



Food Insecurity in Indian Country: A Case Study Approach

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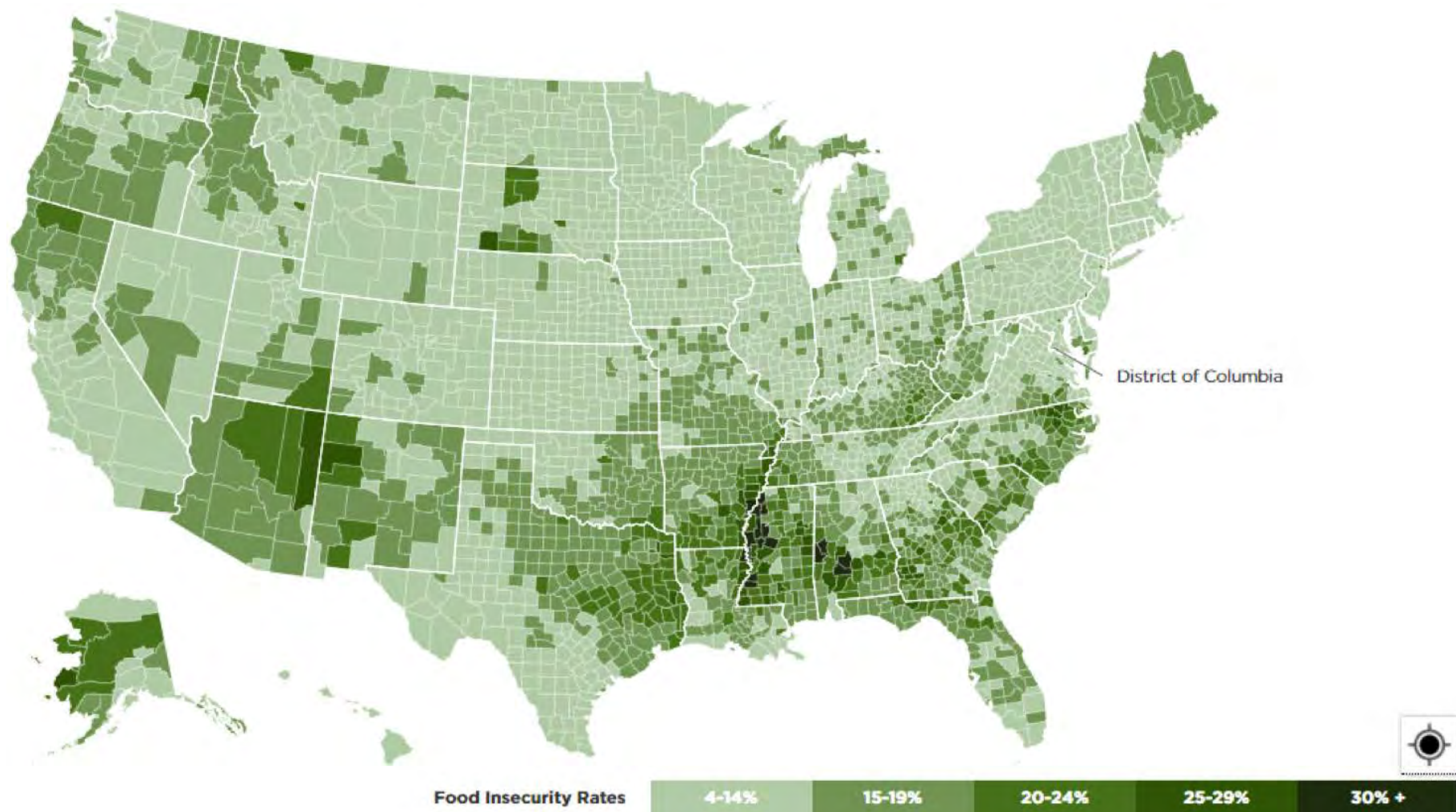
Food Security Defined

| Label | Formerly known as | Defined as |
|------------------------|--------------------------------|--|
| High Food Security | Food Security | No reported indications of food-access problems or limitations |
| Marginal Food Security | Food Security | <ul style="list-style-type: none">• One or two reported indications – typically anxiety over food sufficiency or shortage of food in the house• Little or no indication of changes in diet or food intake |
| Low Food Security | Food insecurity without hunger | <ul style="list-style-type: none">• Reports of reduced quality, variety, or desirability of diet• Little or no indication of reduced food intake |
| Very Low Food Security | Food insecurity with hunger | Reports of multiple indications of disrupted eating patterns and reduced food intake |

Source: USDA Economic Research Service: <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx#ranges>



