



# CHBS Canopy

## Inclusive Excellence

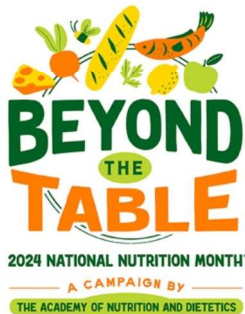
Volume 2 | Issue 12 – March 18, 2024

The CHBS Canopy is our college's newsletter that highlights inclusive excellence efforts within the college, provides insights into issues of inclusion and diversity, and shares learning opportunities on campus and in the region.

### **What's in this Issue?**

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## CHBS Highlight



March is National Nutrition Month, sponsored by the [Academy of Nutrition and Dietetics](#). It “focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.” This year's theme is ***Beyond the Table***, which addresses the farm-to-fork aspect of nutrition. This includes a range of topics from food production and distribution to navigating grocery stores or farmer's markets. Did you know JMU hosts a farmer's market every Wednesday at D-Hall?

CHBS's Dietetics Program continues to do great things to serve the community as it grows. These opportunities reflect efforts to address the community domain of change within the CHBS IE efforts. Dietetics Professors Ana Abad-Jorge and Danielle Torisky have written about nutrition and contributed simplified recipes for [Living Longer, Living Well](#), a quarterly insert in the Daily News-Record Newspaper that highlights issues of concern for older adults. The upcoming issue will feature an article by Dietetics graduate student Zachary Wenger titled “Nutrition and Older Adults”.

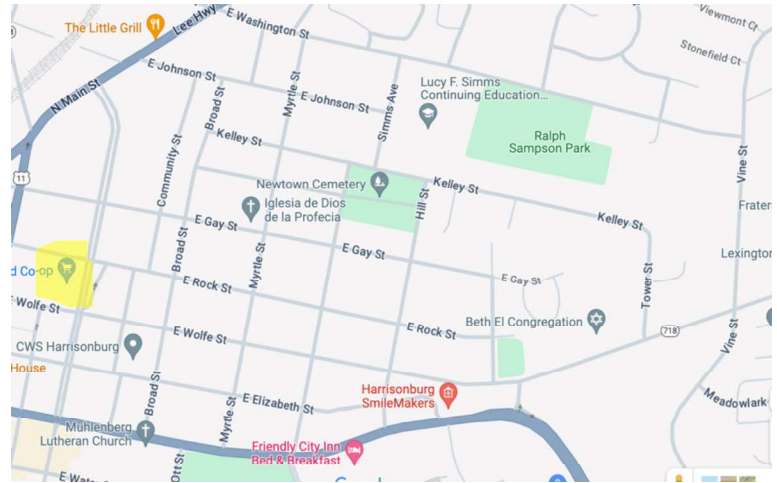


Under the guidance of Professors [Michelle Hesse and Jennifer Walsh](#) students have partnered with [Explore More Discovery Museum](#) to educate children about nutrition. This includes teaching about cultural sensitivity in food choices and traditions. Dr. Hesse evaluates culinary traditions and dietary acculturation practices among immigrant families.

Our local community members live within complex community conditions, often not of their making. Consider the [Social Determinants of Health](#) impact and how structural inequities contribute to poor nutritional outcomes for community members. According to [NIH](#), “Structural inequities are the personal, interpersonal, institutional, and systemic drivers—such as, **racism, sexism, classism, able-ism, xenophobia, and homophobia**—that make those identities salient to the fair distribution of health opportunities and outcomes.” Some common

expressions have seeped into our everyday language as we discuss community conditions or experiences. Let's seek to use the most current acceptable definitions.

**Food deserts** can be described as areas where it is difficult to buy good quality, fresh, and affordable food. [USDA](#) defines a food desert as an area that lacks a grocery store, where community members are not located within 10 miles of a large food retailer (supermarkets with 50 or more employees, supercenters, and wholesale clubs). The definition is enhanced in the literature as having “limited produce,” “having healthy food,” a lack of “variety” of produce, and distinctions about the types of food available as being fresh, frozen, or canned. Consider the downtown location of [Harrisonburg's Friendly City Coop](#) (highlighted on map). Does its presence in that community not make the surrounding community a food desert? Beyond distance, issues of accessibility and affordability are often considered when discussing food deserts. In rural areas there can be great distances between locations with no public transportation or access to rides from others.



