

Addressing Food Insecurity in School-Aged Children

February 29, 2024



School-Based Health Alliance

Transforming Health Care for Students

Our **Focus**

The School-Based Health Alliance Works to Support & Grow SBHCs

Policy



Establishes and advocates for national policy priorities

Standards



Promotes high-quality clinical practices and standards, including for telehealth

Data



Supports data collection and reporting, evaluation, and research

Training



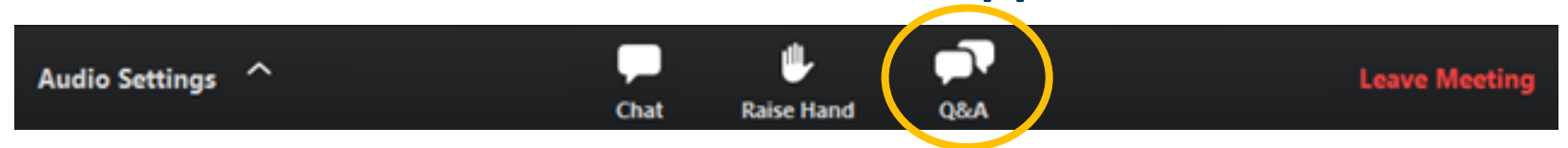
Provides training, technical assistance, and consultation

We support the improvement of students' health via school-based health care by supporting and creating community and school partnerships www.sbh4all.org

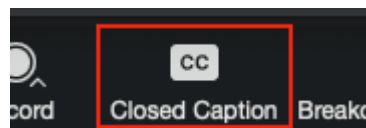
REMINDERS

 All attendees are in listen-only mode.

 To ask a question during the session, use the “Q&A” icon that appears on the bottom your Zoom control panel.



 To turn on closed captioning, click on the “CC” button



 Please complete evaluation poll questions at the end of the presentation.



OBJECTIVES

1. Be able to define Food Insecurity and describe the ways in which it presents in youth and families.
2. Understand the consequences of food insecurity on youth physical and mental wellbeing and the importance of addressing food insecurity as a social driver of health.
3. Describe programs and resources that can mitigate food insecurity for youth and families.
4. Gain awareness of promising models for addressing food insecurity for youth and families in School-Based Health Center settings.



TODAY'S PRESENTERS



Sarah Mills, MPH, RD
Senior Manager, Health Systems
Share Our Strength



Katherine Bissett, RN, BSN, BA
Nurse Consultant
Acorn Community Health Advisors



No Kid Hungry is a Campaign By Share Our Strength

We're an organization dedicated to ending hunger and poverty. Through proven, effective campaigns, we connect people who care to ideas that work.



Food Insecurity in Youth

What is Food and Nutrition Security?

Food security: Households have access, at all times, to enough food for an active, healthy life for all household members.

Nutrition security means all Americans have **consistent and equitable access** to healthy, safe, affordable foods essential to optimal health and well-being.

What is Food Insecurity ?

At times during the year, households were uncertain of having or unable to acquire enough food to meet the needs of all their members because they had insufficient money or other resources for food. Food-insecure households include those with low food security and very low food security.

