LIFEBRIDGE HEALTH®

Pediatrics

Food Insecurity Screening

SCOTT D. KRUGMAN, MD, MS, FAAP

VICE CHAIRMAN, DEPARTMENT OF PEDIATRICS

SINAI HOSPITAL OF BALTIMORE

Disclosure

No conflicts of interest

No off label drugs

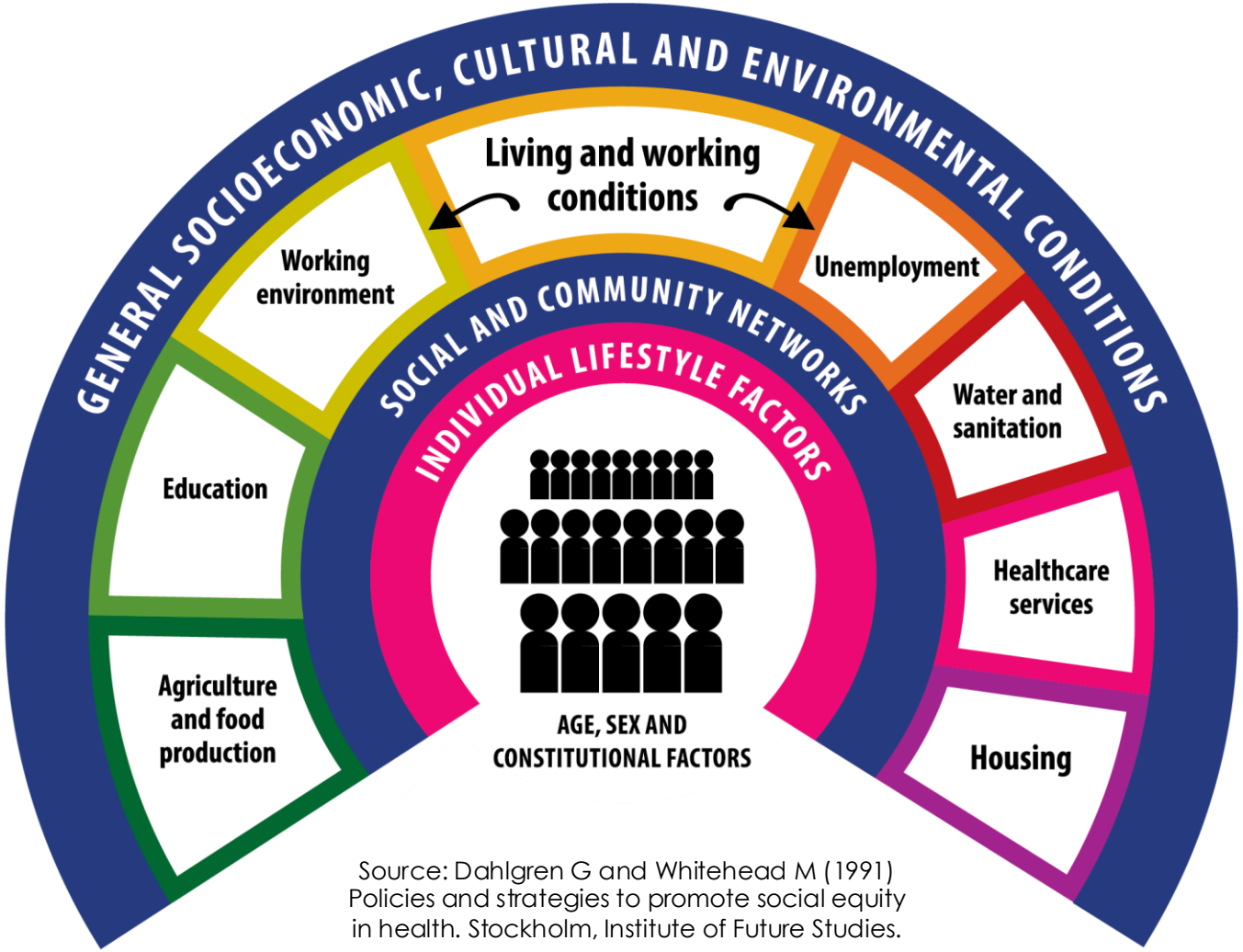
Objectives

- Learn the rationale for screening for food insecurity
- Understand how to implement food insecurity screening in a culturally sensitive way
- Prepare for responding to positive screens