**Food swamps** are neighborhoods or geographic areas with a greater concentration of outlets that sell less nutritious options like snacks or fast food. In this definition, fast food locations may include gas stations, corner stores, grocery stores with delis, or liquor stores with other food options. In that same downtown Coop neighborhood, a liquor store and a few small international stores provide food options for the community. If you are able to walk further, you will find the [Family Dollar Store](#) with small packaged frozen food and cans as options. These would require the purchase of multiple packages to feed most families.

**Food insecurity** represents lack of access to sufficient food of adequate quality or nutritional value to meet basic needs. It can mean not having adequate food to last through the month. Even with governmental support through programs like [SNAP](#), [School Reduced and Free Lunch Programs](#), or [WIC](#), there is often not enough food for families to make it to the end of the month. [Feeding America](#) reported approximately one in six people in the USA (49 million people) sought supplemental food pantries in 2022, which is a higher ratio than pre-pandemic. This includes one in five children. Rural areas experience higher rates of food insecurity than urban areas, often with less access to food, and less transportation to get to food that might be available in the grocery store or a community food pantry.

**Hunger** is an individual-level physiological condition that may result from food insecurity. Thirteen million USA children faced hunger last year. Hunger may look like a prolonged involuntary lack of food, weakness, discomfort, pain, or illness that goes beyond the usual uneasy sensation. It is estimated that 10% of the global population goes to bed hungry; [828 million people](#), or 40%, are facing acute levels of hunger. Without adequate food, hunger leads to starvation, which has a great impact on children and the elderly.



- 9 million people die from hunger-related causes every year; many are children under the age of 5 ([Concern Worldwide](#))
- Hunger hits children especially hard: 45 million children under the age of five suffer from wasting. (Concern Worldwide)
- 149 million children under the age of five are affected by [stunting](#). (Concern Worldwide)
- 1 in 11 adults age 50 to 59, or 9.4% of the older adult population, were food insecure in 2021. (Feeding America)
- 1 in 14 seniors age 60 and older was food insecure in 2021. 7.1% of the senior population was food insecure. (Feeding America)

The United Nations estimates that 25,000 people, of which 10,000 are children, die daily from hunger and related causes. That is equivalent to the loss of a JMU every day.

As we acknowledge National Nutrition Month, let's consider the constant encouragement of José Andrés, founder of World Kitchen: "Food is a Human Right." [Food sovereignty](#) is "the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems." This supports the idea that self-determination entails controlling one's sources of nutrition.

a) **How long does it take someone to starve to death without food or water?**

b) **How long does it take someone to starve to death with water but no food?**

**Answers at the end.**

### Brief Information

The ***Viewpoints on Health*** event provided an opportunity to learn more about gender-affirming care. We hope it sparked the lifelong learner in you. Below are some resources to continue your learning.

- [Trans Bodies, Trans Selves: A Resource by and for Transgender Communities](#)
- [Black on Both Sides: A Racial History of Trans Identity](#)
- [How to be a TRANS\\* Ally](#)
- [Becoming a Visible Man](#)

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**International Student Recruitment Quick Tips**  
*Tips are provided through the PLC with Jonathan Kratz and Dr. Ayasakanta Rout.*

- Carry recruitment materials to any conference where international professionals may be present to identify potential students.
- Start early recruiting and working with potential international students because it takes time to work through their VISA process.
- Don't discourage or assume a potential student's process is too difficult to overcome. Provide encouragement and link them to the Center for Global Engagement, where informative support is available in the [International Student and Scholar Services](#). This unit has tools to help. Timing may mean not this year, but maybe next year.

## Have you heard of Gen Alpha?



[Generation Alpha](#) describes the current generation of children who began being born in the year 2010 – they are now entering their adolescent years. If you plan to continue teaching for ten years, they may become your students. GenAlphas are the children of the Millennials and often the younger siblings of Generation Z. There are more than 2.8 million born globally every week. When they have all been born by next year (2025) they will number almost 2 billion – the largest generation in the history of the world. Download the [GenAlpha Infographic](#) to learn more.

## JMU Enrollment, with Harrisonburg and State Basic Census Data (2022)

In recruiting and hiring faculty a typical question asked is about the area’s population. Data is the latest available.

