



# FOOD IS MEDICINE

*Exploring new leverage points for  
community health and wellness*

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GLEANERS

# Objectives

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By the end of this webinar, participants will be able to:

- Define food insecurity and be aware of its prevalence
- Describe the health implications of food insecurity and the importance of screening and intervention
- Identify barriers to adequate food access
- Access and recommend a variety of resources that may benefit individuals who experience food insecurity
- Advocate for improved food access in their community



# GLEANERS



# 21 County Service Area

over **300** local food pantries, soup kitchens, schools & community partners



Poverty rate is **15.3%**



Food insecurity rate is **23%**



**378,782**  
Food Insecure People



**135,132**  
Food Insecure Children

# How Food Banking Works



# Gleaners Initiatives



## SNAP Outreach

**1,310 applications** submitted  
**781,107 meals** attributed to SNAP Outreach



## Mobile Pantries

**433 Mobile Pantries**  
(includes all mobiles, CARE, Mega & Senior)



## Youth Programs

**3,237,386 meals** provided through school pantries & other outreach



## Nutrition Outreach

NutritionHub.org, Summer Nutrition Club, training for medical professionals



## Agency Partners

**218 agencies** and community centers helped to distribute over **34 million meals**



## Community Cupboard

Over **7.4 million meals** provided through our on-site food pantry

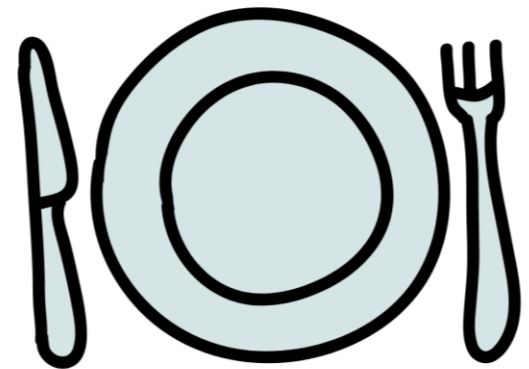
# What is Food Insecurity?

