment that would help guide the creation of comprehensive wellness initiatives at Our Daily Bread Food and Resource Center. These initiatives include better nutrition, increased physical activity and tobacco cessation as well as other necessary life skills. The ultimate goal is to improve lifestyle choices made by those who utilize the Food and Resource Center which will in turn reduce the number of individuals suffering from chronic diseases and other health disparities in Payne County as well as improve their overall quality of life. And, decrease annual healthcare costs.

A total of 294 surveys were conducted over a series of four days at four different pantry locations within Payne County. Each of these sites will eventually feed into Our Daily Bread. The key findings from the assessment indicated that white females between the ages of 55-59 were most commonly utilizing the current pantries. Nearly 60% of the entire sample population was not enrolled in or receiving SNAP benefits and a majority suffer from at least one chronic disease. The average BMI of the entire sample was 33.1, which is considered obese. 42% of individuals do not eat breakfast on a consistent basis, 41% do not consume at least one fruit on a daily basis, and 30% do not consume at least one vegetable on a daily basis. Unfortunately, the population sampled reported having all they need at home to make a healthy meal only 47% of the time but 76% of individuals said they would definitely consume fresh items if they were offered at the pantry.

Based on the results from the assessment, I would recommend that Our Daily Bread design programs and resources that cater to what the surveyed population needs and desires. This includes providing resources and education that can help increase fruit and vegetable consumption at home and on a regular basis while also addressing basic needs. I would also recommend for Our Daily Bread to conduct follow up assessments sometime within the first year of opening to make sure that the services being provided are effective and well received.

Profile Agency and Project

Our Daily Bread Food and Resource Center will be located at 701 E. 12th Avenue in Stillwater, Oklahoma. The current facility is under construction because it previously served as the army reserve building and requires some renovations and reconfigurations in order to function as needed.

My site supervisor for this practicum project was Kathy Sandefur, the Vice President of Our Daily Bread. Kathy has held many important roles throughout her career such as Director of Outreach Ministries for the First United Methodist Church in Madison, Wisconsin where she helped operate one of the largest food pantries in the county. With her assistance, this pantry was able to transition from pre-determined food sacks every thirty days to client choice on an as needed basis. Kathy has also served on many committees such as the Hunger Prevention Council of Dane County and the Board of Directors for Feeding America's Second Harvest Foodbank in Southern Wisconsin. In addition to the roles mentioned, Kathy has been involved in numerous community initiatives to decrease rates of food insecurity such as working with the Dane County Farmers Market to create access for food stamp users. She developed a partnership with the Leadership Greater Madison Project Team and together they created a centralized Market Money system that allowed SNAP users to purchase market dollars in \$1 increments to purchase food. Vendors would then redeem the market dollars for cash at the end of each business day. Overall, Kathy is highly experienced in working with organizations who fight food insecurity and exhibits great leadership skills while doing so. She understands the importance of collaboration and community partnerships and utilizes both to their maximum potential.

I chose to work with Our Daily Bread for a variety of reasons, but the initial spark was lit when I realized that there was an opportunity to make a large impact in a population of people who currently have the worst health outcomes in the county. Once I started sifting through the

epidemiological data, I found that a shocking number of people in Payne County suffered with food insecurity and that the current system being used to help bridge this gap simply wasn't as efficient or effective as it could be. When I heard about Our Daily Bread, I knew that I had to reach out and see how my involvement could be beneficial to the organization and to the community as a whole. After an initial meeting with Kathy, it was clear that I could meet all project requirements while also learning a lot about the culture of food insecurity and public health, which is exactly what I was looking for.

Another reason why I selected this organization as the site for my practicum was because my background is in nutrition and I have always been passionate about improving an individual's quality of life by increasing the availability and accessibility of fresh fruits and vegetables. All of these elements could be incorporated in to my project with Our Daily Bread and I knew that working with an up-and-coming organization would provide me the freedom to be creative with my work.

The last reason I chose to work with Our Daily Bread was because I believe their values, goals and strategies align closely with mine. Food & Resource Centers place an emphasis on nutritious foods, especially fresh fruits and vegetables while also providing additional services/resources and referrals to improve family stability. They increase access to nutrition education and connect clients to other services available in their community, including services provided by other agencies and nonprofit organizations (dental, vision, employment, housing, etc.). Food insecurity is not an individual issue, it is a community issue that requires collaboration and a comprehensive approach in order for improvements to occur. And, although local food pantries can certainly make a difference in terms of food insecurity, it is also necessary to provide additional services for sustainability, such as health and life skills education, that small pantries are not equipped to provide. I feel that Our Daily Bread is going to make a monumental difference in the health of Payne County and that is why I chose to be a part of it.

My position in the organization is multifaceted in the sense that I am taking on a variety of roles. I have been serving on the advisory board for Our Daily Bread since March 2016 which allows me to provide input on decisions being made from a public health perspective. The meetings occur each month on the third Wednesday from 12pm-1pm and they take place at First Christian Church in Stillwater, Oklahoma. I am currently the only public health professional serving on the advisory board (and the board as a whole) and one of two individuals who have a nutrition background. During and outside of these board meetings, I have taken on a public health “advisor” role and other individuals involved in the organization reach out to me for guidance when they have questions regarding grant or sponsorship applications, policies, nutrition standards or need assistance developing a community partnership.

And, although I do not get to be a part of any final decision making, I provide a public health perspective on all of the issues at hand and my opinion is always considered. In my role as the public health “advisor,” I have also helped the board strategize on what type of policies they want to have in place for the organization and have given them examples of what policies might look like. Even though Our Daily Bread is not quite ready for policy adoption, we have discussed scheduling a board meeting specifically for policy discussion, adoption and implementation and I will be leading the meeting. In addition to the roles already mentioned, I am also serving as the primary investigator and conducting a baseline assessment for the organization prior to its opening date so that they can be knowledgeable about the population they will be serving and what needs this population has. From this assessment, we hope to develop specific and individualized materials that will be given to guests upon request. Lastly, I am also working diligently to create and mobilize valuable community partnerships for Our Daily Bread.

Our Daily Bread’s mission is, “feeding our community collaboratively and providing connections that enable lasting change.” I believe this mission statement represents their civic

presence perfectly while also describing the work that it takes to establish and sustain such an organization. No one person can end hunger, it always has been and always will be a collaborative effort that requires establishments from across all sectors to share resources. And, because Our Daily Bread will also be a resource center, we will be providing guests with services that not only improve their health immediately, but also services that allow for education and lifestyle changes to take place.

This unique organization acknowledges that in order to truly transform the lives of individuals and families, we must move from crisis aid and relief to restoration and development of lives by addressing the need for overall health and wellness. The goal of Our Daily Bread is to strive to do better by individuals and families through providing access to resources that build a better life. They are committed to doing benevolence differently - in ways that are relational, responsible and redemptive.

