

Key Drivers to Improve Food Security and Health Outcomes



Institute for Hunger Research & Solutions

June 16, 2021

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Institute for Hunger Research & Solutions

Serve as a resource for the charitable food system to:

- Increase access to healthy food
- Address root causes of hunger
- Identify best practices to reduce food insecurity
- Promote a paradigm shift towards long-term solutions to hunger

Offerings:

- Monthly newsletters
- Wednesday Webinar series
- Consulting services with a flexible fee structure

Visit foodshare.org/Institute to sign up for our updates!

Today's panelists



Monica Hake
Senior Research Manager



Morgan Smith
Senior Manager, Programs



Jessica Osenbrügge
Community Initiatives Manager
Health and Nutrition Services





Key Drivers to Improve Food Security and Health Outcomes

AN EVIDENCE REVIEW OF
FOOD BANK - HEALTH CARE PARTNERSHIPS
AND RELATED INTERVENTIONS

Brittney N. Cavaliere, Katie S. Martin
Institute for Hunger Research & Solutions at Foodshare

Morgan Smith, Monica Hake
Feeding America

March 2021

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<https://hungerandhealth.feedingamerica.org/resource/food-bank-health-care-partnerships-evidence-review/>

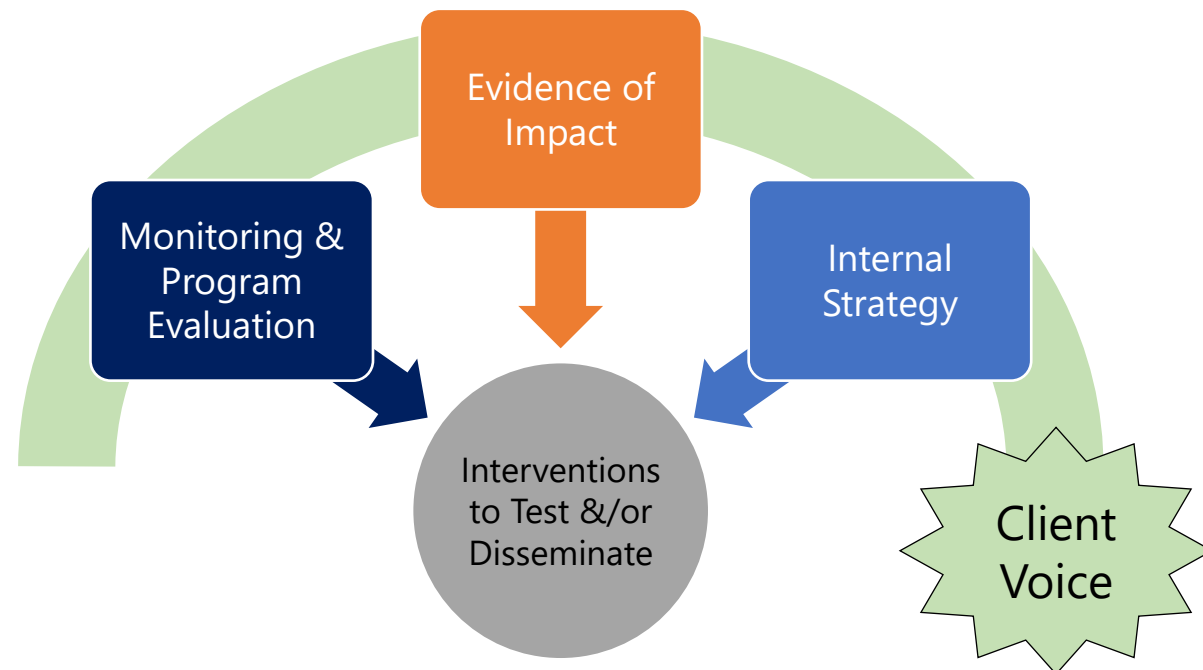
Feeding America's Levels of Evidence Framework

Purpose Statement

Feeding America believes in utilizing the **best available evidence** to inform our decisions and investments regarding which interventions to pursue