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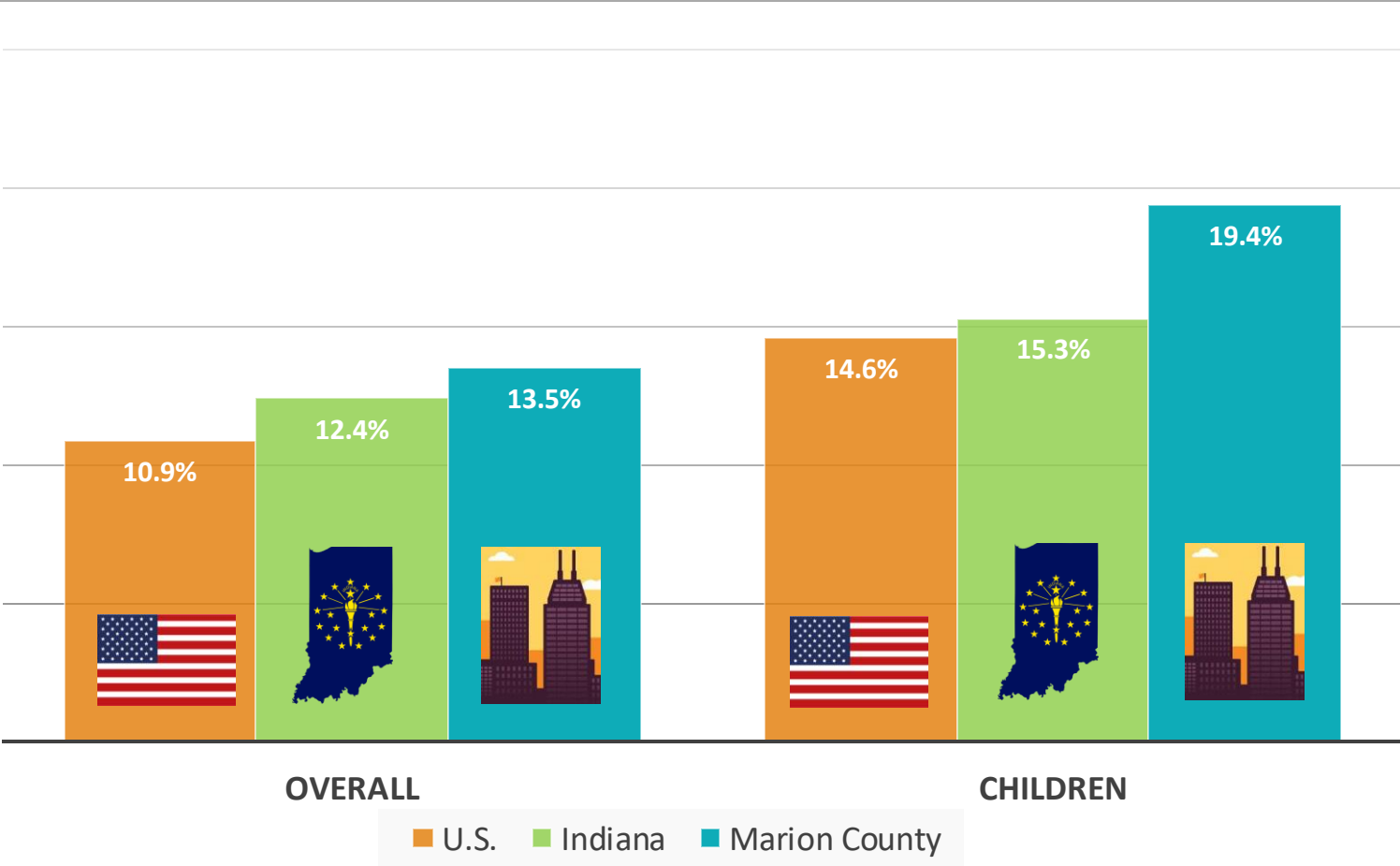
**Hunger:** short-term physical sensation of discomfort or weakness caused by lack of food

**Food insecurity:** “a household-level economic and social condition of limited or uncertain access to adequate food” (USDA)

- Can be present with or without hunger
- May come and go for a variety of reasons
- Different levels

