



WHY ADDRESS FOOD INSECURITY IN A CLINIC OR HOSPITAL?

- ✓ 27.3% of Oregon children and their families are food insecure, which increases risks for developmental, academic and emotional problems, and a weakened immune system.
- ✓ 71% of Oregon Medicaid patients exhibit signs of food insecurity according to a Health Authority survey
- ✓ Diet related disease is the driver for 86% of U.S. health care costs according to the CDC
- ✓ Food insecurity significantly increases likelihood of adult chronic disease, & depression. However, 60 % of people over 60 eligible for SNAP (Food Stamps), don't get this support.
- ✓ Family or personal crisis precipitating food insecurity happens to all types of people and may be well-hidden.
- ✓ Screening for food insecurity provides vital information to clinicians, improving diagnosis and treatment.
- ✓ Incomes have been flat or declined in the last 20 years, while food prices have soared over 65% many people don't know the current resources available to them.
- ✓ Screening and intervention is recommended by the American Academy of Pediatrics, Primary Care Association, AARP, the American Diabetics Assoc. and is now an OHA performance improvement measure

HOW SHOULD WE DO IT ?

- ✓ There are two simple, nationally validated food insecurity screening questions. They are best administered in writing. You can add them to patient check-in materials, or include them in a broader assessment. We provide best practices & workflow examples. Epic & OCHIN Epic now include the screening & follow-up.
- ✓ Together, we can develop on-site projects to alleviate food insecurity and improve nutrition such as free produce distributions, cooking classes, gardening help, store-based smart shopping tours, produce Rx systems, clinic or hospital food pantries.

HOW DO WE RESPOND TO PATIENTS WHO SCREEN POSITIVE ?

- ✓ The Oregon Food Bank provides a one-page, EHR compatible, constantly-updated resource and education handout in many languages to include in an after visit summary. Free training is offered for staff, interns or volunteers who will help patients screening positive, to connect to resources the day they are screened.
- ✓ Track screenings & results with the most commonly used ICD- 10 codes. Both Epic and OCHIN Epic have now embedded the two screening questions into their data sets.

“We love this screening & intervention because our patients love it! We feel steps have been taken to improve the situation when patients leave the clinic!” - Kate Norman, clinic manager, Women’s Health Assoc.

FOR MORE INFORMATION CONTACT: Lynn Knox, 503-853-8732 or lknox@oregonfoodbank.org



*The Screen and Intervene Program **launched** following a 2013 pilot at OHSU coordinated by members of the Childhood Hunger Coalition, a group of health professionals and nutrition activists. Learn more & take the **free** CME course, www.childhoodhunger.org.*



Screen for Food Insecurity

Suggested Questions: (any patient answering either question with a 1 or 2 response is considered food insecure)

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

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. *sometimes true* 3. *never true* 4. *don’t know, or refused*

**(SAMPLE, a version is available for all Oregon Counties in many languages)
NOT ENOUGH FOOD FOR YOUR FAMILY? NEED HELP COOKING OR
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)

- Multnomah County: <https://multco.us/health/wic> 503-988-3503
- Clackamas County: <http://www.clackamas.us/publichealth/wic.html> 503-655-8476
- Washington County: <http://www.co.washington.or.us/HHS/PublicHealth/WIC/> 503-846-3555

If you are a senior 60+, you can access a wide array of services by contacting:

- Aging & Disability Resource Connection, 541-618-7572 or adrc@rvcog.org
- Funds for produce from farm stands & farmers' markets available from Senior Farm Direct Nutrition Program http://www.oregon.gov/dhs/spwppd/pages/food_fin/sfdnp/index.aspx

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

<http://www.oregonfarmersmarkets.org/market-finder/> (find market near you that takes SNAP/WIC)

There may be a food pantry in your neighborhood where you can get basic food supplies & produce for free!

- Go to www.211info.org or call 211* Select food assistance and enter zip code for help.

Especially for Kids

- Go to <http://www.summerfoodoregon.org/> or call 211*
- Home delivered meals for kids – Call 503.953.8115

Take free gardening classes and learn to grow a portion of your own food!

- www.oregonfoodbank.org/takeaclass or call 503-282-0555 and ask about "Seed to Supper."
- <http://www.oregonfoodbank.org/our-work/building-food-security/education-programs/seed-to-supper/gardening-on-a-budget>

Learn to cook healthy food and shop on a budget-(stove or oven not required!)

- www.oregonfoodbank.org/takeaclass or call (503)-282-0555

For nutrition information & low-cost healthy recipes visit: <https://www.foodhero.org/>

*What is 211? 211 is a free multi-lingual phone, text or online service with information about health, human services and employment assistance. Professionals work with callers to assess their needs, determine options, give support, intervene in crisis situations and advocate for the caller as needed.