Below is a list of core values and strategic approaches that were established by Our Daily Bread and will be used in order to fulfill the mission and goals:

- 1.) **Address Food Insecurity:** Our organization exist for the purpose of addressing food insecurity in Stillwater and the surrounding communities in Payne County.
- 2.) **Offer Healthy Choices:** Offer families and individual's healthy food options and educational opportunities to improve overall health and wellness.
- 3.) **Create Sustainable Solutions:** Create opportunities for lasting change for the families and individuals served. In addition, promote efficient operations for maximizing the collective impact of investments and efforts.
- 4.) **Build Community Partnerships:** Place a priority on building partnerships and fostering collaboration among community organizations. In addition, build and nurture a vibrant

volunteer network to serve our local community and foster connections between clients and volunteers.

- 5.) **Provide Educational Opportunities:** Connect families and individuals to educational opportunities to promote health, wellness, and quality of life.
- 6.) **Increasing Self-Sufficiency:** Establish programs and connect families and individuals to resources that encourage transformation of circumstances leading to self-sufficiency.
- 7.) **Meeting the Needs of the Whole Person:** Address the overall health and wellness of one's spirit, mind, and body.

There have been a variety of discussions pertaining to the type, frequency and organization of multiple programs that we would like to offer through Our Daily Bread. Thus far, it is certain that the following will be free and available to guests: tobacco cessation workshops, connections to housing assistance, SNAP and WIC education classes, information regarding tribal benefits, cooking classes with incentives, trained resume building and job locating volunteers, assistance with utilities, and guidance towards other resources that are available within the community. A monthly calendar, which will be available at the pantry, will indicate what class schedules will be and what type of incentives will be offered for participation.

Data from the Regional Food Bank of Oklahoma and Feeding America reported that in 2015, 15,580 people in Payne County out of approximately 80,000 were hungry and in need of food assistance. Of the 15,580, 3,930 were children and 1,501 were seniors, which indicates that nearly 5,500 individual's, who are considered priority populations, were struggling to find food resources. Unfortunately, 27% of Payne County residents who are hungry are not eligible for nutrition assistance programs such as SNAP or WIC, therefore relying solely on Regional Food Bank outreach alone (Regional Food Bank of Oklahoma & Feeding America, 2015). According to a similar document published by Our Daily Bread, statistics indicated that in 2015, 1,769 Stillwater

households received food stamps, 59.9% of those households have children under the age of 18 and 12.7% of those households have at least one person who is 60 years or older. The same document reported that 1,233 of Stillwater students enrolled in pre-k through 12th grade live in poverty, which is a 2% increase from last year. 43% of children receive free or reduced lunch, 26% of college students live in poverty and 32.7% of Stillwater residents live below the poverty level which is 2% higher than last year (Our Daily Bread, 2015).

Our Daily Bread is a Food & Resource Center that operates in affiliation with the Regional Food Bank of Oklahoma to serve the people of Stillwater and the surrounding areas by partnering with other food pantries, community, civic, and faith-based organizations. Each Food & Resource Center receives support from the Regional Food Bank both in the development and operational phases. The Regional Food Bank works within the community to build support and identify collaborative partners while additional guidance and support is provided for capacity building, site acquisition or build-out, community organizing, funding, technical assistance, and equipment. Once established, Food & Resource Centers are designed to be self-supporting. The Regional Food Bank continues to support the centers with ongoing training, capacity building, and priority access to food and equipment grants, as well as guidance on fundraising, marketing and volunteer management. And, once the Our Daily Bread facility is functioning, the Regional Food Bank of Oklahoma will deliver goods to the site twice monthly on the first and third Tuesdays.

Although Our Daily Bread will always be affiliated with the Regional Food Bank of Oklahoma, its day to day policies and practices are allowed to be independent and individualized. But, each food and resource center that partners with the Regional Food Bank of Oklahoma is provided with a “Standards of Excellence” guide that does outline minimum and excellent expectations in regards to the client intake process, the shopping experience and design, the client services and resources offered, the communication methods used, staffing positions and overall

operations. These guidelines help the organization ensure it is fulfilling its bottom line goals.

Learning Objectives and Outcomes

The first learning objective I set to accomplish was, “Analyze relevant epidemiological data followed by developing and implementing a comprehensive assessment in order to establish a baseline for an organization which can be used to create quality and appropriate health communication and educational resources to reach a specific priority population.”

I fulfilled this learning objective by first conducting in depth research regarding local county statistics and epidemiological data pertaining to the population I would be assessing. This data is provided on page 8. I reviewed this data because I wanted to ensure that I understood the scope of food insecurity as a whole and used this data to help guide the development of my assessment tool. I employed effective strategies for reaching the target population and others in the community by developing a 59-69 question baseline assessment survey which contained appropriate literacy levels and was distributed in four existing pantries. These pantries will be closing and eventually feeding in to Our Daily Bread, the new Food and Resource Center. Each survey was carefully thought out and questions were discussed among myself and board members before the final survey was approved. Upon completion, we had a total of 294 surveys. These surveys provided valuable and specific information pertaining to what type of population the food and resource center would be aiding services to, what health outcomes those individuals and their families may be struggling with, the health behaviors that they are taking part in, their knowledge in regards to health practices, what barriers may be keeping them from practicing healthy behaviors, and lastly determining what services they may need in order to improve their overall health or wellbeing. The results collected from the surveys are being used to help guide the development of resources, services and classes, which will be provided to those who utilize the Food and Resource Center.

The second learning objective for this practicum was, “Demonstrate learning and application of leadership and systems thinking skills as well as demonstrating policy development abilities by assisting in the formation and adoption of health policies.”

I achieved this learning objective by working diligently to immerse myself in the culture of food insecurity and becoming familiar with the environments in which such takes place. I visited multiple pantries in Payne County and spent time discussing disparities with pantry managers, workers and guests. I also attended board meetings and other community meetings that helped me to develop trustworthy relationships with key stakeholders and created a pocket of space for me to contribute bits and pieces of a public health perspective. Leadership comes in a variety of forms and I was able to observe and put in to practice many different types throughout this experience. And, although I was typically only attending meetings, I was the primary leader during the assessment phase. I utilized system thinking skills throughout the process because it was vital for me to understand how the organization functioned within itself and within the community. There are many aspects to consider in regards to systems thinking and I feel that this practicum provided me with a hands on understanding of how environmental, political and biological aspects influence economic and health disparities. This learning objective was also demonstrated through the work I have been doing with Our Daily Bread regarding policy development and adoption. Although the organization is not yet ready to adopt formal policies, I have spoken with the board about the importance of having them in place and presented model wellness policies for both employees and guests. The board has already agreed to allow me to guide them through the tobacco, physical activity, nutrition and active living policies. I have also discussed creating a health committee to ensure that all of the programs being offered are effective and sustainable. This committee would also continuously develop materials as needed.

The next learning objective I worked to achieve was, “Synthesize existing relationships and foster the potential of creating new community partnerships and good relationships with stakeholders.”

