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Screening for Food Insecurity, Accessing Healthy Foods, and Resources for Patients

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Screening for food insecurity, accessing healthy food, and resources for patients

Andy Wick – June, 2018
Colchester Family Practice

Food insecurity statistics in America:

- An estimated 12.3% of American households were food insecure at least some time during the year in 2016, lacking access to enough food for an active, healthy life for all household members[1]
- 15.6 million households were food insecure in 2016[1]; with an average household size of 2.58 people[2] this means approximately 40 million people were food insecure in America
- To put this into a health care perspective – there are 30.3 million people in America with diabetes (9.4% of the pop.); 23 million diagnosed and 7.2 undiagnosed[3]
- Thus there are more people in America with food insecurity than there are people dealing with diabetes!

How does Vermont compare?

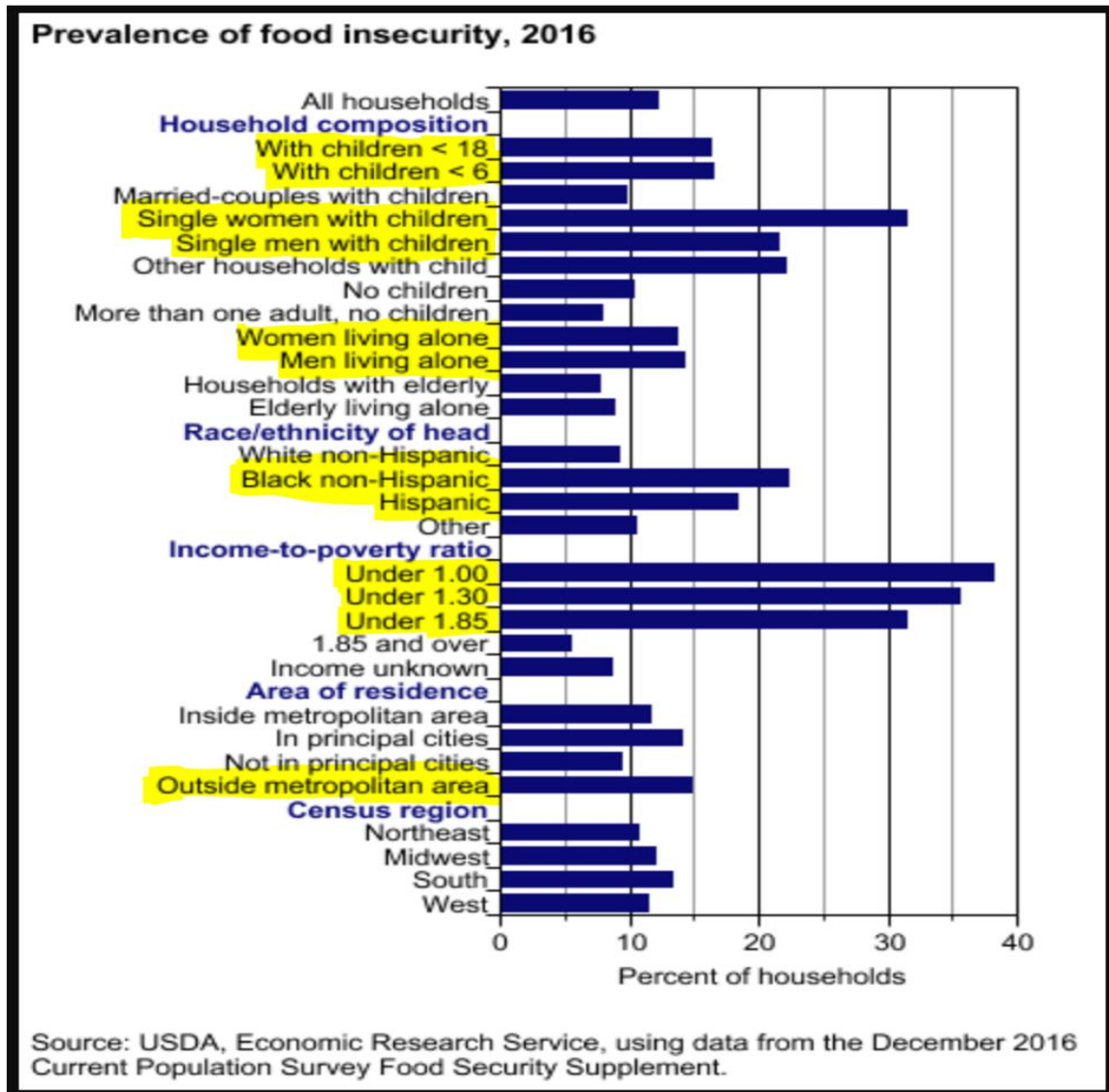
- Vermont falls slightly below the U.S average (12.3%) at 12.1%
- The least food insecure state is North Dakota with 7.4%; the highest is Mississippi with 20.1% of population facing food insecurity

