



Eating Healthy- Helping Kids and Families Learn How to Better Their Health

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Session Objectives

1. Define food insecurity and describe the role food insecurity plays in chronic disease and the impacts on health.
2. Develop an understanding of Cooking Matters and how a medical practice can support healthy eating for patients.
3. Understand how other pediatric practices have used Cooking Matters programming with their patients.



Food Insecurity & Impact of Food Insecurity on Health



What is Food Insecurity?

Food security= access by all people at all times to *enough food* for an active, healthy life

Food Insecurity= the household-level economic and social condition of limited or uncertain access to adequate food

FOOD INSECURITY is the lack of access to enough food for a *HEALTHY* active life

USDA Economic Research Service, Food Security Status of US Households in 2014.
<http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us.aspx>

Hunger vs. Food Insecurity

Hunger= Individual, physiological sensation

Food Insecurity= household measurement over a long time frame (chronic, cyclical)

USDA Screening Tools:
<http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/survey-tools.aspx#adult>

Food Insecurity

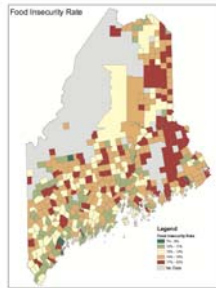
Nationwide

48 million people
15 million children

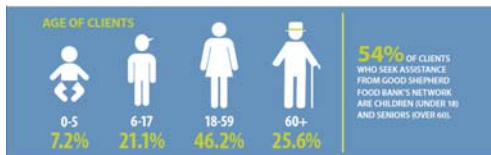


Maine

- **200,000** (16.2%) of Mainers are food insecure
- Affecting **1 in 4** children
- **12th in the country** (up from 22), highest rate in the northeast
- **#3 in the country** in very low food security



Who?



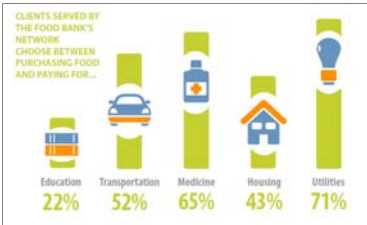
Hunger disproportionately affects our most vulnerable citizens.

Why?



- High rates of **under-employment**
- High cost of **inelastic** expenses
- Not about lack of food – it is about **access - which means affordability**

Why?



Food Insecurity forces families to make impossible trade-offs

COPING STRATEGIES

Reported by food insecure households:



Food Insecurity Among Children

- Low birth weight & birth defects
- Anemia due to iron deficiency
- Poor overall health status
- Cognitive delays & poor educational outcomes
- Mental health problems
- Obesity

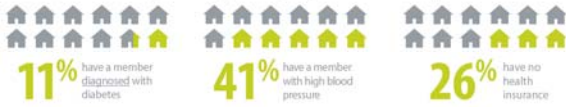
Food Insecurity Among Adults

- Obesity
- Diabetes
- Heart Disease
- Depression and fatigue
- Poor health status



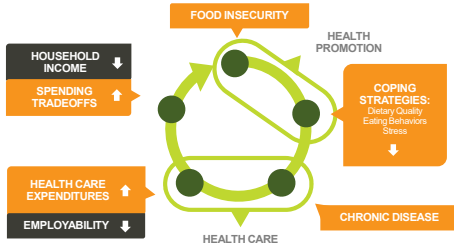
HOUSEHOLD HEALTH

In Maine, households using a local hunger relief agency for food assistance report:



Many of the most common chronic health conditions are diet-related, including obesity, heart disease, high blood pressure, and type 2 diabetes, and may be prevented or improved by eating healthful foods.

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



PARTNERING TO END HUNGER




Good Shepherd


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Our 10 year Bold Goal


By 2025, our high performing network, in collaboration with charitable and government partners, will provide access to enough nutritious food for everyone struggling with hunger and improve food security for the people we serve to help them stabilize their lives.




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Nourish



Connect



Empower



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Nourish – Why we must do more

- Treating the **symptoms** of hunger is not enough.
- We have the opportunity and responsibility to be a **powerful, preventative health-care tool** for low income populations.

If not us, then who?





Nourish

- Our **network of community** partners:
 - 400 ending hunger partners
 - 100 schools
 - 35 farms
 - 2 redistribution partners
- **20 million meals** distributed annually
- **178,000 unique** Mainers



Connect

- Helping people build resiliency and acquire the necessary skills so they can break the cycle of needing assistance.
- Making food more than food.



SHARE OUR STRENGTHS
COOKING MATTERS
NO KID HUNGER



Connect

Teaches healthy cooking and food skills education to low-income families teaching them how to extend their food dollar in a healthy, affordable, and delicious way.

- Cooking Matters Signature Courses- Cooking Matters for Adults, Teens, Parents, Families, Kids, and Child Care Providers
- Cooking Matters for Diabetes
 - 6 weeks meeting 2 hours each week
 - Target behavior change
 - From scratch cooking
 - Incentives to participate

Cooking Matters at the Store- One time grocery store tour



Empower

This is an “and” conversation not an “or” conversation.

We believe:

- Food is a basic human right.
- No one **wants** to be poor.
- A strong safety net with SNAP as the foundation is vital to helping lift people out of poverty.
- A vibrant, local food system provides for a healthier, more food-secure community.



Nourish

Connect

Empower

We can **end hunger**, improve the **health of Mainers**, and support a **vibrant local food** economy.





