


A few technical points

- All lines are muted throughout the webinar
 - Engage using the chat
 - Select CHAT
 - ✓ all participants and attendees
 - Use the Q/A for the discussion at the end
 - This webinar will be recorded; We will send you the slides, recording, & resources following the event. They will also be posted to the CHA & AAP websites.
- 

Promoting Food Access for Kids: How the Pediatric Community Can Effect Change

Promising Clinical Practices to Build Nutrition Security for Children and Families

February 21, 2023

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



CHILDREN'S
HOSPITAL
ASSOCIATION



FRAC
Food Research
& Action Center

Promising Clinical Practices to Build Nutrition Security

KIMBERLY MONTEZ, MD, MPH, FAAP
(SHE/HER/ELLA)
ASSISTANT PROFESSOR, GENERAL
ACADEMIC PEDIATRICS



Wake Forest University
School of Medicine




The academic core of  **Atrium Health**

Faculty Disclosure Information


I **do not have** financial relationships with the manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services discussed in this CME activity.

I **do not** intend to discuss an unapproved/investigative use of a commercial product/device in my presentation.



Learning Objectives

At the conclusion of the presentation, participants should be able to:

1. Compare and contrast food vs nutrition security
 2. Describe effective methods for screening in clinical settings
 3. Propose 2 strategies to integrate into practice
- 
- The bottom of the slide features decorative wavy lines in light blue and light green, creating a modern, flowing aesthetic.



