

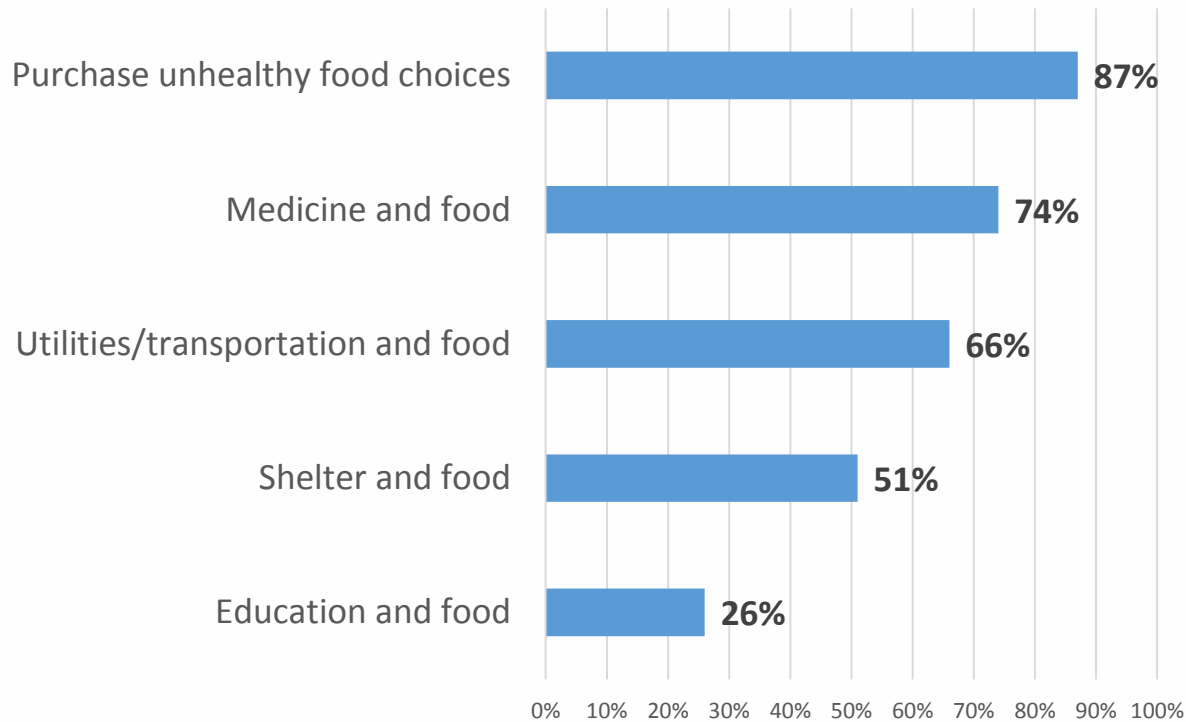
COMMUNITY
foodbank
OF CENTRAL ALABAMA



Who do we serve in Alabama?



Choices Among Basic Needs



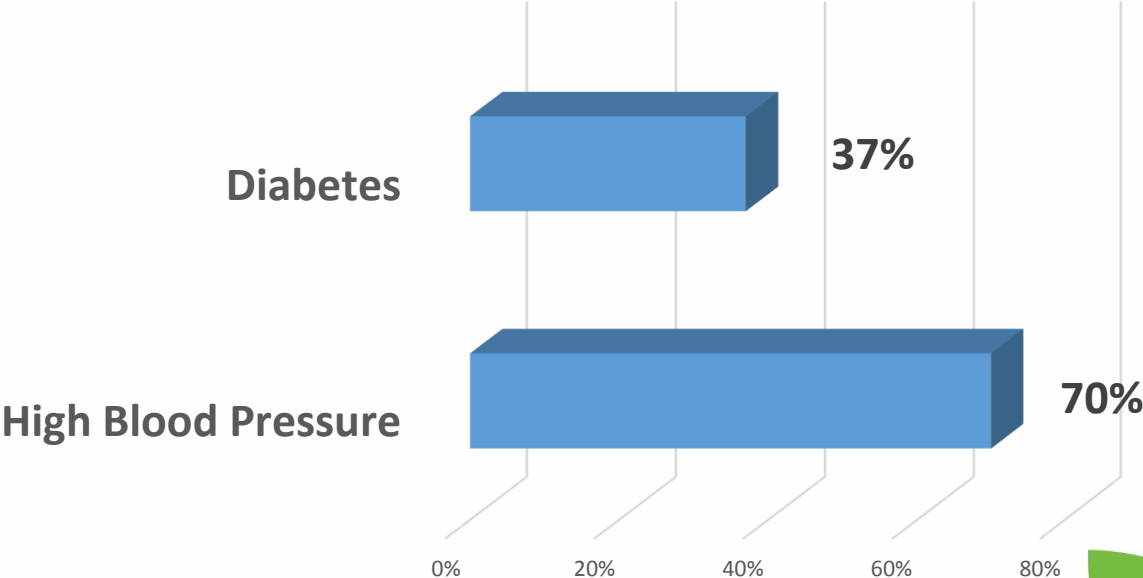
Healthy Foods Out of Reach



\$1.00
430 calories

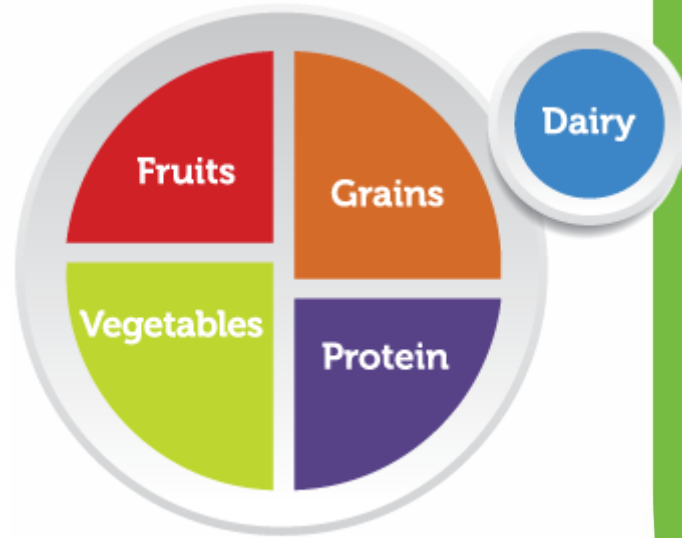
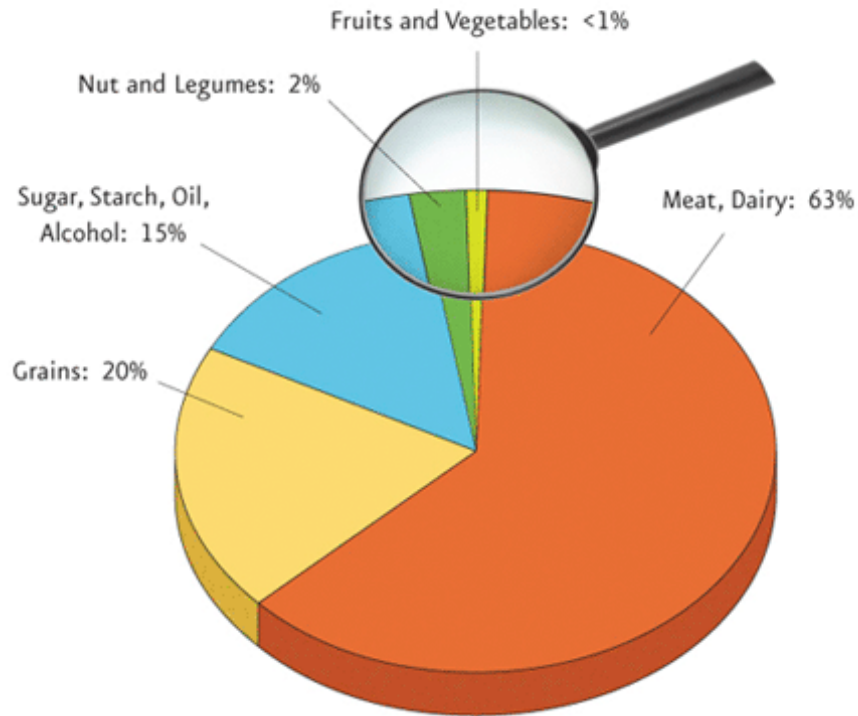


\$1.93 per lb.
154 calories



National Policy

Where the Money Goes: The Foods That Subsidies Support



Cost Comparisons

Processed Foods



= \$0.04 per
calorie

Vs.

