

[View this email in your browser](#)



MARY ANN SWETLAND  
CENTER FOR  
ENVIRONMENTAL HEALTH

# The Swetland Scoop

May 2022

---

## News & Announcements

### Community Engagement and Racial Equity Plan Released

We are pleased to announce that the Swetland Center's Community Engagement and Racial Equity Action plan, (*first shared at our [February 2022 seminar](#)*) can now be found on our website.

Through this plan, we are seeking to take a more intentional approach to align and operationalize racial justice more broadly into the cores of our center: research, training, and community engagement practices. Our intentions and actions are framed by a community-based participatory approach to our work, which places community power and ownership at the forefront of our research.

We are committed to sharing our journey along the way, sharing our learnings, missteps and progress openly. To review our priority areas and the full plan, please visit our [website](#).

### New Staff Welcome || Brooke Kahl + Owusua Yamoah

Each new season brings changes to our environment and the Swetland Center is embracing the changes in the air!



*Brooke Kahl, BA, Program Manager, Nourishing Power*

Brooke Kahl is thrilled to continue with the Swetland Center as the Nourishing Power Program Manager following her one-year tenure as foodNEST 2.0 Project Manager. She is committed to advancing environmental justice, especially food justice, through community-led initiatives. Prior to the Swetland Center, Brooke worked with Community Foundation Boulder County to inspire local philanthropy, including environmental and regenerative agriculture giving, and to help nonprofits grow their endowments.



Owusua Yamoah, PhD, MA, Research Scientist

Dr. Yamoah is socio-spatial scientist with expertise in Geographic Information Science (GISc), qualitative and quantitative research methodologies. She holds a PhD in Spatially Integrated Social Sciences from the University of Toledo (UT), a Master of Art in Urban Studies, Graduate certificates in Urban Planning and Land Use Management from Minnesota State University (MSU) and a Bachelor of Science in Development Planning from the Kwame Nkrumah University of Science and Technology, Ghana. Her research agenda is an amalgamation of three interrelated themes: *Food systems and Health Disparities, Geospatial Analysis for Community development, and COVID-19 and Community Health*.

Read more about both Brooke and Owusua [HERE](#).

### **Swetland Partners with School of Medicine primary care leadership program**

The Swetland Center is pleased to share that a cohort of seven students in the CWRU Family Medicine Interest Group have been selected to participate in [the American Academy of Family Physicians](#)

a community project designed to achieve health equity. The cohort of students includes Anirudh Prabu, Hannah Clarke, Ellen Hutchinson, Andrea Alrine, Amuya Mallu, Rhea Kohli, and Cathy Charles. This group of students will be working with Dr. Darcy Freedman at the Swetland Center on a project designed to advance nutritional equity.

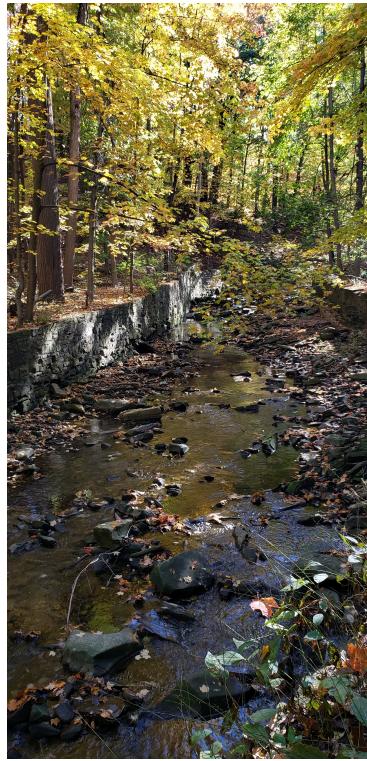
---

*Be sure to keep up with Swetland news through our online [News & Events](#) page!*

---

## Events & Opportunities

### May Swetland Seminar



#### A Walk on Doan Brook

May 24th | 9:00 – 10:00 am

Eco-therapy, also known as green therapy, is a practice of nature-based exercises to address mental and physical health and enhance healing and growth. The Swetland Center will be integrating time in nature as part of their monthly seminar series, where participants will have the opportunity to connect with and explore beautiful spaces near Case Western Reserve University's campus.