SDOH – what are they

module 1

THE SOCIAL DETERMINANTS OF HEALTH



Source: Dahlgren G and Whitehead M (1991) Policies and strategies to promote social equity in health. Stockholm, Institute of Future Studies.

IMPACT OF SOCIAL DETERMINANTS OF HEALTH

Social determinants of health have tremendous affect on an individual's health regardless of age, race, or ethnicity.

Economic Stabilty:
- » Employment
- » Income
- » Expenses
- » Debt
- » Medical Bills
- » Support

Neighborhood & Physical Environment:
- » Housing
- » Transportation
- » Safety
- » Parks
- » Playgrounds
- » Walkability

Education:
- » Literacy
- » Language
- » Higher Education
- » Vocational Training
- » Early Childhood Education

Food:
- » Hunger
- » Access to Healthy Options

Community & Social Context:
- » Social Integration
- » Community Engagement
- » Support Systems
- » Discrimination

Health Care Systems:
- » Health Coverage
- » Provider Availability
- » Provider Linguistic & Cultural Competency
- » Quality of Care

Health Outcomes:

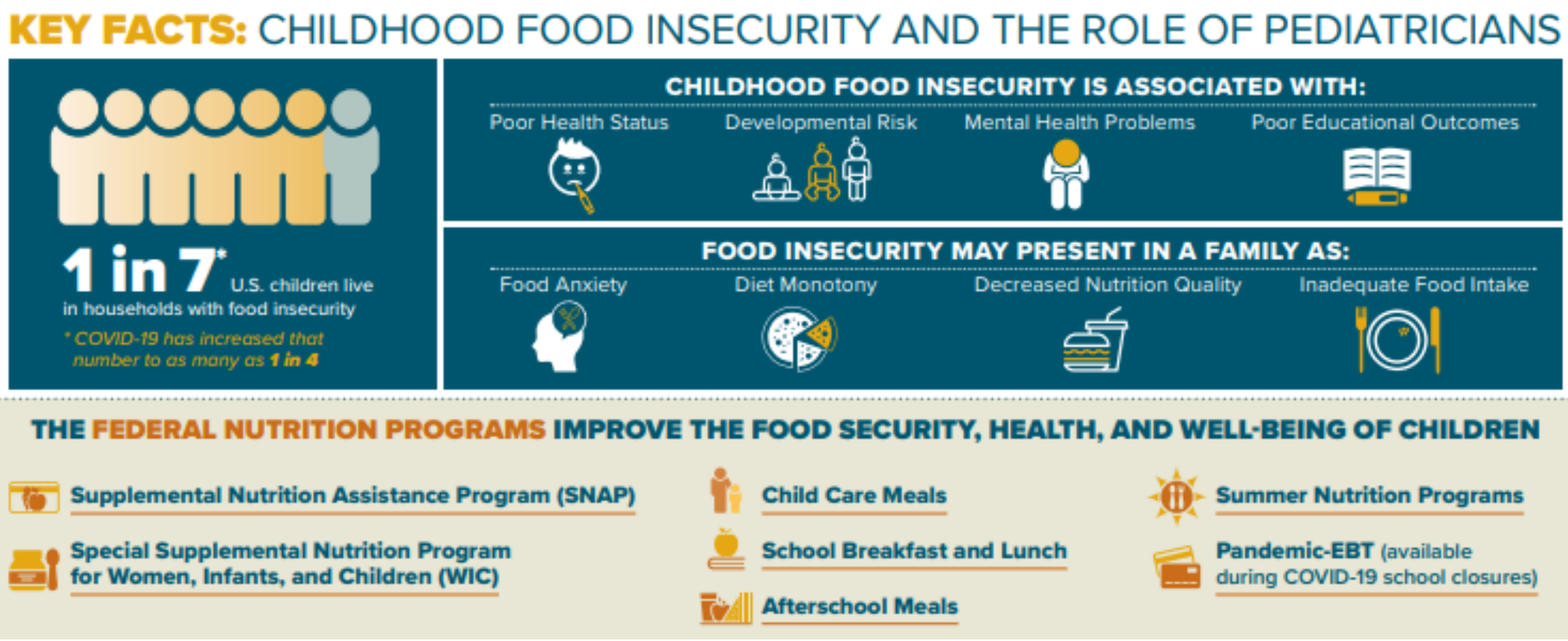
» Mortality » Life Expectancy » Health Care Expenditures » Health Status » Functional Limitations

