Go for Healthy Growth

CO-DESIGN 1 MEETING: THE CAMPAING GOAL, KNOWLEDGE AND CONTEXT TOWARDS THE HEALTHY RESTAURANT POLICY

FUNDED BY THE CENTER FOR SCIENCE IN THE PUBLIC INTEREST

Meeting facilitated by Urban Health Partnerships, Inc.

Date: June 22, 2021

Agenda

- Welcome/Icebreaker

- Poll

- Overview of the Go For Healthy Growth (G4HG) campaign project, funder, coordinating agency, stakeholders, partners, project goals, and more.

- Introduce the methodology and framework: Policy, Systems and Environmental (PSE) changes & the 8 Steps to Building a Successful Community Action Plan (CAP)

- Breakout into groups to review, assess, and provide feedback around several local and national examples of Healthy Restaurant (i.e., meal and/or beverage) policies.

- Next Steps

Objectives

- Learn about Go for Healthy Growth Miami Gardens, the Campaign Goals, and help assess our collective knowledge and context around this project.

- Review existing policy examples that can help guide the development of a Miami Gardens focused Healthy Restaurant Policy proposal

- Begin the co-design for a Miami Gardens focused policy proposal that involves restaurant owners, youth, and this network

- Share input about ongoing efforts in Miami Gardens related to health and healthy food access

Let's Take a Poll
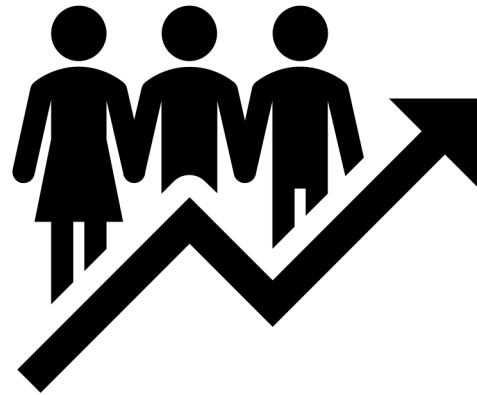
Welcome

- Introductions

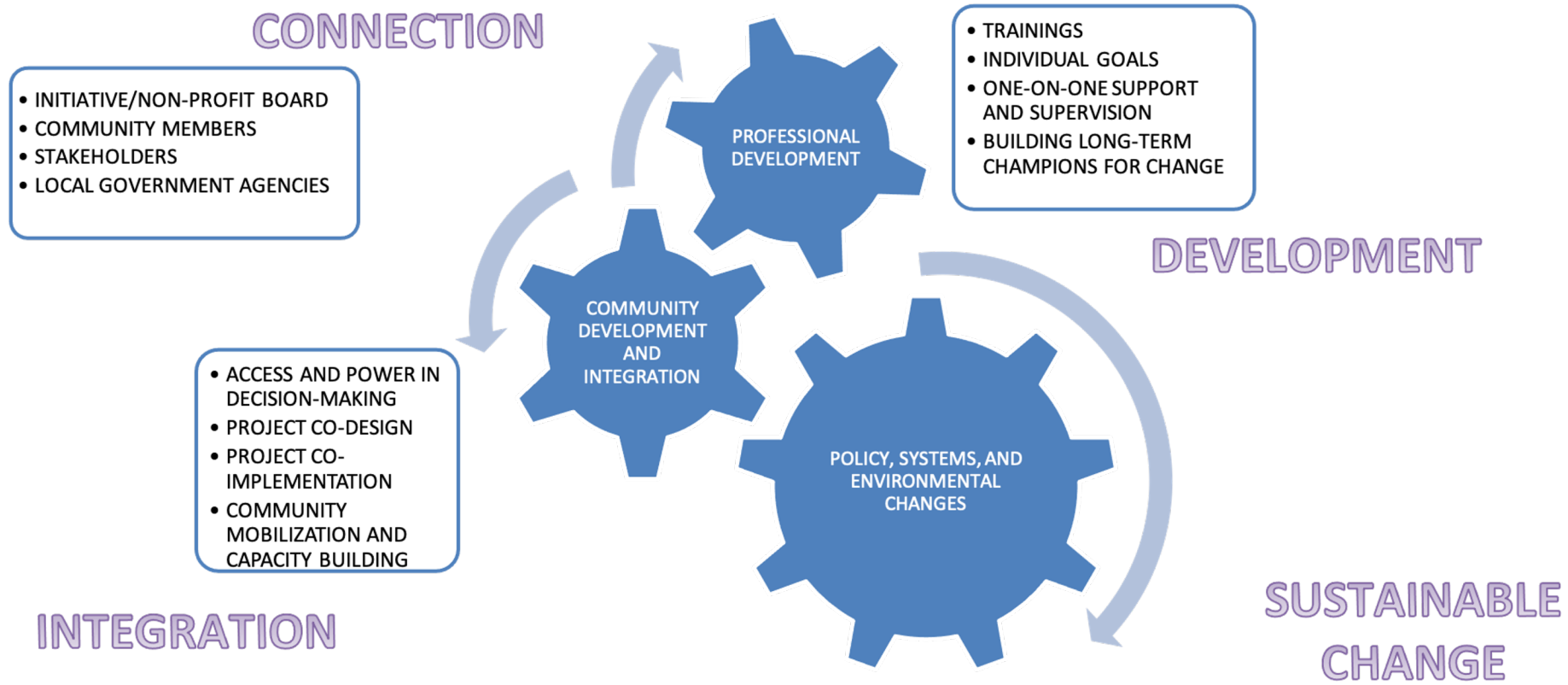- Icebreaker ([JamBoard](#))

