

Corby Kummer LiveWell Interview

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SPEAKERS

Corby Kummer, Dr. Wendy Slusser

D Dr. Wendy Slusser 00:02

Hello LiveWell community. So happy to have you back. I'm sharing an episode today that is abundant and resources for anyone and everyone interested in food equity, health, community activism or journalism. The resources and wisdoms about change making from guests, Corby Kummer are sprinkled throughout this whole episode. Corby is more than a renowned journalist and food writer and senior editor with the Atlantic. He's a changemaker, working to break down the barriers to nutrient rich and culturally appropriate food. He asked to sort of perspective shifting questions as a writer and as the executive director of the food and Society Program at the Aspen Institute that can reframe our understanding of food access and food justice, and as he says, can help shine light where it's not been shined before. How lucky are the students he teaches as a senior lecturer at the Tufts Friedman School of Nutrition Science, this episode dives into the importance of building community trust between researchers and communities, and most importantly, bringing different groups together with cross sector knowledge to create meaningful change in the food equity world. Let's get into it and enjoy. Today we have a truly incredible guest, a prolific writer, a thought leader in food, just generally a wonderful human being on the podcast and that's Corby Kummer. Welcome Corby.

C Corby Kummer 01:33

Well, Wendelin, you're a great human being on this call, so wonderful to talk to you.

D Dr. Wendy Slusser 01:38

Well, Corby, you have an incredible pedigree. I'm going to talk about what you're just doing right now, you serve as the executive director of the food and society at the Aspen Institute, your leader in the landscape of food justice and food policy for many decades now. And you're spearheading a lot of this work today at the Aspen Institute. So the Aspen Institute is an example of an entity that combines our food society, education and gathering. And it's a hub for change, really, you serve as the executive director? What does that position that specific position that you hold entail?

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Corby Kummer 02:20

Well, first of all, thank you for all these accolades. I think you should do the rest of the interview, it's so that I could live up to them through your voice, Executive Director of Food and Society at the Aspen Institute. That means creating a program that will make change for food systems. Every one of the 30 or so programs at the institute is concentrated on making change toward sustainable climate toward healthier oceans. toward more economic opportunity. There are several programs that focus only on economic opportunity. But the directors of the programs come from a wide range of government service me journalism, and writing. Others have been policymakers, summer bankers. They've come from all sectors and they thought where can I make the most change? So food policy, I do a lot of work and food as medicine which brought us together because when you are a national leader in food is medicine. And one of your great fans and colleagues was at the White House Office of Science and Technology, I think did the P cause PCOS photos medicine conference in the White House executive conference building just last month, and we had a kind of a Wendell and slicer fan club meeting, talking about your teaching kitchens and some of the innovations you've made different approaches to how to get more healthful and nutritious diets to people with chronic illnesses often related to food, such as diabetes and kidney disease. This is a huge topic right now. How can we show steady results that will convince insurers and the biggest of all combined Medicaid and Medicare Services to reimburse food delivered to various people in need and people suffering with chronic illnesses. And here at the Aspen Institute, we did a Food as Medicine Research Action Plan, the first comprehensive overview of all of the peer reviewed research into this with a series of almost two dozen recommendations of how to conduct this research in the first week of February of 2024. We're updating the newest research for the past three years since we first started collecting this research with a whole new set of recommendations toward equity in research, which sounds good and it's very expensive and time consuming to fund. So that's just some of what we do.

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Dr. Wendy Slusser 04:54

Well, you know, I heard and I read some of your writings and you use the phrase called As the action, which is what you're describing right now, you take ideas and you lead that to action, which is really something I admire. It's we call it catalytic innovation. And, you know, you've you've touched on some of the kinds of conversations you have around the work that you're focused on, which includes food as medicine and equity and justice, what exact goals or prioritizations that you have currently in your work or your portfolio that you'd like to share with us.