Definitions



Shared terminology

Hunger – physical sensation

Food security – household measure of quantity

Nutrition security – quality of foods

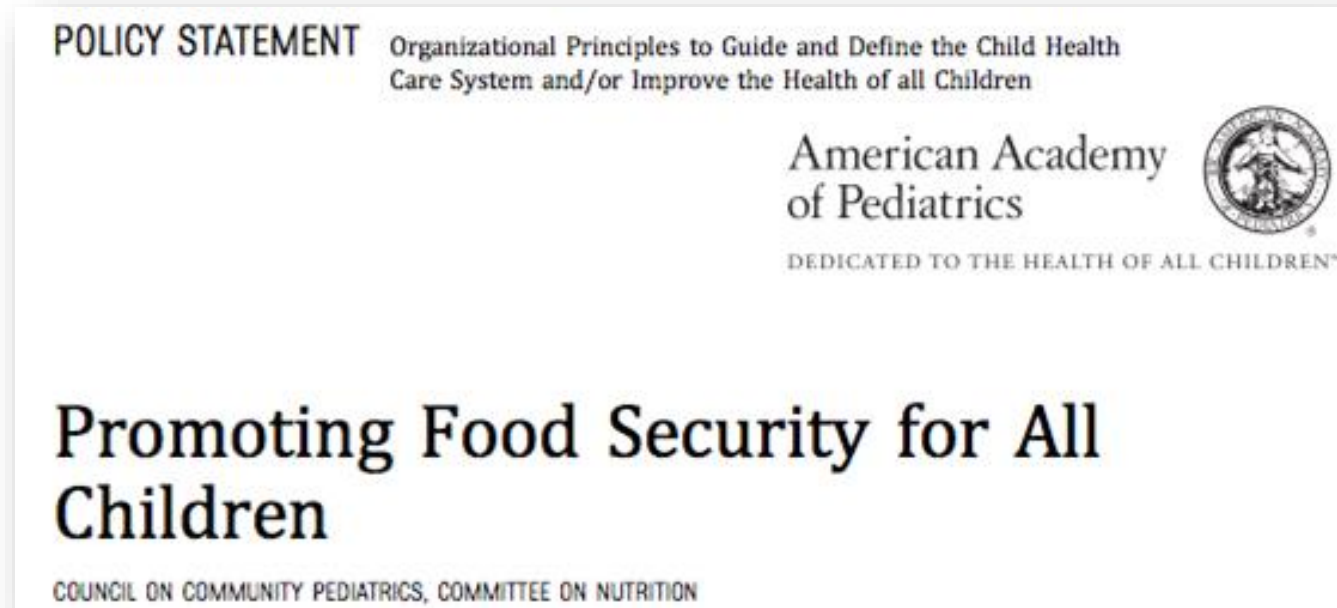


<https://www.shutterstock.com/search/hungry+child>

Screening for food insecurity in clinical settings



AAP recommends screening/intervening

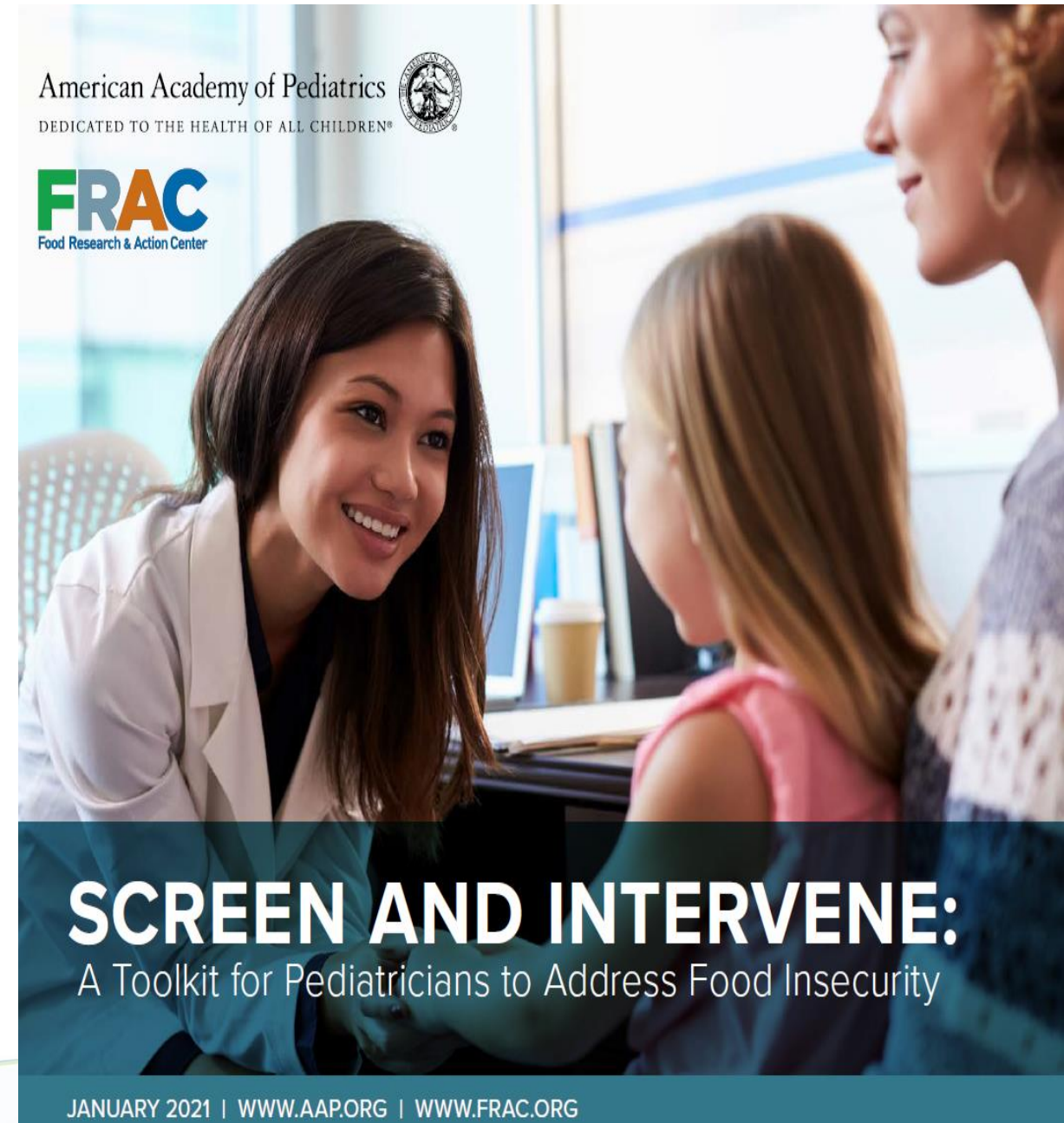


- **Screen & Intervene** @ “scheduled health maintenance visits or sooner if indicated”
- Use validated tool (Hunger Vital Sign™)
- **Advocate** for programs/policies that end childhood food insecurity

AAP/FRAC Toolkit

Prepare
Screen
Intervene
Document, track, code
Educate
Advocate

<https://frac.org/aaptoolkit>



Screening with 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.”

Screening with the Hunger Vital Sign™

Dichotomous Variable

Yes/No

Misses >25% at-risk families

30-day: 76% sensitive, 96% specific

12-month: 72% sensitive, 93% specific

Likert Scale

Often, sometimes, never, refused/didn't answer

30-day: 92% sensitive, 83%

12-month: 94% sensitive, 82% specific

Recommended

Written/electronic vs verbal screening

Written Versus Verbal Food Insecurity Screening in One Primary Care Clinic

Deepak Palakshappa, MD, MSHP; Meggan Goodpasture, MD; Laurie Albertini, MD; Callie L. Brown, MD, MPH; Kimberly Montez, MD, MPH; Joseph A. Skelton, MD, MS

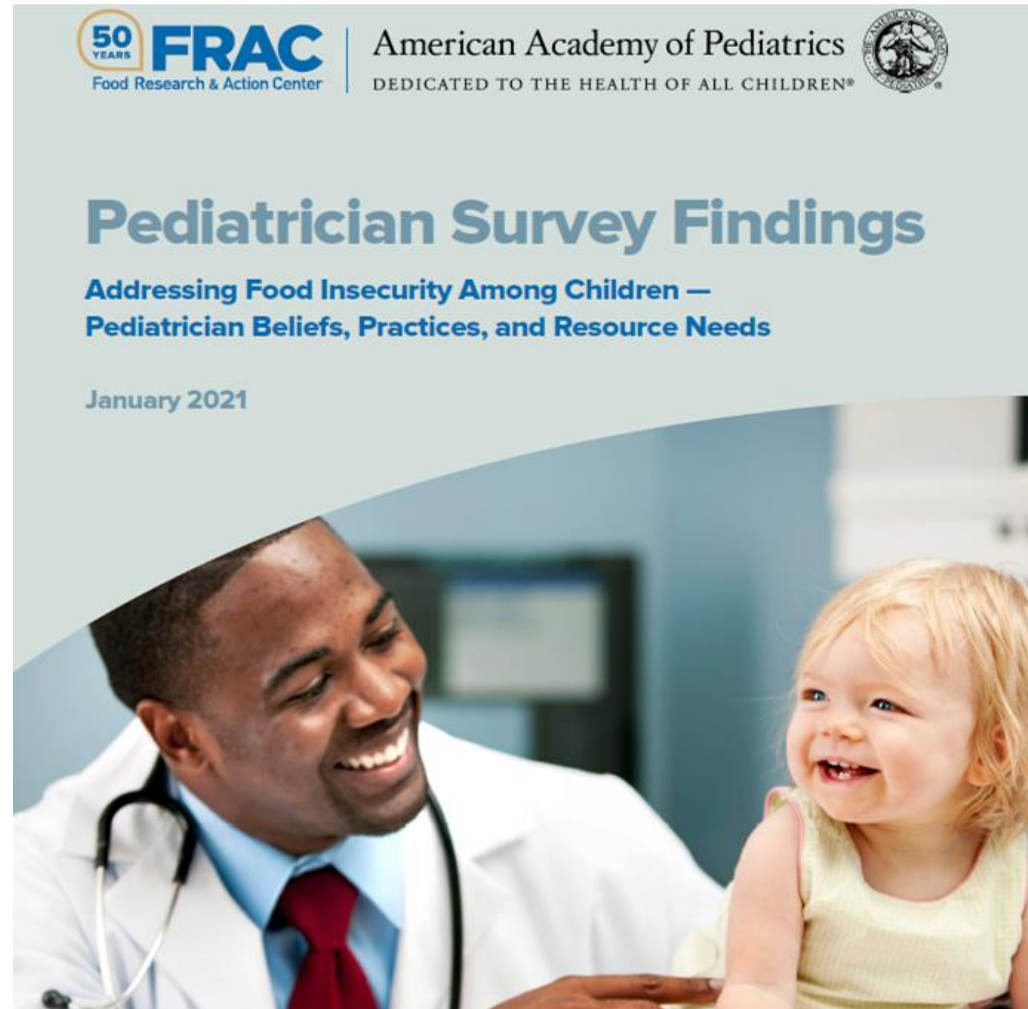
- **Positivity rate: written (16.3%) vs verbal (10.4%) ; $P < .001$**

Food for Thought: A Randomized Trial of Food Insecurity Screening in the Emergency Department

