



FOOD, MOOD, AND MENTAL HEALTH **GENERAL MEETING** FOLLOW UP DOCUMENT

Be sure to click all
logos, names, and
headshots to take
you directly to
each organizations
website!



This document shares key takeaways, resources, interactive question responses, and questions for the speakers shared in the chat during the meeting, with their responses. Please visit our [General Meeting](#) page on our website to view the [agenda](#) and [slides](#).

In case you missed our meeting, check out the recording link [here](#).



Thank you all for joining us on April 18th, to learn about some of the groundbreaking collaborations happening in Georgia that celebrate, embrace and impact our food and the way we think and feel about it. We truly appreciate all the work our partners are doing around Food, Mood, and Mental Health!

-Emily Anne and the Resilient Georgia Team

Emily Anne started off our interactive questions by talking about how we are entering harvest season and asking the group, what is your favorite fruit and vegetable?



Lily Baucom



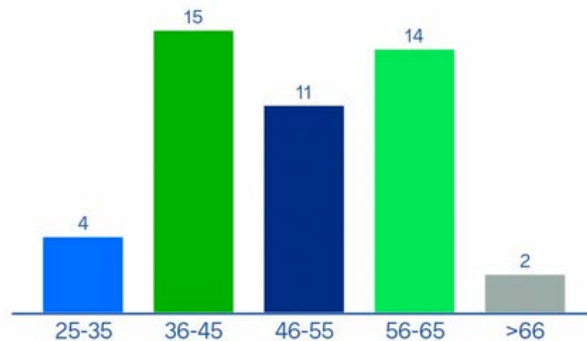
GEORGIA
FOUNDATION
FOR AGRICULTURE

Interactive Question:

What is the average age of a farmer in Georgia?

(Check out the graph for the attendee's answers)

58 is the average age of a Georgia farmer



Key Takeaways

- Georgia Foundation for Agriculture is an initiative founded by Georgia Farm Bureau that is working to support the next generation agricultural leaders by identifying and addressing the needs of this population.
- Agriculture is Georgia's largest and oldest industry, with one in every seven Georgian working in agriculture or related fields. The average age of Georgian farmers is 58, and this average increases each year.
- Georgia farmers are dying at higher rates of suicide than ever before, making it clear that farmers have immense mental health needs. There is a need for solutions to bolster resilience for these individuals and their important line of work.
- The Growing Stronger Together program partners with Georgia Rural Health Innovation Center at Mercer University to conduct, present, and act on research around wellbeing, stressors, and coping mechanisms for over 1600 farmers and spouses.
- This research is being used to formulate interventions such as training for farmers and their families, farmer appreciation campaigns, and mental health support at agriculture safety days.
- Research Findings
 - Farmers are in need:** 42% of all farmers have thought about suicide in the past year.
 - Stress varies by experience:** 50% of farm managers have thought about dying by suicide at least once a month, and 61% of first-generation farmers thought about dying by suicide in the past year, compared to 10% of generational farmers. This supports the idea that interventions must be tailored to meet needs of different farmer groups.
 - Peer networks are important:** Nearly 60% of young farmers report stress about their lack of a role model, and only 31% of farmers report talking to friends or family as a coping mechanism and protective factor against suicidal ideation.
- Farmer peer networks can include family, friends, community networks, and state and national groups. Non-profit organizations can play a particularly important role in this network.
- The Georgia Farm Bureau is a statewide organization composed of 10 districts and 158 county offices that conduct progression development programming at the county and state level to empower leaders in the agriculture community.



Find out how to connect with your local farm bureau to support and uplift this important work!



Questions & Answers

Q: Is there a link to the Farmer's Mental Well-being Project report?

A: Click [HERE](#) for the link to the Farmer's Mental Well-being Project report.

Forsyth Farmers Market



Key Takeaways

- Taking place in downtown Savannah, Forsyth Farmers' Market strives to cultivate connections between place, food, and people's wellbeing. This year, they have over 80 vendors that center food and farmers.
- In Chatham county, 47% are White/Caucasian, 43% are Black/African-American, and 7% are Hispanic/Latinx, and yet health equity is only at 30%.
- Food security is an important part of health equity and mental health, yet it impacts marginalized communities at a disproportionate rate.
- Forsyth Farmers' Market distributes fresh, local produce through their community-led Farm Truck 912 project, directly connecting farmers to consumers and promoting food justice, health equity, and wellness for marginalized communities.
- Their 912 Food Farmacy offers education, cooking classes, and comprehensive care to help individuals address diet-related illness. This program has grown to include over 1700 people, addressing a major need in the community.
- Tiny Tots Trailblazers! Is an initiative that collaborates with local childcare providers to offer produce and engaging food-related activities to children from a young age.
- Forsyth Farmers' Market takes a culturally relevant approach to fostering wellbeing in their community:
 - A Taste of African Heritage provides cooking classes and workshops to promote health and connection to cultural heritage and networks of support.
 - The Hispanic Outreach program offers resources, education, and produce to address food insecurity and other unique needs of this community.

