



*Paula Swepson, Executive Director, West Marion Community Forum;
Kimberly Freeman RN, CDCES, CTTS, NBC-HWC;
Aubrey Goode, Youth Leader*



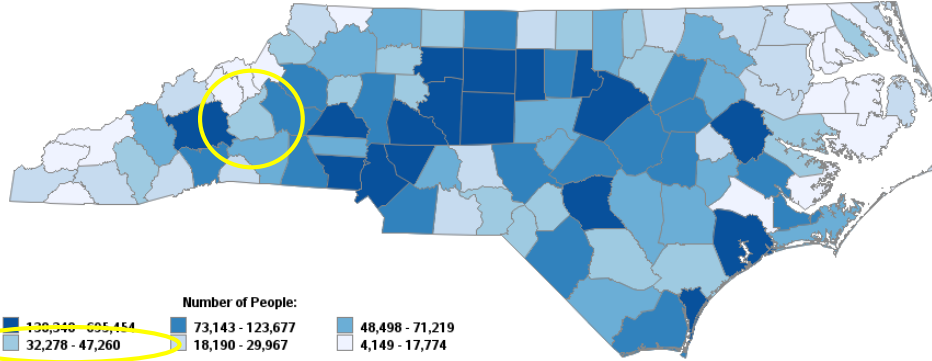
Paula Swepson

Executive Director

**West Marion Community Forum,
Marion, NC**



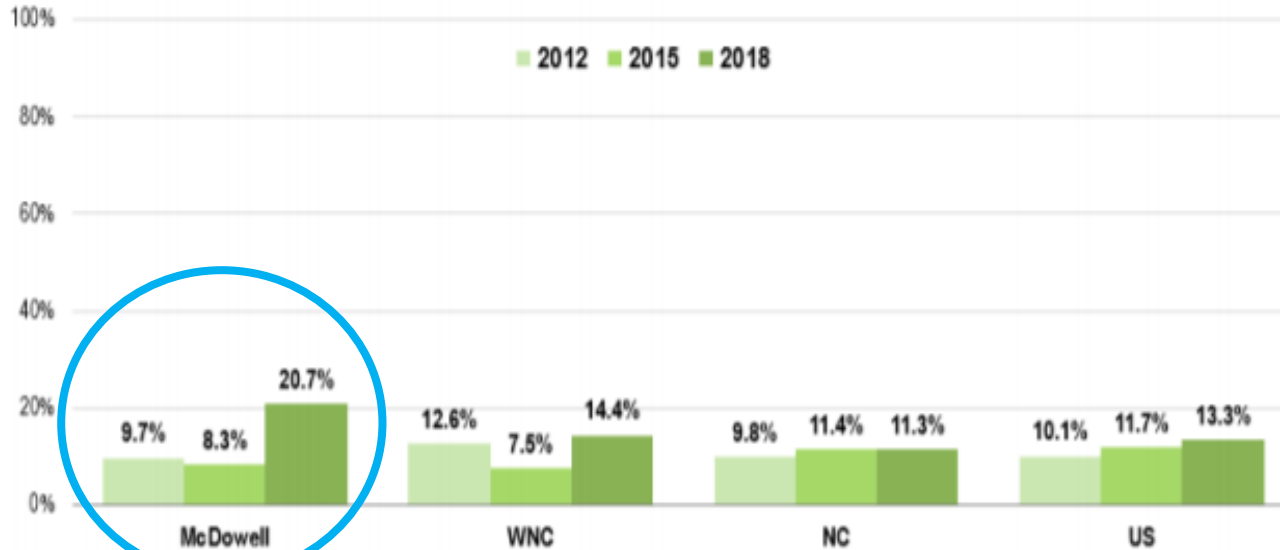
North Carolina Population by County Year 2000 Census Data



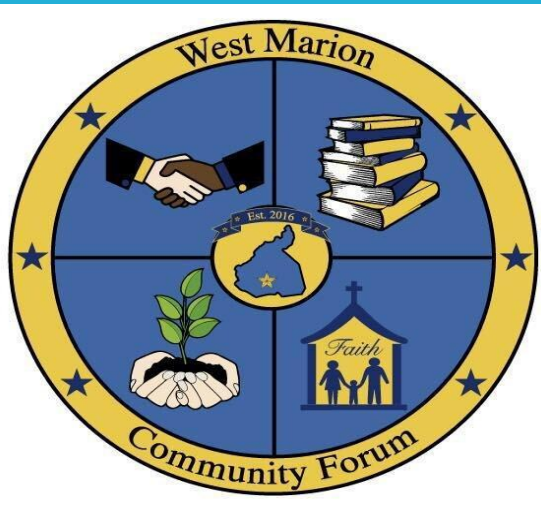
Race and Hispanic Origin

White alone, percent	92.3%
Black or African American alone, percent (a)	4.2%
American Indian and Alaska Native alone, percent (a)	0.8%
Asian alone, percent (a)	1.1%
Native Hawaiian and Other Pacific Islander alone, percent (a)	0.1%
Two or More Races, percent	1.5%
Hispanic or Latino, percent (b)	6.4%
White alone, not Hispanic or Latino, percent	87.2%

