



The Intersection of Health and Hunger

Illinois Hunger Summit
May 10, 2016



COOK COUNTY HEALTH
& HOSPITALS SYSTEM
CC+HHS



Food Insecurity vs. Hunger

Food Insecurity: when consistent access to adequate food is limited by a lack of money and other resources

Hunger: an individual-level physiological condition that may result from food insecurity

Impacts of Food Insecurity on Health

- Difficult choices with limited resources, i.e. choosing between paying for food and paying for medication
- Associated with adverse health outcomes for children
- Source of stress, especially for households with children

Addressing Food Insecurity at CCHHS

- Strategy to address important social determinant
- New opportunity for patient engagement
- Partnership opportunities
- Redetermination rates higher for Medicaid + SNAP vs. Medicaid-only cases

Identifying and Addressing Food Insecurity at CCHHS

- Two-question food insecurity screening administered upon intake:
 - *Over 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
 - *Over 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



Identifying and Addressing Food Insecurity at CCHHS (cont'd)

- Patients screened positive receive:
 - Information about food resources upon departure;
 - Counseling from provider; and
 - A voucher to obtain fresh produce at/near clinic from Fresh Truck provided by the Food Depository
- Cooking Matters, a culinary and nutrition education program piloted at Logan Square in March

Next Steps at CCHHS

- Expand food insecurity screening, resource guide, and Fresh Truck distribution to all CCHHS health centers in next 18 months
- Pilot of Summer Meals program
- Expand Cooking Matters to additional health centers; explore feasibility of becoming a satellite site

Got Food? Smartphone App

- Free app for Apple and Android devices
- Designed to assist Cook County residents locate food resources
- Developed by James and Phillip Mathew
- User feedback can be sent to support@gotfood.us



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Illinois Hunger Summit I May 10, 2016

Panelists

- Kathleen Gregory, Vice President, Strategy and Business Development, Access Community Health
- Dr. Sameer Vohra, Illinois Chapter, American Academy of Pediatrics
- Michelle Berger Marshall, Director of Community Health and Nutrition, Feeding America, Chicago



Opportunities for cross-sector alignment

- Nearly ALL Medicaid adults enrolled in Medicaid expansion should be eligible for SNAP
 - Medicaid = 138% FPL
 - SNAP = 165% FPL
- Training and infrastructure created for Medicaid expansion and annual Marketplace Open Enrollment
- Medicaid Managed Care and movement towards paying for health outcomes
- Increased recognition of need for healthcare providers to identify and address social determinants



Food for Health: Learning from Access Community Health Network



TRANSFORMING COMMUNITY HEALTH CARE

www.achn.net



Presented to: 2016 Hunger Summit
May 10, 2016

About ACCESS

- ACCESS operates **36** health centers across Chicago and Cook and DuPage counties in diverse urban and suburban communities.
- In CY'15, ACCESS served **180,981** low-income individuals, including more than **30,373** uninsured patients.
- ACCESS has a strong 25 year history of serving underserved, hard-to-reach populations.
- ACCESS is proud to be named a **Level 3** Patient-Centered Medical Home Recognized Practice by NCQA.
- ACCESS is at the forefront of expanding access to affordable, comprehensive health services through new Affordable Care Act opportunities, including development of primary care role in addressing social determinants of health

Why Food for Health?

- Aligns with ACCESS' mission: to provide outstanding primary and preventive health care, accessible to all in their own communities.
- Research indicates strong link between food insecurity and negative health outcomes.
- Affordable Care Act shifts focus from “volume” to “value:”
 - Stabilize patients to enable them to focus on health care goals
 - Decrease costly emergency department visits and hospital admissions
- Anecdotal stories about patients' lacking access to food, experiencing difficulty in following up on treatment and care plans.
- The need for a comprehensive approach to impact health between medical visits.

Key Ingredients

- **Food insecurity screening within community health center**
 - Two-question, evidence-based screening tool; additional resource referral question
 - Integrated into electronic health record
 - Part of each primary care visit
- **Linkage to food resources integrated into patient care plan**
 - Community pantry referral
 - SNAP enrollment
 - Referral information documented in the patient's after visit summary
- **On-site food distribution**
 - Mobile distributions
 - Greater Chicago Food Depository "Fresh Truck"



ACCESS Food for Health Timeline

Pilot:

Food insecurity screening & mobile distribution, 1 site
August – October 2012

Phase I Implementation:

Food insecurity screening & Fresh Truck, 4 sites
April 2015 – February 2016

Full Implementation:

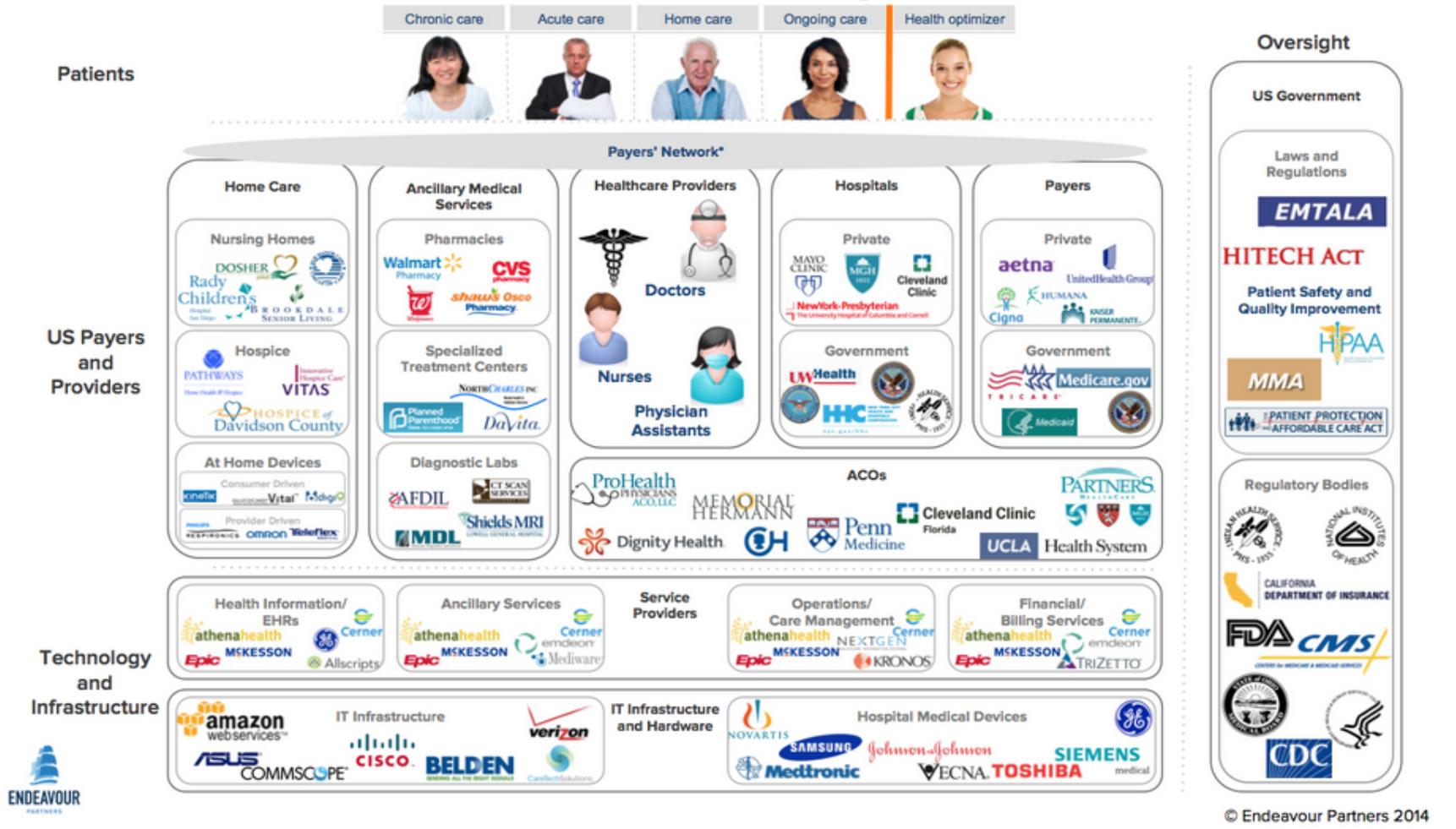
Food insecurity screening & Fresh Truck, 36 sites
February 2016 - present

Next:

Onsite SNAP enrollment, expanded food distribution, nutrition education

Navigating the health care ecosystem is not easy!

U.S. Healthcare Ecosystem 2014



And we haven't always been on the same page about how we support health!

