Promoting Health Through Food Security

Presented by the San Diego Food Insecurity Coalition
American Academy of Pediatrics, CA Chapter 3, 2-1-1 San Diego, San Diego Food Bank, San Diego Hunger Coalition, and San Diego County Medical Society
Disclosure

The faculty and planners for this activity, as well as the CME staff, do not have any relevant financial relationships with commercial interests or affiliations to disclose.
Objectives

• Utilize a 2-question screening tool to assess for food insecurity.

• Refer patients that screen positive to appropriate social service resources.
Food Insecurity Definition

• **Food insecurity** is a household-level economic and social condition of limited or uncertain access to adequate food.

• **Hunger** is an individual-level physiological condition that may result from food insecurity.
Food Insecurity Definition (cont’d)

- **Low food security** *(old label=Food insecurity without hunger)*: reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.

- **Very low food security** *(old label=Food insecurity with hunger)*: Reports of multiple indications of disrupted eating patterns and reduced food intake.
• 17.5 million households (14.3%) and 21% of all children met the USDA definition of a food insecure household.

• 30% of food insecure families have income above the federal poverty line.

• More common: immigrants, less educated, single parent and large families.

• Prevalence of food insecurity is increasing.
Trends in prevalence rates of food insecurity and very low food security in U.S. households, 1995-2014

Prevalence rates for 1996 and 1997 were adjusted for the estimated effects of differences in data collection screening protocols used in those years.

Food Insecurity in San Diego County

- 485,000 people in San Diego County are food insecure
- Average meal in San Diego County $3.22 (national $2.89)
- San Diego County’s Meal Gap averages 80 million meals per year
WHO’S HUNGRY?

ARE THESE CHILDREN HUNGRY?

YOU CAN’T TELL BY LOOKING
1 IN 4 California children go to bed hungry.
Join your AAP in asking “Who’s Hungry” and
universally screening for food insecurity.

Use this quick, validated tool;

☐ Within the past 12 months, we worried whether our
food would run out before we got money to buy more.

☐ Within the past 12 months, the food we bought just
didn’t last and we didn’t have money to get more.

AAPCA1.ORG
The Health Connection

Children who live in food insecure households:
• Sick more often
• Recover from illness more slowly
• Hospitalized more often
• Impaired school performance and ability to concentrate
• More behavioral problems from preschool -teen years

Physicians= KEY ROLE to screen and connect food insecure patients with food resources
# Children from Food Insecure Households

<table>
<thead>
<tr>
<th>Increased</th>
<th>Decreased</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity</td>
<td>Iron stores</td>
</tr>
<tr>
<td>Developmental delay</td>
<td>Bone density</td>
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<tr>
<td>Depression</td>
<td>Resilience to stress</td>
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<tr>
<td>Suicide</td>
<td>Math and reading scores</td>
</tr>
<tr>
<td>Illnesses</td>
<td>Academic achievement</td>
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<tr>
<td>Hospitalization</td>
<td>Self-esteem</td>
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</table>
Adults from Food Insecure Households

**Increased:**
- Depression
- Anxiety
- Diabetes
- Hyperlipidemia
- Cardiovascular disease
Determinants of Health and their Contribution to Premature Death: What is Killing Us?

- Genetic predisposition: 30%
- Social circumstances: 15%
- Environmental exposure: 5%
- Health care: 10%
- Behavioral patterns: 40%

Childhood Obesity

More than regional average

Less than regional average

These are rates for Kaiser members
Making Connections

Many adults qualify for assistance programs that they don’t access

- Lack of knowledge
- Concern about immigration status
- Transportation issues
- Language barriers
- Stigma
- Complicated application process
Resource Available

- Supplemental Nutrition Assistance Program (SNAP)
- Women, Infant Children (WIC)
- National School Lunch Program
- Summer Food Service Program
- San Diego Food Bank and Feeding San Diego
- Food Pantries/Kitchens
- 2-1-1 San Diego
Supplemental Nutrition Assistance Program (SNAP)
(Known as CalFresh in California)

• Strongest single line of defense against food insecurity
• Largest food related entitlement program
• 47 million people, $33 billion budget
• 72% goes to families with children
• $125 per person/year, $254 per household/year
• Inadequate for healthy growth and development
Women, Infants and Children (WIC)