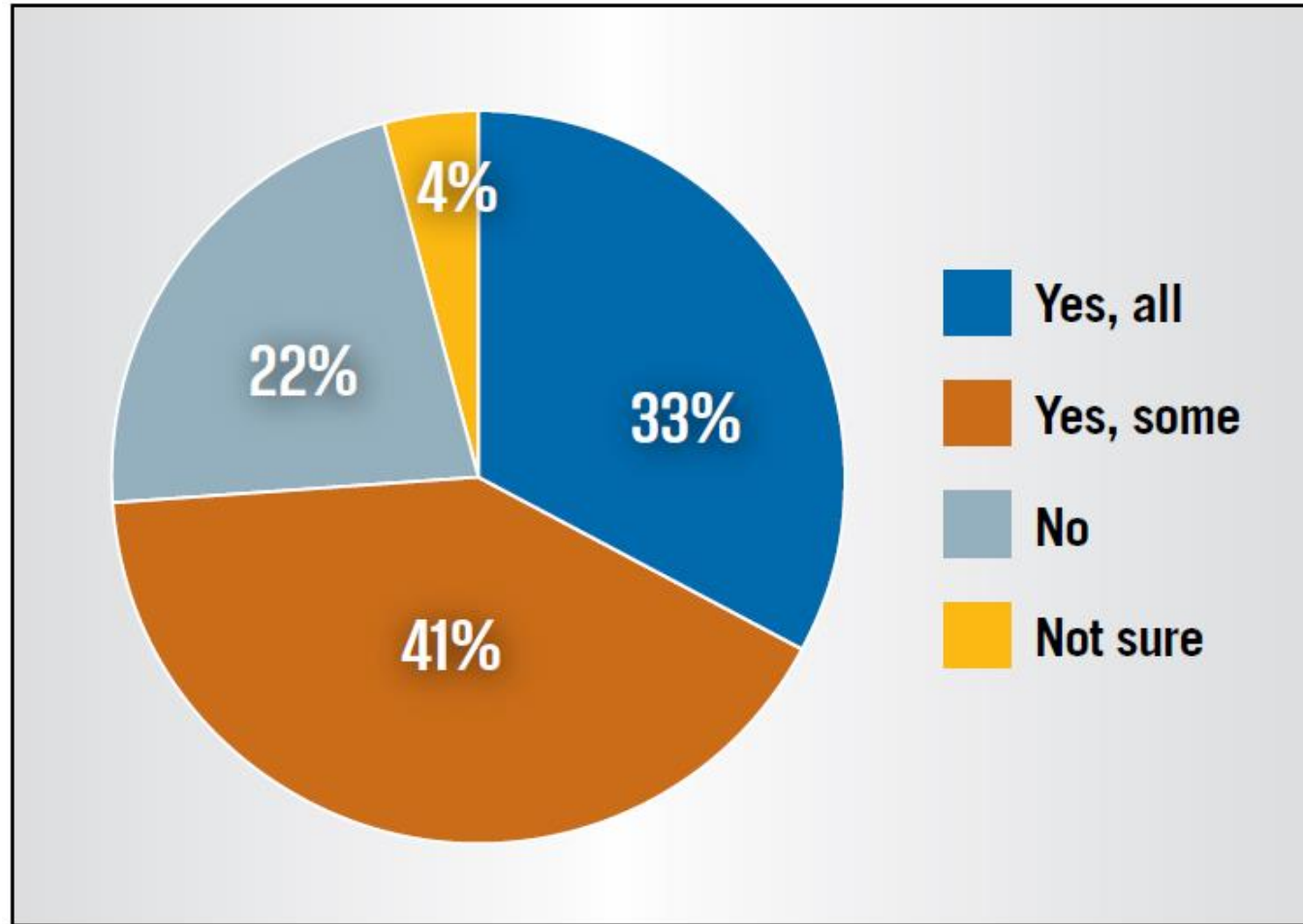
Danielle Cullen, MD, MPH, MSHP; Ashley Woodford, BA; Joel Fein, MD, MPH

- **Positivity rate: electronic tablet (23.6%) vs verbal (20.6%); $P < .002$**

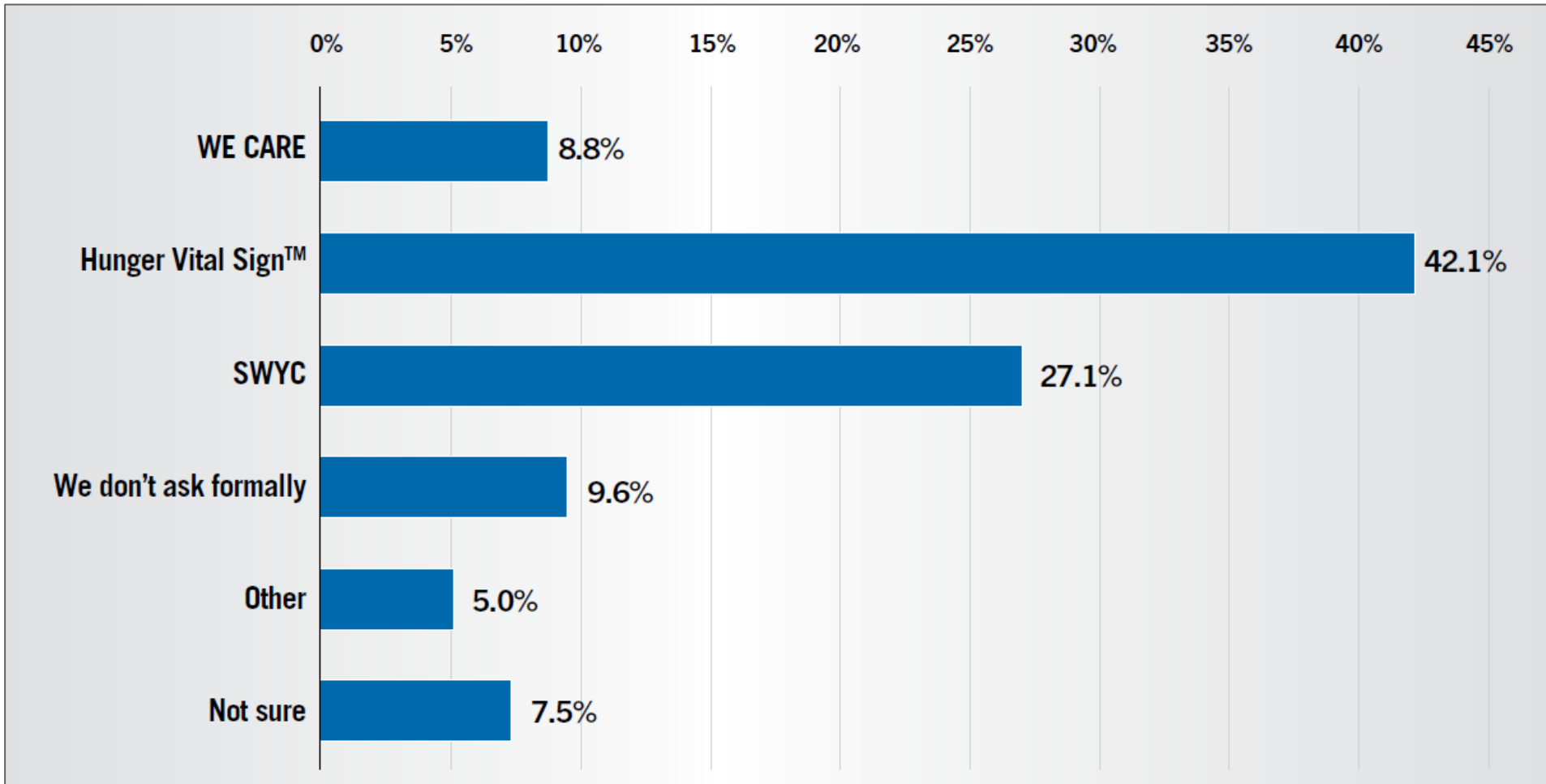
What are pediatricians' practices and beliefs?



