



**WHITE HOUSE
CONFERENCE
ON HUNGER,
NUTRITION,
AND HEALTH:
TOOLKIT FOR
PARTNER-LED
CONVENINGS**

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THE WHITE HOUSE
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INTRODUCTION

Millions of Americans are affected by hunger. Millions more are affected by diet-related diseases like heart disease and diabetes that healthy eating, along with physical activity, can help prevent. Diet-related diseases are among the leading causes of death and disability in the United States — and they have an unequal impact across communities. Specifically, hunger and diet-related diseases are more common in underserved communities, including many Black, Latino, Asian American, Native Hawaiian and Pacific Islander, and Native American communities. And hunger and diet-related diseases affect many more communities, including rural communities, people with disabilities, older adults, LGBTQI+ people, military families, and military veterans. Lack of access to healthy and affordable food, and to safe outdoor spaces, contributes to hunger, diet-related diseases, and health disparities. The COVID-19 pandemic has only made things worse.

The Biden-Harris Administration has launched an effort to **end hunger and to increase healthy eating and physical activity by 2030** so that fewer Americans experience diet-related diseases.

This effort will include a White House Conference on Hunger, Nutrition, and Health in September 2022. At the conference, the Biden-Harris Administration will announce a strategy with solutions to these challenges and will encourage the public and private sectors to work together to transform the food and physical activity environments in the United States. The strategy will be a road map to end hunger, improve nutrition and physical activity, and eliminate disparities.

ABOUT THE TOOLKIT

You can help us achieve these ambitious goals. We need your input to successfully develop and implement a national strategy on hunger, nutrition, and health. This toolkit is designed to help you have conversations with your community, other organizations, and individuals about ending hunger, improving nutrition, and increasing physical activity – all while reducing disparities.

Inside this toolkit, you'll find **information about the five pillars** that are the focus areas of the White House Conference on Hunger, Nutrition and Health. You'll also find **questions to help guide your conversations**. We're asking you to share your stories with us and share your ideas for success under each pillar. We will use your ideas to inform a national strategy on hunger, nutrition, and health.

HOW TO USE THE TOOLKIT

When you host your own convening, virtual or in-person, please use the Pillars and Questions section below to guide your conversations. You may choose to focus on one pillar, multiple pillars, or all five. You may want to share the five pillars and related questions ahead of time to help your community prepare for the conversation. Decide how you will collect responses to the questions outlined below so that you can easily submit them to us.

After your discussions, please submit your stories and your feedback and make them as specific as possible. Please share your responses via email at WHHungerHealth@hhs.gov by **July 15, 2022** to be sure they are considered.

When you submit your responses, please include the name of your organization (if applicable), where your convening took place, describe how large the group was and a general description of who was there (community members from a specific town, hunger advocates, physicians, etc.). We are particularly interested in hearing from as many people as possible with lived experience of hunger and/or diet-related diseases, and we appreciate your making it a priority to include them and their ideas.

PILLARS AND QUESTIONS



PILLARS

The five pillars below define the scope of the White House Conference on Hunger, Nutrition, and Health. They're meant to help identify actions that can be taken by **all parts** of society – including the Federal government; local, state, territory, and Tribal governments; nonprofit and community groups; and private companies.

We're especially interested in actions that will help eliminate disparities and support the diverse range of individuals and communities that are impacted by hunger and diet-related diseases, including communities of color, rural communities, people with disabilities, older adults, LGBTQI+ people, military families, and military veterans. Here are the five pillars:

- 1. Improve food access and affordability:** End hunger by making it easier for everyone – including urban, suburban, rural, and Tribal communities – to access and afford food. For example, expand eligibility for and increase participation in food assistance programs and improve transportation to places where food is available.
- 2. Integrate nutrition and health:** Prioritize the role of nutrition and food security in overall health, including disease prevention and management, and ensure that our health care system addresses the nutrition needs of all people.
- 3. Empower all consumers to make and have access to healthy choices:** Foster environments that enable all people to easily make informed healthy choices, increase access to healthy food, encourage healthy workplace and school policies, and invest in public messaging and education campaigns that are culturally appropriate and resonate with specific communities.
- 4. Support physical activity for all:** Make it easier for people to be more physically active (in part by ensuring that everyone has access to safe places to be active), increase awareness of the benefits of physical activity, and conduct research on and measure physical activity.
- 5. Enhance nutrition and food security research:** Improve nutrition metrics, data collection, and research to inform nutrition and food security policy, particularly on issues of equity, access, and disparities.

QUESTIONS

We hope to get responses to some or all of these questions from you:

1. How has hunger or diet-related disease impacted you, your family, or your community?
2. What **specific** actions should the U.S. Federal government, including the Executive Branch and Congress, take to achieve each pillar? What are the opportunities and barriers to achieving the actions? Actions should include specific policy and/or programmatic ideas and changes as well as funding needs.
3. What **specific** actions should local, state, territory and Tribal governments; private companies; nonprofit and community groups; and others take to achieve each pillar?
4. What are opportunities for public- and private-sector partners to work together to achieve each pillar?
5. What are innovative, successful activities already happening at the local, state, territory, and Tribal levels that could inform actions at the Federal level?

Again, the more specific, the better. We set up a mailbox to make it easy for you to submit the ideas you hear and want to send to us. Please email them to us at WHHungerHealth@hhs.gov after your conversations end.

We must work together to achieve the goal of ending hunger and increasing healthy eating and physical activity so that fewer Americans experience diet-related diseases. We look forward to your input on how to achieve this goal.



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White House Conference on Hunger, Nutrition, and Health