

● ● ● ● BORN TO ● ● ● ●  
**THRIVE**



**Equality**

It is assumed that everyone will benefit from the same supports. They are being treated **equally**.

doesn't mean

**Equity**

Individuals are given different supports to make it possible for them to have equal access to the apples. They are being treated **equitably**.

**Equity vs. Equality** Equity involves trying to understand and give people what they need to enjoy full, healthy lives. Equality, in contrast, aims to ensure that everyone gets the same things in order to enjoy full, healthy lives.

**Health Equity** is the attainment of the highest level of health for all people. Health Equity means efforts to ensure that all people have full and equal access to opportunities that enable them to lead healthy lives.

***Why it Matters?** Who we are, where we live, and how much we earn are the biggest factors in how likely we are to have obesity and diet-related chronic diseases. This is particularly true in Minnesota, where we have one of the widest gaps in health between white residents and people of color in the nation (MN Food Charter Health Equity Guide).*

**Racial Equity** is the condition that would be achieved if one's racial identity no longer predicted – in a statistical sense – how one fares in society. This includes the elimination of policies, practices, attitudes and cultural messages that reinforce different outcomes by race or fail to eliminate them.

***Why it Matters?** In Minnesota, household incomes for African American, American Indian and Hispanic households were significantly lower (sometimes less than half) of those of Whites and Asians (MN DHS, 2014).*

**Structural Racism** The normalization and legitimization of an array of dynamics that routinely advantage Whites while producing adverse outcomes for people of color. Structural racism encompasses the entire system of White domination, diffused and infused in all aspects of society including its history, culture, politics, economics and entire social fabric. All other forms of racism emerge from structural racism.

**Economic Equity** is defined as the distribution of assets, resources, and tax liability among the people in a society that is considered just. More specifically, it may refer to equal life chances, regardless of identity, to enjoy a basic amount of income, goods and services. This includes a belief that work should provide a basic level of economic stability.

***Why it Matters?** Children in low-income households (when compared to children in higher income households) complete fewer years of schooling, experience poorer health, are more likely to be incarcerated (men) or teen parents (women), earn less as adults and have shorter life spans (Children's Defense Fund-MN, 2016).*

**Geographic Equity** ensures access to jobs, education, healthy foods, healthcare, safe housing, transportation, parks, and other amenities that improve the quality of life across communities and regions.

***Why it Matters?** In Duluth, residents in zip code 55812 have a life expectancy of 84.7 years. The life expectancy in nearby zip code 55802 is 73.4, a difference of more than 11 years (St. Louis County, 2016).*

**Implicit Bias/Unconscious Bias/Hidden Bias** refers to the attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner. These biases are activated without an individual's awareness or intentional control. The implicit associations we hold in our subconscious cause us to have feelings and attitudes about other people based on characteristics such as race, ethnicity, age, and appearance. Implicit bias underlies racial, economic, geographic, and health inequity.



# Born to Thrive

## WHO WE ARE

Born to Thrive (BTT) is a Minnesota-based, cross-sector initiative coordinated by Children's Defense Fund-MN and Hunger Solutions Minnesota to ensure all Minnesota children – particularly those in early care and education settings – have equitable access to healthy food. BTT's focus is on advancing health equity through policy and systems changes to improve opportunities for young children in both formal and informal early care settings.

In December 2014, the Center for Prevention at Blue Cross Blue Shield of Minnesota held a Born to Thrive Summit – a cross-sector convening of early care and education champions. The summit fostered connections and identified multiple approaches to improve the current infrastructure of early care and education settings.

Read the Born to Thrive Summit summary report: <http://bit.ly/BTT-Summit>

## VISION: WHAT WE WANT MINNESOTA TO LOOK LIKE

All children in Minnesota have the foundations for healthy growth and development.

## MISSION: WHY WE EXIST

The mission of Born to Thrive is to work across sectors to ensure that all Minnesota children in formal and informal early care and education settings have equitable access to healthy food.

