

Speaker Disclosures

Speaker Disclosures: Megan Seal, RDN – No financial relationships to report

Stephany Medina – No financial relationships to report

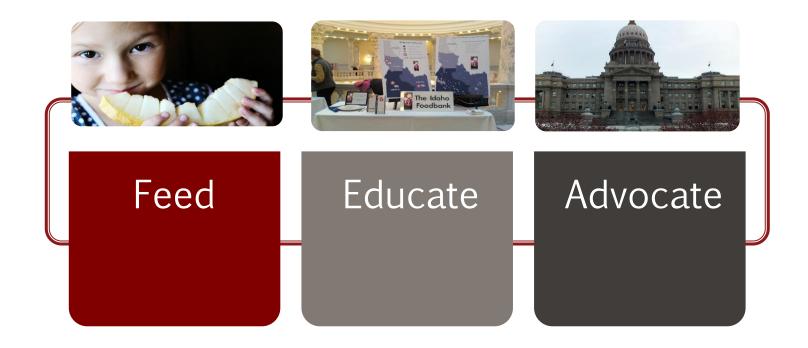
Disclosure and Mitigation of Relevant Conflicts of Interest: All identified relevant conflicts of interest have been mitigated.

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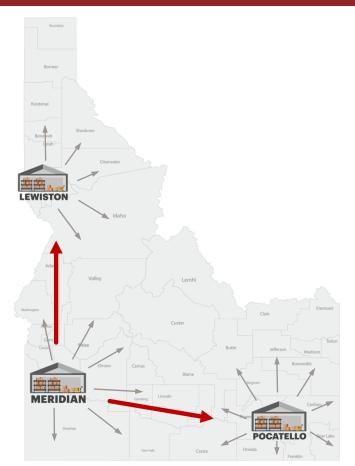
Objectives

- Describe the connection between food insecurity and chronic illnesses
- Identify the validated screening tool for food insecurity (Hunger Vital Signs)
- Identify referral sources for those who screen positive (Food pantries, SNAP, WIC, etc.)

Our approach towards a Hunger-Free Idaho



Idaho's Food Distribution Network



Warehouse Distribution Facilities

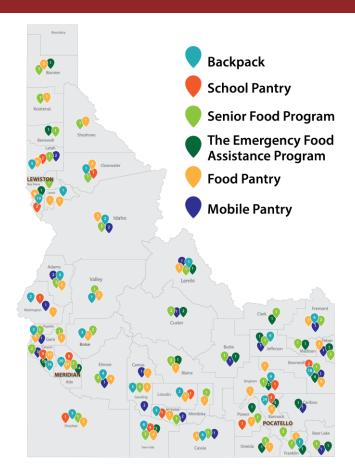
- Meridian
- Lewiston
- Pocatello

465+ Community Partners



Together, we can solve hunger.

Idaho's Partner Network



Warehouse Distribution Facilities

- Meridian
- Lewiston
- Pocatello

465+ Community Partners (schools, emergency food pantries, senior centers, feeding sites, emergency shelters)

Find food near you: https://idahofoodbank.org/getfood/

Food Insecurity

Food Insecurity: Lack of consistent access to enough food for an active, healthy life.

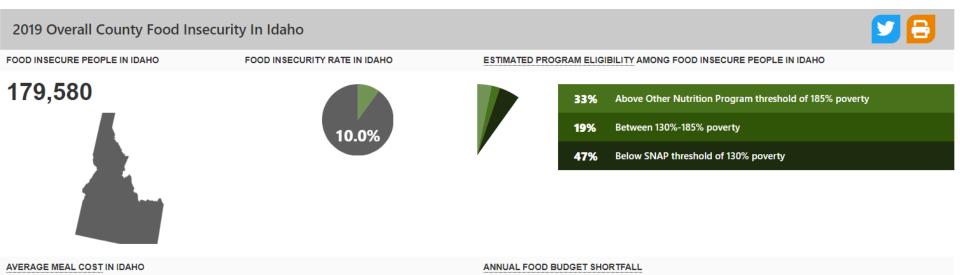
U.S. Department of Agriculture (USDA)

Hunger vs Food Insecurity:

Hunger is a personal, physical sensation of discomfort while food insecurity refers to a lack of available financial resources for food at the household level



Snapshot of Food Insecurity in Idaho



\$94,193,000

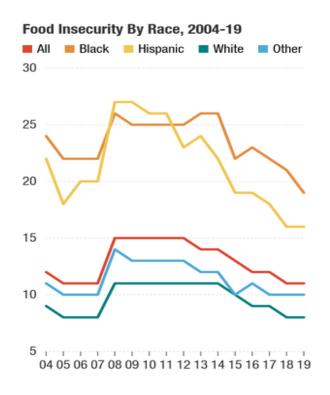
Together, we can solve hunger.

