

Bringing Healthy Foods to Philomath, OR

LBCC Department of Nursing NUR202A: Denise Batacandolo, Ethan Cullen, Rebekah Nissen, Kennedy Painter, Maggie Schrader, Jenefer Spitz, Autumn Williams

Introduction

- 🍇 Social determinants of health (SODH) include economic stability, education access and quality, healthcare access and quality, neighborhood and built environment, and social and community context [11].
- 🍌 The SODH we are trying to improve are the neighborhood and built environments and the social and community context.
- 🍉 Neighborhood and built environments emphasizes creating public places where people can come together as a community for a variety of reasons [11].
- 🍊 Social and community context places importance on members of the community creating and maintaining strong relationships, so that when people in the community falls on hard times, they are not completely alone, as they have a community of support behind them [11].

Background

- 🍌 The vulnerable populations are the disabled, elderly, and unemployed.
- 🍆 The priority population we have identified in Philomath, is those who are disabled. About 11.6% of the population in Philomath have disabilities, with the majority being over the age of 65 years old [18]. This means that approximately 696 people in Philomath have disabilities [18].

Assessment

- 🍌 Philomath does not have a grocery store in town. They do have a Dollar General and a Farmers Market to get groceries, however, they have limited selections and are not always open. The closest grocery store is Safeway in Corvallis.
- 🍆 Having limited access to quality foods can have negative effects on health and diet quality, which can be exacerbated for those with chronic or disabling health conditions.
- 🍌 Lack of access to quality food can result in purchasing cheaper foods that are high in calories but low in nutritional value. Less healthy foods can lead to chronic diet-related diseases such as diabetes, high blood pressure, and high cholesterol.
- 🍌 These chronic illnesses can worsen existing disabilities or other illnesses, resulting in higher health care costs and difficulty finding or keeping a job. These challenges further restrict the household food budget, resulting in fewer resources being allocated to food.

Social Determinants of Health



[12]

Potential & Improved Interventions

- 🍌 The Philomath Market carries fresh apples, oranges, and bananas, as well as a variety of canned fruits and vegetables (K. Herrera, personal communication, February 4, 2024).
- 🍌 Increase amount of meal availability at the Philomath Soup Kitchen [4].
- 🍌 Provide networking opportunities with the Philomath Food Bank to allow local farms to supply fresh produce [15, 17].
- 🍌 Working with Gathering Together Farms to provide Community Supported Agriculture Boxes at reasonable prices for community members to purchase [10].
- 🍌 Funding to provide individual gardening kits and education to each community member to apply gardening techniques in their own homes to allow for growing fresh produce at home [16].
- 🍌 Educate on healthier menu options: McDonalds- apple slices; oatmeal with fruit; plain hamburger (or with no bun) and add lettuce and tomatoes. Subway- wheat bread; a lot of vegetables; low calorie dressing; or getting a salad.
- 🍌 Linn Benton Food Share helps people get meals after being hospitalized in both Albany and Lebanon Samaritan Hospitals [5].
- 🍌 Having an educational meeting on increasing longevity of nutritious food [8, 9].
- 🍌 Educate on how poor diet affects health: “adults who eat a healthy diet live longer and have a lower risk of obesity, heart disease, type 2 diabetes, and certain cancers” [1].
- 🍌 Networking with local grocery stores, farms, and restaurants to provide products unable to be sold to community members at a lower cost [4, 7, 10, 13].
- 🍌 More funding for the market to take place Friday-Sunday instead of only Sunday’s to allow more opportunities for the community to buy goods from vendors and provide education on healthy eating [3].
- 🍌 Food Assistance programs (Supplemental Nutrition Assistance Program, Women Infants and Children Program, Oregon Farm Direct Nutrition Program, Philomath Community Services) [3].
- 🍌 Philomath Connections is a free transportation service that connects the Philomath population to grocery stores in Corvallis [6]. Have the bus have better carrying capacity for groceries, as it is frequently used (T. Bates, personal communication, February 5, 2024).
- 🍌 Create a non-profit organization that provides an online service for small grocery stores to offer pickup services and gather data on local community food spending habits.