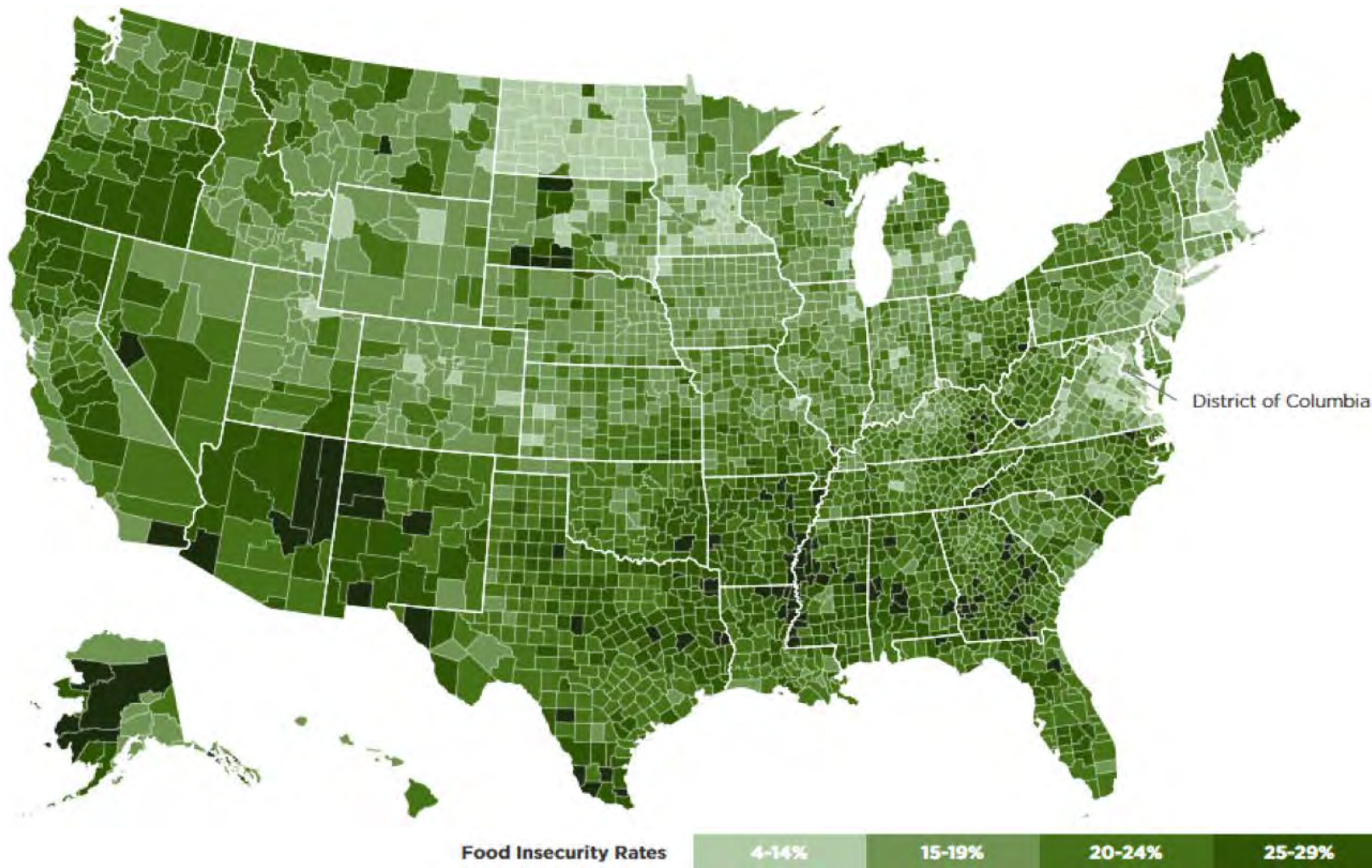
Food Insecurity in US – Overall 2015



Source: <http://map.feedingamerica.org>



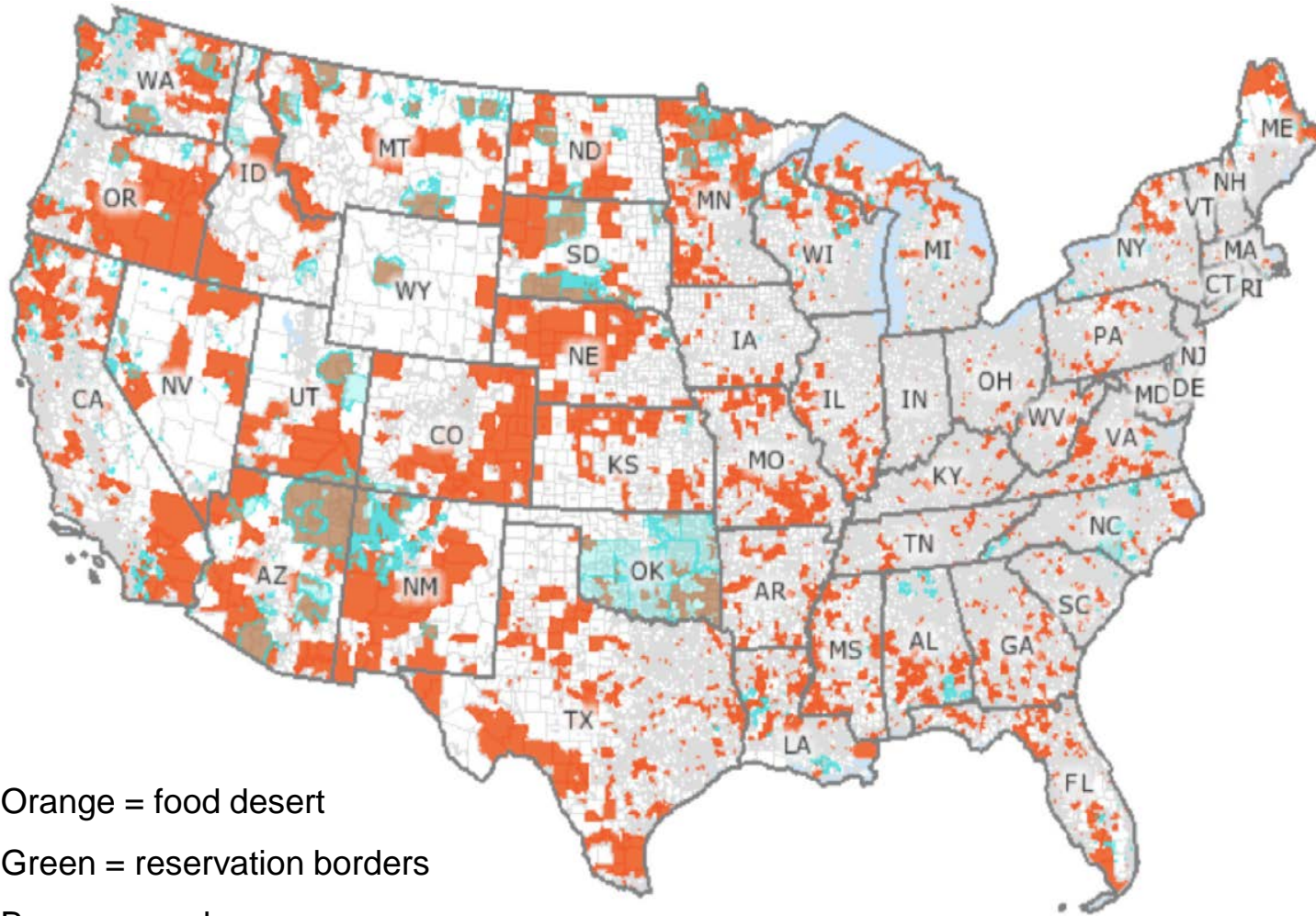
Food Insecurity in US – Children 2015



Source: <http://map.feedingamerica.org>

Food Deserts in Indian Country

Location of food deserts and AI reservations in contiguous US



Orange = food desert

Green = reservation borders

Brown = overlap

Source: Food desert by Census tract: US Department of Agriculture, Economic Research Service



Understanding Food Insecurity



Risk Factors

- Financial
 - Low, inconsistent or lost income
 - Recent job loss or reduction in hours
 - Inadequate SNAP allotment or access to government food programs
- Senior citizens
- Single-parent homes
- Drug and alcohol dependency
- Uninsured or underinsured with a medical illness

More Likely

- At the end of the month
 - SNAP or income may have run out
- Important to consider when taking a diet history
- Holiday seasons
- Birthdays, life-cycle rituals
- Feast Days
- Ceremonies
- Summer
- Seasonal bills
- Competing housing and medical costs



Health Impacts of Food Insecurity (1)



Children and Adolescents

- Chronic health/behavior issues
- Asthma
- Iron-deficiency anemia in infants and toddlers
- Greater chance of being hospitalized
- Greater developmental risk
- Low birth weight
- Higher anxiety and depression
 - Suicide in adolescents