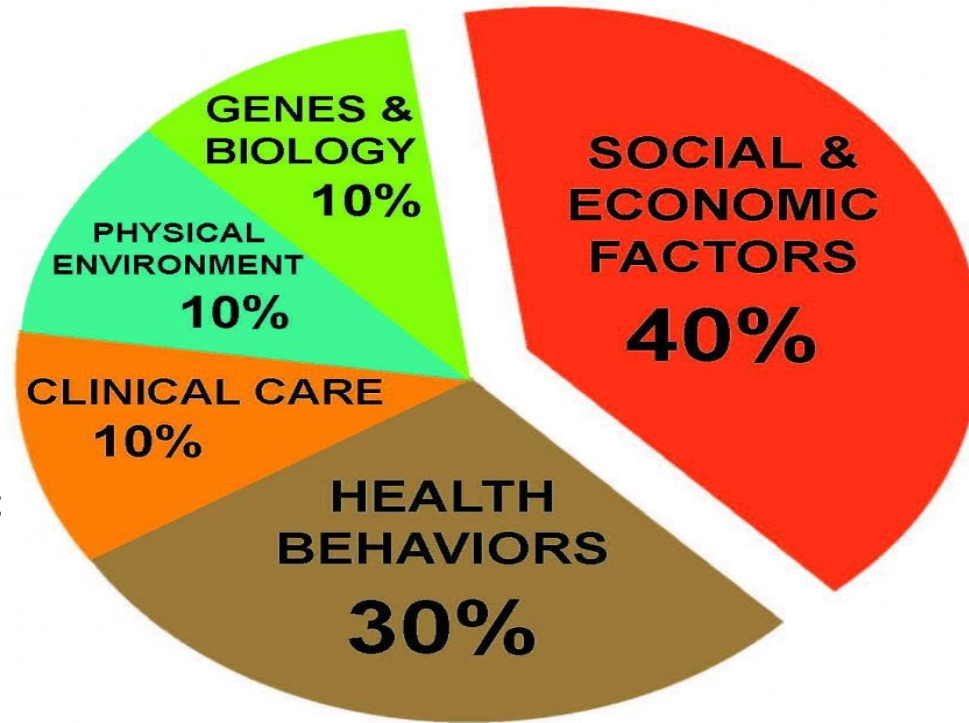
Whole Foods



= \$0.06 per
calorie



Determinants of Health

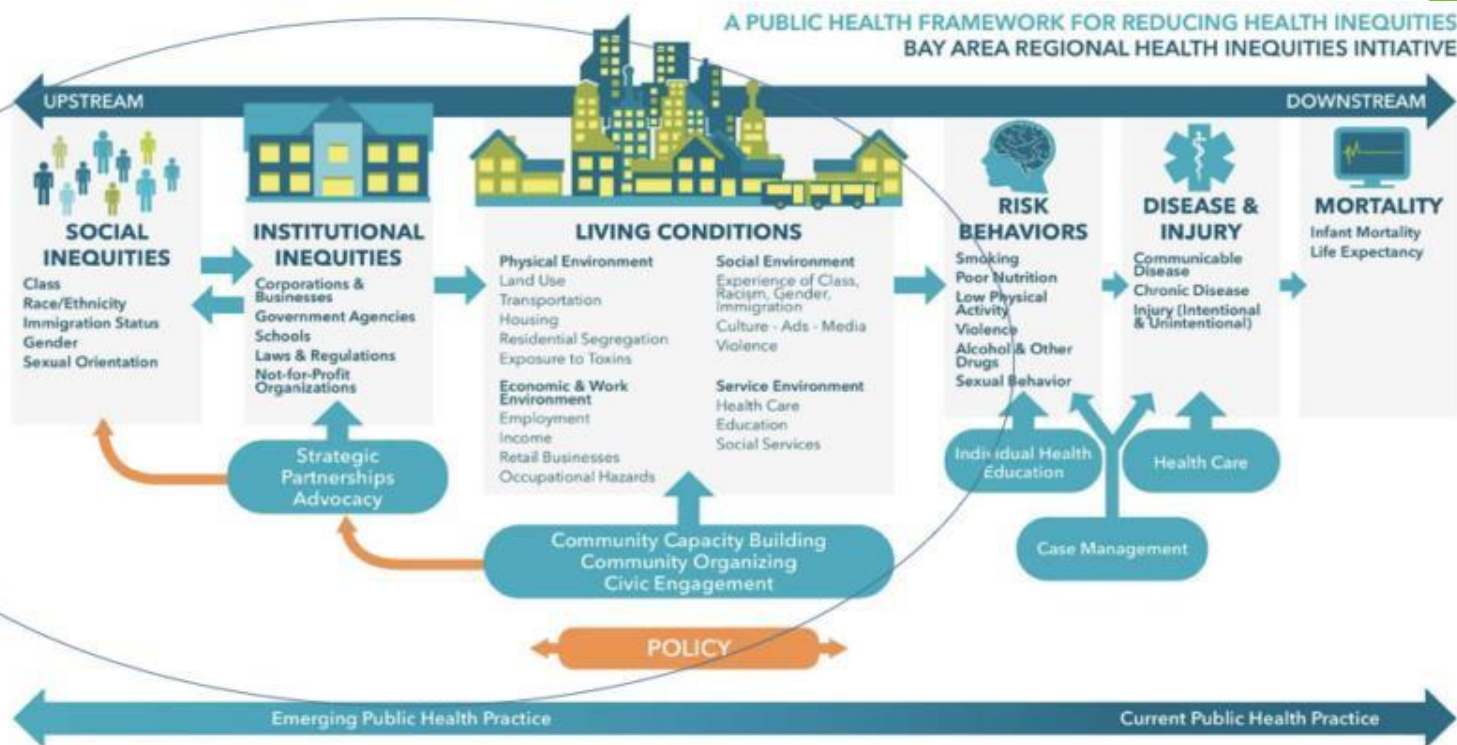


- \$3T spent on clinical care annually
- Health purchasers want to see change
- Shift from volume to value

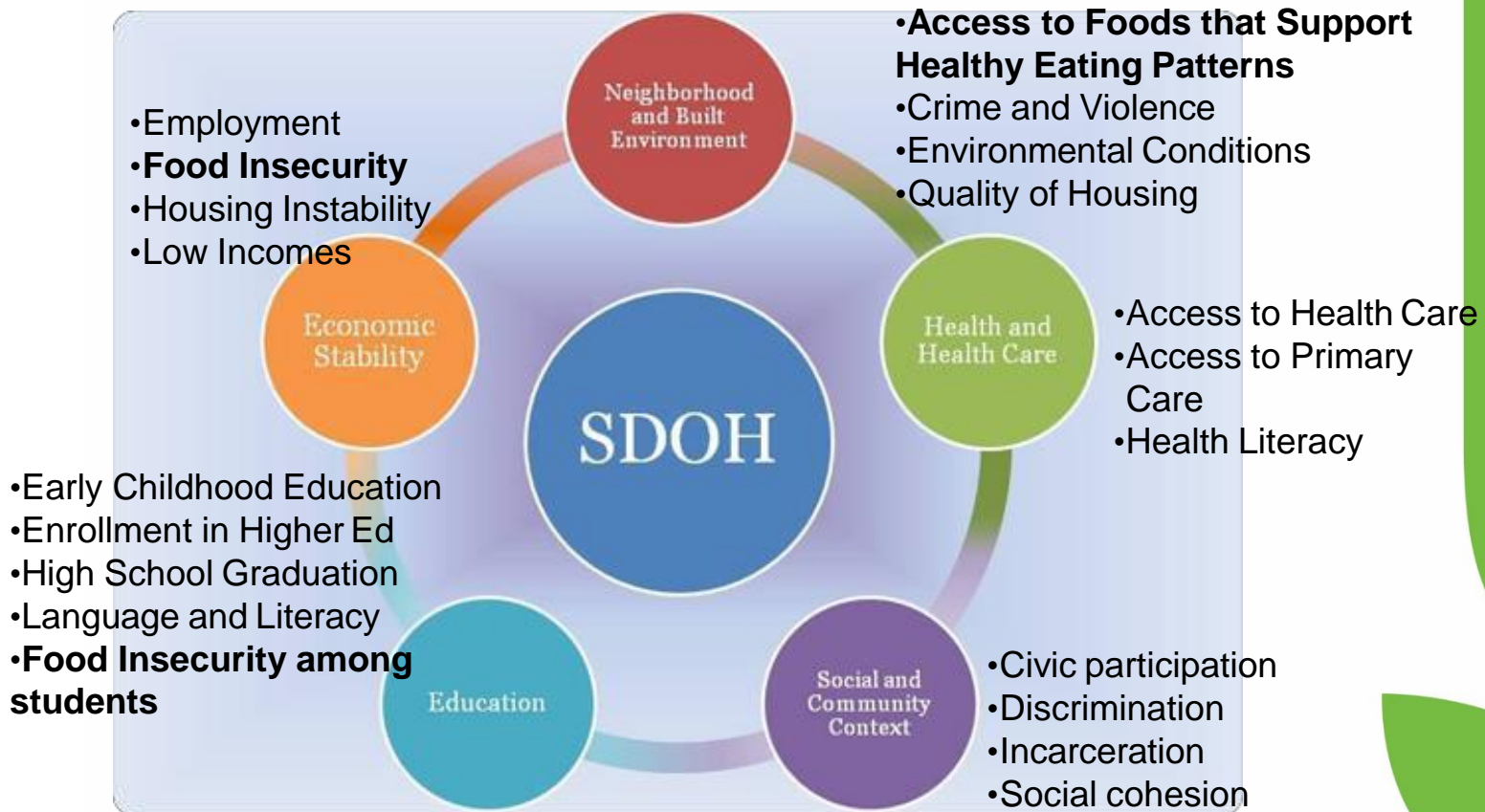
<http://www.health.state.mn.us/divs/che/images/determinantspie.png>