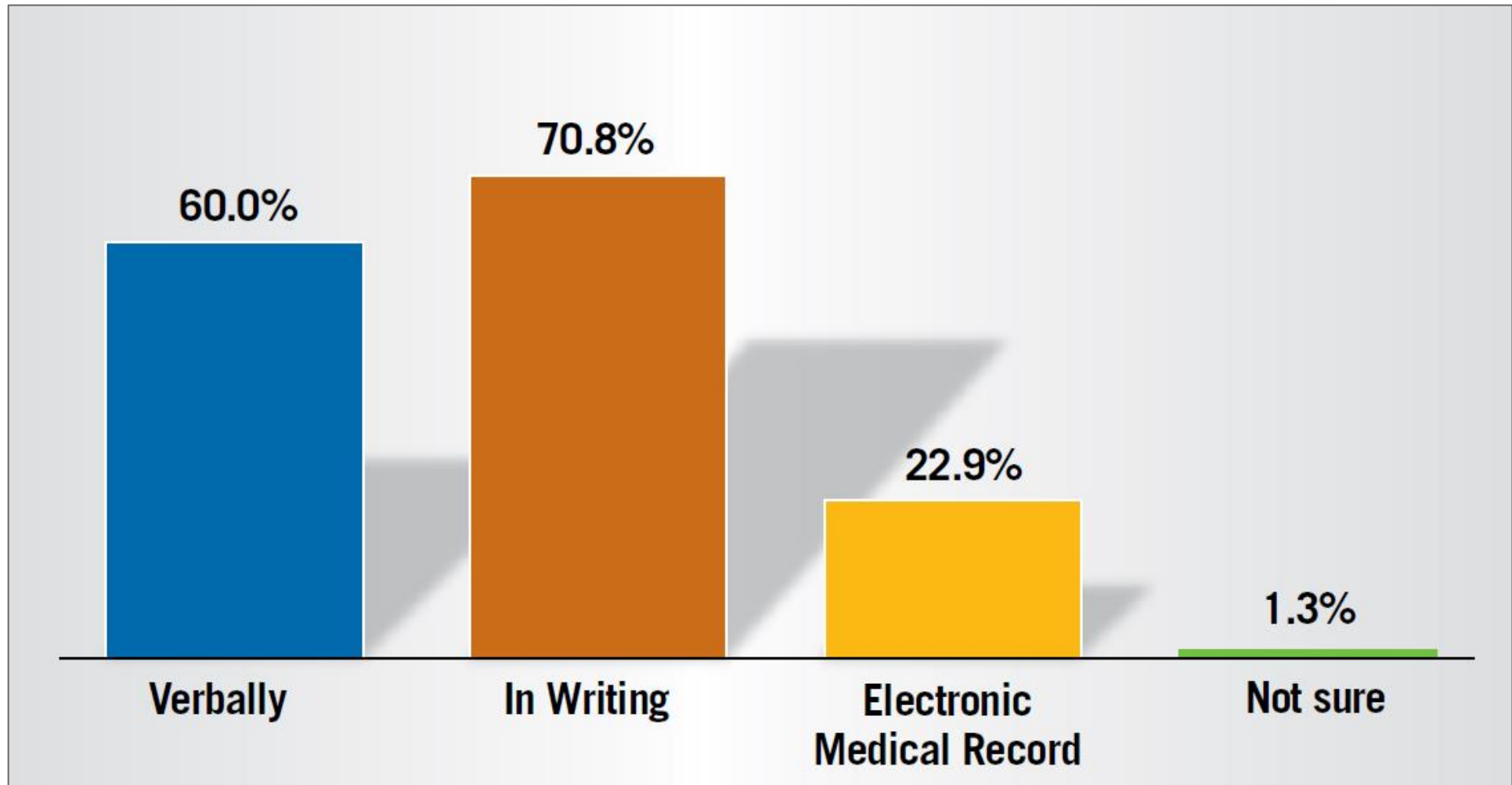
Are patients being screened?



What screener is being used?



How are pediatricians screening?



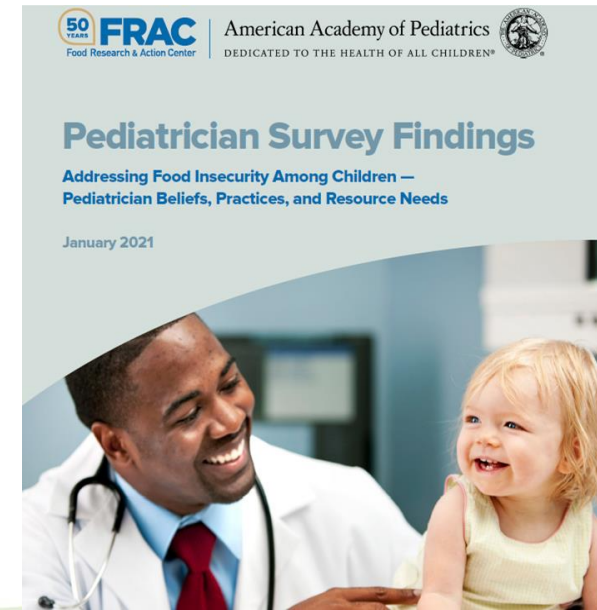
What are the most common barriers?

