

Keynote

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Director



OFFICE OF THE
FOOD SECURITY
ADVOCATE



Connecting Food & Health

Food Security, Organizational Health, and Self Care



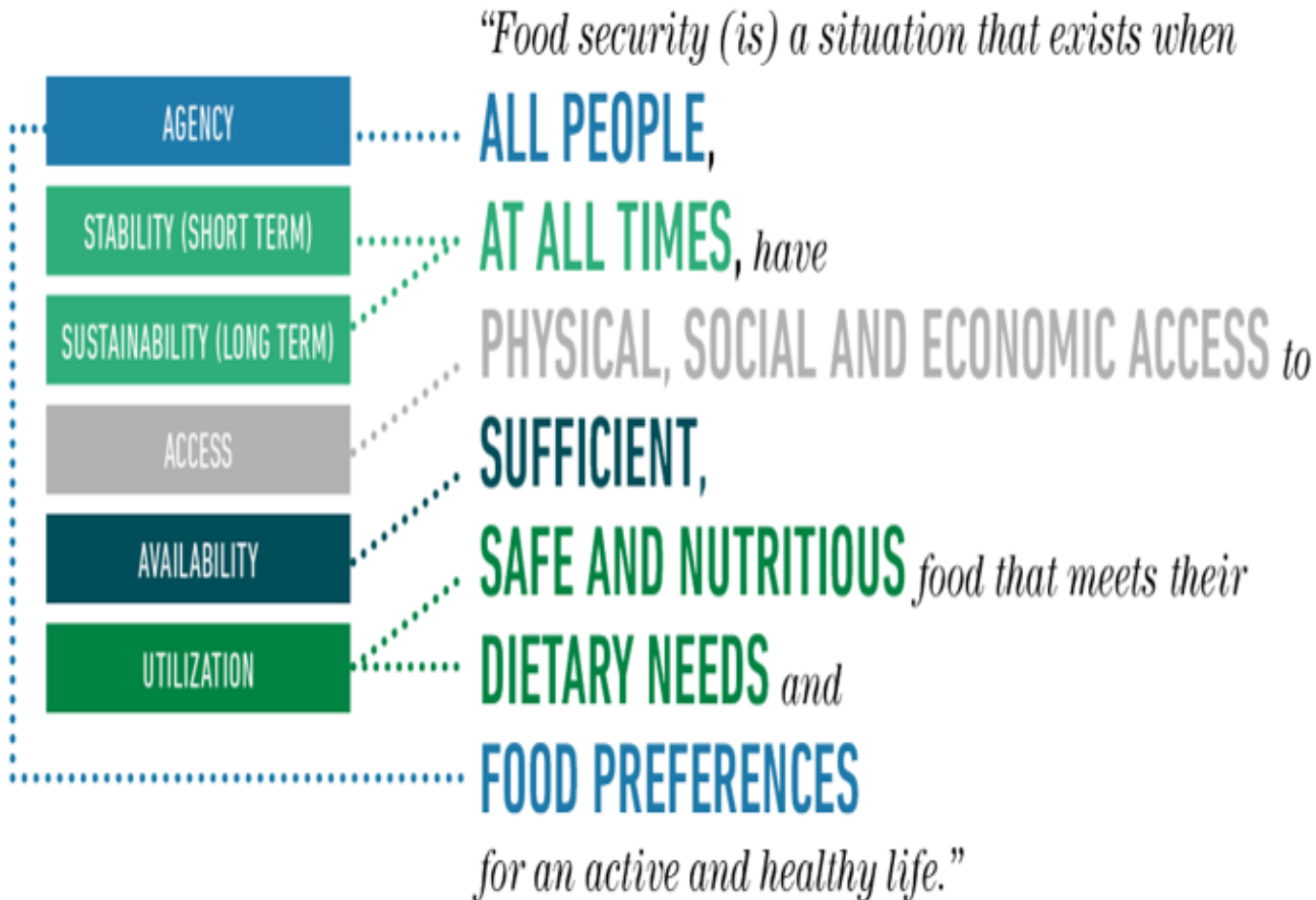
Objectives:



1. What is NJ's food security work?
2. Organizational health & culture
3. The importance of self care

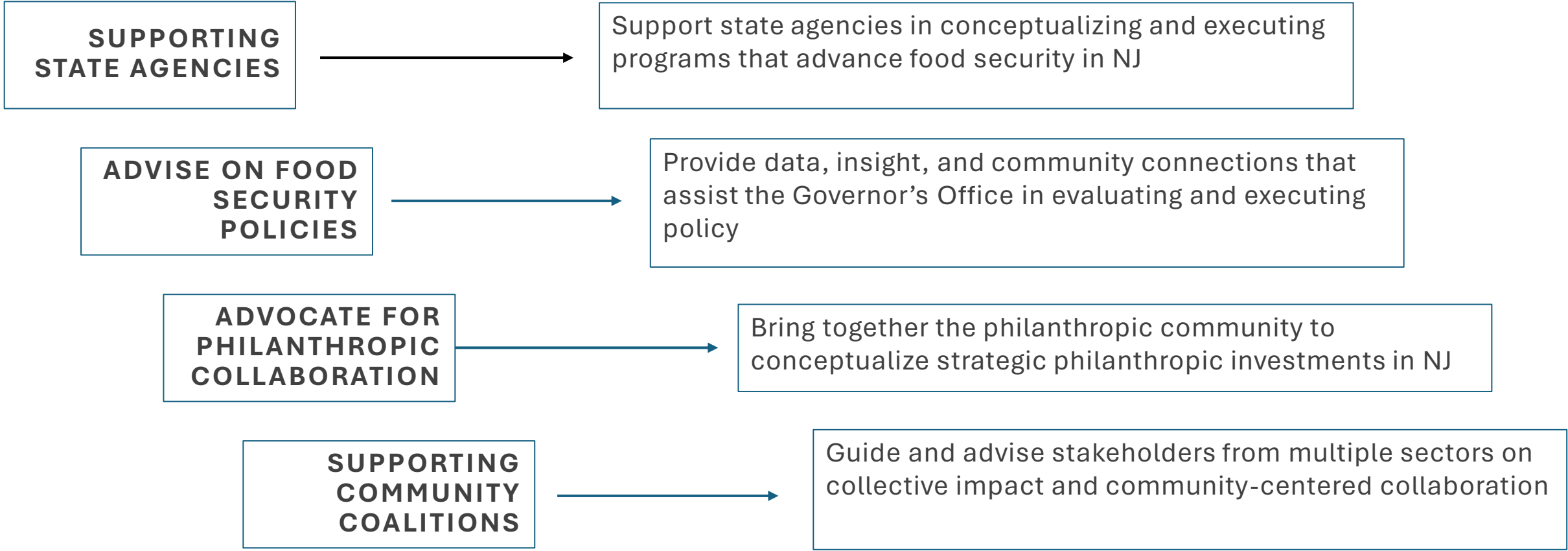
NJ's Food Security Work

6 Dimensions of Food Security



In New Jersey:

- In 2022, **over 994,000 individuals** experienced food insecurity in New Jersey. The food insecurity rate was **10.7%** in New Jersey compared to 13.5% in the U.S.
- The rate of food insecurity **is higher among children** (<18 years) with over 163,000 (13.2%) experiencing food insecurity in New Jersey in 2022.
- Black (all ethnicities) (21.0%) and Latino (Hispanic) (20.0%) individuals experience food insecurity at higher rates than white (6.0%) individuals across New Jersey.
- From 2018 to 2022, **food insecurity in New Jersey has gotten worse**, changing from 8.7% overall and 11.3% among children to 10.7% overall and 13.2% among children.



4 FOCUS AREAS OF NJOFSA

Near-Term Actions

Increase Draw Down of Federal Funds

NJ can improve its draw down of funds from things such as CEP and TEFAP while also competing for more federal funding

Strengthen use of state funds

NJ can utilize these funds to support food banks, create sustainable infrastructure, and catalyze innovation and investment

Agricultural Innovation & Infrastructure

NJ has 10,000 farms and four major fishing ports. We also have a growing need. How can we build systems that get NJ food to NJ families?

Increase Philanthropic Investments

NJ can use its commitment to food security to catalyze the philanthropic sector to double our investments

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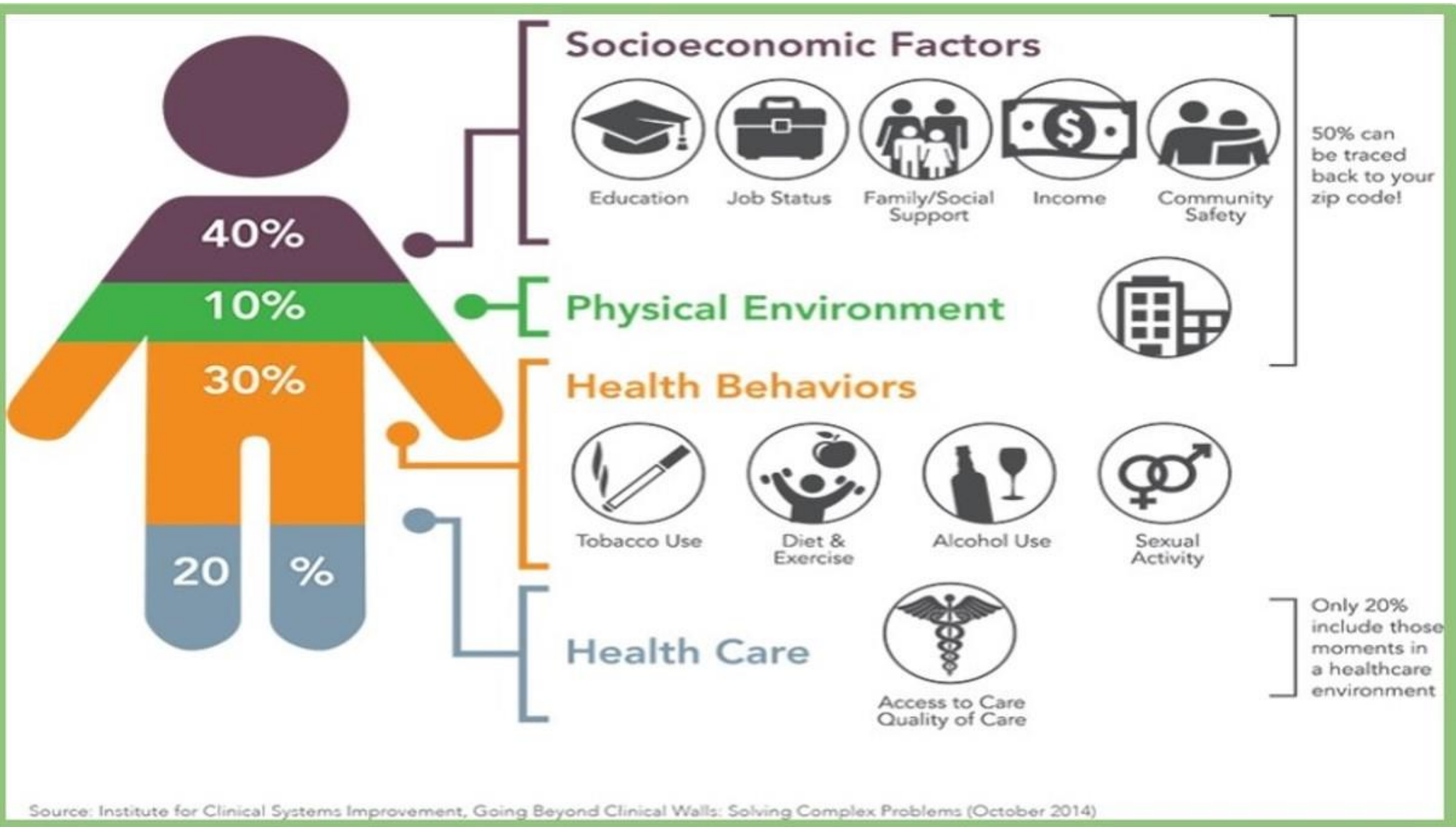
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Organizational Health & Culture

- Creating food security requires multi-sector partnerships and collaboration
- Common language and common understanding so that we collectively understand what helps and what hurts
- Tools to truly SEE ourselves and others.
- These tools help us build INTERNAL and PERSONAL culture so we can walk alongside others and help them build.



Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)

CLIMBING THE LADDER:

Resident Power Ladder

Residents in Control

Residents control goal setting, planning and implementation.

Residents as Advisors / Advocates

Residents participate in goal setting, planning & implementation. Residents may serve on governing body, advisory group, or as advocates for the organization.

Residents as Information Sources

*Residents participate are part of focus groups.
Staff consults with residents.
Residents fill out surveys.*

Residents as Recipients

Residents receive services or information.



Ways to Begin Creating Healing Spaces

Nurture and
Protect

Make Eye
Contact

Ask for
Opinions &
Listen

Hunt for the
Good

Examine Your
Physical
Space

Co-Create &
Collaborate

Say, "Sorry"

Slow Down or
Stop



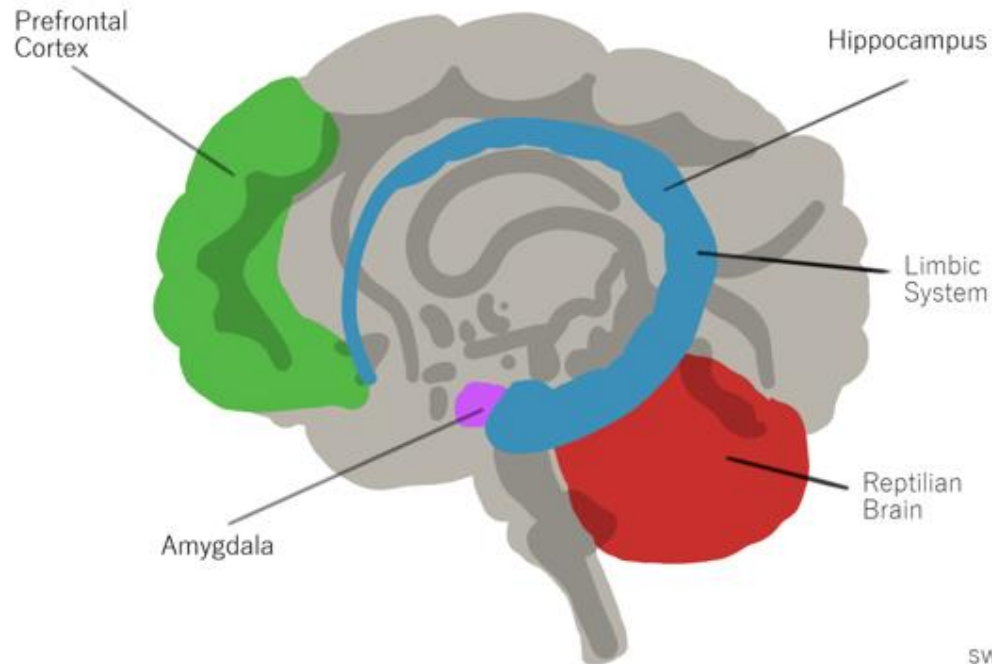
Care

Self Care is important because....

- Hurt people, hurt people. Healed people, heal people.
- If you think you have to be superhuman, first be human so that you can be super.
- Giving permission for others to see you so that you can be given permission to see others. People want to feel seen.

Understanding our brain state:

Brain State



Executive: What can I learn from this?

Emotional: Am I loved?

Survival: Am I safe?

swb2018



Toxic

Prolonged activation of stress response systems in the absence of protective relationships

Tolerable

Serious, temporary stress responses, buffered by supportive relationships.

Positive

Brief increases in heart rate, mild elevations in stress hormone levels.

DEEP SELF-CARE

includes three components:

cultivating
mindfulness

a growing capacity
for radical self
compassion

pleasure-based
movement





THANK YOU!

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