The presentation will begin shortly.

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Food Insecurity and the Role of Hospitals
July 6, 2017

Speakers:
• Barbara Petee, Chief Advocacy and Government Relations Officer, ProMedica
• Stephanie Cihon, Manager, Community Relations, Advocacy and Grants, ProMedica
• Anna Strong, Executive Director of Child Advocacy and Public Health, Arkansas Children's Hospital
• Scott Allen, Director of Community Outreach, Arkansas Children's Hospital
ProMedica’s Food Pharmacy Model

Barbara J. Petee
Chief Advocacy and Government Relations Officer

Stephanie Cihon
Manager, Community Relations and Grants
What do you think of this health system?

- 332 sites
- 4.7 million patient encounters system-wide
- 12 hospitals
- 334,000 lives covered by owned health plan
- 900+ employed physicians
- 2,300+ physicians with privileges
- Six ambulatory surgery centers
- 15,000+ employees
- 8,200 births
- 2,350+ licensed inpatient beds
- 90,000+ inpatient discharges
- 71,000+ surgeries
- 392,000+ ER visits
- 220,000+ home care visits
- 425,000+ rehabilitation therapy encounters
- $4.1 billion total assets
- $3.1 billion revenue
- Strong financial ratings
  - Moody’s (Aa3); S & P (AA)
What do you think of this community?

- Rated 99th out of 100 in Gallup Well-Being Index
- Nationally, fastest rate of poverty growth of a city of its size
- 70% of adults overweight
- 36% of low-income families concerned about having enough food
- Ranked 88th of 88 counties in state for infant mortality / low-birth-weight babies
- 28% of youth reported they felt sad or hopeless every day for 2 weeks or more in a row
Now, what do you think of this health system?

- 332 sites
- 4.7 million patient encounters system-wide
- 12 hospitals
- 334,000 lives covered by owned health plan
- 900+ employed physicians
- $3.1 billion revenue
- Strong financial ratings

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How do we make a distinct impact relative to our resources?
Addressing the Social Determinants of Health

20 percent of health and well being is related to access to care and quality of services

Source: Institute for Clinical Systems Improvement; Going Beyond Clinical Walls: Solving Complex Problems, 2014
Hunger in the U.S.

- 13% of U.S. households are food insecure
- 19.5% of U.S. households with children are food insecure
- 30.3% of U.S. households – single moms with children
- 31% of seniors cut or skip meals due to lack of resources
- 24% undocumented workers
- 91% people returning from prison
- Almost 75% of SNAP recipients are seniors, disabled or working parents.
- SNAP benefits are often exhausted before the end of the month
Economic Impact of Hunger

• The cost of hunger to our nation is at least $167.5 billion.
• Healthcare costs alone related to hunger nationwide are $130.5 billion annually.
• The annual cost of hunger to every U.S. citizen is on pace to amount to roughly $42,400 per citizen over a lifetime.
Identifying the Problem

- Through our community partnerships, the link between obesity and hunger became apparent.
  - Many overweight/obese individuals lack access to high-quality, nutritious foods at affordable prices.
  - **Hunger** induces **irregular eating patterns** which can lead to **overweight** and **obesity**.
- Likewise, a strong **link between hunger and health exists** across the age, economic and social spectrum.
- Pulled toward the other social determinants.
One Clinical Solution

• ProMedica Primary Care providers are screening in-patients using validated screening questions (The Hunger Vital Sign).

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

• “Within the past 12 months the food we bought just didn’t last and we didn’t have money to get more.”
Built into the Epic EHR
ProMedica Food Pharmacy

- Primary care physicians are screening for food insecurity.
- Food insecure patients receive a referral to the food pharmacy.
- Food pharmacy provides patients with healthy food for themselves and their family.
- Patients return to the Food Pharmacy once a month for up to 6 months before needing a new physician referral.
- More than 2,000 unique households have been assisted since opening in April 2015, with more than 4,200 visits.
# Food Pharmacy Utilization

<table>
<thead>
<tr>
<th>COMBINED (CHS + PHWC+ Bags)</th>
<th>May 2017</th>
<th>2017 Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Number of Household Visits</td>
<td>834*</td>
<td>3663**</td>
</tr>
<tr>
<td>Total Number of Seniors</td>
<td>326</td>
<td>1407</td>
</tr>
<tr>
<td>Total Number of Adults</td>
<td>1210</td>
<td>5361</td>
</tr>
<tr>
<td>Total Number of Children</td>
<td>966</td>
<td>4290</td>
</tr>
<tr>
<td>Total Number of People</td>
<td>2502</td>
<td>11,058</td>
</tr>
</tbody>
</table>

**Includes duplicates, 3618 unique households served since opening in 2015**

## Food Pharmacy Visits

![Graph of Food Pharmacy Visits from April 2015 to April 2017](image)

- **CHS**
- **PHWC**
- **Pre-packed Bags**
## Initial Data for Food Pharmacy

More than 1 in 5 families with children experience food hardship in Toledo

### Hunger Screening Research Study
### 2016 statistics

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Screened:</td>
<td>57,244</td>
</tr>
<tr>
<td>Screened positive:</td>
<td>2,243</td>
</tr>
<tr>
<td>Average age:</td>
<td>50</td>
</tr>
<tr>
<td>Number of new food pharmacy clients:</td>
<td>1,100</td>
</tr>
</tbody>
</table>

Of 4,000 Medicaid patients completing screen and food pharmacy referral:
- Reduced ED usage (3%)
- Reduced readmission rates (53%)
- Increased primary care visit rate (4%)
Food Insecurity: Partnerships and Collaboration