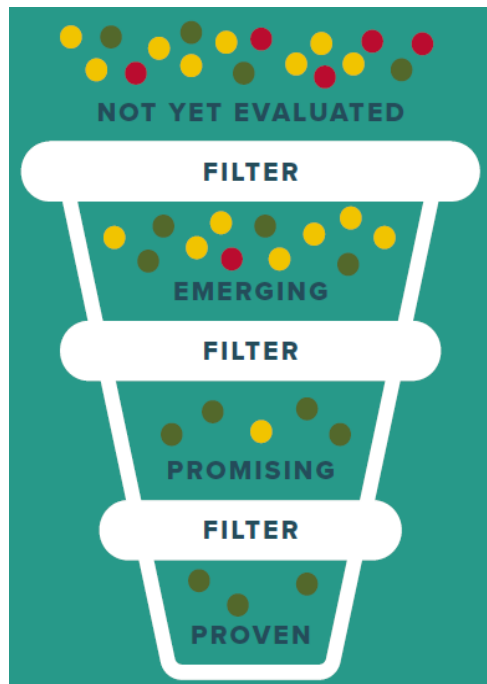
This necessitates a systematic approach to assessing the **evidence of impact** of potential and existing interventions with the purpose of understanding:

- What works,
- What is ineffective, and
- Where more evaluation is needed

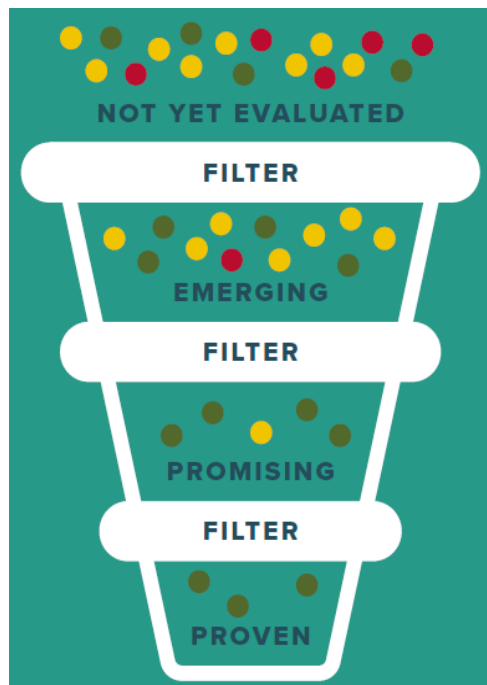


Objectives for the Levels of Evidence Framework

- 1.** Provide a systematic approach to assessing and describing **how well an intervention or program works** or doesn't work towards achieving a specified outcome
- 2.** Identify interventions and initiatives where effectiveness still **needs to be evaluated**
- 3.** Develop a **shared language** so that practices can be placed on a continuum of known effectiveness
- 4.** Provide food banks and Feeding America information to inform decision-making around broader **implementation and dissemination across the network**



<u>Rating</u>	<u>Evidence of impact</u>
Not yet evaluated	Not enough evidence to determine an intervention's impact on the target outcome(s), but preliminary practice data suggest potential for impact
Emerging	One or more studies, likely without a control group, suggest the intervention may impact the target outcome(s)
Promising	One or more high-quality studies show persuasive evidence of an intervention's impact on the target outcome(s)
Proven	Multiple high-quality studies demonstrate a causal impact on the target outcome(s)



<u>Rating</u>	<u>Next steps for research</u>
Not yet evaluated	Prioritize for pilot implementation and preliminary impact evaluation (if appropriate)
Emerging	To be considered as priority for impact evaluation
Promising	Test for scalability and generalizability in additional settings or populations.
Proven	Intervention has been scaled and can be generalized to various settings or populations. Continue to monitor for performance and fidelity to the proven intervention.

It is important to note that...

1. A rating of Not Yet Evaluated, Emerging or Promising does not suggest that the intervention is ineffective – it means that more research is needed to understand impact.
2. Interventions were rated based on their effectiveness in addressing only the outcome of interest (e.g., food security). There may be ample evidence that the intervention is effective for addressing other important outcomes.
3. Evidence Reviews require synthesizing evidence that is often inconsistent in order to make summary statements that are useful for practitioners. Characterization of these ratings necessarily involve some subjectivity. Reasonable people who are experts in these areas may disagree on these ratings, despite best efforts.

Federal Nutrition Programs

	Level of evidence, by outcome	
Intervention	Food security	Health outcomes
Supplemental Nutrition Assistance Program (SNAP)	Proven	Proven
Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)	Proven	Proven
National School Lunch Program (NLSP)	Proven	Emerging
School Breakfast Program (SBP)	Proven	Emerging
Summer Food Service Program	Promising	Not yet evaluated

Focus of Evidence Review

Interventions conducted through:

- Food bank and health care partnerships
- Food banks without a health care partner
- Health care providers without a food bank partner but where potential for partnerships exist

Target outcomes:

1. Food security
2. Diet quality
3. Health outcomes (e.g., diabetes-related outcomes, blood pressure control, health care utilization, etc.)



