

Community-based Research to Affect Local Food Policy

A Minnesota Somali Community Food Assessment

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Presentation Overview

- Background – Somali diet and nutrition
- Previous research
- Rationale
- Methods
- Results
- Recommendations
- Next steps

Somali Diet and Nutrition

- Traditional diet
 - Meat, milk, some vegetables
- “Colonial” diet
 - Rice and pasta introduced
- Common foods
 - Sambusa
 - Breads
 - Sweet tea

Somali Diet and Nutrition

- Nomadic herders
 - High fat and caloric intake
- Agrarian farmers
 - More fruits and vegetables
- Urban dwellers
 - More of a balance, use of packaged goods

Diet and Nutrition Research

- Immigrant/refugee health status shift
 - Increased sugar consumption (Guerin, et al, 2002)
 - Increase in weight (ibid)
 - Fruit and vegetable consumption like US-born counterparts (MIHV, 2003)
- Typical foods hard to find or not available (MIHV, 2004)

Somali Community Food Assessment

- Why did we do it?
 - Understand food availability
 - Understand food pricing
 - Get a picture of the food environment



Somali CFA

- How did we do it?
 - Observational survey
 - Questionnaire
 - Site selection
 - Interviews
 - Questionnaire
 - Participant selection
- Good resources:
 - USDA CFA Toolkit (online)
 - “What’s Cooking in Your Food System” (Community Food Security Coalition)

