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.
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


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
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

Food Insecurity forces families to make impossible trade-offs

Coping Strategies
- Reported by food insecure households:
  - Increased use of time-saving convenience food
  - Increased use of time-saving quick meals
  - Increased consumption of fewer fruits and vegetables

79% of households report consuming meals that are filling but not nutritious, and may be unhealthy, contributing to obesity and poor health
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

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

Our 10 year Bold Goal

Nourish
Connect
Empower
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?

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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

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Connect

• Helping people build resiliency and acquire the necessary skills so they can break the cycle of needing assistance.

• Making food more than food.
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

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

Cooking Matters at the Store - One time grocery store tour
Health Care Partners
• Countdown to a Healthy Me
• Lewiston Pediatrics
• WDW 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
c kennedy@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 measures 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

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**WOW Team**

- Dr. Valerie M. O’Hara, Pediatric Obesity Specialist (ABOM)
- Starr Johnston, RN, Clinical Coordinator
- Nancy Browne, RN, Medical Provider
- Kathleen Huskey, RN, Medical Provider
- Larré Long, RD, Registered Dietitian
- Joe Curran, MD, Pediatric Psychologist
- Melinda Poirier, LCSW, Pediatric Social Worker
- Jean Kane Sturmp, Medical Receptionist
- Bethany Miles, Medical Receptionist
- Renee Sibley, Office Manager
- Personal Trainers: University of Maine Graduate Students
- Clinical Psychology: University of Maine Doctoral Students

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**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 UMEn 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
Courtney Kennedy, Nutrition and Education Manager
ckennedy@gsfb.org

www.feedingmaine.org