Inclusion and Exclusion Criteria

Inclusion:

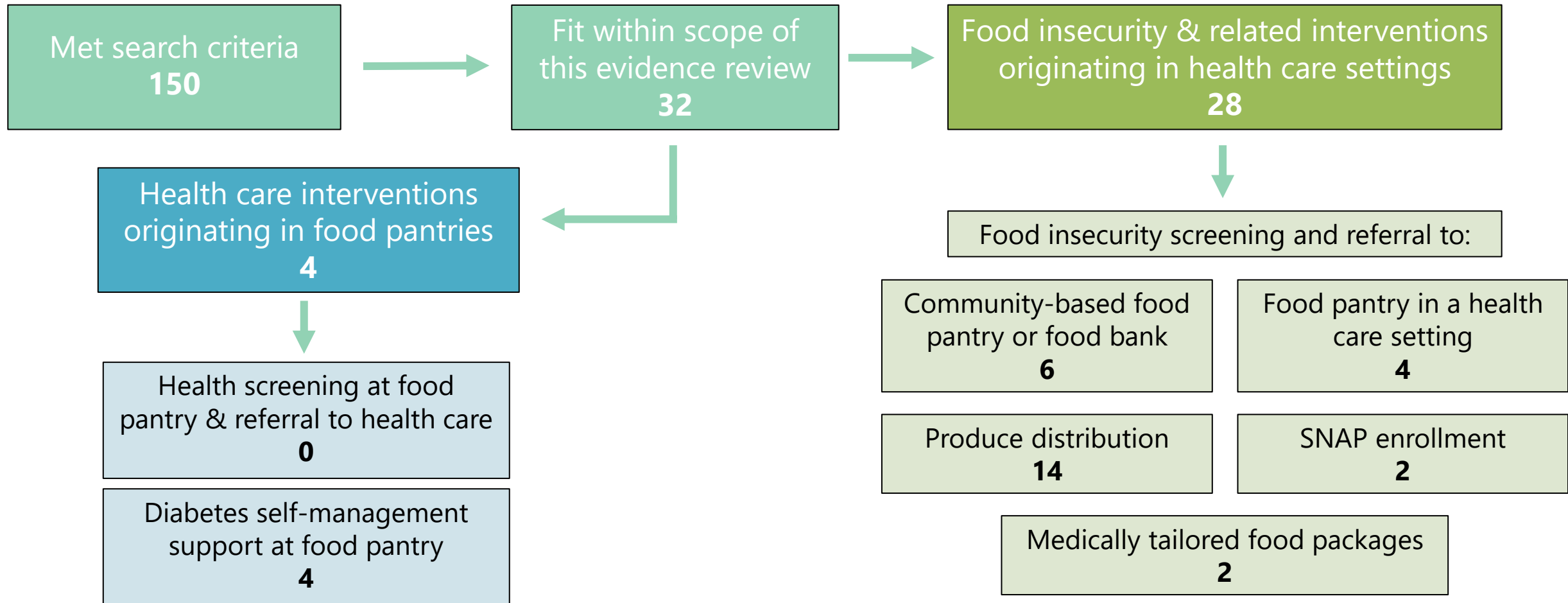
- One of the target intervention types
- Measures impact on at least one target outcome

Category	Variable	Eligible if...
Study details	Geography	Conducted in the U.S.
	Language	English
	Date of publication	Published 1998 to June 2020
	Source type	Published journal articles, academic research, technical reports, unpublished research
Population	Age	All available studies; no exclusions
	Race/Ethnicity	
	Socioeconomic status	
	Geography	

Exclusion:

- Research explored in newspaper articles, editorials, dissertations, commentary, or book reviews
- No intervention – descriptive only
- Nutrition education interventions
- Medically tailored meals

Flowchart of Evidence Reviewed



Findings:


Health care interventions originating in food pantries

	Level of evidence, by outcome		
Intervention	Food security	Diet quality	Health outcomes
Health screenings at a food pantry and referral to a health care provider	Not yet evaluated	Not yet evaluated	Not yet evaluated
Diabetes self-management support at a food pantry	Promising	Promising	Emerging

Findings: Food insecurity & related interventions originating in health care settings

