



Mid-America (HHS Region 7)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# Food Insecurity

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Mid-America MHTTC



MUNROE-MEYER  
INSTITUTE

***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

# Health Outcomes

Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

## Economic Stability

- Employment
- Food Insecurity
- Housing Instability
- Poverty

## Education Access and Quality

- Early Childhood Education and Development
- Enrollment in Higher Education
- High School Graduation
- Language and Literacy

## Social and Community Context

- Civic Participation
- Discrimination
- Incarceration
- Social Cohesion

## Health Care Access and Quality

- Access to Health Care
- Access to Primary Care
- Health Literacy

## Neighborhood and Built Environment

- Access to Foods that Support Healthy Eating Patterns
- Crime and Violence
- Environmental Conditions
- Quality of Housing



“The disruption of food intake or eating patterns because of lack of money and other resources.”



“Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.”



“Reports of multiple indications of disrupted eating patterns and reduced food intake.”

# Food insecurity $\neq$ Hunger

They are related but distinct categories.





# Who experiences food insecurity in the United States?

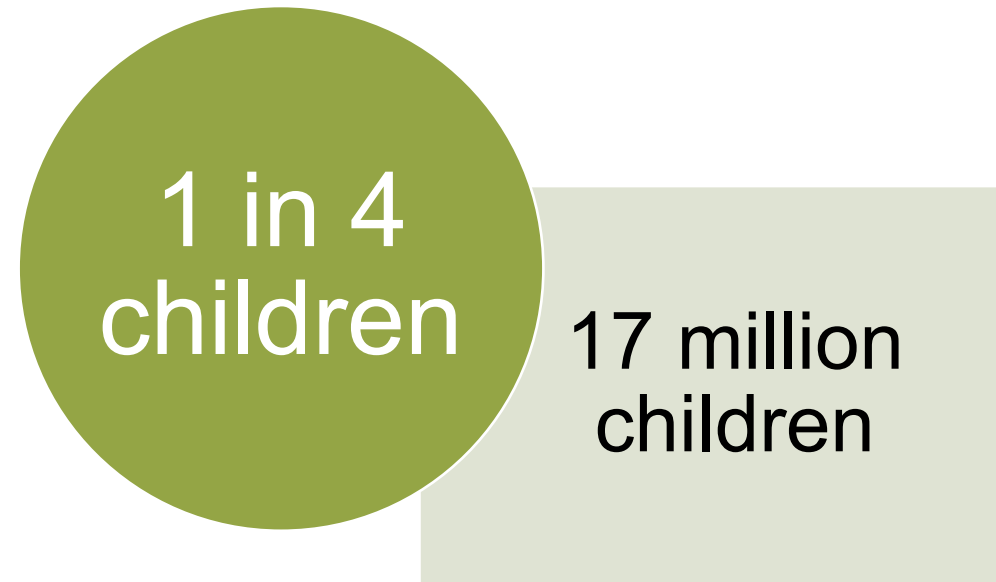
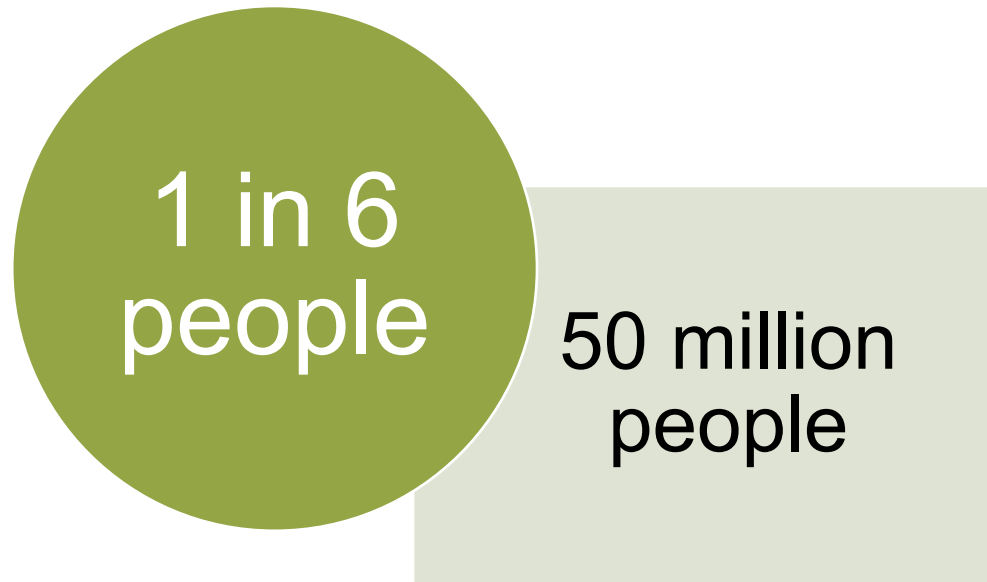
1 in 8 Americans

