



Food for Thought

A Philabundance Virtual Conversation Series

HEALTH AND HUNGER

PHILABUNDANCE

Loree D. Jones | CEO, *Philabundance*

Allison Bovell-Ammon | Director of Policy Strategy, *Children's HealthWatch*

Joan Boyce | Senior Director, Government Relations & Public Affairs, *Einstein Healthcare Network*

Pauline Cheung | Principal, *Francis Scott Key School*

Samantha Mogil | Senior Manager, Ending Hunger for Good, *Philabundance*

Food Insecurity is defined as:

a lack of consistent access to enough food for an **active, healthy life** and a lack of available financial resources for food at the household level.



Food Insecurity

IN OUR SERVICE AREA

PHILABUNDANCE

Food banks across the country reported a **60% increase** in the amount of people accessing the charitable food network during the pandemic.

Philabundance jumped from serving **90,000** neighbors weekly (pre-pandemic) to **135,000** a week at the height of the pandemic.

We **more than doubled our output of food** in less than one year, from 25 million pounds in FY19 to 55 million pounds in FY20.



Hunger ↔ *Health*

Of the households Feeding America serves, 84% report buying food **based on expense**, rather than **nutrition**.

People who are food insecure are disproportionally affected by **diabetes, high blood pressure**, and many **adverse effects to overall health**.

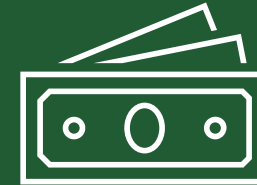


Impact on Healthcare

Throughout our service area,
we could save over

\$87,160,00

in healthcare costs annually by
reducing food insecurity by **1%**.



**Excess Healthcare Cost
Associated with Food
Insecurity**

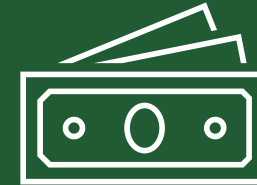
US	\$52.9 billion
Pennsylvania	\$2.143 billion
New Jersey	\$1.340 billion

Impact on Healthcare

In Philadelphia alone,
reducing food insecure adults
by just **1%** would save

\$27,809,148

in healthcare costs annually.



Excess Healthcare Cost Associated with Food Insecurity

US	\$52.9 billion
Pennsylvania	\$2.143 billion
New Jersey	\$1.340 billion

Introducing: Ending Hunger for Good

Pairing the food and services Philabundance already provides in the community with the expertise and resources of other groups and organizations, like those tackling housing insecurity.

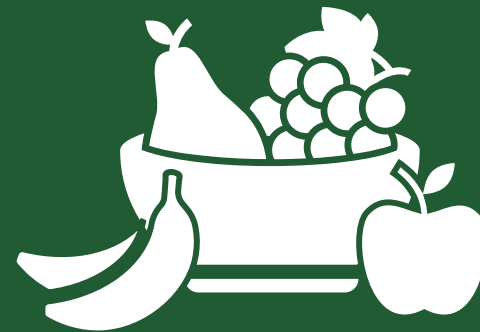
A focus on increasing stability and long-term overall food security.

...more on this, later.

Introducing: Good Food Policy

Our commitment to offering food that adheres to four pillars:

1. Nutritious
2. Culturally Responsive
3. Equitably Sourced
4. Accessible



Today's Presenters



*Allison
Bovell-Ammon*

Children's HealthWatch



Pauline Cheung

Francis Scott Key School



Loree D. Jones

Philabundance



Samantha Mogil

Philabundance



Joan Boyce

Einstein Healthcare Network

PHILABUNDANCE

Today's Agenda

1. A national perspective with *Allison Bovell-Ammon* of Children's HealthWatch
2. A healthcare perspective with *Joan Boyce* of Einstein Healthcare Network
3. A school perspective with *Pauline Cheung* of Francis Scott Key School
4. A Philabundance perspective with *Samantha Mogil* of Philabundance
5. Live Q&A with our panelists – *submit your question using the Q&A box on your toolbar.*



Hunger & Health: Addressing Root Causes of Health Inequities

Overview

1. About Children's HealthWatch
2. State of hunger in the US
3. Hunger and health
4. Evidence-based solutions



About Children's HealthWatch



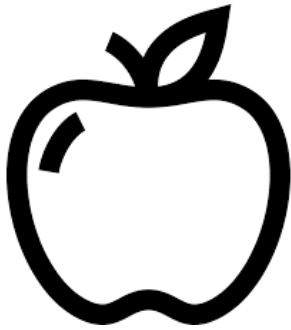
Non-partisan network of pediatricians, public health researchers and child health and policy experts.

Mission: To improve the health and development of young children and their families by informing equitable policies that alleviate and address economic hardships.

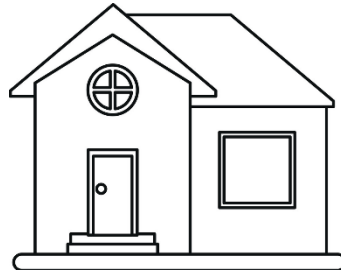
Headquartered at Boston Medical Center with sites in Boston, Baltimore*, Philadelphia, Minneapolis, and Little Rock

Research and Policy Focus Areas:

Promoting health equity through comprehensive policies



Nutrition



Housing



EITC/CTC



Health Care



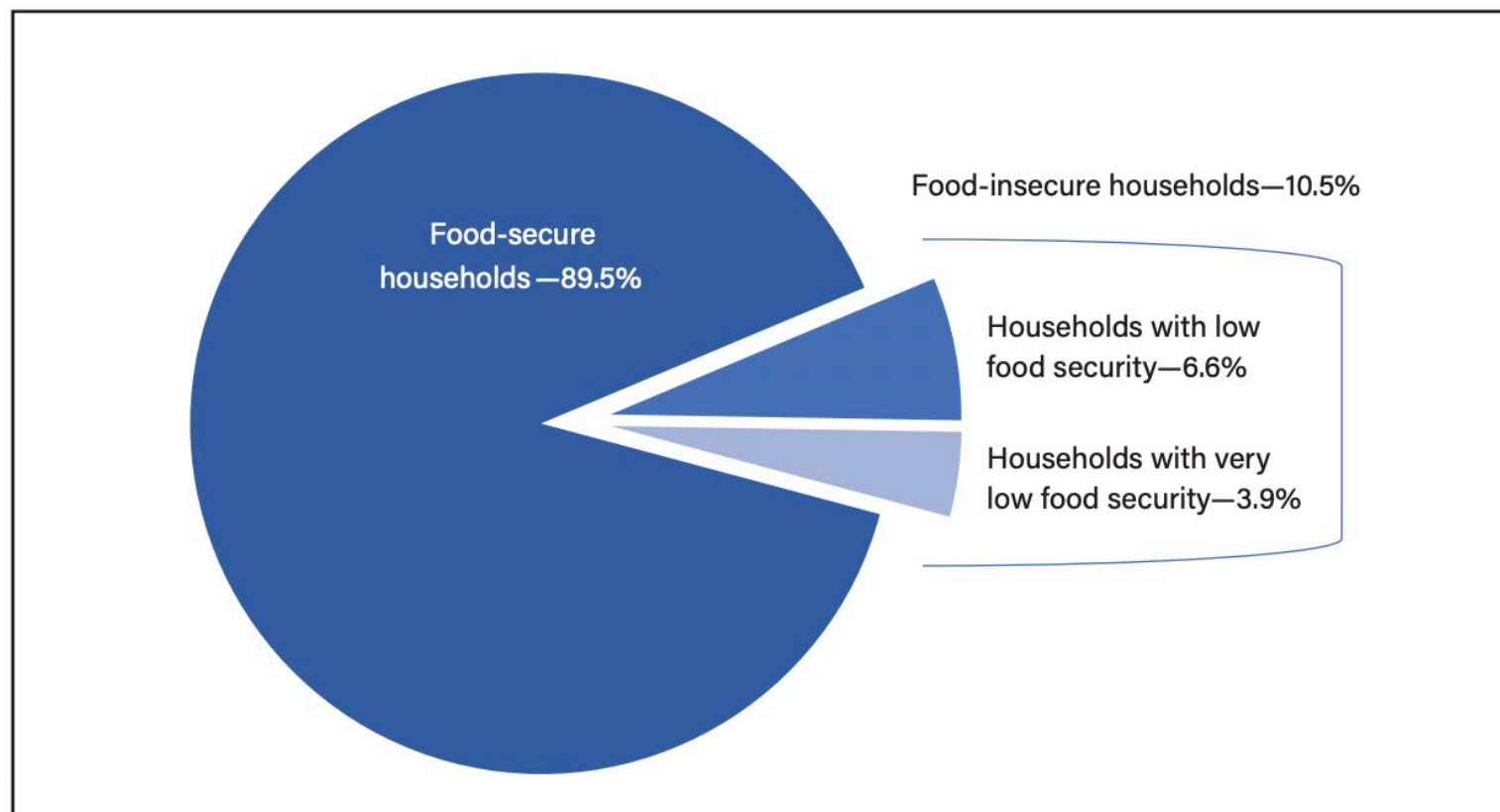
Child care



Home energy

State of Food Insecurity in the U.S.