American Hospital Association™

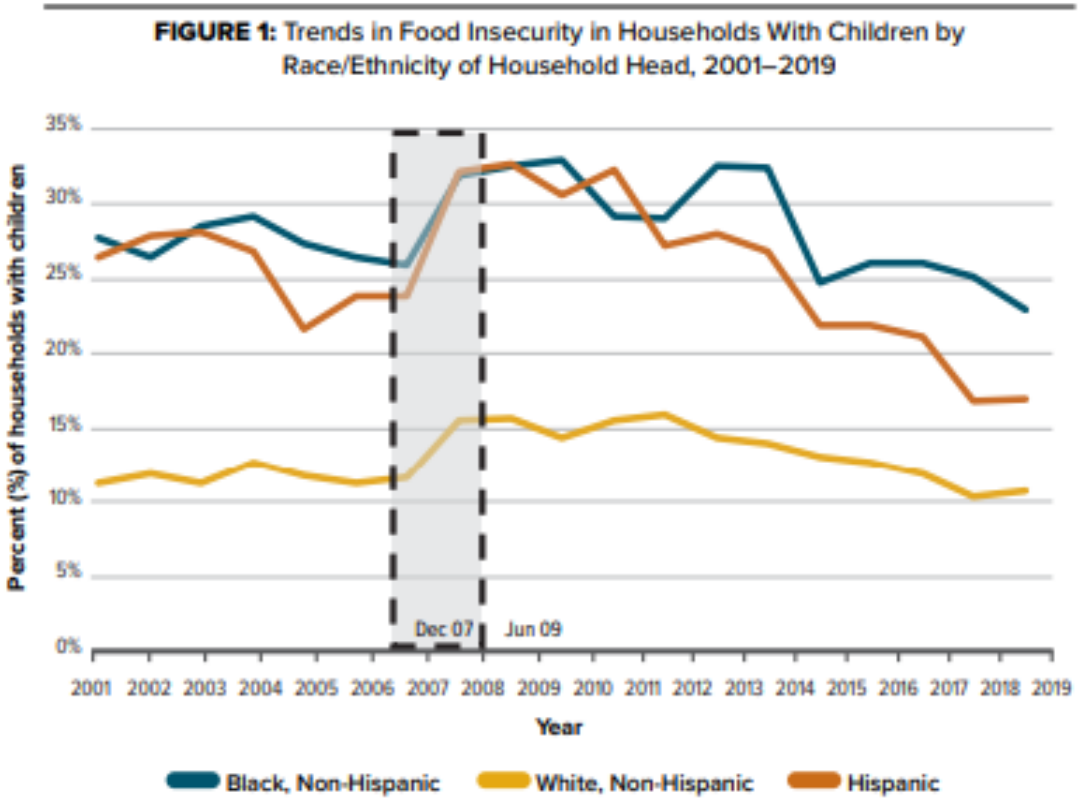
Advancing Health in America

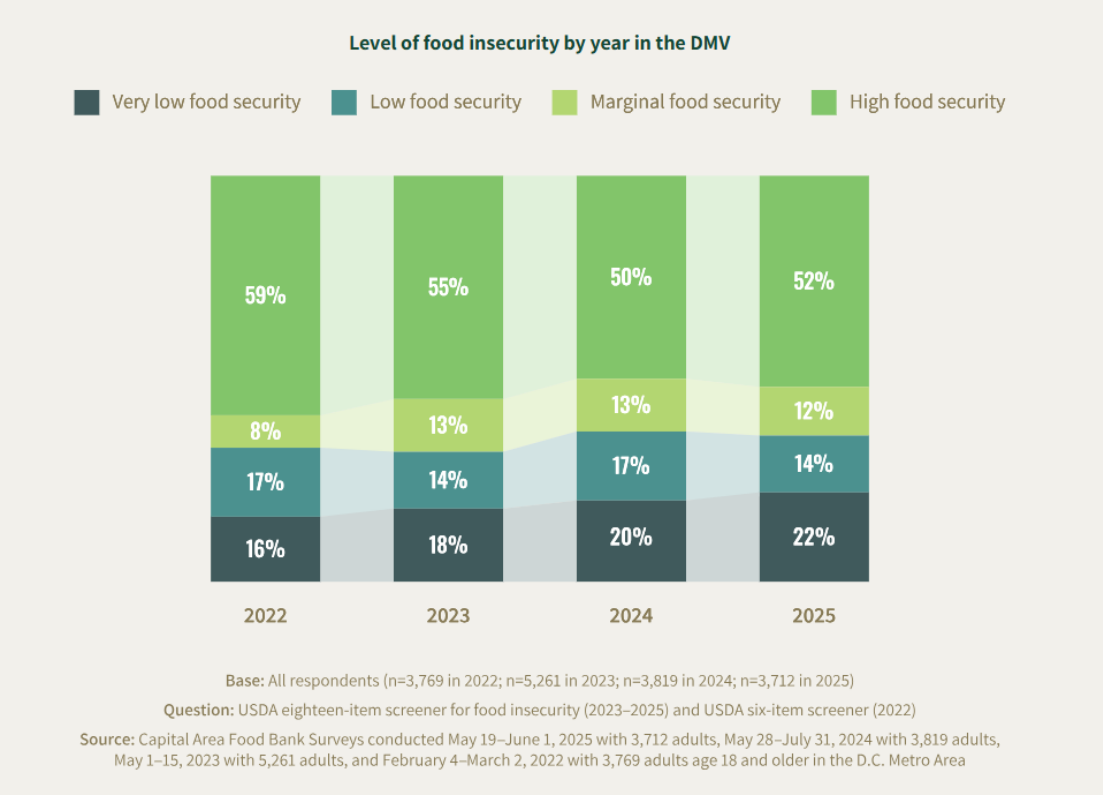
Source: Adapted from Kaiser Family Foundation. Beyond Health Care: The Role of Social Determinants in Promoting Health and Health Equity. November 2015.

Food Insecurity



Prevalence of Food Insecurity





Health Impacts of nutritional deficiencies

Children who are experiencing food insecurity may present signs of nutritional deficiencies that can manifest in the following ways:

- developmental delays
- behavioral problems
- depression, anxiety, or stress (parent, child or adolescent)
- iron deficiency anemia or other nutrient deficiencies
- underweight or overweight
- slow growth
- inappropriate feeding practices
- dental caries

Health impacts of Hunger

- Newborns with food insecurity are more likely to experience birth complications, birth defects, or low birth weight.
- Children between four and 36 months who live in low-income households with food insecurity may have higher rates of developmental problems when compared with children of the same age living in low-income households without food insecurity.
- Children and adolescents with food insecurity are more likely to have overall worse general health, increased emergency department utilization, and higher rates of forgone medical care.
- Health effects of food insecurity and associated malnutrition may persist beyond early life into adulthood. A substantial body of literature links early childhood malnutrition to adult disease, including diabetes, hyperlipidemia, and cardiovascular disease.