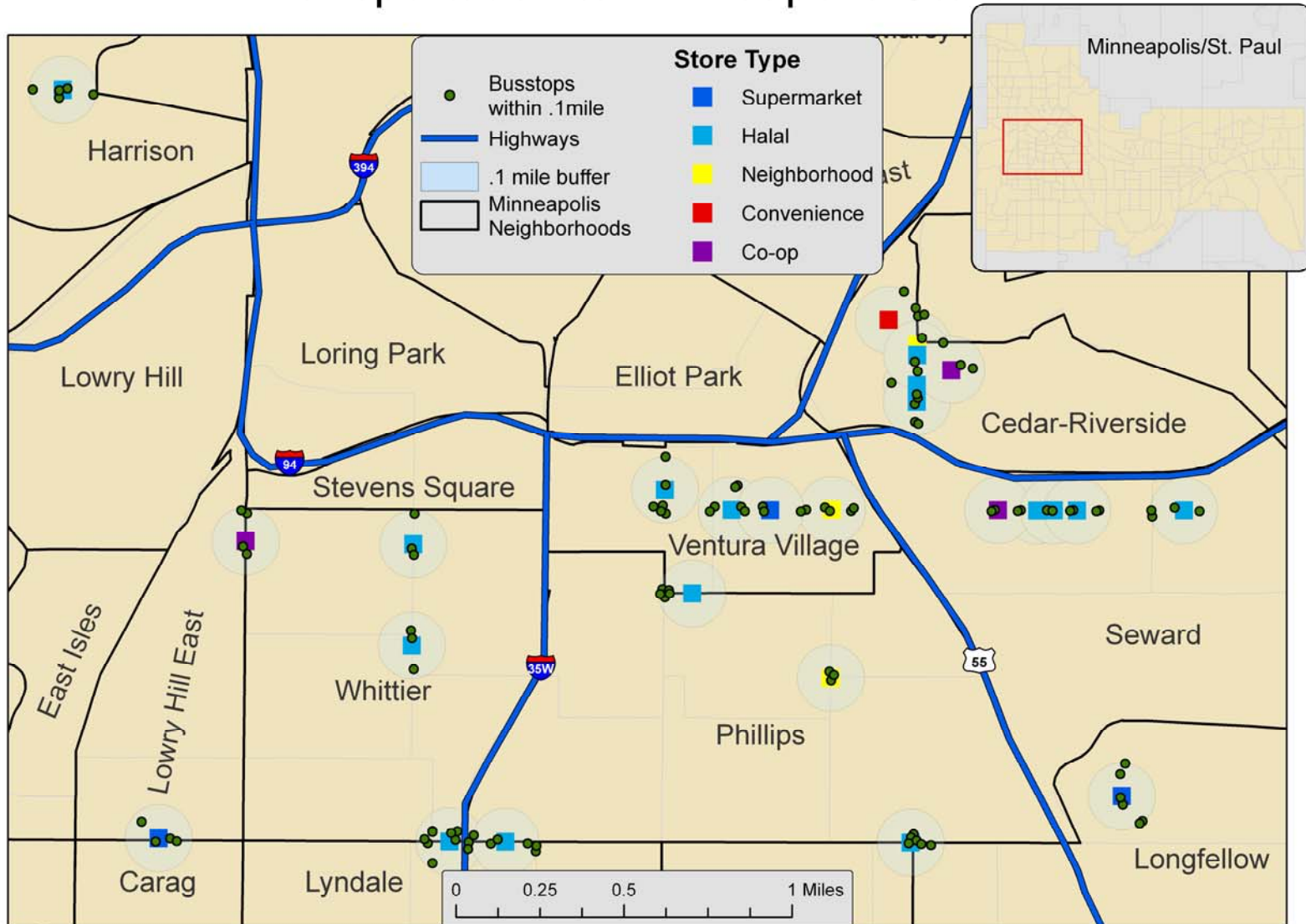
Somali CFA

- How did we do it?
 - Data analysis:
 - Mapped store characteristics using ArcGIS
 - Calculated a Market Basket Price (MBP)
 - Calculated frequencies and percentages

CFA Results

Store Characteristics (N=41)	Supermarket	Somali/ Middle Eastern Grocery	Neighborhood Store	Convenience	Co-op
On a busline	11 (100%)	19 (100%)	5 (100%)	0 (0%)	5 (100%)
Accepts Food Stamps/EBT	11 (100%)	19 (100%)	5 (100%)	1 (100%)	5 (100%)
Accepts WIC Vouchers	9 (82%)	18 (94%)	3 (60%)	1 (100%)	4 (80%)
Has store coupons	8 (73%)	0 (0%)	0 (0%)	1 (100%)	5 (100%)
Makes home deliveries	2 (18%)	7 (37%)	3 (60%)	1 (100%)	0 (0%)
Has visible nutrition promotions	9 (82%)	3 (16%)	0 (0%)	0 (0%)	3 (60%)
Sells alcohol products	11 (100%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)
Sells tobacco products	9 (82%)	2 (11%)	3 (60%)	0 (0%)	0 (0%)
Has discounts on dented cans	4 (36%)	1 (5%)	1 (20%)	0 (0%)	3 (60%)
Has discounts on fruits and vegetables	2 (18%)	2 (11%)	0 (0%)	0 (0%)	4 (80%)

