

# CAIN

CHURCHES ACTIVE IN NORTHSIDE



UCCOM Class of 2025 LC7

# CHURCHES ACTIVE IN NORTHSIDE (CAIN)

# The Northside Community

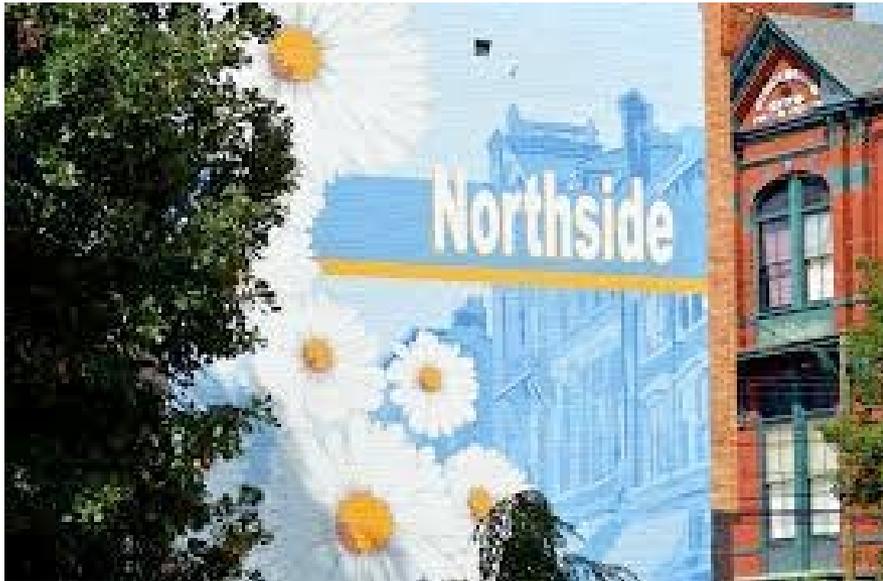


Photo source: Facebook

- Vibrant and diverse neighborhood
- Health barriers: low income & food desert
- NO grocery stores physically located in Northside
- Many residents must travel cumbersome distances to get groceries
- Other barriers are lack of adequate income to purchase healthy food, lack transportation, adequate health literacy, access to phones, etc.

# CAIN's Role in Northside

- Churches Active in Northside is an organization that plays a vital role in **combatting food insecurity** through their **rainbow** choice food pantry.



# Our Project Objective

- Our team sought to address this community's challenge of **finding affordable, healthy food** by creating easy-to-read food labels for guests to pick items best suited for their health conditions
- Labels included "Unhealthy Fats", "High Sugar", "High Salt", and "Healthy Choice"





*Healthy produce options*



# Example Labels

**Milk – Leche**



Healthy choice  
elección saludable

**Beef Stew  
– Guisado  
de Carne**



Unhealthy fats  
Grasas poco  
saludables

**Mac & Cheese  
– Macarrones  
con Queso**



High salt  
muchas sal

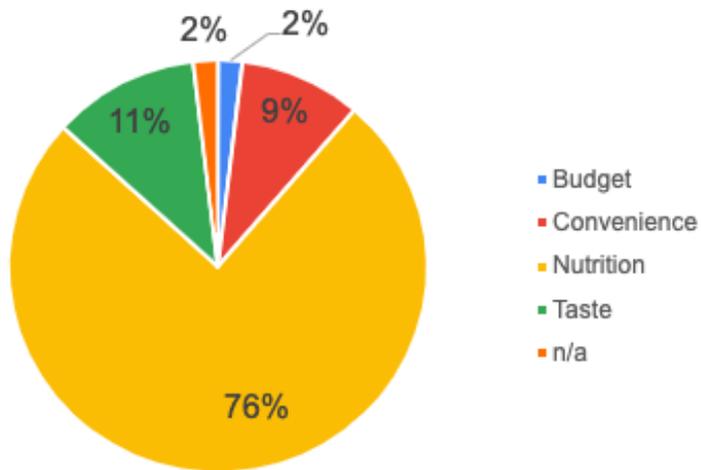
**Soda**



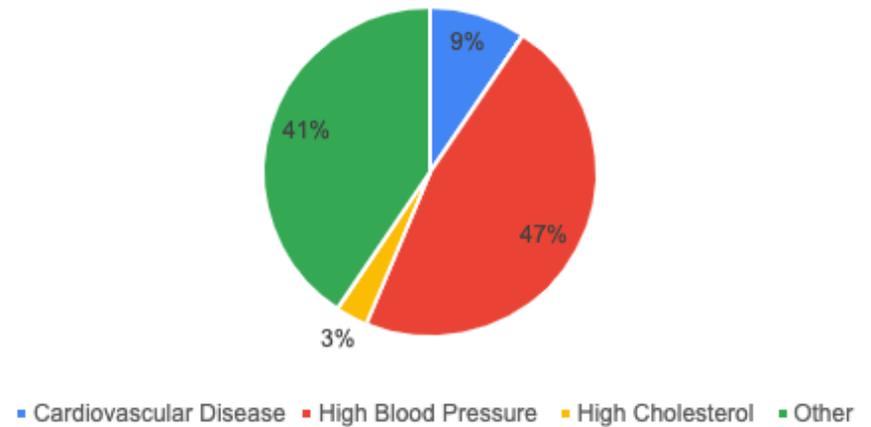
High sugar  
Alto en azúcar



### What is Your Top Priority when Acquiring Food?



### Chronic Health Conditions



# Common Chronic Health Conditions of Guests at CAIN



Chronic Health Conditions	Guests
Cardiovascular Disease	3
High Blood Pressure	15
High Cholesterol	1
Other	13
No/Don't know	29

# Nutrition Label Intervention

- To address food insecurity as a social determinant of health within the Northside community, we designed a survey to assess the health confidence and health literacy of CAIN's guests that was administered in English and Spanish.
- Based on the survey's findings that high blood pressure and cardiovascular disease were common chronic diseases among CAIN guests, we created a label/sticker system to mark foods in the pantry as being better or worse for your health based on salt, unhealthy fats, and sugar levels





# Impact



- Clients found the new labeling system to be helpful picking foods tailored to their health conditions
- Guests noted the convenience for those who don't look at nutritional labels
- Succeeded in implementing an intervention without disrupting the overall flow

# Why should you care?

- Food deserts negatively impact the health of citizens, which ultimately increases healthcare costs
- Residents in need in Northside do not have many alternatives to CAIN
- Bettering the lives of these people is as simple as providing affordable, healthy food.



# Thank you!