USDA, Economic Research Service Definition

<https://www.ers.usda.gov/publications/pub-details/?pubid=107702>

Rates of Food Insecurity



1 in 5 Kids

live in a household that is facing Hunger
That is approximately 13 Million Youth

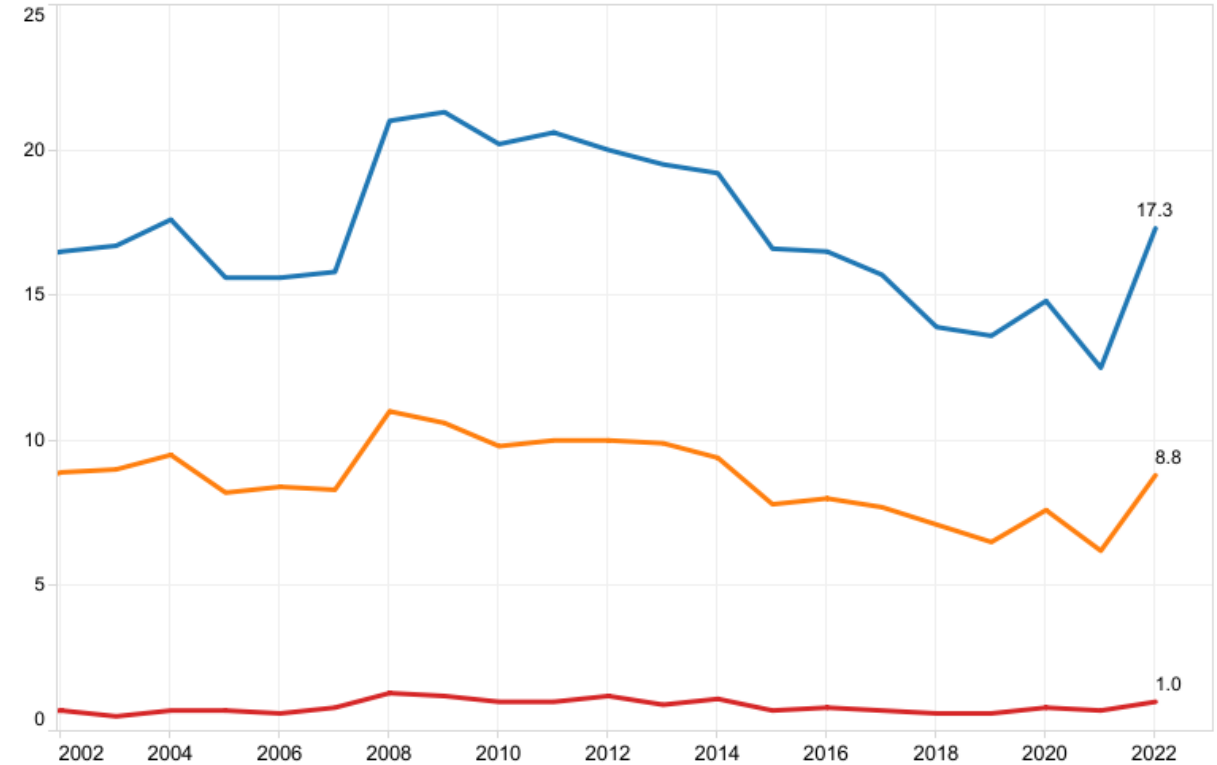
Significant increase over rates in 2021.

Trends in food insecurity in U.S. households with children

- Food insecurity in households with children
- Food insecurity among children by race and ethnicity
- Food insecurity among children by household composition