Time constraints (51.8%)

Resources unavailable or unknown (27.8%)

Worried about opening up more problems (20.1%)

Lack of buy-in (13.3%)





Intervening on food insecurity in clinical settings



Connect with the federal nutrition programs

Program	Description	Eligibility
Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)	<ul style="list-style-type: none"> Federal grant program for which Congress authorizes funding each year 	<ul style="list-style-type: none"> < 185% federal poverty level (FPL) (<\$48,470 for 4)
Supplemental Nutrition Assistance Program (SNAP)	<ul style="list-style-type: none"> Formerly called “Food Stamps” Monthly vouchers (EBT cards) to purchase eligible food items 	<ul style="list-style-type: none"> < 130% of FPL (<\$34,060 for 4)
School Nutrition Programs	<ul style="list-style-type: none"> National School Breakfast and Lunch Programs Summer Meal Program 	<ul style="list-style-type: none"> Reduced-cost meals: < 185% of FPL Free meals: < 130% of FPL
Child and Adult Care Food Program (CACFP)	<ul style="list-style-type: none"> Provides aid to child and adult care institutions and family or group day care homes 	<ul style="list-style-type: none"> Based on age and % of low-income clients served

Connect with resources via online platforms

FindHelp
CharityTracker
CrossTx
Healthify
LivWell
UniteUs

- One Degree
- Pieces Iris
- Purple Binder
- Reach
- TAVConnect

Effectiveness of clinical interventions

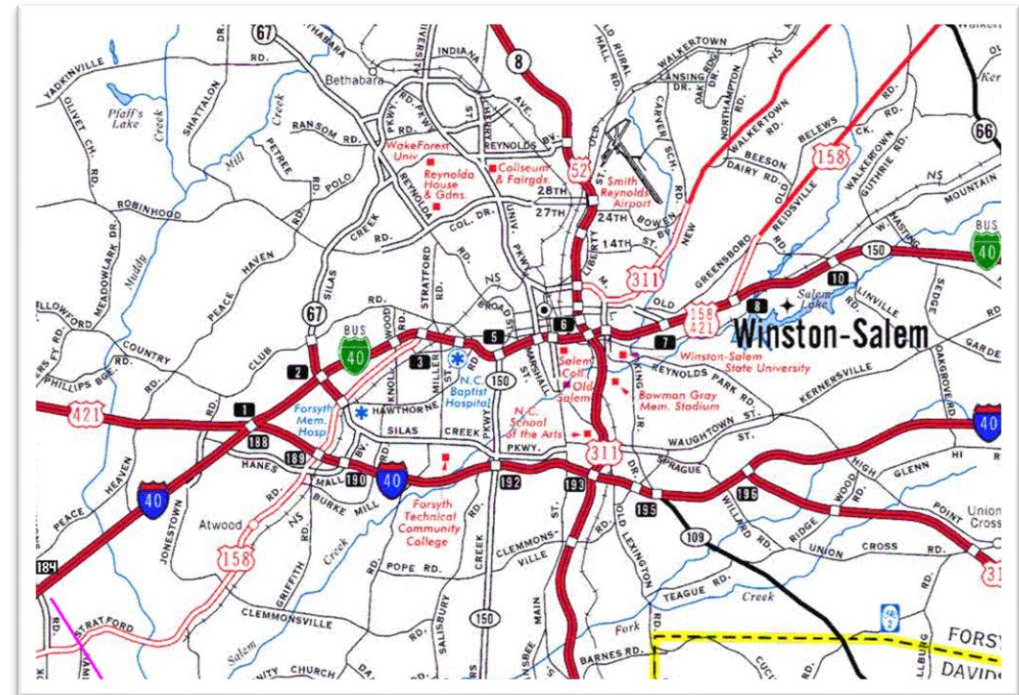
Outcome	Impact		
	Referrals	Vouchers	Food*
Resource use	Mixed (4)	Improved (3)	-
Food security status	Improved^ (2)	Improved (2)	Improved (1)
Health behaviors	Mixed (2)	Improved# (5)	Improved (1)
Health	Mixed (1)	Mixed (3)	Mixed (2)
Cost/utilization	Mixed (1)	-	Mixed (1)

Examples of food insecurity clinical interventions



Pediatric Clinic in Winston-Salem

NC largest Medicaid provider
1 in 5 households with children food insecure



Build the case for a program

Patient anecdotes about inability to pay for food

2013 – Creation of food pantry

Pediatric resident advocacy project

Parent of WF student donated \$10,000

2015 – Engaged with pediatric weight management team bags

2016-Present – Donor continues to give \$10,000 annually food pantry



Build your team; identify a champion

“Food Pharmacist” entirely grant-funded

Bilingual (Spanish)

Certified lactation counselor, ServSafe®

Referrals to SNAP and WIC

Assists with research projects



Develop a workflow to screen

- 2014 – Verbal, well child checks
 - Hunger Vital Sign™
- 2017 – Written, all visits
 - Expanded to multiple SDH
 - Incorporated into EHR
 - Faculty, staff, resident training
- 2020 – Screen/refer federal nutrition programs, well child checks

DHP Pediatrics Social Drivers of Health Screening	
1. In the past year, did you worry that your food would run out before you got money or Food Stamps to buy more? <i>En el último año, ¿estuvo preocupada(o) que se le acabara la comida antes de recibir dinero o cupones para comprar más alimentos?</i>	<input type="checkbox"/> Yes/Sí <input type="checkbox"/> No
2. In the past year, did the food you bought just not last and you didn't have money to get more? <i>En el último año, ¿Se quedó sin comida, y no tuvo dinero para comprar más?</i>	<input type="checkbox"/> Yes/Sí <input type="checkbox"/> No
3. In the past year, have you been afraid of your partner? <i>En el último año, ¿alguna vez tuvo miedo de su pareja?</i>	<input type="checkbox"/> Yes/Sí <input type="checkbox"/> No
4. In the past year, have you ever felt unsafe in your home? <i>En el último año, ¿alguna vez se sintió insegura(o) en su hogar?</i>	<input type="checkbox"/> Yes/Sí <input type="checkbox"/> No
5. In the past year, have you ever felt at risk for being homeless? <i>En el último año, ¿alguna vez se sintió en riesgo de quedarse sin hogar?</i>	<input type="checkbox"/> Yes/Sí <input type="checkbox"/> No
6. In the past year, have you ever had to go without health care because you didn't have a way to get to the clinic? <i>En el último año, ¿alguna vez estuvo sin atención médica porque no pudo llegar a la clínica?</i>	<input type="checkbox"/> Yes/Sí <input type="checkbox"/> No
7. Does your family need a lawyer to help with your landlord, housing, immigration, or taxes? <i>¿Su familia necesita a un abogado para ayudarle con el dueño de su vivienda, con vivienda, inmigración o impuestos?</i>	<input type="checkbox"/> Yes/Sí <input type="checkbox"/> No
8. In the past year has the electric, gas, oil, or water company threatened to shut off services in your home? <i>En el último año, ¿La empresa de servicios públicos la amenazó con cortar los servicios de electricidad, gas, aceite o agua de su casa?</i>	<input type="checkbox"/> Yes/Sí <input type="checkbox"/> No
9. As a caregiver, in the past year, have you often felt down, depressed, or hopeless? <i>En el último año, ¿mientras cuidaba a su familia ¿se sintió con frecuencia disgustada(o), deprimida(o) o desesperanzada(o)?</i>	<input type="checkbox"/> Yes/Sí <input type="checkbox"/> No
10. As a caregiver, in the past year, have you had a problem with drugs or alcohol? <i>En el último año, ¿mientras cuidaba a su familia tuvo usted problemas con el abuso de alcohol o drogas?</i>	<input type="checkbox"/> Yes/Sí <input type="checkbox"/> No

