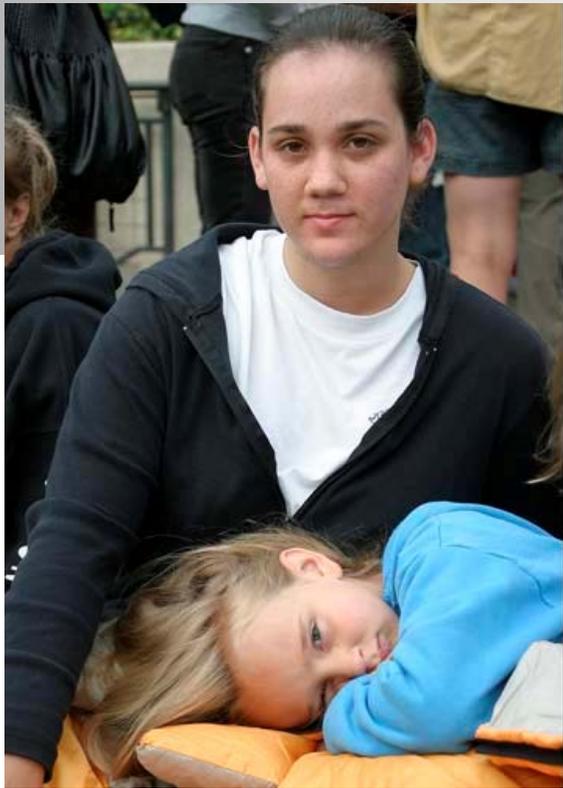


Food insecurity in Oregon



Childhood
Hunger
COALITION 

Cheryl Alto MS, RD
Oregon WIC

October 9 2014

Oregon State UNIVERSITY | Extension Service

Childhood Hunger Coalition Mission



**Childhood
Hunger**
COALITION 

The Childhood Hunger Coalition works to eliminate public health problems arising from childhood hunger.

Our interdisciplinary collaborative educates, conducts research and advocates to link food security and health outcomes.

www.childhoodhunger.org

- <https://vimeo.com/92190370>

vimeo

Me Videos Create Watch Tools Upgrade Upload

Search



THE LEXICON OF
SUSTAINABILITY

Food Security

from **lexicon of sustainability** PRO 5 months ago NOT YET RATED

Food security spectrum



Enough of the right kinds of food.....hungry

food quality

food sufficiency

Research Questions 2007, 2009

- To what extent do Oregon physicians and nurse practitioners monitor food insecurity?
- What factors influence monitoring of the condition?

Study partners:

OSU Extension
Oregon Food Bank
Providence Health System
OHSU
Kaiser Permanente
Oregon Hunger Task Force
(2007)



ELSEVIER

Preventive Medicine

journal homepage: www.elsevier.com/locate/ypmed



Health care providers' attention to food insecurity in households with children

A.T. Hoisington ^a, M.T. Braverman ^{b,*}, D.E. Hargunani ^c, E.J. Adams ^d, C.L. Alto ^e

^a School of Biological and Population Health Sciences and OSU Extension Service, Oregon State University, Corvallis, OR, USA
^b School of Social and Behavioral Health Sciences and OSU Extension Service, Oregon State University, Corvallis, OR, USA
^c Doernbecher Children's Hospital, Oregon Health and Science University, Portland, OR, USA
^d Public Health and Preventive Medicine, Oregon Institute on Disability and Development, Oregon Health and Science University, Portland, OR, USA
^e Office of Family Health, Nutrition and Health Screening (WIC) Program, Oregon Health Authority, Public Health Division, Portland, OR, USA

ARTICLE INFO

Available online 16 June 2012

ABSTRACT

Objective. To determine the extent to which physicians and nurse practitioners monitor household food insecurity (FI) of families with children, and to examine factors that influence FI monitoring.