Strategies for working with health care partners:

- Community Health Needs Assessment
- Screen for Food Insecurity and Intervene



Hunger Vital Sign™

A validated tool to screen for food insecurity

<p>Within the past 12 months, we worried whether our food would run out before we got money to buy more.</p> <p><input type="checkbox"/> Often true</p> <p><input type="checkbox"/> Sometimes true</p> <p><input type="checkbox"/> Never true</p>	<p>Within the past 12 months, the food we bought just didn't last and we didn't have money to get more.</p> <p><input type="checkbox"/> Often true</p> <p><input type="checkbox"/> Sometimes true</p> <p><input type="checkbox"/> Never true</p>
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A patient or family **screens positive** for food insecurity if the response is "often true" or "sometimes true" to either or both of these statements.

FRAC
Food Research & Action Center

Learn more about screening for and addressing food insecurity in health care settings at [FRAC.org](https://www.FRAC.org)

Findings:

Food insecurity & related interventions originating in health care settings

	Level of evidence, by outcome		
Intervention	Food security	Diet quality	Health outcomes
Food insecurity screening and referral to a community food bank or food pantry	Emerging	Not yet evaluated	Emerging
Food insecurity screening and referral to a food pantry in a health care setting	Emerging	Not yet evaluated	Not yet evaluated
Food insecurity screening and referral to produce distribution	Promising	Promising	Emerging

Findings:

Food insecurity & related interventions originating in health care settings

	Level of evidence, by outcome		
Intervention	Food security	Diet quality	Health outcomes
Food insecurity screening and referral to SNAP enrollment	Not yet evaluated	Not yet evaluated	Not yet evaluated
Food insecurity screening and referral to medically tailored food packages	Not yet evaluated	Not yet evaluated	Emerging

Key Takeaways

1. What works in one place may not work somewhere else! **Local context matters:**

- Community needs, priorities, and capacities
- Health care landscape varies

2. Partnerships are increasing, yet **gaps in the published research exist**. We can fill those gaps!

- Build evaluation into program and partnership design conversations
- Partner with an academic institutions

3. Food banks and health care organizations operate in different spaces with **different organizational languages**.

- Establish shared metrics
- Explore potential cost savings

4. Opportunities to reduce health disparities and **promote health equity** are imperative.

- Impact of COVID-19
- Center equity in partnerships

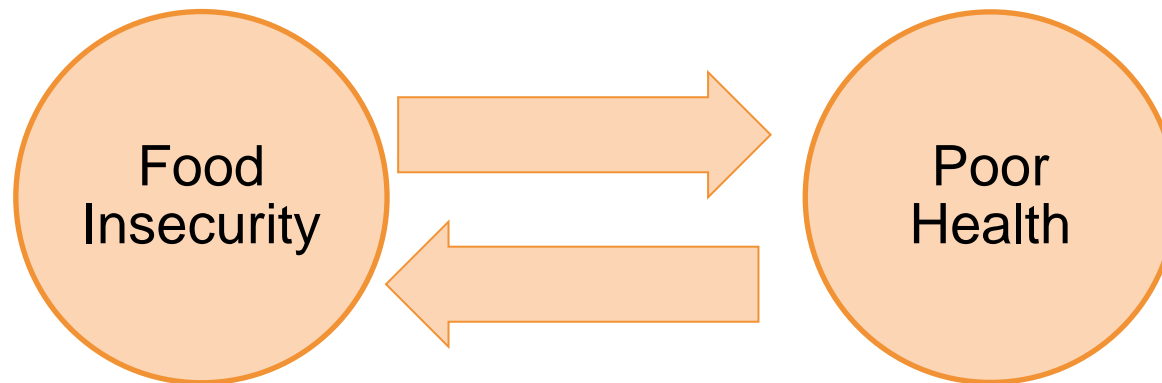
Food Insecurity is a Social Determinant of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education			
Support	Walkability				

