



... because no one should be
HUNGRY



Improved Health with Food Insecurity Screening and Intervention Screen & Intervene Program Oregon Food Bank

Fall 2015

INSTIGATORS: Childhood Hunger Coalition

- Health Professionals & Hunger Activists
- Provider survey
- Children's care algorithm
- CME course at www.childhoodhunger.org
- Pilot at OHSU in 2013

A screenshot of the Childhood Hunger Coalition website. The header includes the logo "Childhood Hunger COALITION" with a hand icon, and a navigation menu with links for "ABOUT", "RESEARCH", "PROVIDER RESOURCES", "FAMILY PROGRAMS", and "NEWS". The main content area features a large image of a young girl eating, with the Oregon Food Bank logo overlaid. To the right, a yellow box contains the text "CHILDHOOD HUNGER IS LINKED TO DEVELOPMENTAL, BEHAVIORAL & ACADEMIC PROBLEMS" and a small image of a young boy. Below the main image is a green bar with the URL "www.childhoodhunger.org". The text below the URL reads: "Hunger isn't just uncomfortable for children. *It's dangerous*. Children who are hungry are at higher risk for developmental and academic problems, frequent illness and nutritional inadequacies. Knowledge of indicators and impacts on childhood hunger allows health providers to identify patients at risk and to provide appropriate interventions." To the right, it says "CONTINUING EDUCATION NOW AVAILABLE" and "Childhood Food Insecurity: Health Impacts, Screening & Intervention". A "TAKE THE COURSE" button is visible. Below that, it lists "Course participants will:" followed by a bullet point: "Identify the health consequences of pediatric and pre-natal".

IMPACT OF HEALTH CARE PROVIDERS

- **Providers uniquely positioned to address hunger in practice with increase in low-income people in clinics**
- **New metrics prioritize health outcomes for diet-related diseases**
- **Oregon CHC survey: 80% of OR providers support screening**
- **Barriers: lack of time & resource info
- our approach addresses both**



KEY CONCEPTS FOR PROVIDERS

- Proven impacts for children's development & prevention & treatment of all chronic disease
- Symptoms similar to depression, ADHD & other conditions where expensive prescriptions have side effects.
Nutrition 1st!
- 49% of CCO Members are Food Insecure (BRFSS)
- OFB provides info about resources to mitigate poor nutrition for every county





Key Concepts for Administrators

- ✓ **Quick, Pain Free Implementation with Free Tools, Flexible Options, Training & On-going Support !**
- ✓ **Join the over 200 Oregon clinics and others across the country, that have paved the way**



Screen for Food Insecurity

For each statement, please tell me whether the statement was “often true, sometimes true, or never true” for your household:

(Any patient answering with a 1 or 2 response is considered food insecure)

- A. Within the past 12 months we worried whether our food would run out before we got money to buy more. *1. often true 2. sometimes true 3. never true 4. don't know or refused*

- B. Within the past 12 months the food we bought just didn't last and we didn't have money to get more. *1. often true 2. some- times true 3. never true 4. don't know or refused*



**NOT ENOUGH FOOD FOR YOUR FAMILY? NEED HELP
COOKING/SHOPPING FOR HEALTHY FOOD ON A BUDGET?**

You might qualify for SNAP (Supplemental nutritional Assistance Program, formerly known as Food Stamps)

- Go to <http://www.oregon.gov/dhs/assistance/pages/foodstamps/foodstamps.aspx> or call 211*

If you are pregnant or have children under five, you may qualify for WIC (The *Special Supplemental Nutrition Program for Women, Infants, and Children*)

- Go to <http://jacksoncountyor.org/hhs/Public-Health/Women-Infants-and-Children>, or call 541-774-8203 and schedule an appointment

**If you are a senior 60+, you may qualify for a senior food program:
Call Peggy at 541-774-4309**



NOT ENOUGH FOOD FOR YOUR FAMILY? NEED HELP COOKING/SHOPPING FOR HEALTHY FOOD ON A BUDGET?

Most farmer's markets accept SNAP & WIC, several will add to SNAP dollars so you can buy more!

- <http://rvgrowersmarkets.com/> (find market near you that takes SNAP/WIC/Senior Direct

There may be a food pantry in your neighborhood where you can get a box of food for free!

- Go to <http://www.accesshelps.org/Page.asp?NavID=420> or call 541-774-4336

Summer meals for kids Go to <http://www.summerfoodoregon.org/> or call 211*

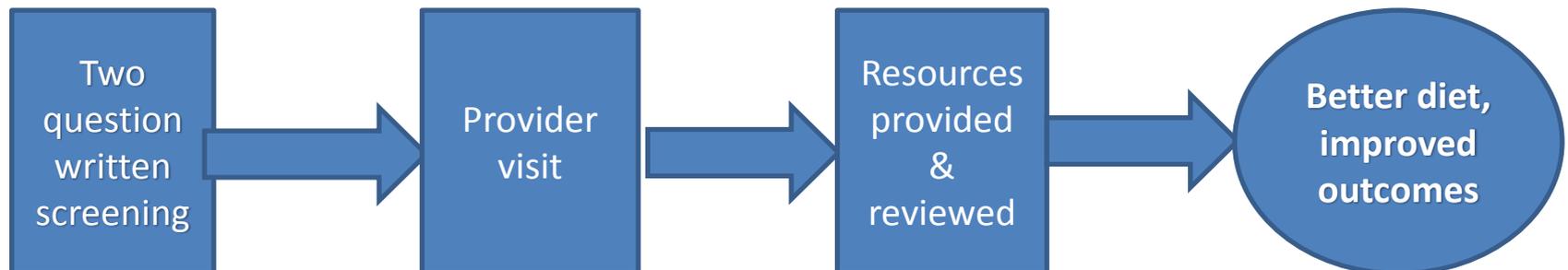
Volunteer, learn how to garden and take some produce home with you!

- ACCESS Food Share Gardens, 541-779-6691 ext. 309

Learn to cook healthy food and shop on a budget: Call Robin 541-690-3989 & visit <https://www.foodhero.org/>

FLEXIBLE IMPLEMENTATION

1. Basic: Add questions in writing to check-in process then provide food insecure patients with resource handout
2. Supported: All of above, plus resource review with patients by clinic staff or other trained persons who may also assist with resource access
3. Integrated: questions added to comprehensive health assessment with resource information & clinic staff follow-up



ON-GOING SUPPORT & COMMUNITY OF PRACTICE

- Free tools, TA & training make it relatively easy
- Different in each setting, OFB shares best practices & links clinics to greater food and nutrition education resources
- Almost 200 Oregon & S. Washington clinics currently implementing



POTENTIAL CLINIC-BASED FOOD AND NUTRITION PROGRAMS WITH COMMUNITY PARTNERS

- Cooking & smart shopping classes
- Gardening classes & assistance
- Diabetes-friendly pantries
- On-site produce distributions
- SNAP Match & Veggie Rx programs
- Convening of human services & health care communities to address social determinants of health





... because no one should be
HUNGRY

CONTACT

Questions, ideas, problems?

Lynn Knox

Oregon Food Bank

503-853-8732

lknox@oregonfoodbank.org