

**Fresh on DeK: Cultivating a Healthy Dekalb County with Fresh Food and
Exercise
Transcript**

Sedessie Spivey, DBA, MS: In Dekalb County, the rate of diabetes is over 30%. Hypertension, very similar.

Stephanie May, PhD. Executive Director, The Bridge at Austin: If you take a drive through the zip code of 30032, you may ride for a while before you find a place that specifically has fresh fruit and vegetables,

Sedessie Spivey, DBA, MS, Program Manager of the Health Assessment and Promotion Department at the Dekalb County Board of Health: which means racial and ethnic approaches to community health.

SUPER: The CDC's REACH Program is working with local communities to reduce health disparities and chronic disease in DeKalb County

Stephanie May, PhD: My mother was really rapidly declining due to, in no small part, to diabetes.

SUPER: The Bridge at Austin provides a safe space for senior enrichment services in South Dekalb County

Stephanie May, PhD: Our program allows participants to come in and to work at least in two dimensions: that is the fitness, and then with the nutrition. I really feel that many of the members of our community, particularly those who are seniors, are overlooked. I'm very passionate when I drive into that community every day that I'm going to give it the best that I can. Because if someone had intervened for my family, their outcome might have been different.

SUPER: Fresh on DeK is a mobile farmer's market that provides access to fresh fruits and vegetables throughout DeKalb County.

Jamillah Gilmore. Fresh on DeK Manager. UGA Extension - Dekalb County: We're bringing healthy food to our communities. When you look at the reasons why "food deserts" exist, we see a large concentration of them in the south part of the county.

Sedessie Spivey, DBA, MS: Fresh on Dek is one of the core initiatives of the REACH initiative. "Food deserts" are low income areas that do not have access to healthy food options. There is a lot of fast food restaurants, as well as smaller retailers that do not necessarily have fresh fruits and vegetables.

Jamillah Gilmore: There are a lot of issues that you can have with heart disease, with diabetes, obesity and things like that that can be highly impacted by your diet.

Sedessie Spivey, DBA, MS: So we have strategically identified partners within the community. So the mobile farmers market could stop to provide fresh fruits and vegetables.

Jamillah Gilmore: I'm really proud of the work that we're doing to bring healthy foods to our communities.

Stephanie May, PhD: We are improving health outcomes for the citizens of DeKalb County, Georgia.

SUPER: Helping people live their healthiest lives
cdc.gov/chronicdisease/healthequity