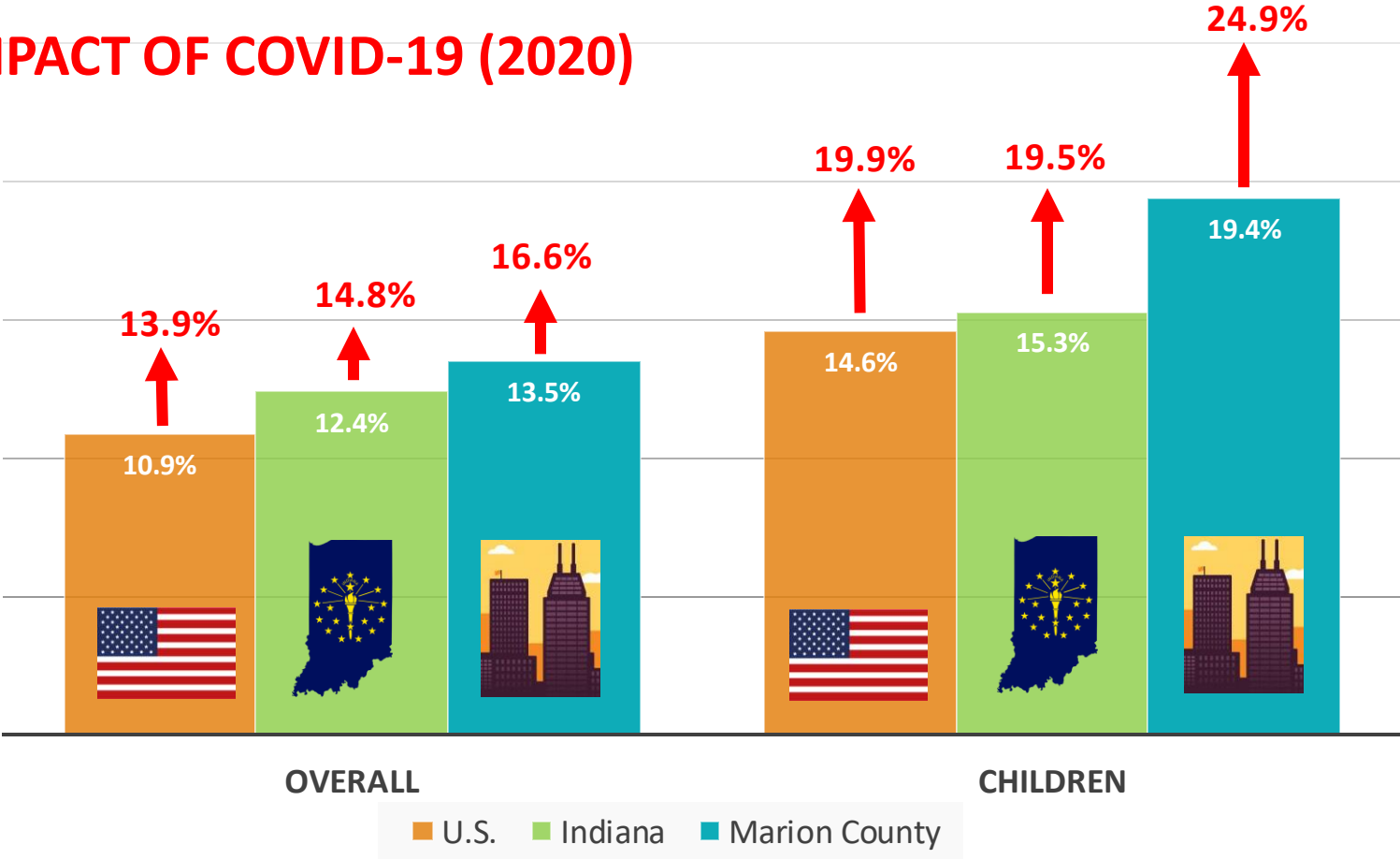


# Rates of Food Insecurity



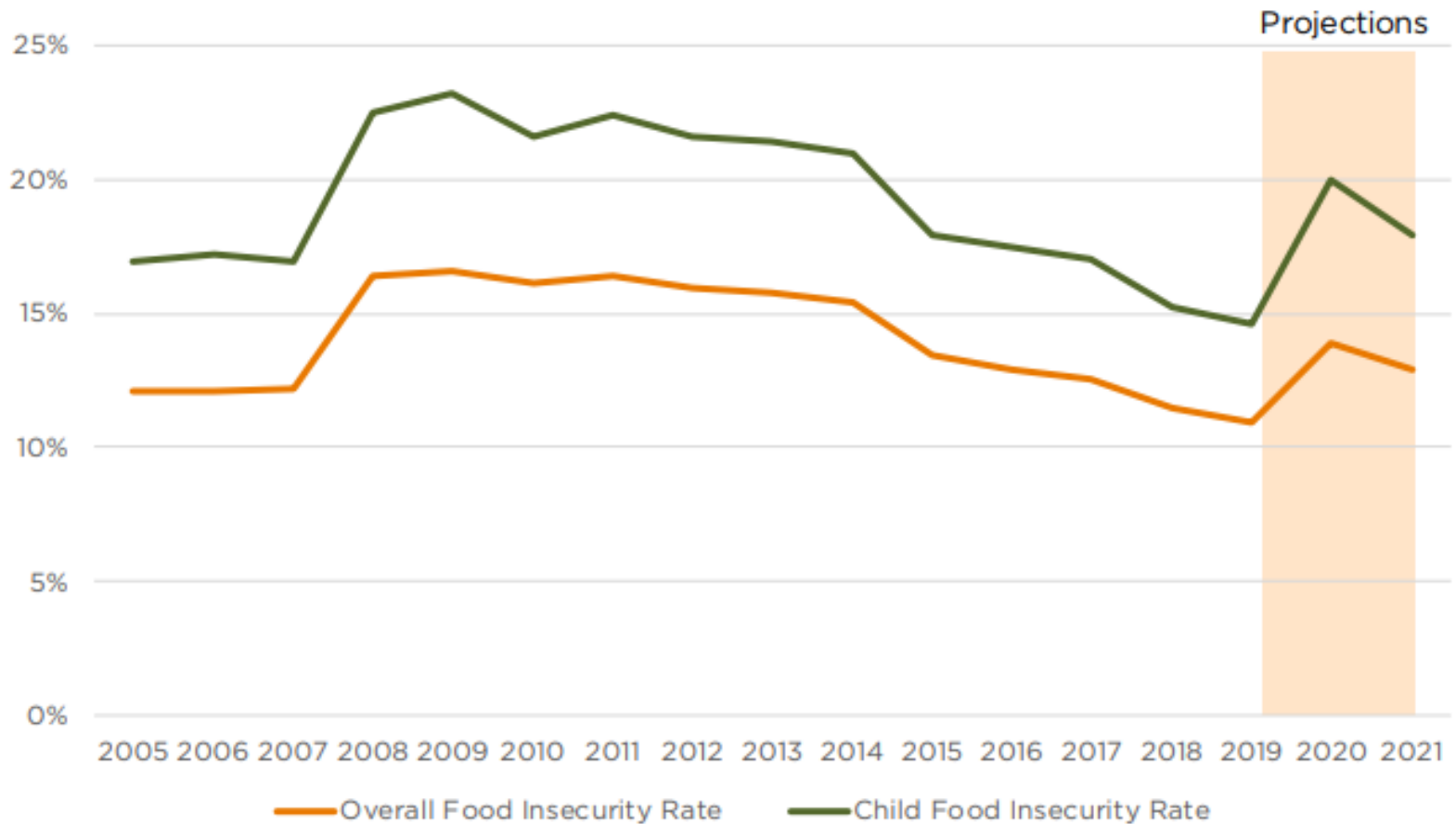
# Rates of Food Insecurity

## IMPACT OF COVID-19 (2020)





# Impact of COVID-19



# Food + Health

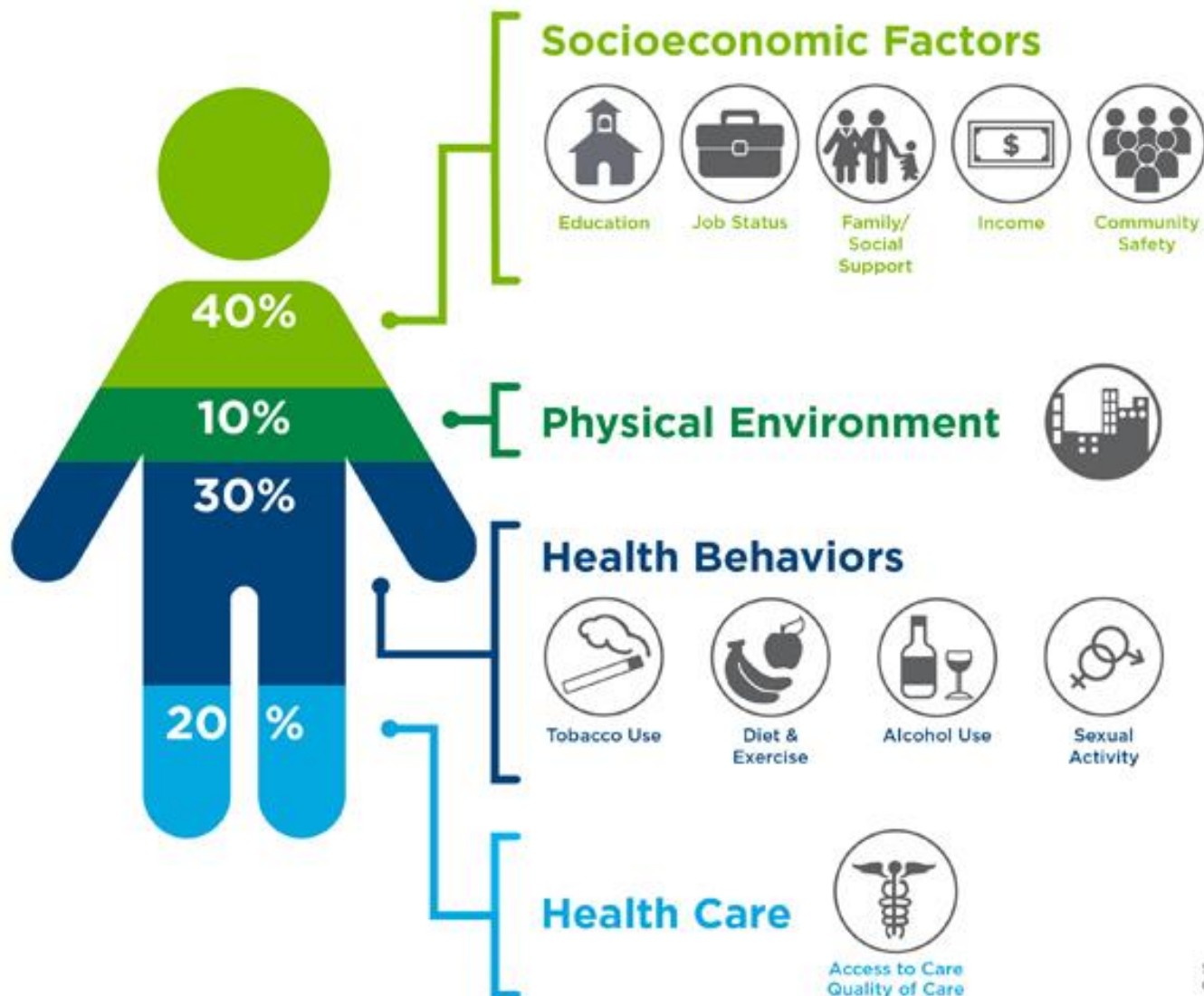
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Food security is **social determinant of health**

- Wide range of effects on individual/ community health and quality of life
  - Physical environment
  - Socioeconomic factors