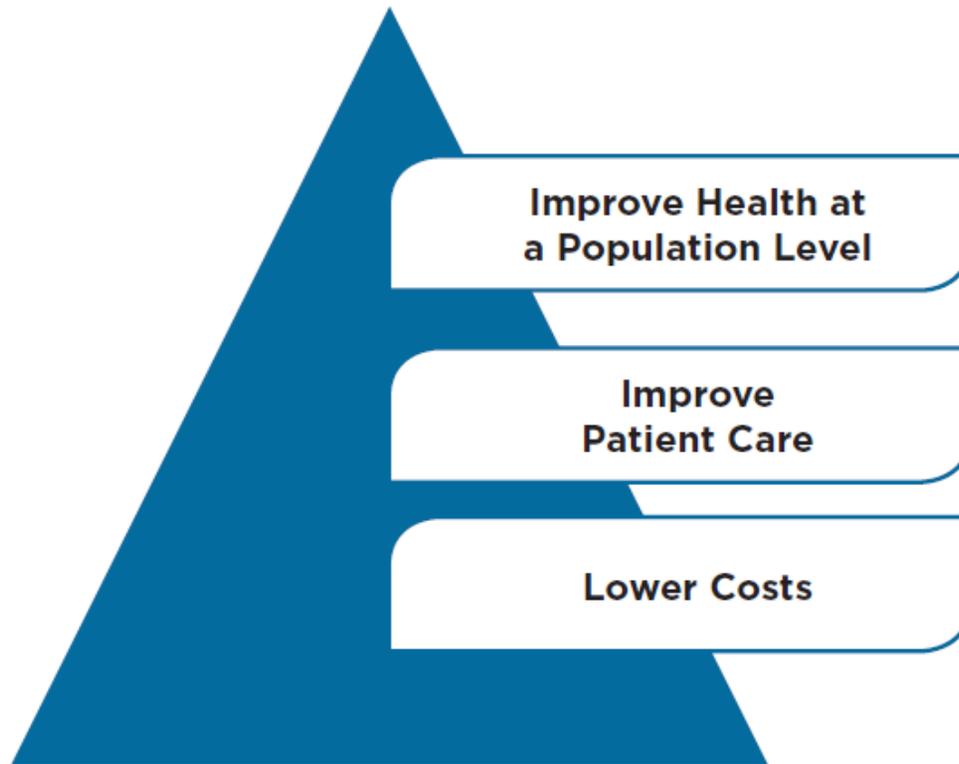
What **Makes** Us Healthy



What We **Spend** On Being Healthy



But the recent changes within health care are creating new opportunities to address nutrition and food insecurity



Source: See Donald M. Berwick et al.,
The Triple Aim: Care, Health, and Cost, 27 *Health Affairs* 759-769 (2008).

Translation: Better care for the whole population at the lowest cost

(Source: Institute for Healthcare Improvement)

Food Banks and food pantries can be great partners to promote health

New developments within health care--incentives for hospitals and health centers to partner with you!

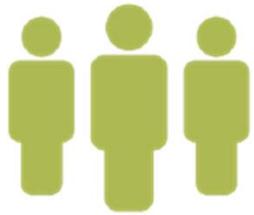
Partnership opportunities for food banks and food pantries—**food insecurity screening/referrals, food boxes RX, to community benefit** and much more!



Food Banks as Partners in Health Promotion
Creating Connections for Client & Community Health

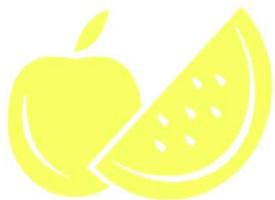


A community-clinical collaboration in three food banks helped to improve diabetes and food insecurity



