

Welcome to the Resilient Georgia General Meeting: Food, Mood, and Mental Health

We will begin at 11:00.

Housekeeping:

- We will be using Menti as an interactive tool. Scan the QR code with your phone and you will see the slides until it is time for an interactive activity
- Please mute your microphone
- Contact kchambers@resilientga.org if you experience technical issues
- Recording and slides will be available on the Resilient Georgia website

Instructions

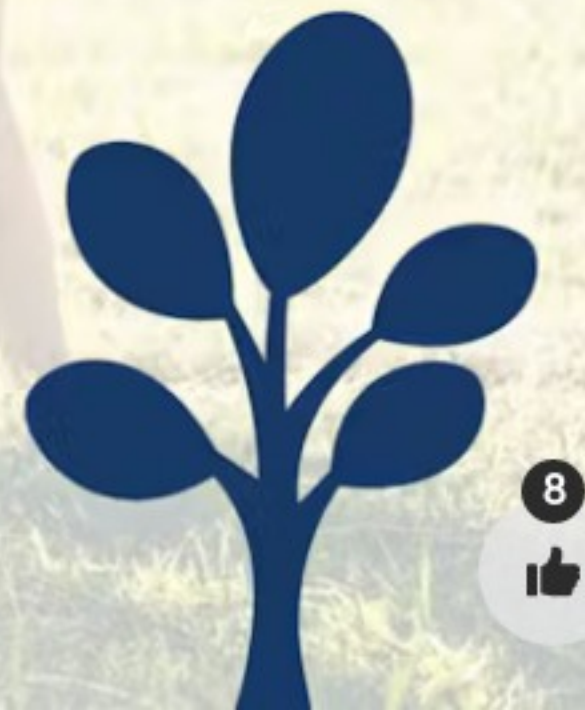
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www.menti.com

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1735 3749



Or use QR code





Emily Anne Vall, PhD

Executive Director
Resilient Georgia



Who We Are

We are building a collaborative Georgia.

Resilient Georgia is a statewide coalition of more than 900 public-private partners and stakeholders committed to building a more resilient, trauma-informed Georgia by preventing Adverse Childhood Experiences (ACEs) and promoting resilience.



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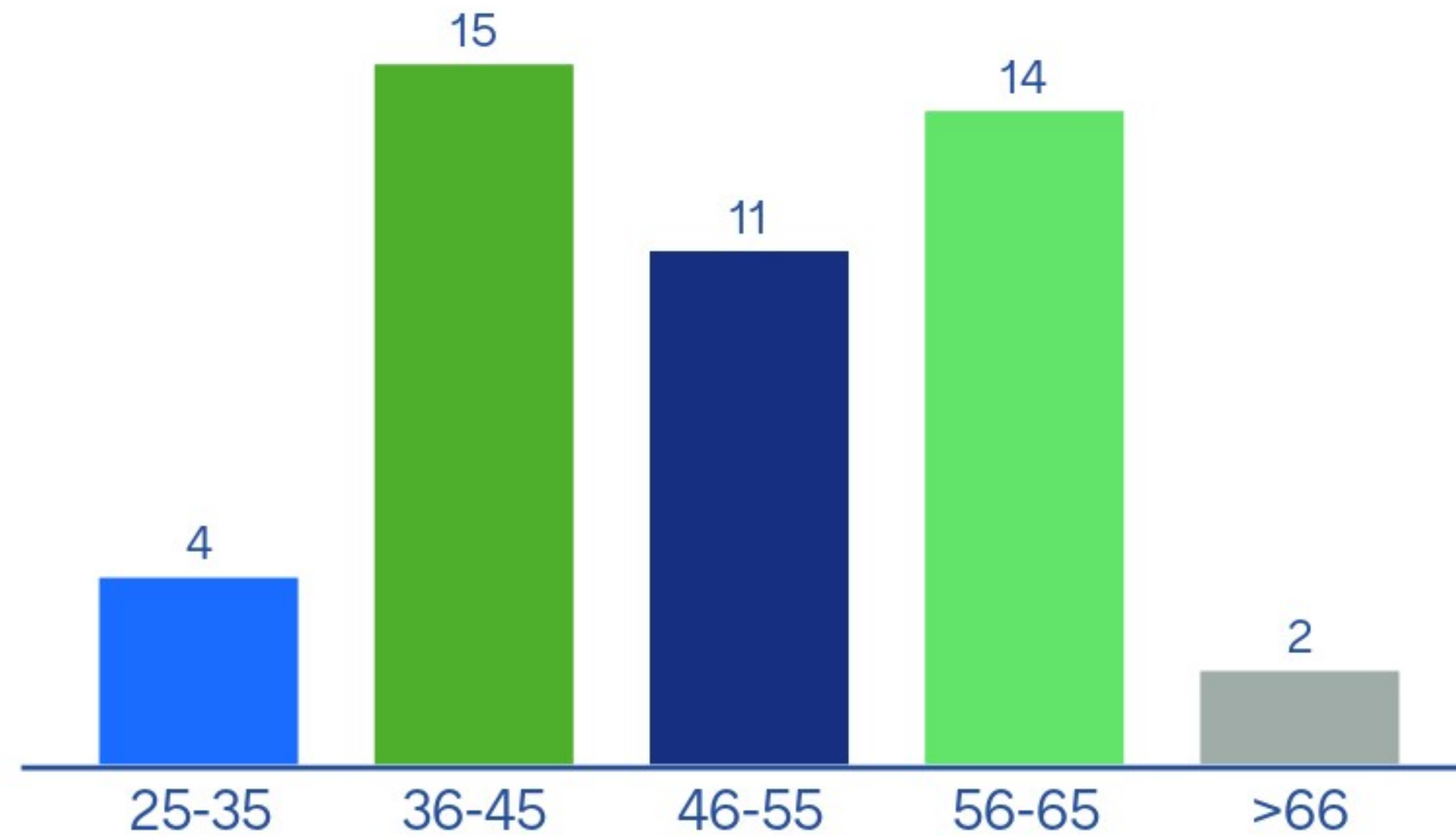
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Lily Baucom
Executive Director
Georgia Foundation for
Agriculture



What is the average age of a farmer in Georgia?