37 million people

11 million children

Chronicity varies

...and how has this changed due to the pandemic?



# What populations are most at risk for experiencing food insecurity?

Seniors

Children

Latinos

Almost 2x as likely to live in food insecure households than non-Hispanic whites (Coleman-Jensen et al., 2019)

Native Americans

18 of the 28 counties with majority Native American populations are projected to be high food insecurity counties (i.e., Center for American Indian Health, 2020)

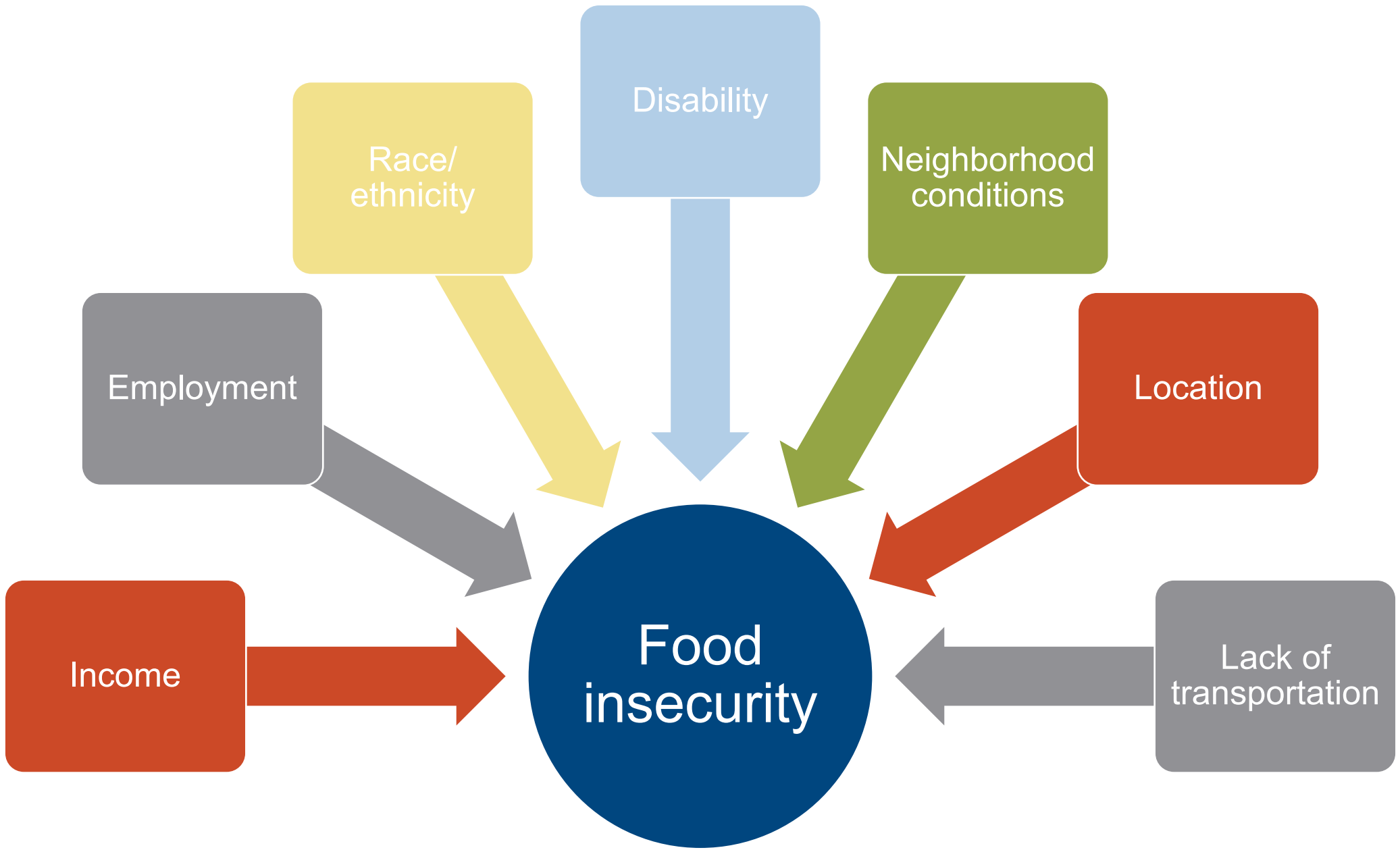
Black individuals

2.4x as likely to live in food insecure households than non-Hispanic whites (Coleman-Jensen et al., 2019)