I accomplished this learning objective by creating connections and collaborating with a variety of community members who are passionate about food insecurity and health as a whole. I developed a list of organizations and individuals who I had an existing relationship with and who would be a beneficial partner to Our Daily Bread. I then reached out to them to see if they would be willing to assist in our endeavors. This included entities like GreenAcres Market, OSU Master Gardening Program, and Cooking for Kids. I also asked Kathy to speak at one of the Stillwater Live Well Coalition meetings about Our Daily Bread so that anyone who was a part of this group could get involved if they so desired. This was also a great opportunity to educate some community champions about initiatives that are taking place in the county. In order to foster new community partnerships and good relationships with stakeholders, I volunteered at each of the local pantries that were assessed which allowed for a trusting relationship to develop. I attended the Regional Food Bank of Oklahoma Partner Agency Conference and met with multiple directors from the Regional Food Bank of Oklahoma where we discussed health initiatives that were being implemented in surrounding food and resource centers. This led to a relationship with Carrie Sanders, the director of Fishes & Loaves, a food and resource center in Enid, Oklahoma. I was able to visit the facility one afternoon and observe how they help guests make healthier choices while also talking to Carrie about the impact she has seen the resource center make in her community. I am still planning to meet with a variety of organizations in Payne County to discuss the distribution of available resources. Kathy has mentioned that she would like me to take on this role once the practicum is complete because she is confident in my ability to foster new partnerships.

The last learning objective I established was, “Exhibit knowledge and application of cultural competency and diversity.”

I completed this learning objective by developing the baseline assessment and the educational materials/health resources, both which were designed specifically to be appropriate for lay audiences. I am currently working with Our Daily Bread to ensure that there are individuals available at the pantry who are comfortable working with diverse populations and who can assist pantry guests as needed. Right now, we are discussing what type of training we are going to expect our volunteers to complete that will encompass cultural competency and diversity. Once all of the educational and health materials are prepared, I am going to work with Oklahoma State University to develop a partnership that will allow for the translation of certain materials, programs and services so that more than just English versions are offered. The assessment indicated that English is the predominant language used, but Spanish and French speakers are also utilizing services. By addressing cultural competency and diversity, the goal is to further improve health outcomes and quality of care, and contribute to the elimination of racial and ethnic health disparities. We ultimately want to make sure that every guest is receiving the same level of services, regardless of their background.

Demonstration of program core competencies

Bio-stats competency

Bio-stats were utilized for a large chunk of my practicum experience because I designed a 59-69 question (depending on the person) survey and implemented it in four existing pantries that will eventually feed in to Our Daily Bread Food and Resource Center. The surveys were conducted over a series of 4 days, 1 day in each pantry, for approximately three hours. A partnership was developed between Dr. Bailey Norwood from the Department of Agricultural Economics and myself. He and one of his interns assisted with the data compilation and was also able to provide \$5 incentives for each completed survey. After each round of surveys, I typed up individual reports regarding questions asked, concerns guests had, additional comments left on the back of surveys and a few other details about the survey process. I would then renumber the surveys to make sure we were

keeping track of which ones belonged to which pantry and I would count the amount of surveys compared to the amount money left over to ensure everything was on track. Next, I entered the survey information in to Google Forms and then took the hard copies to Dr. Norwood for a second entry. Once all 294 surveys were completed and all of the data was in Google Forms, the information was transferred to an excel file where I created charts using pivot tables.

The key findings from the assessment are as follows: the most common age of individuals utilizing the current pantries is 55-59, 64% of individuals are female, 242 out of 294 identified with being white, 281 preferred English as their language, 39% are high school graduates, 24% are retired while 22% are unemployed, 71% of the population resides in Stillwater, nearly 60% of the entire sample population is not enrolled in or receiving SNAP benefits and a majority suffer from at least one chronic disease. The average BMI of the entire sample was 33.1, which is considered obese. 42% of individuals do not eat breakfast on a consistent basis, 41% do not consume at least one fruit on a daily basis, and 30% do not consume at least one vegetable on a daily basis. Unfortunately, the population sampled reported having all they need at home to make a healthy meal only 47% of the time but 76% of individuals said they would definitely consume fresh items if they were offered at the pantry and 70% said they would like to see more fresh items offered. 47% people liked the idea of having healthy items marked clearly in the pantry. 35% of people do not feel confident picking out quality fruits and vegetables, 38% do not feel confident writing a healthy grocery list and 41% do not feel comfortable reading a nutrition label. 11% of people reported needing help finding secure housing, 24% reported needing assistance finding employment and 19% said they need help with transportation. 27% of surveyed individuals need help getting access to healthcare, 43% need access to basic needs and 31% said they would be interested in receiving health education.

I feel that I have a quality understanding of the important role in which bio-stats plays in the development and implementation of any public health program. Data is crucial when working with a new priority population because it is necessary to establish a baseline, especially if there are plans to

do reassessments in the future. Bio-stats also allows an organization to demonstrate the need for their presence and for them to present this information to other organizations who may be interested in partnership. The bio-statistics that we collected from the sample will allow us to compare the current health and needs of those who are utilizing local food pantry resources to future health statuses and to those in similar surrounding communities. In other words, it will permit the creation of trends data which will help Our Daily Bread determine whether or not they are making an effective change within the community they serve.

Environmental Health competency

Environmental health is a crucial component of public health and plays a large role in the success of any organization, especially ones that work with priority populations. Environmental health is comprised of numerous subcategories that all interact together to influence an individual's health and wellbeing and can have a detrimental impact if they are not addressed properly.

Although Our Daily Bread is still in the development phase and the organization itself is not interacting with any guests yet, I would suggest that they consider a variety of environmental health factors when creating and implementing resources that will eventually be offered through the organization. Below are a few recommendations I am making to the organization to ensure that their resources will address environmental health.

It will be crucial to have a volunteer who is dedicated solely to providing guests with basic needs because 43% of individuals from the baseline assessment indicated that they needed help finding toiletries and that this was a priority over worrying about their health. Basic toiletries include but are not limited to things such as: a toothbrush, toothpaste, soap, shampoo and deodorant. By providing these needs, we can work towards preventing dental diseases and other health problems like lice. This volunteer could also focus on population health by coordinating with local physicians or hospitals to have low to no cost screenings and treatment available at Our Daily Bread on a

quarterly basis. Screenings and treatments could include immunizations, blood pressure and diabetes screening, dental care and eye care. I believe programs like this could be extremely influential since more than a quarter of the survey sample reported needing access to healthcare.

Having a volunteer who is equipped to assist guests with finding housing by working closely with the local housing authorities will be necessary. Currently, 31% of survey participants rent a house and 24% rent an apartment. A majority of these individuals live in poverty, which indicates that the environments they live in are not necessarily safe or sanitary. A range of toxic substances can be present in the house or neighborhood one resides in and depending on the severity, these substances can have a substantial impact on an individual's health. Such toxins include asbestos, lead, mercury, mold and poor air quality. Each of these causes different health problems such as chronic inflammation, lung cancer, lead poisoning, asthma (which 41% of respondents reported having) and COPD (which 24% reported having).

