

Pediatric Food Insecurity

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1 in every 6

Kids in the US is
Food Insecure

1 in every 2

Kids who live in
poverty is Food
Insecure in the
US

13 million children
were food insecure in
the US in 2015



Food Insecurity in Kentucky

- 15.5 % of Kentucky residents are food insecure
 - Over 685,000 people without consistent access to food.
- 15.8 % of Jefferson County residents are food insecure
 - >120,000 residents without consistent access to food.
- 53% of Jefferson County residents are eligible for Women, Infants & Children (WIC), Special Supplemental Nutrition Program (SNAP) and free school meals.

How to tell who is food insecure?

- You can't tell from looking who is food insecure...
 - Any race
 - Any age
 - Any outfit
 - Urban or rural
 - Any living situation
- If you don't ask, you will never know!

How do I ask if someone needs food assistance?

Known as the “Hunger Vital Signs” the two validated food insecurity questions are:

- 1) Within the past 12 months, we worried whether our food would run out before we got money to buy more
 - Often true
 - 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
 - Sometimes true
 - Never true
 - Don't Know/Refused


How do I ask if someone needs food assistance?


Known as the “Hunger Vital Signs” the two validated food insecurity questions are:

- 1) Within the past 12 months, were you or anyone in your household ever hungry, or did you or anyone in your household have to eat less than you wanted because there wasn't enough money for food?

If any of the bolded answers are checked, it is a positive screen

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- **Often true**
 - **Sometimes true**
 - Never true
 - Don't Know/Refused

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- 

How do I ask if someone needs food assistance?

- The Hunger Vital Signs are an important place to start and are often useful for screening before seeing the patient
- Remember that families may fear admitting that they do not have enough food as they think that CPS will get involved for neglect
- It often helps to establish rapport and inquire again about whether they need any food from the food bank, etc.

Health Effects of Food Insecurity in Kids

- Alterations to growth parameters
 - Difficulty Gaining Weight
 - Obesity
 - Poor growth
- Increased Iron Deficiency Anemia
- Increased Dental Caries

Health Effects of Food Insecurity in Kids

- Increased frequency of illness
- Slower recovery from illness
- Higher rates of hospital admissions
- Inappropriate feeding practices

Long Term Health Effects of Childhood Food Insecurity

- Higher rates of chronic disease in adulthood
 - Type 2 Diabetes
 - Hyperlipidemia
 - Cardiovascular Disease

Developmental Impacts of Food Insecurity

- Children ages 4-36 months who are food insecure are more likely to suffer from developmental delays
- Associated with impairment in:
 - Fine & gross motor skills
 - Language development
 - Social development
 - Impulse control
 - Ability to self regulate

Impacts of Food Insecurity on Mental Health

- Dysregulated behavior, aggressive behaviors and emotional distress
- Increased rates of ADHD, Anxiety, Depression
- Adolescents show increased anxiety, dysthymia, depression
- Increased rates of suicidal ideation & suicide attempts

Academic Impacts of Food Insecurity

- More likely to repeat a grade, have lower IQs
- Lower achievement in math and reading
- Preschoolers with poorer self-control & interpersonal skills

So how can I help...?

- Start by screening consistently and remember you will never be able to predict who is going to be food insecure
- Know the resources available to help and how to get your patients hooked into these services
 - Food banks meet an immediate need
 - SNAP and WIC provide longer term, consistent access to nutrition

Federal Food Support Programs

- Women, Infants & Children Supplemental Nutrition Program (WIC)
- Supplemental Nutrition Assistance Program (SNAP)

WIC Eligibility Criteria

- Women, Infants & Children Supplemental Nutrition Program
 - Pregnant Women
 - Breastfeeding Women
 - Infants
 - Children <5 years old
- Household income <185% federal poverty level
 - 2018 Federal Poverty Level is \$25,100 for family of 4
 - Calculated by cost of feeding family for 1 year x 3
- Member of the family who receives KTAP
- Pregnant women and/or infant who receives Medicaid