C

Corby Kummer 05:35

So for mostly for the Food Is Medicine Research Action Plan, it's going to be trying to prod payers, to pay researchers to have all of the immunity trust building relationships before they go into a community with a wonderful six months of healthful diets. And before they go in with like, we're gonna give you really good food, it'll make you feel better, and improve your markers lower your blood sugar, in, you'll probably lose weight. But most of all, we want you to be healthier. We'll take lots of data about your blood pressure, and your a one C levels, blood

sugar, hypertension and high blood pressure. And then the circus will leave time six months. So the responsibility at the beginning and the end, is Woolley. And funders, including the National Institutes of Health often don't want to fund the time it takes to go into a community and say, What do you need? What are your challenges to getting better food? If we give you vouchers for fresh produce? Do you even know how to cook it? Do you have time to cook it? What gets in the way of your eating more healthful meals? Because I believe that most people know exactly what will be a more healthful meal. They don't have the time, or the skills but mostly the time to prepare them. When they're trying to raise a family and work say two jobs. And it's not easy to get to the supermarket. The idea that they're going to prepare healthful meals from scratch every night is just ridiculously unrealistic. So what is it that they actually need? If you give them the intervention? What are you going to give them afterward? Are you going to give them some kind of vouchers that will help them reproduce what you gave them for six months? Or even 12 months? Are you going to keep seeing them and bringing them into the healthcare system? Because food is medicine usually requires some kind of connection to the healthcare system. So will you who are doing the study, make sure that these people have an easy route back to the healthcare system after the study ends. So there's lots of the beginning and the end, we hope funders will pay more attention to a friend of the acids. Exactly the chair of the board, does her own work and sustainability and food. And she's understood how important it is to get the community to really feel invested in what you're doing. And she said, we move at the speed of trust. And I thought that's a great phrase. So we hope that we can convince payers to allow researchers to move at the speed of trust. Well,

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Dr. Wendy Slusser 08:20

What you're really saying, and I understand it really deeply is this whole concept of participatory research. And in 2018, I had a UC wide group of faculty members who actually asked to get some of those skills. So it's even, you have to even go a step further back and educate the researchers in the skills and recognizing that we understand that we need those. But it is a skill set that we in the past have not been taught. So it's really terrific that you're out there in Washington trying to share that message with NIH, I have to share one anecdote that I learned last month from one of my colleagues at UCLA, Dr. Helena Hanson, who is the Interim Chair of our psychiatry department. And she has been doing work with some colleagues or colleagues have in East LA, they were trying to figure out how to promote health and well being among the population there. And through participatory research, they learned that the biggest challenge were that the helicopters from the police were waking them up at night, at all different times of the night. And they couldn't get a good night's sleep. And that was what was the most top of mind for them. And that if that could be minimized, that they would actually feel that their well being would be much more improved. So, you know, that was just a great example that she shared with us in a meeting about how impactful and what you might be surprised by when you talk to people.

C

Corby Kummer 09:56

That's a living example of social determinants of health. That's a wonderful anecdote that I'm going to swipe and not credit to you when the slots are. I mean, I promise I will credit it. But you find out that it's actually broken sidewalks and broken streetlights that prevent parents

from thinking their kids could go out and exercise, its transport barriers to the market, there are things that have nothing to do with the actual recipe for a healthy little vegetarian based meal that really get in the way. So that's a perfect example noise at night. Yes,

D Dr. Wendy Slusser 10:32

I remember that. A decade ago, there was a series of focus groups with WIC participants, women, infants, one child program, supplemental food program, and that group described that they didn't trust frozen vegetables. And again, another kind of piece of information that's worthwhile knowing given that of course, that's more, that's an easier preservation form of fresh vegetables to freeze and more convenient over time.

C Corby Kummer 11:02

I believe in frozen vegetables. And there's really nothing wrong with a lot of canned vegetables too. And we're ridiculous snobs. If we say anything against them, anything that makes vegetables palatable and easy to make and consume, is what we most want. And then I'm going to be itching to talk about my food leaders fellows.

D Dr. Wendy Slusser 11:22

Yes I am so with you on that. And oftentimes, the nutrient value is much better because it's there flash frozen, right at this, you know, almost after being picked. And so the degradation of things like vitamin C, and other nutrients might not be as impacted by that kind of care. Well, I'm glad to know we're on the same page for the frozen vegetables, and many canned vegetables and fruit if they're not added with sugar and salt. So something we weave into the UCLA curriculum, particularly for our Food Studies students is how food does not exist in a vacuum. And it's not a singular entity and CEP it's not separate from the world of politics, planet, health, culture, social justice, pleasure, or individual well being. Since you are an expert and understanding foods identity as an interdisciplinary concept, and a connector between worlds. I'd love you to comment and give us some of your insights.

