

**Partnering to Improve Community Health
Addressing Food Insecurity in Maine**




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2. I have no personal financial interest to disclose.
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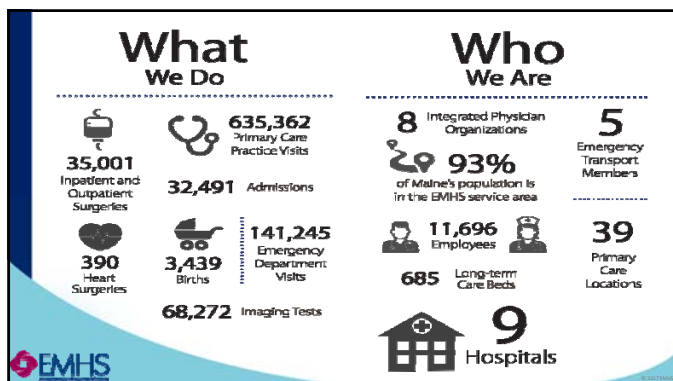
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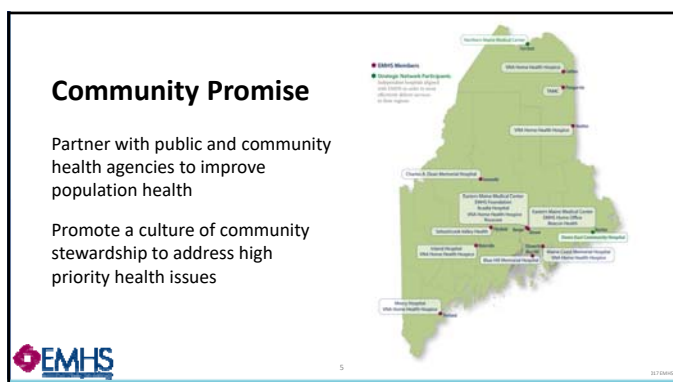


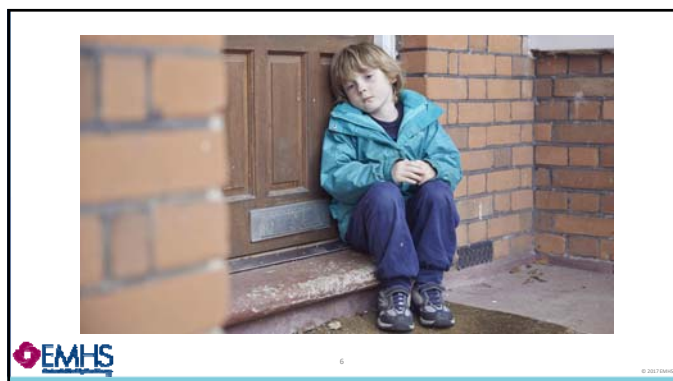
- EMHS
- Partnerships to Improve Community Health
- Why Focus on Food Insecurity ?
- Intervention Approach
- Screening for Food Insecurity



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Partnerships to Improve Community Health (PICH)



Northern Maine Rural Collaborative for Healthy Communities (NMRC)

Goals:

1. Improve access to healthy foods
2. Connect community & healthcare
3. Bring change to our communities, and in doing so, change ourselves



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Intervention Counties

High Risk Geography – 7 Maine Counties



9 Local Community Health Coalitions

- Healthy Aroostook
- Power of Prevention
- Healthy Piscataquis
- Healthy Northern Penobscot
- Healthy Acadia
- Coastal Healthcare Alliance
- Bangor Public Health
- Healthy Sebasticook Valley
- Somerset Public Health



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Food Insecurity In Maine

- ✓ Highest rate in Northeast
- ✓ 9th Highest in US for 'very low' Food Security
- ✓ 24% of Children: 60,000+



MAP AVAILABLE AT: [HTTPS://WWW.ERS.USDA.GOV/TOPICS/FOOD-NUTRITION-ASSISTANCE/FOOD-SECURITY-IN-THE-US/KEY-STATISTICS-GRAPHICS/](https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics/)



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Food Insecurity and Health

Food Insecurity and Health are Intertwined

According to the Academy of Nutrition and Dietetics, food insecurity is linked to:


 Poor Nutrition


 Poor Health


 Increased Risk for the Development of Chronic Diseases


 Impaired Psychological and Cognitive Functioning


 Substandard Academic Achievement




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Intervention Sites & Approach:



Changing the Context for Health


1. **Food Pantry Network**
Strengthen the rural food pantry network
2. **Healthier Hospitals**
Source & serve healthier foods
3. **Caring Clinical Sites**
Screen & refer food insecure patients




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Maine's Food Pantry Network



- Food pantries surveyed to identify gaps and opportunities to strengthen capacity.
- Pantry interventions include “source, store and serve” strategies.



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Cleaning - Food Pantry Sourcing

<http://agirlsgottoglean.blogspot.com/>



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Food Pantry Storage



Before/After: Convertible Fridge/Freezer better accommodates seasonal product



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Food Pantry Produce Placement



Produce display encourages healthy choice selection






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Healthier Hospital Food

Improving Availability, Access and Consumption of Healthier Foods For patients, staff and visitors

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Healthier Hospital Food

Procurement, Positioning & Policy Strategies



12 Partner Hospitals, changes include:


- ✓ Baked vs Fried
- ✓ Reducing sugar and sodium
- ✓ Water at eye level
- ✓ Fruit basket by cash register
- ✓ Vending items

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Caring Clinical Sites

Hunger Vital Sign: Validated 2-Question Screen



October 2015

The American Academy of Pediatrics recommends physicians screen all children for hunger during office visits.

- **Screen for food insecurity**
- **Connect families with food** and nutrition resources in the community
- **Support national and local policies** that increase access to adequate healthy food for all children and their families.

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Clinical Site Screening

Hunger Vital Sign: Validated 2-Question Screen

I'm going to read you two statements that people have made about their food situation. For each statement, please tell me whether the statement was **often true**, **sometimes true**, or **never true** for your household in the past 12 months.

- 1) "Within the past 12 months we worried whether our food would run out before we got money to buy more."
- 2) "Within the past 12 months the food we bought just didn't last and we didn't have money to get more."

Hager, ER, et al. (2010). Development and Validity of a 2-Item Screen to Identify Families at Risk for Food Insecurity. Pediatrics, 126:P e26-e32.



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Community Resources & Referral

Hunger Vital Sign: Validated 2-Question Screen

Community partners educating providers



Eastern Area Agency on Aging



Good Shepherd Food Bank



Healthy Acadia

"This is helping our practice strengthen relationship with community organizations"



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Clinical Site Experience

Hunger Vital Sign: Validated 2- Question Screen (April 2016 – March 2017)

- ✓ 28 Caring Clinical Sites Activated
- ✓ 108 Caring Staff Screening
- ✓ Panel Reach 50,000+ Patients
- ✓ 29,788 Patients/Caregivers Screened
- ✓ 2,686 Positive Screens (9%)

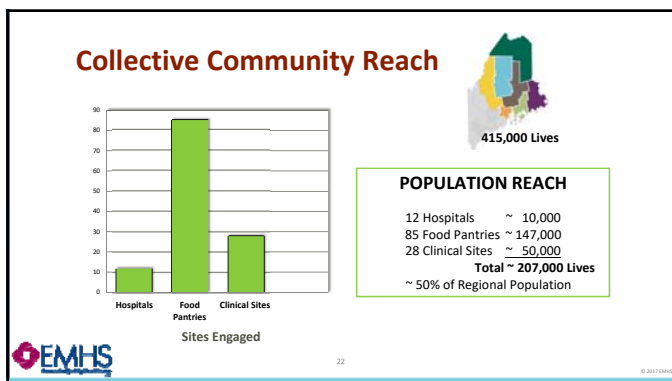


"This is an important issue our patients are dealing with"



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Food for Thought

Partnering with Community for Better Health Outcomes

Pediatricians play a vital role *Many hands make light work: partnerships lead to better health*

Scale matters: aligned networks of partners can achieve more *We can create a future free of hunger*

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With Appreciation

Peace, Love & Pediatrics

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Panel - Community Response to Food Insecurity

Partnering for Better Health Outcomes

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