Go for Healthy Growth

Project Overview

Urban Health Partnerships

- Our mission is to invest in our communities by co-designing sustainable change and promoting equity and well-being across the lifespan.

Community Driven Leadership

Project Summary & Objectives

The **Go for Healthy Growth Campaign**, led by UHP, in partnership with FLIPANY and the Resource Room, will engage Go-Getters (i.e., youth leaders), Community Liaisons (CLs), coalition partners (e.g., Healthy Retail Subcommittee), local restaurants, city staff and elected officials to:

- Co-Design a Healthy Restaurant Policy (Policy) to help establish healthy beverage and/or nutrition standards for kids' meals at local restaurants.

- Strengthen an advocacy communication loop towards more efficient communication between community stakeholders and elected officials to support furthering healthy food and beverage access policies.

- Implement a youth-centered, mostly virtual/digital outreach Campaign to help **gather and assess local restaurant and community member feedback, inform the Policy, and share updates.**

TIMELINE & CAMPAIGN PHASES OVERVIEW											
Setting Things Up		Explore & Discover				Building Momentum				Telling the Story	
March	April	May	June	July	August	September	October	November	December	January 2022	February 2022

Project Leadership Team

Coordinating Agency

Funder and Assistance

Target Group Leaders

Partners and Collaborators

Working with Collaborators

FLORIDA IMPACT TO END HUNGER

FHEED LLC — Food for Health, the Environment, Economy & Democracy — Community Food Systems Planning and GIS

Healthy Retail Subcommittee

live healthy miami gardens

Physical Activity and Nutrition (PAN) Subcommittee

Concerned African Women, Inc.

UF IFAS Extension UNIVERSITY of FLORIDA

American Heart Association

CLs

UHP Urban Health Partnerships

The Resource Room

FLIPANY — THE INGREDIENT TO A HEALTHY LIFE

- Subcommittee group engagement
- CL Integration & Participation
- Expand support and collaboration

- Policy Co-Design
- Community & Partner Outreach, Assessment & Education

The Framework

The How: Collective Impact, PSEs, & the CAP

Collective Impact &
Policy, Systems and Environmental Change

COMMON AGENDA
• Keeps all parties moving towards the same goal

COMMON PROGRESS MEASURES
• Measures that get to the TRUE outcome

MUTUALLY REINFORCING ACTIVITIES
• Each expertise is leveraged as part of the overall

