

**Council on Black Health – Nutrition Workgroup**  
**May 7<sup>th</sup>, 2021**

**Notes**

- Review [Black Health Bill of Rights](#)
  - The Black Health Bill of Rights will act as guiding principles for the work of CBH. A thorough understanding of this document will provide direction on all initiatives from the Council.
  - The Council on Black Health is working to achieve the rights detailed in the seven articles of the Black Health Bill of Rights. The Nutrition Workgroup should review the Black Health Bill of Rights from a nutrition lens.
    - Discussion Points:
      - Nutrition as healthcare. Food as medicine.
      - Learning from the past, food histories, and traditional food systems.
      - Reshaping the narrative around healthy eating and Black communities
      - Connecting food and nutrition to current civil rights movement
- Next Steps using [Results Based Accountability](#)
  - As a group, we need to determine our definitions of ‘optimal health’ and ‘optimal nutrition’. Think about what is preventing our community from reaching optimal health, and this will be the area we need to address.
    - How do we measure outcomes? What is the current trajectory? What needs to be addressed to change the trajectory?
    - Think about policies, land use structure, cultural norms, marketing, etc. that pushes us towards or away from our definition of optimal health
  - In considering definitions, do not only think from an academic standpoint. Think about how community members may define these same words. Consider different layers in life, people’s environments and lived experiences.
- General Nutrition Workgroup Updates
  - Workgroup Co-Chairs will be Kristie Lancaster and Kristen Cooksey Stowers

**Next Steps**

- Definition of Optimal Health and Optimal Nutrition
- Think through the evidence and data related to definitions
- Consider data available to measure outcomes, or if we need to start collecting information