Population Group	JMU	% of Harrisonburg population	% Virginia Population
Overall population	2021	51,158	8,715,698
White alone (not Hispanic/Latino)	75	63.8	59.8
Black or African American (alone)	4.9	7.5	20
Two or more Races	4.77	11.6	3.4
Hispanic	6.99	20.8	10.5
Asian (alone)	4.79	3.2	7.3
American Indian & Alaska Native (alone)	0.126	0.4	0.6
Foreign born	1.92	17.6	12.6

Any student who is studying in the United States on a temporary basis is categorized as a "Non-Resident Alien". Information from: [State Census Table](#), [Harrisonburg Census Table](#), <https://datausa.io/profile/university/james-madison-university>

### JMU Student Body Enrollment (2022)

- Total enrollment – 22,224 (Fall)
- Undergraduate Enrollment - 20,346 (Fall)
- Graduate Enrollment – 1,878 (Fall)
- Awarded Pell Grants (2021-2022) – 14%
- Students who live off-campus – 68%

In the 2022-2023 [academic year](#) JMU enrolled 4,750 students. Did you miss this January 2023 article -[JMU’s popularity among new students continues to soar](#)

## EVENTS

### **Global Humanitarian Week: Legacies of War**

Tuesday, March 19, 5:00 – 6:00 p.m., Miller Hall 1101

Sponsored by: Center for International Stabilization & Recovery

- CISR is honored to host Legacies of War for this year's Global Humanitarian Week (<https://www.legaciesofwar.org/>). Legacies of War is the only international U.S.-based advocacy and educational organization working to address the impacts of war in Laos, Cambodia, and Vietnam. Our guest speakers will be Sera Koulabdara, CEO of Legacies of War, and Siliphone Phommachanthone, Senior Executive Intern at Legacies of War.

### **JMU Diversity Conference – March 22**

**The Time is NOW:**

#### **Boldly Demonstrating Commitment to Diversity, Equity, Inclusion, Accessibility and Belonging**

Festival Student and Conference Center

The conference celebrates diversity by providing learning opportunities for our faculty, staff, and local community through a multitude of sessions, engaging keynote speakers, and award recognitions. The keynote speaker is Dr. Richard Mitchell, Commissioner of the Virginia Department for the Blind and Vision Impaired. (12:00 – 1:45 p.m. – Festival Ballroom). A number of our CHBS colleagues will be presenting on topics such as Psychology's PUURPLE Scholars Program, Graduate Psychology - Students of Color Succeeding in School Psychology or the CHBS LEAD Fellows Program. Other sessions may represent topics of interest presented by CHBS peers or others across campus and in the community.

### **Disability Advocacy Week - March 25-29**

This year's theme is *Minds of All Kinds*, with a focus on neurodivergent individuals. Dr. Temple Grandin will be the keynote speaker. Check out the [2010 TED Talk](#), where Dr. Grandin discusses a variety of types of minds and how we might better help young people find their way into meaningful learning experiences. If you have a subscription to *max* or *Amazon Prime* you can see a movie about her. The movie will play at Grafton-Stoval on March 22, at 7:30 p.m. Find out more events on their [webpage](#).

- Check out the JMU Libraries display in Rose Library or [online](#).

### ***The Mutual Mirror: Portraiture and Power* - Book Signing and Talk with Riva Lehrer**

**Monday, March 25, 2024**

*The Office of the Provost, in conjunction with the Office of Strategic Initiatives and Global Affairs, cordially invites you to an Inclusive Community Series event. We kindly ask that you [preregister](#) to attend these events.*

#### **Book Signing**

1-2 p.m.

Taylor 405 - The Union

#### **Talk**

3-4 p.m.

Q&A immediately following talk

Wilson Hall Auditorium

### **Faculty's Role in Employment Justice for Students with Dr. Temple Grandin**

Thursday, March 28, 12:30 PM - 2:30 PM

Student Success Center 1075

Sponsored as part of ODS Disability Awareness Week & [Center for Faculty Innovation](#)

- [Dr. Temple Grandin](#) is a professor, prominent author, and speaker on autism. Possible topics include finding career opportunities, industry partners, and disability employment justice. Check out YouTube.

Answers to questions!

a) How long does it take someone to starve to death without food or water?

**ONE WEEK**

b) How long does it take someone to starve to death with water but no food?

**2-3 MONTHS**

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*Welcome back from break!*

*Have a good second half of the semester.*