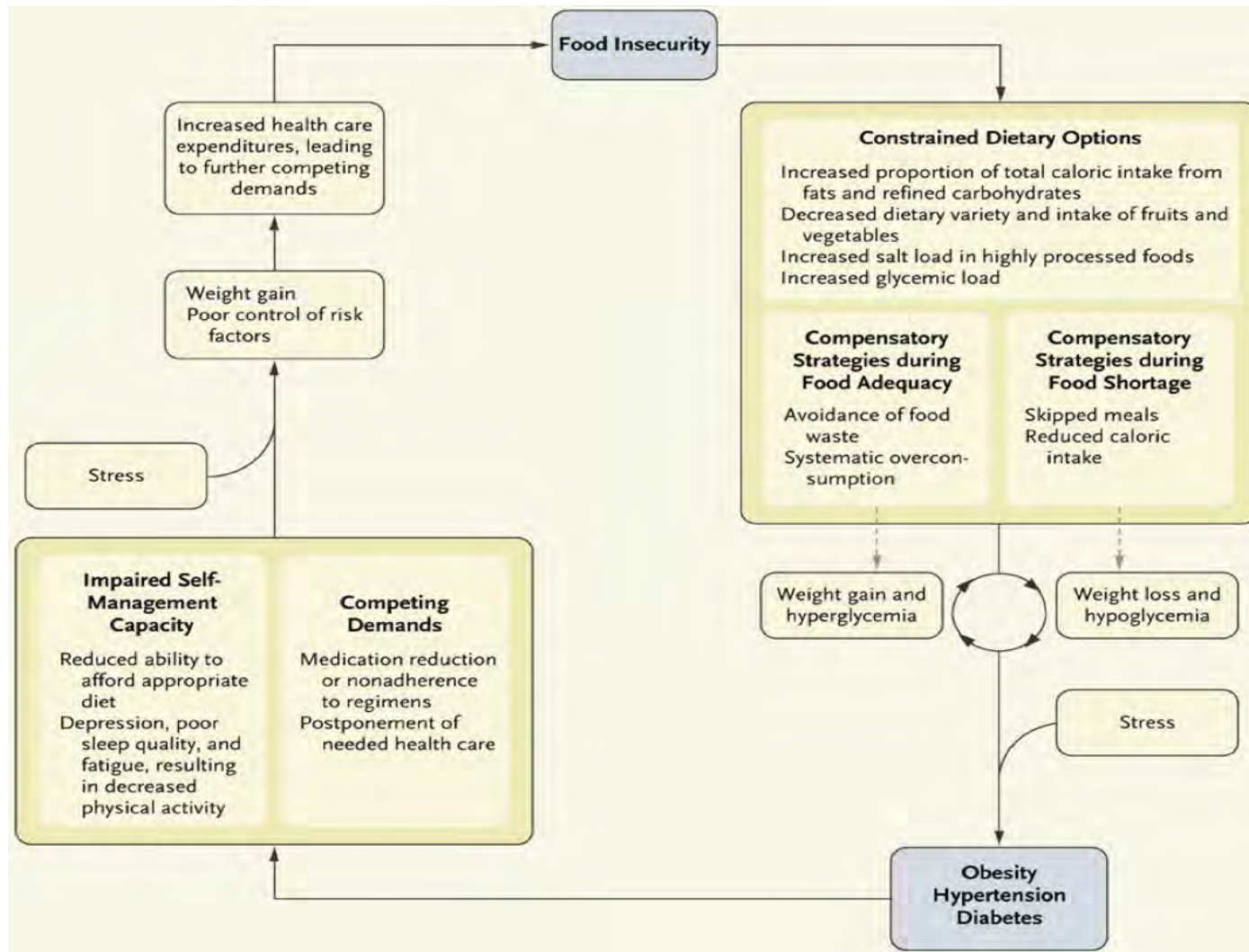
Health Impacts of Food Insecurity (2)



Adults

- Diabetes
- Asthma
- Cardiovascular disease
- Cancer
- Obesity
- Depression and mental illness
- Chronic/toxic stress
- Medication underuse
- Tobacco use
- Exposure to violence

Cycle of Food Insecurity and Chronic Disease



- Hilary K. Seligman, MD and Dean Schillinger, "Hunger and Socioeconomic Disparities in Chronic Disease," *The New England Journal of Medicine* 363 (2010): 6–9
- <http://www.nejm.org/doi/full/10.1056/NEJMp1000072>



Policy, Systems, and Environmental (PSE) Change Approaches

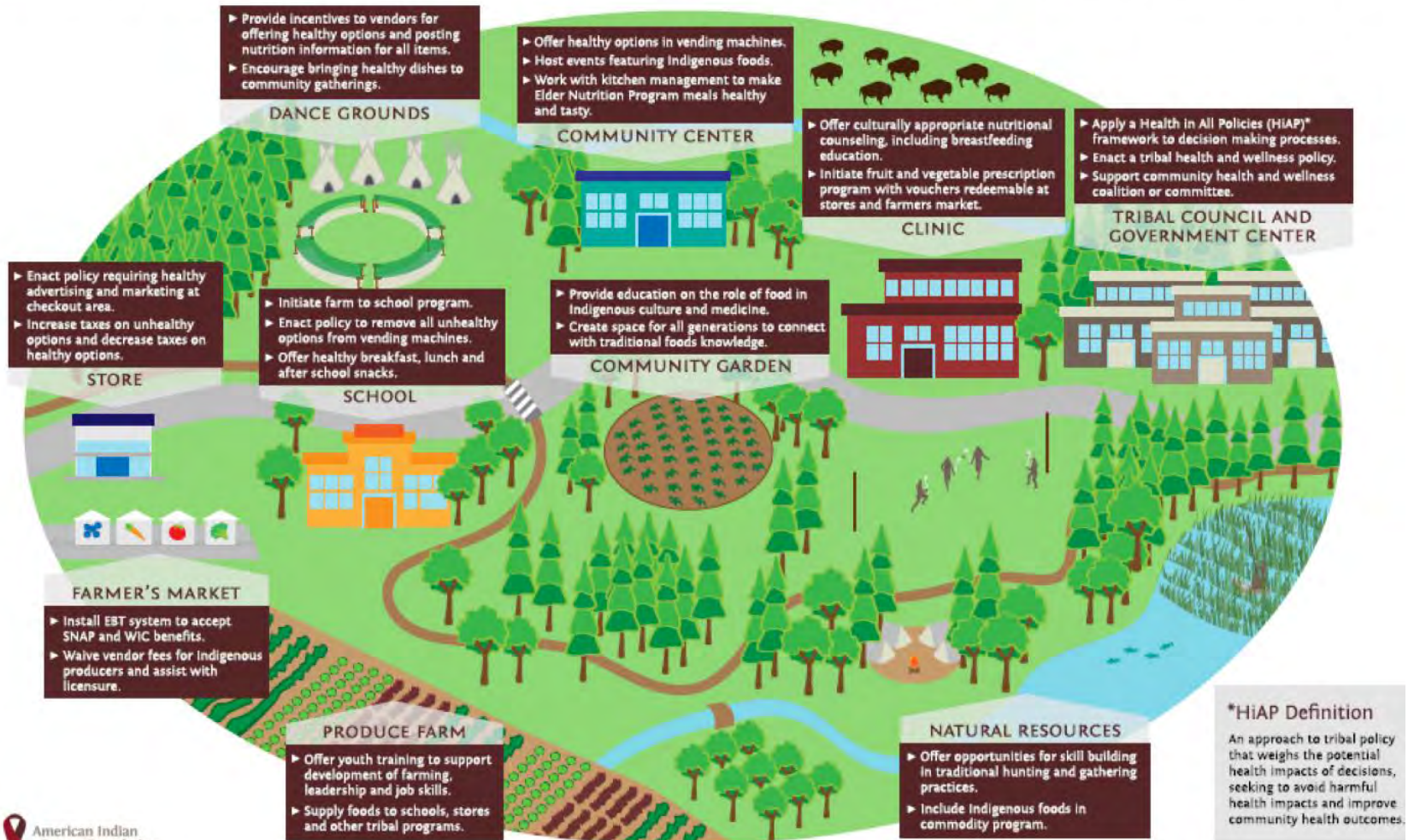
Supporting healthy eating patterns in multiple settings, from home to school to work, to the communities in which people live, learn, work, shop, worship, and play