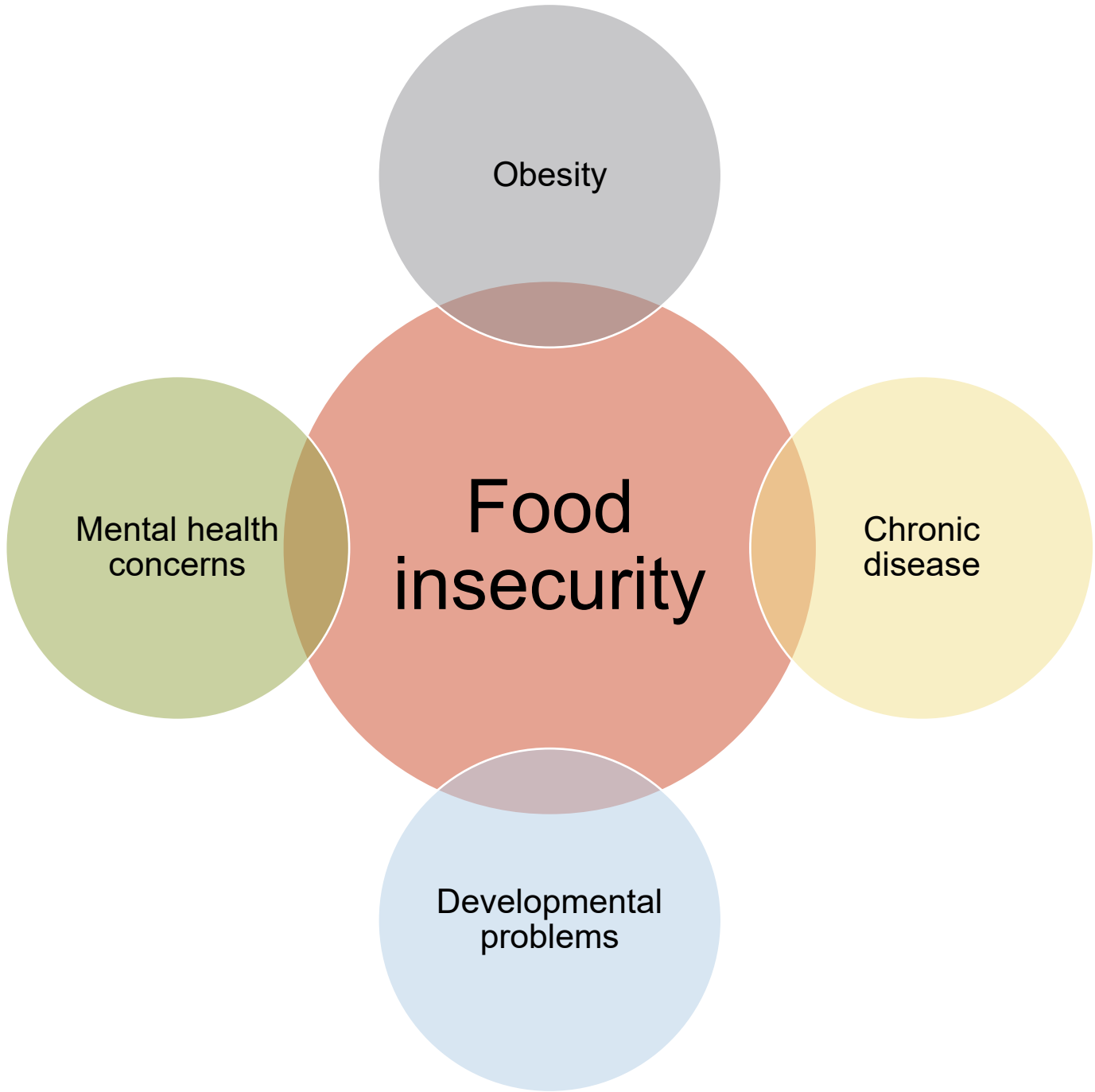
Disabled adults

Due to limited employment opportunities and healthcare related expenses (Coleman-Jensen & Nord, 2013; Huang et al., 2010)

Rural communities







# Assessment & Intervention



# AAFP's Framework to Address SDOH

**ASK**

- About SDOH

**IDENTIFY**

- Resources in patients' communities that can help address SDOH

**ACT**

- To help connect patients with resources to address patients' SDOH

# Screening

PRAPARE

2-item food  
insecurity  
screener

Energy  
security  
screener

# PRAPARE: Protocol for Responding to and Assessing Patient Assets, Risks, and Experiences

14. In the past year, have you or any family members you live with been **unable** to get any of the following when it was **really needed**? Check all that apply.

Yes	No	Food	Yes	No	Clothing
Yes	No	Utilities	Yes	No	Child Care
Yes	No	Medicine or Any Health Care (Medical, Dental, Mental Health, Vision)			