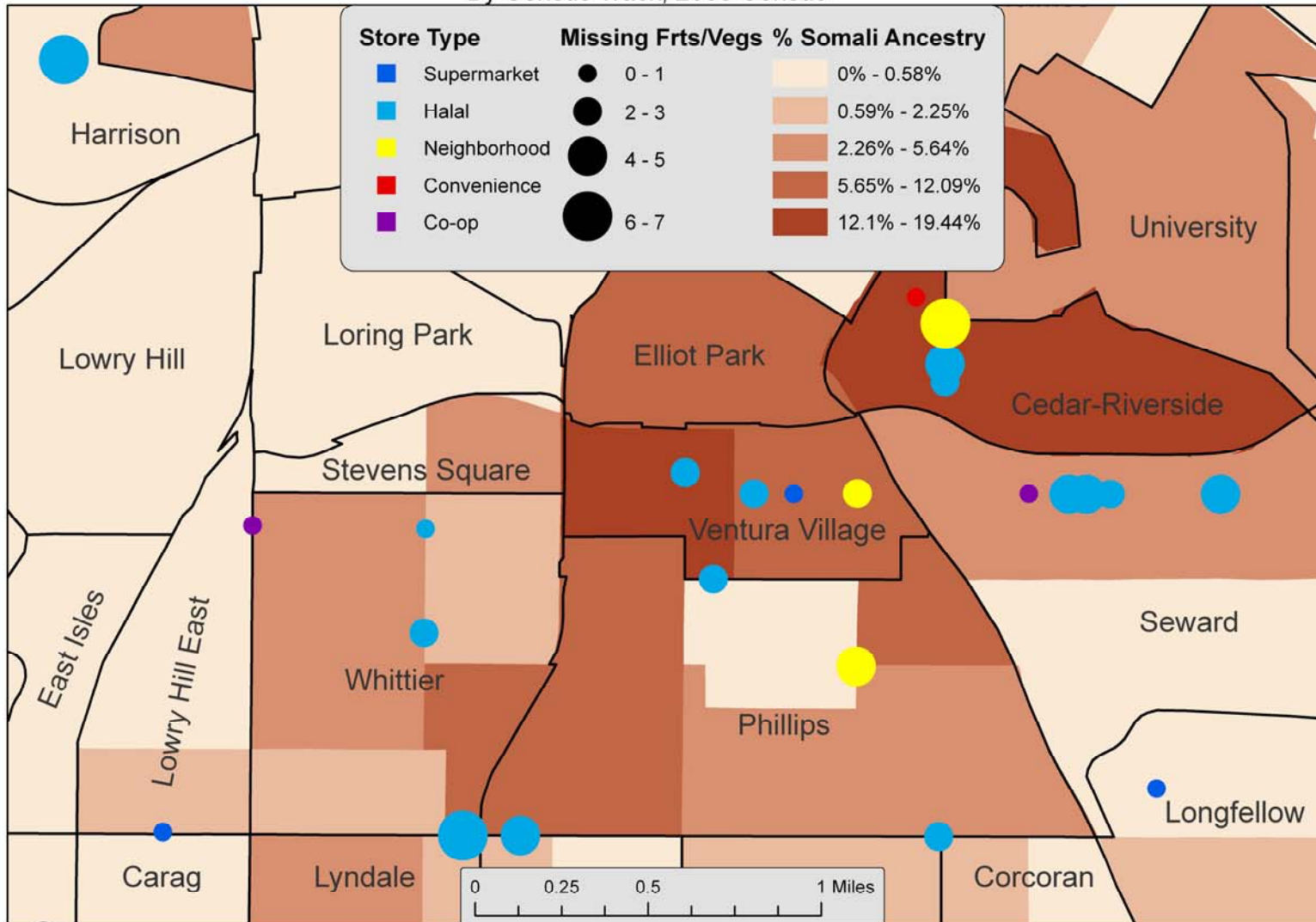
Transportation to Minneapolis Stores



Cartographer: Matthew Petcoff Organization: Minnesota International Health Volunteers 20.Oct.2007 Data Source: ESRI, MetCouncil, MIHV