Continuing Education

“Childhood Food Insecurity: Hunger Impacts, Screening and Intervention”:

<http://ecampus.oregonstate.edu/hunger/>

- Prevalence and predictors
- Food access and food choices
- Relationship to health/development
- Intervention strategies

CONTINUING MEDICAL EDUCATION



**Childhood Food Insecurity:
Health Impacts, Screening & Intervention**

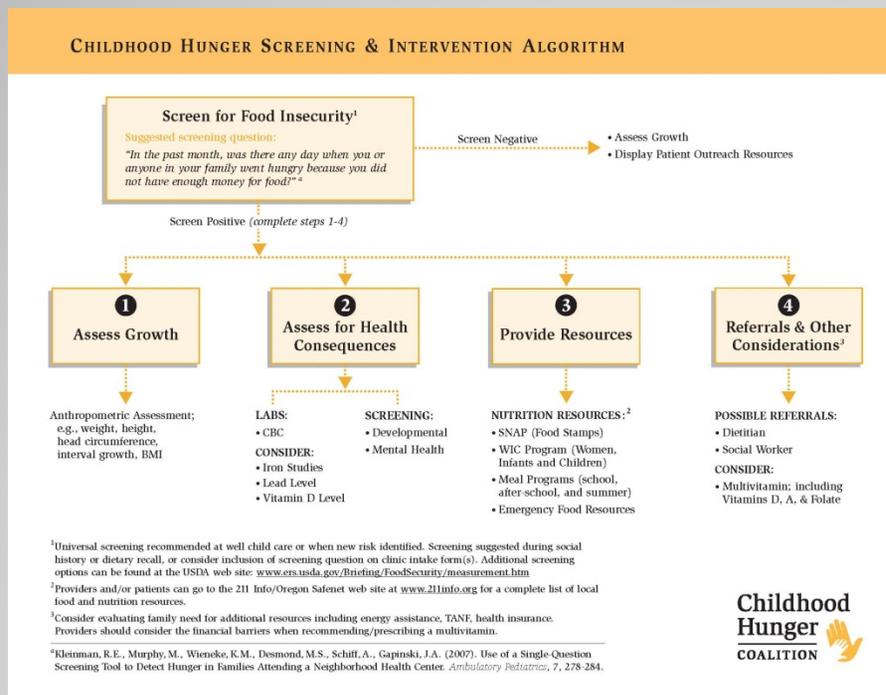
<http://ecampus.oregonstate.edu/hunger>

The *Childhood Hunger Coalition* is pleased to present this online course for health care professionals working with children and their families. For course content, goals and accreditation information, see reverse or go online.
This course is free of charge.

Childhood

3,000 Clinic Toolkits

- Review of literature
- Screening and referral algorithm
- Patient outreach materials



OREGON DEPARTMENT OF HUMAN SERVICES: CHILDREN, ADULTS AND FAMILIES DIVISION

Need help getting food?

Food and nutrition programs help feed kids and keep them healthy. **Talk to your health care provider** for more information on programs that can help you and your family.

Find out more
 Call Oregon SafeNet, a health and human services hotline, to learn about getting and using food stamps and other services.
800-SAFENET (723-3638)

Do it yourself
 Use the Web to learn if you can get help from these and other programs. For a free and confidential pre-screening tool visit www.oregonhelps.org

Food Stamps

Meals and Snacks

Women, Infants and Children (WIC)

| Independent. Healthy. Safe.

Website, CHC formalized relationship with Oregon Food Bank

Childhood Hunger COALITION

ABOUT RESEARCH PROVIDER RESOURCES FAMILY PROGRAMS NEWS

CHILDHOOD HUNGER IS LINKED TO DEVELOPMENTAL, BEHAVIORAL & ACADEMIC PROBLEMS

Hunger isn't just uncomfortable for children. *It's dangerous*

Children who are hungry are at higher risk for developmental and academic problems, frequent illness and nutritional inadequacies. Knowledge of indicators and impacts on childhood hunger allows health providers to identify patients at risk and to provide appropriate interventions.