**Blood Sugar
Monitoring**

Primary Care Referral

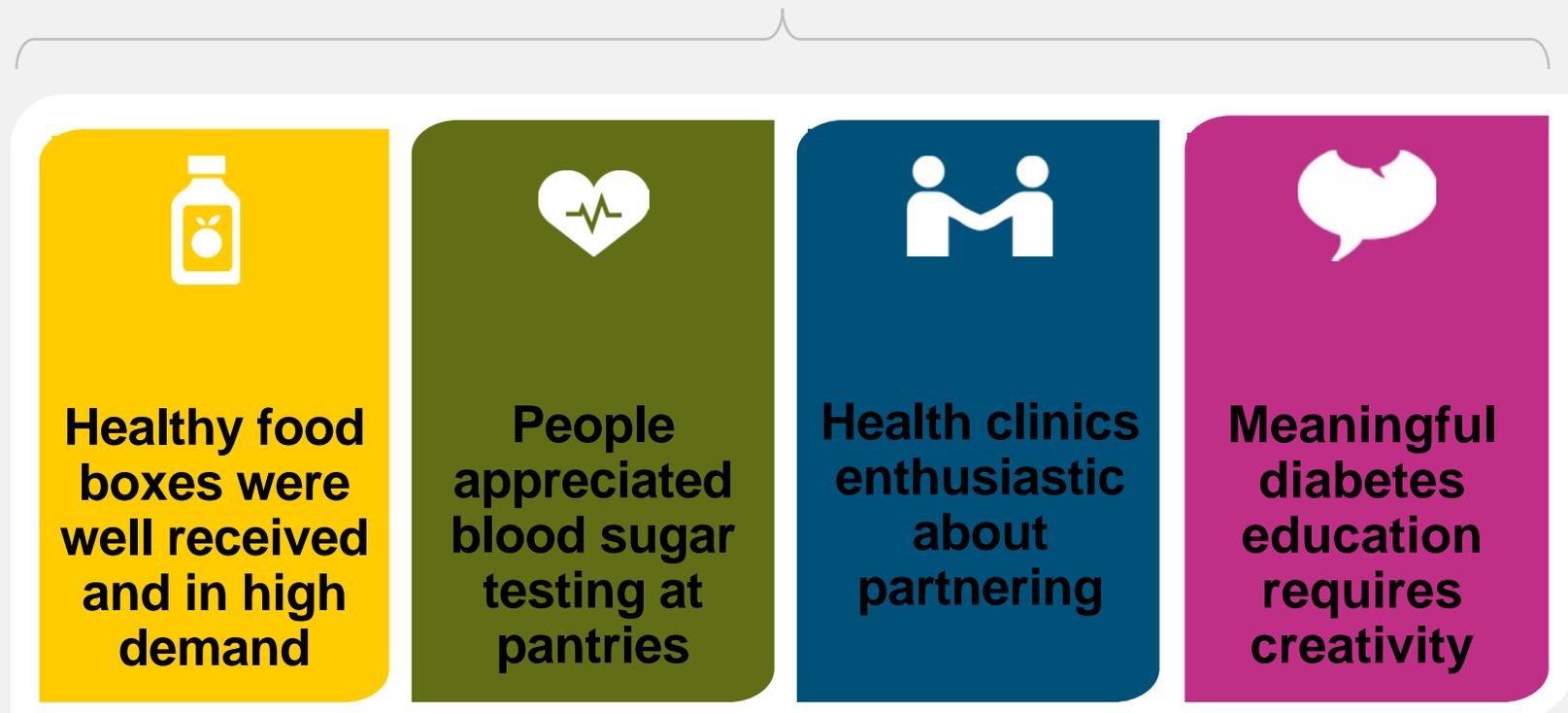


**Healthy Food
Boxes**

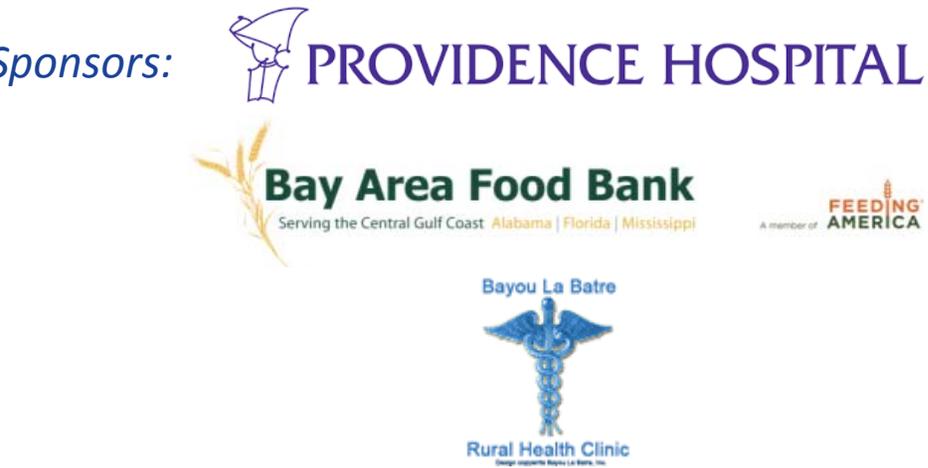
Diabetes Education



through this community clinic partnership we learned...



Getting involved in a local hospital's Community Health Needs Assessment led to ongoing partnership and collaboration



- ✓ Food boxes
- ✓ Screenings
- ✓ Resources
- ✓ Prescription assistance
- ✓ Insurance enrollment
- ✓ Eye exams
- ✓ Glasses vouchers
- ✓ Education

- ❖ Approximately 300 attendees
- ❖ 64 volunteers
- ❖ 27 community organizations



Making **the healthy choice the easy choice** in your pantry is a great and important first step!