C Corby Kummer 12:23

Food is the connector between worlds. Certainly, everybody loves to eat and talk about what they last day and where they want to eat and it's a surefire conversation starter. But also, it's a way of bringing cultures together. And so one of the things that's most important in food as medicine, for example, or everything's to we're trying to increase food access is, are you giving people food that is culturally appropriate that reminds them of what they were served when they were growing up? You know, so many companies like Beyond Meat, which I'm very in favor of, and plant based burgers. It's not that this founders of this company like Ethan Brown, wonderful also in Los Angeles, a love burgers, he's been a vegan since he was a young teenager. It's because they want to give people food they want to eat, and that they will feel comfortable and happy eating. And that's often burgers. I just had lunch with an extremely fancy person today. And she looks at me at after looking at the very nice menu and said, You know what, I really want us to burger. And so there it is, it unites people. And so food, you

know, in Los Angeles burritos and tacos, enchiladas I go for that I go for Asian food, you know, those are the things I go for in Los Angeles, because they're different cultures. And something that unites a lot of these foods is making the most out of the most economically accessible food, which is to say food that poor people could eat and so often underserved people who don't have a lot of disposable income, make the most creative and brilliant use of food. That's why Chinese food really, I would say ranks above French food, in ingenuity and delicacy in versatility and subtlety, because it's people who had to make do with what they had. Look Mexican food, the incredible variety state by state in Mexico. So you look at food and it's its ingenuity, its resourcefulness is understanding what can feed a family for the least amount of income or depending on what time women have the amount of time to prepare it. So there's so many things that go into what people actually like it feel comfortable eating, and it's your job as somebody who's trying to help people eat better to understand and have insights into what they want.

D Dr. Wendy Slusser 15:07

Yes. And I think when you refer to food as medicine, which I prefer, then food is medicine.

C Corby Kummer 15:13

A raging debate right now. Now we know where you stand.

D Dr. Wendy Slusser 15:17

Yes, I stand at food as medicine. You've mentioned and I agree that you have to really recognize people's cultural practices and tastes and desires and economy. And giving them the skills to prepare and skills would also include the strategies right, like the strategies like how do you prepare something that might be from scratch or not, maybe it's from a can or frozen, but that you can do in your own home? I'm curious about the work that you've been doing your you're focused on some sort of the food as medicine, and some of the impact it might have on on those that already have some sort of illness? And how about the other group that would be like the younger folks that maybe are on the healthier side, still, where does that stand in this sort of world of food as medicine?

C Corby Kummer 16:19

It stands incredibly high. Prevention. That's where the great cost savings come in the idea of giving people the tools to eat healthier, you know, while they're younger, and they've got more energy, perhaps, and time to understand the basics of trying to lower sodium, which is this huge problem in the food supply that the government could have solved and the Obama administration didn't. By imposing mandatory restrictions on manufacturers, I still hope that will come whenever the school lunch program tries to reduce sodium, there's tremendous pushback among manufacturers, and those restrictions, get loosened and post phone for a while. But teaching children and teaching people to have to just crave sugar less than sugary drinks less, especially high salt foods, this is going to solve enormous problems in the future. But as you know, well, it's a very tough sell to say in 10 years, your health care costs are going

to be lowered because what politician is worried about 10 years from now they're not, it's not going to help them in the next election. So part of the balance in trying to make these recommendations for food as medicine research, is how do you show dramatic results in a short term that really are consistent with the overall long term results you want, because it's those results in lower healthcare costs over the short term that will convince payers that this could be a good investment. And the irony is that in order to show that results, you have to choose populations that are very ill, because they're the ones who are going to show the results as soon as, as opposed to the young people you were talking about who might not be ill yet. But if they keep eating high salt, high sugar, high fat to an extent, but it's really high salt, high sugar, that's going to be their real problem. Foods going on going forward. They'll have a lot of illnesses in 15-20 years. But payers aren't going to fund the studies that are going to go 15-20 years, there are some very famous longitudinal studies, but there will be very few.

D Dr. Wendy Slusser 18:37

Yeah, that's the case, isn't it? What I think is, you know, from the point of view of working in the university setting, incorporating this concept of food as medicine into our health care, student curriculums is been really a powerful message, given the fact that many of these students that we teach, say, in medical school, or nursing school, many of them actually don't have the skills of for cooking themselves. And so, you know, that's, that's one way I guess we can capture the youth is by teaching them to be, you know, the example and the teachers to their patients. And that might translate also to their own practices.