Trends in food insecurity in U.S. households with children, 2001–22

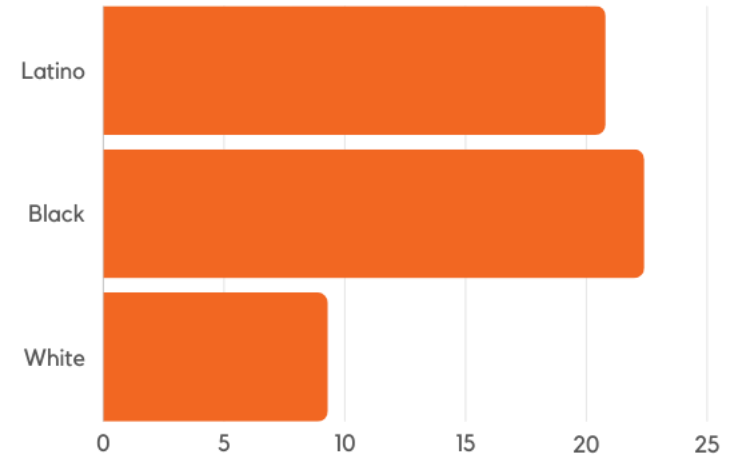
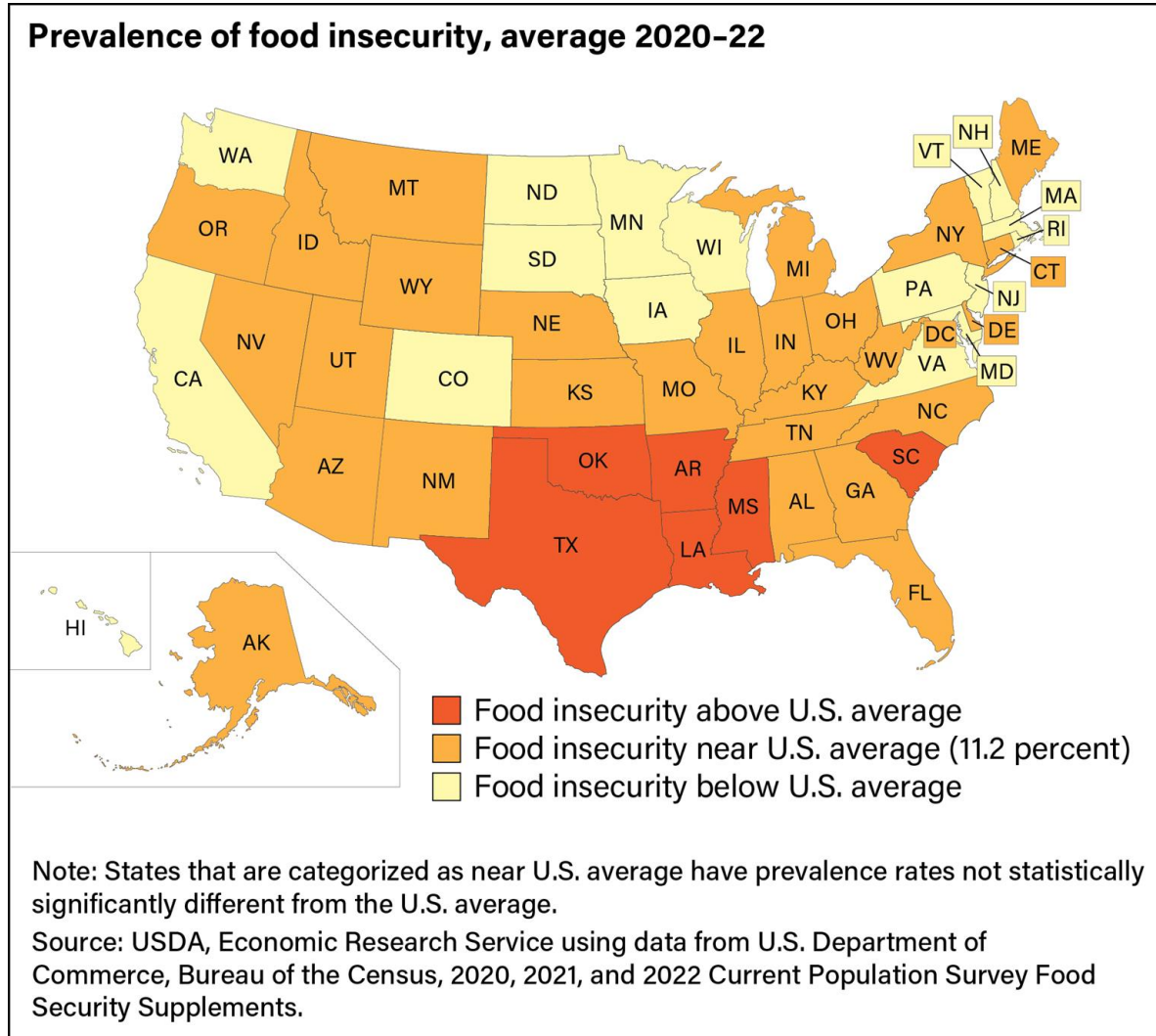
Percent of households with children



- Food insecurity in households with children
- Food insecurity among children
- Very low food security among children

Source: USDA, Economic Research Service calculations using Current Population Survey Food Security Supplement data.

Inequities in Food Security



Hunger affects different groups of Americans disproportionately.