Yes	No	Phone	Yes	No	Other (please write):
I choose not to answer this question					

# 2-item food insecurity screen

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

# Household energy security

Since [current month] of last year, has the [gas/electric] company sent [you/the primary caregiver] a letter threatening to shut off the [gas/electricity] in the house for not paying bills?

In the last 12 months since last [current month], [have you/has the primary caregiver] ever used a cooking stove to heat the [house/apartment]?

Since [current month] of last year, were there any days that the home was not [heated/cooled] because [you/the primary caregiver] could not pay the bills?

Since [current month] of last year, has the [gas/electric/oil] company [shut off/refused to deliver] the [gas/electricity/oil] for not paying bills?

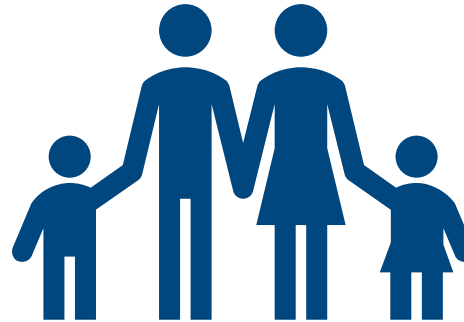
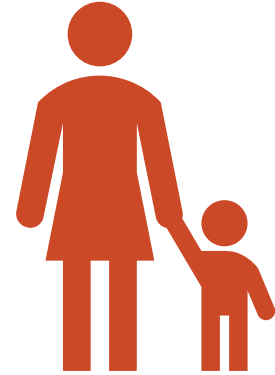
# Z-codes

