

Mission

The Iowa Food Systems Council's Food Access and Health Work Group is a vibrant statewide network of food and nutrition assistance program administrators, emergency food system providers, public health professionals, community-based organizers and food system stakeholders focused on cultivating a diverse and just food system that eliminates hunger, increases access to nutritious food, and improves the health of all Iowans.



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Cultivating Resilience

A Food System Blueprint that Advances the Health of Iowans, Farms & Communities

Released February 2011, this report measures the health of Iowa's food system through a report card and outlines recommendations for research, programs and policies to ensure a food system that supports healthier Iowans, communities, economies and the environment. The report is available at www.IowaFoodSystemsCouncil.org/cultivating-resilience/.



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Food Access & Health Work Group

A Vibrant Statewide Network of the Iowa Food Systems Council

Food Access & Health Work Group

Where Iowans live, work and play have a tremendous impact on their health. Healthy communities require addressing the underlying causes of poor health such as social, economic, and physical conditions that determine an individual's health risks and opportunities. A key component of maintaining the wellbeing of Iowans, and the communities in which they live, is regular access to safe, nutritious and affordable food throughout life. Yet, hunger, food insecurity and diet continue to deteriorate the health of Iowans. The goals of the Food Access & Health Work Group are to develop and recommend program, research and policy options which support systems that produce safe and nutritious food for healthier Iowans and to strengthen food access and self-reliance among all eaters and communities in Iowa.



Making healthy food the easiest choice for *all* Iowans

Assuring all Iowans have regular access to safe and nutritious food requires systems; social and built environments and policies that guarantee healthful foods are the easiest choices for all eaters. The objectives of the Food Access & Health Work Group are to:

- Increase communication, coordination and collaboration among a statewide network of food access, nutrition, health and food system stakeholders through quarterly gatherings.
- Assess and monitor food access, health and food system indicators.
- Advance social marketing campaigns focused on food gardening.
- Develop and recommend research, program and policy strategies that link food and nutrition assistance programs and public health initiatives with community-based food systems.
- Leverage funding and resources from private and public sectors for research, programs and policies that increase Iowans' access to healthy, affordable and community-based food.

The Wellmark Foundation, WK Kellogg Foundation and the Leopold Center for Sustainable Agriculture have provided funding for the Food Access & Health Work Group. For more information go to www.IowaFoodSystemsCouncil.org/food-access-health/.