C Corby Kummer 19:20

I think you're doing very important work, because you're trying to get medical schools to teach nutrition, which they don't, and culinary skills to a broader population, but to students of many kinds. It's sort of startling how de emphasized cooking skills in the basics of nutrition have been in any kind of higher education. They've been devalued the emphasize and so placing a higher emphasis on that it's a fight you're fighting and I think it's wonderful.

D Dr. Wendy Slusser 19:49

Thank you. Well, this has been my life passion. As you know, I'm having gone to get my Master's in nutrition before I went to medical school. I feel very grateful that I had that At chance, and to be able to incorporate into the, into practice and also to into the training of the future physicians and pediatricians in particular, but also nurses and, and now masters and public health students and so forth. So move shifting to you. I'd love to know what role food is played in your life and career.

C Corby Kummer 20:21

You know, it's the people and issues around food that have been the basis of my whole writing career. I should say that I edited articles about politics, Public Affairs, nuclear weapons culture arts for decades at the Atlantic, and that brought me into mind so much smarter and fuller than my own. That was wonderful. But for my own writing research, and now the program at the

Aspen Institute, it's been all the issues around apps, how do people eat better on a broader scale? How can labor and then people who make it be treated better and get more money for what they do, and have more dignity, access to mental health? These are all things that I've become extremely concerned about, because I started as a journalist in the world of glossy magazines, able to get wonderful, glitzy glamorous trips paid for by glossy magazines, so that I could live above my means a classic way of journalists to write travel stories and food stories. And also I was so enamored of the people I wrote about just today, I happened to be in New York City and I was restaurant critic of New York Magazine. And I wrote a very long article about a baker named Maury Rubin, who was charismatic had been a Sports TV producer, he did fantastic. He created the best hot chocolate ever really in New York and the pretzel cost saw this fantastic innovation. That's been a hugely influential then sadly, City Bakery near the Green Market in Union Square, closed at least difficulties and he's opened a pop up for his hot chocolate. And I went to find him today near Grand Central Station. And it was just a thrilling and wonderful to see him because he's somebody who's cared so much about the quality of food and because he said, If I walk down the street, I hear from the rooftops and people yelling down from the floor, when can I get some hot chocolate and pretzel croissant. So people care a lot about food, and what they eat, and the kind of charismatic characters like Maury Rubin, Jim Lee of Sullivan Street Bakery that famous chefs like Daniel Balu, and Thomas Keller, who all became friends after I wrote about them, Alice Waters, just corresponding with her today. So these people who've made better food, their life work, they care so much about it, but it's not just them. It's the farmers who make it they befriend the farmers, they give them business, they give the long term contracts, they help bring their produce into New York by increasing the grain market in the case of the Farmers Market Association here. public markets, you and Los Angeles have that market there in the cities. So the idea of marketplaces, reviving what used to be easily accessible for people, you know, across the country, because, you know, my family were farmers, I think you've got agricultural heritage in your family. Anyone who's been in the US for a while, has farming in their background. I'm fifth generation Jewish farmers in Northern Connecticut. And they wanted to come from Eastern Europe in the 1880s. And, and be able to buy land and raise food and have the dignity of owning their own land, which they were forbidden to do in Eastern Europe. So this has been so much a part of us heritage. And now outsourcing and immigrant populations who aren't treated well. I'm so proud of our food leaders, fellows to fellowship. That's also a very important part of the work I do at Aspen, one of our food leaders, fellows, that's 18 people for 18 months, we induct a new cohort every year, in August and Aspen, for a fabulous week of bonding for life. One of them is calm. Number two at the Coalition of Immokalee farmworkers as I'm sure you know, they've been the leading national advocacy group for for workers rights and farmer justice when they were basically enslaved. Immigrants without papers especially for Mexico and South America, in the tomato farms and orange fields are mostly tomato farms of Florida. And they became a global leader in worker justice. So worker justice, African American farmers, one of our new cohort of fellows named Anthony Woodruff in Los Angeles, first generation A lawyer in her family, African American, focused on allowing families to keep the rights to their land. Because so often, because of their distrust of the legal system, African Americans don't have wills. So she will go set up like a lemonade stand saying free wills, this is actually going to get the land and trusted to your family, she finds enormous resistance because African Americans still have so much to trust, distrust of the legal system. But these fellows are fabulous. And they go, a guy who was in charge of global sustainable sustainability from McKinsey, the enormous consulting firm, another one who's in charge of all the grand portfolio for sustainable agriculture, at the Walmart Foundation, who has a whole new definition of sustainable production chain. So I'm very inspired by these young leaders.

