



# The State of Public Health:



# Food & Nutrition Security



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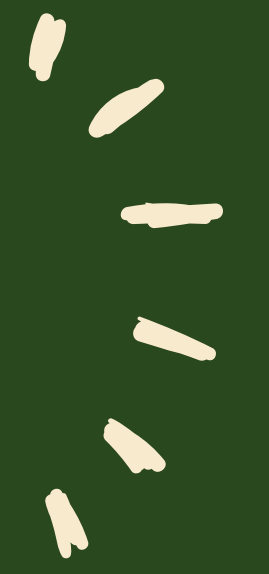
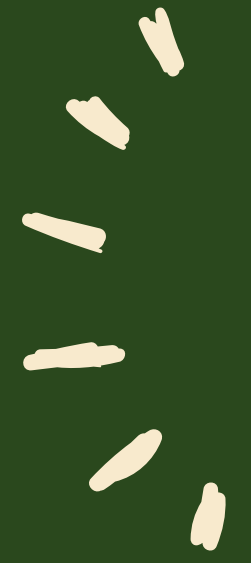
**Baby A.I.M.**

- Born and raised in Detroit, MI
- 2-parent household
- Hot breakfast, packed lunches and dinner was provided daily





# Food insecurity



# My Lived experience

**HIGH FOOD SECURITY**

Detroit, MI

**MARGINAL FOOD SECURITY**

Greensboro, NC

**LOW FOOD SECURITY**

N.C. A & T SU  
Cafeteria

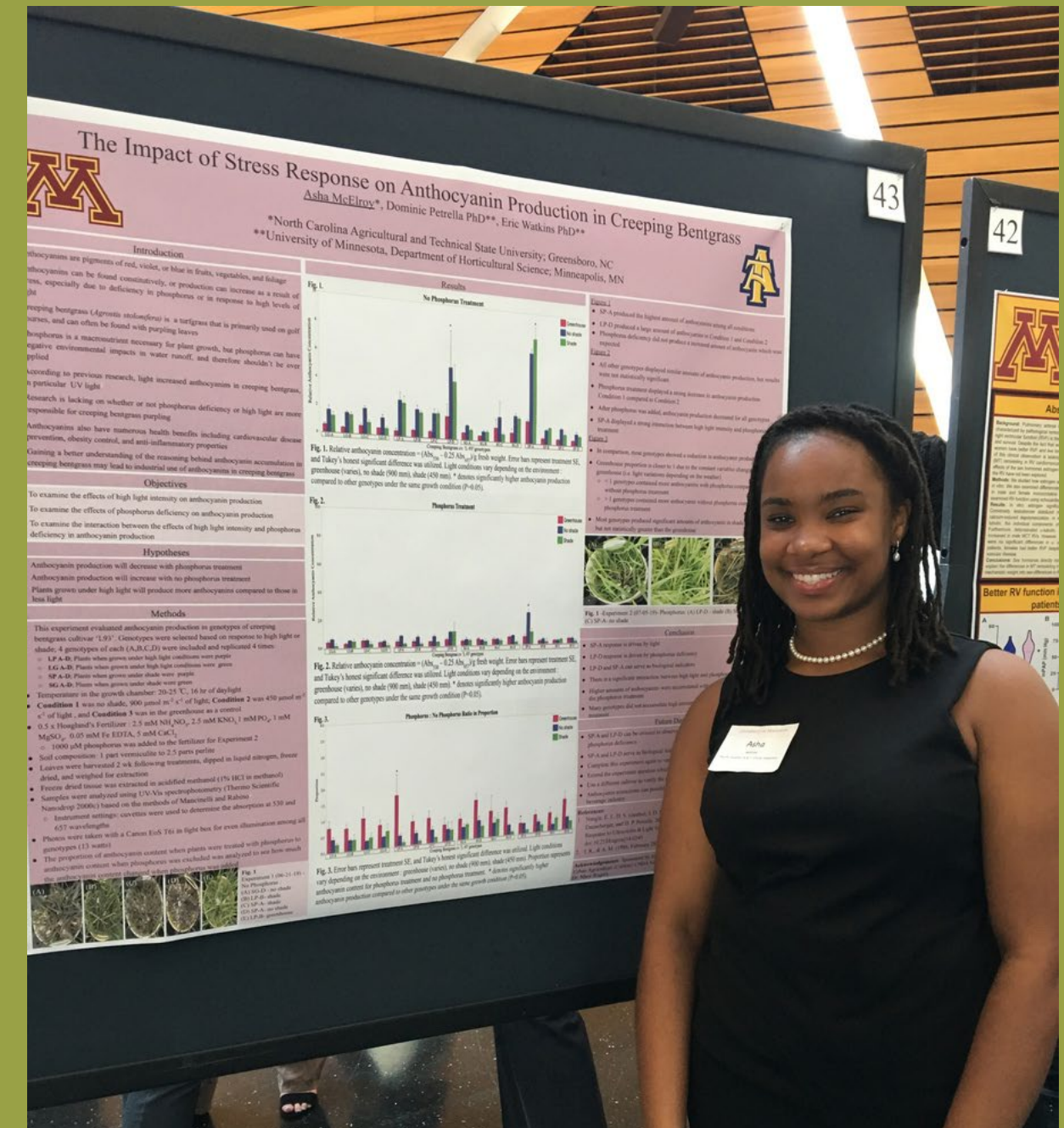
**VERY LOW FOOD SECURITY**

Cafeteria  
closures



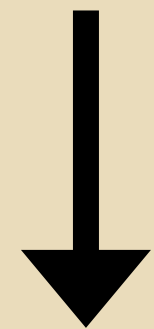


# My Deciding Factor





N.C. A & T  
SU



U of M





# Nutrition security

## WHAT IS NUTRITION SECURITY?

Consistent access to nutritious foods that promote optimal health and well-being for all Americans, throughout all stages of life.



Source: [USDA](#)

# My Inspiration

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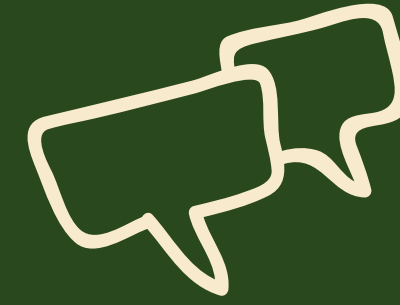
“If you educate a man, you educate an individual, but if you educate a woman, you educate a nation.”

– African Proverb





# What can you do?



## VOTE

- Outreach challenge
- Early voting
- Donate

## VOLUNTEER

- Farmer's market
- Community garden
- Food-cooperative

## RELATIONSHIP BUILDING

- Local legislators
- Get to know your food environment
- Collaborate with your neighbors

## CONTINUOUS EDUCATION

- Webinars
- Books
- Learn from your community





# Questions?



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