Lastly, I would also recommend a volunteer or committee be in place to address environmental health concerns related to food quality, preparation, safety, storage and how hunger can impact health. I believe a majority of these components can be addressed by hosting classes and workshops that allow people to observe and receive hands on experience. By requiring each course to encompass all elements of food safety, preparation and storage, guests will see that it is important to follow the same steps regardless of what you are cooking. Our Daily Bread needs to guarantee that people know how to safely prepare a meal and how to pick out fresh, quality items (that adhere to their diet) to cook with. This includes teaching guests how to properly wash and measure items, how to safely cut and chop items, how to safely store items and inform them on shelf life. Different methods of cooking will also be presented (stove, crockpot, microwave, hot plate, etc.) since approximately 10% of the sample population do not have a working kitchen and 15% do not have access to necessary tools. Incentives like crock pots, cooking utensils and cook books will be given away at cooking classes as well as step by step information sheets on how the example meal was

prepared that day.

Environmental health encompasses more than just our surrounding environment and how it can negatively, or positively, influence our health. Environmental justice must also be considered and is the fair treatment and meaningful involvement of all people regardless of race, color, national origin, or income with respect to the development, implementation, and enforcement of environmental laws, regulations, and policies (EPA, 2016). In order to honor the importance of environmental justice, Our Daily Bread has developed a non-discrimination statement that will eventually be placed inside the official policy and procedure handbook and will also be part of a civil rights training that volunteers will be expected to complete. The statement follows: “In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, Our Daily Bread does not discriminate based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity.”

As an organization, Our Daily Bread hopes to combat environmental injustice that is occurring throughout Payne County by offering individuals who may fall victim to such treatment with resources. Our Daily Bread is passionate about serving anyone who needs assistance and will never turn anyone away. It has been discussed among board members and established by the Vice President that no person who comes in to the facility needing food will leave without it. And, Our Daily Bread is determined to never turn away a guest even if what they need is not food related. Since the organization will serve as a county wide resource center as well as a food pantry, Our Daily Bread is prepared to assist with any circumstance that may arise. If for some reason they do not have the tools necessary to help someone, they will connect that individual with another organization or person who can eliminate or suppress the situation.

Risk management is another component of environmental health and is important because it

ensures that organizations have strategies in place to help cope with any unexpected situations that can cause harm. Environmental risk management seeks to determine what environmental risks exist and then determine how to manage those risk in a way best suited to protect human health and the environment (EPA, 2016). To ensure that all of the guests, volunteers and employees are safe in their surroundings, Our Daily Bread has created a memo from the Regional Food bank of Oklahoma regarding some possible scenarios that could take place, some suggested procedures to take and ways to report any incidents. Although, this document is only a memo and is subject to change when Our Daily Bread is ready to begin the policy development process.

Epidemiology competency

Epidemiology is the study of the origin and causes of diseases in a community. It is vital to utilize such information in the public health field because it helps to determine the root of health problems within a community or specific group of individuals and is the first step in developing an effective strategy to combat whatever health issue is occurring. Epidemiology also allows public health professionals to view what has been done in the past, therefore indicating what has worked and what has not. Some epidemiological data is presented in the form of “trends,” which shows how a health issue or health outcome has changed over time and helps to guide future program implementation.

A lot of epidemiological evidence highlighting the serious need for a Food and Resource Center in Payne County was gathered at the beginning of the practicum project. It helped guide the development of the assessment survey as well as the recruitment of board members, volunteers and other Our Daily Bread representatives. I also had to find and analyze a significant amount of epidemiological data to develop my IRB application and justify the work that I was going to be doing in the community. This data was presented in the profile agency and project section.

In terms of public health trends in food insecurity and health disparities, I reviewed

epidemiological data that helped me to better understand the issue as a whole (see page 8). Across the lifespan, data shows that food insecurity is associated with poorer dietary intake, poorer physical, psychological and behavioral health and poorer disease management. For example, Feeding America reports show that 58% of households that utilize food resources have a member with high blood pressure and 33% of households have members with diabetes. The report also shows that 47% of clients believe they are in fair or poor health, 29% of households have no health insurance, 55% of households are in some level of medical debt, and 66% of households report having to choose between food and medicine (Feeding America Network, 2015). These statistics are consistent with the findings of our baseline assessment. As for health disparities, Feeding America reported that wealthier men can expect to live longer than their parents did, while life expectancies for the poor have not changed. The average life expectancy for a rich male is 88.8 years, an upper middle class male is 87.8 years, a middle class male is 83.4 years, a lower middle class male is 78.3 years and the poorest male life expectancy is 76.1 years (National Academies of Science, Engineering and Medicine, 2015). This is because wealthier individuals have more access to quality healthcare, food items and are likely in environments that are supportive to health. It also goes further to show that populations including the low income are disproportionately affected.

The data that I found most interesting was the cycle of food insecurity. Most people believe that food banks and pantries function on an “emergency needs” basis, but that simply is not the case anymore. Although some individuals certainly do still utilize these resources just a few times throughout the year, a large number of families are beginning to rely on these programs and services on a regular basis, which is shifting the food insecurity culture. More than a third of clients in a study conducted by Hunger in America 2010 reported visiting a pantry, shelter or kitchen every month for at least 12 months. The same source said that “clients often combine multiple strategies to meet household needs, including federal programs like SNAP and regular pantry visits” (Hunger in America, 2010). The Hunger in America report from 2014 showed that 63% of households plan to

get food at a program on a regular basis to help with their mostly food budget and 37% of households report waiting to come until they run out of food completely (Hunger in America, 2014). All of this data shows that the need for a local food and resource center like Our Daily Bread is continuing to grow.

Healthcare Administration competency

Although Our Daily Bread has no current organizational system in place, I believe this project provided great opportunity to be involved in the development of a quality organizational foundation. The way that Payne County currently meets the needs of food insecure individuals is not efficient because there are four main locations for individuals to go to and they are all open at different days and times throughout the week. The Regional Food Bank of Oklahoma and Our Daily Bread knew this current system was not the best use of resources and that developing one centralized location would be much more efficient for everyone involved. Since we are still in the beginning phase of Our Daily Bread development, it has been challenging to determine what type of organizational system they plan to use. But, during my time with them, I have made multiple suggestions regarding policies and practices that they can do in order to create an environment that is more conducive to health. We have also discussed what other food and resource centers have done and how we can implement some of the strategies that have been successful for them.

Ultimately, we want to have a plan in place that allows for our volunteers, vendors, board members, guests and anyone else who may visit the site to feel equally valued, educated and welcomed.