Figure 1
U.S. households by food security status, 2020

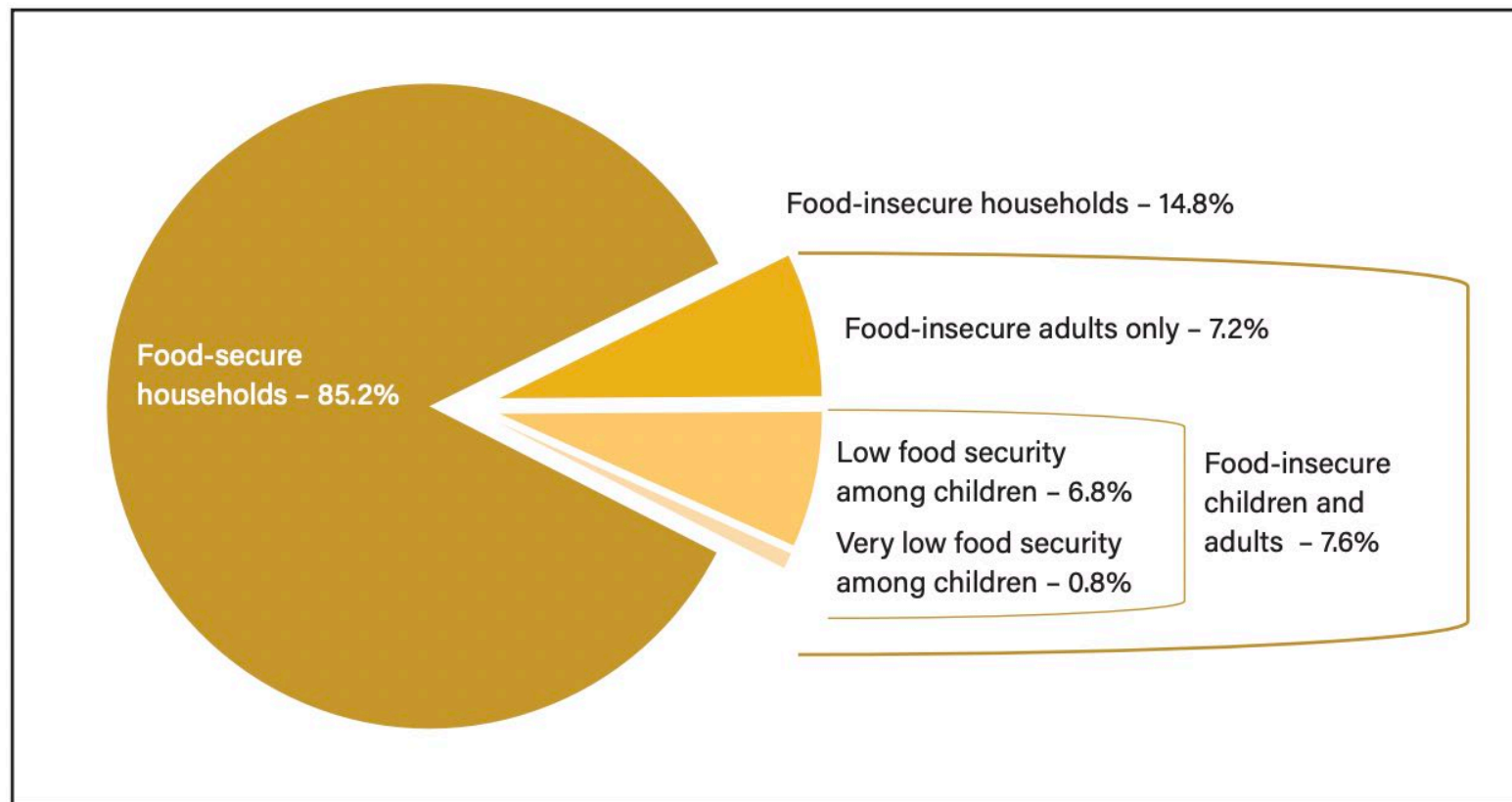


Source: USDA, Economic Research Service using data from U.S. Department of Commerce, Bureau of the Census, 2020 Current Population Survey Food Security Supplement.

Families with Children Disproportionately Impacted by Food Insecurity

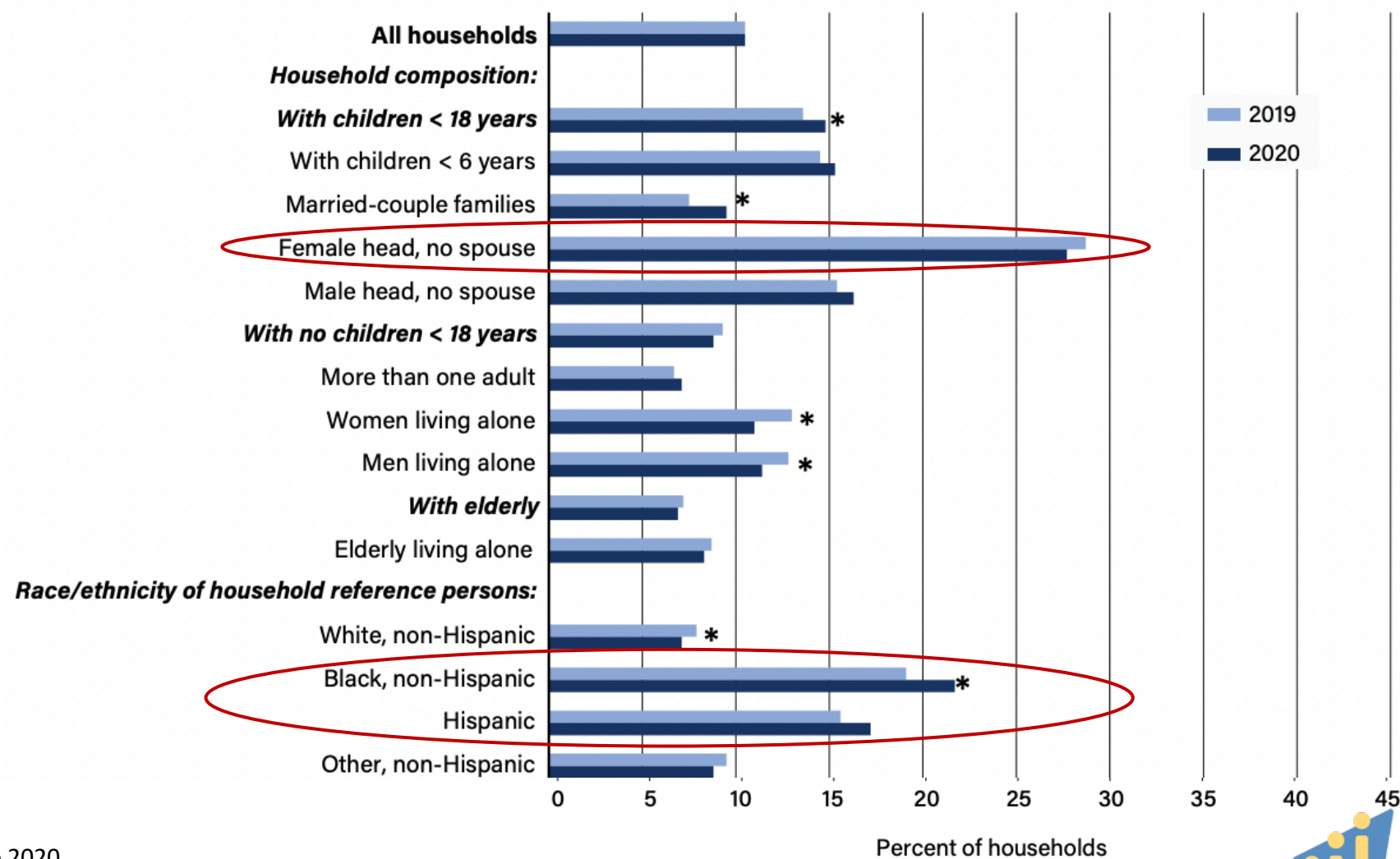
Figure 2

U.S. households with children by food security status of adults and children, 2020



Source: USDA, Economic Research Service using data from U.S. Department of Commerce, Bureau of the Census, 2020 Current Population Survey Food Security Supplement

Inequities in Food Insecurity Rates



*Significant change 2019 to 2020
Source: USDA

Hunger & Health

Throughout the Life Course*



PRENATAL PERIOD

- Pre-term birth
- Low birth weight
- Pregnancy complications



EARLY CHILDHOOD

- Development delay
- Poor growth
- Hospitalization
- Iron deficiency anemia



CHILDHOOD/ ADOLESCENCE

- Behavioral concerns
- Anxiety/ depression
- Academic concerns
- Asthma
- Iron deficiency