Regional differences in the Northeast:

State	Rank	Percent insecure
New Hampshire	1	9.0%
Massachusetts	2	9.6%
Connecticut	3	11.6
New York	4	11.9
Rhode Island	5	12.1
Vermont	5	12.1
Maine	7	13.8%

County	rank	Food Insecurity rate	# individuals (est.)
Grand Isle	1	9.8%	680
Addison	2	10.4%	3,850
Franklin	3	10.6%	5,140
Orange	4	11.0%	3,180
Windsor	4	11.0%	6,150
Washington	6	11.3%	6,660
Chittenden	7	11.7%	18,860
Caledonia	8	12.1%	3,720
Bennington	9	12.2%	4,450
Rutland	10	12.3%	7,390
Lamoille	11	12.4%	3,120
Windham	12	12.6%	5,500
Orleans	13	12.9%	3,500
Essex	14	13.3%	820

Screening patients: who's at risk?



- Single parent household
- Households with children
- Men or women living alone (social isolation)
- African American or Hispanic ethnicity
- New Americans/immigrants
- People with recent illness
- Caregivers of children with special needs
- Recently lost job
- Recent injury/short term disability
- Rural households
- Patients on Medication assisted txt (MAT)
- Parents/caregivers with mental health conditions

Screening tools :

- Health Maintenance/Social determinants of health SDOH tab in EPIC
- Smart phrases and patient hand outs in EPIC
- Coming soon to your health maintenance tab...
- My resource guide

Health maintenance/SDOH tab:

Open encounter → Health Mgmt tab → Social Determinants of Health

6/4/2018 visit with Sproul, Marga S, MD for RETURN OFFICE EXTENDED - f/u 6 month

Visit Info Vital Signs Cognitive Function Smoking History History Social History Allergies Medications
Med Adherence Goals Hearing/Vision Disease Mgmt Fall Risk Meds & Orders Reconcile Dispenses

Chart Review
Results Review
Review Flows...
Synopsis
Growth Chart
Immunizations
Medications
Opioid Protocol
Rooming
Plan
Communicatio...
Wrap-Up
Sign Visit
Health Mgmt

Visit Information

Chief Complaint: None

Recent Visits with Sproul, Marga S, MD

Date	Primary Dx
12/04/2017	Pruritus
06/05/2017	Essential hypertension with goal blood pressure less than 140/90
12/05/2016	Essential hypertension with goal blood pressure less than 140/90

Other Visits in Family Medicine

Date	Provider	Primary Dx
09/05/2013	Blood, Doctor	Hyperlipidemia
04/08/2011	Burdick, Kristin O, MD	Screening
03/03/2011	Burdick, Kristin O, MD	Hyperlipidemia

Vital Signs

+ New Set of Vitals

None Taken

Other Vitals

OB/Gyn status	Hysterectomy
OB/Gyn status reviewed	12/5/2016

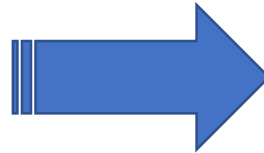
Tobacco

Smoking Status	Never Smoker
Smokeless Status	Never Used
Reviewed	6/5/2017

My Note

Sign at Close Encour...

