



MARY ANN SWETLAND  
CENTER FOR  
ENVIRONMENTAL HEALTH

# The Swetland Scoop

April, 2020



## News & Announcements



### Director's Note



On behalf of the Swetland Center, I send well wishes to you and your families during this time of tremendous change. Working from home, teaching online, homeschooling, daily COVID-19 updates, virtual dissertation defenses, zoom meetings, and social distancing are all a part of the new normal. Our health care and public health providers remind us daily of the importance of occupational health and the value of investing in tactics to promote safety and security for these essential personnel who risk their health daily to take care of us. The healing power of a walk outside further reminds us of the value of having environmental assets such as parks and greenspace that lift mental and physical health when few other outlets are available for distraction. Food stores have become essential nodes of service in this crisis reinforcing the importance of having access to food retailers throughout all communities—and to paying these employees the wages needed to live fully. As we look into the future, we know the economic crisis resulting from the COVID-19 pandemic will have long-term effects at every level. In these unprecedented times, I take comfort in seeing teams adapt at rocket speed to pivot resources to areas in greatest need. Thank you for all you are doing to “flatten the curve”

In good health,



Darcy Freedman, PhD, MPH

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### Recent Swetland Center Research Findings



A team from the Swetland Center asked the question – If you build a food hub in a neighborhood, will it improve community health outcomes? Results of this study, funded by the National Institutes of Diabetes, Digestive, and Kidney Diseases, found the short answer is No. The study, published in the [Journal of Community Health](#), found small changes in the availability of healthy foods in the study neighborhood following food hub implementation. Yet, no changes in diet among residents living in the study neighborhood in Cleveland (i.e., neighborhood with a food hub) compared to residents living in a socio-demographically matched neighborhood in Columbus, Ohio that did not have a food hub. However, findings reveal the true answer to the question is much more complex. Food hub implementation did not occur as planned during the study timeframe. Therefore, results do not provide evidence about the impact of a fully implemented food hub within a neighborhood. A key lesson from this work is the importance of attending to the complexity of food systems change. Each action – such as the opening of a food hub – is tied to an array of other factors (i.e., did wages change at the same time to improve financial capacity for purchasing foods at the food hub?). These complexities and interacting dynamics are the focus of the Swetland Center's [Modeling the Future of Food in Your Neighborhood Study](#). Taken together, these insights will be critical to realize community health benefits from efforts designed to improve neighborhood food environments.

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## ❖ ❖ Helpful Resources ❖ ❖

### Produce Perks Program Announces UNLIMITED Match at all Markets



In response to the Covid-19 pandemic, the Produce Perks program will provide an UNLIMITED \$1-for-\$1 match on SNAP purchases at participating markets across Ohio. This means that customers can get even more FREE fruits and vegetables EVERY time they shop.

They hope this unlimited match will allow members of our community to more easily feed their families during this uncertain and challenging time. Produce Perks locations can be found [HERE](#). Please check to make sure your local market is open before visiting as information is changing daily. You can read their full press release [HERE](#).

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### APA Provides Helpful COVID-19 Resources



The American Psychological Association has an excellent webpage of general resources and resources dedicated to educators, students, practitioners, healthcare professionals, parents, caregivers; as well as preparedness and safety resources. You can find the extensive list [HERE](#).

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### Feeding America: Need Help? Find Food



As COVID-19 impacts our nation, food banks, food pantries, and meal programs are ensuring the safety of visitors and the food they serve. A variety of low or no contact options are now available in many areas, including seniors-only hours, drive-through pantries, expanded home delivery services, and more. You can search your [zipcode](#) with [Feeding America](#) and find the closest foodbanks near you as well as their contact information.

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### Perfectly Imperfect Produce Offering FREE Produce Delivery



Our friends at [Perfectly Imperfect Produce](#) are now offering free produce delivery on first orders over \$20! PIP sources imperfect produce from local farms and wholesalers that are items that are unique in size, shape or color! After selecting the category, size, and frequency of your produce box, they pack and deliver your box right to your door! You can enter **FREEDELIVERY** at checkout and this will waive the \$5 to \$15 delivery fee one time. Offer ends 4/30/20. Orders close Sundays at 5:00 pm for the coming week.

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### VIDEO: Environmental Racism Is the New Jim Crow

Check out this [VIDEO](#) from The Atlantic about how systemic racism means that African Americans face disproportionate rates of lead poisoning, asthma, and environmental harm. "African Americans face disproportionate rates of lead poisoning, asthma, and environmental harm. Staff writer Vann R. Newkirk II argues that discrimination in public planning is to blame. "Pollution and the risk of disaster are assigned to black and brown communities through generations of discrimination and political neglect," says Newkirk II. The environment is a system controlled and designed by people—"and people can be racist."

## Swetland Spotlight

Congratulations to Nisha Gupta



The Swetland Center provides a robust training ground to students at all levels and supports trainees as they apply new skills in environmental health to secure future professional opportunities. We are very pleased to share good news that our former MD Thesis trainee and CWRU Medical Student, Nisha Gupta, matched in March 2020. Starting this summer, Nisha will begin a pediatric residency program at Northwestern University and Lurie Children's Hospital of Chicago. The three-year training program provides experiences in primary and subspecialty pediatric care, research, education, and advocacy. This residency will provide an opportunity for Nisha to continue her research interests related to food security and chronic disease within the pediatric population. Congratulations, Nisha!

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**Karen Mulloy receives 2020 Scholarship in Teaching Award**



Karen Mulloy, DO, Associate Professor at the CWRU School of Medicine has been awarded the 2020 Scholarship in Teaching Award! Dr. Mulloy, along with co-authors, Dr. Wilson-Delfosse and Dr. Gullett successfully developed and implemented climate change curriculum into the first-year medical school curriculum. The Scholarship in Teaching Award program is designed to recognize contributions to education; promote teaching as a scholarly activity; and advance careers of medical educators. Awards are chosen based on purposeful planning, systematic implementation, and reflection and assessment for improvement. Congratulations, Dr. Mulloy, on this outstanding achievement!

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