Missing Frts/Vegs in Minneapolis Stores & Somali Ancestry

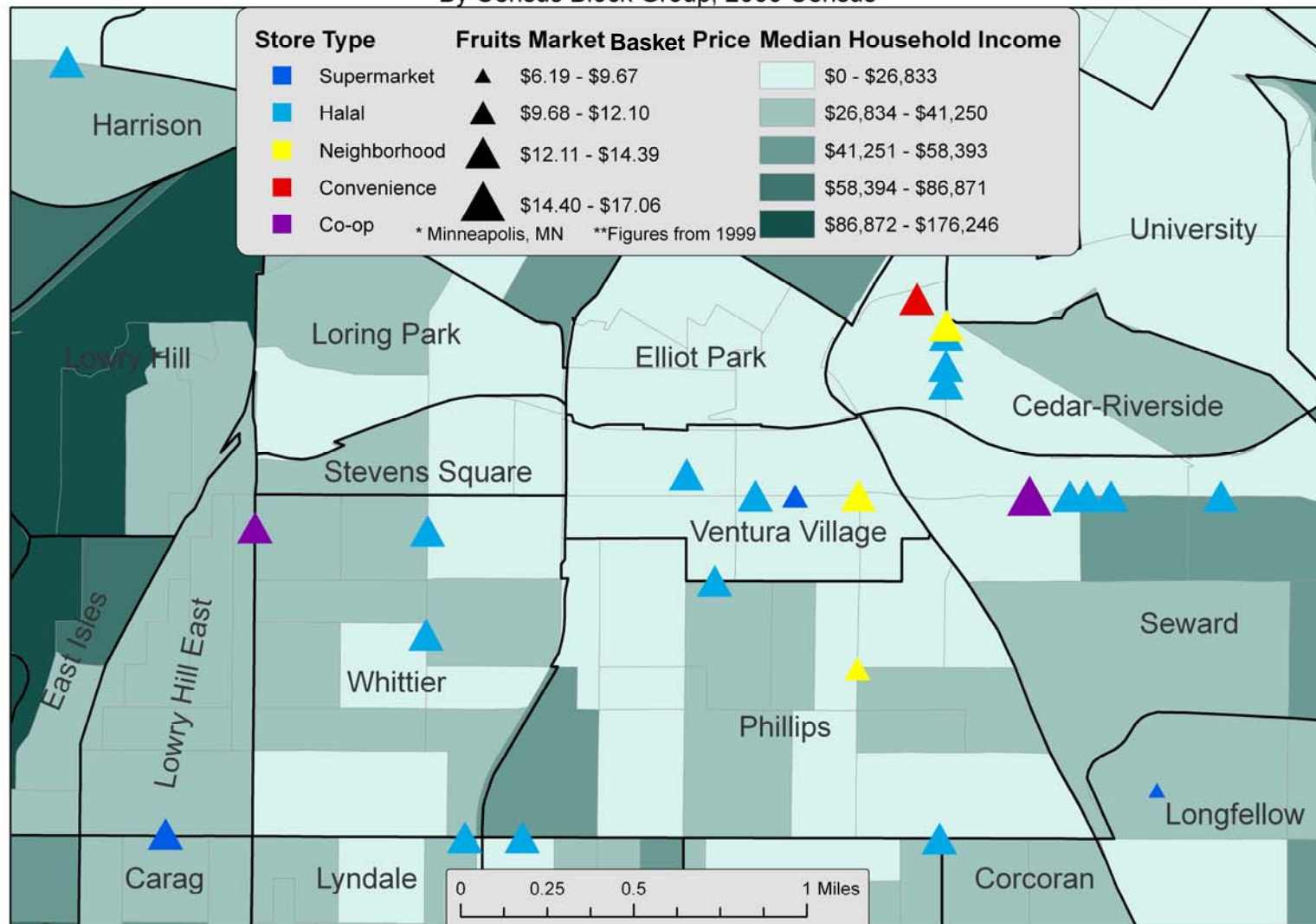
By Census Tract, 2000 Census



Cartographer: Matthew Petcoff Organization: Minnesota International Health Volunteers 20.Oct.2007 Data Source: ESRI, MetCouncil, MIHV