- **Policy** is a written statement of an organizational position, decision, or course of action. Ideally policies describe actions, resources, implementation, evaluation, and enforcement.
- **Systems** changes are unwritten, ongoing, organizational decisions or changes that result in new activities that alter how the organization or network of organizations conducts business.
- **Environmental** includes changes to the built or physical, economic, social, normative or message environments.

Healthy Eating for Strong Native Communities

PROMOTING INDIGENOUS HEALTH

- ▶ **Indigenous Foods:** foods native to local area.
- ▶ **Healthy Options:** water, fruits, vegetables, whole grains, lean proteins, unprocessed foods.
- ▶ **Unhealthy Options:** sugary drinks and processed foods high in sugar, sodium and saturated fat.



School and Early Care and Education (ECE) Settings

- National School Lunch Program
- School Breakfast Program
- Child and Adult Care Food Program
- Summer Food Service Program
- Fresh Fruit and Vegetable Program
- Initiate Farm to School Program
- Enact policy to remove all unhealthy options from vending machines
- Offer healthy breakfast, lunch, and after-school snacks



Community Center

- Supplemental Nutrition Assistance Program (SNAP)
- Food Distribution Program on Indian Reservations (FDPIR)
- SNAP-Ed
- Older Americans
- Commodity Supplemental Food Assistance Program
- Congregate Dining
- Home-delivered Meals
- Offer healthy options in vending machines.
- Host events featuring Indigenous foods.
- Work with kitchen management to make Elder Nutrition Program meals healthy and tasty.



Community Garden

- Provide education on the role of food in Indigenous culture and medicine.
- Create space for all generations to connect with traditional-foods knowledge.



Farmer's Market

- Install EBT system to accept SNAP and WIC benefits.
- Waive vendor fees for Indigenous producers and assist with licensure.



Dance Grounds

- Provide incentives to vendors for offering healthy options and posting nutrition information for all items.
- Encourage bringing healthy dishes to community gatherings.



Natural Resources and Produce Farm



Natural Resources:

- Offer opportunities for skill building in traditional hunting and gathering practices.
- Include Indigenous foods in commodity programs.



Produce Farm:

- Offer youth training to support development of farming, leadership, and job skills.
- Supply foods to schools, stores, and other tribal programs.

Food Retail

- Enact policy requiring healthy advertising and marketing at checkout area.
- Increase taxes on unhealthy options and decrease taxes on healthy options.





Tribal Council and Government Center



- Apply a Health in All Policies (HiAP) framework to decision-making policies.
 - (HiAP is an approach to tribal policy that weighs the potential health impacts of decisions, seeking to avoid harmful health impacts and improve community outcomes.)
- Enact a tribal health and wellness policy.
- Support community health and wellness coalition or committee.

“Right to healthy and culturally appropriate food produce through local, sustainable ways and the right of people to define their own food and agriculture systems”



Clinic

- Offer culturally appropriate nutritional counseling, including breastfeeding education.
- Initiate fruit and vegetable prescription program with vouchers redeemable at stores and farmers market.





Meet the Bird Family



Michelle



- 44 years old
- Family history of heart disease, diabetes
- Presents to clinic with frequent headaches
- Blood pressure is 150/90
- Doctor recommends lifestyle changes
- **Referral to Health Educator/Dietitian/Nurse**
- Works as a home health aid
- Three children (ages 4, 8, 14)
- Recently separated from husband, moved in with mother
- Recent reduction in work hours



Food Insecurity Assessment Tool and Resource List



- Produced by the IHS Division of Diabetes Treatment and Prevention, 2015
- Available at <https://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Resources/InstantDownloads/FoodInsecurityAssessTool.pdf>

- The following is a sample from the form:

To help your patients and clients improve their health, it is important to understand food insecurity and provide them with resources to get more healthy food.