D

Dr. Wendy Slusser 25:57

Well, you know, people hearing this concept and opportunity of an aspen felt food fellowship, can you give our listeners an idea of, of how you can become one and also I remember, you have this really wonderful mentorship pairing that goes along with that fellowship.



26:15

So if you Google or just look up Aspen Institute and food, you'll find us or food fellows, the more applicants and better the more diversity in our application pool, there are no really strict requirements anyone for their mid 20s, really to 250s. For example, one of our fabulous food leaders grew up often on house on the streets of Puerto Rico, got himself a full scholarship at MIT, left to help after Hurricane Maria and started a hunger relief organization in Puerto Rico. He's moved on from that to make Puerto Rico eligible for SNAP, which incredibly is not. That's his mission. So people who have missions, people who have the gun have impact but see that they can have more, we then do mentor match, we're recruiting one to one mentors who meet for 30 minutes to an hour, some it's every two months, mostly, it's about an hour a month, some it's every week or two. But these are also bonds that will keep going for life. Just as the fellows are bonded with themselves, always with each other for life.

D

Dr. Wendy Slusser 27:25

I keep hearing the theme of your phrase cause action, you really have this focus in terms of really inspiring and catalyzing people to move forward in their dreams. It's really lovely. As you express yourself and describe in such vivid terms, all the different people and ideas and experiences that you've had also, like just here, your skill set of being a journalist, I would love to get some of your perspective on what modern day information sharing is. And given the fact that you've used so many of these methods. Tell me where you think the impact of journalism or the methods of journalism are the most effective these days?

C

Corby Kummer 28:17

What a difficult question you're asking Wendy, I think it's drawing attention to people who are doing good works, who might not otherwise be discovered. That's one of the main and highest callings of journalism, along with malfeasance and abuse of programs, unfair use of resources and power, which another essential accountability function of journalism. I always try to bring attention to overlooked people, leaders have good programs and corporations were doing so that the corporation would feel like okay, maybe we'll keep it going for another year or two, because it got awesome press like shiny light where it's not shine is the essential role of journalism. It's harder and harder. The kind of a luxury hedonistic live above our means journalism that led me to start my career is mostly a thing of the past because media is so challenged financially that doesn't pay these travel bills. But smaller local reporting organizations, you know, funded by foundations now largely like Knight Foundation, like the fantastic Newmark foundation. These are like the Marshall Project. These are places that are devoted to real fact finding, well written and reported journalism. And of course, you know, the great names to the New York Times In the Washington Post, but there's fewer and fewer of them. I have found the greatest fulfillment now and in bringing people together who wouldn't

know each other. It was something I longed to do when I was interviewing people for a story about how food industry could bring down sodium levels when in the absence of mandates from the government. And I kept thinking, hey, all you people who are so concentrated on telling me what great work you're doing, and excellent y and z, big food company, why don't you come together and do some work, it has to be done in concert. So bringing people together to do this kind of work.

D Dr. Wendy Slusser 30:35

As she pointed out, in your early career as a journalist, there it was, he'd done it, or he Donia. And now you're living a life of eudaimonia. Living a life.

C Corby Kummer 30:46

You're so good at that word, define it again.

D Dr. Wendy Slusser 30:49

Eudaimonia, living a life of meaning and purpose. That's what you're doing now, which is just tremendous. We actually honor people at UCLA for living a life of meaning and purpose. Students, staff and faculty can nominate people. And we usually have one sort of bigger name to like, Quincy Jones, one at one year, in our group, and so forth. So, but I would say you're practicing it. Thank you for that.

C Corby Kummer 31:18

You're inspiring everybody to do it, and also didn't learn that word.

D Dr. Wendy Slusser 31:23

I've gotten better at saying it. That's for sure. I don't even know how to spell it now. I won't ask you to spell it.

C Corby Kummer 31:29

Thank you.

D Dr. Wendy Slusser 31:31

So you know, you have such a deep knowledge and food. And I would love to hear what you would want to say to students and readers and listeners, what would you like people to leave this episode of the podcast? Or when you write something or your work that you're doing? What would you like to convey related to food that would be important to you?

