

Make Global Local:



Health Equity & Food Insecurity

From **I** and **Thou** to **Us**

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Summary

1. **Subject:** “Make Global Local” - Health, Food, and Community
2. **Topic or Unit of Study:** (In)equity, (In)security, and Community Transformation
3. **Grade/Level:** Juniors and Seniors from the Lake Forest Academy Global Concentration Program¹
4. **Objective:**
 - a. To introduce keywords, concepts, and approaches of health inequity and food insecurity and the importance of perspective and purpose through the lens of compassion.
 - b. To demonstrate the importance of access, availability, affordability, and community transformation for “Global Competence” and “Sustainability.”
5. **Format:**
 - a. **Capstone/Cohort Seminars:** February 28th, 2025 from 8:10-8:55 am (capstone) and 10:45-11:30 am. (cohort)
 - Understanding POVERTY is abstract. There is a need to make it relatable. Why should I care? One needs to explore the essential elements of empathy and compassion.
 - Global competence is not just global, but surprisingly for some, local. We discover that ANYBODY can take action ANYWHERE.
 - b. **On-site visit in Altgeld Gardens:** March 6th, 2025 Time Allotment: 9:30 am - 11:00 am.

¹ Based on Asia Society’s 4 Domains of Global Competence ([Recognizing Perspectives](#), [Communicating Ideas](#), [Taking Action](#), [Investigating the World](#)) and the UN’s Sustainable Development Goals.

Implementation

Learning Context

Pre-Session:

- **Preconceptions** of health, equity, and food. Ascertain the levels of engagement, alignment, coordination, and execution from our future leaders (meaning YOU).
 - Survey
 - Build a “home” (not a house) from the exercise sheet.
 - Perspectives on Health and Food
 - What does it mean to be “**healthy**”? Are you healthy? How do you know?
 - What does “**health (in)equity**” mean and how does it impact being “healthy”?
 - What does **SDOH** stand for and what are the **main elements**?
 - Why is **food** so important?
- Foundation-Building via readings & research
 - Health
 - Food Insecurity
- Discovery of gaps - Opportunities of growth
- What do YOU want to learn and what questions do YOU want to be answered with today’s gathering?

Curriculum:

- Program
 - 14 students (Juniors and Seniors) & 1-2 adults
 - Junior (Cohort)
 - Senior (Capstone)
- 2025 Spring
 - Preparatory Session on February 28, 2025 from 8:30 am - 11:30 am
 - Site Visit @ Altgeld Gardens, Chicago on March 6, 2025 9:30 am - 11:00 am
- 2025 Fall (TBD)

Cohort/Capstone: February 28, 2025 @ LFA



1. General

- **Introduction: Health Equity & Food Insecurity - “Make Global Local”**
 - i. Brief introduction by Antonio Salud II, MD MA (Founder of SaludMeD)
 - ii. Ice breaker (prezi intro)
 - 1. Social Inequalities Explained (\$100 Race)
 - 2. Discovery of Level of Engagement & Alignment
 - 3. Disconnected, Reactive, Myopic (I and Thou). **POVERTY RELATABLE? (OuiSi) Belonging Design Principles**
- Themes
 - i. Health (Personal to Social): Health Equity Index (US Youth 2024)
 - ii. SDOH (Inequity and Insecurity)
 - iii. Food Insecurity (March 6, 2025 by FtP-By The Hand)
 - iv. Altgeld Gardens (\$9k of vs. Lake Forest, IL (\$194,267 of 19.5k) - 2021. Case Study. FtP Grow the Community. By the Hands & Bowen Foundation.

2. Capstone 8:10-8:55 am (Action - Research, Progress, Personal Growth)

- Focus
- Method
- Outcomes

3. Cohort 10:45-11:30 am (purposeful, reflective, interdisciplinary, & collaborative)

- **POVERTY** = abstract. Relatable? Need for Compassion and why?
- Global vs. Local.

4. Empowerment. What interests YOU?

5. Guided Practice

- Check for Understanding
- Key question: “how will you use this information in your everyday lives?”

6. Independent Practice (between February 28, 2025 - March 6, 2025)

7. Closing



On-site Visit: March 6, 2025 @ Altgeld Gardens



Agenda / Itinerary

9:30 am: LFA arrival at FtP (By The Hand, 13015 S. Ellis Ave, Chicago IL 60827)

- Presentation by Mary Kathryn & Jacqueline Scala (Founders of Freight to Plate)
- Small Group Tours
- Interactive Panel Discussion

11:00 am: Departure back to LFA

