

About the Webinar :

Connecting with the Community: Food Insecurity and Hunger

May 11, 2022

Food insecurity is known to impact health status, including putting individuals at greater risk for chronic diseases, such as diabetes, hypertension, and kidney disease. Individuals with diet-sensitive chronic disease and food insecurity experience more difficulties managing their health. Research shows that over \$77.5 billion in additional U.S. healthcare costs are attributed to food insecurity each year. Healthcare organizations can learn to understand how food insecurity occurs and to connect individuals and families to healthy food, food banks and other community-based resources. Hear from Feeding America about its work at the national and community level to connect with and support healthcare providers partnering with food banks, and hear from St. Luke's University Health Network on what they are doing in their clinics and training program.



Moderator: Mitchell A. Kaminski, MD, MBA, Navvis Associate Professor of Population Health; Program Director, Population Health, Jefferson College of Population Health



Traci Simmons, MPH, CPH, CHES, Feeding America

Traci Simmons is Senior Manager, Programs on Feeding America's Health and Nutrition team. She manages food bank-healthcare partnerships and leads the organization's health equity initiatives to advance network learning, competency development, and action on ways to address health inequities through partnerships and interventions. She has her BA from Clemson University and her MPH from the University of Oklahoma Health Sciences Center.



The FMEC thanks St. Luke's for being a Platinum Partner.



Andrew J. Goodbred, MD, FAAFP, St. Luke's University

Dr. Goodbred is Associate Program Director at the St. Luke's Family Medicine Residency – Anderson and Clinical Associate Faculty (Adjunct) at the Lewis Katz School of Medicine at Temple University. He shadowed at St. Luke's as an undergraduate at Moravian College, completed his clinical rotations at St. Luke's while at Temple University School of Medicine, and completed his residency in Family Medicine at St. Luke's. Dr. Goodbred cherishes the opportunity to teach in his faculty role and is excited every day about the opportunity to share family medicine with the next generation of physicians. He has published several articles in

the American Family Physician, and has presented academically at the state and local levels. Dr. Goodbred employs principles of Lifestyle Medicine in his approach to patient care, utilizing lifestyle choices as the "first-line" approach to preventing and treating disease. A lifelong athlete, Dr. Goodbred also enjoys Sports Medicine, and he serves as Team and School District Physician for the Palmerton Area School District.





Meagan Grega, MD, FACLM, DipABLM, St. Luke's University

Meagan L. Grega, MD, FACLM is the Co-Founder and Chief Medical Officer of Kellyn Foundation, a 501(c)3 non-profit dedicated to making the Healthy Choice the Easy Choice. Kellyn provides school-based healthy lifestyle education and "Garden as a Classroom" programs; supports access to nutrient-dense produce via the Eat Real Food Mobile Market and Lehigh Valley Corner Store Initiative; engages participants in hands-on, plant-based cooking classes in community settings and offers intensive therapeutic lifestyle change interventions for individuals and families. She is a graduate of Bucknell University with a B.S. in Biochemistry/Cell Biology, earned her MD degree from the University of Pennsylvania Medical School and spent several years as a medical officer in the United States Navy. She is honored to serve as faculty for the St. Luke's University Health Network Anderson Campus Family Medicine and Internal Medicine Residency programs, Clinical Assistant Professor in the Department of Family and Community Medicine for the Lewis Katz School of Medicine at Temple University and as a faculty advisor for the LKSOM/SLUHN medical student Lifestyle Medicine Interest Group (LMIG). She regularly lectures on the topics of lifestyle medicine at universities, hospital Grand Rounds, medical residency programs and community forums; and serves as a member of several national task force groups dedicated to the expansion of evidence-based lifestyle medicine services. Dr. Grega is a member of the American Academy of Family Physicians, a Fellow of the American College of Lifestyle Medicine and is board certified in both Family Medicine and Lifestyle Medicine.