C Corby Kummer 31:57

I think you should start with what you most love to eat and what you enjoy eating with people, what makes that experience meaningful and happy for you. Try to analyze what's under it. And then try to see what makes other people happy. And whether they're congruence is or dissimilarities but reach your own gospel, once you know what really gives you joy, trying to bring it to other people. And then think about the people who made that food. How can you try to turn your friends on to them, and get them to buy that food? How can you yourself, find other people who make food like that, and then get your friends, use social media, tell your teachers, tell your classmates, go to this taco truck, go to this market, go to this restaurant, because they're struggling, and it's just young people have started it, do whatever you can to make one to one connections with people who raise and make food. And then you try to build your own networks of people who matter to you and understand what are the challenges they face? What makes them wrong? How can you personally try to bring them more business and make their lives better?

D Dr. Wendy Slusser 33:15

That's a great path. In fact, that's many of those steps are what I share when someone says how can I live a life of meaning and purpose, and you've just described a great path forward for many of us. Another question I'd like to ask you, before we wrap up is what would you say are the two main pillars we need to shift and food culture for a more healthful, equitable world,.

 33:39

Something that I need to live and need to practice and not just talk about, is opening doors to people of color who share the same ideals that I am talking about, but don't have access to the kind of people that I can through the Aspen Institute or people that elite universities do, find where they are and find how to show them the way to access to build the impact of their own work. That's a challenge. It's an ongoing right now a real work in progress for me. And that's, that's something that I want us all to do. And then I guess it's trying to convince people to make change through enthusiasm and joy and not scolding, and threats, make people want to do the better thing. Of course, the goal of public health and all of our work is to make the healthier choices and the default and easier choice that doesn't have resistance, but to individually motivate people. It's making them feel that they'll actually like it better and they'll take more joy in it. So you'll never lose the joy of eating and bringing people together over food.

D Dr. Wendy Slusser 34:54

Hmmm.. That's really great advice. I have to remind myself also of that I've got two more questions, what are the resources our listeners can explore to learn more and educate themselves on these topics?

C

Corby Kummer 35:08

Okay, so they're a couple of sites that I love of course, they have to go to [Aspen institute.org/food](http://Aspeninstitute.org/food) And they'll find us [food fix.com](http://foodfix.com) These are new sites that I rely on. Foodfix. It's a fabulous, really premier reporter right now named Helena Bottemiller Evich, who made her name and political and made political statement agriculture reporting, anything to do with school lunch and USDA FDA being asleep at the wheel and regulating food. This is the go to source food fix. And the you know, fabulous legendary for a reason Marion Nestle, foodpolitics.com. Once you go on to those sites, you have such an overview. And they write with life and verve and humor, and they know everything. So those are great sources. They're not just for experts, and policymakers, though experts and policymakers are completely reliant on their written and completely accessible language. So those are great sources that I rely on.

D

Dr. Wendy Slusser 36:12

Thank you. I didn't know about Food Fix. The Marion Nestle's Wonderful. So thank you. This is our last question that we ask all our people we interview, what does it mean for you to live well?

C

Corby Kummer 36:26

Oh gosh, it's helping others and being in constant contact with people understanding their challenges, their own happiness, their happiness and their hopes.

D

Dr. Wendy Slusser 36:37

What an inspiring way to end this conversation and not surprising given your capacity to live a life of meaning and purpose. So thank you so much, Corby, what an honor to be able to interview such an esteemed journalist. I was a little nervous to start, but I hope I did okay.

C

Corby Kummer 36:58

The honor is mine. You're a fabulously effective leader.

D

Dr. Wendy Slusser 37:02

Thank you. And I hope you have a great evening. The journalism ideal that Corby mentioned is about shining light on places and people where light hasn't been shined before, has really struck a chord with me. That's an essential role of not only journalism, but in so much of work around health, equity and well being. I'm so grateful to Kirby for bringing such enthusiasm and other centeredness into his work. I hope you enjoyed this episode, and also hope that you check out the many resources and links in the episode description below. If you're someone who wants some light shined on their work, reach out to us on our website healthy.ucla.edu. We'd love to hear from you. And in the meantime, take great care. Talk to you soon. To learn more about today's guests, and to explore the entire podcast archive, visit our website at

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