



WHY SCREEN PATIENTS FOR FOOD INSECURITY & INTERVENE ?

- ✓ 27.3% of Oregon children and their families are food insecure, which increases risks for developmental, academic and emotional problems and a weakened immune system.
- ✓ Food insecurity significantly increases likelihood of adult chronic disease, & depression, but 60 % of people over 60 eligible for SNAP (Food Stamps), don't get this support.
- ✓ Family or personal crisis precipitating food insecurity happens to all types of people and may be well hidden.
- ✓ Screening for food insecurity provides valuable information to health care providers improving both diagnosis and treatment.
- ✓ Many people don't know the current resources available to them. In some Oregon counties the number of all people eligible for SNAP but not receiving it, is 42% & food pantries are unknown to many.
- ✓ Incomes have been flat or declined in the last 20 years while food prices have soared 58%.

HOW SHOULD WE DO IT ?

- ✓ There are two simple, nationally validated and widely-used questions, available in multiple languages, which experience has shown are best provided in writing and can be added to patient check-in materials or included in a broader health assessment.

HOW DO WE RESPOND TO PATIENTS WHO SCREEN POSITIVE ?

- ✓ The Oregon Food Bank provides a simple, constantly updated resource handout which can be part of an after visit summary and is available in many languages. Also provided are best practices and options for incorporating the screening into your workflow, EHR system and staffing plan. Free training is offered for staff, interns or volunteers that will help patients screening positive to navigate the resources.
- ✓ The resource material includes free food sources and several healthy shopping, cooking & eating, education options designed for people with limited incomes.
- ✓ Track screenings & results with the most commonly used ICD-9 or 10 codes.

"We love this screening & intervention because our patients love it! We feel steps have been taken to improve the situation when patients leave the clinic!" - Kate Norman, clinic manager, Women's Health Assoc.

FOR MORE INFORMATION CONTACT: Lynn Knox, 503-853-8732 or lknox@oregonfoodbank.org



The Screen and Intervene Program launched following a 2013 pilot at OHSU coordinated by members of the Childhood Hunger Coalition, a group of health professionals and nutrition activists. Learn more & take the free CME course, www.childhoodhunger.org.



Screen for Food Insecurity

Suggested Questions: (any patient answering either question with a 1 or 2 response is considered food insecure)

For each statement, please tell me whether the statement was “often true, sometimes true, or never true” for your household:

A. “Within the past 12 months we worried whether our food would run out before we got money to buy more.” 1. *often true* 2. *sometimes true* 3. *never true* 4. *don’t know, or refused*

B. “Within the past 12 months the food we bought just didn't last and we didn't have money to get more.” 1. *often true* 2. *sometimes true* 3. *never true* 4. *don’t know, or refused*



**NOT ENOUGH FOOD FOR YOUR FAMILY?
NEED HELP COOKING/SHOPPING FOR
HEALTHY FOOD ON A BUDGET?**

You might qualify for SNAP (Supplemental nutritional Assistance Program, formerly known as Food Stamps)

- Go to <http://www.oregon.gov/dhs/assistance/pages/foodstamps/foodstamps.aspx> or call 211*

If you are pregnant or have children under five, you may qualify for WIC (The Special Supplemental Nutrition Program for Women, Infants, and Children)

- Go to <http://jacksoncountyor.org/hhs/Public-Health/Women-Infants-and-Children>
Or call 541-774-8203 and schedule an appointment

If you are a senior 60+, you may qualify for a senior food program.

- Call Peggy at 541-774-4309

Most farmer's markets accept SNAP & WIC vouchers, several will match/add to SNAP dollars so you can buy more!

- <http://rvgrowersmarkets.com/> (find market near you that takes SNAP/WIC/Senior Direct

There may be a food pantry in your neighborhood where you can get a box of food for free!

- Go to <http://www.accesshelps.org/Page.asp?NavID=420> or call 541-774-4336

Summer meals for kids

- Go to <http://www.summerfoodoregon.org/> or call 211*

Volunteer, learn how to garden and take some produce home with you!

- Call Nan at 541-531-7397 or go to <http://www.panniessecretgarden.org/#!about-us/c1z49>
- ACCESS Food Share Gardens, 541-779-6691 ext. 309

Learn to cook healthy food and shop on a budget (Cooking Matters)

- Contact Robin at 541-690-3989

For more nutrition information & low-cost healthy recipes visit: <https://www.foodhero.org/>

***What is 211?** 211 is a free multi-lingual phone or online service for the purpose of providing easy access to information about health, human services and employment assistance. They constantly update information. Professional Information and Referral Specialists work with callers to assess their needs, determine their options and provide appropriate programs/services, give support, intervene in crisis situations, and advocate for the caller as needed.