Scott Allen
Director of Community Outreach &
Anna Strong
Executive Director of Child Advocacy and Public Health
Social Needs Screener History

• Stars Aligned
  – Residents, Patient-Centered Medical Home, Medical-Legal Partnership
• National Center for Medical-Legal Partnerships grant and contract
• Began April 2016
• Community Benefit Connection
Choosing a Screener

• Principles
  – “Avoiding the Unintended Consequences of Screening for Social Determinants of Health” (Garg, Boynton-Jarrett, Dworkin JAMA August 2016)
  – Literacy Level, Spanish Translation

• Validated Questions
Social Health Screener Topics

- **Food Security**
  - SNAP and WIC
  - Food Pantry List
  - Grocery Bags

- **Housing**
  - Eviction MLP Referral
  - Homelessness shelter resource guide
  - Utility shut off packet
  - Letters of medical necessity

- **Education**
  - MLP Special Education fellow
  - In Progress: self help tools for caregivers

(Images and logos may be present in the original document, but they are not transcribed here.)
Process

• Screener and “Cheat Sheet”
• Nursing-Led
• Cross-Departmental
• Process Improvement
Data To-Date

• Total Screened:
  – 18,000

• % of patients who completed screener:
  – 57%

• % of patients with at least 1 need:
  – 43%
Data To-Date

• Food Insecure Families:
  – 29%

• Need to Apply for WIC or SNAP:
  – 15%

• Need Food Today:
  – 15%
Sack Lunch program

* As a designated site for the USDA feeding program, a free, healthy sack lunch is available to any child on the ACH campus (clinic patients, siblings, visitors) from 10 a.m. to 5 p.m., Monday through Friday. Distribution is outside the Riverbend Café on the hospital’s 1st floor.

• Since program began  
  in Summer 2013: 76,000+ meals provided
Sack Lunch program

“The lunches are awesome! When big sister visited little sister during her multiple hospital stays, it really made things easier. It saved time and money which is a blessing anytime, but especially while dealing with the stress of your child being hospitalized.”  -Parent of inpatient
WIC Clinic on campus

* The federal WIC program helps qualified individuals gain access to specific nutritious foods and other resources for children up to age 5. For enrollment convenience, a WIC Clinic on the ACH campus is open each Friday on the 2nd floor of the hospital’s South Wing.

• Since on-site clinic began in 2015: More than 700 clinic visits
GROCERY BAGS in pilot clinic

* Families in the Circle of Friends Clinic receive a Social Determinants of Health screening form on their visit which helps indicate areas of need such as food, housing, transportation, etc. In response to food insecurity, ACH Community Outreach staff pick up grocery bags from Helping Hand food pantry each week and deliver to Circle of Friends clinic.

- **Calendar Year 2016:** 755 grocery bags distributed
- **So far in 2017:** 381 Grocery bags distributed
GROCERY BAGS in pilot clinics

“The parent was so grateful for the food bag and also the information about how to obtain emergency food moving forward. A lot of the families just need to know that there is food support available. This screener is an opportunity tool to provide useful information to patients and families who come to clinic every day.”  -Nurse in Circle of Friends clinic

“When I returned with a grocery bag of food as well as information about emergency housing assistance, the patient’s mother started to cry. She was concerned about where she was going to get food for her children. She expressed relief and gratitude for the resources and information.”  -Clinic Nurse
MOBILE FOOD PANTRY

* The mobile unit from Helping Hand food pantry comes to the hospital each Tuesday from 10 a.m. to 1 p.m. ACH patient families being seen that day may be referred to the bus for food assistance.
  • Since program began in Spring 2016: 488 families have been provided groceries from the bus
MOBILE FOOD PANTRY

“The young people treat me like their grandmother. They tell me everything, like the nurse told them no more pizza or the nurse encouraged them to walk more. Sometimes the child and I just walk around the bus area to get in those extra steps. I feel that we are not only supplying physical food for these children and families, but also a sense of family to so many people who are away from home.”
-Margaret Douglas of Helping Hand
Employee Participation

Packing Parties and Food Drives
GARDEN PROJECT

* The hospital has partnered with the Arkansas Children’s Research Institute, Arkansas GardenCorps and the National Park Service-Central High site to establish a community garden. The project began in September 2015. Garden produce is given to the nearby Helping Hand food pantry.

- **Year One of garden:** 1,307 lbs. of produce
- **So far in Year Two:** 1,886 lbs. of produce
COOKING MATTERS

* These nutrition education programs help teach individuals the skills needed to shop for and prepare healthy meals on a limited budget. ACH Community Outreach staff lead grocery store tours regularly and offer free cooking classes several times each year. Curriculum is provided by the national Share Our Strength foundation and coordinated in partnership with the Arkansas Hunger Relief Alliance.

• Since program began in 2013: 565 participants have received education
“This tour was very informative. The tips for buying produce and what’s in season gave me great ideas for meals!” -Grocery store tour participant

“This course made me want to eat healthy.” -Cooking class participant
NEXT STEPS

• Expanding Social Determinants of Health Screening and grocery bags to new clinic in southwest Little Rock.
• Expansion of Garden to produce more for *Helping Hand* food pantry.
• Offering Pop-up Cooking Matters presentations in high schools across the state.
• Adding a second day that WIC Clinic is open on campus.
• Integrating screener with Epic electronic health record
Please click the link below to take our webinar evaluation. The evaluation will open in a new tab in your default browser.

https://www.surveymonkey.com/r/aha_webinar_07-06-17
Q & A
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Housing and the Role of Hospitals

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