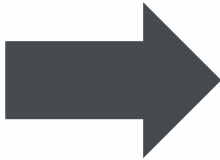
Moving Upstream



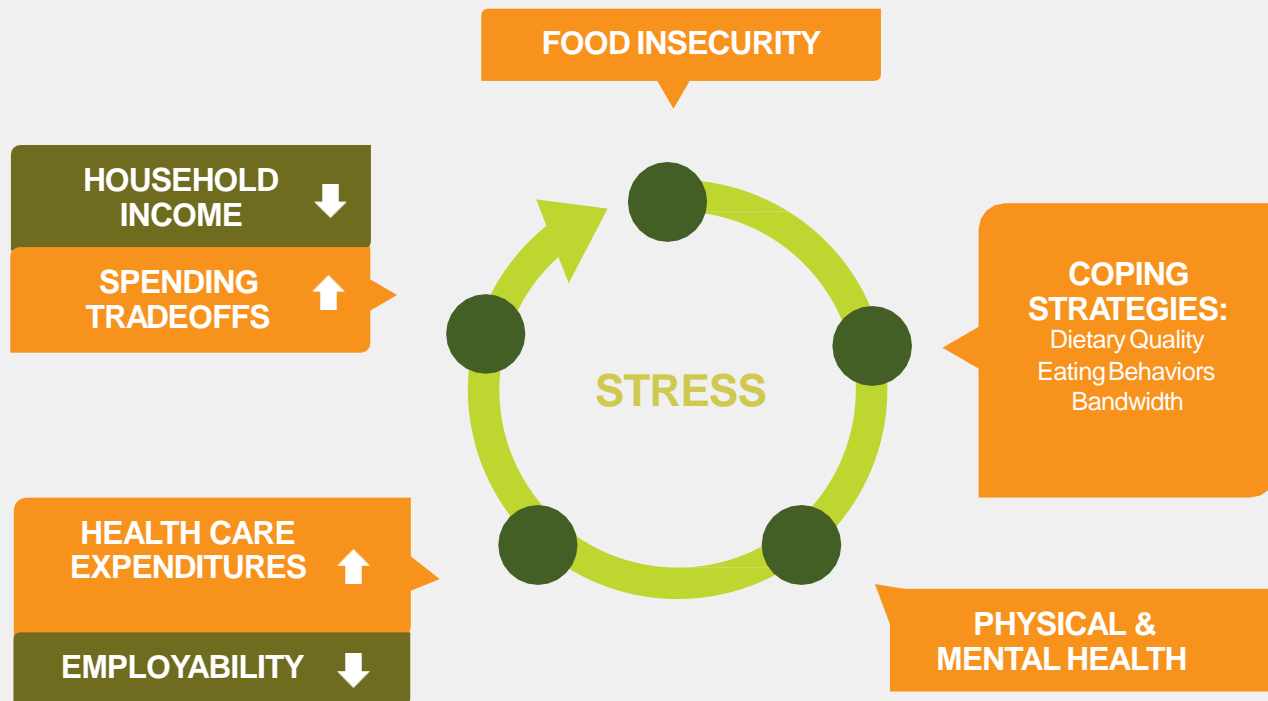
Social Determinants of Health



Coping Strategies to *Avoid* Food Insecurity Impacts Health

- Consume low-cost foods
 - Highly filling
 - Little variety
 - Binge when food is available
 - Avoid food waste
- 
- Higher risk of obesity, diabetes, & other chronic disease
 - Once chronically ill, poorer ability to manage illness

How Food Insecurity Impacts Health



Adapted from Seligman and Schillinger, New England Journal of Medicine, 2010.

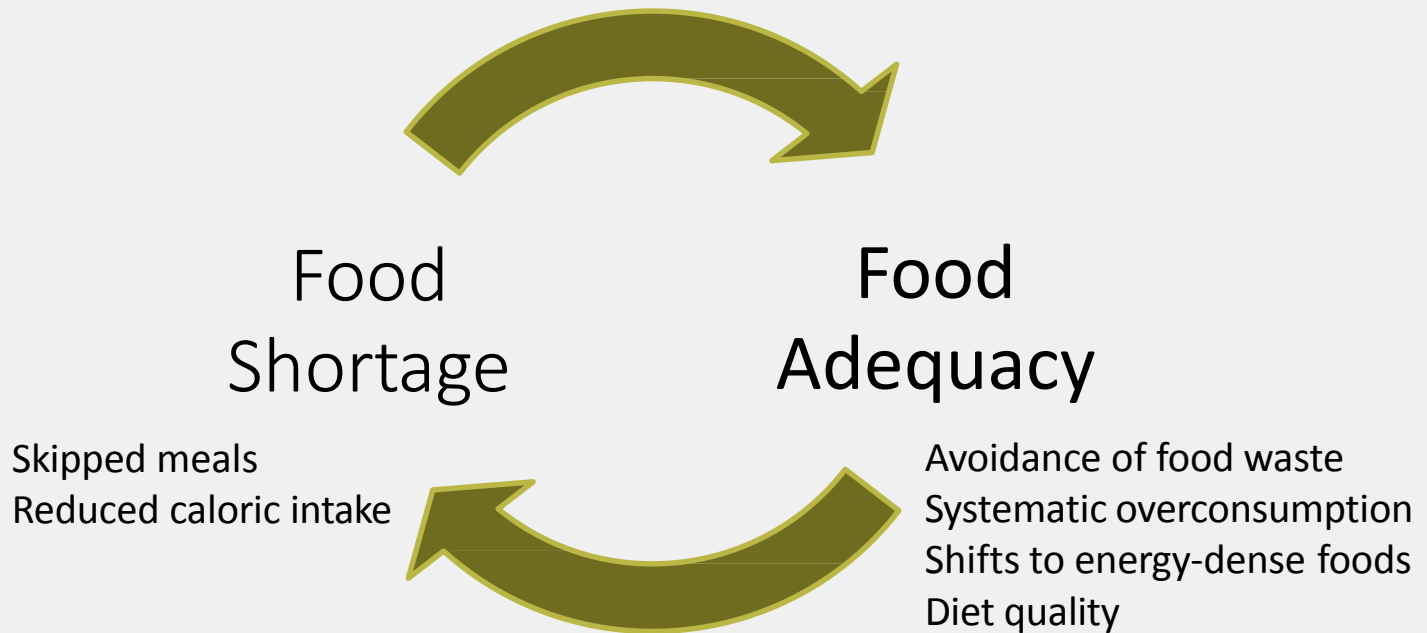
Food Insecurity & Health Care Costs



- 11,781 participants – 2,056 (13%) screened positive for food insecurity
- Food insecurity associated with increased odds of being in the top **10%**, **5%**, or **2%** of healthcare expenditures
- Even after accounting for other socioeconomic factors
- 10% - odds ratio, 1.73
- 5% - OR, 2.53
- 2% - OR, 1.95

Food Insecurity, Food "Deserts," and Glycemic Control in Patients With Diabetes: A Longitudinal Analysis. [Berkowitz SA](#)^{1,2,3}, [Karter AJ](#)⁴, [Corbie-Smith G](#)^{5,6}, [Seligman HK](#)^{7,8}, [Ackroyd SA](#)⁹, [Barnard LS](#)¹⁰, [Atlas SJ](#)^{11,3}, [Wexler DJ](#)^{2,3}.