When patients/clients and their children cannot get enough healthy food, they have food insecurity. They:

- Are at greater risk for being emotionally distressed.
- Eat less expensive foods which are often unhealthy.
- Have little choice over what kinds of food to buy or receive for free, making it difficult or impossible to eat balanced meals.
- Have periods when they don't eat, then overeat when food is available. If they have diabetes, this makes it very difficult to manage blood sugar.
- Have a greater risk for being overweight or obese.
- Are more likely to get diseases like diabetes.



Screening

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

Answer Options:

- Often True
- Sometimes True
- Rarely True
- Never True

If the answer is either “Often True” or “Sometimes True” for either statement, it is likely that the person is experiencing food insecurity.



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Event capture:

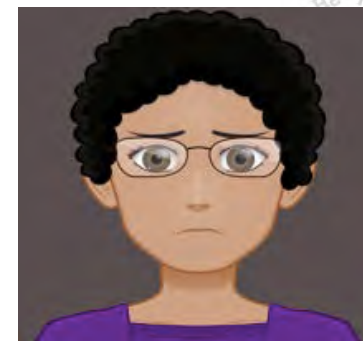
- **Lack of adequate food and safe drinking water**
- Billable/specific ICD-10-CM code that can be used to indicate a diagnosis for reimbursement purposes.

What you don't see...



Ella – Michelle's Mom

- 72 years old
- Active in community
 - Attends Senior Center fitness classes
- Low monthly income from social security benefits
- Food budget has been impacted due to recent deaths in community
- She's concerned about how she's going to take care of her daughter and her daughter's family
- **The fitness specialist notices that Ella has a decrease in energy during classes.**



Michelle's Children



James

- 14 years old
- Plays JV basketball
- Trying to make new friends
- **The coach notices that James doesn't have snacks or money for food during away games.**



Max

- 8 years old
- Attends Boys & Girls Club
- Interested in community garden
- **The B&G Club staff see Max take extra snacks, especially on Fridays.**



Mariah

- 4 years old
- Attends Head Start program
- Quiet and shy
- **Mariah regularly asks for seconds and thirds.**



What do you do?

Possible Interventions – Ella

(Michelle's Mom)



- Fitness Specialist:
 - Check in with her privately to see how things are going at home
 - Ask about her food situation and if there have been any changes in her food budget or meals
 - Connect her with a food advocate, such as a dietitian, nurse, health educator, or Community Health Representative (CHR)

Possible Interventions – Michelle

Food advocate:

- Connect her with food resources in the community
 - Reduced or free meals application for kids' school meals
 - Supplemental Nutrition Assistance Program (SNAP) Benefits
 - Food Distribution Program
 - Clinic Food Pantry
 - Tribal Programs
 - Local Food Banks



How do you begin to identify the layers of resources?



Tools for Educators and Clinicians

Where to Get Food Assistance in This Community

Community Name: _____ Date: _____

Not having enough food for yourself and your family is stressful. Lack of good food makes it difficult to provide nutritious meals that help children grow and adults stay healthy. The thought of not having enough food can make you worry.

There are resources to help. If you need food assistance, please don't wait to contact the programs on this list. They can help you get the food you need for yourself and your family.*

| Program Name | Contact Name | Contact Number | Other Important Information (Location, Who Can Qualify, Hours, etc.) |
|--|--------------|----------------|--|
| SNAP - Supplemental Nutrition Assistance (Food Stamps) | | | |
| Food Distribution (Commodities) | | | |
| Women, Infants, and Children (WIC) | | | |
| School Lunch and Breakfast Program | | | |
| Summer Food Service Program for Children | | | |
| Senior Center | | | |
| Meals on Wheels | | | |
| Tribal Food Program | | | |
| Farmers Markets | | | |
| Community Gardens | | | |
| Food Bank / Food Pantry | | | |
| "Mobile Grocery Store" Truck | | | |
| Church / Place of Worship | | | |
| Social Services | | | |
| | | | |

*Check with the program to see if you qualify to get food.

• Where to Get Food Assistance in This Community form

- Second page of the **Food Insecurity Assessment Tool and Resource List**

- Download at <https://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Resources/InstantDownloads/FoodInsecurityAssessTool.pdf>

Food Assistance Sheet Tips

- Keep sheet updated
- Normalize the situation
- Get to know internal and external resources
- Collaborate with local programs
 - Tribal programs
 - Extension programs
 - Food Distribution Programs

Where to Get Food Assistance in This Community

Community Name: Plainsville (Catawba tribe of tribal)

Not having enough food for yourself and your family is stressful. Lack of good food makes it difficult to provide nutritious meals that help children grow and adults stay healthy. The thought of not having enough food can make you worry.