I have observed a variety of leadership styles throughout this experience and learned a lot about the type of leader I want to be. It was great to see so many different people working together towards the same cause and although everyone wanted to take a slightly different approach, our passion for the organization and the void it will fill in our community is what every conversation came back to. Our Daily Bread does a great job recognizing that everyone has something different to

bring to the table and we appreciate each leadership style and the perspective it brings to the group. I did not face any challenges in this area because I believe that Our Daily Bread understands that in order for leaders to be successful, their goals must be aligned with those of the organization.

I suggested and helped foster several partnerships and also brought model policies to the table for consideration. Our Daily Bread has every intention of adopting a tobacco policy and I am the individual who is walking them through this process. I am also bringing other public health aspects to the table like issues with transportation and accessibility. I was successful at developing multiple partnerships for Our Daily Bread, but two of the largest were with GreenAcres and the OSU Master Gardeners Program. GreenAcres, a local organic food store in Stillwater, is going to work with us to provide produce and toiletries that are not offered through the Regional Food Bank of Oklahoma. The second partnership I fostered was with the OSU Master Gardeners program and they are going to help us with the community garden. Cooking for Kids is another partnership I have fostered and we plan to use their resources when we are ready to begin offering cooking classes. I am also helping Our Daily Bread apply for multiple grants and sponsorships.

Social/Behavioral competency

The subject of human behavior is complicated and requires complex approaches in order to see long term, sustainable change. It was once believed that approaching health behavior at an individual level would be most impactful but recent studies show that altering the surrounding environment and making it more conducive to health it's more effective and efficient. This is because individuals go through a series of readiness stages and no one method can be applied to every person who is dealing with the same health behavior. Individualized behavior change is much more time consuming, labor intensive and the outcomes are less likely to become permanent once interventions are complete. With environmental and policy changes, public health professionals can alter things like social norms, availability and accessibility to certain items and instead of making one person feel like

they are being blamed for their actions which never leads to a positive outcome, this approach allows for the individual to still make a choice but their decision may be altered without them even realizing it. It is not forceful necessarily but more of a gentle push that will hopefully effect a larger amount of people during a shorter amount of time.

As mentioned, there are a variety of factors that influence human behavior such as policy making, social factors, health services, individual behavior and biology and genetics. It is the interrelationships among these factors that determine individual and population health. Because of this, interventions that target multiple determinants of health are most likely to be effective. The Social Cognitive Theory presents an evidence-based approach that explains how individuals, environments and health behaviors interact with each other. It emphasizes reciprocal determinism in these three factors and posits that human behavior is the product of the dynamic interplay of personal, behavioral, and environmental influences. “Although it recognizes how environments shape behavior, this theory focuses on people’s potential abilities to alter and construct environments to suit purposes they devise for themselves” (Glanz, K., Rimer, B. K., & Viswanath, K., 2008).

Social Cognitive Theory also emphasizes the human capacity for collective action which enables individuals to work together in organizations and social systems to achieve environmental changes that benefit the entire group. I believe embracing this evidence-based approach would be most beneficial for an organization like Our Daily Bread because it addresses all of the factors that influence human behavior in one tactic. Not only will Our Daily Bread be practicing reciprocal determinism, but they will also be increasing self-efficacy through things like resume building classes and will be implementing observational learning by urging participation in events like cooking classes. Self-regulation will be established because individuals will be equipped with healthy shopping skills that include things like making a healthy grocery list and choosing smart options which will be marked with signage. Modeling, which is another huge component of the Social Cognitive Theory, will be incorporated by having trained pantry volunteers and community members walk through the grocery

shopping experience with guests. This will allow for peer education to take place as guests can ask questions about products as they shop, can ask for guidance from volunteers when needed, and will be able to learn how to put together a healthy shopping cart.

I would recommend having other pantry guests serve as the “partner shopper” in the partner shopping program because individuals are more likely to receive information in full when it is delivered by someone who shares a similar social background or life experiences. Plus, we want guests to have a positive connotation with grocery shopping and sometimes circumstances can make this experience stressful. It is hoped that a partner shopping program will help decrease or manage shopping anxiety.

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Appendices

Appendix 1: Practicum Learning Agreement..... Page # 25-28

Appendix 2: Site Evaluation of student..... Page # 29-30

Appendix 3: Student evaluation of site..... Page # 31-32

Appendix 4: Self-Evaluation of practicum..... Page # 33-37

Appendix 5: Faculty Advisor Signature Page..... Page # 38



Master of Public Health Program

MPH Practicum
Learning Agreement

Student Name: Katelyn McAdams Campus Wide ID (CWID): 11342271

Cell Phone: 972-786-4862 Email: katelyn.mcadams@okstate.edu

Preceptors Name: Kathy Sandefur Title: Vice President

Phone: 405-564-5613 Email: kathyesandefur@gmail.com

Practicum Site & Address: Our Daily Bread 701 E. 12th Ave., Stillwater, OK 74074

Beginning Date: March 1, 2016 Ending Date: July 1, 2016

Experience (circle one): Paid **Unpaid**

Please provide a brief description of your purpose during this practicum:

The intended purpose for this practicum project was to gather a deeper understanding and appreciation of public health and the different dimensions that contribute to it's over all importance and role in protecting the health of individuals within a specific community.

I fulfilled this purpose by immersing myself in the culture of food insecurity and by learning and developing skills on how to better understand and serve the needs of those who utilize food pantry resources so that I could assist an upcoming Food and Resource Center, Our Daily Bread, in Payne County with establishing a baseline. This baseline would be determined based upon results from an assessment that will be conducted in each of the existing pantries which will eventually seize activity and feed in to the new Food and Resource Center.

The anticipated benefit of participation in the survey is the development of health materials, resources and initiatives that are designed specifically to meet the desired needs of those who will be utilizing Our Daily Bread Food and Resource Center. These materials include guidance for better nutrition, assistance with increasing physical activity and resources for tobacco cessation as well as education pertaining to necessary life skills.

These resources, which will be chosen by individuals who utilize Our Daily Bread Food and Resource Center via the surveys distributed, aim to improve lifestyle choices which will in turn reduce the number of individuals suffering from chronic diseases and other health disparities in Payne County. Ultimately, these changes would reduce healthcare costs as well as improve overall quality of life.

Food insecurity is not an individual issue, it is a community issue that requires collaboration and a comprehensive approach in order for improvements to occur. And, although local food pantries can certainly make a difference in terms of food insecurity, it is also necessary to provide additional services for sustainability, such as health and life skills education, that small pantries are not equipped to provide.

Describe 2 – 4 learning objectives that will underlie the ability to achieve the overall goal of this practicum. These objectives should be unique learning experiences that support and reinforce classroom learning in the MPH curriculum. Learning objectives should be agreed upon between the student and the preceptor and allow the faculty advisor, as well as the practicum preceptor a clear set of guidelines to support the student in his/her practicum experience.