The Power of Nudges: Making the Healthy Choice the Easy Choice in Food Banks and Pantries

A collaboration between Feeding America and The Cornell Center for Behavioral Economics in Child Nutrition Programs at Cornell University

Highlights:

- Nudges increased
 - The likelihood a F2E (more healthy) food item was taken by clients
 - The average number of F2E food items taken by clients
- Nutrition Nudge Research Summary available at HealthyFoodBankHub.org



HealthyFoodBankHub.org can help you educate, connect and engage health partners

Educates, connects and engages around the intersection of food insecurity, nutrition and health

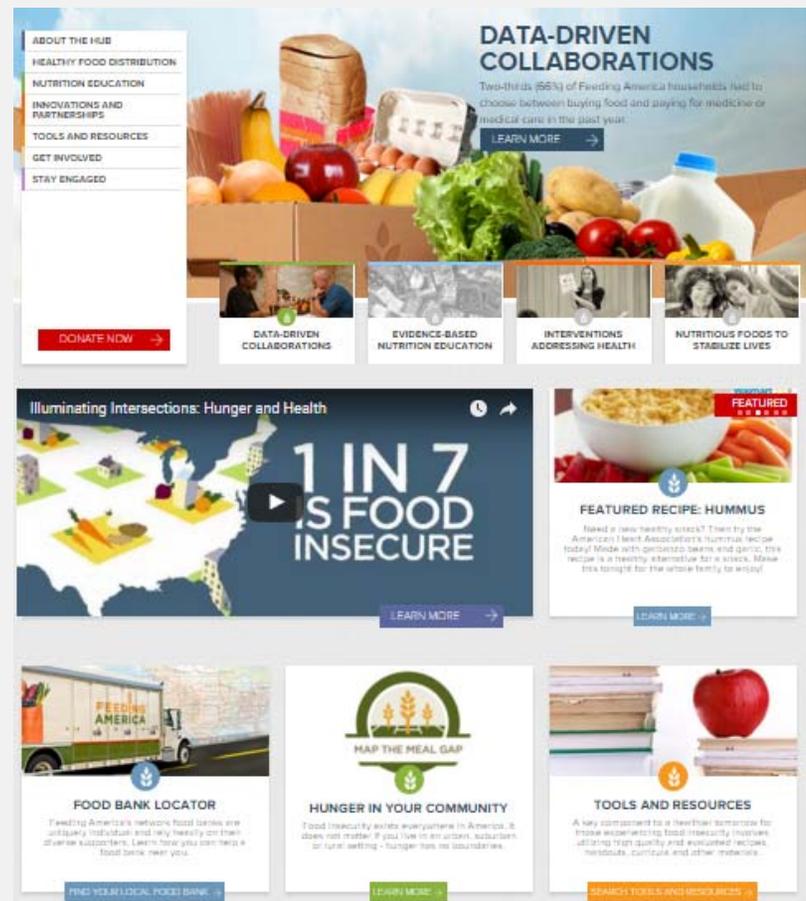
Target Audience

- Professionals, academics and partners working with food insecure communities

Provides

- Targeted tools, resource and recipes
- Latest research insights
- Custom trainings for diverse sectors