22% of Black Households and 20% of Latino Households are impacted by hunger, compared to 9% of White Households

Experience of Food Insecurity

FOOD INSECURITY MAY PRESENT IN A FAMILY AS:

Food Anxiety



Diet Monotony



Decreased Nutrition Quality



Inadequate Food Intake



FRAC

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Diet Quality

Adult Restricted intake

Youth restricted intake

Food Insecurity is Linked to:



Poor Quality
Diet



Increased Risk of
Chronic Disease






Poor Mental
Health
Outcomes



Worse
Education
Outcomes

Food Programs

NAME OF PROGRAM & AGE OF PATIENT (CLICK FOR MORE INFO)	HOW IT WORKS	WHO CAN APPLY
 <p>Supplemental Nutrition Assistance Program (SNAP)</p> <p>Note: Program may be called something else in your state</p> <p>AGE: All ages</p>	<p>Monthly benefits to purchase food at grocery stores, farmers' markets, and food retail outlets across the country that accept SNAP</p> <p>Benefits loaded onto an EBT card (much like a debit card)</p> <p>The average benefit is about \$29 for the week per person – or about \$1.39 per person, per meal.</p>	<p>Gross Income typically at 130% of the federal poverty level but can be higher in some states (SNAP income eligibility guidelines at: https://www.fns.usda.gov/snap/eligibility)</p> <p>Asset tests may apply in some states (check state and local regulations for details).</p> <p>Many low-income employed individuals SNAP has restrictions on which non-citizens are eligible.</p>
 <p>Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)</p> <p>AGE: Pregnant, postpartum, and breastfeeding women and mothers; infants; children up to age 5</p>	<p>Nutritionally tailored monthly food packages (worth approximately \$40 per month per person, though amounts vary based on the participant's age) that families redeem in grocery and food stores that accept WIC</p> <p>Breastfeeding support, nutrition services, screening, immunization, and health referrals</p>	<p>Low-income pregnant, breastfeeding, and postpartum women and mothers, and infants and children up to age 5 deemed nutritionally at risk by a health care professional</p> <p>Income eligibility typically at or below 185% of the federal poverty level</p> <p>Families on Medicaid</p>
 <p>Child and Adult Care Food Program (CACFP)</p> <p>AGE: Typically, children up to age 5</p>	<p>Up to two free meals and a snack to infants and young children at child care centers and homes, Head Start, and Early Head Start</p> <p>CACFP can provide meals to children 18 and under at emergency shelters.</p> <p>Updated nutrition standards provide healthier meals.</p>	<p>Children attending eligible child care centers and homes, Head Start, and Early Head Start</p>

NAME OF PROGRAM & AGE OF PATIENT (CLICK FOR MORE INFO)	HOW IT WORKS	WHO CAN APPLY
 <p>National School Lunch Program AND School Breakfast Program</p> <p>AGE: Children at participating schools</p>	<p>Free, reduced-priced, or paid school meals in participating schools</p> <p>Meals meet federal nutrition standards, which require schools to serve more whole grains, fruits, and vegetables.</p>	<p>Children of families at low or moderate income levels can qualify for free or reduced-price meals.</p> <p>Free to all students at schools adopting community eligibility, which allows schools with high numbers of low-income children to offer free breakfast and lunch to all students without collecting school meal applications</p>
 <p>Fresh Fruit and Vegetable Program</p> <p>AGE: Elementary school-age students</p>	<p>The Fresh Fruit and Vegetable Program provides federal funding to elementary schools to serve fruits and vegetables as snacks to help young students improve their diets and establish healthy eating habits.</p> <p>Limited federal funding is available in all states.</p>	<p>Elementary schools with high numbers of low-income students</p>
 <p>Afterschool Nutrition Programs</p> <p><i>(Available through CACFP or the National School Lunch Program)</i></p> <p>AGE: Children 18 and under</p>	<p>Free, healthy snacks and/or meals meeting federal nutrition standards in enrichment programs running afterschool, on weekends, or during school holidays</p>	<p>Children can access free meals at participating enrichment programs offered at community sites, including schools, park and recreation centers, libraries, faith-based organizations, or community centers.</p>
 <p>Summer Nutrition Programs</p> <p>AGE: Children 18 and under</p>	<p>Up to two free meals at approved school and community sites during summer vacation</p> <p>Meals must meet approved federal nutrition standards.</p>	<p>Children can access meals at participating community sites, which can include schools, park and recreation centers, libraries, faith-based organizations, or community centers.</p> <p>There is no need to show identification.</p>
 <p>The Emergency Food Assistance Program (TEFAP) AND The Emergency Food Network</p> <p>AGE: All ages</p>	<p>Through TEFAP, participating food banks distribute U.S. commodities to local partners, including pantries, food shelves, soup kitchens, social service agencies, and faith-based groups.</p> <p>Additionally, many emergency food sites purchase food or receive food donations.</p> <p>Many food banks are committing to distributing more fresh produce in addition to shelf-stable foods.</p>	<p>Access depends on site requirements; some sites require referrals.</p>