Cyclic Coping Strategies

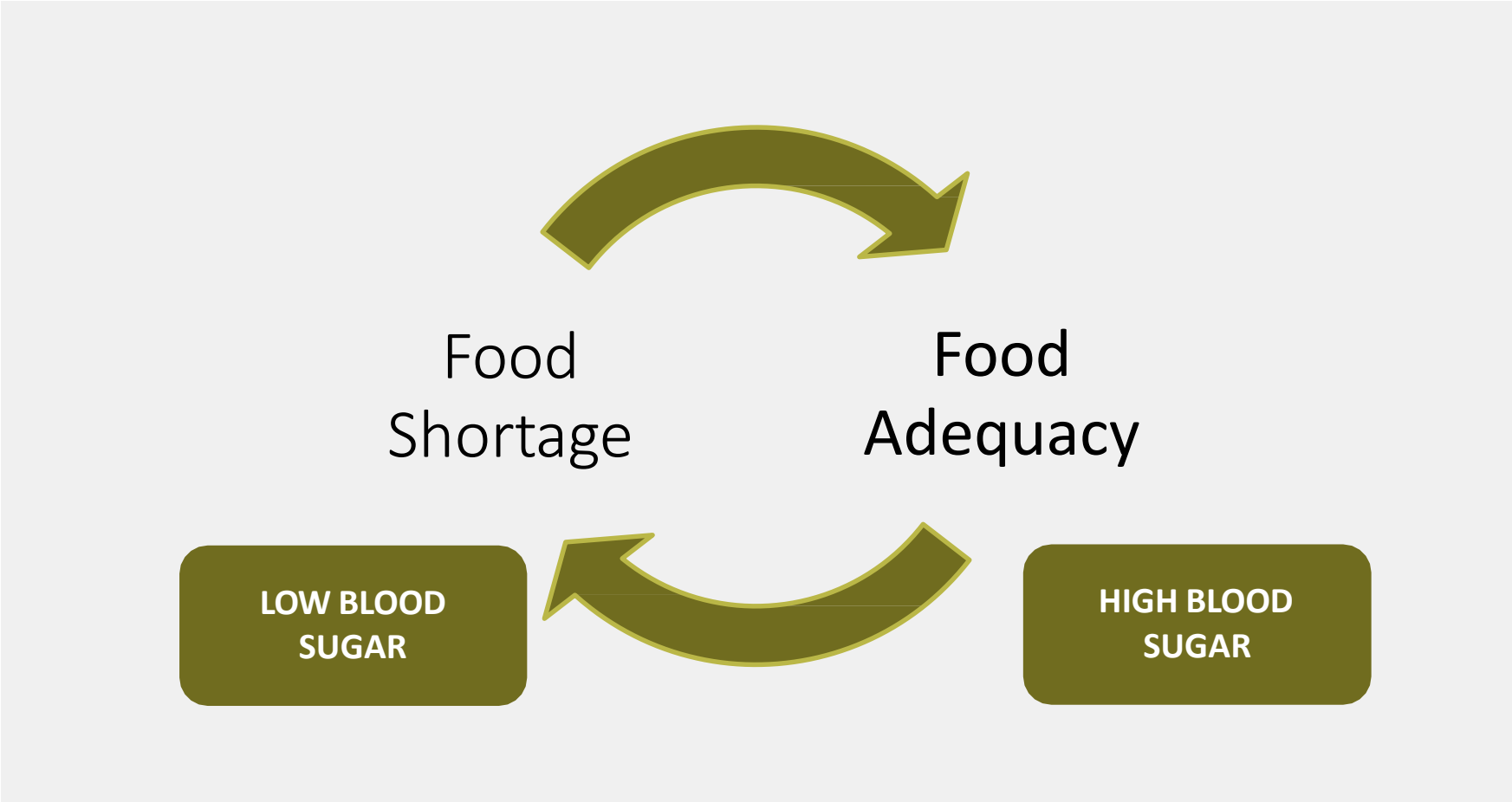


Seligman HK, Schillinger D. N Engl J Med 2010;363:6-9.

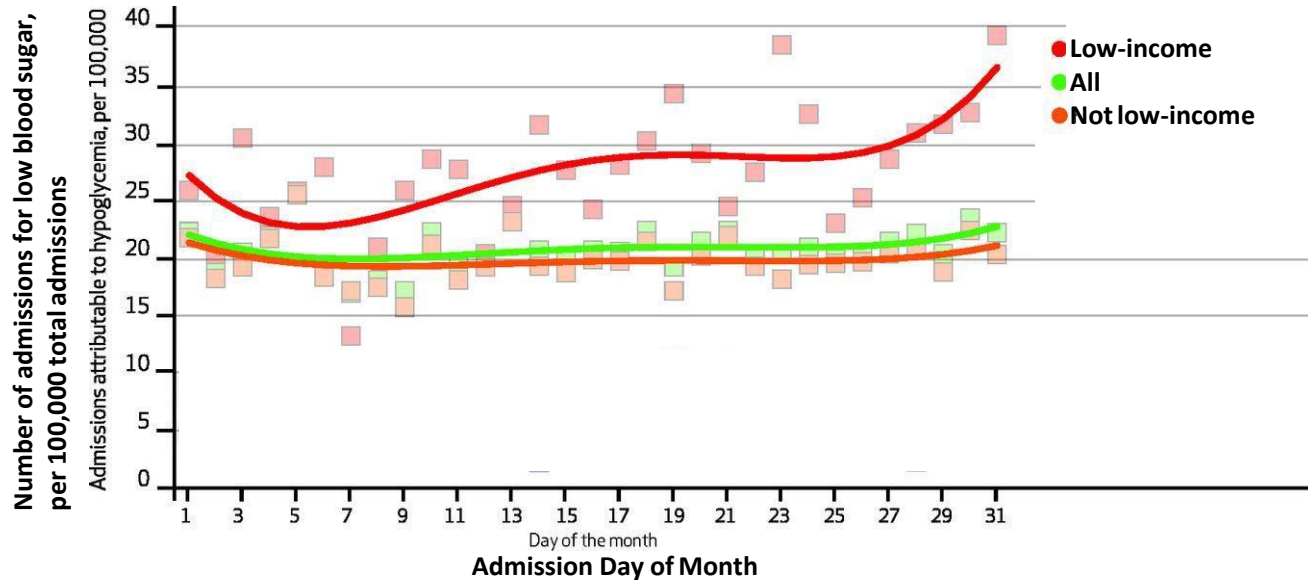


The NEW ENGLAND
JOURNAL of MEDICINE

Mimics Diabetes as a Model



Admissions for Low Blood Sugar Increase by 27% in Last Week of the Month for Low-Income Population



- Based on inpatient admissions in California for 2000–08

<https://www.healthaffairs.org/doi/abs/10.1377/hlthaff.2013.0096>

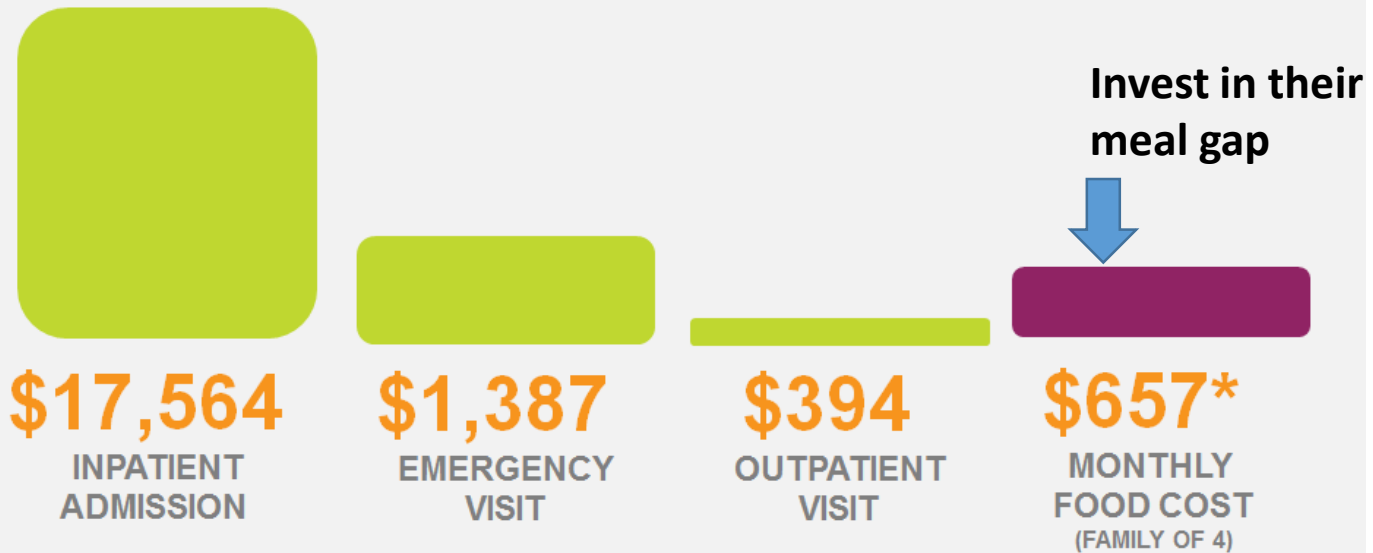
Seligman HK et al. Health Aff 2014;33:116-123

HealthAffairs

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FEEDING AMERICA / 23 /

Cost of A Health Care Visit for Low Blood Sugar vs. Food



American Journal of Managed Care, 2011.

*Thrifty Food Plan

Cost of A Health Care Visit for Low Blood Sugar vs. Food



\$17,564

INPATIENT
ADMISSION



\$1,387

EMERGENCY
VISIT



\$394

OUTPATIENT
VISIT



\$657*

MONTHLY
FOOD COST
(FAMILY OF 4)

As a policymaker you may want to know:
If we put money ↘ ,
can we save money ↗ ?

American Journal of Managed Care, 2011.

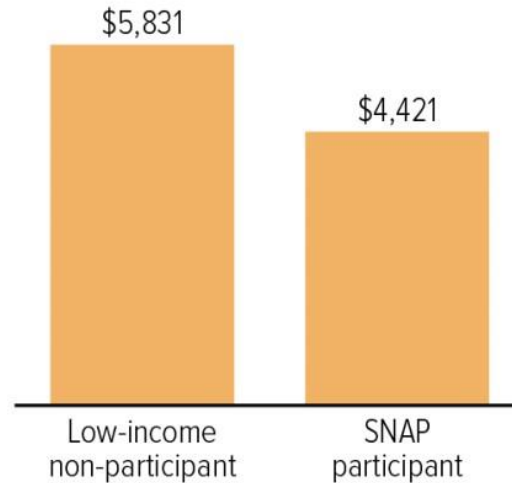
*Thrifty Food Plan

SNAP & Health Care



A SNAP Participant Incurs \$1,400 Less for Health Care

Estimated annual per-person health care spending



Note: Health care spending includes out-of-pocket expenses and costs paid by private and public insurance, including Medicare and Medicaid.

Source: Seth Berkowitz, Hilary K., Seligman, and Sanjay Basu, "Impact of Food Insecurity and SNAP Participation on Healthcare Utilization and Expenditures," University of Kentucky Center for Poverty Research, 2017.