CLICK HERE



Health Mgmt

Snapshot

HEALTH MANAGEMENT Asthma COPD Fit and Healthy Adult Behavioral Health Spirometry
Caregiver Depression Screen Social Determinants of Health

Chart Review
Results Review
Review Flows...
Synopsis
Growth Chart
Immunizations
Medications
Opioid Protocol
Rooming
Plan
Communicatio...
Wrap-Up
Sign Visit
Health Mgmt

Asthma

COPD

Smartform Data
No data filed

Fit and Healthy Adult

Behavioral Health

+ New Reading

No data found.

Spirometry Results

+ New Reading

No data found.

Caregiver Depression Screen

+ New Reading

No data found.

More

CLICK HERE

Social determinants of Health page:

Social Determinants of Health - Social Determinants of Health

Time taken: 1301 6/3/2018 Show: Row Info Last Filed Details All Choices

Values By

OTHER

Respondent: Self, Mother, Father, Patient, Grandmoth..., Grandfather, Sibling, Caregiver, Foster par..., Other

Food Insecurity

Within the past 12 months, you worried that your food would run out before you got money to buy more. 2=Often true, 1=Sometimes true, 0=Never true

Within the past 12 months, the food you bought just didn't last and you didn't have money to get more. 2=Often true, 1=Sometimes true, 0=Never true

Hunger Vital Sign Calculated Score

Hunger Vital Sign Result

Action taken as a result of food insecurity screen: No intervention needed, Provided handouts/information

Housing Instability

What is your housing situation today? I do not have housing (I am staying with others, in a hotel, in a shelter, living outside ...)

Think about the place you live. Do you have problems with any of the following? (check all that apply) Bug infestation, Mold

Utility Needs

In the past 12 months has the electric, gas, oil, or water company threatened to shut off services in your home? Yes, No, Already shut off

Transportation Needs

In the past 12 months, has lack of transportation kept you from medical appointments, meetings, work or from getting things needed for daily living? (Check all that apply) Yes, it has kept me from medical appointments or getting medications, Yes, it has kept me from non-medical meetings, appointments, work, or getting thin..., No

Interpersonal Safety

Interpersonal Safety

How often does anyone, including family, physically hurt you? Never, Rarely, Sometim..., Fairly often, Frequently

How often does anyone, including family, insult or talk down to you? Never, Rarely, Sometim..., Fairly often, Frequently

How often does anyone, including family, threaten you with harm? Never, Rarely, Sometim..., Fairly often, Frequently

How often does anyone, including family, scream or curse at you? Never, Rarely, Sometim..., Fairly often, Frequently

Smart phrases:

- .sdoh
 - This will pull in the data from the SDOH tab into your note
- .foodinsecurity
 - This will pull in the following into your encounter note:

Food Insecurity Screening (Hunger Vital Sign)

1. Within the past 12 months, you worried that your food would run out before you got money to buy more.
2. Within the past 12 months, the food you bought just didn't last and you didn't have money to get more.

Food insecurity screening interpretation:

Action taken as a result of the screen:

General screening questions:

Ask about food resources and assess food security:

A 2-question screen for food insecurity validated for use in the clinical setting*:

“Please let us know if either of these statements is true for your family:”

“Within the last 12 months we worried whether our food would run out before we got money to buy more.”

“Within the past 12 months the food we bought just did not last and we did not have money to get more.”

**E L Hager et al Pediatrics 2010;126:e26–e32*

Or have a conversation about food/nutrition: “Those healthier foods are very expensive, would you like information on additional food resources?” OR “Sometimes people have trouble making ends meet at the end of the month, would you like information on food resources?”