Continued growth reaching 45K+ users since launch in 2013



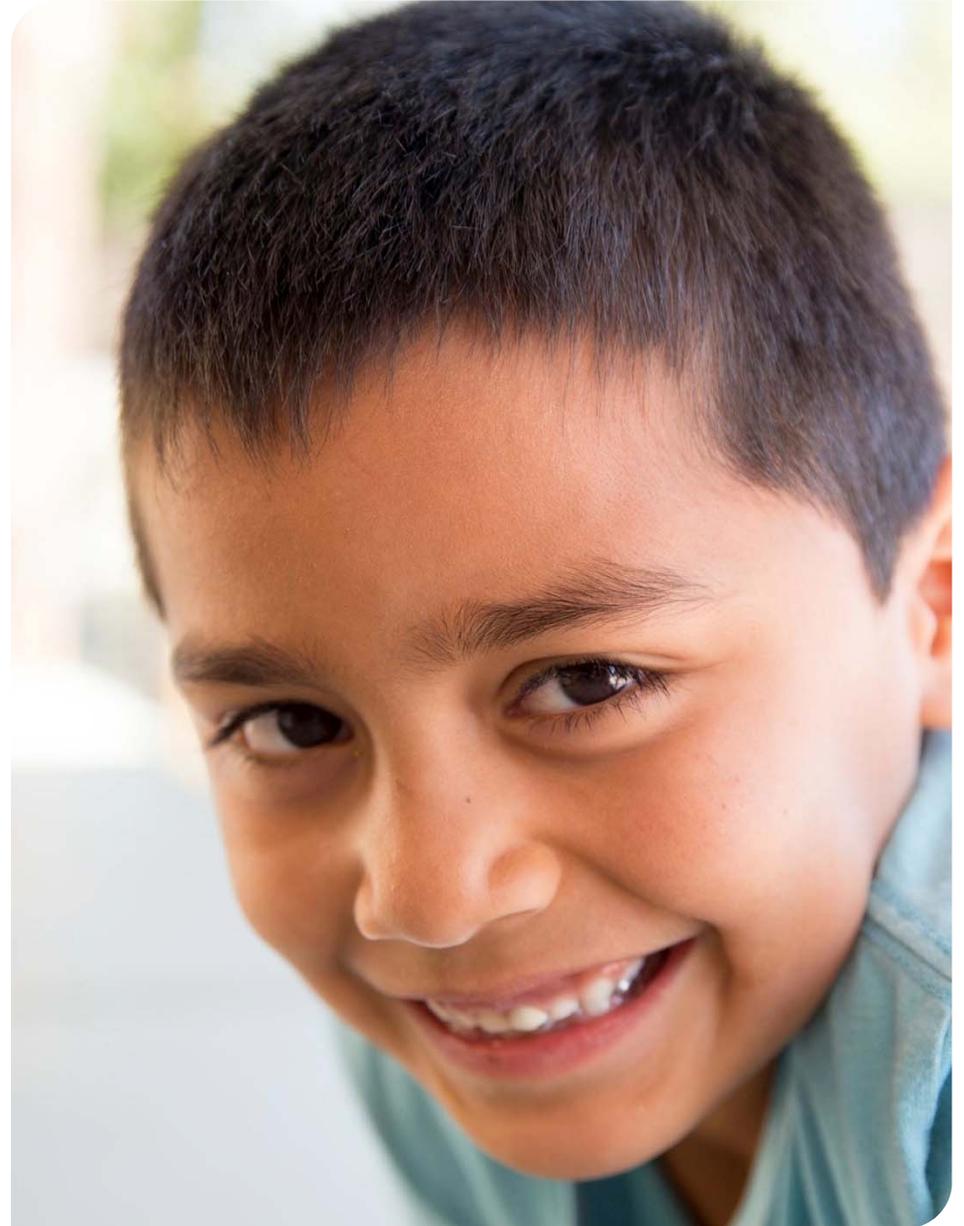
THANK YOU!

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American Academy of Pediatrics

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Illinois Chapter

 SIU School of Medicine



The Pediatrician's Role in Fighting Hunger

Sameer Vohra, MD, JD, MA

Assistant Professor of Pediatrics

Southern Illinois University School of Medicine

May 10, 2016



Pediatricians Make a Statement

Pediatricians Are Asked to Join Fight Against Childhood Hunger

By CATHERINE SAINT LOUIS

The [American Academy of Pediatrics](#) on Friday urged pediatricians to screen all patients for [food insecurity](#) and to refer parents to appropriate agencies so children do not go hungry.

Sixteen million children live in homes where there is consistently not enough food, according to the Agriculture Department. Those children get sick more often, have poorer overall health and are hospitalized more frequently than peers who are adequately nourished.



Asia Thompson, a student at Misericordia University in Dallas, Pa., and a mother of two, said she hoped the screening by doctors would help. BRETT CARLSEN FOR THE NEW YORK TIMES

American Academy
of Pediatrics



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Promoting Food Security for All
Children

COUNCIL ON COMMUNITY PEDIATRICS, COMMITTEE ON NUTRITION



Health Effects of Food Insecurity

- **Children Define Food Insecurity**
 - **Quantity (Less Food & Eating Faster When Available)**
 - **Quality (Few Low Cost Foods)**
 - **Affective States (Worry, Anxiety, Sadness, Shame)**
 - **Social Dynamics (Social Networks to Get Food)**
- **Food Insecurity Leads to the Following Conditions:**
 - **Iron Deficiency Anemia**
 - **Lower Bone Density**
 - **Obesity**
 - **Lower Cognitive Indicators**
 - **Dysregulated Behavior**
 - **Emotional Distress**
 - **Reduced Academic Achievement**
 - **Persistent Depressive Disorder**
 - **Suicidal Ideations**



