Six Questions Were Used To Guide NDD Discussions

1. What does food mean to you?
2. What’s one of the ways your work contributes to improved nutrition, health outcomes or sustainable food systems?
3. What’s a challenge you face in your work in supporting health or sustainable food systems?
4. What’s a promising way that your area of expertise (your profession/field) is evolving to better support nutrition, health outcomes and/or sustainable food systems?
5. How could practitioners across the food system collaborate to have a greater impact on nutrition, health and sustainable food systems?
6. What has made an impression on you from this discussion and what’s a way you’d like to continue this discussion after you leave here?

Detailed notes were taken on the 242 NDD participants’ responses to the 6 pre-planned questions and the subsequent discussions.

Quantitative Assessment

A machine learning model synthesized dinner notes
5 themes & 19 topics were generated
Descriptive & correlation analyses were conducted

Results

Five overarching themes & 19 topics generated from custom-built machine learning model - bolded topics were most frequently discussed

1. Health
2. Nutrition
3. Consumer Understanding & Education
4. Food Access
5. Sustainable Food Systems

Diverse stakeholders across local food systems – including those from the supply chain - farmers, processors and distributors – those impacting food environments – retailers, schools, hospitals and food banks – and those providing health and wellness guidance – physicians, nurses, dietitians, fitness professionals and culinary experts need to understand their interconnections with other local food system stakeholders to advance toward a more sustainable food system.

Objective

To create a dialogue amongst diverse stakeholders from across all sectors of local food systems around opportunities related to advancing agriculture, nutrition, health and sustainable food systems.

Methods

In 2019, in collaboration with state and regional dairy councils NDC hosted 25 Nourish Dialogue Dinners (NDD) around the country.

NDD followed a Jeffersonian-style format - 8-12 participants at a table.

To support the discussions, a machine learning model was used to synthesize dinner notes and generate 5 themes & 19 topics. Descriptive & correlation analyses were conducted.

Conclusions

The key learnings from the NDD inspire local stakeholders to work together to create more sustainable food system solutions. The summary report can be found at:


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