WIC Eligibility Criteria

Household Size	Annual Income
1	\$21,978
2	\$29,637
3	\$37,296
4	\$44,955
5	\$52,614

WIC

- Nutritional education & services
- Breastfeeding promotion & education
- Monthly prescription of nutritious foods
- Access to healthcare services

WIC

- Studies show WIC is effective in improving and protecting the health and nutrition status of low income women, infants & children
- 1988 USDA Report on >100,000 women receiving prenatal WIC benefits had
 - Longer Pregnancies & Fewer Premature Births
 - Lower incidence of moderately low and VLBW infants
 - Fewer Infant Deaths
 - Greater likelihood to obtain prenatal care
 - Children of these mothers have higher vocabulary scores

WIC

- Children on WIC have:
 - Higher intake of iron, vitamin C, thiamine, niacin, B6 without increase in food energy intake
 - Decrease in iron deficiency anemia from 7.8% → 2.8% from 1979 to 1985
 - Children enrolled in WIC have higher immunization rates & increased receipt of routine medical care

WIC

- What kinds of foods do you get on WIC
 - Dried Beans & Peanut Butter
 - Eggs
 - Cereals
 - Milk & Cheese
 - Juices
 - Fruits & Vegetables
 - Iron Fortified Infant Formula

WIC

- Electronic Benefits Card (EBT)
- How does EBT card work?
 - Preloaded with dollar amount for WIC holder
 - Only applied to eligible foods, tax free



SNAP/Food Stamps

- Who is eligible?
 - US Citizens, some legal foreign residents
 - If between 18-59, must register for, look for & accept work
 - Households must have <\$2,000 cash assets
 - Does not include house, cars, contents of house or personal belongings
 - Income stipulations dependent on # of household members
 - Can deduct rent, utilities, child support, babysitting costs & medical expenses for some elderly household members

SNAP

- How to apply?
 - Call DCBS to start application (855-306-8959)
 - Go to benefind.ky.gov and complete online application
 - Fill out paper application which can be obtained at Family Support Centers across the city
 - There are people available to assist with completing application if issues arise.
- Families will have to have interview prior to being granted SNAP benefits and have periodic interviews for continued benefits
- Will find out within 30 days of submitting application whether approved for benefits.

SNAP

- Funds transferred monthly onto same EBT card as WIC
- Foods purchased with EBT funds are tax exempt
- Under certain circumstances, may be able to access benefits within a few days
 - 1. Monthly rent/mortgage + utilities > gross income
 - 2. Monthly income <\$150 + <\$100 in bank
 - 3. Household members are destitute migrant or seasonal farm workers
- Nutritional education available through SNAP-ed program

SNAP

- What is NOT covered on SNAP benefits?
 - Ready to eat hot foods (i.e. fast foods)
 - Tobacco
 - Alcohol
 - Soap & other household products
 - Diapers
 - Medicine
 - Non-food items
- Can use for seeds & plants to grow your own food

Community Programs

- Free & Reduced School Lunch Program
 - Community Eligibility Program
 - Schools in high poverty areas can offer free breakfast & lunch
 - If not in one of those schools, eligibility based on family income and size
 - Breakfast is available for these students as well
 - Meals available through JCPS throughout the summer (JCPS Summer Meals Sites) or emergencies
- Can help patient identify local charities/non-profits that provide food assistance
 - Dare to Care food pantries
 - Blessings in a Backpack

Daretocare.org



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Food Bank

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need
food?

don't
need



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Find Assistance Near You

Enter address, city or zipcode...

SEARCH



Distribution Center



Kids Cafe



Mobile Pantry



Pantry



Soup Kitchen



Bethlehem Baptist Church

5708 Preston Highway ~0.91 mi

Opens on 10/7/2019, 9:00:00 AM



Newburg Community Action Center

4810 Exeter Avenue ~2.01 mi

Opens on 10/7/2019, 9:00:00 AM



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