Screening Tool for Pediatricians

TABLE 2 Screening for Food Insecurity

1. Within the past 12 mo, we worried whether our food would run out before we got money to buy more. (Yes or No)
 2. Within the past 12 mo, the food we bought just didn't last and we didn't have money to get more. (Yes or No)
-

Adapted from Hager et al.³⁵ Although an affirmative response to both questions increases the likelihood of food insecurity existing in the household, an affirmative response to only 1 question is often an indication of food insecurity and should prompt additional questioning.



Resources for Pediatricians

TABLE 1 Web Sites With Nutritional Information on Programs to Mitigate Food Insecurity

Program	Information	Income Eligibility	Web Site
WIC	WIC food packages	≤185% of federal poverty level ^a	http://www.fns.usda.gov/wic/final-rule-revisions-wic-food-packages
	State agency WIC-approved food lists for food packages		http://www.fns.usda.gov/wic/links-state-agency-wic-approved-food-lists
SNAP	Eligible food items	<130% of federal poverty level ^a	http://www.fns.usda.gov/snap/eligible-food-items
	SNAP-Ed resources		http://snap.nal.usda.gov/
National School Lunch and National School Breakfast Programs	Nutritional standards for school lunches and breakfasts	Reduced-cost meals: ≤185% of federal poverty level ^a ; free meals: ≤130% of federal poverty level ^a	http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals
Child and Adult Care Food Program	Meal patterns for infants, children, and adults		http://www.fns.usda.gov/cacfp/meals-and-snacks
Summer Food Service Program	Finding summer meal programs in the community and meal content		http://www.fns.usda.gov/sfsp/summer-food-service-program-sfsp

^a Available at <http://familiesusa.org/product/federal-poverty-guidelines>.

TABLE 3 Resources for Pediatricians Dealing With Food-Insecure Families

Program	Web Site	Description
2-1-1	211.org, then access by ZIP code or city	Access to information on school lunch programs, summer food programs for children, and other government-sponsored programs (eg, SNAP, WIC) as well as soup kitchens and community gardens
Healthy Food Bank Hub	Healthyfoodbankhub.feedingamerica.org	Includes a food bank locator and other tools and resources for food-insecure households
MyPlate	http://www.choosemyplate.gov/budget/downloads/MeetingYourMyPlateGoalsOnABudget.pdf	Recipes and tip sheets for low-cost healthy eating