AGRICULTURE IN GEORGIA

Agriculture is Georgia's largest and oldest industry.

One in seven Georgians works in agriculture, forestry or related fields. GFB represents nearly 40,000 farmer members.

Georgia farmers lead the nation in the production of peanuts, chickens, pecans, blueberries, and spring onions.



FUTURE OF FARMING IS AT STAKE

The average age of the farmer in Georgia is 58 years old and increasing every year.

Georgia farmers are dying by suicide at rates higher than ever before.

The world is in the midst of a massive food crisis. Simply to feed ourselves in the next 40 years, we will need to produce more food than the entire output of the past 10,000 years combined.





2021-2022:
Research Phase

- **Partnerships Formed:** Collaboration with The Georgia Rural Health Innovation Center and Mercer University's Rural Health Sciences Ph.D. program.
- **Conducted Pilot + Statewide Study:** Investigated mental well-being, stressors, and coping mechanisms within farm occupations, with responses from over 1500 farmers & spouses.



2023: Awareness + Engagement

- **Research Shared:** Over 50 presentations at national and local meetings.
- **Many Community Stories Shared:** With each presentation, people came forward to tell their story. We began to further understand the personal impact of farm stress, encouraging a broader conversation on the need for support.
- **The Georgia Agricultural Wellness Alliance** was formalized to coordinate statewide efforts.



2024: Action + Support

With funding from the Georgia Health Initiative, GFA aims to bolster these efforts in 2024 by:

- **Statewide Trainings:** Plans to host 1-2 training sessions for GFB staff, volunteers and partners to prepare them to better address mental health in farming.
- **Program Guidance Development:** Creation of a guide with actionable programs, drawing from successful county farm bureau initiatives across other states.
- **Awards and Financial Support:** Launch of an awards program to recognize efforts, alongside attempts to secure grant funding to financially assist projects.

Farmer's Mental Well-Being Project: Statewide Survey Report

June 2022



This document was produced by the Georgia Rural Health Innovation Center at Mercer University School of Medicine pursuant to Georgia Department of Community Health Grant #19045G.

WHAT WE LEARNED FROM OUR SURVEY....

FARMERS ARE IN NEED

42% of all farmers have thought about dying by suicide at least once in the past 12 months.

STRESS VARIES BY FARMING EXPERIENCE

50% of farm managers think about dying by suicide at least once per month.

61% of first-generation farmers thought about dying by suicide in the past 12 months compared to 10% of generational farmers.

NOT ALL FARM STRESS IS THE SAME

Depending on your age, gender, race/ethnicity, farming experience and role on the farm, each group has different top stressors and coping mechanisms. Interventions must be tailored for certain groups.

PEER NETWORKS ARE IMPORTANT

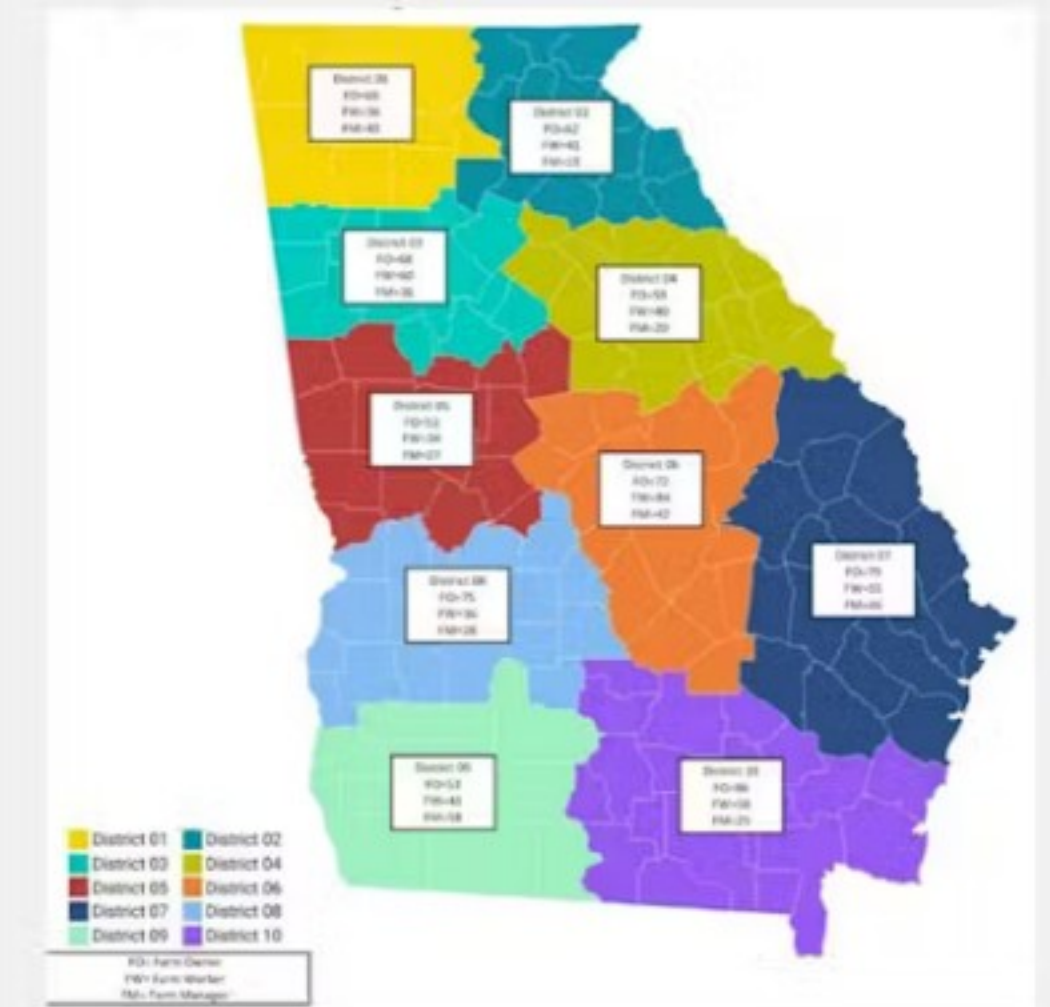
Nearly 60% of young farmers report stress about the lack of a role model.