COMMUNICATIONS
• This allows a culture of collaboration

BACKBONE ORGANIZATION
• Takes on the role of managing collaboration

Policy, Systems and Environmental (PSE) Change

POLICY
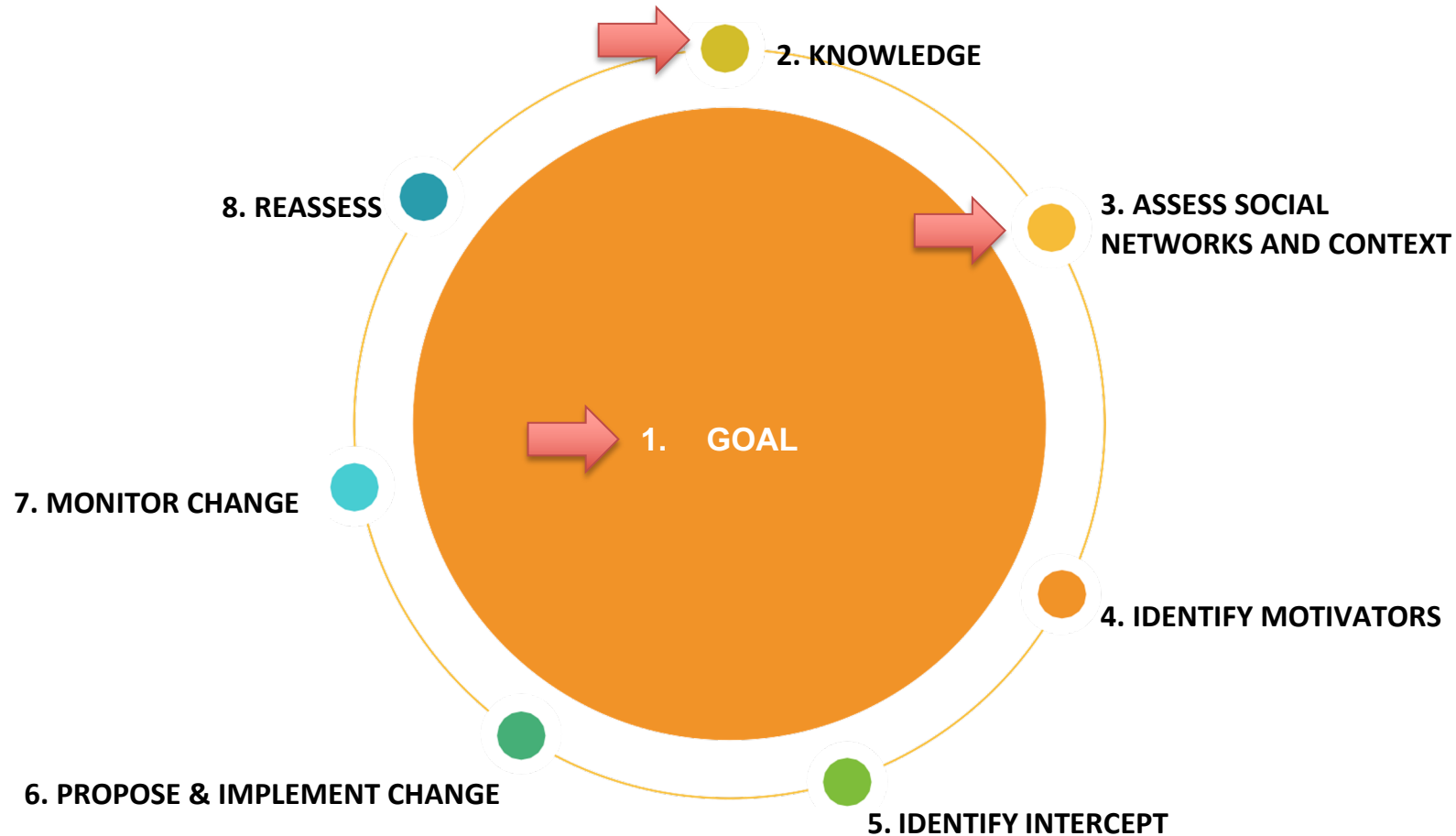Written statement of a position, decision, or action.

SYSTEMS
Procedures and protocols.

ENVIRONMENTAL
Physical/observable/measurable changes in the built or social environments.

Collective Impact &
Policy, Systems and Environmental Change

Why Collective Impact, PSEs, and the CAP in G4HG Project?

- Ensure that many project stakeholders, including the target groups and community members, play a role in developing the project's goals and objectives

- Ensure diverse and multi-sector project stakeholders are on the same page and have a common document for future reference and/or guidance

- Allow for the ability to revisit and adjust goals as needed with a reflection on the process that created the goals we currently have

- Ensure the process is co-designed at as many points as feasible

Overview

GOAL: Co-Design a Healthy Restaurant Policy Proposal with Miami Gardens' diverse stakeholders and focusing on integrating the local restaurants and the youth.

Step 1: Scan existing policies regulating restaurants across the United States.

Step 2: Discuss some of the policy highlights, potential challenges, and implementation considerations related to the scanned policies.

Step 3: From the scanned policies, identify the top 5 policy examples with the most feasibility and/or potential for larger impact and success, here in Miami Gardens.