There are resources to help. If you need food assistance, please don't wait to contact the programs on this list. They can help you get the food you need for:

| Program Name | Contact Name | Contact Number |
|--|--------------|----------------|
| SNAP (Supplemental Nutrition Assistance) (Food Stamps) | | 406-873-1231 |
| Food Distribution (Commodities) | Peter | 406-873-1231 |
| Women, Infants, and Children (WIC) | Diana | 406-873-1231 |
| Relief Lunch and Breakfast Program | Cheryl | 406-873-1231 |
| Summer Food Service Program for Children | Garrett | 406-873-1231 |
| Senior Center | Cheryl | 406-873-1231 |
| Meals on Wheels | Jane | 406-873-1231 |
| Tribal Food Program | Garrett | 406-873-1231 |
| Farmers Markets | | 406-873-1231 |
| Community Gardens | | 406-873-1231 |
| Food Bank / Food Pantry | | 406-873-1231 |
| "Mobile Grocery Store" Truck | | 406-873-1231 |
| Church / Place of Worship | | 406-873-1231 |
| Social Services | | 406-873-1231 |

*Check with the program to see if you qualify to get food

Produced by the IHS Division of Diabetes Treatment and Prevention. 2019. To learn more, go to www.IndianHealth.gov and search "Food Assistance". Back to the upper right corner of the last page.



Where to Get Food Assistance in This Community

Community Name: RENSSELAIR NATION

Not having enough food for yourself and your family is stressful. Lack of good food makes it difficult to provide nutritious meals that help children grow and adults stay healthy. The thought of not having enough food can make you worry.

There are resources to help. If you need food assistance, please don't wait to contact the programs on this list. They can help you get the food you need for yourself and your family.

| Program Name | Contact Name | Contact Number | Other Important Information (Location, Who to Contact, Hours, etc.) |
|--|--------------|----------------|--|
| SNAP (Supplemental Nutrition Assistance) (Food Stamps) | Sharon | 607-438-8888 | SNAP provides food assistance for people to use at their local grocery store. |
| Food Distribution (Commodities) | Michelle | 607-438-8888 | Food Distribution (Commodities) provides food assistance for people to use at their local grocery store. |
| Women, Infants, and Children (WIC) | Margaret | 607-438-8888 | WIC provides food assistance for pregnant women and children under the age of 5. |
| School Lunch and Breakfast Program | Eric | 607-438-8888 | Contact the Food Service Director at the school. |
| Summer Food Service Program for Children | Eric | 607-438-8888 | Contact the Food Service Director at the school. |
| Senior Center | Teresa | 607-438-8888 | |
| Meals on Wheels | Michelle | 607-438-8888 | |
| Mobile Grocery Store Truck | Michelle | 607-438-8888 | |
| Church / Place of Worship | Michelle | 607-438-8888 | |
| Social Services | Michelle | 607-438-8888 | |

*Check with the program to see if you qualify to get food

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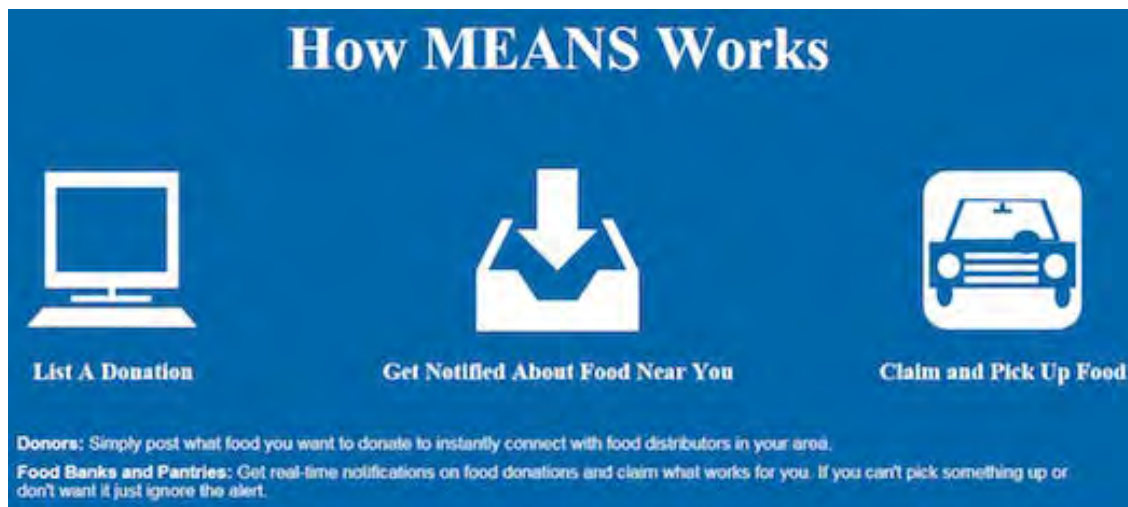
Emerging Approaches

MEANS Database

Matching Excess and Need for Stability

How MEANS Works

- An online platform and app for food pantries and the donors
- Donors: List a donation
- Food Banks and Pantries: Get notifications on nearby food donations
 - Claim and pick up food when possible, otherwise ignore the alerts
- Learn more at <https://www.meansdatabase.com/>