Tips for writing learning objectives: learning objectives should follow a similar format, stating the skill statement a student should be able to accomplish after a specified activity. Skill statements should include words like demonstrate, analyze, synthesize, develop, et cetera. Activity statements should be brief and describe the actions the student will be completing to achieve learning objective.

1. Analyze relevant epidemiological data followed by the development and implementation of a comprehensive assessment in order to establish a baseline for an organization which can be used to create quality and appropriate health communication and educational resources to reach a specific priority population.

Activities: I will be developing a needs assessment survey to distribute to four existing pantries that will be closing and feeding in to Our Daily Bread, the new Food and Resource Center. These surveys will provide valuable information pertaining to what type of population the Food and Resource Center would be aiding services to, what health outcomes those individuals and their families may be struggling with, the health behaviors that they are taking part in, their knowledge in regards to health practices, what barriers may be keeping them from practicing healthy behaviors, and lastly determining what services they may need in order to improve their overall health or wellbeing. The results collected from the surveys will be used to help guide the development of resources and services which will be provided to those who utilize the Food and Resource Center.

2. Demonstrate learning and application of leadership and systems thinking skills as well as demonstrating policy development abilities by assisting in the formation and adoption of health policies.

Activities: I am going to work diligently to immerse myself in the culture of food insecurity and become familiar with the environments in which such takes place. This will allow me to develop trustworthy relationships with key stakeholders and will create a pocket of space for me to contribute bits and pieces of a public health perspective. Ultimately, I want to understand the environmental aspects that influence economic and health disparities while also working towards attainable and sustainable solutions.

I am also striving to comprehend the organizational systems in which pantries and Food and Resource Centers function and the political system in which they govern public affairs. This information will help direct my involvement in policy development and adoption. But, Our Daily Bread has expressed sincere interest in working with me to at least create a tobacco policy.

3. Synthesize existing relationships and foster the potential of creating new community partnerships and good relationships with stakeholders.

Activities: I will be serving as an honorary board member for Our Daily Bread Food and Resource Center, will be volunteering at the local pantries, attending a conference and meeting with directors from the Regional Food Bank of Oklahoma, and will be visiting other Food and Resource Centers in the surrounding counties in order to develop quality relationships with community partners and key stakeholders. I am planning to meet with a variety of grocery stores, businesses and community organizations in Payne County with hopes of creating new, sustainable partnerships. I will also be assisting Our Daily Bread with recruitment, fundraising, and multiple grant applications.

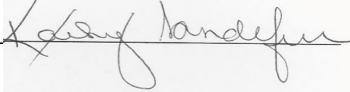
4. Exhibit knowledge and application of cultural competency and diversity.

Activities: I will be putting together a survey and educational materials that will focus on asking questions and providing information that is appropriate for lay audiences. I also intend on working with Our Daily Bread to ensure that there are individuals available at the pantry who are comfortable working with diverse populations and who can assist pantry guests as needed. And, I am going to work with Oklahoma State University to develop a partnership that will allow for the translation of certain materials, programs and services so that more than just English versions are offered. By addressing cultural competency and diversity, the goal is to further improve health outcomes and quality of care, and can contribute to the elimination of racial and ethnic health disparities. We ultimately want to make sure that every guest is receiving the same level of services, regardless of their background.

Approval Signatures:

Faculty Advisor: _____

Date: _____

Preceptor:  _____

Date: July 6, 2016

Student:  _____

Date: July 8, 2016

Students: Please submit this completed document to the MPH Director with an electronic copy of your preceptor's resume. The preceptor should be the person who directly supervises your practicum experiences and acquisition of your learning goals.



Master of Public Health Program

MPH Practicum
Site Evaluation of Student

Student Name: Katelyn McAdams Semester : Spring & Summer 2016

Practicum Site & Address: Our Daily Bread 701 E. 12th Ave., Stillwater, OK 74074

Preceptors Name: Kathy Sandefur Title: Vice President

This practicum ...	Strongly Agree	Agree	Disagree	Strongly Disagree	N/A
1. Contributed to the development of the student's career interests	X				
2. Provided the student with the opportunity to address his/her learning objectives	X				
3. Provided the student with the opportunity to showcase skills learned in MPH	X				
4. I could use additional guidance on how to best structure practical opportunities for OSU MPH students				X	
5. Served as a valuable experience in public health practice	X				
6. I would be interested in directing practica for OSU MPH students in the future	X				
The student...	Strongly Agree	Agree	Disagree	Strongly Disagree	N/A
9. Obtained with appropriate skills through MPH coursework	X				
10. Had valuable suggestions	X				
11. Initiated communication relevant to organizational interests	X				
12. Was knowledgeable in his/her area of study	X				
13. Completed at least 200 practical hours with our site.	X				
14. I would hire this student if I had a full time position available	X				
15. Used an existing Graduate Assistantship or my current place of employment as my practicum site	Yes				No

Please include any comments that can be used to support your responses. Include this form in your written report to be submitted to your faculty advisor and the MPH Program Director.

It has been such a pleasure to work with Katelyn McAdams, and we very much appreciate the opportunity to have her participation in Our Daily Bread Food and Resource Center. I would like to highlight just a few of Katelyn's personal attributes and professional contributions.

Katelyn's development of a health survey permits us to establish a baseline for the population we seek to serve. She presented it in draft format to us, sought our input, clarified and discussed the issues we identified. She was insightful and thorough. We will administer it again, and in additional sites. It is a great resource for the management of ODB FRC.

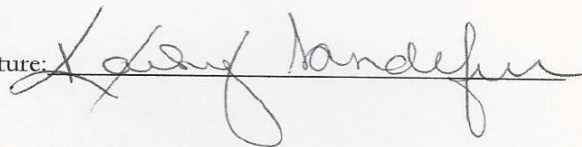
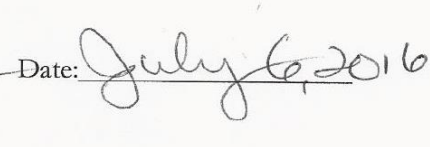
I had the opportunity to observe Katelyn "in action" at Lost Creek United Methodist Church Pantry Day. She arrived promptly, was totally organized and prepared, which facilitated putting guests at ease. Katelyn's "soft skills" are exceptional. Folks respond to her warmth, and self-confidence and her acceptance of them.

Katelyn is clearly a self-starter and leader. She has a wealth of good, solid ideas. She is always willing to "wade in" and get to work with the rest of the team whether board members, volunteers, business owners, or guests.

To my thinking, Katelyn has a great future ahead of her, and the organizations she chooses to work with will be very fortunate indeed.