Become friends with IT to build in EHR

Social Drivers of Health Screening Questions:

Food insecurity: {WH MD GEN PEDS FOOD INSECURITY:32262::"no concerns"}

Domestic violence: {WH MD GEN PEDS DOMESTIC VIOLENCE:32261::"no concerns"}

At risk for homelessness: {WH MD GEN PEDS HOUSING CONCERNS:32263::"no concerns include ***"}

Rent and/or utility concerns: {WH MD Gen Peds Utility Concerns:42377::"no concerns"}

Transportation concerns: {WH MD GEN PEDS TRANSPORTATION CONCERNS:32264::"no concerns"}

Legal concerns: {WH MD GEN PEDS LEGAL CONCERNS:32265::"no concerns"}

Caregiver coping or depression: {WH MD GEN PEDS PARENTAL COPING:32259::"doing well, no concerns"}

Exposure to caregiver substance use (including secondhand smoke): {WH MD GEN PEDS SMOKE EXPOSURE:32260::"no"}

Other: {WH MD GEN PEDS OTHER SOCIAL DETERMINANTS OF HEALTH:32275::"none"}

Social drivers of health concerns: food insecurity; provided {WH MD GEN PEDS FOOD BAG PLAN:978200180}

1 bag

2 bags

3 bags

other - {WH MD GEN PEDS FOOD BAG PLAN OTHER:978200181}

Food Pharmacist Referral

resources

Become friends with IT to build in EHR

ⓘ Please add **food insecurity** to your patient's visit diagnoses, based on your documentation.

Add Visit Diagnosis

Do Not Add

Food insecurity

🔗 Visit Diagnoses

Search for new diagnosis

+ Add

Previous ▾

Problems ▾

Common

Well child check

ADHD (attention defi...

Allergic rhinitis

Routine infant or chil...

Constipation

Well

Acne

Viral URI

Influenza A

P

ICD-10-CM

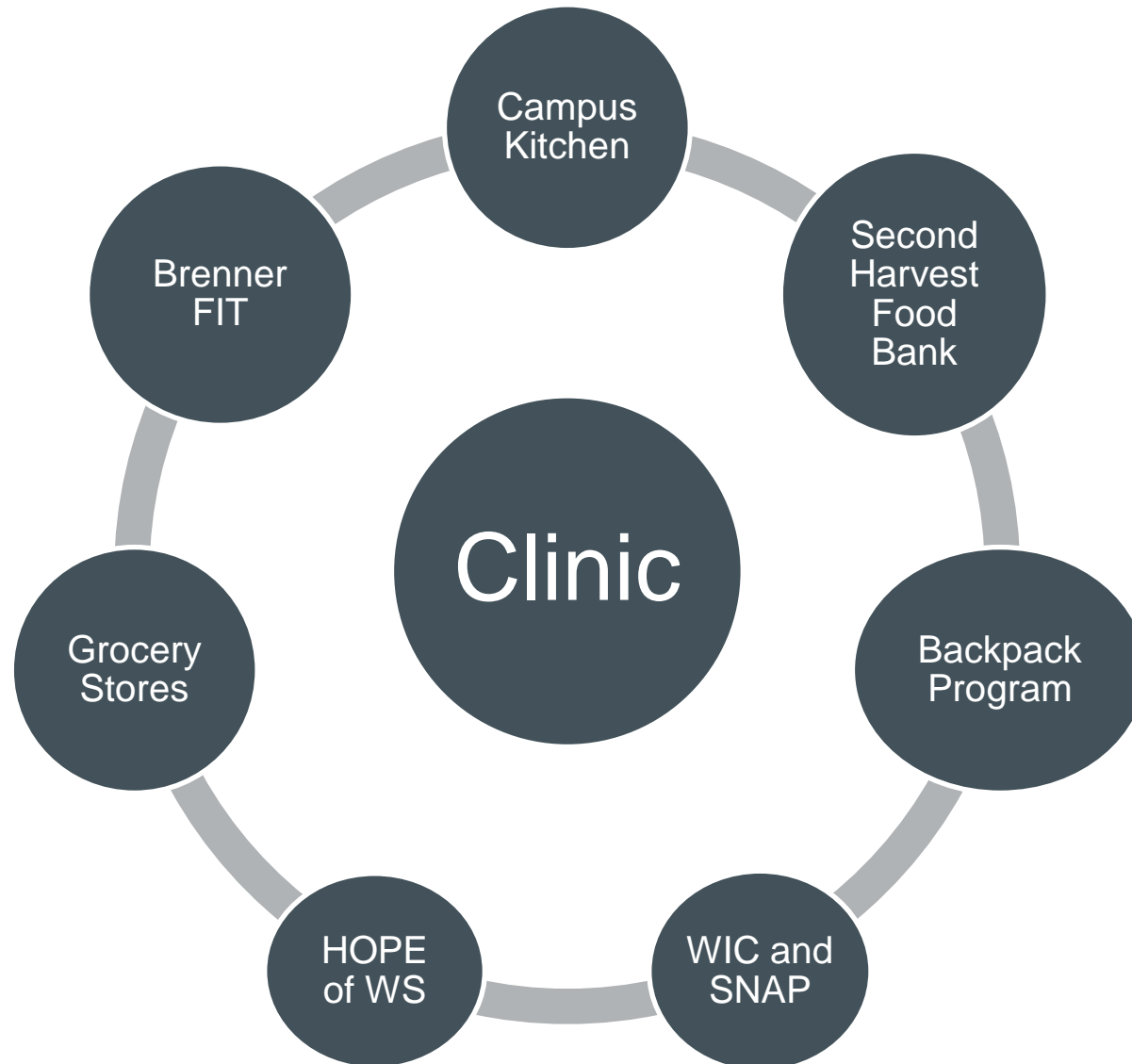
1.