The Childhood Hunger Coalition is dedicated to providing ongoing education and outreach tools for clinicians in an effort to reduce childhood hunger and improve the health of children and families. The Coalition is a program of Oregon Food Bank led by a steering committee of representatives from OSU Extension Service, Oregon Health & Science University, Oregon Hunger Task Force, Oregon WIC, Kaiser Permanente and Oregon Food Bank.

Regence

CONTINUING EDUCATION NOW AVAILABLE

Childhood Food Insecurity: Health Impacts, Screening & Intervention

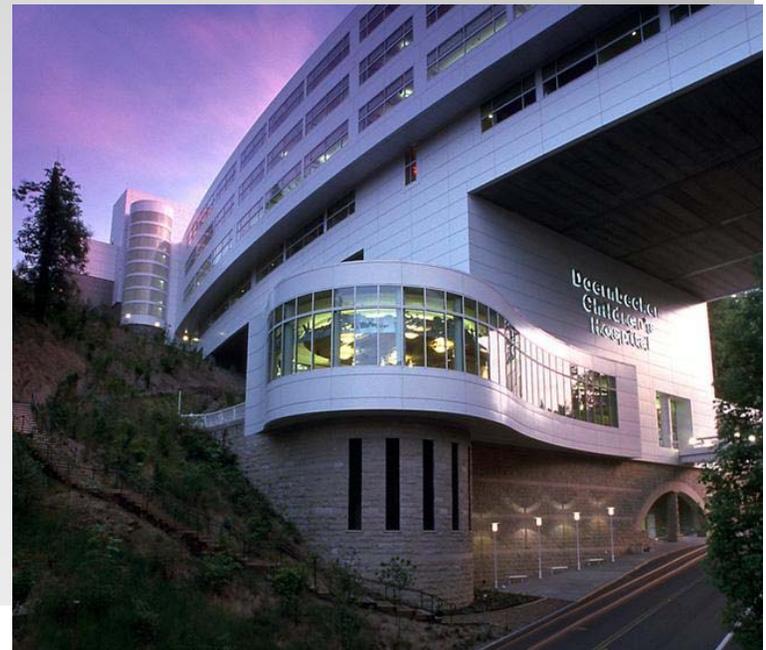
[TAKE THE COURSE ▶](#)

Course participants will:

- Identify the health consequences of pediatric and prenatal food insecurity and hunger and be able to discuss at least two health consequences.
- Use a validated food-insecurity risk question as part of intake protocol in clinical settings.
- Integrate intervention strategies (such as food assistance outreach and education) for patients and families at risk of food insecurity.
- 1 AMA PRA Category Credits™ is awarded at completion.
- Get the screening and intervention tools (available in seven languages) and implementation assistance. Contact Lynn Knox, Screen & Intervene Coordinator lknox@oregonfoodbank.org, 503-548-7508.

Screening and Intervention: pilot study Doernbecher Children's Hospital 2012-13

- Train practitioners to screen
- Clinic algorithm (screening, referrals)
- Full food security screen, program participation
- Follow up in 6 months



Screen and Intervene 2014

- Oregon Food Bank (OFB) received funding from Regence to increase number of clinics screening for food insecurity
- To date, over 80 clinics are screening
- Oregon Child Development Coalition (OCDC) is screening in head start/early head start clinics
- WIC is piloting in Washington County and soon Malheur County

PortlandTribune



Home Metro News Opinion Entertainment Sports Sustainable Classifieds Contact Us



Google™ Custom Search Search x

Printer-friendly version  Email story link 

Why are Oregon's children so hungry?

New report says state's kids face the nation's highest rate of food insecurity as groups try to fill empty plates

BY PETER KORN

The Portland Tribune, Sep 8, 2011, Updated Sep 8, 2011 (14 Reader comments)

A new national report shows just how much Oregonians have suffered in the depths of the national recession.

