

# Improving Food Access for Healthier Outcomes



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# Proper Nutrition is Key in CKD

- Prevent infection
- Build or maintain muscle mass
- Slow progression of kidney disease
- Lower risk of secondary effects (bone disease, HTN, CV disease)

## Variables Associated with Decreased Nutritional Status of CKD Patients

- Anorexia
- Inflammation
- Metabolic Acidosis
- Endocrine Disorders
- Comorbidities
- Dialysis Related
- Psychosocial

# What about Food Insecurity?



# What is Food Security?

“Access by all family members at all times to enough food for an active, healthy life” (USDA)



# Having Kidney Disease is Expensive



# What are the Implications?

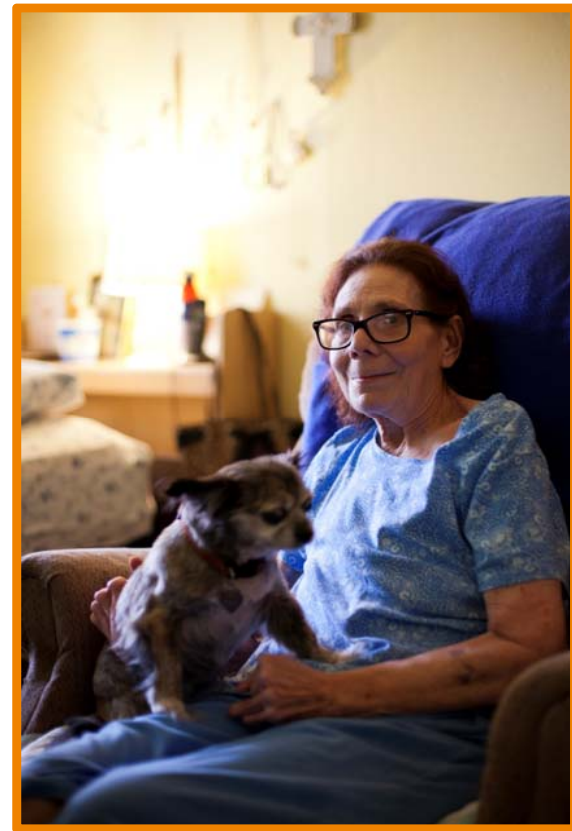
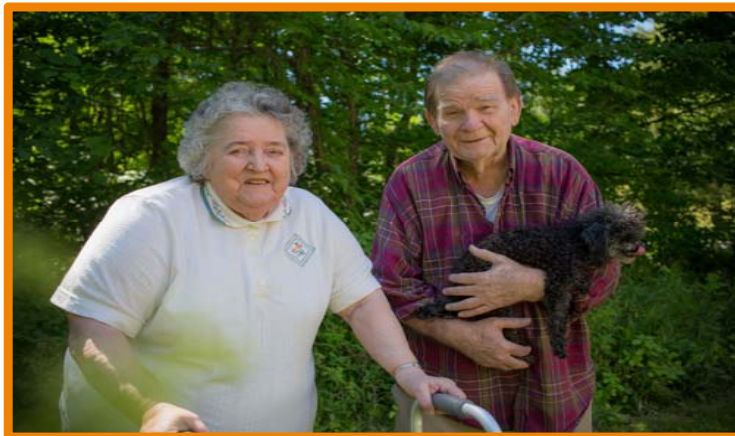
Food insecure families may:

- Have anxiety over having enough of the right food in the house
- Reduce quality, variety, and desirability of food
- Eat less or less often



# Who is Food Insecure?

*You'll never know unless you ask*





## I Already Assess for Food Insecurity

- By conducting a diet history
- By asking about financial resources

## 2 USDA-Validated Questions

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

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

- a) Often True
- b) Sometimes True
- c) Never True

Published in: [Hagar ER, et al. \(2010\). Development and Validity of a 2-Item Screen to Identify Families at Risk for Food Insecurity. \*Pediatrics\*, 126: e26-e32](#)

# Implementing the Screen

- Fit into existing check-in process
- Paper vs. asking in person
- Handout vs. referral to social worker
- Consideration in care plan
- Referrals and resources