Fruit Market Basket Price in Mpls* Stores & Median Income**

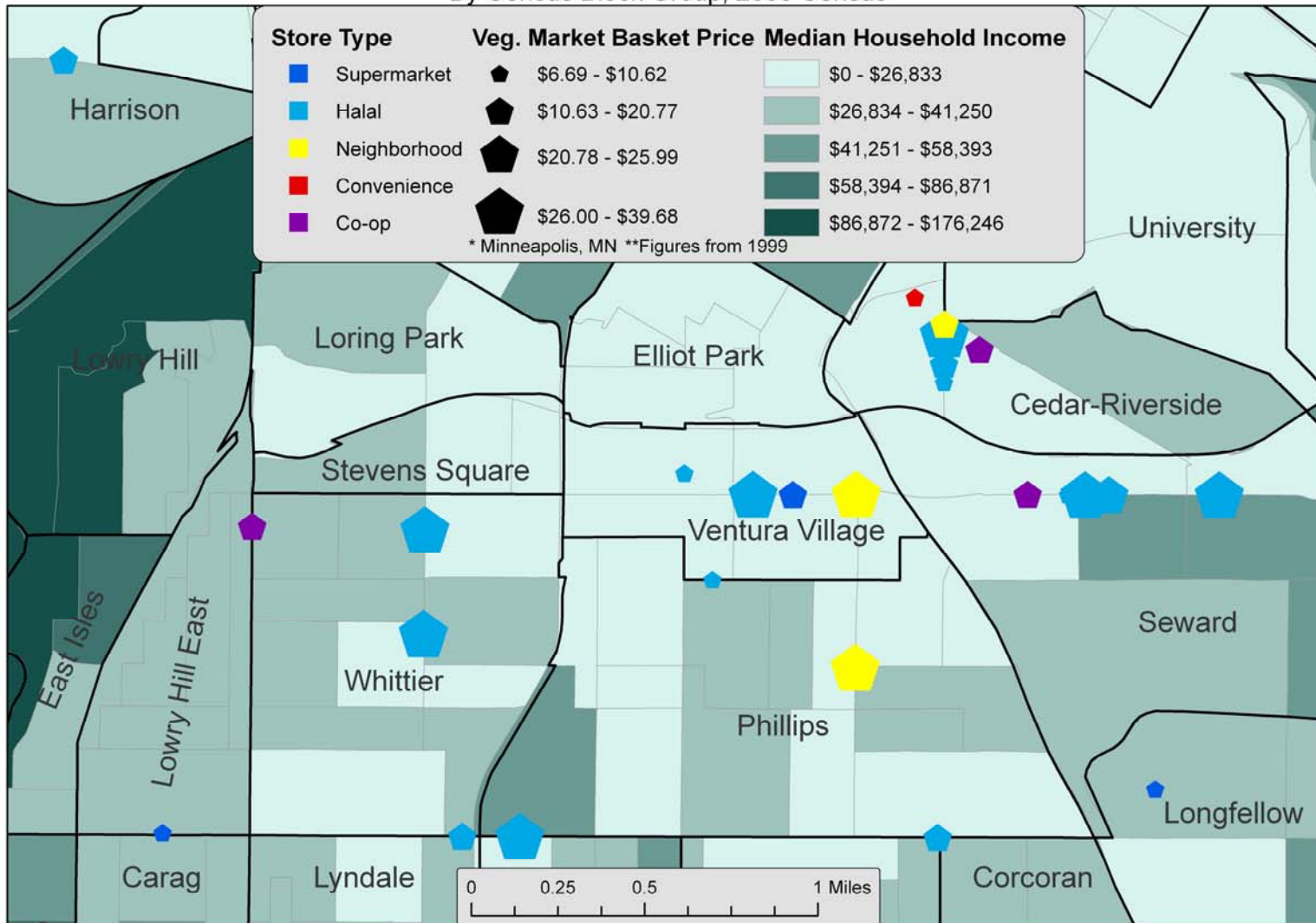
By Census Block Group, 2000 Census



Cartographer: Matthew Petcoff Organization: Minnesota International Health Volunteers 20.Oct.2007 Data Source: ESRI, MetCouncil, MIHV

Veg. Market Basket Price in Mpls* Stores & Median Income**

By Census Block Group, 2000 Census



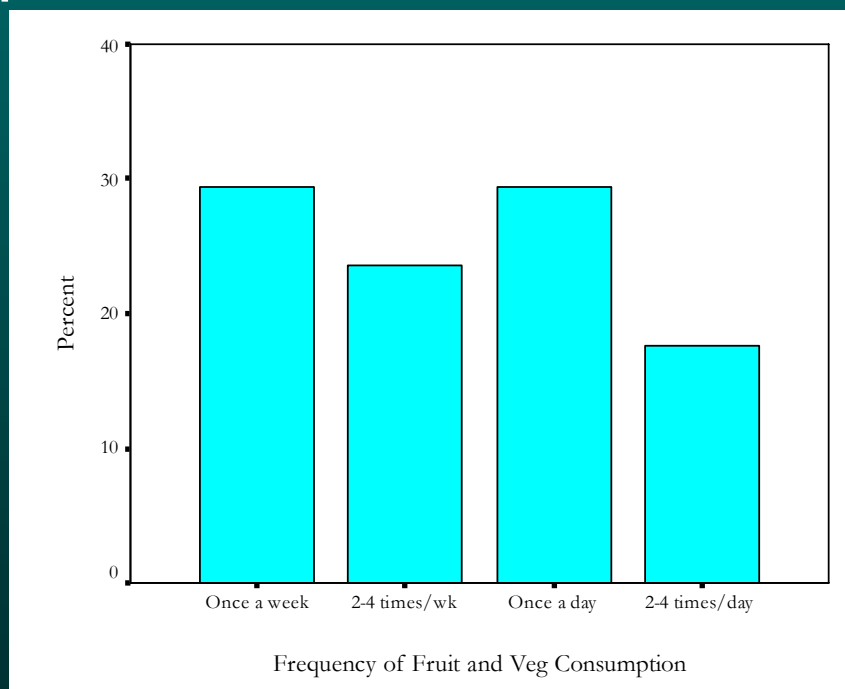
Cartographer: Matthew Petcoff Organization: Minnesota International Health Volunteers 20.Oct.2007 Data Source: ESRI, MetCouncil, MIHV

Interview Demographics

% Married	71
% 18 - 29	29
% 30 - 39	18
% 40 - 49	41
% 50 - 59	6
% 60+	6
% Employed outside home	41
% Student	29
% Other	18
% Northern Mpls (including Suburbs)	12
% Southern Mpls (including Suburbs)	35
% St. Paul (including Suburbs)	41

Interview results

- Over half of participants eat out or eat take out at least once a week (*59% and 53%, respectively*)
- Shoppers visit multiple stores for food



Recommendations

- Awareness of farmers' markets
 - Farmers' Market Nutrition Program
- Nutritional point of sale (POS) promotions
 - 5 a Day Signage
- Cooperative purchasing partnerships
 - Smaller grocers

Next Steps

- Youth and parent nutrition education
 - Media Smart Youth
- Engaging policy makers
- Engaging vendors
- Partnerships with county

Questions?

Thank You

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