



# Katherine Chen, MS, RD, CDCES



## Cultivating Food Sovereignty and Health Justice: Uniting Urban Agriculture and Medicine

Introduction: Emphasizing the importance of food sovereignty and health justice for women, children, elders, and families, and introducing the speakers.

Part 1: Edible Healing Garden - The Role of a Registered Dietitian in Promoting Health: Exploring nutritional needs and challenges, and highlighting the benefits of urban agriculture.

Part 2: First Nation Storytellers - City Health Beautification through Native Community Food Gardens: Sharing experiences in promoting health through community gardens, discussing city health beautification and native plants.

Part 3: Food as Medicine for Postpartum Depression and Community Health: Addressing nutrition's role in mental health, discussing unique needs during different life stages, and boosting foods into meals.

Part 4: Building Community Health Food Infrastructures through Community Gardens: Exploring the role of gardens in creating resilient food systems, addressing food insecurity initiatives.

Conclusion: Uniting urban agriculture and medicine, encouraging audience action, and opening the floor for discussion.

### Speaker Bio: Katherine Chen, MS, RD, CDCES

Katherine Chen, a registered dietitian and certified diabetes educator who is passionate about leveraging nutrition and education to facilitate healthy lives. Katherine is the founder of the Edible Healing Garden. In partnership with LA Garden Council and presented by the Violence Intervention Program in Los Angeles, the Edible Healing Garden is a hospital housed community garden to help promote food equity, provide nutrition and gardening education, and improve cultural diversity and inclusivity in the greater LA region to the medically underserved. This garden intends to be a healing environment for the community that also addresses nutrition insecurity in the pediatric population at LAC+USC by empowering kids and families with nutrition knowledge, food sovereignty and access to nature.