American Academy of Pediatrics

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Illinois Chapter



SHARE OUR STRENGTH'S
**COOKING
MATTERS®**
NO KID HUNGRY

**wholesome
wave**



experimental station

building independent cultural infrastructure

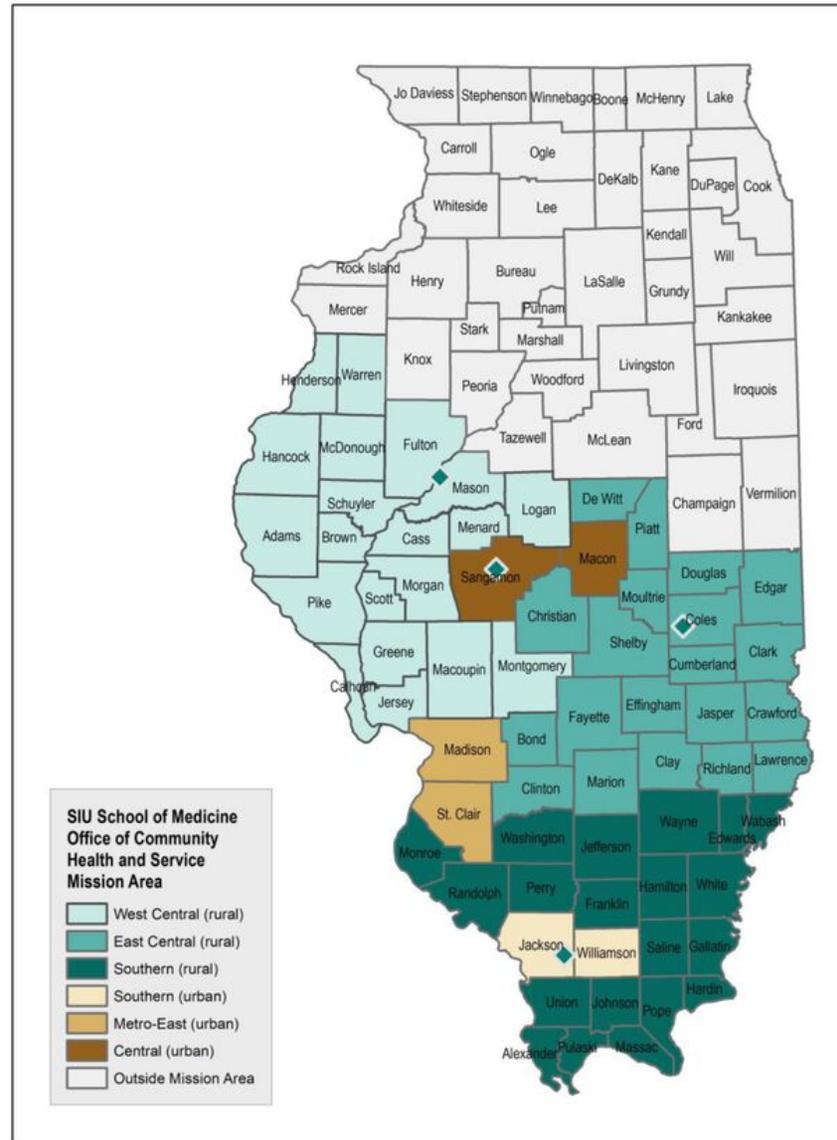




Children and Families
Population Health & Policy Program



SIU SOM Population Health Efforts



Data Acquisition and Analytics

Big Data Analytics

**Collaborators:*

University of Illinois - Springfield Department of Computer Science

** Pilot Project*

SIU Healthcare Pediatric Data Big Data Analysis

** Piloting Funding Mechanism*

UIS/SIU Moy Grant

Disease Focused Population Health Strategies

Pediatric Asthma

**Collaborators:*

St. John's Community Outreach

** Pilot Project*

Home Asthma Action Plans

** Seed Funding Mechanism*

Illinois Department of Public Health Local Asthma Champion Grant

Childhood Nutrition

**Collaborators:*

1. St. John's Community Outreach
2. Springfield Collaborative

** Pilot Project*

Increasing Access to Healthy Food in Rural Areas

Systems Based Population Health Solutions

Baby Brain Development

**Recruiting Collaborators:*

1. Chapin Hall Policy Research Center - University of Chicago

2. Center on the Developing Child - Harvard University

3. Ideas 42 - Research Think Tank

4. Illinois Hospital Association

** Pilot Projects*

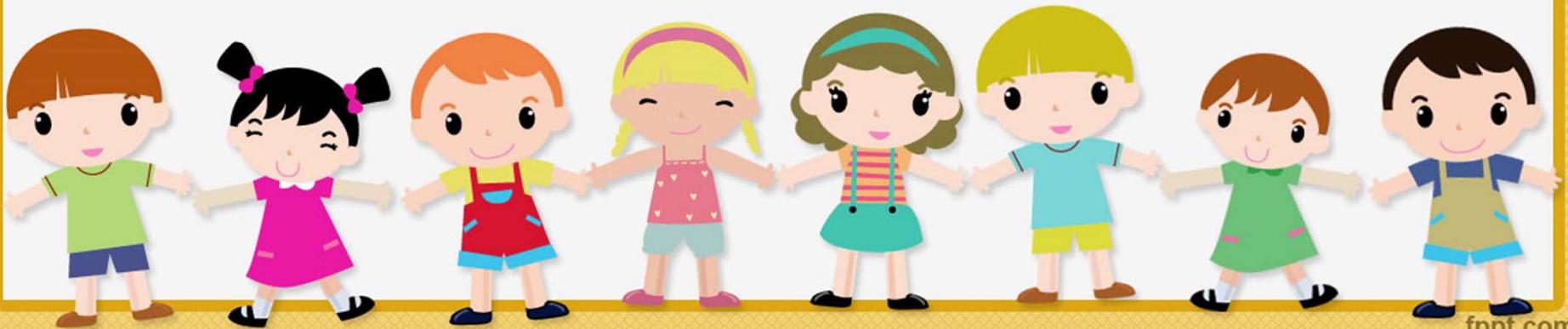
1. Premature Baby Home Visitation Program

2. High School Baby Brain Development Curriculum

3. App-Based Well Child Visit Telemedicine Initiative

** Funding Mechanism*

Seeking Seed Funding Opportunities





Questions?

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