\$3.07

Highest Food Insecurity Rates in Idaho (2021 Projections)

County	Food Insecurity Rate		
Shoshone	19.6%		
Lewis	17.1%		
Custer	16.5%		

Food Insecurity and Health Equity



Food insecurity impacts some communities more than others.

Black Americans: 19.1%

Hispanic Americans: 15.6%

White Americans: 7.9%

No High School Degree: 27%

Have a disability: 2x rates

Food Insecurity and Health Equity

Despite Native Americans contributing to

roughly 60% of all the foods used around

the globe today, food insecurity rates are

high post-colonization.1

Studies show that tribal communities face food insecurity at rates as high as 25% (2020).²

During COVID-19, a recent study shows that 54% of Native community members reported not having enough funds to eat balanced meals (2022).³

Sources:

- 1. The Need to Support Native American Food Sovereignty Hunger and Health (feedingamerica.org)
- 2. November is Native American Heritage Month Hunger and Health (feedingamerica.org)
- 3. Reimaginig Hunger Responses in Times of Crisis (nativeamericanagriculturefund.org)

Together, we can solve hunger.

Food Insecurity and Health

Consider the health conditions that have been shown to be improved through a regular healthy, balanced diet.

Consider the health conditions that have been shown to be negatively impacted through poor diet

How does food impact our physical, emotional, and mental health?



Food Insecurity and Health By the Numbers





Studies repeatedly show **food insecure households** consistently have more emergency room visits, hospital admissions, and total days in the hospital

Hunger causes higher incidents of chronic diseases such as diabetes, hypertension, heart disease, kidney disease, and depression

Older Americans who are food insecure are:

- **50%** more likely to be diabetic
- 60% more likely to have congestive heart failure or experience a heart attack
- 2x as likely to have asthma

The cost of hunger to the health care industry alone is \$53 billion annually

Communities of color are disproportionally impacted by food insecurity and incidence of chronic disease

Knowledge Check



Which of the following do you think is true?

Food insecurity in diabetes has been associated with:

- a. Hyperglycemia
- b. Hypoglycemic Episodes
- c. Both
- d. None

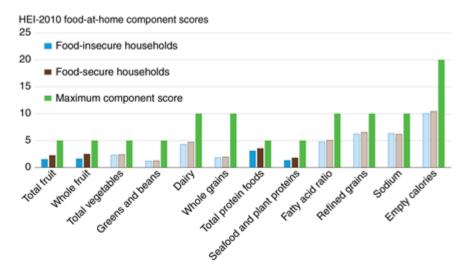
Diabetes and Food Insecurity

Food insecurity is associated with reduced dietary quality (1). For every 1,000 calories of food consumed at home, food secure households acquired more total fruit, protein, seafood, and plant proteins than food insecure households.

Food insecurity may result in individuals skipping meals or eating less, leading them to overeat when food is available (2). This can lead to disordered eating behaviors, and is especially problematic in low-income mothers.

Adults and youth experiencing food insecurity are exposed to disproportionately more marketing for products that encourage the consumption of calorically dense, nutrient low foods and physical inactivity(2).

Low-income food-insecure households score lower on some food-at-home HEI-2010 components than low-income food-secure households



Notes: HEI-2010 = Healthy Eating Index 2010. Light-shaded bars indicate that food-insecure and food-secure households are not significantly different at p < 0.05.

Source: USDA, Economic Research Service using data from the 2012-13 National Household Food Acquisition and Purchase Survey (FoodAPS).

Diabetes and Food Insecurity



Individuals experiencing food insecurity are at an increased risk for poor glycemic control and have higher A1c levels, even in children.

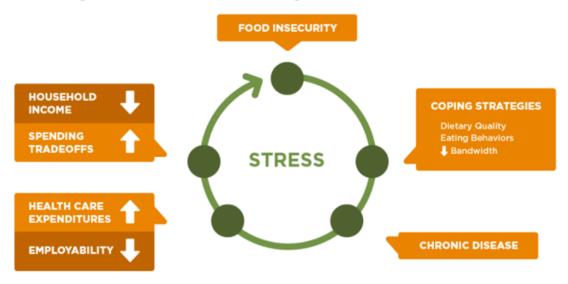
Critical diabetes management medications and supplies may no longer be affordable, leading patients to delay filling prescriptions, reuse needles/reduce their blood glucose monitoring, and or visit their provider less often.