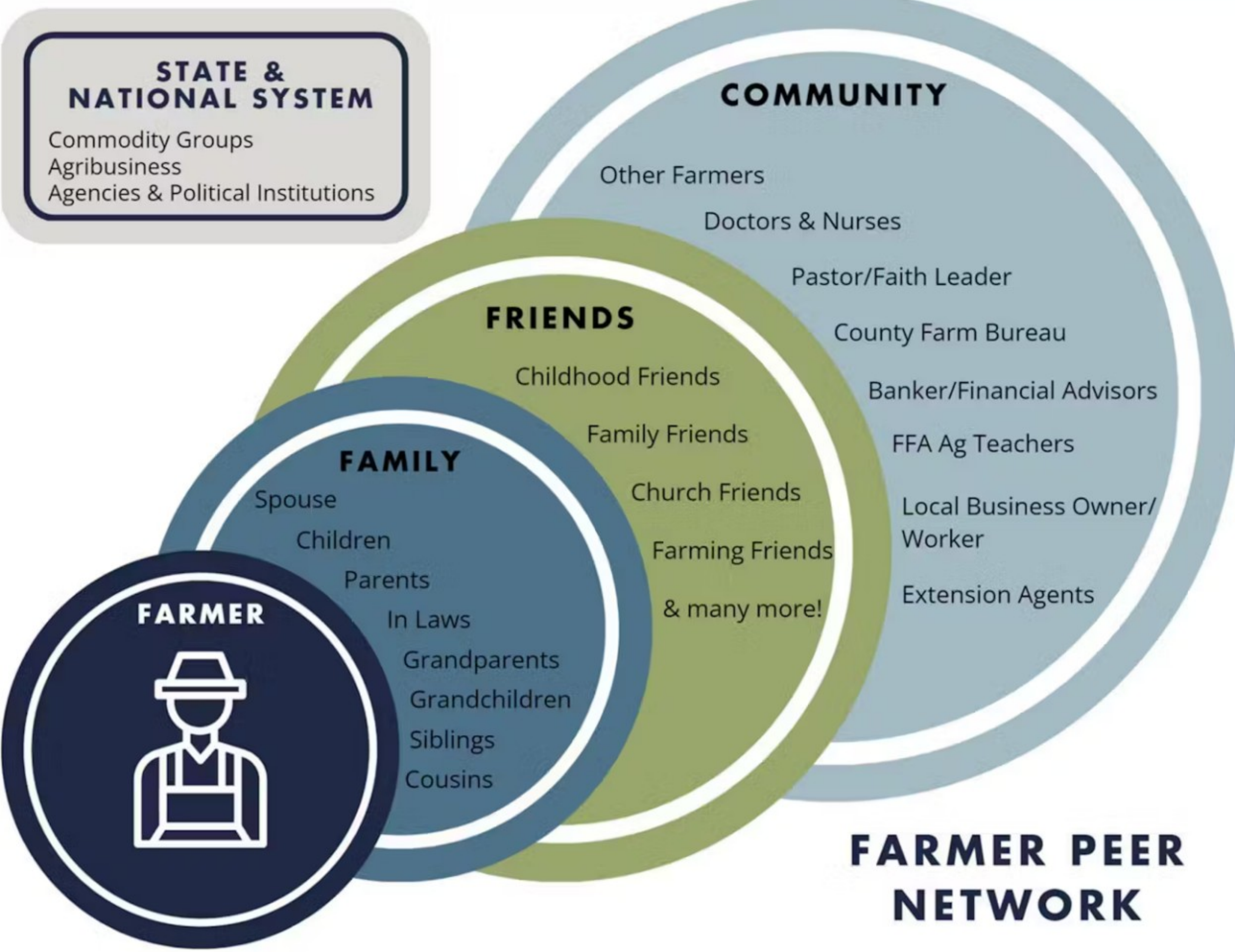
31% of farmers report talking to friends or family as a coping mechanism and this coping mechanism serves as protective factor against suicidal ideation

N = 1651 participants

- 30% Farm Workers
- 19% Farm Managers/Supervisors
- 38% Farm Owners
- 12% Spouses
- 3% Other

Farm owners: 148 counties
 Farm managers: 126 counties
 Farm workers: 116 counties





Connect with your local farm bureau!

Georgia Farm Bureau Federation is a grassroots advocacy organization with 260K members and 158 county offices deeply involved in their local ag community.

Each county office has its own president, board and staff who serve as leaders in county agriculture efforts.

GFB has 4 program areas that are promoted within the local county as well as at the state level.



Georgia Farm Bureau Structure

- State GFB Organization + Foundation
 - President & CEO
 - State Program & Admin Directors
- 10 Districts
 - State Board Directors each represent a district + Program Area Chairs
 - 1 District Federation Manager per District
- 158 County Offices
 - Each County:
 - County President (Volunteer)
 - County Board (Volunteers) with program area chairs
 - Office Staff + Insurance Staff
 - Local Farm Bureau Members (260K total)