CENTER ON BUDGET AND POLICY PRIORITIES | CBPP.ORG

Berkowitz, Seligman, Rigdon, Meigs, and Basu. *JAMA Int Med.* 2017



Food Bank's First Healthcare Partner



HOSPITAL PANTRY



- Sandra, a nurse at UAB's Regional Neonatal Intensive Care Unit, realized the mother of an infant in her care was not eating – the mother could not afford to buy meals and feared asking for help.
- We provide high protein foods to nursing mothers referred by nurses.
- Mothers can focus on care of infant.



Knowledge that will change your world





- Provides donor milk to 15 hospitals
- Serves premature and critically ill infants
- Supported by the Community Food Bank until was on a pathway to self-sufficiency



Screening Tool

Health Care Provider Training: Screening for and Addressing Food Insecurity in Clinical Settings

1. “We worried whether our food would run out before we got money to buy more.” Was that **often** true, **sometimes** true or **never** true for your household in the last 12 months?
2. “The food that we bought just didn’t last, and we didn’t have money to get more.” Was that **often**, **sometimes** or **never** true for your household in the last 12 months?

A response of “often true” or “sometimes true” to either question = positive screen for FI.

ICD10 code Z659 = food insecurity screen completed

ICD10 code Z59.4 = a positive screen for food insecurity



Screen and Intervene

SCREEN

REFER

FOOD &
SNAP

SCREEN

FOOD IN
CLINIC

REFERRALS
SNAP &
FOOD

BETTER
OUTCOMES



Quadruple Aim



Stage set for Food bank healthcare partnerships to expand



UAB Geriatrics Clinic

- FI screenings in in-take
- Food resources in the clinic
- Benefit Enrollment Center
 - SNAP (food stamp) Applications
 - Farmers Market Vouchers
 - Medicare Savings Plans
 - Low-income Subsidies
 - Home Energy Assistance Program

We assist in-person and through a toll free call center



+



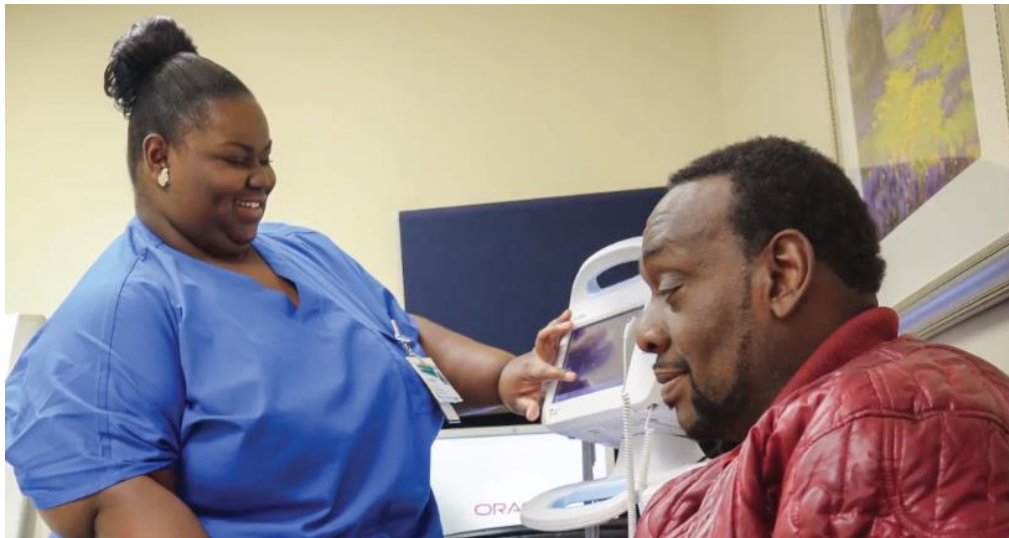
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Next Step: Fresh Produce In Medical Clinics



- Confidential medical setting
- Easy convenient access
- Ability to follow physicians recommendations
- Makes healthy choice easy



PATH Diabetes & Heart Failure Clinic

Since May:

- 229 patients served
- 165 referrals
- 314 shelf stable packs + 317 fresh produce packs distributed
- 4,199 meals

Heart Failure

- 126 heart failure patients – 84 referrals
- Tracking blood pressure, weight, BMI
- UAB encounters 6 months pre & post intervention

Diabetes

- 103 diabetes patients – 81 referrals
- Tracking blood pressure, weight/BMI, A1C
- UAB encounters 6 months pre & post intervention





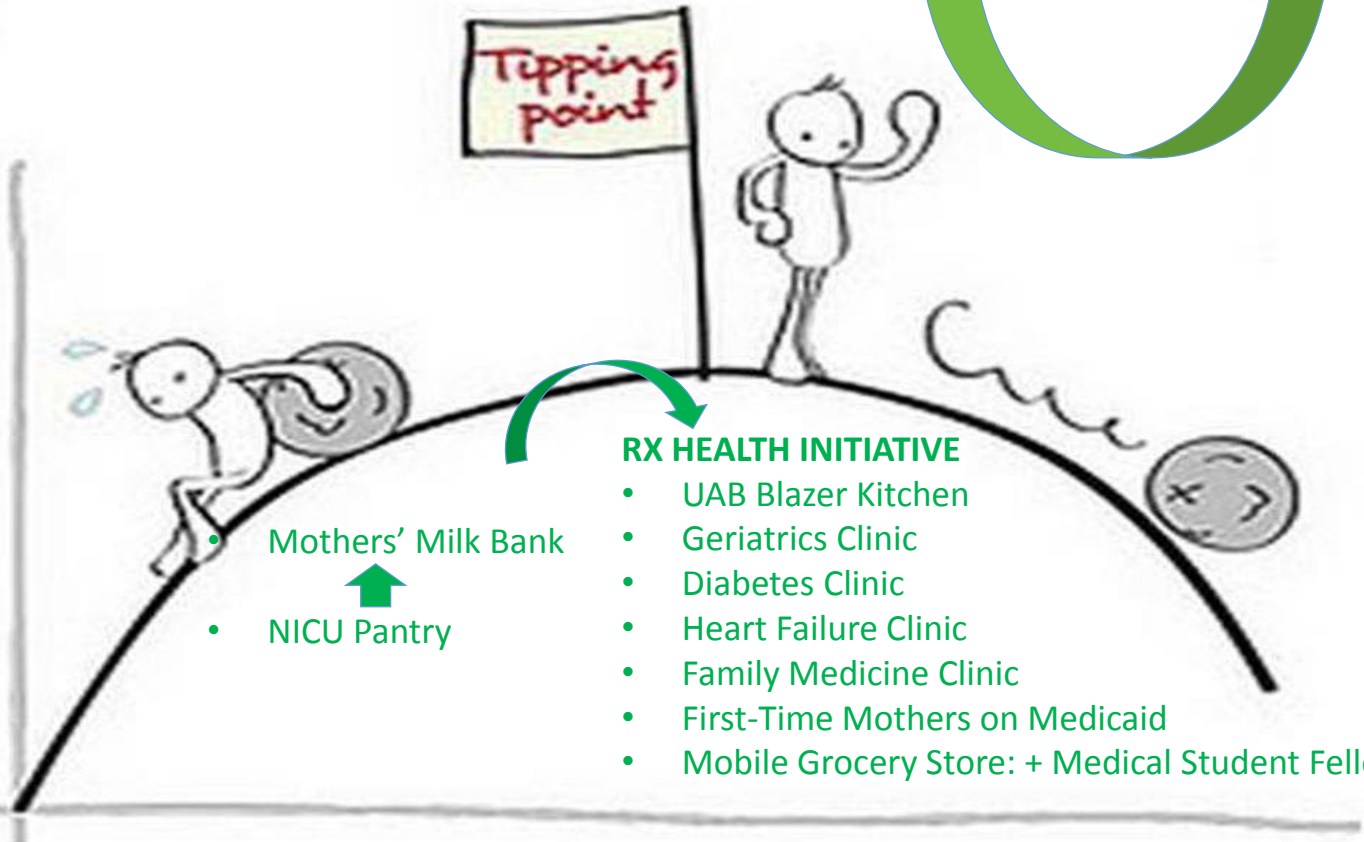
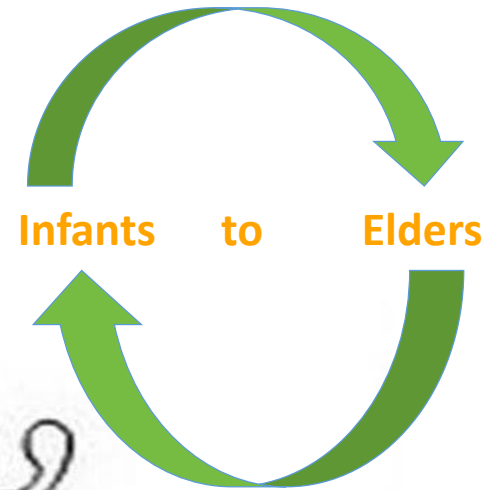
Initiative to foster food bank healthcare connections & make healthy choice easy for patients.