ADULTHOOD

- Poor general health
- Anxiety/ depression
- Diabetes
- Hypertension
- High cholesterol



OLDER ADULTHOOD

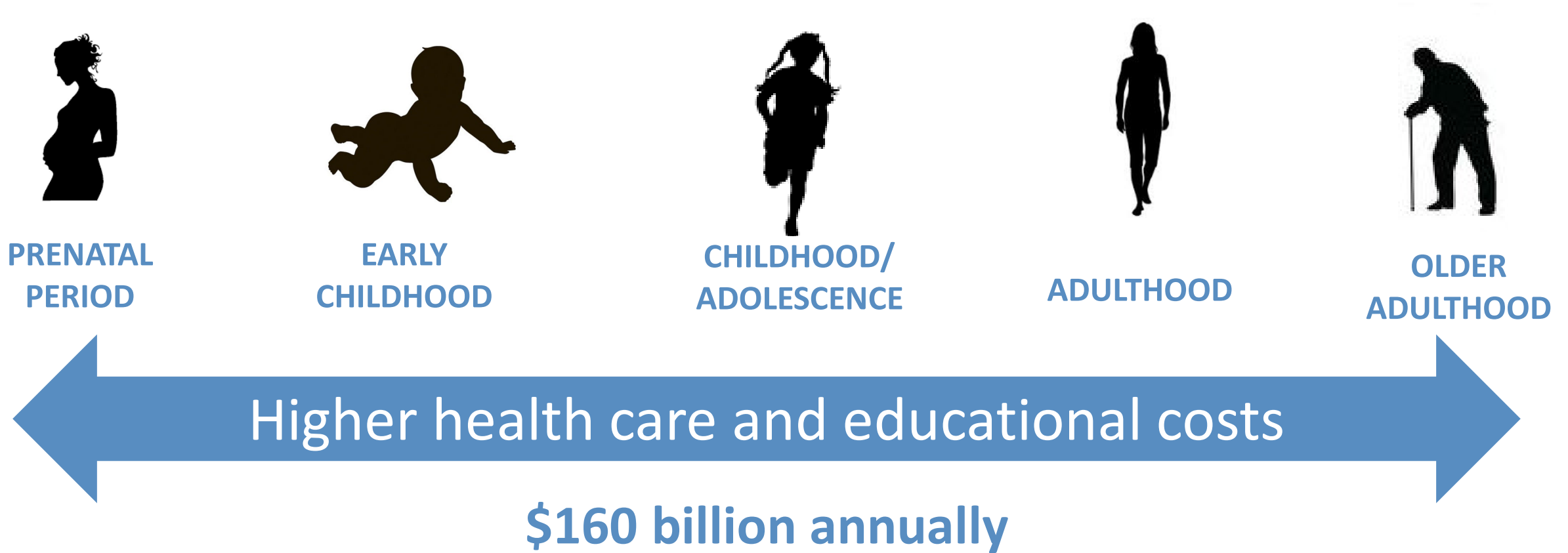
- Limited activities of daily living
- Lower nutrient intake

* Non-exhaustive list

Source: Gundersen, 2015

Hunger & Health

Throughout the Life Course



Federal Policies Reduce Food Insecurity & Improve Health

- The Supplemental Nutrition Assistance Program (SNAP) is effective in:
 - Reducing food insecurity across the lifespan
 - Improving health across the lifespan
 - Improving mental health
 - Lowering health care costs
 - Alleviating other economic hardships

SNAP WORKS LIKE A VACCINE, PROTECTING HEALTH



SNAP, our nation's largest child nutrition program, is a crucial foundation for public health. SNAP **protects children from costly health problems** including low birth weight, malnutrition, infections, hospitalizations, mental health issues, impaired brain development, and, later in life, diabetes and heart problems.



1 in 4

One in four children in the United States live in families participating in SNAP. Policies that deprive them of adequate SNAP benefits damage the health of our children's bodies and brains.

What are the health benefits of SNAP?



Improves child health

Young children in families participating in SNAP are **healthier, grow better, and are more likely to develop well emotionally and academically for their age** compared to their peers in likely eligible families not participating in the program.



Improves caregiver health

Children need healthy families to thrive. Consistent participation in SNAP has been associated with **positive maternal mental health** and SNAP participation in childhood is linked with **lower risk of heart disease, diabetes, and hypertension** in adults.



Increases food security for families and children

Caregivers often try to protect children from hunger by forgoing meals themselves. Compared to families who are likely eligible, but not participating in SNAP, families with young children participating in SNAP are **22 percent more likely to be able to afford enough food for all members**. Additionally, they are **33 percent more likely to have enough resources to protect children from having the size of meals cut**.



Alleviates other economic hardships

Working in tandem with other programs to preserve family health, SNAP has a positive ripple effect. **Families participating in SNAP are 28 percent more likely to be able to pay for medical expenses** without foregoing basic necessities like food, rent and utilities.

Child Nutrition Programs Critical for Promoting Health

SCHOOL MEALS HELP MILLIONS OF KIDS GROW UP HEALTHY

BIG IMPACT

28.2M students participate in school lunch, and benefit from:

A healthier diet

- + fruit
 - + vegetables
 - + milk
- (at breakfast and lunch)



Better academic performance

- + attendance
- + test scores
- + grades
- + classroom behavior



Reduced health risks

- obesity
- hunger
- food insecurity



BRIGHT FUTURE

According to Harvard researchers, over the next 10 years, the healthier standards will:

Prevent **2+ million** cases of childhood obesity

Save up to **\$792 million** in health care costs



Robert Wood Johnson Foundation



United States Department of Agriculture

Since 1974 WIC

The Foundation
of
Healthy Families



50%

Over half of the infants in the US participate in WIC.



2 out of 3

WIC moms initiate breastfeeding.



loving support.