For this eco-therapy seminar we will be hiking a short segment of the [Doan Brook](#), which flows through Shaker Heights, Cleveland Heights, and the Cleveland neighborhoods of Larchmere, University Circle,

work. A walk at the base of the ravine, or along its sides, provides a tranquil and soul-restoring interlude in nature.

Learn more and register [here!](#)

### Swetland Readers Book Club

## BRAIDING

## SWEETGRASS



### Braiding Sweetgrass

June 9th, 23rd, July 7th, July 21st | 11:30 – 1:00 pm

"Drawing on her life as an indigenous scientist, a mother, and a woman, Kimmerer shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we've forgotten how to hear their voices. In a rich braid of reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of a wider ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return."

The summer book club will be held in partnership with [CWRU's Social Justice Institute](#) and the [Prevention Research Institute for Healthy Neighborhoods](#).

Learn more and register [here!](#)

## Hot off the Press

## Expansion of Nutrition Incentive Programs in Diverse Food Retail Settings

The Swetland center is excited to share a recent publication led by Swetland team members Lauren Vargo, Tim Ciesielski, Milen Embaye, and Darcy Freedman in partnership with Ana Bird from [Produce Perks Midwest](#). This research was part of a three-year evaluation of the Ohio nutrition incentive program funded by USDA's Food Insecurity Nutrition Incentive program (now called the [Gus Schumacher Nutrition Incentive Program](#)). Findings highlight opportunities to promote equity through nutrition incentive programming by: (1) investing in innovative strategies to raise awareness about nutrition incentive programming; (2) implementing nutrition incentive programs in multiple settings (e.g., grocery stores, farmers markets, corner stores) based on community feedback and local demand; and (3) testing novel approaches for nutrition incentive programming that integrate other resources, such as housing, workforce development, and/or nutrition education, with incentive delivery.

This paper is published in a special issue of the International Journal of Environmental Research and Public Health focused on equitable approaches to improve fruit and vegetable intake. The full text article is available [here](#).

### Swetland Director shares insights in recent WKYC feature on '15 Minute Cities'

ICYMI-Swetland director Darcy Freedman shared knowledge and learnings from our robust nutrition equity research in a recent feature on WKYC, Channel 3 News. This was in response Mayor Bibb's state of the city address in which he set a goal for Cleveland to be the first '15 minute city' which would ensure all Cleveland citizens have their needs and wants accessible within a 15-minute walk, bicycle ride, or transit trip. Director Freedman added another layer to this conversation by asking, "How are we making sure in this 15-minute area that people can meet basic food needs with dignity?" To hear more from this discussion view the full [segment](#).

## Swetland Spotlight

### F.A.R.E brings expansion of much-needed nutrition equity programming across Cleveland Neighborhoods

Swetland's *Nourishing Neighborhoods Empowering Communities* study collaborators [FARE \(Food Access Raises Everyone\)](#) has been sowing seeds of nutrition equity across Cleveland neighborhoods with the expansion of several key initiatives!

- *Produce Perks Pilot at the West Side Market:* In partnership with [Produce Perks Midwest](#), FARE will be organizing a Produce Perks Pilot for TANF eligible families at the West Side Market in

- **Community-Led Food Hubs:** Through funding from the Rite Aid Healthy Futures Fund, FARE will be able to facilitate neighborhood spaces that are organized and led by members of the community where youth and families can access fresh food through urban gardens. According to Director, Morgan Taggart, these hubs will help "Address the critical racial health disparities that persist in our neighborhoods and improve outcomes for youth and families in Cleveland." *For more details on this and other organizations funded to do Food Systems work in Cleveland, read the news article in [The Land](#).*

We are grateful to partner with and learn from FARE and their community-led approach to creating food systems change! Thank you for being a pioneer in this work!



Follow us



Visit



Email



YouTube



Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe](#).

© Copyright [Case Western Reserve University](#)  
Cleveland, Ohio 44106 | 216.368.1800