GFB Program Areas

Women's Leadership



Young Farmers & Ranchers



Ag In The Classroom



Certified Farm Markets

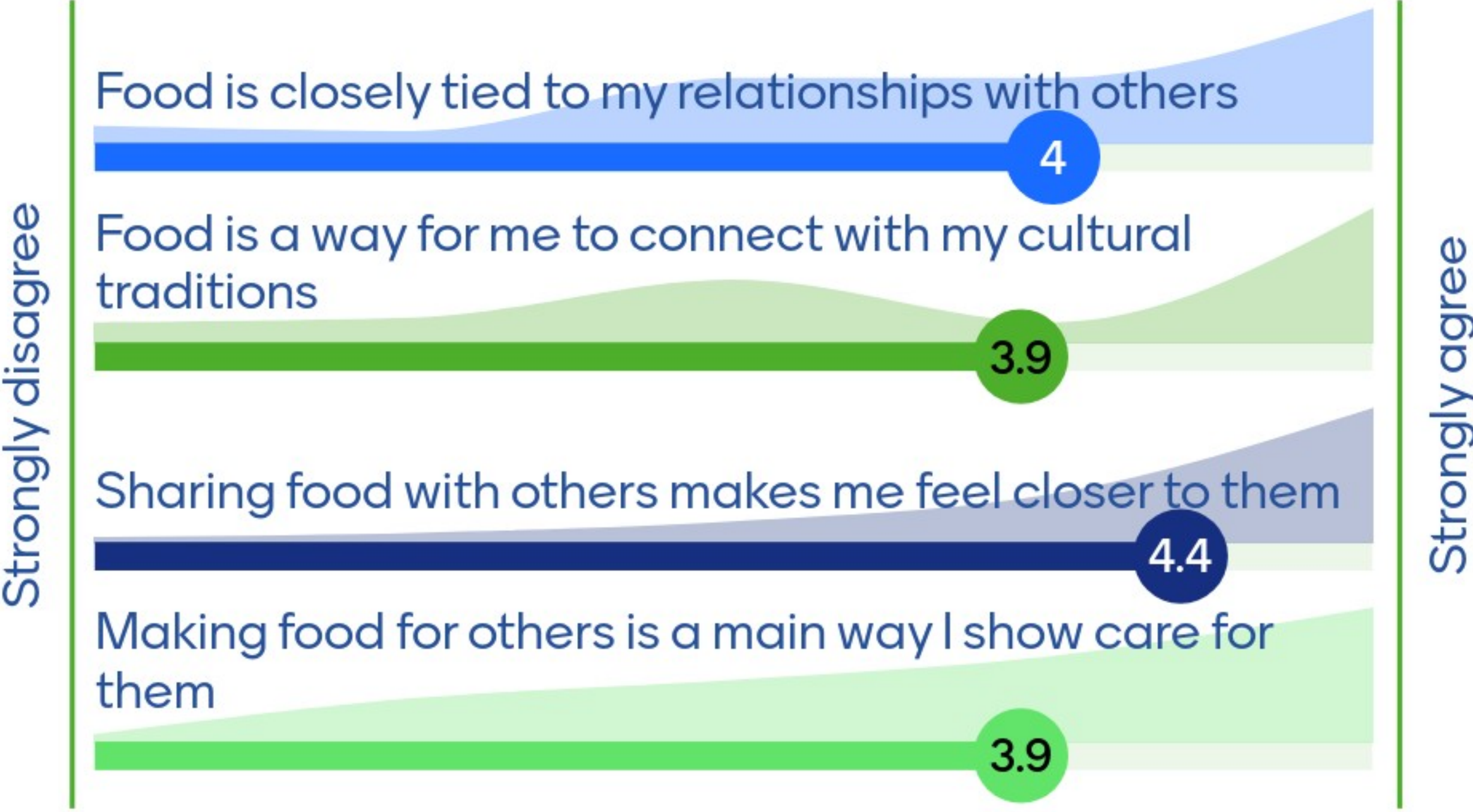




Deidre Grim
Executive Director
Forsyth Farmers Market



Rate each statement on a scale of 1 to 7, with 1 being the strongest disagreement and 7 being the strongest agreement





Cultivating Connections between Place, Food, and People's Wellbeing

Forsyth Farmers'
Market
Deidre Grim, PhD



FARM TRUCK 912

Delivers fresh, local produce to **empower communities.**

Connects farmers and consumers for **food justice and sustainability.**

Promotes **health equity** and ensures fair food distribution to neighborhoods.



912 Food Pharmacy

Offers nutrition education and cooking lessons to **help mitigate diet-related illnesses.**

Centers produce from **local farmers.**





Collaborates with local **childcare centers** to offer nutrient-dense fresh produce for children.

Tiny Tots Trailblazers!

Offers **interactive activities and guided exploration** to ignite curiosity and foster children's love for learning.

Local **farmers supply** the produce.





A Taste of African Heritage

Celebrates African heritage cuisine through hands-on cooking classes and workshops.

Promotes health, preserves cultural heritage, and **fosters community connection**.

Emphasizes whole, plant-based foods and **culinary empowerment** for healthier eating.



Hispanic Outreach

Provides **culturally sensitive programs** and tailored resources for Hispanic communities.

Offers nutritious food and education on healthy eating to **combat food insecurity** among Hispanics.

Fosters inclusivity and addresses unique needs **within the community ecosystem**.



[Subscribe to the Produce Pro \(monthly newsletter\)](#)



[Learn about our work!](#)



[Join us at Farm-R-Que!](#)



Connect: [Facebook](#) [Instagram](#)



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Joy Goetz
*Nutrition and Wellness Program
Manager*
Community Food Bank