BREAKOUTS

Moving forward: UHP will work with partners to continue to gather, document, and assess stakeholder feedback and help guide the co-design of the Healthy Restaurant Policy proposal through a series of 4 co-design meetings.
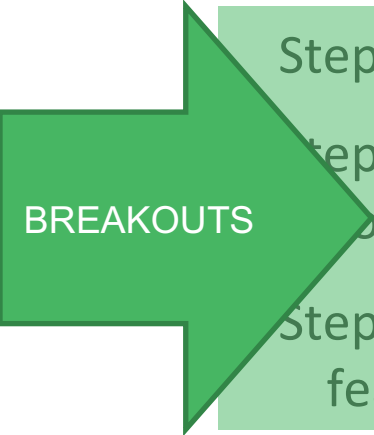
What is a Healthy Restaurant Policy

Healthy Restaurant Policies can be…

Ordinances designating specific uses or systems, Amendments adjusting things, Or resolutions towards something…

They help inform and establish healthy meal and/or beverage standards and goals.

They tend to regulate 3 things: just meals, just beverages, or both.

They also often tend to have incentives and/or penalties attached to compliance.

The Policy Matrix

Topic	Policy Type and Number	Location	Time to Implement (Months)	Summary Policy Highlights	Policy Incentives or Penalties (Regulation)
MEAL STANDARDS	Ordinance L.L. No. 10-2010, § 2	Westchester County, NY	Not specified	Standard menu items that are sold or offered for sale in a chain food service establishment should post calorie count values for standard food items on menus and menu boards, consistent with federal law requirements. A "Chain Food Service Establishment" as defined in section 873.411(1)(c) of the Westchester County Sanitary Code, is part of a chain with 15 or more locations doing business under the same name, regardless of the type of ownership of the locations, and offering for sale substantially the same menu items.	Civil penalty in an amount not to exceed one thousand dollars. Each day a violation of this chapter exists shall be deemed a separate additional violation. Regulated by the Public Health Department.
GE STANDARDS	Ordinace No. 40 Series 2017	City of Lafayette, CO	0-3 months	Water (sparkling or flavored) with no added sweetener, milk or non-dairy milk alternatives with no added sweetener	Annual self-certification required. Regulated by the Boulder County Public Health through restaurant inspections.
	Ordinace City Bill No. 17-0152	City of Baltimore, MD	3-6 months	Water (sparkling or flavored) with no added sweetener, milk or non-dairy milk alternatives, up to 8 oz of 100% fruit juice or fruit juice combined with water or sparkling water, with no added sweetener	Environmental citation with fine of $100. Administered by Baltimore City Health Deparment through restaurant inspections.
	Ordinance No. 18-046	City of Wilmington, DE	0-3 months	Water (sparkling or flavored) with no added sweetener, milk or non-dairy milk alternative, up to 8 oz of 100% fruit juice or fruit juice combined with water or sparkling water, with no added sweetener	Penalties do not to exceed $200. Regualted by the Department of Licenses & Inspections (not the same agency that conducts restaurant inspections).

Moving into the Breakouts

WAITROOM (JamBoard): **Consider this question:** *What policies do you see impacting your life directly, if any?* **Introduce Cindy and Teara (Breakout Group Facilitators)**
GUIDING QUESTIONS
1. Based on the policies you reviewed, which 3 things stood out to you?
2. Do you know of any exiting regulations for restaurants in Miami Gardens around healthy food and/or beverages?
3. Is there a way to regulate certain types of restaurants (e.g., fast food, dine in, etc.) differently? Or should all restaurants be regulated exactly the same?
4. Which types of policies could be more effective in Miami Gardens (e.g., incentives or penalties // meal, beverage or both)?

Next Steps

Communications, Logo, and More

Communications Update

- UHP is developing a communications toolkit for an informational and engagement campaign (from July – November) around this project. This social media campaign will:
    - Help inform community members and other stakeholders about the project
    - Engage folks around the topics of healthy food, local restaurants, youth, advocacy, and more
    - Support outreach, engagement, and assessment efforts through this project
    - Serve as the template for youth to use in the future development of their own campaign!

- UHP wants to coordinate with partners to make the best of this campaign! If there are any overlapping LHMG partner activities within the timeframe, we can integrate some messaging, images, and/or mentions through the G4HG campaign.

Project Logo Round 2

Next Steps

- Schedule next Co-Design Meeting

  - Tuesday August 24

  - Wednesday August 25

  - Thursday August 26

- Follow Up (Via email by July 1st) you'll receive:

  - Meeting Recap

  - Partner Survey

  - Meeting Evaluation

  - Registration link for next Co-Design Meeting

THANK YOU!

To learn more about the Go for Healthy Growth Campaign, please contact:

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