Z55	Problems related to education and literacy	Z62	Problems related to upbringing
Z56	Problems related to employment and unemployment	Z63	Other problems related to primary support group, including family circumstances
	Z56.0 Unemployment, unspecified	Z64	Problems related to certain psychosocial circumstances
Z57	Occupational exposure to risk factors	Z65	Problems related to other psychosocial circumstances
Z59	Problems related to housing and economic circumstances	<b>Z68</b>	<b>Body Mass Index (BMI)</b>
	Z59.0 Homelessness	Z72	Problems related to lifestyle
	Z59.1 Inadequate housing		<b>Z72.4 Inappropriate diet and eating habits</b>
	<b>Z59.4 Lack of adequate food and safe drinking water</b>	Z74	Problems related to care provider dependency
	Z59. 5 Extreme poverty	Z75	Problems related to medical facilities and other health care
	Z59.6 Low income	Z77	Other contact with and (suspected) exposures hazardous to health
	Z59.7 Insufficient social insurance and welfare support	Z82	Family history of certain disabilities and chronic disease (leading to disablement)
	Z59.8 Other problems related to housing and economic circumstances	Z91	Personal risk factors, not elsewhere classified
Z60	Problems related to social environment		Z91.1 Patient's noncompliance with medical treatment and regimen – <b>Z91.11 Patient's noncompliance with dietary regimen</b>
	<b>Z60.2 Problems related to living alone</b>		



# Case Study

- Mom – Claudia
- Dad – Patrick
- Grandma – Ivonne
- Daughter – Tyler (age 16)
- Son – Elliot (age 13)
- Daughter – Edith (age 2)



# Risk Factors for Food Insecurity

Income

Neighborhood conditions

Lack of transportation

Seniors

Children

Latinos

Disabled adults

Two employed adults and four unemployed household members; have not applied for SSI for son

Section 8 housing

Have a functioning van, but 2 adults are unable to use it

Grandmother (age 63)

Three children (ages 16, 13, and 2)


Several family members identify as Latinos

Grandma has disability due to a stroke, requires assistance for ADLs; mom had a mild TBI

Find **food assistance, help paying bills**, and other free or reduced cost programs, including new programs for the COVID-19 pandemic:


ZIP

67401

 Search

**6,924,399** people use it (and growing daily)

By continuing, you agree to the [Terms & Privacy](#)


findhelp.org is a service provided by  **auntbertha**

# How to use Aunt Bertha

Find **food assistance**, **help paying bills**, and other free or reduced cost programs, including new programs for the COVID-19 pandemic:

ZIP


67401

 Search

**6,924,399** people use it (and growing daily)

Enter your zip code

By continuing, you agree to the [Terms & Privacy](#)

findhelp.org is a service provided by 

Find **food assistance, help paying bills,** and other reduced cost programs, including new programs COVID-19 pandemic:

ZIP

67401

Search

6,924,399 people use it (and growing daily)

By continuing, you agree to the [Terms & Privacy](#)

findhelp.org is a service provided by 

Find food assistance, help paying bills, and other free or reduced cost programs in Salina, KS 67401 , including new programs for the COVID-19 pandemic:

ZIP or keyword or program name

Select Language

 [Food](#)

 [Housing](#)

 [Goods](#)

 [Transit](#)

 [Health](#)

 [Money](#)

 [Care](#)

 [Education](#)

 [Work](#)

 [Legal](#)

Choose the category of assistance  
I chose Food

istance, help paying bills, and other free or reduced cost programs in Salina, KS 67401 , including new programs for the COVID-19 pandemic:

Find food assistance, help paying bills, and other free or reduced cost programs in Salina, KS 67401 , including new programs for the COVID-19 pandemic:

ZIP or keyword or program name

Program name

Select Language

Food

- Emergency Food (6)
- Food Delivery (11)
- Food Pantry (1)
- Help Pay For Food (12)
- Meals (10)
- Nutrition Education (15)

Select the specific type of assistance I chose Meals



1,439 programs

serve people in Salina, KS 67401

Find food assistance, help paying bills, and other free or reduced cost programs in ZIP 67401, including new programs for the COVID-19 pandemic:

ZIP or keyword or program name

Select Language

Food

Emergency Food (6)

Food Delivery (11)

Food Pantry (1)

Help Pay For Food (12)