Patient instructions:

- In the patient communication tab search smart text “FOOD INSECURITY: GENERAL INFO”

The screenshot shows a software window with two tabs: "Encounter Matches" (selected) and "Favorites". A search bar labeled "Match:" contains the text "food insecurity" and a "Find" button. Below the search bar is a list of search results under the heading "Title". The first result, "FOOD INSECURITY: GENERAL INFO (ENGLISH)", is highlighted in blue. Other results include "FOOD POISONING (ENGLISH)", "FOOD POISONING: PEDIATRIC (ENGLISH)", "FOOT ARTHRITIS: EXERCISES (ENGLISH)", "FOOT BONES: ANATOMY SKETCH (ENGLISH)", "FOOT DROP: GENERAL INFO (ENGLISH)", "FOOT FRACTURE (ENGLISH)", "FOOT FRACTURE: PEDIATRIC (ENGLISH)", "FOOT PAIN (ENGLISH)", "FOOT PAIN: PEDIATRIC (ENGLISH)", "FOOT SPRAIN (ENGLISH)", "FOOT SPRAIN: METATARSOPHALANGEAL JOINT: REHAB EXERCISES (ENGLISH)", and "FOOT SPRAIN: PEDIATRIC (ENGLISH)". At the bottom of the window, there is a legend indicating that a checked icon represents the "User's default tab". To the right of the legend are five buttons: "Show Preview", "Make Tab Default", "Add Favorite", "Accept", and "Cancel".

Encounter Matches Favorites

Match: food insecurity Find

Title

- FOOD INSECURITY: GENERAL INFO (ENGLISH)
- FOOD POISONING (ENGLISH)
- FOOD POISONING: PEDIATRIC (ENGLISH)
- FOOT ARTHRITIS: EXERCISES (ENGLISH)
- FOOT BONES: ANATOMY SKETCH (ENGLISH)
- FOOT DROP: GENERAL INFO (ENGLISH)
- FOOT FRACTURE (ENGLISH)
- FOOT FRACTURE: PEDIATRIC (ENGLISH)
- FOOT PAIN (ENGLISH)
- FOOT PAIN: PEDIATRIC (ENGLISH)
- FOOT SPRAIN (ENGLISH)
- FOOT SPRAIN: METATARSOPHALANGEAL JOINT: REHAB EXERCISES (ENGLISH)
- FOOT SPRAIN: PEDIATRIC (ENGLISH)

= User's default tab

Show Preview Make Tab Default Add Favorite Accept Cancel

Food insecurity patient instructions:

Learning About Food Insecurity

What is food insecurity?

Food insecurity means that a person or family doesn't have enough food to eat, worries about running out of food, or worries about having enough money for food. A doctor or counselor may ask you about these types of worries. He or she can tell you about resources that can help you get food for free or for low cost.

Many families struggle with food insecurity. It is nothing to be ashamed of. It can happen during hard times or after losing a job. There are many groups and programs that can help.

Where can you get help?

The programs that offer food will depend on where you live. Here are some to look for in your area.

WIC (Special Supplemental Nutrition Program for Women, Infants, and Children). This is a program for low-income pregnant women, breastfeeding mothers, and children under 5 years old. Services are offered through places such as hospitals, local health departments, and schools.

SNAP (Supplemental Nutrition Assistance Program). This program provides help for low-income people and families.

Summer Food Service Program. It provides meals for children during the summer break from school.

National School Lunch Program. It provides low-cost or free lunches to children in schools and in child care.

School Breakfast Program. It provides low-cost or free breakfasts to children in schools and in child care.

Backpack Program. Ask your child's school counselor if your school offers this program. It helps families with food during weekends and school breaks.

Food banks and food pantries. Food banks store food and distribute it through hunger-relief organizations. Food pantries may be set up in churches.

Soup kitchens. These are run by churches or other groups. Soup kitchens provide free or low-cost meals to anyone in need.

Where can you learn more?

Go to www.healthwise.net/uvmmedcenter or log into your MyHealth Online account at <https://myhealthonline.uvmmedcenter.org>.

Enter S997 in the search box to learn more about "Learning About Food Insecurity."