HEALTH: nourishing my body
and my mind matters

SACRED: food feeds my soul

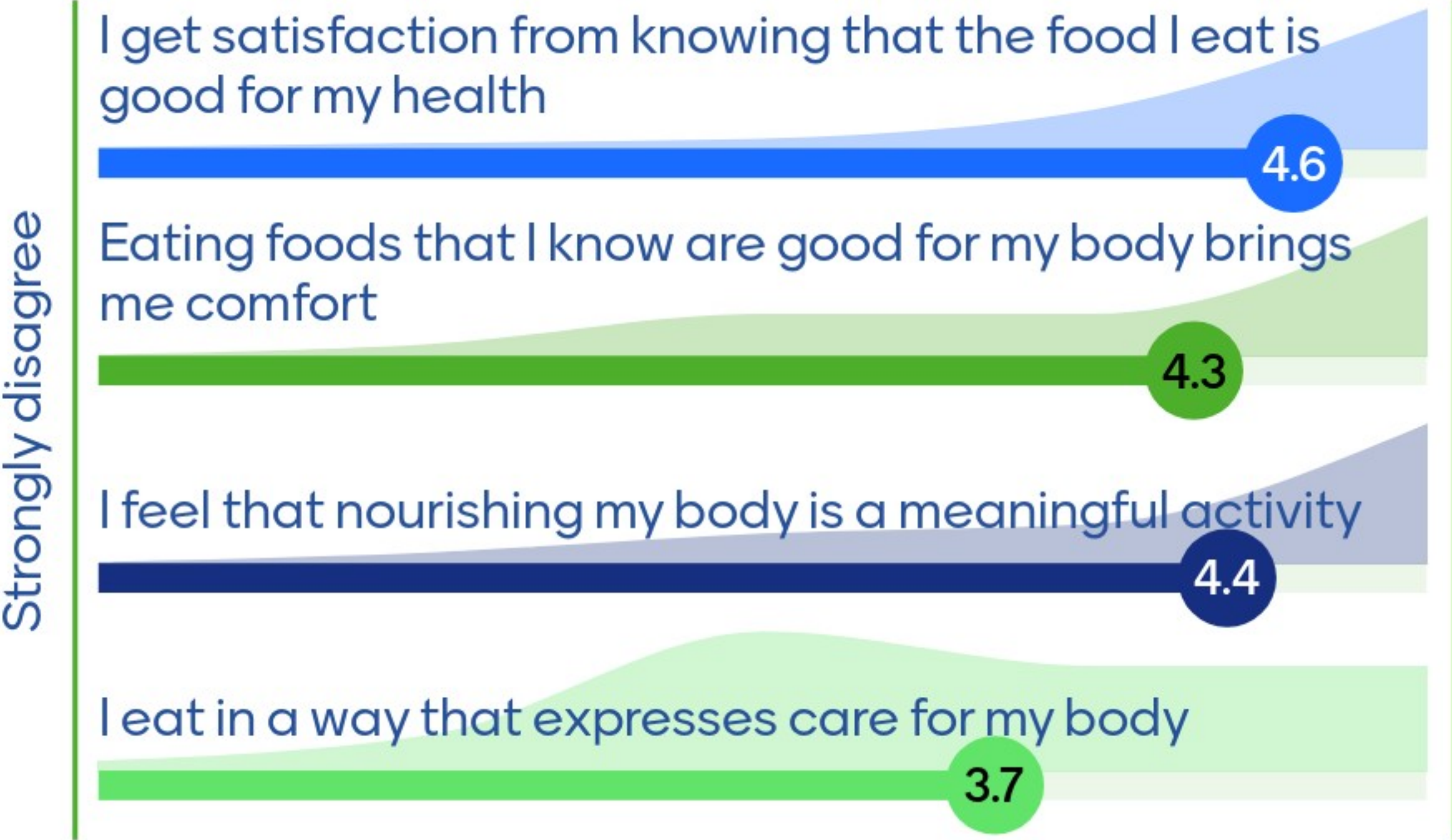
SOCIAL: Food connects me with
my culture and community

MORAL: I care about the
impact of my food choices
on the world

AESTHETIC: A meal
can be a work of art



Rate each statement on a scale of 1 to 7, with 1 being the strongest disagreement and 7 being the strongest agreement



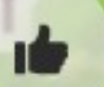
HEALTH: nourishing my body and my mind matters

SACRED: food feeds my soul

SOCIAL: Food connects me with my culture and community

MORAL: I care about the impact of my food choices on the world

AESTHETIC: A meal can be a work of art





Trauma-Informed Food Banking

- Realize
- Recognize the signs and systems of trauma
- Respond with compassion
- Resist retraumatizing
- Caring for ourselves



~~What's wrong with you?~~

What happened to you?

What's right with you?





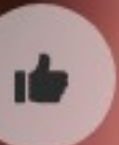
What can we do to **REDUCE**
shame, stigma, stress, confusion, a scarcity mindset?

What can we do to **PROMOTE**
stability, confidence, connection, positive experiences?



Secondary Trauma

- Prevention
- Recognize & Respond





Stages of Change



Social Ecological Model





Tiffany Terrell

Co-Owner
A Better Way Grocers





A Better Way
GROCERS

FOOD, MOOD & MENTAL HEALTH

Tiffany Terrell, Co-Founder
A Better Way Grocers

*Eat Well
Be Well*



What is Happening in Your Gut!

Trans Fats are associated with Depression, anxiety, memory problems and irritability and aggression.



TRANS FATS ARE HIDDEN IN ALMOST ALL CONVENIENCE FOOD AND FRIED.

- SUGAR SWEETENED BEVERAGES (POP, ICED TEA, DRINK CRYSTALS, FRUIT DRINKS, ETC.)
- COOKIES, CAKES, PASTRIES – CHIPS, CHEEZIES – CANDY, CHOCOLATE – SWEETENED BREAKFAST CEREAL
- PACKAGED SOUPS, CHICKEN NUGGETS, HOTDOGS, FRIES, PIZZA

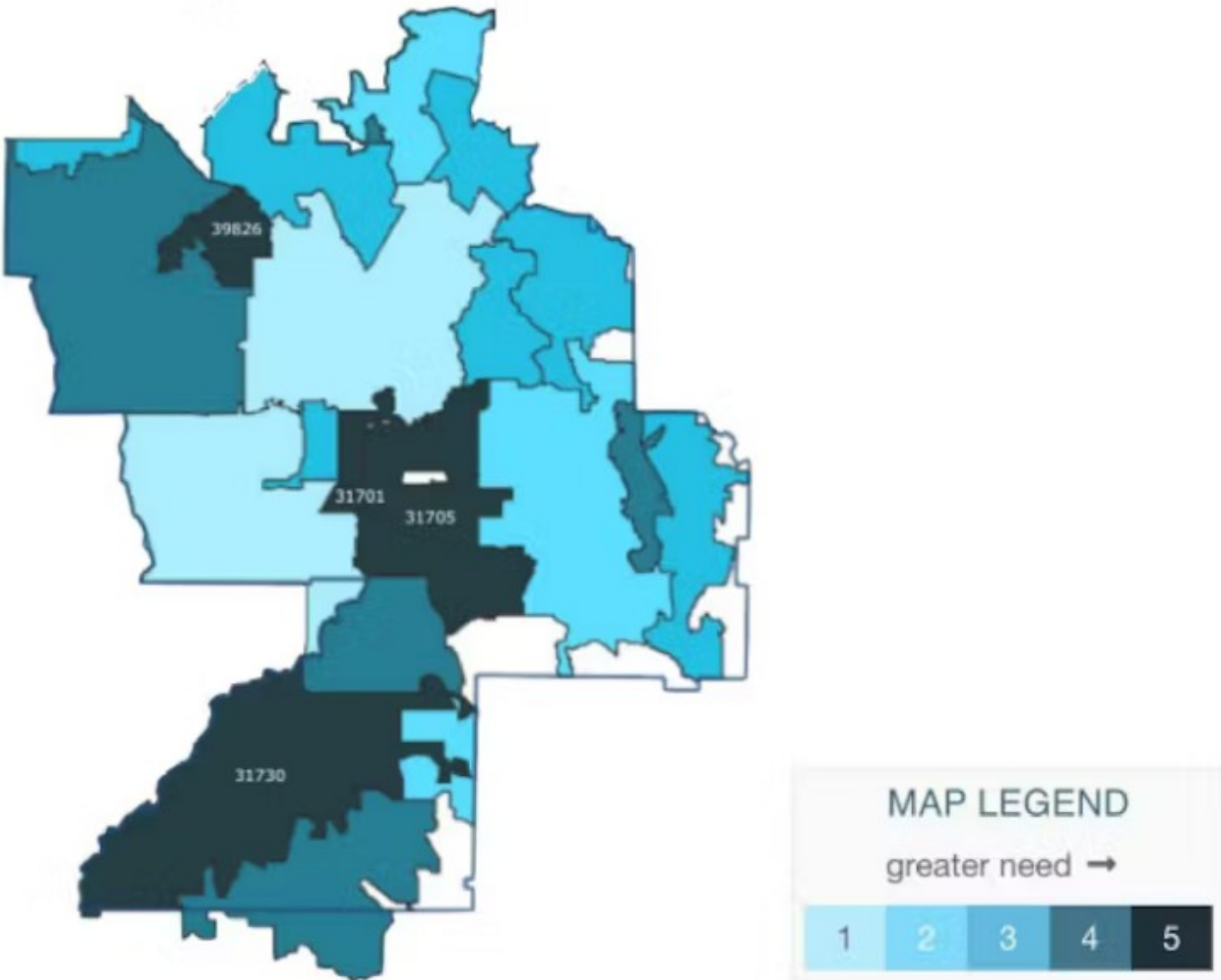
In a recent study, conducted at the University of Las Palmas de Gran Canaria in Spain has found that trans fatty acids leads to biological changes that are linked not only to heart disease, but also to depression. Among those who consumed the most trans fat (1.5 grams per day), the researchers found a 48% increased risk of depression. Conversely, those who consumed mostly unsaturated oils such as olive oil had a 30% lower risk of depression.