32%

WIC referrals result in 32% higher childhood immunization rates.



Food

WIC provides nutritious supplemental foods based on science.

2X

WIC participants are up to 2 times as likely to receive well-child care.



Impacts

WIC reduces premature births, infant mortality, low birth weight, and anemia.



45,000

authorized stores offer healthy WIC foods to participants.



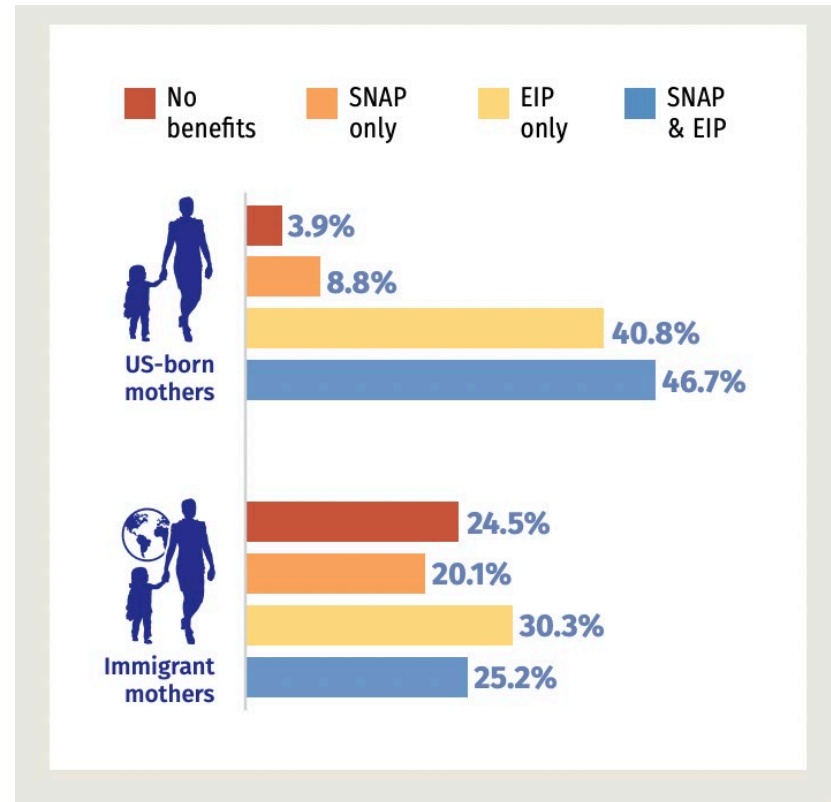
10,000

WIC clinic sites provide services to participants.

Recent Research:

Pandemic relief efforts blunted food insecurity for millions of families

- Census data: Nutrition assistance programs and the Advance Child Tax Credit monthly payments reduced food insufficiency among families with children nationwide during the pandemic
- Children's HealthWatch research: Economic Impact Payments (EIPs) significantly reduced risk of food insecurity among families with young children
- Inequities in receipt of pandemic benefits → Robust and inclusive policies urgently needed



Policies Urgently to Reduce Food Insecurity & Promote Health Equity

- Robust investments in nutrition assistance programs to significantly reduce food insecurity – especially as inflation continues to rise and many pandemic-related relief policies sunset
- Permanent, inclusive Advance Child Tax Credit monthly payments that reach families with the lowest incomes and all immigrant children
- Remove administrative and structural barriers to federal assistance programs including lifting the five-year bar on SNAP for eligible immigrants



Food Insecurity: Improving Health



Now part of Jefferson Health

Food Insecurity vs. Hunger



Hunger is the physical sensation of being hungry

Food Insecurity is the lack of access to enough food for a healthy, active life

Impact of Food Insecurity on Health

- Children are twice as likely to be in poor health
- Adults are about 40% more likely to have one or more chronic conditions – and more than three times as likely to skip needed medications
- Seniors are 40% more likely to report congestive heart failure and 53% more likely to report heart attacks



Impact of Food Insecurity on Healthcare



- Food Insecure adults are about 50% more likely to go to the ER and to be hospitalized and, on average, have about \$1,900/year more in healthcare expenditures
- Food insecure adults with chronic diseases have more healthcare expenditures than food secure adults with the same diseases (with heart disease, \$5,100/year more; with diabetes, \$4,400 more; with hypertension, \$2,200 more)

Einstein Medical Center Philadelphia



- 45% had a family income of \$26,200 or less
- 68% had a family income of \$50,800 or less.
- 84% of EMCP discharges are Medicare/Medicaid
- More than 1 in 5 Philadelphia residents are food insecure
- More than 1 in 5 children in the in the City are food insecure

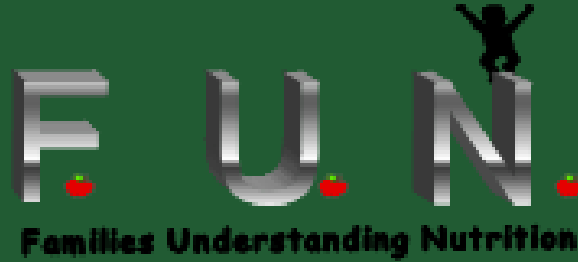
Screening for Food Insecurity



- Pediatric and Adolescent Ambulatory Clinic (PAAC)
- CenteringPregnancy & CenteringParenting Programs
- EMCP inpatient upon admission
- Einstein Care Partners (ACO)

Two Question Screen

- Within the past 12 months, have you worried whether your food would run out before you had money to buy more?
 - ☐ Often True
 - ☐ Sometimes True
 - ☐ Never True
- Within the past 12 months, the food you bought just didn't last and you didn't have money to get more?
 - ☐ Often True
 - ☐ Sometimes True
 - ☐ Never True



- Grant-funded by the USDA, this program provides nutrition education to SNAP-eligible families in Philadelphia, Montgomery, Bucks & Delaware Counties
- Provides education to all ages, but focus is on pre-school and school-age children and their families...often educating 10,000 children per week.
- Kineret Shakow, EdD designed the program to focus on the core curriculum of reading, math, geography and history
- The program is approved by the USDA and used throughout the country