Mental health impacts from diabetes are also more prominent in individuals experiencing food insecurity, with these patients reporting more diabetes related distress.

Individuals experiencing food insecurity may also engage in additional behaviors including tobacco use and physical inactivity, both of which exacerbate diabetes.

The Link Between Hunger and Health

A Conceptual Framework: Cycle of Food Insecurity & Chronic Disease



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

Screening for Food Insecurity: Hunger Vital Sign



- 2-question screening tool used to identify young children and families at risk of food insecurity
- Measures families' concerns about and access to food
- Tool can be used by healthcare providers, social service providers, communitybased workers, teachers, and more

A child or family is at risk for food insecurity if they answer that either or both statements are 'often true' or 'sometimes true'

What's Next?

- Local pantries
- SNAP (food stamps)
- WIC
- FDPIR



Together, we can solve hunger.

Food Assistance Locator and FindHelp.org

1. www.idahofoodbank.org/getfood

If you or someone you know needs food assistance, we can help.





Hold your phone's camera over the code above or visit our website below to find food assistance near you.

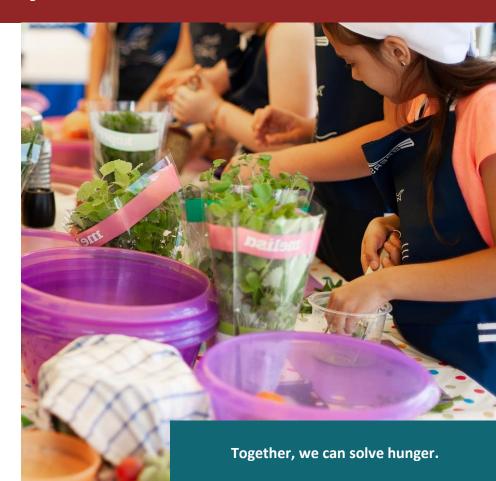
IdahoFoodbank.org/GetFood or call 208-336-9643

2. www.FindHelpIdaho.org(Nationally known as FindHelp.org)



Food Services and Accessibility

- 1. Website
- 2. Phone number
- 3. Translated outreach materials
- 4. Interpretation line
- Variation of food programs,locations, and hours of operations
- Culturally relevant foods (Hispanic/Latinx)
- 7. Collaboration with Healthcare partners



SNAP (formerly food stamps)

SNAP = Supplemental Nutrition Assistance Program

- 1. Administered by IDHW
- 2. Evidence based program
- SNAP and pantry services work hand-in-hand

Monthly Income Limits				
Household Size	Gross Income	Maximum Food Stamp benefit		
1	\$1,396	\$250		
2	\$1,888	\$459		
3	\$2,379	\$658		
4	\$2,871	\$835		
5	\$3,363	\$992		
6	\$3,855	\$1,190		
7	\$4,347	\$1,316		
8	\$4,839	\$1,504		
Each Additional Member	+ \$492	+188		

WIC

WIC = Special Supplemental Nutrition Program for Women, Infants, and Children

- Administered by IDHW and 2 Native American Health Agencies
- 2. Can cover children up to age 5
- Participants can access SNAP, WIC, and food pantries at the same time

Meet the income below:

July 1, 2021 - June 30, 2022

Household Members	Taxes Household Income		
	Per Week	Month	Year
1	\$459	\$1,986	\$23,828
2	\$620	\$2,686	\$32,227
3	\$782	\$3,386	\$40,626
4	\$943	\$4.086	\$49 025

For each additional person, add \$8,399/year

Pregnant woman = 2 people

FDPIR

FDPIR = The Food Distribution Program on Indian Reservations

- USDA foods for income-eligible households living on reservations
- FDPIR may be more accessible for tribal members who do not have access to SNAP offices or participating SNAP stores
- Households may NOT participate in FDPIR and SNAP in the same month



Source: Food Distribution Program on Indian Reservations | Food and Nutrition Service (usda.gov)

Summary

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Contact

Megan Seal, RDN, LD

mseal@idahofoodbank.org

208.539.9863

Stephany Medina

Smedina@idahofoodbank.org

208.501.5286

General: communityhealth@idahofoodbank.org