HEALTH EQUITY & FOOD INSECURITY

5.3.1 HEALTH EQUITY INDEX

Conduent’s Health Equity Index (HEI) estimates areas of highest socioeconomic need correlated with poor health outcomes. In the HEI, zip codes are ranked based on their index value to identify the relative levels of need, as illustrated by the map in Figure 15. According to the 2021 index, the following zip codes had the highest level of socioeconomic need (as indicated by the darkest shades of blue): 31705 (Dougherty County) and 31701 (Dougherty County). Table 2 provides the index values for each top need zip code. See Appendix A for more detailed methodology for the calculation of Health Equity Index values.

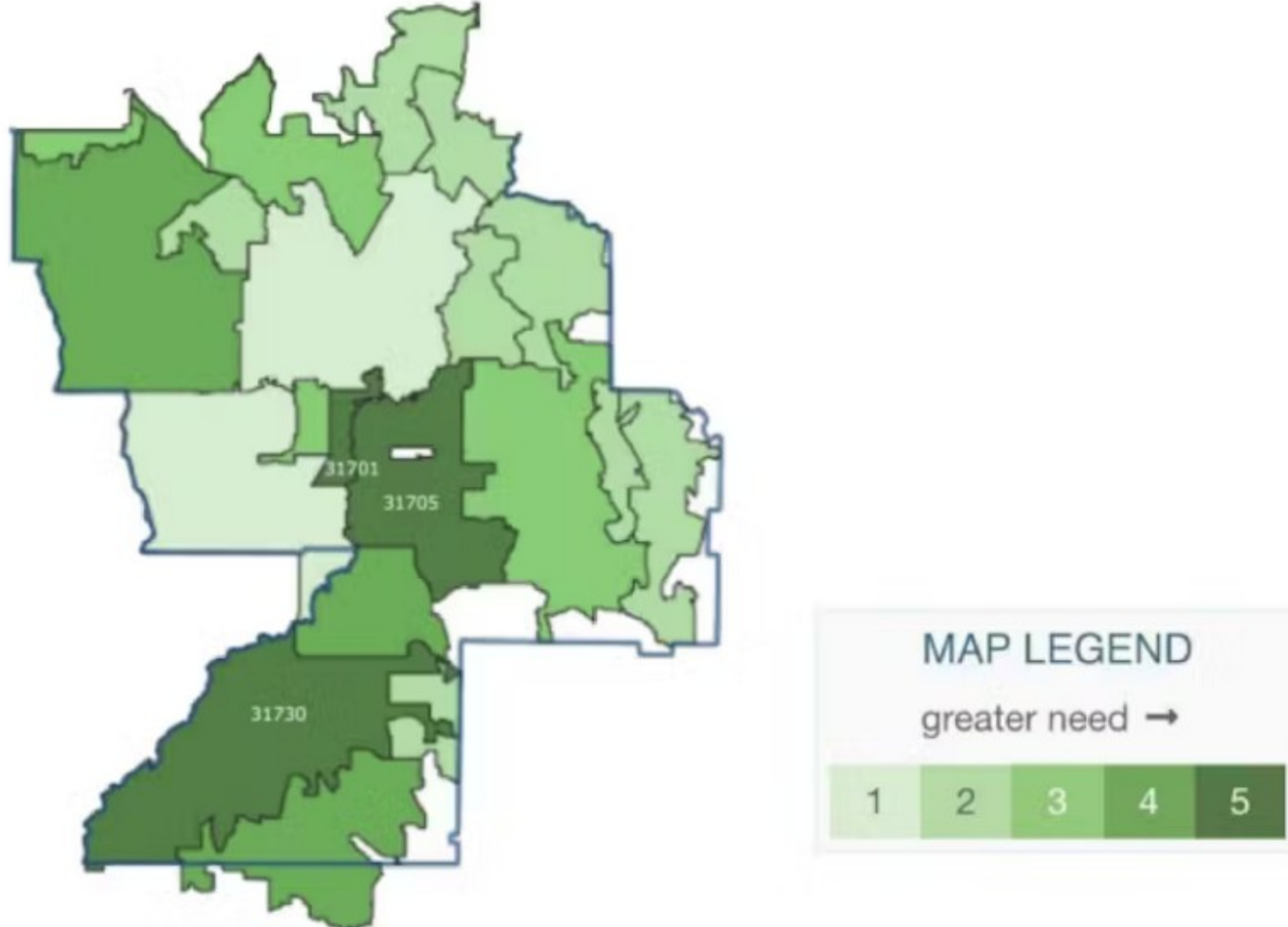
FIGURE 15: HEALTH EQUITY INDEX



5.3.2 FOOD INSECURITY INDEX

Conduent’s Food Insecurity Index (FII) estimates areas of low food accessibility correlated with social and economic hardship. In this index, zip codes are ranked based on their index value to identify the relative levels of need, as illustrated by the map in Figure 16. According to the 2020 FII, the following zip codes have the highest level of food insecurity (as indicated by the darkest shades of green): 31701 (Dougherty County), 31705 (Dougherty County), and 31730 (Mitchell County). Table 3 provides the index values for high needs zip codes. See Appendix A for a more detailed FII methodology.

FIGURE 16. FOOD INSECURITY INDEX



INTERVENTIONS & SOLUTIONS