Meals (10)

Nutrition Education (15)

Search the available resources in the area



1,439 programs

serve people in Salina, KS 67401

MORE INFO SAVE SHARE NOTES SUGGEST APPLY

**Seasonal Services Program**  
by The Salvation Army USA MidWest

The Salvation Army USA Mid West's Seasonal services are special services to help families and children in need at specific times during the year. Seasonal services offered include the many

Main Services: help pay for utilities, meals, clothes for school, blankets & fans, home fuels, supplies for school, toys & gifts

Serving: anyone in need, all ages

MORE INFO SAVE SHARE NOTES SUGGEST APPLY

**Next Steps:**  
Call 847-294-2000.  
Serves your state  
Closed Now: See open hours

**Home Delivered Meals**  
by Mom's Meals

Mom's Meals NourishCare provides Home Delivered Meals to the elderly, disabled, and individuals in poor health, who are eligible for economic assistance through Medicaid Waiver or

Main Services: food delivery, meals

Serving: adults 18+, all disabilities, limited mobility, benefit recipients, low-income

MORE INFO SAVE SHARE NOTES SUGGEST NEXT STEPS

**Next Steps:**  
Get a referral from a case manager to apply or call 877-508-6667.  
Serves nationwide  
Closed Now: See open hours

**Program of All-Inclusive Care for the Elderly (PACE)**  
by Kansas Department for Aging and Disability Services

The Program of All-Inclusive Care for the Elderly (PACE) program promotes quality, comprehensive health services for older adults. The primary care physicians and

Main Services: meals, dental care, medical care, skilled nursing, exercise & fitness, physical therapy, occupational therapy, in-home support, recreation, navigating the system

**Next Steps:**  
Call 785-776-9294 (your nearest location).  
62.61 miles (serves your local area)

Find food assistance, help paying bills, and more in Salina, KS 67401, including new programs

ZIP or keyword or program name

Select Language

Food

Emergency Food (6)

Food Delivery (11)

Food Pantry (1)

Help Pay For Food (12)

Meals (10)

Nutrition Education (15)

### Food Distribution

by Salina Emergency Aid / Food Bank

The Salina Emergency Aid / Food Bank addresses the needs of low-income individuals and households that lack a reliable access to affordable, nutritious food and may experience hunger

Main Services: food pantry

Serving: all ages, low-income

MORE INFO



SAVE



SHARE



NOTES



SUGGEST

NEXT STEPS

Best way to connect!

Contact or go to the nearest location to get services.

Helping someone else?

LOG A REFERRAL

### Seasonal Services Program

by The Salvation Army USA MidWest

#### Next Steps:

Contact or go to the nearest location.

0.98 miles (serves your local area)

255 South Chicago Street, Salina, KS 67401

Closed Now: See open hours

#### Next Steps:

Call 847-294-2000.

Serves your state

Closed Now: See open hours

APPLY

#### Next Steps:

Get a referral from a case manager to apply or call 877-508-6667.

Serves nationwide

open hours

STEPS

Once you select one, click Next Steps and follow the instructions

# 1,439 programs

serve people in Salina, KS 67401

The Program of All-Inclusive Care for the Elderly (PACE) program promotes quality, comprehensive health services for older adults. The primary care physicians and

Main Services: meals, dental care, medical care, skilled nursing, exercise & fitness, physical therapy, occupational therapy, in-home support, recreation, navigating the system

#### Next Steps:

Call 785-776-9294 (your nearest location).

62.61 miles (serves your local area)



# National Programs

Supplemental  
Nutrition Assistance  
Program (SNAP)

Special  
Supplemental  
Nutrition Program  
for Women, Infants,  
and Children (WIC)

National School  
Lunch Program

# Local Resources

Kansas Food Bank (Wichita, KS):

<https://kansasfoodbank.org/>

<https://kansasfoodbank.org/finding-help/>

**HARVESTERS** TAKE ACTION LEARN GET HELP AGENCIES  
COMMUNITY FOOD NETWORK

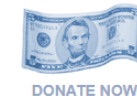
(877) 353-6639  
TOLL-FREE

Search harvesters.org

Receive news via email

*Our mission* IS TO FEED HUNGRY PEOPLE TODAY  
AND WORK TO END HUNGER TOMORROW.