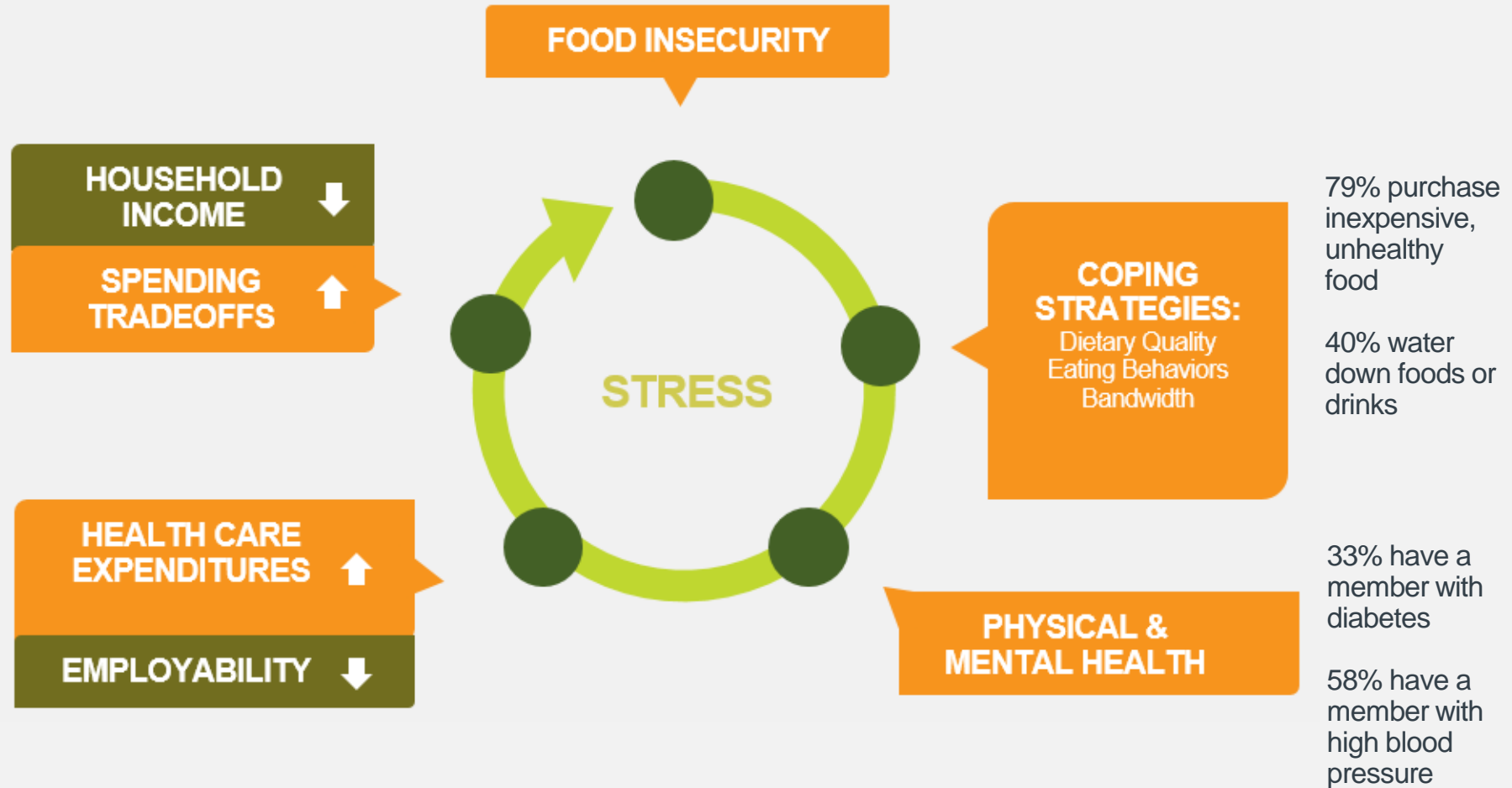
Health Outcomes
 Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

