FOOD IS MEDICINE

Exploring new leverage points for community health and wellness

GLEANERS
Objectives

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

Food Bank
- Collect and Distribute Food

Community Service Orgs
- Deliver to Hungry People

Stakeholders:
- Surplus Food
- Restaurants & Hospitality
- Produce Markets
- Consumers
- Food Manufacturers & Distributors
- Grocery Retailers
- Fisheries
- Government Commodities
- Farms
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

FY2020
What is Food Insecurity?

**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

OVERALL

- U.S.: 10.9%
- Indiana: 12.4%
- Marion County: 13.5%

CHILDREN

- U.S.: 14.6%
- Indiana: 15.3%
- Marion County: 19.4%

Updated 10/11/21 based on Map the Meal Gap 2019 Data
Rates of Food Insecurity

IMPACT OF COVID-19 (2020)

OVERALL

U.S. 10.9% 12.4% 13.5% 14.6%
Indiana 14.8% 16.6% 17.8% 19.9%
Marion County 19.4%

CHILDREN

U.S. 13.9% 14.8% 16.6% 19.9%
Indiana 14.6% 15.3% 19.5%
Marion County 24.9%

Updated 10/11/21 based on Map the Meal Gap 2019 Data
Impact of COVID-19

![Graph showing the impact of COVID-19 on food insecurity rates. The graph compares the overall food insecurity rate and the child food insecurity rate over the years from 2005 to projections for 2021. The graph indicates a rise in food insecurity rates in 2020, particularly for children, due to the pandemic.](image-url)
Food + Health

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
80% of health outcomes are driven by social determinants.
Health Implications

- **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

- Food Insecurity
- Stress
- Coping Strategies: Dietary Quality, Eating Behaviors
  - Bandwidth
- Chronic Disease
- Employability
- Healthcare Expenditures
- Spending Tradeoffs
- Household Income

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.
Food Security

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

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

Usability
- Familiarity of foods
- Home cooking/storage equipment
- Cooking skills/knowledge
Federal vs. Charitable Food Assistance

Federal Assistance

Government Programs like SNAP, WIC, and School Meal Programs

SNAP

1/3 people who are food insecure may not qualify for federal food assistance.

Charitable Response

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
Food & Nutrition Resources

- 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
How to Find Local Resources

- **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

www.GleanersNutritionHub.org
Sources

- Addressing Food Insecurity: A Toolkit for Pediatricians (FRAC) - frac.org/aaptoolkit
- Center on Budget and Policy Priorities - www.cbpp.org/snap-linked-to-better-health-lower-care-costs-0
- Connect2Help 211 - www.Connect2Help.org
- Feeding America - www.feedingamerica.org
- FSSA - fssabenefits.in.gov
- Map the Meal Gap - map.feedingamerica.org
- The Impact of Coronavirus on Food Insecurity - www.feedingamericaaction.org/the-impact-of-coronavirus-on-food-insecurity