Prevalence of Diabetes (Ever Diagnosed)



Source: WNC Healthy Impact Community Health Survey



“The best thing about the Forum is that it allows you to dream.”

— PAULA SWEPSON-AVERY, EXECUTIVE DIRECTOR OF THE WEST MARION COMMUNITY FORUM, INC.

Mission

The mission of the West Marion Community Forum, Inc. is to enhance the quality of life of our residents and overcome racial barriers by building bridges in McDowell. We do this by showing compassion, advocating for policy and systems change, promoting economic development, sharing resources, empowering youth, and creating equitable

Vision

Our vision is for a healthy and equitable West Marion. A place where residents are engaged to become leaders to create change through new businesses, empowered youth, affordable housing, teaching gardens, and a community center that honors our ancestors and creates opportunities for our future.

Equity Statement

The communities of West Marion, Marion East, and Old Fort are committed to equity, diversity, inclusivity, and respect for the integrity of all community members. We honor this commitment regardless of age, race, ethnicity, class, sexual orientation, gender identity, disability, religion, culture, or language. These principles of inclusion are fundamental to our forums, as we build a stronger and more unified McDowell County.

Highlights, Successes & Challenges



REI
racialequityinstitute, llc



The Toolkit



www.westmarion.org
www.shifthappenstoolkit.org





Kimberly Freeman

RN, CDCES, CTTS, NBC-HWC

Community Outreach & Education

Mission Hospital McDowell,

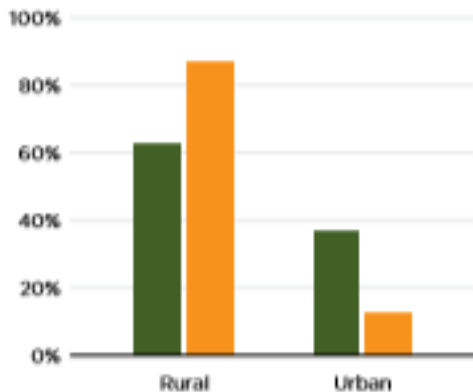
Marion, NC

In 2018, **23.8%** of McDowell County residents indicate they are food insecure, which includes adults who ran out of food at least once in the past year and/or worried about running out of food in the past year (WNCHN – WNC Healthy Impact Community Health Survey, 2018).

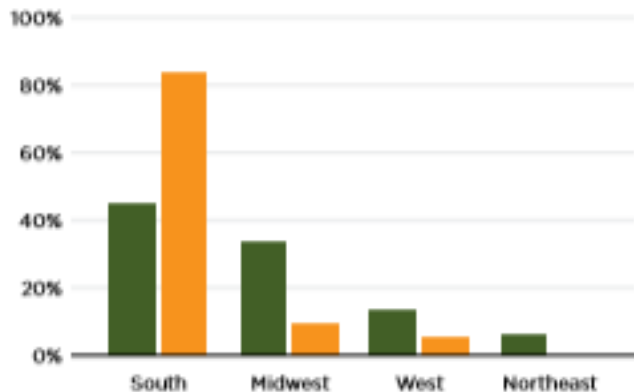


1 in 4

■ All U.S. Counties ■ High Food Insecure Counties



Rural/Urban



Region

Highest
Food-Insecure
Counties are

87%

rural

84%

in the South



Black communities face many unique challenges that result in being more likely to face hunger during the pandemic

- Discriminatory policies and practices have led Black people to be more likely to live in poverty, more likely to face **unemployment**, and have fewer financial resources like savings or property than their white counterparts. All of these factors increase someone's likelihood to experience hunger.
- Due to the pandemic, **21.6% of the Black community may have experienced food insecurity in 2020**, including 1 in 4 Black children.
- Black people, especially Black women, are **more likely** to be essential frontline workers and more likely to work in the industries hardest hit by the pandemic.
- The **median income** for Black households is roughly \$42,000 per year while non-Hispanic, white households earned a median income of roughly \$69,000 per year.
- While the United States has an **overall poverty rate** 10.5%, within the Black community, the poverty rate is 19.7%. Meanwhile, poverty in the non-Hispanic, white community is 7.3%.