Mental health and educational outcomes

- Among children of all ages, food insecurity is linked with lower cognitive indicators, dysregulated behavior, and emotional distress.
- Longitudinal studies have shown that food insecurity in kindergarten students predicts reduced academic achievement in math and reading over a four-year period.
- Adolescents in families with food insecurity are more likely to experience a variety of mental health disorders, such as depression, anxiety, and suicidal ideation.

Screening

Purpose of screening

- Identify a disease or condition before it presents with symptoms (think colonoscopy, mammogram)
- Requires a “test” that doesn’t miss “cases” but doesn’t over-screen and find “false positives”
- Must be able to “do something” when a positive case is identified

Rationale for screening for SDOH?

- Identify barriers to health
- Improve health outcomes
- Reduce healthcare costs
- Promote health equity
- Empower patients
- Provide targeted interventions
- Inform health policy

Rationale for screening for SDOH?

The American Academy of Pediatrics says we should!!!!

Community Pediatrics: Navigating the Intersection of Medicine, Public Health, and Social Determinants of Children's Health. Council on Community Pediatrics. *Pediatrics* 2013;131:623–628.

Cultural sensitivity around screening

- It should be universal so families do not feel targeted or stigmatized
- Electronic or embedded in “usual” paperwork is a good approach
- Use family’s preferred language
- Provide resources to everyone

The Hunger Vital Sign

" Within the past 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 didn't last and we didn't have money to get more."

Positive screen is "often" or "sometimes true" for either questions

Hager, E. R., Quigg, A. M., Black, M. M., Coleman, S. M., Heeren, T., Rose-Jacobs, R., Cook, J. T., Ettinger de Cuba, S. A., Casey, P. H., Chilton, M., Cutts, D. B., Meyers A. F., Frank, D. A. (2010). Development and Validity of a 2-Item Screen to Identify Families at Risk for Food Insecurity. Pediatrics, 126(1), 26-32. doi:10.1542/peds.2009-3146.

Positive screen – what next?

- Provide resources to family
  - Local food banks
  - In school/office food
  - Link with government agencies (WIC, SNAP)
- Create community connections
  - Food banks
  - WIC offices
- Advocate for better policies
  - School meals for all
  - Fund SNAP benefits/WIC

Food Resources in Baltimore

	B	I	N	G	O
1					
2					
3					
4					
5					

B1: SNAP/Food Stamps - government program for eligible residents to receive a monthly allowance for food
I3: 4mycity - Food Rescue to Go! - food delivery program for residents within 10 miles of their warehouse located at 1133 Wilso Drive Baltimore MD 21223
I5: Baltimore County Food Pantry Locator - do you reside in Baltimore County? Enter your location and find food banks near you!
N2: WIC - Women, Infants, & Children - government program for pregnant women and children up to 5 to receive supplemental healthy food
N5: 211MD - call center for Maryland residents in search of resources, including food
G2: Mayor's Office of Children & Family Success - food resource site for youth and their families
G3: The B'more Fresh Produce Incentive - program for Baltimore City SNAP recipients
O4: Maryland Food Bank - enter your location and find food banks near you!

SCC CHW PH
Last Updated: 2/27/2024

Local partner perspective

References

- COUNCIL ON COMMUNITY PEDIATRICS, COMMITTEE ON NUTRITION, Benjamin A. Gitterman, Lance A. Chilton, William H. Cotton, James H. Duffee, Patricia Flanagan, Virginia A. Keane, Scott D. Krugman, Alice A. Kuo, Julie M. Linton, Carla D. McKelvey, Gonzalo J. Paz-Soldan, Stephen R. Daniels, Steven A. Abrams, Mark R. Corkins, Sarah D. de Ferranti, Neville H. Golden, Sheela N. Magge, Sarah Jane Schwarzenberg; Promoting Food Security for All Children. *Pediatrics* November 2015; 136 (5): e1431–e1438. 10.1542/peds.2015-3301