- NICU
- Mother's Milk Bank
- Geriatrics Clinic
- Family Medicine Clinic
- PATH Diabetes Clinic
- Heart Failure Clinic
- Nurse-Family Partnership -1st time mothers





A Small Toehold Leading To A Tipping Point





UAB Geriatrics Clinic
Food Pantry First Year

Overview of Program

- Patients screened for food insecurity
- Referrals to Community Food Bank's Benefit Enrollment Center
- Referrals to local food pantries



Overview of Study

Patients complete surveys that elicit information about:

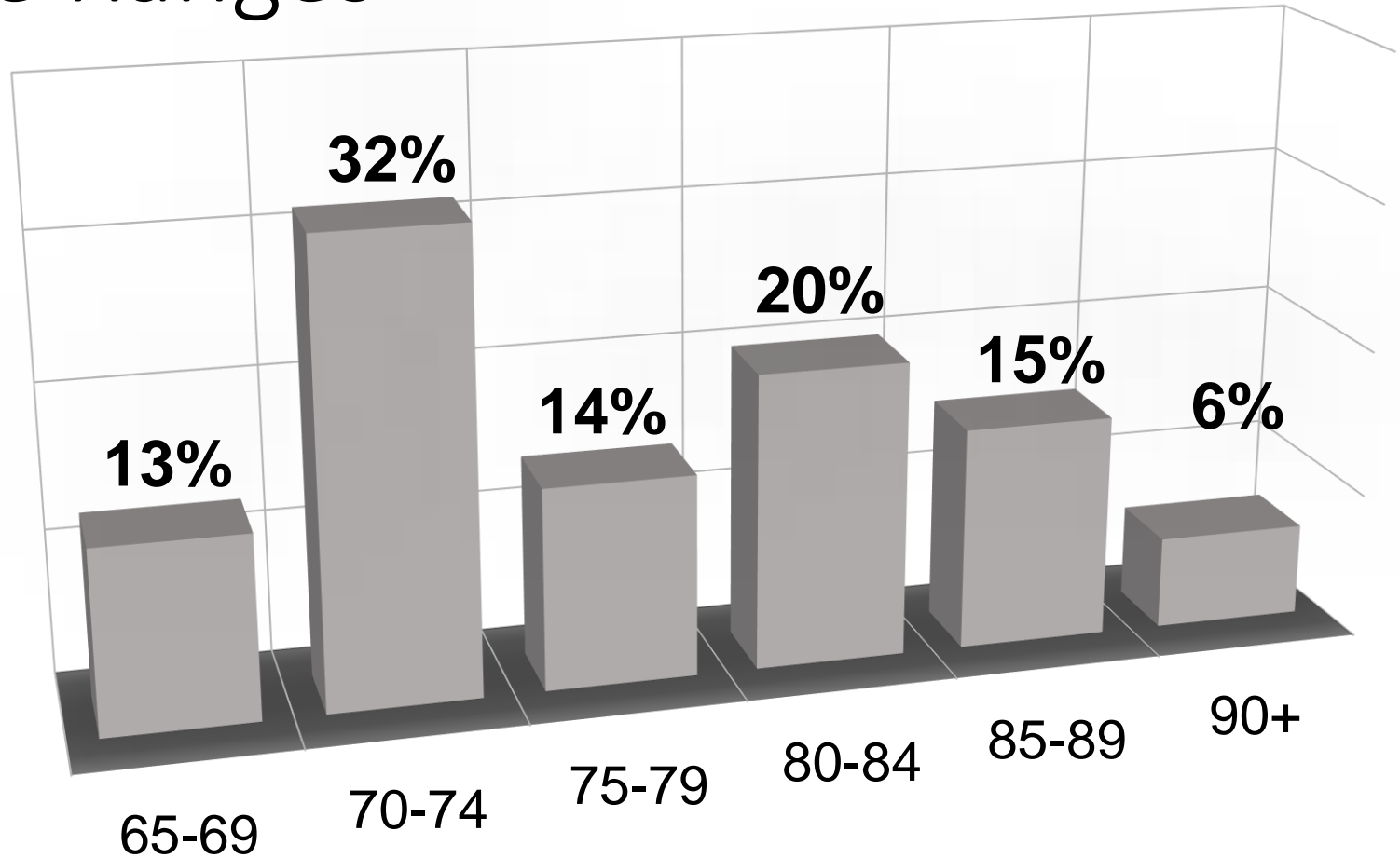
- Food security status
- Demographics
- Housing
- Health conditions
- Food preferences
- Meal preparation practices