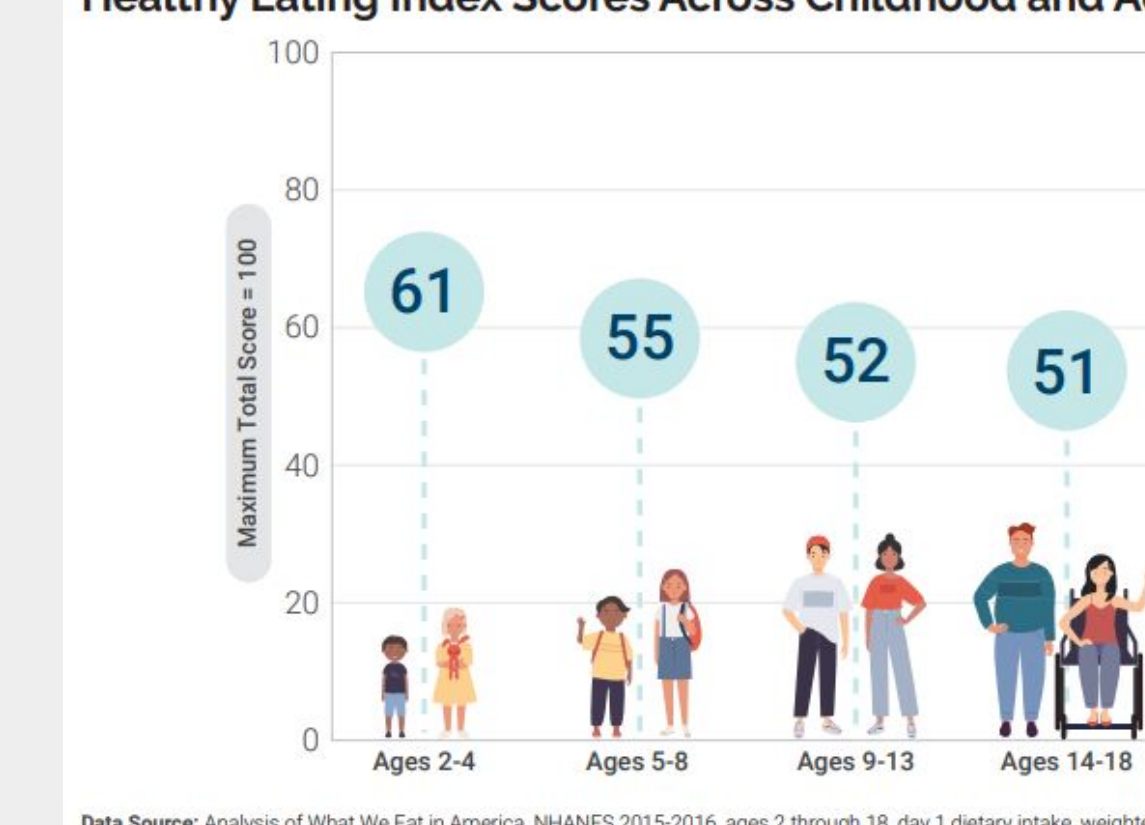
Goals

- 🍌 Provide Philomath with education of potential risk factors of unhealthy eating habits.
- 🍌 Provide Philomath with healthy food options to reduce their risk for chronic disease and improve their health.
- 🍌 Provide Philomath with interventions that allow for access to healthy foods and education on healthy eating.
- 🍌 Provide Philomath with access to available resources for individuals facing food insecurity.
- 🍌 Advocate for Philomath by introducing interventions that provide access to quality food supplies. To advocate for this population we will work with the resident’s themselves to educate on the significance of healthy eating.

Take-away

- 🍌 There are 3 convenience stores and 0 grocery stores in Philomath making unhealthy foods is more accessible.
- 🍌 The community in Philomath, OR does not believe they have a lack of food resources.
- 🍌 1 out of 10 residents are physically disabled making it difficult to access quality food.

Figure 3-1
Healthy Eating Index Scores Across Childhood and Adolescence



[2]

Resources

- College United Methodist Church**
1123 Main St., Philomath, OR
541-929-2412
- Philomath Community Services**
360 S 9th St., Philomath, OR
541-929-2499
- Gathering Together Farms**
25259 Grange Hall Rd., Philomath, OR
541-929-4270
- Benton County Health Dept.**
530 NW 27th St., Corvallis, OR
541-766-6835
- Philomath Market**
1405 Main St., Philomath OR
541-929-3105
- CTS Route Philomath Connection**
1245 NE 3rd St., Corvallis, OR
541-766-6998
- Meals on Wheels**
Corvallis Elks Lodge 1400 NW 9th St.
Katherine Ing (541) 223-1005
(800) 638-0510 or (541) 967-8630

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