- Increasing access to affordable and nutritious foods through community programs and policies.
- Providing education on the importance of a balanced diet and mental health awareness.



A BETTER WAY GROCERS

Our initiatives and programs have shown to have effectively addressed food insecurity and improved mental health outcomes in various communities.

- Social Inclusion
- Independence
- Choices





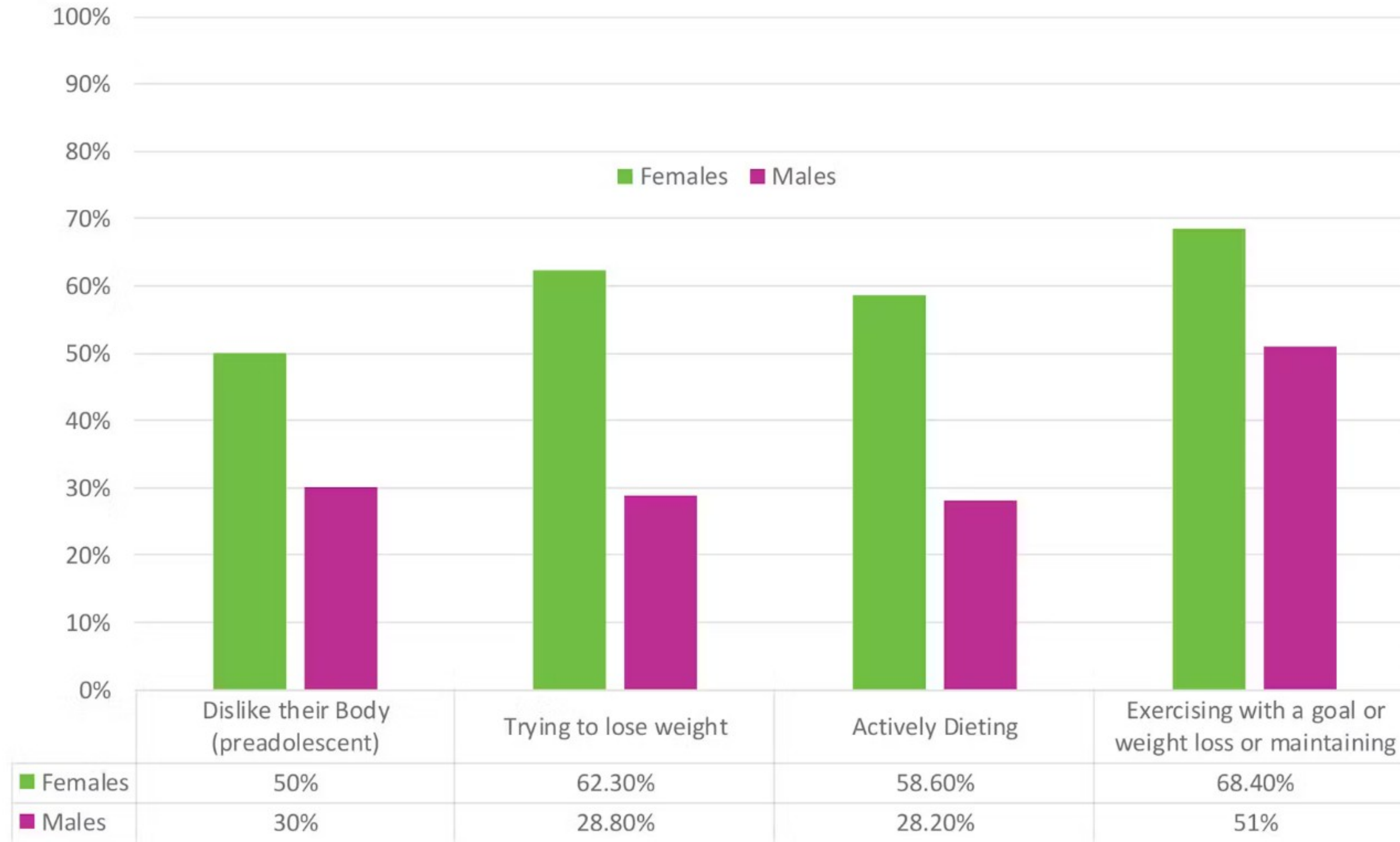
Kelsey Pocock
*Psychiatric Mental Health Nurse
Practitioner (PMHNP)*
Childrens Healthcare of Atlanta

Feeding and Eating Disorders: Resilient Georgia 2024 Update

Kelsey Pocock, APRN/PMHNP-BC



Why the need to support this Population? Body Messaging in the Community



Why the need to support this Population?

9% of the US population, or 28.8 million Americans will have an eating disorder in their lifetime.

Global eating disorder prevalence increased from 3.5% to 7.8% between 2000 and 2018.

22% of children and adolescents worldwide show disordered eating.

Less than 6% of people with an eating disorder are medically underweight.

Individuals with higher body weight have a 2.45 times greater chance of engaging in disordered eating behaviors as patients of normal weight, however they receive the clinical diagnosis of an eating disorder half as frequently as patients with normal weight or underweight.

Food insecurity is associated with 1.67 higher odds of Binge Eating Disorder or subclinical Binge Eating Disorder and 1.31 higher odds of binge eating symptoms in early adolescence.

The burden of caregiving is higher among caregivers of patients with eating disorders than those with schizophrenia and depression.

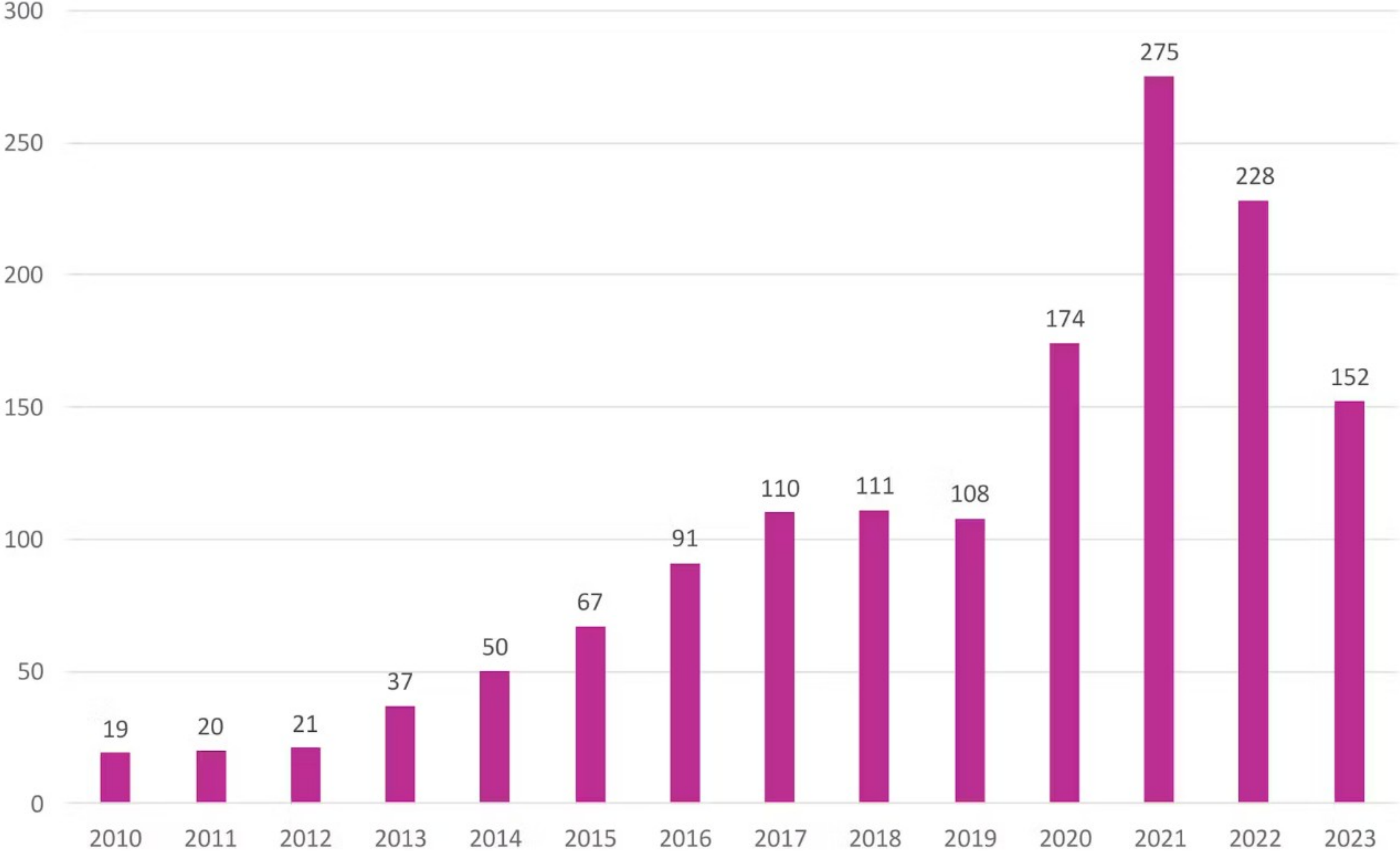
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Types of Feeding and Eating Disorders

- **Anorexia Nervosa**
- **Bulimia Nervosa**
- **Avoidant/Restrictive Food Intake Disorder**
- Binge-Eating Disorder
- Pica
- Rumination
- Other Specified Feeding or Eating Disorder
 - Atypical Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, Purging disorder, night eating syndrome
- Unspecified Feeding or Eating Disorder

CHOA Eating Disorder Admissions



Resources in Georgia

- Treatment starts with a child's pediatrician!
- Eating Disorders Hospital (Veritas Collaborative)
 - Ages 8-21
 - All levels of care
- One Residential Program (Clementine)
 - Ages 11-17
- Partial Outpatient Program, Intensive Outpatient Program, and outpatient programs (Veritas, Clementine, Walden, Manna, Renfrew)
- Eating Disorders therapists using Family Based Treatment techniques
- Eating Disorder specialized Dieticians

Online Community Resources

- FEAST - Families Empowered and Supporting Treatment for Eating Disorders (international non-profit organization supporting caregivers of loved ones with eating disorders) --
 - Complimentary resources: First 30 Days <https://www.feast-ed.org/feast-30-days/>
 - FEAST also has an excellent caregiver online forum, available 24/7 Facebook Group: <https://www.facebook.com/groups/ATDTCarerSupportGroup>
- National Alliance for Eating Disorders
 - <https://www.allianceforeatingdisorders.com/>
 - Provides one-on-one communication for caregivers regarding options for treatment programs in US and offers Thursday evening (7 pm EST) “Friends and Family Group”
- National Eating Disorders Association- NEDA
 - Provides patients and caregivers resources in English and Spanish including information, screeners, and treatment providers in their area

And I said to my body, softly:
'I want to be your friend.'
It took a long breath, and replied:
'I have been waiting my whole life for this.'

– *Nayyirah Waheed*

THANK YOU!

Kelsey Pocock, APRN/PMHNP-BC

Kelsey.Pocock@CHOA.ORG





Audrey Idaikkadar
Regional Program Director
Resilient Georgia

Save the Date!

**Join us for our next Resilient
Georgia General Meeting:**
November 14, 2024
11:00am-12:30pm





Resilient
GEORGIA