Medical Nutrition Therapy

- In partnership with Health Partners Plan and MANNA
- Designed to help address the specific acute nutritional risk factors of patients
- Combines MNT with medically appropriate home delivered meals to support better health outcomes



Fresh Food Rx Program



PHILLY
FOOD BUCKS



- Funded through USDA's Food Incentive Nutrition Initiative (FINI) Program in collaboration with The Food Trust
- Used to provide incentives to patients who use SNAP and are at risk of diet-related disease
- Participants currently include patients with diabetes in our Community Practice Center (CPC)

Einstein Fresh for All



COACH Participants

Health Systems	Public Health	Community Stakeholders
Abington	HHS Region III	Philabundance
Aria	MontCo Health Department	Benefits Data Trust
CHOP	PA DOH	Delaware Valley Regional Planning Commission
Einstein (EMCP & EMCEP)	Phila Dept of Public Health	The Food Trust
Holy Redeemer		Health Federation of Philadelphia
Mercy		Health Partners Plans
Temple		Keystone First
TJUH		Philadelphia Assoc of Community Development Corporations
UPHS		United Way



Francis Scott Key Elementary



2230 S. 8th St.
Philadelphia, PA 19148

Principal Pauline Cheung



Our Community

- Large immigrant & refugee population
- 71% of students are English learners
- 100% of students qualify as economically disadvantaged
- Food insecurity known but not widely spoken about pre-pandemic



Nutrition and Academic Success

Goal: Schools can help to alleviate issues of food insecurity and food deserts through education campaigns to students and families on nutritious food and partnering with food pantries and other organizations to provide access to healthy food

Studies show access to nutritious foods can

- positively impact student performance
- increase standardized tests scores
- decrease absences



Key School Garden

Breakfast Program

"If kids are hungry, they're not hearing me...They're more alert; they're more upbeat. They pay attention. More kids eating breakfast in school is a total positive."
~ Teacher at Key

<https://www.inquirer.com/philly/education/philly-kids-eat-free-breakfast-achievement-rise-20180109.html>



Six-year-old Jenny Song grabs breakfast in the cafeteria of Francis Scott Key Elementary School in South Philadelphia. Attendance and other markers have increased as a result of increased ... [Read more](#)
JESSICA GRIFFIN / Staff Photographer

Addressing Hunger Due to the Pandemic



- Daily Hot Meals from SEAMAAC
- Weekly Food Box Delivery from Christ Church & Delaware Valley Fairness Project



Continued Community Efforts



- Waffles and Mochi Pass the Love Campaign sponsored by Philabundance
- Share's Monthly Produce Boxes
- SEAMAAC/Philabundance Weekend Meal Kits



Ending Hunger for Good



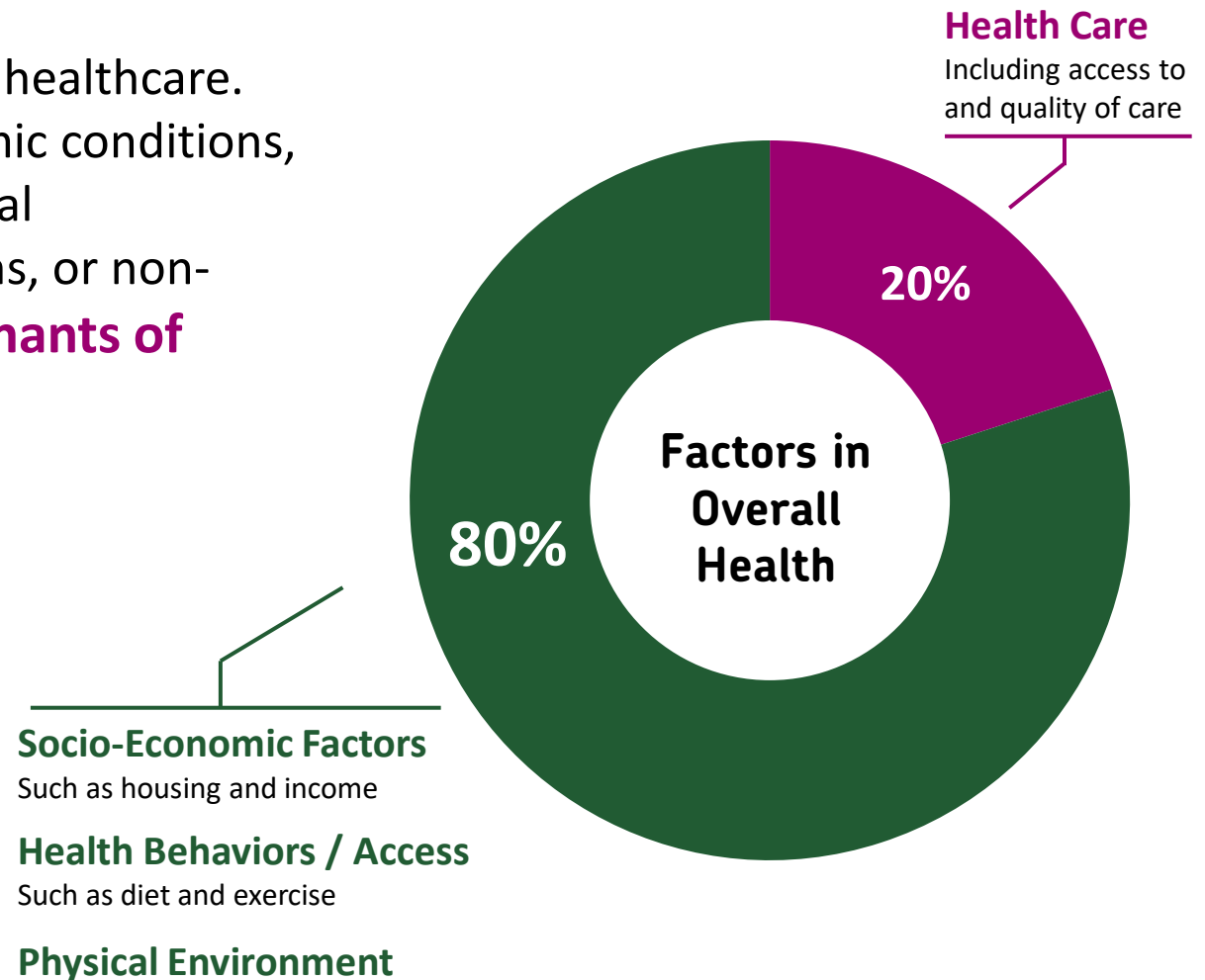
Samantha Mogil, MS, RD
Senior Manager, Ending Hunger for Good