To address **food insecurity** in Black communities, Feeding America is working with national organizations such as the National Urban League and the NAACP to meet the need in local communities and address the root causes of these persistent inequalities.

Latino communities are facing greater economic hardship during the pandemic and are more vulnerable to hunger

- Racial prejudice and language, education, and cultural barriers create inequalities that make Latino communities more vulnerable to **food insecurity**.
- Before the pandemic, Latinos were almost twice as likely to face food insecurity than non-Hispanic, white individuals with 19% of Latino children at risk for hunger.
- Latino workers, especially Latinas, are **more likely** to be employed in the leisure and hospitality industries that have been devastated by the coronavirus pandemic. Workers in these industries continue to face the highest unemployment rate.
- According to the **Census**, Latinos make up 28% of the people living in poverty in the United States. However, Latinos make up only 19% of the total population of the United States.

To address food insecurity in Latino communities, Feeding America is working with national organizations such as UnidosUS to meet local needs and address the root causes of inequality.



FEEDING COMMUNITY

A week at
Foothills Food Hub

SINCE **APRIL 1, 2020**

30,000 POUNDS OF FOOD



WEEKLY

volunteers fill food boxes,
each box weighs about
30 lbs

**DISTRIBUTION
CENTERS**

5

1,000 food boxes
distributed throughout
McDowell County



1,000

FAMILIES



or **4,000 PEOPLE**

In McDowell County
will eat this week

VOLUNTEERS

12



1 intern
3 part-time staff
2 full-time coordinators

FEED COMMUNITY

Learn more about the Food Hub

Visit FoothillsFoodHub.org

Email mcowell.FFH@gmail.com

[@Foothills Food Hub](https://www.facebook.com/FoothillsFoodHub)










Produce For Peds









STATE OF NORTH CAROLINA
DEPARTMENT OF TRANSPORTATION

BOB COOPER
Governor

J. ERIC BOYETTE
Secretary

November 5, 2020

Mr. Randall Conley
Director
McDowell County Transit Department
60 East Coast Street
Marion, North Carolina 28752

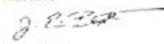
Dear Mr. Conley,

Thank you for the tremendous work McDowell County Transit performs in partnership with McDowell Access to Care and Health (MATCH) and the Foodbank Food Bank, a program of the McDowell Local Food Advisory Council, to deliver meals to households and individuals in need of food assistance.

As we respond to COVID-19, it is important to remember and prioritize our most vulnerable residents, particularly those restricted to their homes due to job loss or health concerns. I want to commend you, your team, and the MATCH team for recognizing the hardship citizens faced and responding accordingly to ensure everyone has continued access to food during the pandemic. The consistent communication, community outreach, and successful program implementation led by Amy Stevens, MATCH/TRPA Program Supervisor, and Alicia Monahan, McDowell County Transit Volunteer Assistant IV – is admired and appreciated by your peers, community partners, and residents.

I am thankful to have community partnerships, such as these, that exemplify NCDOT's mission to be a good leader in providing the creative transportation solutions. This work prioritizes our vision of connecting people, products, and places safely and efficiently with customer focus, accountability, and environmental sensitivity to enhance the economy and vitality of North Carolina.

Sincerely,


J. Eric Boyette
Secretary

Mailing Address:
NC DEPARTMENT OF TRANSPORTATION
OFFICE OF THE SECRETARY
1001 MAIL BUILDING, SUITE 100
RALEIGH, NORTH CAROLINA 27601-1000

Telephone 919/737-1200
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Toll-free 1-877-345-6347