Follow these links to learn more about the incredible work of Forsyth Farmers' Market:

- Subscribe to their monthly newsletter
- Join them at Farm-R-Que!
- Stay up to date on Facebook and Instagram
- Volunteer with Forsyth Farmers' Market

Interactive Question: Rank the Social aspects of the Meaning of Food and Life Questionnaire.

(See the attendee's rankings in the graph)



Questions & Answers

Q: Are you using Oldways African Heritage Diet curriculum?

A: Yes, we are!

**“Food connects me
with my culture and
community”**



Email: forsythfarmersmarket@gmail.com | Phone: 912-677-2755

A Better Way
GROCERS



(Check out the word cloud for the attendee's answers)



- Email: abetterwaygrocers@gmail.com | Phone: 229-221-1531

Kelsey Pocock

And I said to my body, softly:
'I want to be your friend.'
It took a long breath, and replied:
'I have been waiting my whole life for this.'

– Nayyirah Waheed



Key Takeaways

- Context
 - 9% of the US population will have an eating disorder in their lifetime.
 - Global eating disorder prevalence increased from 3.5% to 7.8% between 2000 and 2018
 - 22% of children and adolescents worldwide show disordered eating.
 - Less than 6% of people with an eating disorder are medically underweight. Individuals with higher body weight have a 2.45 times greater chance of engaging in disordered eating behaviors, however, they receive the clinical diagnosis of an eating disorder half as frequently as patients who are considered normal or underweight.
 - Food insecurity is associated with 1.67 higher odds of Binge Eating Disorder or subclinical Binge Eating Disorder and 1.31 higher odds of binge eating symptoms in early adolescence.
 - The burden of caregiving is higher among caregivers with eating disorders than those with schizophrenia and depression.
- Types of feeding and eating disorders include Anorexia Nervosa, Bulimia Nervosa, Binge-Eating Disorder, and Avoidant/Restrictive Food Intake Disorder, but also lesser known disorders such as Pica, Rumination, and Specified or Unspecified categories of disordered eating
- Body messaging in the community is contributing to the prevalence of eating disorder behavior.
- Children's Healthcare of Atlanta is seeing higher rates of eating disorder admissions in recent years, with a large spike occurring during the pandemic. Checking in with your kid's pediatrician can be a great place to start treatment.

Treatment Resources

- Eating Disorders Hospital ([Veritas Collaborative](#))
 - Ages 8-21
 - All levels of care
- One Residential Program ([Clementine](#))
 - Ages 11-17
- Partial Outpatient Program, Intensive Outpatient Program, and outpatient programs ([Veritas](#), [Clementine](#), [Walden](#), [Manna](#), [Renfrew](#))
- Eating Disorder therapists who use Family Based Treatment Techniques
- Eating Disorder specialized Dietitians

Online Community Resources

- [Families Empowered and Supporting Treatment for Eating Disorders \(FEAST\)](#)
- Supports caregivers of loved ones with eating disorders
- Complementary [resources](#) for the first 30 days
- [Caregiver online forum](#), a 24/7 facebook group
- [National Alliance for Eating Disorders \(NAED\)](#)
- Provides one-on-one communication about treatment options
- Thursday evening (7PM EST) "[Friends and Family Group](#)"
- [National Eating Disorders Association \(NEDA\)](#)
- Provides information, screeners, and treatment providers in the area

Questions & Answers

Q: How often do you see eating/feeding disorders with other disorders (substance use disorder, etc.)?

A: We don't see substance use as a co-occurring disorder as much at CHOA with the pediatric/adolescence population but I know it exists in the adult population. We commonly see co-occurring disorders of depression and anxiety in addition to the patient's eating disorder

Q: What impact does the iPhone have on these stats?

A: I don't have specific numbers but the increase in eating disorder prevalence has coincided with increased social media use in the adolescent population. The thought is that social comparisons and bullying is no longer limited to social environments but can occur at any time of day in any environment.

Save the Date!

Join us for our next Resilient
Georgia General Meeting:

November 14, 2024

11:00am-12:30pm

Additional Resources



RESILIENT GA PARTNERS

- [Farm to School Albany 4C Academy](#)
- [HealthMPowers: Monthly Meal Planning Calendars](#)
- [Healthy Communities at Atrium: Food as Medicine Market](#)
- [Jolly Avenue Garden](#)
- [RCV The Food Mill/Ugrow](#)



GEORGIA ORGANIZATIONS

- [Atlanta's Urban Food Forest](#)
- [CHOICES Community Teaching Kitchen & Mobile Food Pantry](#)
- [Concrete Jungle](#)
- [Gangstas To Growers](#)
- [Georgia Black Farmers Network](#)
- [Global Growers](#)
- [Local Lands](#)
- [Mimi's Pantry](#)
- [The Common Market](#)



ADDITIONAL RESOURCES

- [Duke University, Sanford World Food Policy Center and Podcasts](#)
- [Farming While Black TEDxBoston](#)
- [Gastronomy and the Social Justice Reality of Food, Michael Twitty](#)
- [Why Food is a Social Justice Issue](#)
- [3 Black Women Farmers Fighting Food Injustice](#)



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