Health Begins Where We Live, Work, & Play

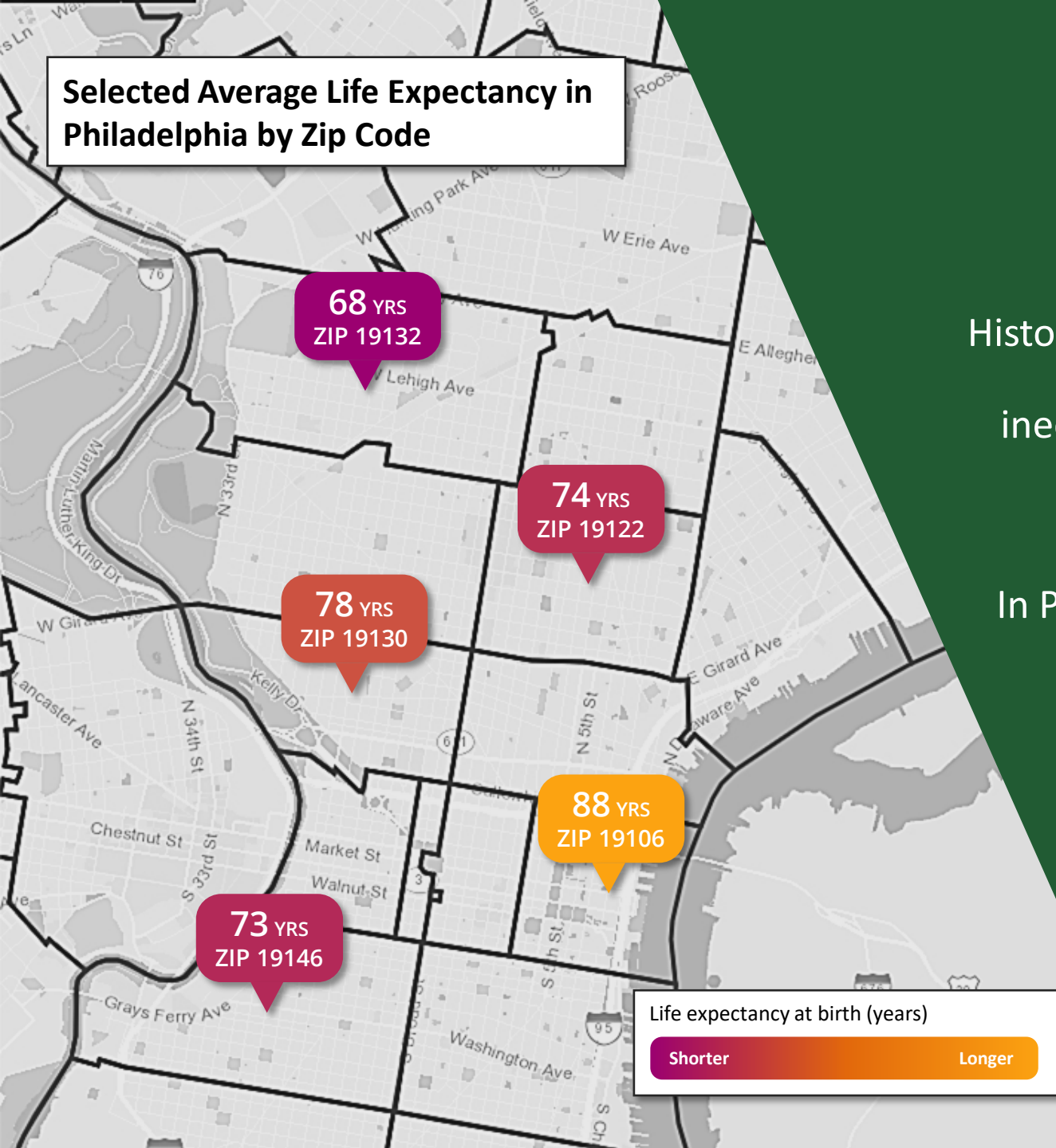
Roughly 20% of our health is determined by direct healthcare. The other 80% is determined by social and economic conditions, such as housing, income, diet, exercise, and physical environment. These social and economic conditions, or non-medical conditions are called the **Social Determinants of Health (SDoH)**.

Access to nutritious, culturally-meaningful, affordable food is an important SDoH and a key driver in health outcomes like life expectancy.

Just as access to food can influence health, the other SDoHs can influence access to food, and vice versa.



Selected Average Life Expectancy in Philadelphia by Zip Code



*Your **Zip Code** Impacts Your Health More Than Your **Genetic Code***

Historical and ongoing racial and economic discrimination dictate where and how people live. This results in inequitable access to healthy options, health outcomes, and life expectancy.

In Philadelphia, on average, Society Hill residents live 20 years longer than residents in North Philadelphia.