Health Maintenance tab:

- According to Jacqueline Lawliss (our contact from Prism/Epic) the social determinants of health tab/questions will be added to Health Maintenance section this September
- Current vision is to have patients fill this out these questions on my health online, and then it will electronically transfer into their electronic chart
- This is being piloted at Pediatrics in Essex, and then Hinesburg FP
- Research shows patients are more likely to answer honestly this way compared to face to face with a physician!(

Resources regardless of age:

- 3SquaresVT/SNAP – crop cash and farmers markets
- Northeast Organic Farm Association Farm Share
- VYCC Health Care Share
- Colchester Community Food Shelf
- Chittenden Emergency Food Shelf, Soup Kitchen, and Good Food Truck
- VT Center for Independent Living Meals on Wheels

3SquaresVT/SNAP:

- People eligible if income is at or below 185% of national poverty line
- *This is the eligibility for most assistance programs*
- Monthly average of 84,994 participants/month in VT
- Unfortunately does not limit purchase of junk food, soda, etc...

2018 Income Guidelines (185% Federal Poverty Limit)

	HOUSEHOLD SIZE					
INCOME	1	2	3	4	5	6
Weekly	\$432	\$586	\$739	\$893	\$1,200	\$1,508
Monthly	\$1,872	\$2,538	\$3,204	\$3,870	\$4,536	\$5,202
Yearly	\$22,459	\$30,451	\$38,443	\$46,435	\$54,427	\$62,419

3SquaresVT – promoting healthy food:

- Average monthly benefit is \$235/mo – added to EBT card
- EBT CARD can be used at all local farmers markets!

CROP CASH: For each 3square dollar people get \$1 dollar for free to spend at farmers markets; limit of \$10 per market day (get \$20 for \$10)

FARM TO FAMILY COUPONS: For WIC and 3Square eligible people – get \$30 coupon to farmers markets

Northeast Organic Farm Association Farm Share:

- Assists Vermonters at or below 185% of poverty line to get subsidized CSA
- Receive up to 50% subsidy toward farm share – patients pick up at Farm most convenient to them and arrange payment directly with farmers
- Farms in Burlington, So. Hero, Fairfax, Jericho, Huntington, Cambridge, Stowe, Hinesburg, and Charlotte

VT Youth Conservation Corps Health Care Share:

- Patients are 'prescribed' a health care share – 7th season to date
- Applications are available in exam rooms!
- Participants pick up their CSA every Thursday at participating sites
- Sites: Colchester FM, South Burlington FM, Waterbury medical associates, CVMC (Berlin), Montpelier FM, Plainfield Health Center, and other
- 12-15 lbs of diverse produce, weekly newsletter, resource binder
- This program is FREE FOR PATIENTS – they can sign up at Colchester and pick up share at other participating clinic if more convenient

Food Shelves:

Colchester Community Food Shelf:

- Network partner of VT food bank; receives produce from VT Farms that have excess produce, as well as donations from community

Chittenden Emergency Food Shelf:

- Soup kitchen provides daily hot meal to all
- Good Food Truck: June-November; mobile free meals at participating meal sites throughout Chittenden County

VT Center for Independent Living Meals on Wheels:

- Provides meals to Vermonters under 60 y/o with chronic conditions or disabilities
- Ensures people unable to prepare own meals without others help get at least one hot meals a day, 5 days a week
- Meals provided on emergency, short term, or long term basis
- Ex: person released from hospital after surgery, recuperating from injury, with MS or psychiatric disability

Resources specifically for families and Children:

- WIC
- School meals and summer lunch program
- Colchester summer lunch program
- Backpack program (for St. Albans and Winooski school districts)

Women, infants, and children (WIC):

- Pregnant women and children up to age 5 eligible for assistance
- Monthly food allowance, nutrition education, coupons to farmers markets, and screening of children for malnutrition and anemia
- Does not pay for added sugar, junk food, soda or other unhealthy food; does pay for organic produce
- Requires nutritional education and counseling 4x/yr for continued eligibility

Colchester school meals:

During school year:

- low income families/children can get free breakfast and lunch
- Contact school (counsellor or otherwise) for information

During the summer:

- All kids ≤ 18 have free lunch at Colchester Middle school; Monday – Friday from 11:00am-1:00pm. Adults can eat for \$3.00 with their kids
- Anyone welcomed – no paperwork required!

SUMMER MEALS! ALL KIDS EAT FREE!