Addressing Food Insecurity: A Toolkit for Pediatricians

- **Prepare:** Educate, train, follow AAP recommendations, incorporate screening info, show sensitivity
- **Screen:** Use the AAP-recommended Hunger Vital Sign
- **Intervene:** Administer appropriate interventions, connect patients to resources, document and track interventions, support advocacy and efforts to end childhood food insecurity
- Learn more and find tools at <http://frac.org/aaptoolkit>.



| Prepare | Screen | Intervene |
|--|--|--|
| <p>Educate and train staff on food insecurity and the need for universal screening</p> <p>Follow AAP's recommendation of screening at scheduled check-ups or sooner, if indicated</p> <p>Incorporate food insecurity screening into the institutional workflow</p> <p>Show sensitivity when screening for food insecurity</p> | <p>Use the AAP-recommended Hunger Vital Sign™</p> <p>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</p> <p>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</p> <p>Patients screen positive for food insecurity if the response is "often true" or "sometimes true" for either or both statements</p> <p>Document and code the administration and results of screening in medical records</p> | <p>Administer appropriate medical interventions per your protocols</p> <p>Connect patients and their families to the federal nutrition programs and other food resources</p> <p>Document and track interventions in medical records</p> <p>Support advocacy and educational efforts to end childhood food insecurity</p> |





American Academy of Pediatrics
For more information, visit: <http://www.frac.org/aaptoolkit>
FRAC
Food Research & Action Center

Federal Nutrition Programs and Emergency Food Referral Chart

USDA National Hunger Hotline

1-866-3-HUNGER/866-348-6479 or 1-877-8-HAMBRE/877-842-6273

Monday through Friday (8 a.m. to 8 p.m. ET)

| Age of Patient | Name of Program | How It Works | Who Can Apply | Learn More |
|--|---|--|---|--|
| All ages  | Supplemental Nutrition Assistance Program (Also known as SNAP, formerly known as Food Stamps) Note: Program may be called something else in your state | Monthly benefits to purchase food at grocery stores, farmers' markets, and food retail outlets across the country that accept SNAP Benefits loaded onto an EBT card (much like a debit card) The average benefit is about \$31 for the week – or about \$1.47 per person, per meal | Gross income typically at 130% of the federal poverty level but can be higher in some states ¹ Asset tests may apply in some states ² Many low-income employed individuals | National resources: Call the SNAP information line at 1-800-221-5689 for information on how to apply in your state Online application for SNAP available for residents in 42 states: http://www.fns.usda.gov/snappolicy Local resources: |
| Pregnant, postpartum, and breastfeeding women; infants; children up to age five  | The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) | Nutritionally tailored monthly food packages (worth approximately \$50/month) that families redeem in grocery and food stores that accept WIC Breastfeeding support, nutrition services, screening, immunization, and health referrals | Low-income pregnant, breastfeeding, and postpartum women, and infants and children up to age five deemed nutritionally at risk by a health care professional Income eligibility typically at or below 185% of the federal poverty level ¹ Families on Medicaid | State resources: Contact your state's WIC agency (http://www.fns.usda.gov/wic/contact) for information on local WIC service sites Screen patients for WIC eligibility with a customized state tool: http://www.fns.usda.gov/snapscreeningtool Local resources: |
| Typically, children up to age five  | Child and Adult Care Food Program (CACFP) | 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 Updated nutrition standards in 2016 means healthier meals | Children attending eligible child care centers and homes; Head Start; and Early Head Start | State resources: Contact the state Department of Education for participating child care centers and homes Contact child's day care provider to see availability of free meals through CACFP Local resources: |
| Children K-12  | National School Lunch Program and School Breakfast Program | Free, reduced-price, or paid school meals in participating schools Updated meal patterns feature more whole grains, 0 grams of trans fat per portion, appropriate calories by age, more fruit, and reduction of sodium | Children of families at low or moderate income levels can qualify for free or reduced-price meals 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 | Contact child's school to see availability of free breakfast and lunch and application process, if any Contact the state Department of Education for a list of participating schools Local resources: |

Learn more at <http://frac.org/aaptoolkit>



Farm Bill 2018

- SNAP and SNAP-Ed
- Expanded Food and Nutrition Education Program (EFNEP)
- Food Distribution Program on Indian Reservations (FDPIR)
- Native Farm Bill Coalition:
<http://seedsofnativehealth.org/native-farm-bill-coalition/>
- Academy of Nutrition and Dietetics:
<https://www.eatrightpro.org/advocacy/legislation/all-legislation/farm-bill>



Resources

- First Nations Nourishing Native Foods & Health: <https://firstnations.org/programs/foods-health>
- American Indian Cancer Foundation, Healthy Native Foods: <https://www.americanindiancancer.org/healthynativefoods>
- Seeds of Native Health: <http://seedsofnativehealth.org/>
- American Academy of Pediatrics Food Insecurity Toolkit: <http://frac.org/aaptoolkit>
- Feeding America: <https://hungerandhealth.feedingamerica.org/>