The report by Chicago's nonprofit [Feeding America](#) reveals that in 2009, Oregon had the highest rate of childhood hunger among the 50 states. Only Washington, D.C., had a higher rate.

The report says that 29 percent of Oregon (and Multnomah County) children faced "food insecurity" in 2009, compared to a national average of 23 percent.

Those numbers won't shock most who deal with



CHRISTOPHER ONSTOTT / TRIBUNE PHOTO
Emanuel Magdalen carries a box of food donated by the SnowCap food bank to his home in Southeast Portland, where he lives with his mother and three siblings. A new report shows that Oregon trails only Washington, D.C. in the percentage of children facing food insecurity.

ADVERTISEMENTS

Click Here to Listen Live!



AccuWeather.com



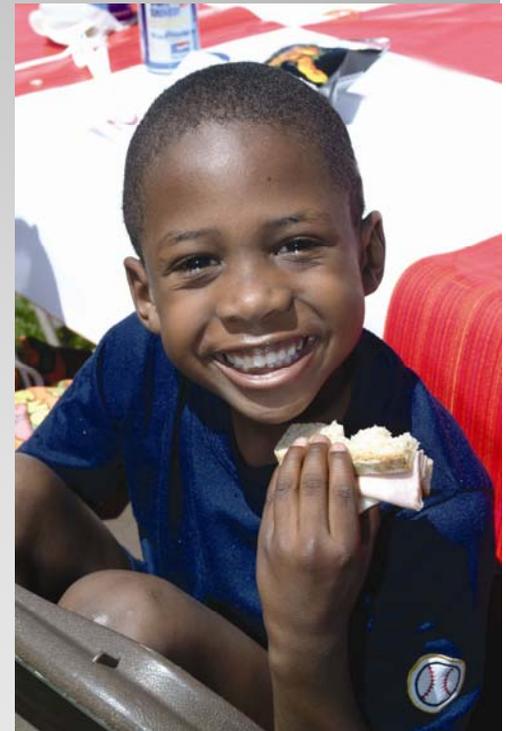
Weather Forecasts
Weather Maps
Weather Radar

 Video forecast

ADVERTISEMENTS

Impact of food insecurity on children and adolescents

- Nearly 1 in 4 children in Oregon live in poverty
- 27.3% of children experience food insecurity
- 50% of Oregon children qualify for free/reduced meals
- Approximately 1/3 of eligible people are not accessing SNAP



Children in food insecure households



- poor health
- frequent stomach aches and head aches
- increased risk of iron deficiency anemia
- impaired academic proficiency
- psychosocial difficulties

Risk factors that predict children's food insecurity

- Mother's health
- Mother's substance abuse
- Residential instability
- Living in a household without both parents present
- Inconsistent or no child support payments
- Summertime
- Immigrant parents

Source: The Future of Children, Fall 2014

Screening questions

- Multnomah County:
 - Are there times when your family does not get enough to eat? Yes/no
- Bright Futures Nutrition, Adolescent 11-21:
 - Were there any days last month when your family didn't have enough food to eat or enough money to buy food? Yes/no

CHC recommended screening questions

- **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.”

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

• Source: Hager ER, et al 2010

Models of asking the question

- Connection, trust & respect are critical, regardless of how the questions are asked
- Various models being tested
 - Basic: adding questions to check-in process
 - Supported: step beyond basic with clinic staff assisting with resource access
 - Comprehensive: questions are asked by staff and various levels of resources access and staff follow-up

Possible next steps for your clinic

- Increase awareness
- Dedicate time to discuss
- Consult with others screening
- Identify pilot sites
- Provide additional training
- Assess data
- Implement further

Childhood Hunger Coalition



CHC is available for TA, guidance

Cheryl.I.alto@state.or.us

Childhood
Hunger
COALITION 