**FOR LUNCH,
CHOOSE AT LEAST
3 ITEMS
TOTAL
FROM AT LEAST 3
DIFFERENT GROUPS**

**PLEASE ASK IF YOU'RE NOT SURE,
AND PLEASE ENJOY YOUR MEAL!**

**This institution is an
equal opportunity provider.**


No meals on July 4.

No paperwork necessary. Must be 18 or under for free meals.

**Monday - Friday
11:00AM-1:00 PM at CMS**

**Please call 802-264-5706 for more
Info, or go to www.csdvt.org**

**Family Members are invited!
Adults (over 18):
\$3.00Lunch**

Monday, June 25	Tuesday, June 26	Wednesday, June 27	Thursday, June 28	Friday, June 29
<p>Lunch</p> <p>Golden Chicken Nuggets or Sandwich and Salad of the day French Fries Fruit of the Day Choice of Low Fat Milk</p> <p><i>We will have additional Fruit & Veggies Choices</i></p>	<p>Lunch</p> <p>Cheeseburger Hamburger, Veggie Burger, Hot Dog, or Sandwich and Salad of the day Garden Salad Fruit of the Day Choice of Low Fat Milk</p> <p><i>We will have additional Fruit & Veggies Choices</i></p>	<p>Lunch</p> <p>Pizza Day!!! Our Fresh Pizza Cheese/Pepperoni or Sandwich and Salad of the day Fresh Veggies & Dip Fruit of the Day Choice of Low Fat Milk</p> <p><i>We will have additional Fruit & Veggies Choices</i></p>	<p>Lunch</p> <p>French Toast Sticks W/ Syrup, Cheese Stick or Sandwich and Salad of the day Hash Browns Fruit of the Day Choice of Low Fat Milk</p> <p><i>We will have additional Fruit & Veggies Choices</i></p>	<p>Lunch</p> <p>Ham/Chicken Salad or Sandwich and Salad of the day Roasted Veggies Fruit of the Day Choice of Low Fat Milk</p> <p><i>We will have additional Fruit & Veggies Choices</i></p>
Monday, July 2	Tuesday, July 3	Wednesday, July 4	Thursday, July 5	Friday, July 6
<p>Lunch</p> <p>Chicken Patty Sandwich or Sandwich and Salad of the day Sweet Potato Fries Fruit of the Day Choice of Low Fat Milk</p> <p><i>We will have additional Fruit & Veggies Choices</i></p>	<p>Lunch</p> <p>Homemade Mac & Cheese or Sandwich and Salad of the day Steamed Broccoli W/Cheese Sauce Fruit of the Day Choice of Low Fat Milk</p> <p><i>We will have additional Fruit & Veggies Choices</i></p>	 <p>Happy Fourth! No School</p>	<p>Lunch</p> <p>Pizza Day!!! Our Fresh Pizza Cheese/Pepperoni or Sandwich and Salad of the day Fresh Veggies & Dip Fruit of the Day Choice of Low Fat Milk</p> <p><i>We will have additional Fruit & Veggies Choices</i></p>	<p>Lunch</p> <p>Turkey Club or Tuna Sandwich Or Sandwich and Salad of the day Mixed Veggies Fruit of the Day Choice of Low Fat Milk</p> <p><i>We will have additional Fruit & Veggies Choices</i></p>

Colchester School District Nutrition & Food Services Summer Feeding Program

Colchester Summer Lunch Program:

- Program out of Malletts Bay Congregational Church
- Funded by donations and VT food bank
- Provides enough for each child in household to eat lunch and a snack Monday through Friday
- Each Tuesday volunteers deliver food directly to households
- A great option for those who lack transportation!
- Started in 2000 – have now served over 500 children and 25,000 meals

Backpack program:

- At risk children in subset of schools given a backpack full of food to help feed them over weekend
- Vitamin-fortified food from all five food groups distributed to schools
→ counselors, nurses, staff identify students fit for program
- Available at Alburgh, Isle le Motte elementary, St. Albans City schools and JFK Elementary in Winooski

Resources specifically for seniors:

- Meals on wheels
- Chittenden Emergency Food Shelf Homebound Grocery Delivery
- Commodities Supplemental Food Program (CSFP)
- Senior Farm Share

Meals on wheels

Multiple different agencies and programs throughout VT:

Age Well: Largest provider of MoW in VT

- Free to seniors; people encouraged to give what they can afford

Burlington Meals on Wheels:

- Serves Burlington, South Burlington, Shelburne, Charlotte, and Colchester

Central VT Council on Aging:

- Offers meals on wheels as well as community meals for Waterbury, Waitsfield, Morrisville, Johnson, and other central Vermont locations

CEFS Homebound Grocery Delivery:

- For senior citizens or people with disabilities that are homebound
- Each week volunteers drive and deliver a five day supply of groceries
- Depends on volunteer drivers
- Provides food and company to homebound individuals

Commodities Supplemental Food Program:

- Eligible to low income Vermonters 60 y/o or older
- Can also participate in other programs (3squares or otherwise)
- Enrolled participants pick up box of food monthly at designated locations
- Pick up locations in Burlington, Winooski, Essex Junction, and Williston and many other towns
- Program provides referrals for nutrition, health, or assistance programs as appropriate
- Program ran via Vermont Foodbank

NOFA Senior Farm Share:

- For Vermonters 60+ y/o w/ income less than 185% of FPL
- Offered through 24+ different senior living facilities throughout Chittenden, Grand Isle, Franklin, and Washington county
- Residents receive \$5-\$10 of veggies every week **FREE OF CHARGE**
- Seniors have opportunity to connect w/ other residents via cooking classes and develop relationship with the farmers

Job training and education:

- Community Kitchen Academy program
- Reach up
- The learning kitchen

Community Kitchen Academy:

- Offered via VT food bank; training site in Burlington and Barre
- Prepares under/unemployed for job in food service industry
- Graduates eligible for 9 college-level transferable credits
- 271 graduates since 2009 w/ 91% success rate of job placement
- 13 week intensive culinary training program
- Take otherwise wasted food from restaurants, grocers, and farms and transform food to create meals for food shelves and meal sites
- Knife skills, cooking techniques, baking, handling, etc. training



Reach Up:

- Dept. for Children and Families program
- Helps eligible parents gain job skills and find work
- Provides case management to help reach goals
- Provides monthly cash payments to help pay for basic necessities
- Create Family Development Plan to map out work goals and steps to achieve them

The Learning Kitchen:

- Via Hunger Free Vermont
- Assists schools and communities offer nutritional and cooking classes to middle school youth, young adults, and adults in low income areas
- 6 lesson series teaches to balance, plan, and stretch food dollars and maximize nutrition
- Classes taught by area chefs and nutritionists
- Sites include schools, low-income housing sites, after-school programs, parent-child centers, health and community centers

This is a lot of information... what should I do?

- Try to remember to screen patients – especially high risk groups!
- Use screening tools in EPIC including SDOT tab and smart phrases
- I have printed an all encompassing resource guide for rooms that is in with the health care share. This guide has also been made into a smart phrase that I am happy to share: **.foodresourcescolchester**

WHEN IN DOUBT – GIVE OUT THE 211 CARD!



Resources

1. Coleman-Jensen, A., Rabbitt, M., Gregory, C., & Singh, A. (2017). Household Food Security in the United States in 2016. USDA ERS.
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3. Centers for Disease Control and Prevention. (2017). National Diabetes Statistics Report, 2017. Atlanta, GA: Centers for Disease Control and Prevention, U.S. Dept of Health and Human Services.
4. Gundersen, C., A. Dewey, A. Crumbaugh, M. Kato & E. Engelhard. (2018). Map the Meal Gap 2018: A Report on County and Congressional District Food Insecurity and County Food Cost in the United States in 2016 . Feeding America.
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7. 2016 Community Health Needs Assessment Implementation Strategy (2017-2019). The University of Vermont Medical Center. <https://www.uvmhealth.org/medcenter/Documents/2017-Compendium-Web.pdf>