Kathy Sandefur
Vice-President, Our Daily Bread Food and Resource Center
July 8, 2016

Preceptor Signature:

 Date: 



Master of Public Health Program

MPH Practicum

Student Evaluation of Site

Student Name: Katelyn McAdams Campus Wide ID (CWID): 11342271

Faculty Advisor: Julie Croff

Practicum Site & Address: Our Daily Bread: 701 E. 12th Ave., Stillwater, OK 74074

Preceptors Name: Kathy Sandefur Title: Vice President

My practicum experience ...	Strongly Agree	Agree	Disagree	Strongly Disagree	N/A
1. Contributed to the development of my career interests	X				
2. Provided me with the opportunity to address my learning objectives	X				
3. Provided the opportunity to use skills obtained through MPH coursework	X				
4. Required skills I did not have				X	
5. Required skills I obtained outside of MPH coursework		X			
6. Added new information or skills to my graduate education	X				
7. Served as a valuable experience in public health practice	X				
8. I would recommend this organization to others for a practicum	X				
My preceptor...	Strongly Agree	Agree	Disagree	Strongly Disagree	N/A
9. Enabled me to achieve my learning goals	X				
10. Accepted me as an functional member of the staff	X				
11. Integrated me into all appropriate levels in activities, programs, and projects	X				
12. Listened to my suggestions	X				
13. Involved me in the decision making process within the organization	X				
14. Initiated communication relevant to my assignment or topics that he/she knew to be of interest to me	X				
15. Was knowledgeable in his/her area of study	X				
16. I would recommend this preceptor as a supervisor for future practica	X				
17. I used an existing Graduate Assistantship or my current place of employment as my practicum site	Yes			No	

Please include any comments that can be used to support your responses. Include this form in your written report to be submitted to your faculty advisor and the MPH Program Director.

Working with Our Daily Bread while they were still in the development phase was such a wonderful learning opportunity and it really allowed me to obtain hands on experience in the area of public health that I am most passionate about. Before starting this practicum assignment I knew that I wanted to be involved in food access and food security, but I never knew how large the need was and how big of a role I could play in helping solve the problem. I was able to attend monthly board meetings where I contributed my perspective on certain decisions that were being made and I was also able to develop great relationships with a variety of stakeholders and community members who were also active on the project. A lot of great collaboration took place and it was nice to feel that my opinion was valued and that those I was working with trusted my input. A majority of the core competencies for the public health program were utilized and incorporated throughout my work with Our Daily Bread as well as new skills and information.

My site supervisor was fantastic and always kept me in the loop with the progress that was taking place. She and the other Our Daily Bread members and volunteers fully accepted me as a functional member of the staff and they were involved with the survey development and implementation from the beginning. Kathy was a great preceptor and we have developed great trust throughout the entire process. She is someone who provided great guidance and really helped me understand all of the components that are necessary in order for pantries and food and resource centers to be successful.

Overall, I believe this was a very valuable experience and I couldn't have asked for a better site, preceptor and group of individuals to work with. It has been a blessing to be a part of the development and I am excited to see the impact that the food and resource center will have on those who utilize it in Payne County.

Student Signature: Kateyu McAdams Date: July 8, 2016



Master of Public Health Program

MPH Practicum
Student Self-Evaluation

Student Name: Katelyn McAdams Semester: Spring & Summer 2016

Practicum Site & Address: Our Daily Bread 701 E. 12th Ave., Stillwater, OK 74074

Preceptors Name: Kathy Sandefur Title: Vice President

- 1. Reflect on your strengths and your ability to demonstrate these strengths during the practicum experience. Specifically, address strengths related to the demonstration of core program competencies. Also, reflect on your challenges related to demonstrating the core program competencies.**

Bio-stats competency

Bio-stats were utilized for a large chunk of my practicum experience because I designed a 60-70 question (depending on the person) survey and implemented them in four existing pantries that will eventually feed in to Our Daily Bread Food and Resource Center. The surveys were conducted over a series of 4 days, 1 day in each pantry, for approximately three hours. Once all 294 surveys were completed, the data was entered through Google Forms. A partnership was developed between Dr. Bailey Norwood from the Department of Agricultural Economics and myself. He assisted with the data compilation and was able to provide \$5 incentives for each completed survey. Charts were developed in order to represent the findings and surveys were individually numbered so that certain reports could be given back to specific pantries. The data was also analyzed and compared to numbers from surrounding areas and the state to express the county wide need for an organization like Our Daily Bread.

I have a quality understanding of the important role in which bio-stats plays in the development and implementation of any public health program. Data is crucial when working with a new priority population because it is necessary to establish a baseline, especially if there are plans to do reassessments in the future. Bio-stats also allows an organization to demonstrate the need for their presence and for them to present this information to other organizations who may be interested in partnership. The bio-statistics that we collect from the sample will allow us to compare the current health and needs of those who are utilizing local food pantry resources to future health statuses and to those in similar surrounding communities. In other words, it will permit the creation of trends data which will help Our Daily Bread determine whether or not they are making an effective change within the community they serve.

Environmental Health competency: Discuss various risk management approaches in relation to issues of environmental justice and equality.

Environmental health encompasses a variety of components, some of which were not covered in this practicum project. But, there were certain elements of environmental health that were considered and addressed throughout the process.

Our Daily Bread is passionate about serving anyone who needs assistance and will never turn anyone away. It has been discussed among board members and established by the Vice President that no person who comes in to the facility needing food will leave without it. And, Our Daily Bread is determined to never turn away a guest even if what they need is not food related. Since the organization will serve as a county wide resource center as well as a food pantry, Our Daily Bread is prepared to assist with any circumstance that may arise. If for some reason they do not have the tools necessary to help someone, they will connect that individual with another organization or person who can eliminate or suppress the situation.

As an organization, Our Daily Bread hopes to combat environmental justice that is occurring throughout Payne County by offering individuals who may fall victim to such treatment with readily available resources. For example, the Food and Resource Center intends on having a volunteer who strictly works with individuals who need help finding a safe and secure place to live. Therefore, if a guest comes in and says their house is full of mold, bugs and asbestos but they don't have anywhere else to go, the volunteer can help that person locate new living quarters. This is one of many services that will be available, for free, to all that need it. Ultimately, we want to improve every guest's quality of life.

Epidemiology competency

A lot of epidemiological evidence highlighting the serious need for a Food and Resource Center in Payne County was gathered at the beginning of the practicum project. It helped guide the development of the assessment survey as well as the recruitment of board members, volunteers and other Our Daily Bread representatives. I also had to find and analyze a significant amount of epidemiological data to develop my IRB application and justify the work that I was going to be doing in the community.

Epidemiology is the study of the origin and causes of diseases in a community. It is vital to utilize such information in the public health field because it helps to determine the root of health problems within a community or specific group of individuals and is the first step in developing an effective strategy to combat whatever health issue is occurring. Epidemiology also allows public health professionals to view what has been done in the past, therefore indicating what has worked and what has not. Some epidemiological data is presented in the form of "trends," which shows how a health issue or health outcome has changed over time and helps to guide future program implementation.

I am confident in my ability to locate quality epidemiological data and to draw appropriate inferences that can be applied to the task at hand and had no challenges in completing this element of the practicum project.