Cooking Matters and Health Care Settings

Cooking Matters

Teaches healthy cooking and food skills education to low-income families teaching them how to extend their food dollar in a healthy, affordable, and delicious way.



Targeting Behavior Change

Cooking Matters Signature Courses- Cooking Matters for Adults, Teens, Parents, Families, Kids, and Child Care Providers

- 6 weeks meeting 2 hours each week
- Target behavior change
- From scratch cooking
- Incentives to participate

Supporting addendum curriculum: Diabetes and Wellness (A)

Cooking Matters at the Store- One time grocery store tour



Health Care Partners

- Countdown to a Healthy Me
- Lewiston Pediatrics
- WOW Program
- VA
- FQHC's
- Let's Go! 5-2-1-0



How do we Partner?

- Cooking Matters Maine provides:
 - Technical Assistance
 - Training
 - Funding
 - Incentives



Next Steps

Does your office have capacity to support a Cooking Matters class?
 Do you have people who can help?

- Email Courtney Kennedy
 - ckennedy@gsfb.org





Countdown to a Healthy Me

Dr. Carrie Gordon

Cooking Matters at Countdown

Intake surveys indicating need for help with learning to cook healthy food, cooking on a budget and learning to like healthy foods

Financial barriers to just setting up your own class

- Hospital with no funding to cover
- Many patients with limited finances

Challenges of space, geographic location and time



Cooking Classes

Initial attempts to enroll patients in more widespread catchment area by just sending list to community dietitians failed

- Menus/age of participants not always ideal

Changed approach to do just Portland area classes to start

- Consistency with instructors
- Allows provider/clinic worker participation and oversight for best fit and quality improvement



Challenges and Troubleshooting

- Show rates
 - Ideally very large space to over-enroll class
- Financial reimbursement for provider participation
 - Need someone who is willing to donate time
- Selective eaters
 - Working with dietitians and OT in this area to have a unified approach to expectations
- Consistency of chefs/teachers
 - Trying to balance community involvement with the message given to the participants
 - Muffin tops/chocolate cake/white bread



Achievements

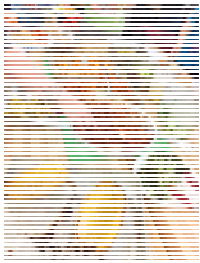
- Improved understanding and bond with families
- Excellent knowledge retention compared to passive teaching in our clinic
- Developed 5-6 menus that have been popular that we can use at future classes
- When participants come to one class, retention is excellent



Future Directions

Culinary medicine programs where primary care providers can refer patients with confidence
Understanding who may benefit from referral and teaching BEFORE a patient has obesity
Improved recognition of when dietary changes can be effective in disease treatment
Improved screening and resources for food insecurity and need for education around improving diet







WOW- Way to Optimal Weight
Starr Johnston, RN

WOW Structure

Multi-phased program

- Phase 1 Weekly X 8
- Phase 2 Every 2 weeks X 6
- Phase 3 Monthly X 6
- Phase 4 Ongoing (usually every 2-6 weeks)

Focused curriculum

- each visit building on previous visit

Research

- IRB WOW
- IRB POWER (multi-institutional)

Family focused



WOW Team

Dr. Valerie M. O'Hara	Pediatric Obesity Specialist (ABOM)
Starr Johnston, RN	RN, Clinical Coordinator
Nancy Browne, FNP	Medical Provider
Kathrin Hastey, FNP	Medical Provider
Lauri Jacob, RD	Registered Dietician
Jen Curran, PhD	Pediatric Psychologist
Micheale Potvin, LCSW	Pediatric Social Worker
Jean Anne Sturup	Medical Receptionist
Bethany Miles	Medical Receptionist
Renee Sibley	Office Manager
Personal Trainers	University of Maine Graduate Students
Clinical psychology	University of Maine Doctoral Students
Clinical Research Center Support	



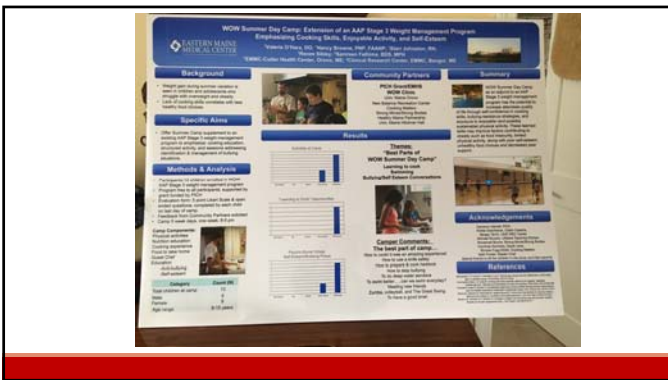
WOW Summer Camp Pilot

WOW worked with the **PICH Grant/EMHS** to create an integrative Week Long Camp for WOW patients

- **REC** provides the main site for fun and engaging physical activities throughout the day
- **Cooking Matters** and **UMaine** teaching kitchen at Hitchner Hall provides nutritional education and hands on cooking with **Guest Chef**
- **Strong Minds/ Strong Bodies** provides educational talks on self-esteem, supporting each other and promoting healthy lifestyle
- Had 13 children between 8-15 yrs. of age: Very Positive experience
- Hoping to provide this summer with pulling in other WOW sites









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