Food insecurity

Z59.4

⬆ Change Dx

Build relationships; establish partners



Consider onsite food provision

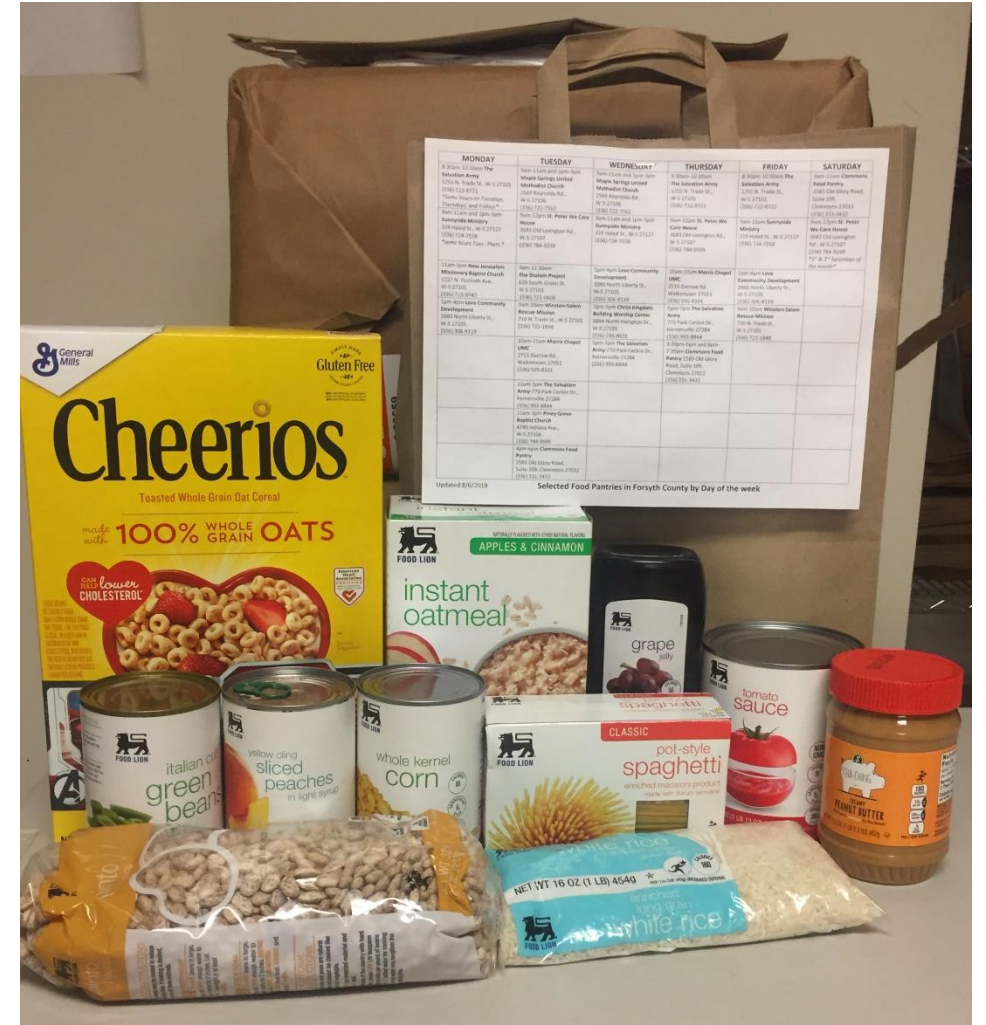
Shelf-stable, balance in macronutrients

Feeds family of four for 24-48 hours

\$15/bag, Food Bank, grocery stores, backpack program

List of emergency food pantries

Periodic patient satisfaction surveys



Consider onsite food provision

Brenner FIT[®] Recipe

Chicken Parmesan Noodle Bake

35 minutes | 6 servings
\$1.46 per serving (Total: \$8.76)

Ingredients:

- 8 ounce box spaghetti noodles
- 24 ounce canned pasta sauce
- 1 cup parmesan cheese, divided
- 10 ounces canned chicken
- 14.5 ounce canned fire roasted tomatoes or petite diced tomatoes
- 1 teaspoon Italian seasoning
- ½ cup mayonnaise
- Splash of canola oil

On the side:

Fruit of your choice (optional)

Scan this QR Code with your phone camera to see recipe video:



Directions:

1. Preheat oven to 350°F.
2. Cook pasta according to box instructions until al dente.
3. While pasta is cooking, mix together pasta sauce, ¾ cup parmesan cheese, canned chicken, canned tomatoes, Italian seasoning and mayonnaise in a large bowl.
4. Add cooked pasta to mixture and stir to coat pasta well.
5. Grease an 8 x 8 glass casserole dish using a paper towel to wipe the dish with a splash of oil.
6. Spread pasta mixture in casserole dish.
7. Sprinkle remaining ¼ cup parmesan cheese on the top.
8. Bake uncovered for 25 – 30 minutes until bubbly around the edges.
9. Remove from oven and allow to sit 5 – 10 minutes before serving.
10. Serve alongside fruit of your choice (optional).



Consider onsite food provision



Consider food delivery

March – Sept 2020

150 individuals

7,000 produce boxes

20,000 prepackaged meals

8 community partners

Countless volunteers

Door Dash and Food Bank



Consider food delivery

DoorDash Acts for Sustainability and Hunger



SUBMIT DOORDASH REFERRALS
HERE

CALL TO SEE IF YOU QUALIFY OR
SCHEDULE A DELIVERY

WE'VE PARTNERED WITH DOOR DASH

We've partnered with DoorDash through Project DASH to bring PWA's food pantry to you.

Project DASH is DoorDash's collaboration with Feeding America®'s MealConnect system to provide hunger relief and aid in reducing food waste.

Consider providing cooking demonstration

Chef, dietitian, pediatric obesity specialist

Cooking demonstration classes

On-site at the clinic



Build connections with federal programs

Implement routine screening for SNAP & WIC participation

Children birth through 4 years

Medicaid or Uninsured

NOT enrolled → screen for interest in referral

WakeHealthLink (EpicCareLink) to

Automate referrals to WIC

Improve care coordination between WIC and health system



Build connections with federal programs

If WIC only, has option for SNAP referral.

Federal Nutrition Program Participation: WIC only, and {WH MD GEN PEDS FEDERAL NUTRITION PROGRAM PARTICIPATION INTEREST SNAP:35851}

family is interested in referral to SNAP
family is NOT interested in referral to SNAP

Federal Nutrition Program Participation: {WH MD GEN PEDS FEDERAL NUTRITION PROGRAM PARTICIPATION:35667}
WIC only, and {WH MD GEN PEDS FEDERAL NUTRITION PROGRAM PA
Both WIC and SNAP
SNAP only, and {WH MD GEN PEDS FEDERAL NUTRITION PROGRAM F
None currently, and {WH MD GEN PEDS FEDERAL NUTRITION PROGRA
Not sure, and {WH MD GEN PEDS FEDERAL NUTRITION PROGRAM PA
{WH MD GEN PEDS FEDERAL NUTRITION PROGRAM PA

If SNAP only, has option for WIC referral.