  - Health behaviors



# What Goes Into Your Health?



**80%**  
of health  
outcomes are  
driven by **social  
determinants**

# Health Implications

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- **Tough choices:** paying for food vs. paying for rent, utilities, medication, transportation, education, etc.
- Increased risk of **chronic and acute disease**, difficulty managing existing conditions
- Micronutrient deficiencies
- Developmental delays, stunted growth for children
- **Mental health concerns**, anxiety, depression, stress
- Poor performance at work/school

# A Conceptual Framework: Cycle of Food Insecurity & Chronic Disease



Adapted: Seligman HK, Schillinger D. N Engl J Med. 2010;363:6-9.

# Identifying Food Insecurity



## Hunger Vital Sign™

A validated tool to screen for food insecurity

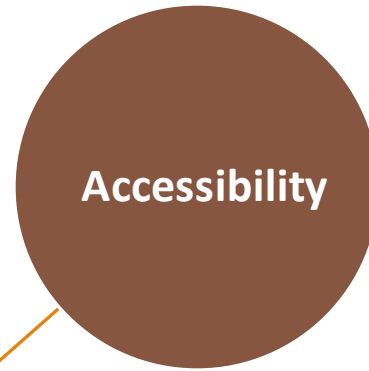
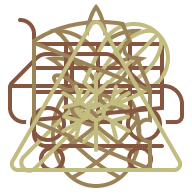
Within the past 12 months, we worried whether our food would run out before we got money to buy more.