The Benefits Enrollment Gap



- ~**17 million** Medicaid enrollees are food insecure
- ~**2.5 million** children on Medicaid are eligible but not enrolled in **SNAP**
- ~**4.8 million** Medicaid enrollees are eligible but not enrolled in **WIC**

Why should healthcare care about food programs like SNAP?



SNAP reduces prevalence of food insecurity by as much as **30 percent**.



Children on SNAP **more likely to see doctor**.



Participants more likely to report **excellent or very good health** than low-income non-participants.



Low-income SNAP participants incur nearly **25% less in medical costs** each year than low-income non-participants.

Other Impacts of SNAP

- Reduces food insecurity and hunger
- Improves dietary intake and health
- Boosts learning and development
- Lifts families out of poverty
- Stimulates local economies
- Supports schools

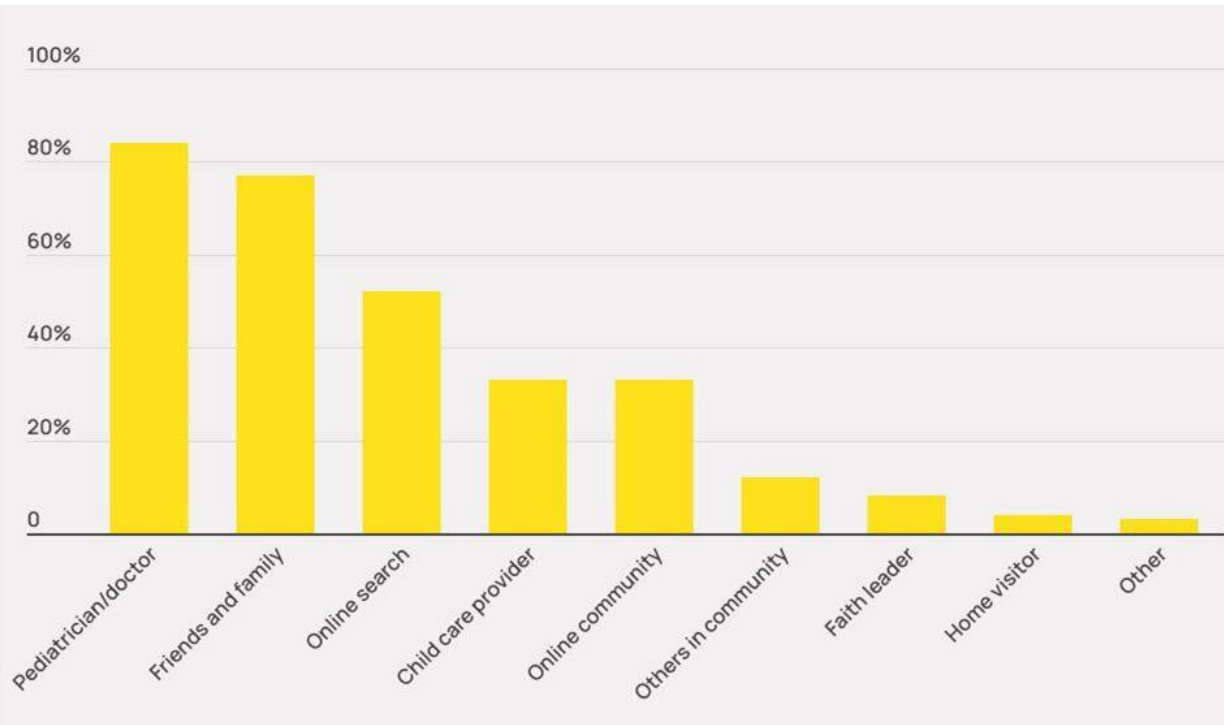


Getting Involved

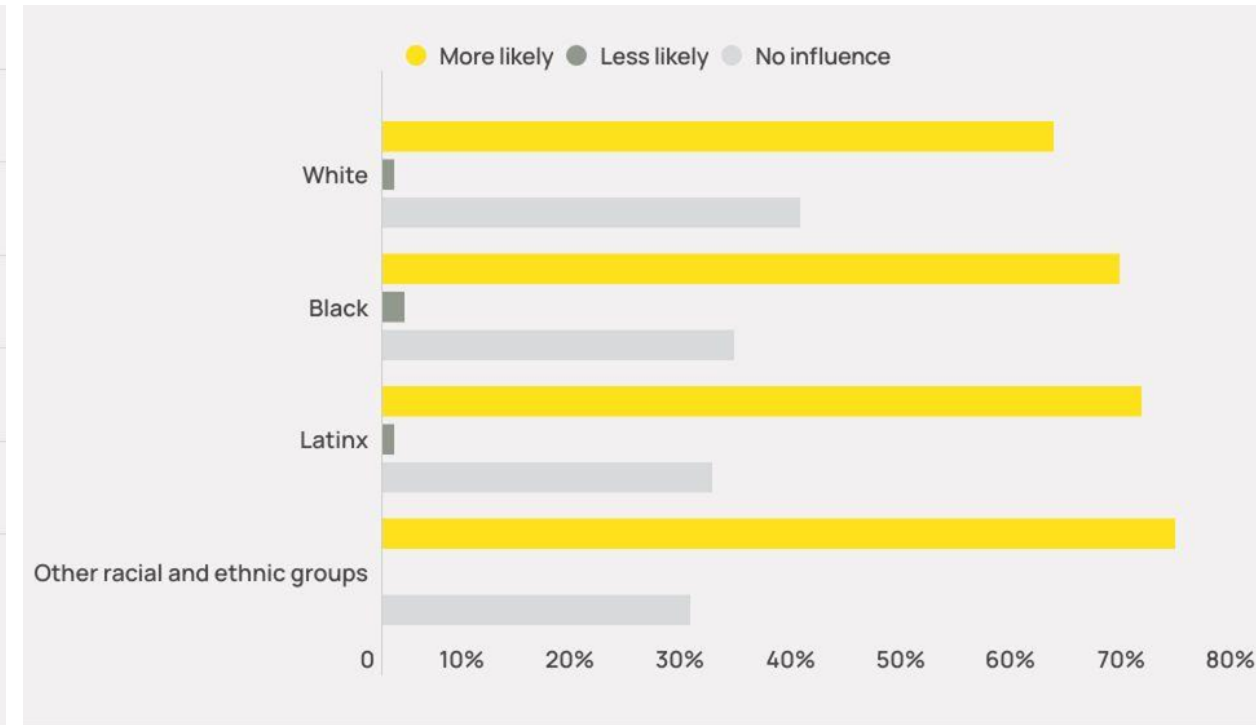
Why SBHC's are essential in efforts to address food insecurity



Sources of advice and support about child's physical health and emotional well-being



Likelihood that pediatrician/child's doctor would influence decision to apply for support



Continuum of Support

PROMOTE

- Educate yourself & staff
- Inform families about programs
- Normalize participation
- Health based messaging

Resources:

- [SNAP Outreach Toolkit](#)
- [Summer Meals Toolkit](#)
- [MRelief Screener](#)



ASK

- Ask all families about their enrollment in these programs.
- Universal Food Insecurity Screening

Resources:

- [Hunger Vital Sign](#)
- [Screening Algorithm for Pediatric Patients](#)
- RAAPs, PREPARE, Possibilities for Change

ASSIST

- Lead with resources
- Build on existing pathways to assist families with enrollment.
- Identify other community supports & build partnerships.

Resources:

- CHWs
- Enrollment Specialists
- Local Food Banks or other anti-hunger advocates
- School outreach staff

Identify Existing Assets to Connect families

Our Workflow

1. Include the two validated hunger vital sign screening questions used system wide into our existing pre-visit questionnaire
2. Whoever schedules the appointment (RN, CHW, PSS) asks the parent the questions at time of scheduling.
3. Any positive responses are routed to the assigned CHW
4. Appropriate referrals are placed through UniteUs to CBOs
5. CHWs follow up to ensure needed connections have been made

*Can be done on paper, by any staff, without UniteUs!