GIVE FOOD GIVE TIME GIVE MONEY GIVE VOICE



Our mission:

To provide comprehensive and compassionate HungerCare whenever and wherever needed.

KANSAS FOOD  
Cargill Cares Co

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- HUNGER STATS
- HOW TO HELP
- PROGRAMS
- IN THE NEWS
- OUR BLOG
- CAREERS / JOBS
- EMAIL UPDATES
- AGENCY LOGIN
- SCHOOL LOGIN
- BOARD LOGIN

Kansas F...  
5.7K likes

Stay Safe

become a Hungre  
if help Kate end hunger!

## Finding Help

The Kansas Food Bank supplies free and low-cost food to food pantries and soup kitchens who give out food to the hungry in our 85 county service area. If you are in need of food assistance, we have a lengthy list of agencies across the state who can assist you.

If you are outside of our service area, shown in blue on the map to the right, you will need to contact one of our sister food banks to find the nearest help agency:

- Counties in red: [Harvesters Community Food Network](#) or call (877) 353-6639
- Counties in green: [Second Harvest Community Food Bank](#) or call (816) 364-3663

## Lists

Use one of these lists to locate a resource near you:

- [Help Agencies in the Wichita Metro Area \[PDF - updated 06-09-21\]](#)
- [Help Agencies Outside of Wichita](#)
- [State of Kansas operated TEFAP Commodities distribution sites \[PDF\]](#)
- [State of Kansas Commodities Soup Kitchens \[PDF\]](#)

## 2020 Wichita Metro Holiday Resources

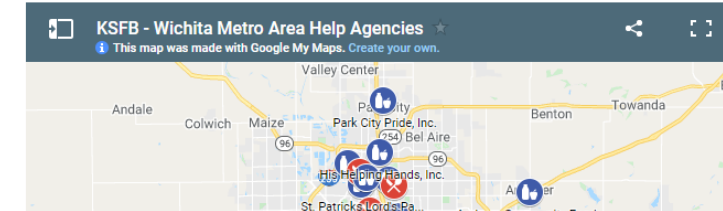
- [Thanksgiving \[PDF\]](#)
- [Christmas \[PDF\]](#)

## Call / Email / Online Resources

- Call us for information about agencies in your area 316-265-3663 or e-mail [info@kansasfoodbank.org](mailto:info@kansasfoodbank.org)
- Call United Way 211 by dialing 211 on your phone or [search their database online](#)

## Map

The map below shows food pantries and meal sites associated with the Kansas Food Bank in the Wichita Metro Area (from the list above). Click on the icons for address, phone, and additional information for each site. [Click here to open the full-sized map in a new window](#) (opens in Google Maps on your mobile device).



Harvesters (eastern KS)  
<https://www.harvesters.org/>



# Take aways

- Highly prevalent
- Assess regularly
  - Not all families experience chronic food insecurity
- Use the Ask – Identify – Act framework
- Be familiar with available resources

# References

Center for American Indian Health (2020). Programs: COVID-19 response. <http://caih.jhu.edu/programs/category/covid-19-response>

Coleman-Jensen, A. & Nord, M. Food Insecurity Among Households With Working-Age Adults With Disabilities, ERR-144, U.S. Department of Agriculture, Economic Research Service, January 2013.

Coleman-Jensen, A., Rabbitt, M.P., Gregory, C.A., & Singh, A. Statistical Supplement to Household Food Security in the United States in 2019, AP-084, U.S. Department of Agriculture, Economic Research Service, September 2020.

Huang, J., Guo, B., & Kim, Y. (2010). Food insecurity and disability: Do economic resources matter? *Soc Sci*, 39, 111-24.



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**WEBSITE:** [mhttcnetwork.org/midamerica](http://mhttcnetwork.org/midamerica)