- Often true
- Sometimes true
- Never true

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

- Often true
- Sometimes true
- Never true

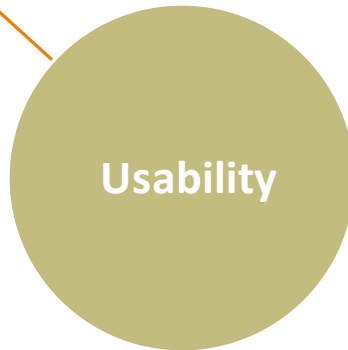
A patient or family **screens positive** for food insecurity if the response is "often true" or "sometimes true" to either or both of these statements.



- Proximity of stores, markets, pantries
- Transportation
- Cost of food
- Eligibility requirements



- Nutritious options
- High quality food
- Culturally appropriate options
- Special dietary needs



- Familiarity of foods
- Home cooking/storage equipment
- Cooking skills/ knowledge

# Federal vs. Charitable Food Assistance

## Federal Assistance



Government Programs like  
School Meal Programs and WIC

SNAP

**1/3** 

people who are food  
insecure may not qualify for  
federal food assistance.

**49%**

of individuals

Below 130% of Poverty

Monthly income of \$2,838 or  
less for a family of four

**19%**

of individuals

130% to 185% of Poverty

Monthly income of  
\$2,838 - \$4,039 for  
a family of four

**32%**

of individuals

At or Above 185% of Poverty

Monthly income of \$4,039 or  
more for a family of four



**Charitable Response**





# Food & Nutrition Resources

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- Gleaners SNAP Hotline: **317-644-1280**
- On-site food pantries/markets
- Neighboring food pantries, mobile pantries/markets, or meal sites
- Home delivery programs
- Online ordering/grocery pickup
- Farmers markets – Fresh Bucks
- Purdue Extension Nutrition Education Program
- Cooking Matters
- Find a Nutrition Expert - [www.eatrightin.org](http://www.eatrightin.org)

# How to Find Local Resources

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- **Indiana 2-1-1** - [in211.org](http://in211.org)
  - Dial 211, text local zip code to 898-211
  - Multiple languages



- **Aunt Bertha** - [www.findhelp.org](http://www.findhelp.org)
  - Can integrate with patient charting system
  - Multiple languages



- **Community Compass** - [www.communitycompass.app](http://www.communitycompass.app)
  - Free smartphone app, text "hi" to 317-434-3758
  - Central Indiana food resources
  - Multiple languages

# Questions?

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[www.gleaners.org](http://www.gleaners.org)

[www.GleanersNutritionHub.org](http://www.GleanersNutritionHub.org)



# Sources

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- Addressing Food Insecurity: A Toolkit for Pediatricians (FRAC) - [frac.org/aaptoolkit](https://frac.org/aaptoolkit)
- Center on Budget and Policy Priorities - [www.cbpp.org/snap-linked-to-better-health-lower-care-costs-0](https://www.cbpp.org/snap-linked-to-better-health-lower-care-costs-0)
- Connect2Help 211 - [www.Connect2Help.org](https://www.Connect2Help.org)
- Feeding America - [www.feedingamerica.org](https://www.feedingamerica.org)
- FSSA - [fssabenefits.in.gov](https://fssabenefits.in.gov)
- Key Drivers to Improve Food Security and Health Outcomes: An Evidence Review of Food Bank – Health Care Partnerships and Related Interventions - [hungerandhealth.feedingamerica.org/wp-content/uploads/2021/02/Key-Drivers-to-Improve-Food-Security-and-Health-Outcomes\\_FINAL.pdf](https://hungerandhealth.feedingamerica.org/wp-content/uploads/2021/02/Key-Drivers-to-Improve-Food-Security-and-Health-Outcomes_FINAL.pdf)
- Map the Meal Gap - [map.feedingamerica.org](https://map.feedingamerica.org)
- The Impact of Coronavirus on Food Insecurity - [www.feedingamericaaction.org/the-impact-of-coronavirus-on-food-insecurity](https://www.feedingamericaaction.org/the-impact-of-coronavirus-on-food-insecurity)
- USDA Economic Research Service - [www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx](https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx)