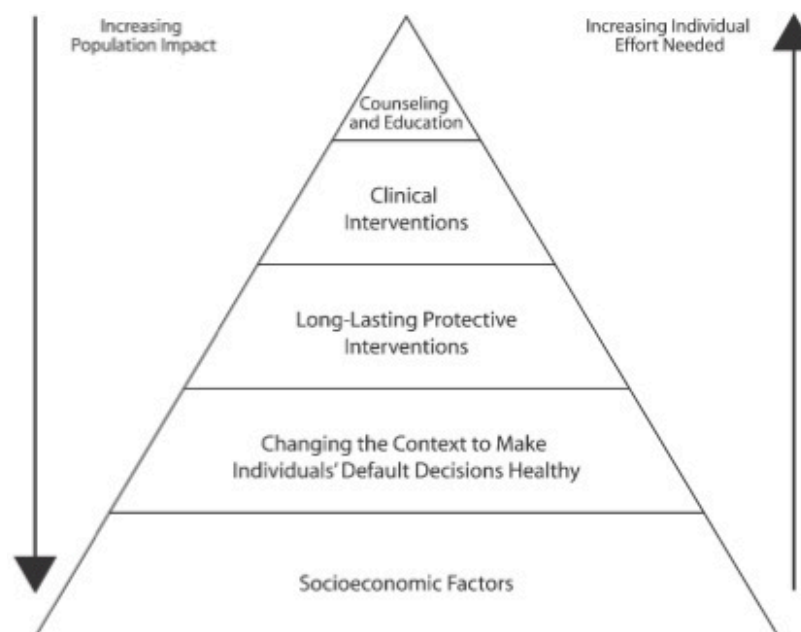


**Summary statement:** How do we create a Los Angeles where everyone is able to eat healthfully and sustainably for wellness and enjoyment? We will explore these questions through the journey of engagement and social activism around food.

**Background:** The combination of both the industrialization of food production and dining, coupled with systemic socioeconomic and racial disparities, has greatly shaped the way individuals and communities consume food in our country and Los Angeles, resulting in dramatic disparities in health and well-being alongside vibrant enthusiasm in a growing food movement.

- **Challenges:** We are bombarded both directly and indirectly with mixed messages and access to food from all directions including from the health professionals, food enthusiasts, advertisers and policy makers. We are left with the challenges of availability, accessibility, sustainability, confusion, and equity.
- **Solutions:** Engagement through asset mapping and connecting and leveraging assets including individual, organizational and policy; improving communication and education; shifting the paradigm of policies to support healthy eating and access to nutritious food through capturing the general belief of today's individuals who generally feel that they want to eat healthfully and sustainably.

**Goals/desired actions:** We will explore each level of this health pyramid to see how they can bring positive change to our food system and our health.



**FIGURE 1—The health impact pyramid.**

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