Location:
1300 SOUTH WILMINGTON STREET
RALEIGH, NC 27601

Website: www.ncdot.gov



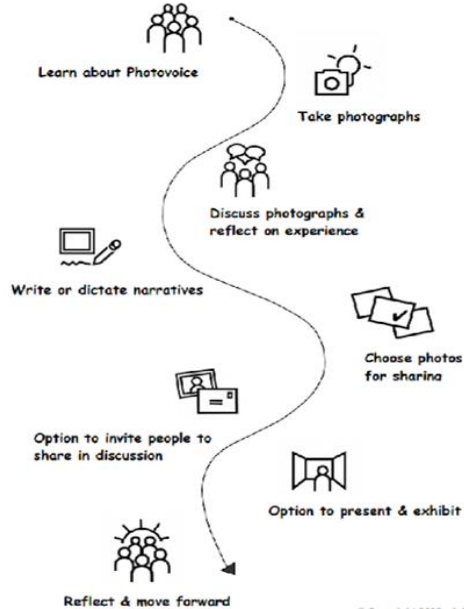
Aubrey Goode

Youth Leader

West Marion Community Forum,
Marion, NC

A Photo Voice Project

A Photovoice Path



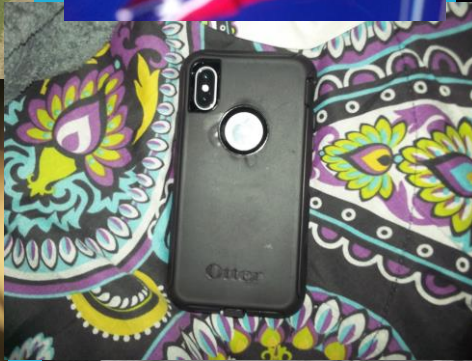
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What We Will Do in Our Photovoice Project

	Learn about Photovoice Discuss our questions, concerns, and hopes Start our work as a group Develop ideas of things to photograph Talk about how photographs can tell our "stories"
	Take Photographs Learn about being a researcher Practice explaining the project to others Learn how to use the camera Take photographs that represent our point of view
	Discuss Photo & Reflect on Experience Talk about our photos Think about what we want to say with this project Develop ideas of new photos to take File/organize our photographs
	Write or Dictate Narratives Write or dictate captions to go with them Create categories for our exhibit Invite some guests to discuss our photos
	Choose Photos for Sharing Plan our exhibit: what, where, when, how Think about who to invite Decide on outreach formats
	Invite People to Share in Discussion Work with media, social media, and community Plan other outreach Create and send out invitations
	Present & Exhibit Celebrate the work we have done See what people say and think about our efforts Know our voices have been heard
	Reflect & Move Forward Celebrate Reflect on what we have done and learned Think about next steps Plan for the future

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From Obesity... to Racism and Bullying

Photo Voice Presentations:

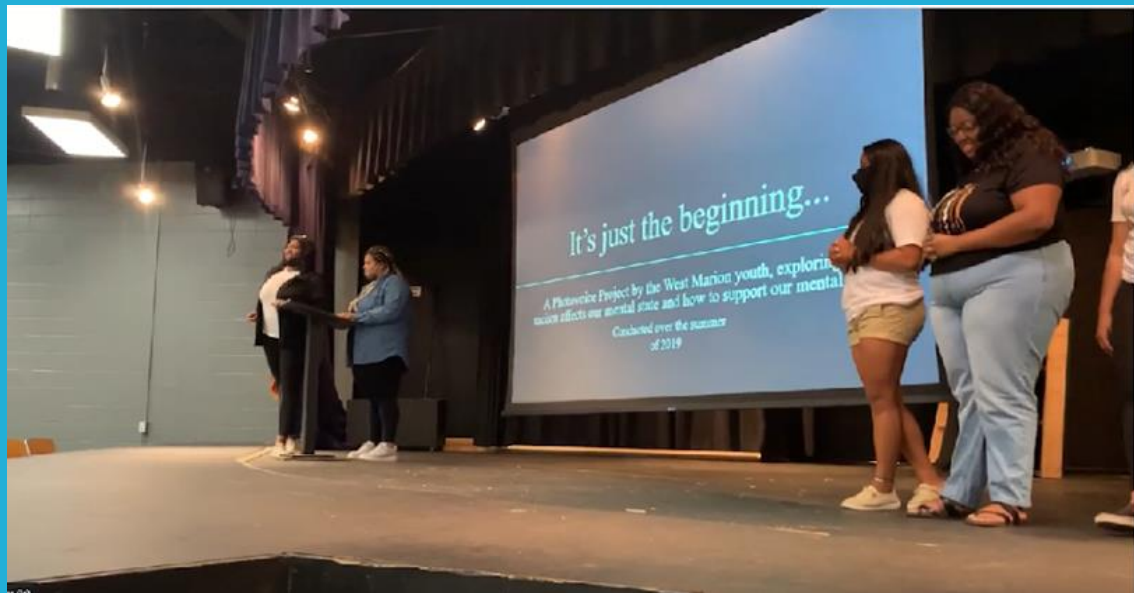
McDowell County Health Coalition

McDowell County School Board

McDowell County School Principals

McDowell High School Teachers





**You
know
my
name
not MY
STORY.**

We are constantly aware
that most white people
fear us (especially in
groups)... including our
teachers

We are expected to
develop super-human
self-restraint and
understanding in the
face of racism and
ignorance.



We are constantly
surrounded by small and
large aggressions
because of the color of
our skin.

Our teacher and leaders don't seem to want to (or know how to?) address things related to our experiences.



Discipline practices often feel unfair to black students.

Brave Space