## PREPARING FOR 2017

Hunger Solutions Minnesota and Children's Defense Fund- MN are developing a statewide BTT effort expanding partnerships to include additional diverse stakeholders statewide, creating broad awareness of the importance of healthy eating for children 0-5, and mobilizing people to identify and pursue policy and systems changes with equity at the core of the work.

**Hunger Solutions Minnesota** works to end hunger by taking action, advancing public policy and guiding grassroots advocacy on behalf of hungry Minnesotans and the diverse groups that serve them. We connect Minnesota's food shelves and hunger-relief organizations with the necessary funding, technical assistance and logistical support to reach thousands of Minnesota individuals, families, and children in need.

**Children's Defense Fund-Minnesota** is a state partner of the national organization with a unique focus on the needs of Minnesota's children and families. CDF-MN is the only policy organization in Minnesota to focus solely on the needs of children. To achieve its goals, CDF-MN advocates at the local, state, and federal levels on behalf of children, and conducts research, outreach, and youth development initiatives.

Funding for this initiative is provided by the Center for Prevention at Blue Cross and Blue Shield of Minnesota.

# Born to Thrive

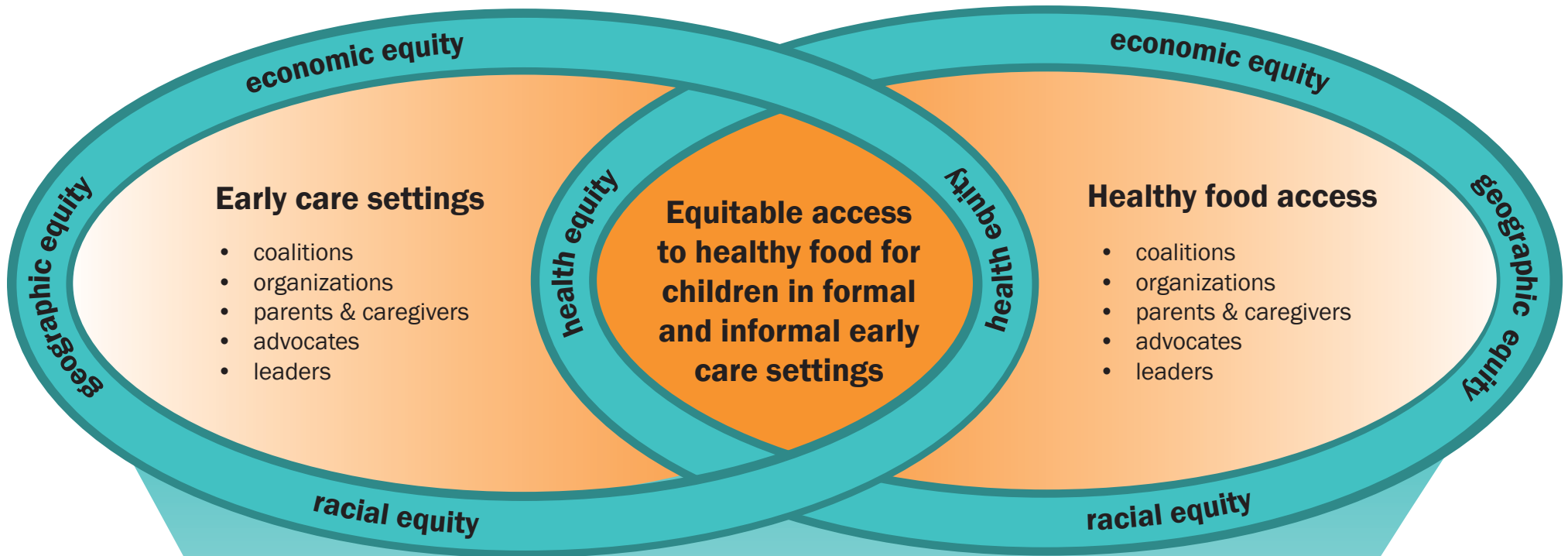
Community Organizing



Coalition Building



Policy & Systems Change



**Vision: Healthy growth and development for kids 0-5**

Funding for the Born to Thrive effort is provided by the Center for Prevention at Blue Cross and Blue Shield of Minnesota.