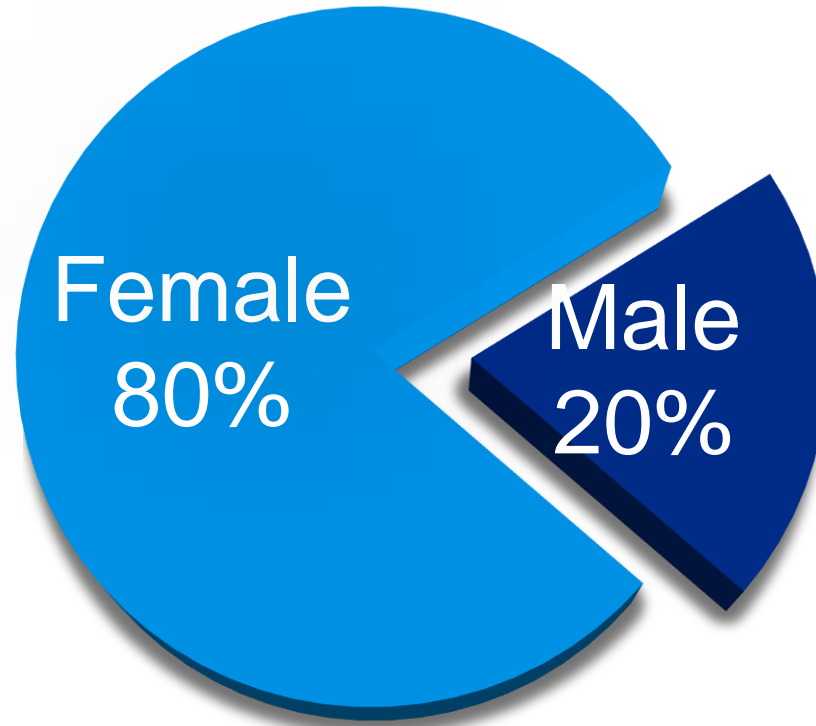


Demographics

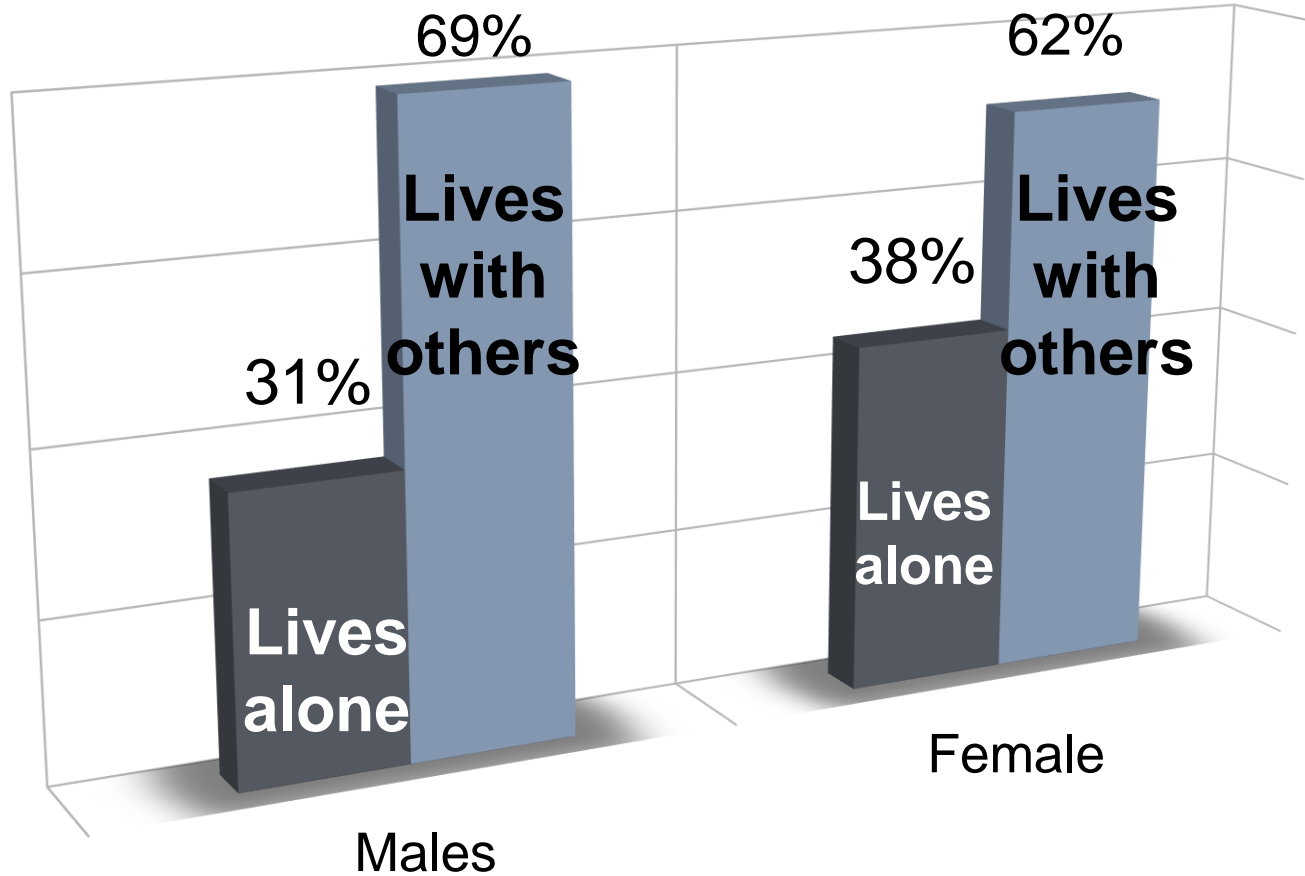
Age Ranges



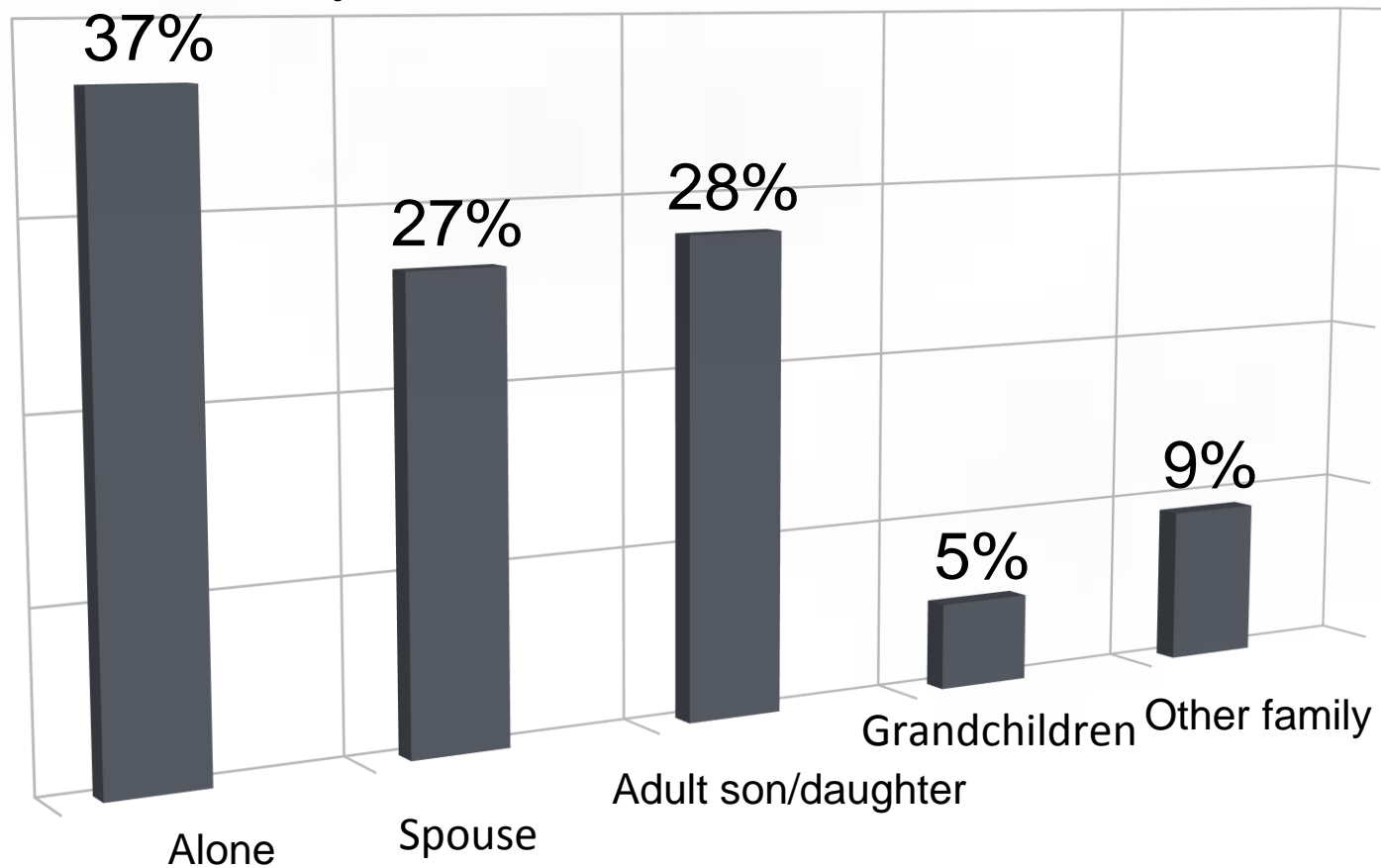
Gender



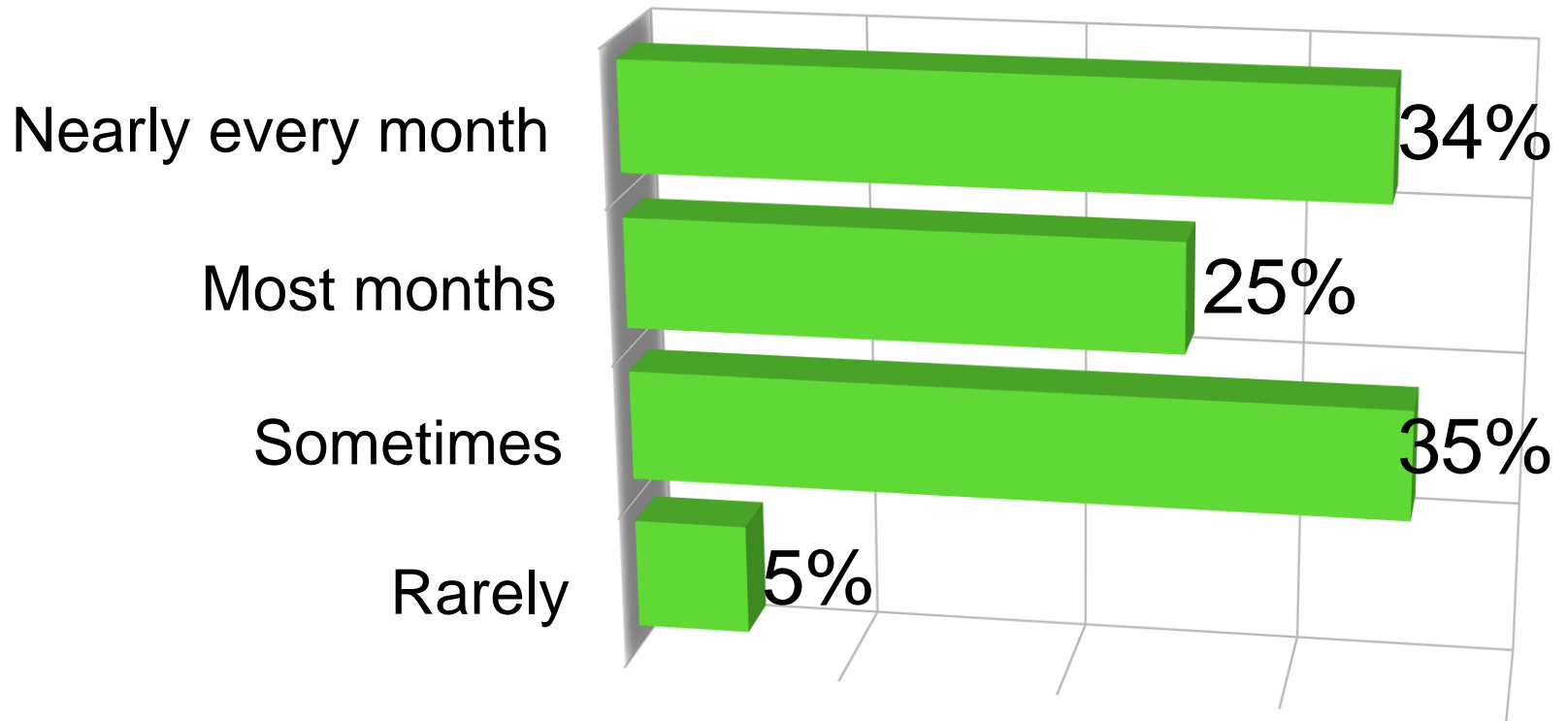
Household Composition by Gender



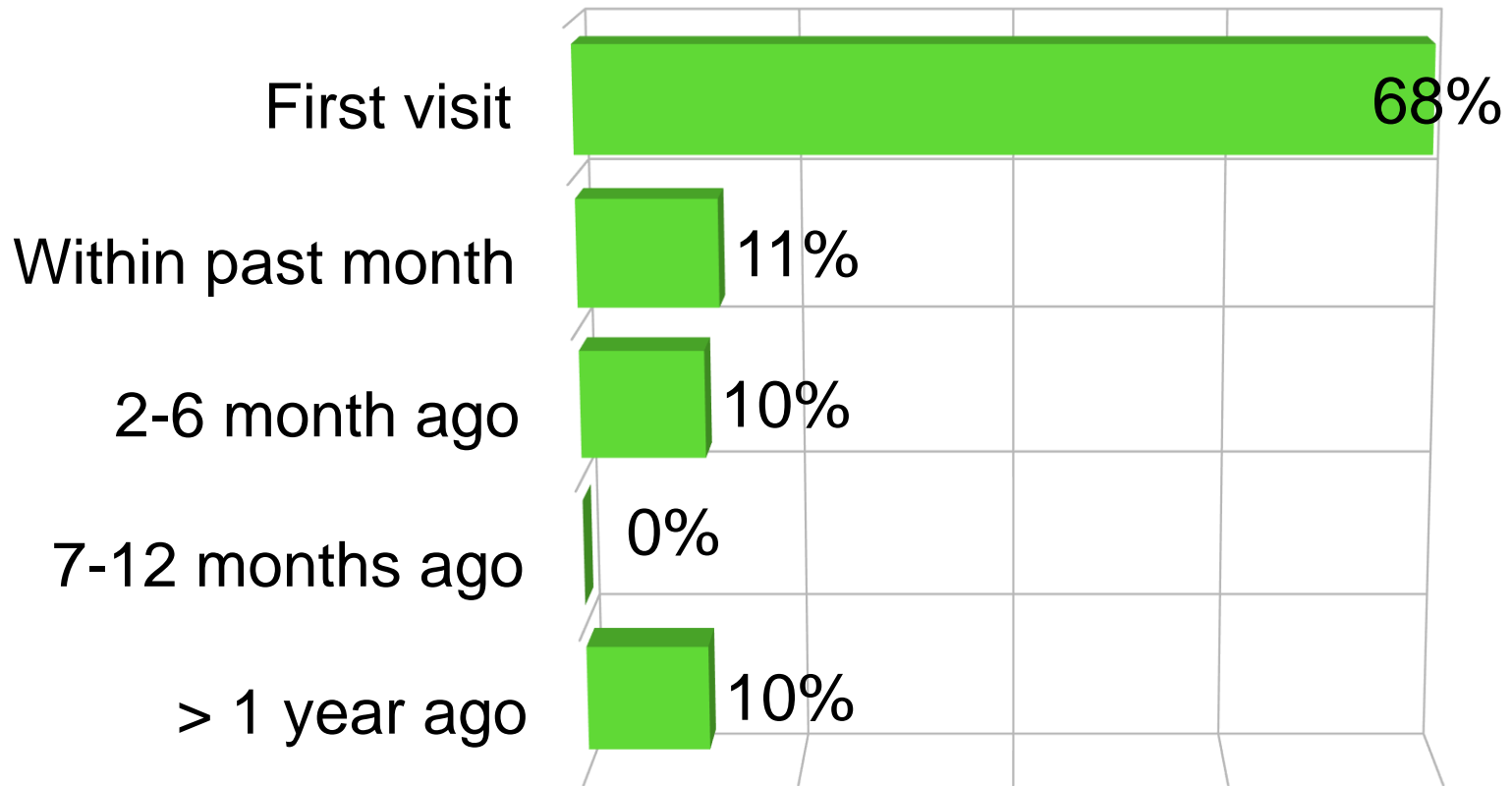
Household Composition: With whom do you live?



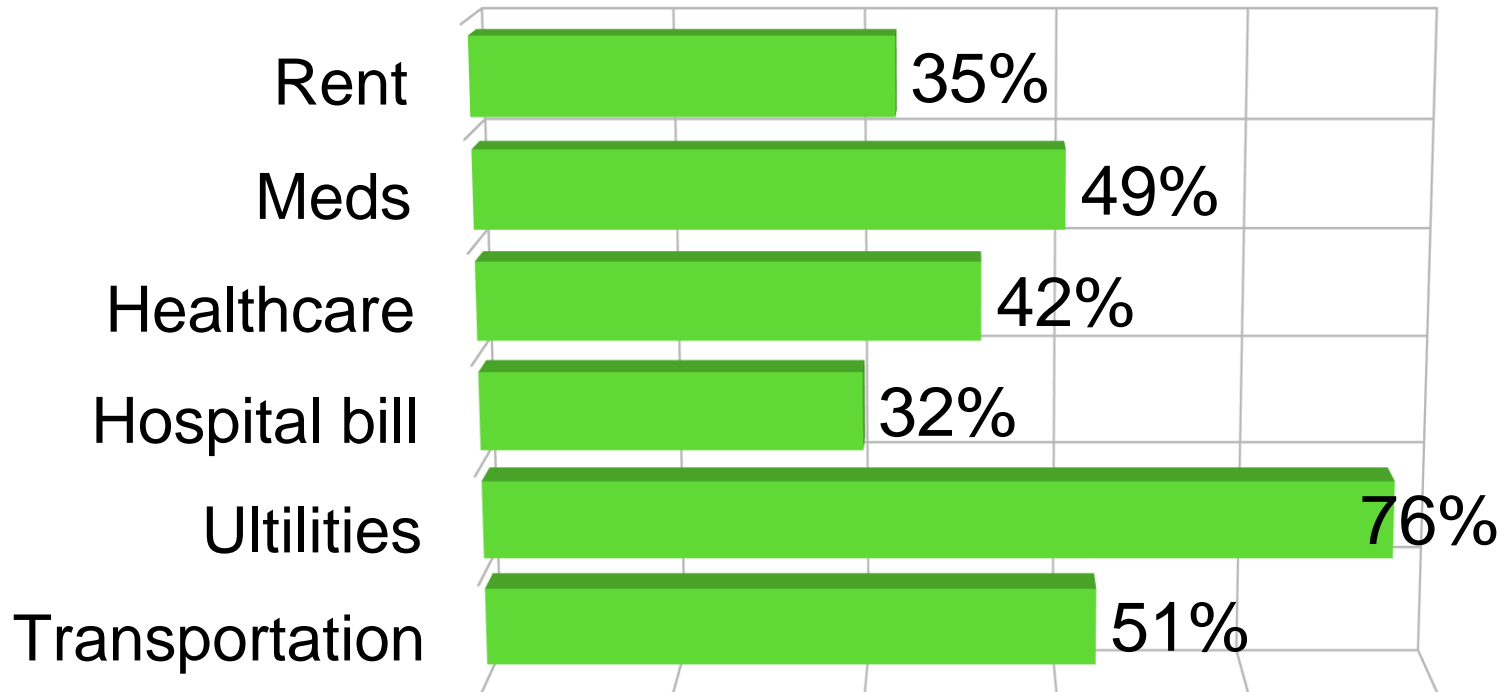
Frequency of worry about running out of food...



Recency of Food Pantry Visit



Choosing to pay for food or...



91.1% (n=72) of respondents made at least one of these choices



Health Conditions