Federal Nutrition Program Participation: SNAP only, and {WH MD GEN PEDS FEDERAL NUTRITION PROGRAM PARTICIPATION INTEREST WIC:35711}

family is interested in referral to WIC
family is NOT interested in a referral to WIC

If None or Not sure, has options to refer to WIC and/or SNAP

Federal Nutrition Program Participation: None currently, and {WH MD GEN PEDS FEDERAL NUTRITION PROGRAM PARTICIPATION INTEREST:35667}

family is interested in being referred to WIC
family is interested in being referred to SNAP
family is NOT interested in being referred to WIC or SNAP

Build connections with federal programs

Read aloud question and response options then select an answer

- ❗ "Do you and/or your child currently participate in the WIC or SNAP programs? SNAP is also known as Food Stamps or Food Assistance?"

Read aloud question and response options then select an answer

- ❗ "WIC is a free program through the health department that provides food and nutrition support for children from birth through 4 years old. Can we give your information to WIC so they can contact you about enrolling?"

Document

Do Not Document

📊 Flowsheets [Collapse](#)

WIC Referral

WIC Referral

✉ **WIC Referral from general pediatrics screening**

Received: Today

Build connections with federal programs

Secure log-in

Review charts of WIC clients for:

- Growth data

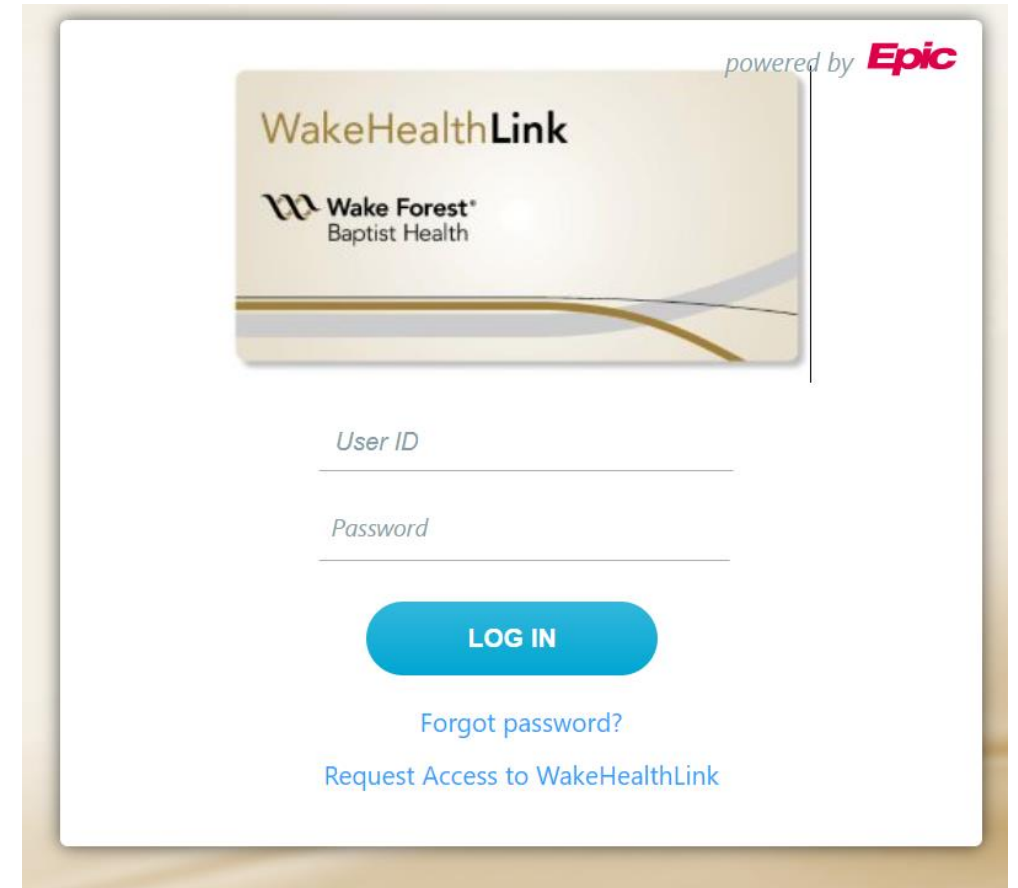
- Lab values

- Progress notes from physicians

- Prescriptions

- Family contact information

Send messages securely with a
WIC client's health care team



powered by **Epic**

WakeHealthLink

Wake Forest[®]
Baptist Health

User ID

Password

LOG IN

[Forgot password?](#)

[Request Access to WakeHealthLink](#)

Build connections to federal programs

Food bank outreach team – SNAP applications

Onsite SNAP application assistance

Become a after school meals site

Become a summer meal site



Strategies for building capacity

Build your case to obtain buy in from leadership

Identify a champion

Develop a workflow to screen/intervene

Become friends with IT

Establish relationships

Consider food provision, education, delivery

Build connections to federal nutrition programs



If able, obtain financial support

Philanthropy, fund raisers

Grant funds

- No Kid Hungry

- RWJ Healthy Eating Research

- USDA Gus Schumacher, produce RX

- Many local and national foundations

In-kind donations from partners

Track outcomes



Acknowledgements

Brenda Ramirez, food navigator
Clavenda Canty, social worker
Laurie Albertini, medical director
BrennerFIT team
Multitude of student and faculty volunteers

Research team:

Dr. Deepak Palakshappa
Dr. Callie Brown
Dr. Kristina Lewis
Dr. Joey Skelton

- Inpatient food pantry:
 - Dr. Leila DeWitt
- Newborn nursery food pantry:
 - Whitney Ewing, CPNP
- Funding
 - The Duke Endowment
 - Healthy Eating Research, Robert Wood Johnson Foundation
 - No Kid Hungry
 - Katie B. Reynolds Foundation
 - Pat Masse, donor

A word cloud featuring the phrase "Thank You" in numerous languages. The words are arranged in a circular pattern, with "thank you" in the center in large blue letters. Other prominent words include "gracias" in red, "danke" in orange, "merci" in blue, and "arigatō" in green. The background is a light gray grid.

Questions



Promoting Food Access for Kids: How the Pediatric Community Can Effect Change

[USDA's Actions on Nutrition Security: The Role of the
Healthcare Sector and Pediatricians](#)

Available On Demand

[Promising Clinical Practices to Build Nutrition Security for
Children and Families](#)

February 21, 2 pm et

[Telling the Story: How Pediatrician's and Children's Hospitals are
Advocating for Nutrition Security](#)

March 1, 2 pm et

Give us Your Feedback