Food Insecurity & Health Across the Lifespan

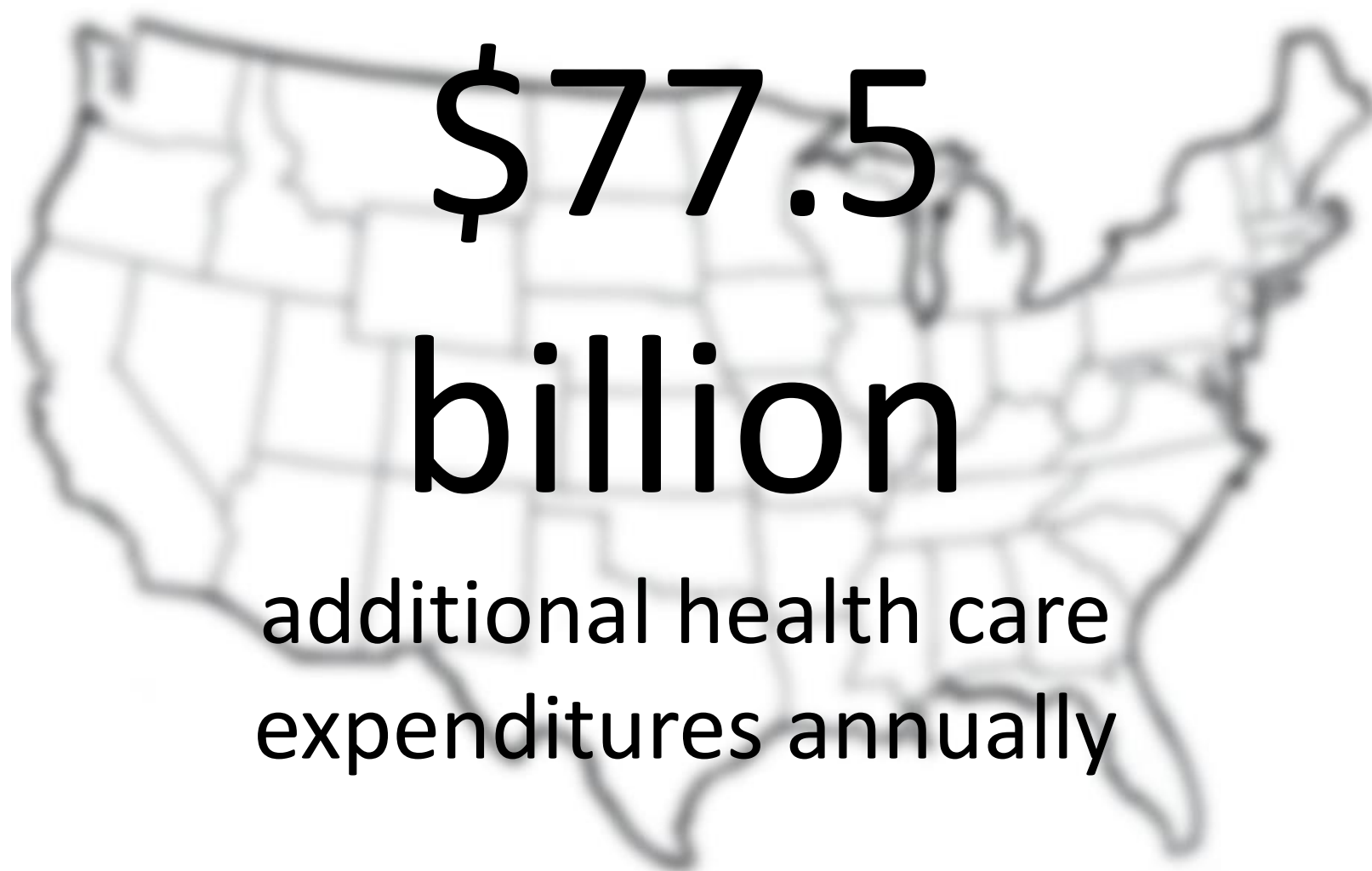
- **Kids:** iron-deficiency anemia, behavioral problems, mental health symptoms, poor cognitive development & academic achievement, hospitalizations, obesity(?)
- **Adults:** obesity (women), diabetes, high blood pressure, heart disease, depression, hospitalizations, emergency room use, psych emergency room use



Food Insecurity and Poor Health: A Cycle



Sources: Seligman & Berkowitz, Ann Rev Pub Hlth, 2018; Hunger in America 2014; Seligman, New England Journal of Medicine, July 2010
 Note: Coping strategies and physical health stats at household level