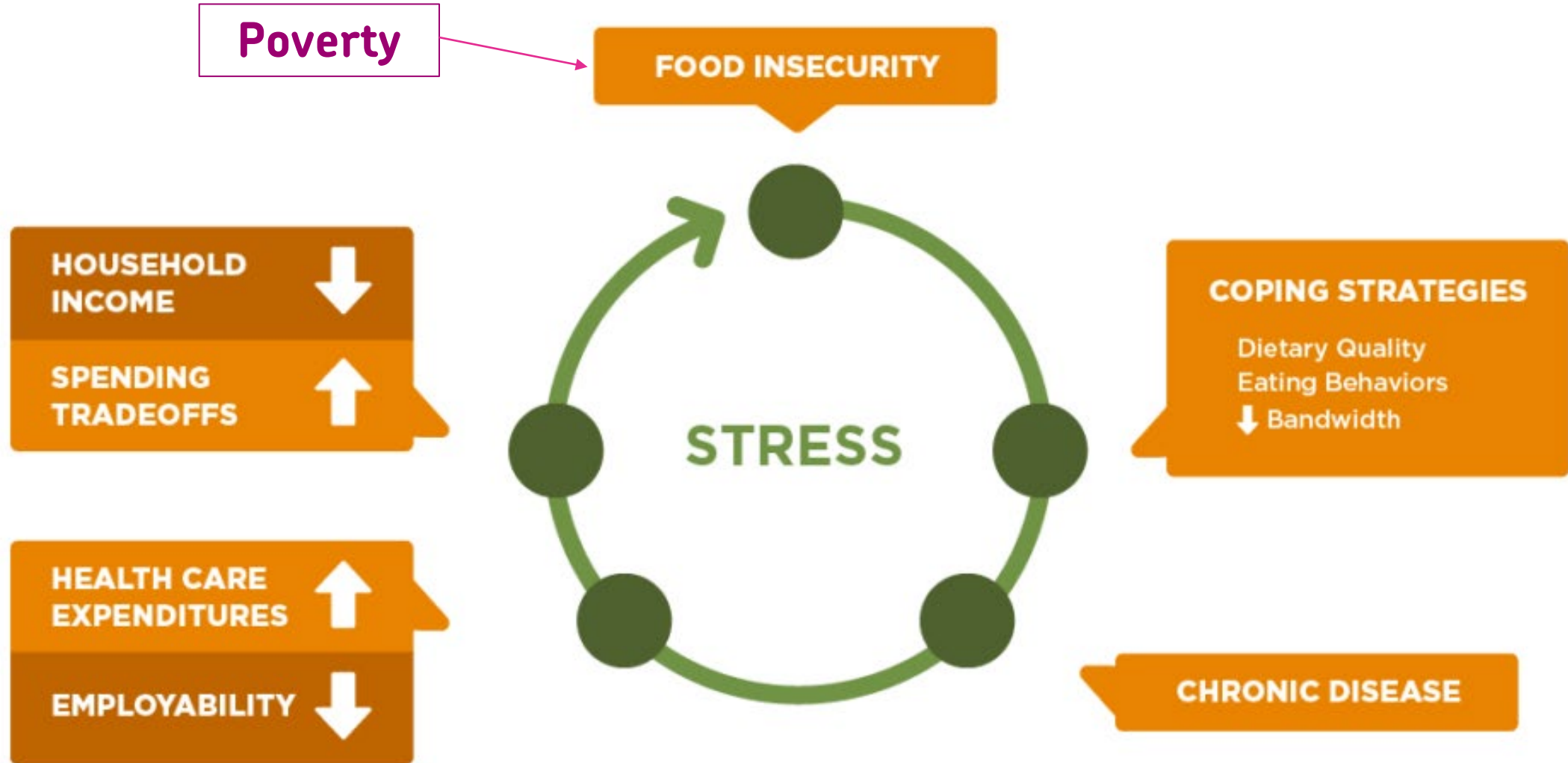
Food insecurity is rooted in poverty and systemic injustice.

Hunger is a Health Issue

- Both the **stress that accompanies hunger and inadequate nutrient intake** have metabolic ramifications that expose individuals to high rates of chronic disease and mental health challenges
- 1 in 3 adults with a chronic illness are **unable to** afford medicine, food, or both
- Households with **limited financial resources** and food,
 - May make **tradeoffs** between food and other necessities
 - May **postpone** preventative or needed **medical care**
 - May forgo **medically tailored foods** to properly manage their condition



A Conceptual Framework: Cycle of Food Insecurity & Chronic Disease





How is
Philabundance
Advancing Health
Equity?

Reframing Social Services

- **Pair food with other social determinants of health**

- Cross sector partnerships: Healthcare, housing, workforce development, economic mobility coaching
- Measurable outcomes

- **PA Healthy Pantry Initiative**

- Bringing nutrition education directly into the walls of our agency partners

- **People First Market**

- Based on the proven More than Food Framework from the Institute of Hunger Research and Solutions

- **New and Improved Kids Backpack Program**

- **Pass the Love and Let's Eat**

- Pairing nutritious food with nutrition and culinary education



Neighborhood Thrive:

Improving the Health of Our Communities

- Place-based work starts with **relationship-building** and community participation in a **community assessment**
- Convening and collaborating with local organizations and residents
- Co-designing customized solutions that **reduce trade-offs** and **improve the health of our communities**



Good Food Policy

Nutritious



Equitably Sourced

*Culturally-
Responsive*



Accessible



Questions?

Please submit your questions by using the Q&A box on your toolbar.

PHILABUNDANCE

Resources

- The following information was shared live in the chat during the webinar:
 - Learn more about Philabundance [on our website](#)
 - Check out [volunteer opportunities and other ways to get involved](#)
 - More information on Philabundance's [Good Food Policy](#)
 - Participate in [Good Pizza & enter to win a pizza](#) from Philabundance Community Kitchen
 - Learn more about [Children's HealthWatch](#)
 - View [Feeding America's research on Health & Hunger](#)
 - Learn more about [Einstein's efforts](#), including their [Fresh for All](#)
 - [Find food here](#) or by calling the Why Hunger Hotline: 1-800-5-HUNGRY
 - Take action through advocacy, [learn more here](#)
 - Details about Philabundance Community Kitchen (PCK), including prerequisites and open house information, [can be found here](#)

Can't find what you're looking for? Please email Rachel at RMazza@philabundance.org