# One Model of Implementing a Screen

**Group Health Cooperative**  
of South Central Wisconsin

**GHC-SCW Nutrition and Activity Screening**

Pediatric/Adolescent  
18 Months - 18 Years

Patient Sticker

Please circle the best answer for each question below:

1. **Food Choices** - how many times per day does the patient:

a. Eat vegetables (excluding French fries)?  0 times/day  1-2 times/day  3+ times/day

b. Eat fruit?  0 times/day  1-2 times/day  3+ times/day

c. Eat fried food?  0 times/day  1-2 times/day  3+ times/day

d. Eat sweets and/or salty snacks?  0 times/day  1-2 times/day  3+ times/day

e. Drink soda, fruit drink or juice?  0 times/day  1-2 times/day  3+ times/day

f. Drink milk or eat yogurt  0 times/day  1-2 times/day  3+ times/day

What type of milk does the patient drink:  Whole  2%  1%  Skim  Other: \_\_\_\_\_

g. Is patient vegetarian?  Yes  No

h. Does patient take a vitamin/mineral supplement?  Yes  No

2. **Meal Patterns** - how many days per week does the patient:

a. Eat breakfast?  0 days/wk  1-4 days/wk  5+ days/wk

b. Eat dinner with the family?  0 days/wk  1-2 days/wk  3+ days/wk

c. Eat "fast food" meals?  0 days/wk  1-2 days/wk  3+ days/wk

d. Eat meals or snacks in front of the TV?  0 days/wk  1-2 days/wk  3+ days/wk

3. **Physical Activity**

How many hours per day of screen time (TV, phone, laptop) does the patient have:

Less than 1 hour/day  1-2 hours  3-4 hours  5 or more hours

How many days per week does the patient (for ages 3 and above):

Participate in physical activity (walk, ride bike, play sports, etc.) for a combined total of 60 minutes or more?

0-1 days/wk  2-3 days/wk  4-5 days/wk  6+ days/wk

4. **Questions for Parent/Guardian:**

a. Are you concerned about your child's weight?  Yes  No

b. Do you think your child is concerned about his/her own weight?  Yes  No

c. Within the past 12 months, have you ever worried that your food would run out before you got money to buy more?  Yes  No

d. Within the past 12 months, did the food that you bought ever run out before you had money to buy more?  Yes  No

## Nutrition and Activity Screening

### Questions for Parent/Guardian

c. Within the past 12 months have you ever worried that your food would run out before you got money to buy more?

d. Within the past 12 months, did the food you bought ever run out before you had money to buy more?

# Ethical Considerations of Screening

If you choose screen



You need to offer solutions

# Some Recommended Resources



You may be eligible for the QUEST card. Call now!

**1-877-FOOD-635**



# The Problem of Access

## Access could be an issue because:

- Not enough money to purchase their food from mainstream sources
- No “mainstream sources” with healthy food choices readily available
- Lack of transportation to get to a place that offers healthy choices
- Lack of access to information about food resources

(i.e. FoodShare, 2-1-1, Summer meals for kids)



# Creating Solutions

Working in groups of 6-8 brainstorm a proposed solution to help your patients with food insecurity access appropriate food.

Using the Hunger Solutions Planning Guide talk through the various considerations to make this a reality in your community.

TIP: Think about what resources have worked for your patients, what resources haven't worked and why?



# Some Possible Solutions

- CKD Box
- Targeted Food drive
- Patient education
- On-site “pantry”
- Mobile pantry



# The Diabetes Wellness Program

- 3 year pilot program based on successful Feeding America study
- Funded by SSM Health but not restricted to SSM patients
- 2 Phases
  - Dane County - January 2016 – July 2017
  - Rock & Sauk Counties - June 2017 – December 2018



# Program Components

- 1-hour introductory workshop
- 9 monthly boxes of 30 lbs. of diabetes-appropriate food
- Monthly factsheet and 2-3 recipes to use with the food items provided



# Program Goals

- 1) To increase participants' knowledge on how to successfully manage diabetes through proper nutrition.
- 2) To increase participants' intake of diabetes-appropriate foods.
- 3) To increase program participants' confidence in their ability to manage their diabetes beyond the end of the program.



**Thank you! For more Information:**

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