Utilizing Health system's existing screen and refer model, leveraging community organizations



An example of the Hunger Vital Sign screening tool:

1. Within the past 12 months, we worried whether our food would run out before we got money to buy more.

- Often True — At Risk
- Sometimes True
- Never True
- Don't know/Refused

2. Within the past 12 months, the food we bought just didn't last, and we didn't have money to get more.

- Often True — At Risk
- Sometimes True
- Never True
- Don't know/Refused



Identify Additional Needs and Build Partnerships

Examples of additional interventions

- Conduct Asset Mapping to identify existing resources and partners
- Ask your students, families and your school to identify resources and gaps.
- Work with community partners to address gaps with new or expanded services.
- Youth engagement and development

- Establish food pantry or food bag program onsite at the school or SBHC
- Bring in a mobile food pantry or produce market
- Implement a produce prescription program
- Work with the school to provide healthy meals and snacks at after school events
- Establish a garden and/or nutrition and cooking education programming
- Provide resource fairs or other opportunities to connect families with existing resources





NEW TOOLKIT!

Emerging Models and Resources to Address Food Insecurity

IN SCHOOL-BASED HEALTH CENTERS

Highlighting food security initiatives at the intersection of school environments and healthcare systems.

Visit the Toolkit >>>



Learn more about child hunger and programs in place to support families: www.NoKidHungry.org

Medicaid Policy and Program Opportunities



FOOD INSECURITY
SCREENING &
REFERRAL



SNAP & WIC
ENROLLMENT
INFRASTRUCTURE



ASSISTANCE &
NAVIGATION



DATA,
EVALUATION, &
CONTINUOUS
IMPROVEMENT



INVESTMENTS &
BENEFITS

Food insecurity and mental health are
interconnected,
A topic that deserves to be reflected.
When access to food becomes a concern,
Emotional well-being can take a turn.

For those who struggle to find a meal,
Stress and anxiety can become very real.
The worry of not having enough to eat,
Can lead to depression and feelings of defeat.

Nutrition plays a vital role in our brain,
Lack of proper food can cause it strain.
Mental health can suffer, it's true,
When hunger becomes a constant issue.

But let's remember, we can make a change,
By supporting organizations that arrange,
To provide food for those in need,
We can help them thrive and succeed.

Together, we can fight food insecurity,
And promote mental health with sincerity.
Let's spread awareness and lend a hand,
To create a world where everyone can withstand.

*-De'Mon Burse Wilborn, Youth Advisory Council Member
West High School SBHC*



QUESTIONS?

**Please enter your questions
into the “Q & A” box of the
Zoom control window.**



SBHA 2024-2025 Youth Advisory Council Opportunity!



The School-Based Health Alliance (SBHA) seeks new members to join our Youth Advisory Council (YAC) as part of ongoing efforts to amplify the youth voices in school-based health care.

Youth with current or prior access to a school-based health center (SBHC), who are working to address health care issues affecting young people, and who are passionate about school-based health care are encouraged to apply.

Share with your youth leaders!

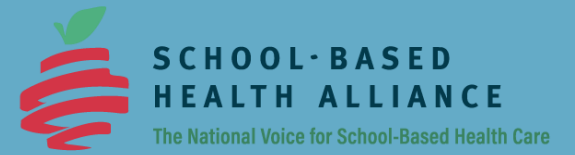
Visit our website, www.youthhealthhub.org, for more information.

Email youthadvisorycouncil@sbh4all.org with any questions.



**SCHOOL-BASED
HEALTH ALLIANCE**

The National Voice for School-Based Health Care



**SAVE
THE
DATE**



**2024 National School-Based
Health Care Conference**

**June 30
to July 2**

Westin Washington, DC Downtown
Hotel (formerly the Renaissance
Downtown Hotel) in Washington, D.C



More information [here](#).



THANK YOU!

Additional Questions? Contact us at: info@sbh4all.org



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