- Women, Infants and Children
- Pregnant women and families with children under 5 years old
- Serves 50% of US children <1 year old
- Breastfeeding support, nutrition education
- Food packages that emphasize healthy foods
- Eligible with household income below 185% FPL
National School Meal Programs

- Healthy lunches to children in over 100,000 schools
- Families under 130% of the federal poverty level qualify for free
- Families 130%-185% qualify for reduced price lunch
- 33 million children/year

Summer Food Service Program

- Free meals and snacks to children under 18 when school is not in session at participating sites.
- Active site locations change annually
- For locally available sites, families should call 2-1-1.
San Diego Food Bank

- SD Food Bank supplies food to food pantries and other distribution sites.
- SD Food Bank serves 370,000 (28,000 military and/or their dependents)
- 170 distributions made throughout San Diego County
- Partners with 400 non-profits who have hunger relief programs
- >22 million pounds of food distributed each year (32% fresh produce!)
- RD on staff
- No soda, candy, sports drinks or energy drinks allowed
- Cooking demonstrations
Food Pantries/Kitchens

- Non-profit organizations that partner with the local food banks
- Provide Food Package Distributions and/or prepared foods
- Type of foods and availability of fresh produce varies by location and day
- Multiple Locations in San Diego County
- Do not require verification of income or immigration status
- Examples: soup kitchens, churches, shelters, parking lot distributions
Food Insecurity Screening

• American Academy of Pediatrics (AAP) recommends food insecurity screening into all healthcare settings that serve children

• Policy statement: Promoting Food Security for All Children  Pediatrics 2015; 136;e1431;

• **Recommendation:** Incorporate two validated screening questions into health visits and hospital discharges.
Screening for Food Insecurity

1. Within the past 12 months, we worried whether our food would run out before we got money to buy more.  (Yes or No)

1. Within the past 12 months, the food we bought just didn’t last and we didn’t have money to get more.  (Yes or No)

• An affirmative response to only 1 question is an indication of food insecurity and referral recommended
Food Rx

**FOOD Rx**

**NUTRITION RESOURCES AVAILABLE**
- Get free food in your neighborhood.
- Get extra money to purchase food at grocery stores, farmers markets and convenience stores.

**IT’S EASY!**

**STEP ONE**
Dial 2-1-1 on your phone or visit: www.211sandiego.org. Open everyday anytime - 24/7.

**STEP TWO**
Select option for **food assistance**.

**STEP THREE**
A trained professional will help you find free food in your area.
2-1-1 San Diego’s purpose is to make positive, lasting impacts on people’s lives and drive meaningful change throughout our communities.

2-1-1 San Diego’s mission is to connect people to services and provide vital data and trend information for proactive community planning.
2-1-1 San Diego By the Numbers...

- 1,500 partnerships with service providers
- 200+ languages offered
- 6,000+ service listings
- 500,000 Connections
- 98% referrals accuracy
2-1-1 San Diego - Who We Serve

Gender

Gender distribution:
- Men: 29%
- Women: 71%

Monthly Household Income

By understanding our clients’ income, 2-1-1 San Diego can offer better referrals to services and report trend data to our community.

Income distribution:
- $0 - $1300: 84%
- $1,301 - $2,400: 11%
- $2,401 - $3,890: 4%
- $3,891+: 1%

2-1-1 San Diego Speaks Your Language

2-1-1 San Diego can serve customers in more than 200 languages. The top 10 languages of callers are:
- Spanish
- Arabic
- Malay
- Tagalog
- Farsi
- English
- Korean
- Vietnamese
- Russian
- Amharic
Connecting One Person...One Family
Top 5 Community Needs

2-1-1 San Diego reflects the voice of the people. More than a quarter of a million individuals each year are connected to help they need through 2-1-1. Our real-time customer data demonstrates trends in the community and can be used to assist policymakers, business leaders and foundations in planning for a better future for more people in San Diego.

29%  
Housing & Shelter

22%  
Health Care

19%  
Public Assistance Programs

18%  
Utility Assistance

12%  
Food Assistance
1. Screen!
2. Refer
   a. Food Rx
   b. Active Referral
Thank you!

If you have questions:

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