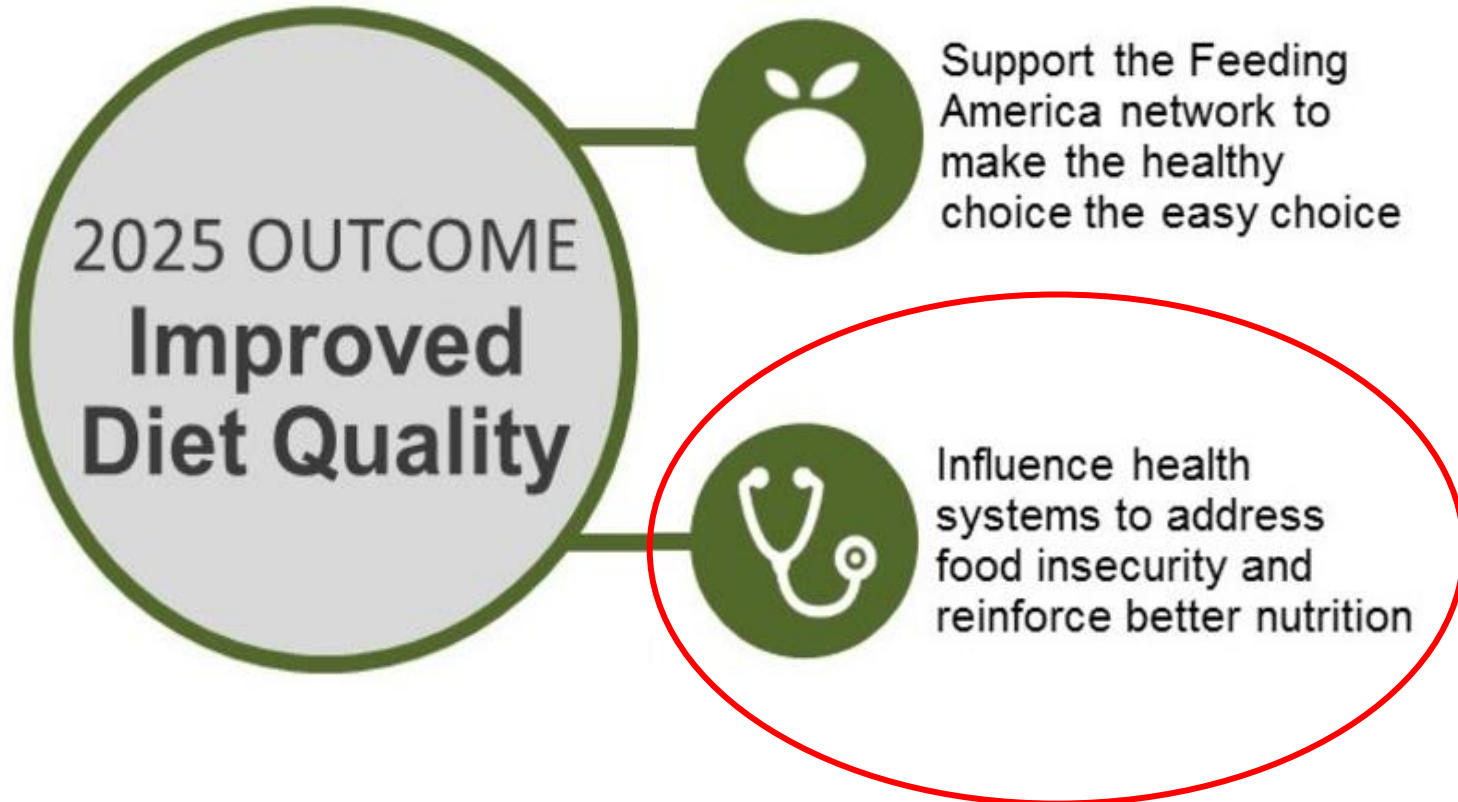


**\$77.5
billion**

**additional health care
expenditures annually**

NOURISH

People facing hunger are supported in making healthy choices



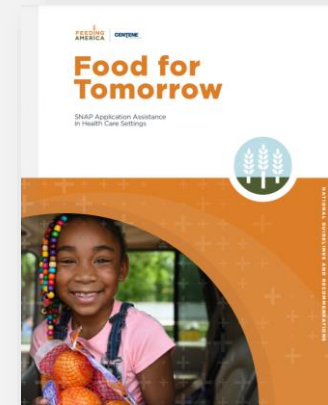
IDENTIFYING & ADDRESSING FOOD INSECURITY AT A HEALTHCARE SITE

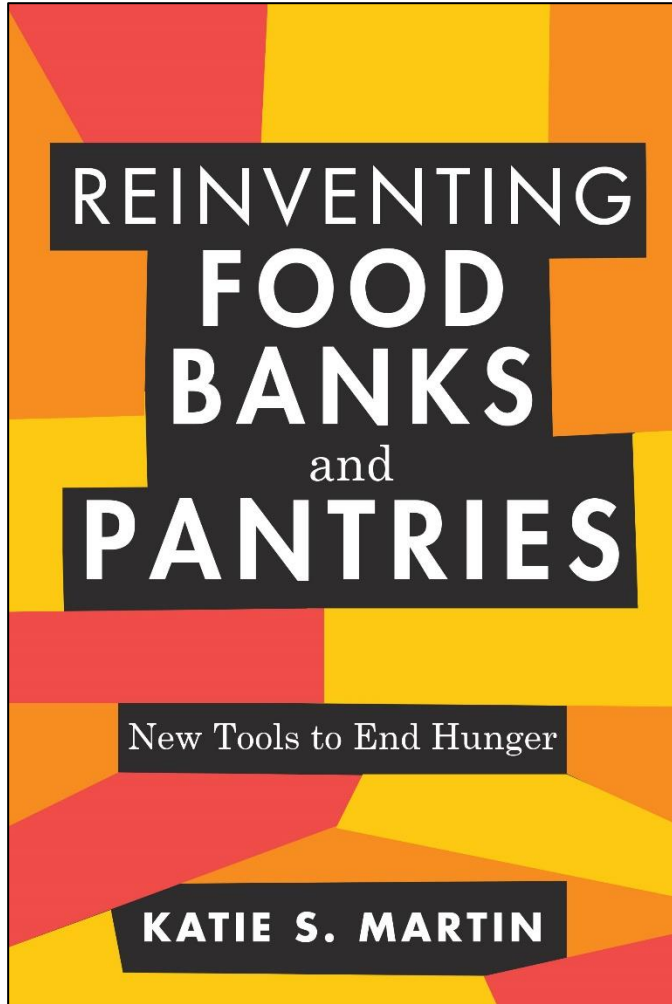


FANO's roles: tools and resources, member grants, evaluation support, technical assistance, HCPCoP, national partnerships, etc.

Resources

- [Hunger + Health](#)
- Food is Medicine
 - [Report](#)
 - [Video](#)
- [Food Banks and HIPAA](#)
- [SNAP in Health Care Settings](#)
- [Food Banks as Partners in Health Promotion](#)
- [Health Care Costs of Food Insecurity Viz](#)
- Hunger Net
 - [Health Care Partnerships Toolkit \(V2 late 2021\)](#)
 - [Community of Practice](#)





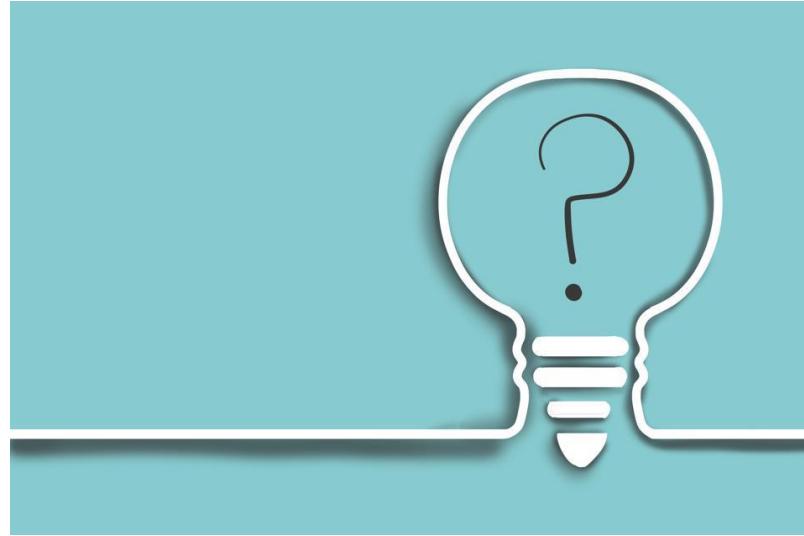
New Book Available

"My first choice for food bank volunteers, staff, board members, and students."
– Mark Winne

Enter code MARTIN
for 20% off

[www.islandpress.org/books/
reinventing-food-banks-and-pantries](http://www.islandpress.org/books/reinventing-food-banks-and-pantries)

Questions?



Visit foodshare.org/Institute to sign up for our updates!

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Next in the Wednesday Webinar Series: Creating a Welcoming and Dignified Culture in Food Pantries

**Wednesday, July 21
1pm-2pm EST**



Experiencing hunger can be humbling, and asking for help is hard. Food pantries and meal programs can create an inviting environment that respects the dignity of each client, where clients feel respected. The way a food pantry is designed and the role of volunteers will be discussed.

Join us to learn more about the important values integral to a welcoming culture focused on customer service.

Register at: https://zoom.us/webinar/register/WN_CwW5EQNdSguxJS_gjVCCPQ