Healthcare Administration competency

Although Our Daily Bread had no current organizational system in place when I started working on my practicum, I believe this provided great opportunity to be involved in the development of a quality organizational foundation. The way that Payne County currently meets the needs of food insecure individuals is not efficient because there are four main locations for individuals to go to and they are all open at different days and times throughout the week. The Regional Food Bank of Oklahoma and Our Daily Bread knew this current system was not the best use of resources and that developing one centralized location would be much more efficient for everyone involved. Since we are still in the beginning phase of Our Daily Bread development, it has been challenging to determine what type of organizational system they plan to use. But, during my time with them, I have made multiple suggestions regarding policies and practices that they can do in order to create an environment that is more conducive to health. We have also discussed what other food and resource centers have done and how we can implement some of the strategies that have been successful for them. Ultimately, we want to have a plan in place that allows for our volunteers, vendors, board members, guests and anyone else who may visit the site to feel equally valued, educated and welcomed.

I have observed a variety of leadership styles throughout this experience and learned a lot about the type of leader I want to be. It was great to see so many different people working together towards the same cause and although everyone wanted to take a slightly different approach, our passion for the organization and the void it will fill in our community is what every conversation came back to. Our Daily Bread does a great job recognizing that everyone has something different to bring to the table and we appreciate each leadership style and the perspective it brings to the group. I did not face any challenges in this area because I believe that Our Daily Bread understands that in order for leaders to be successful, their goals must be aligned with those of the organization.

I suggested and helped foster several partnerships and also brought model policies to the table for consideration. Our Daily Bread has every intention of adopting a tobacco policy and I am the individual who is walking them through this process. I am also bringing other public health aspects to the table like issues with transportation and accessibility. I was successful at developing multiple partnerships for Our Daily Bread, but two of the largest were with GreenAcres and the OSU Master Gardeners Program. GreenAcres, a local organic food store in Stillwater, is going to work with us to provide produce and toiletries that are not offered through the Regional Food Bank of Oklahoma. The second partnership I fostered was with the OSU Master Gardeners program and they are going to help us with the community garden. I am also helping Our Daily Bread apply for multiple grants.

Social/Behavioral competency: Demonstrate understanding of the influence of human behavior on public health outcomes and propose appropriate evidence-based approaches.

The subject of human behavior is complicated and requires complex approaches in order to see long term, sustainable change. It was once believed that approaching health behavior at an individual level would be most impactful but recent studies show that altering the surrounding environment and making it more conducive to health it's more effective and efficient. This is because individuals go through a series of readiness stages and no one method can be applied to every person who is dealing with the same health behavior. Individualized behavior change is much more time consuming, labor intensive and the outcomes are less likely to become permanent once interventions are complete. With environmental and policy changes, public health professionals can alter things like social norms, availability and accessibility to certain items and instead of making one person feel like they are being blamed for their actions, which never leads to a positive outcome, this approach allows for the individual to still make a choice but their decision may be altered without them even realizing it. This approach is not forceful necessarily but more of a gentle push that will hopefully effect a larger amount of people during a shorter amount of time.

As mentioned, there are a variety of factors that influence human behavior such as policy making, social factors, health services, individual behavior and biology and genetics. It is the interrelationships among these factors that determine individual and population health. Because of this, interventions that target multiple determinants of health are most likely to be effective. The Social Cognitive Theory presents an evidence-based approach that explains how individuals, environments and health behaviors interact with each other. It emphasizes reciprocal determinism in these three factors and posits that human behavior is the product of the dynamic interplay of personal, behavioral, and environmental influences. "Although it recognizes how environments shape behavior, this theory focuses on people's potential abilities to alter and construct environments to suit purposes they devise for themselves" (Glanz, K., Rimer, B. K., & Viswanath, K., 2008).

Social Cognitive Theory also emphasizes the human capacity for collective action which enables individuals to work together in organizations and social systems to achieve environmental changes that benefit the entire group. So, I believe embracing this evidence-based approach would be most beneficial for an organization like Our Daily Bread because it addresses all of the factors that influence human behavior in one approach. Not only will Our Daily Bread be practicing reciprocal determinism, but they will be increasing self-efficacy through things like resume building, they will be implementing observational learning by urging participation in events like cooking classes which will also include incentive motivation with things like crock pot and cook book giveaways. This also addresses the facilitation component of Social Cognitive Theory. And, self-regulation will be established because individuals will be equipped with healthy shopping skills that include things like making a healthy grocery list and choosing smart options which will be marked with signage. When all of these things are combined, it is hoped that stressors which are keeping people from making healthy choices will subside and health can become a priority.

2. What are your plans for continued professional development? Do you plan to build upon strengths, improve upon challenges, or some combination?

- a. Upon completion of the required practicum assignment, I plan to continue having a relationship with Our Daily Bread. I will still serve on the board and will help them develop a follow up assessment and continue helping to administer surveys across the local pantries. I will also continue to be a part of the policy development and adoption process and will likely become a volunteer and help with assisted shopping and cooking classes as well as tend the garden that I helped provide sponsorship for. So, the partnership that I have established will continue to grow, especially because part of my current job is to be active in the community and to work with non-profit organizations and businesses (as well as local governments and schools).

- b. Professional development wise, I fully intend on attending conferences regarding food insecurity as well as other conferences, such as APHA, to learn about ways that we can bridge the gap in terms of health disparities and the availability and accessibility of healthy, fresh foods. I will be part of the 2016-2017 Payne County Leadership Connections Class 7 and am also currently working on an application to be part of the 2017 Regional Food Bank of Oklahoma Leadership Council Class which is a collaborative initiative that connects young professionals passionate about fighting hunger in Oklahoma. Lastly, I am also planning to take the CHES (Certified Health Education Specialist) in either April or October of 2017. Needless to say, I certainly plan on building upon my existing strengths and maintaining all of the wonderful relationships that have been created throughout this experience. I am passionate about food and I believe this is the area of public health I will continue to work in. The only challenges that I faced during this project, which was not personal, was how underfunded these vital organizations are. I will definitely begin advocating and doing my best to spread the word about how important it is to reduce the amount of food insecure individuals across the county, state and nation. I also plan on attending or taking a grant writing class or workshop so that I can actually put my passion in to action and help Our Daily Bread or organizations like it to receive the funding and recognition they deserve.



Master of Public Health Program

MPH Practicum
Committee
Signature Page

Student Name: Katelyn McAdams

Campus Wide ID (CWID): 11342271

Practicum Site & Location:

Our Daily Bread Food & Resource Center
701 E. 12th Ave., Stillwater, OK 74074

The student named above has successfully completed the written practicum assignment and 200-hour practicum to my satisfaction.

Additional comments:

Chair Signature: _____

Date: _____

Chair Name: Julie Croff

Committee Member Signature: _____

Date: _____

Committee Member Name: Bridget Miller

Committee Member Signature: _____

Date: _____

Committee Member Name: Nancy Betts