Medical diagnoses

	Number	Percent
Hypertension	68	86.1%
Arthritis	61	77.2%
High cholesterol	42	53.2%
Diabetes	32	40.5%
Cancer	12	15.2%

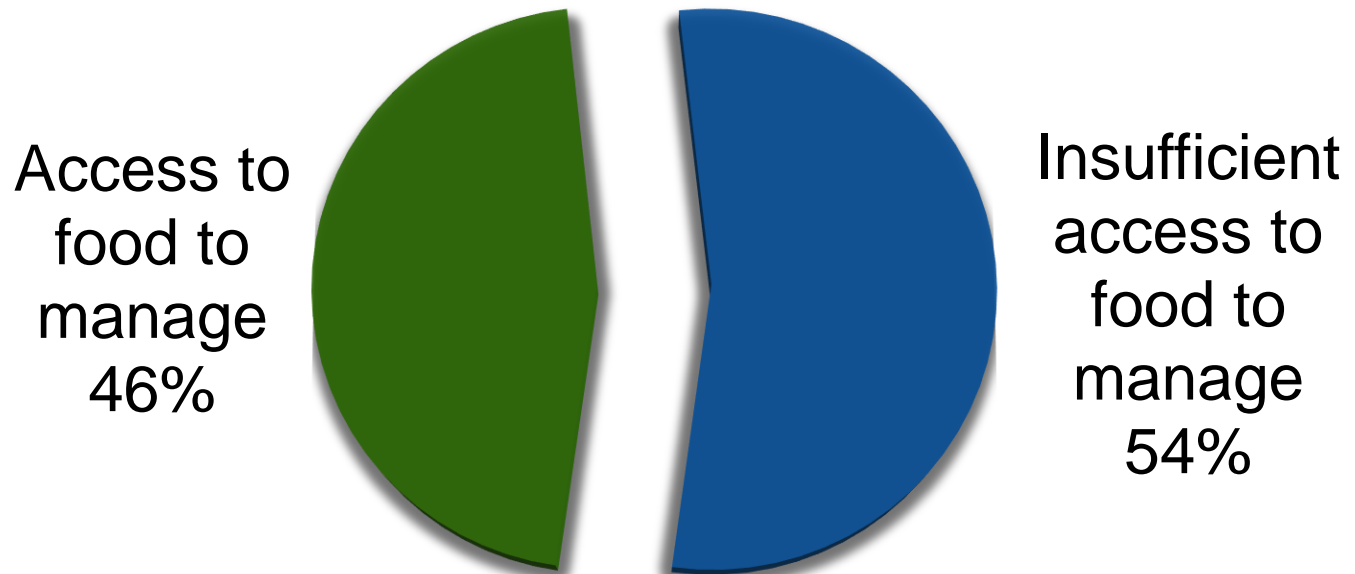
Medical diagnoses (cont.)

	Number	Percent
Heart disease	8	10.1%
Dementia	6	7.6%
Autoimmune diseases	5	6.3%
Respiratory disease	5	6.3%
Kidney disease	4	5.1%

Top 5 diagnoses in those who live alone

	Number	Percent (n=29)
Hypertension	25	86.2%
Arthritis	22	75.9%
High cholesterol	18	62.1%
Diabetes	11	37.9%
Cancer	3	10.3%

Nutritional-related health conditions and Food Access



n=50

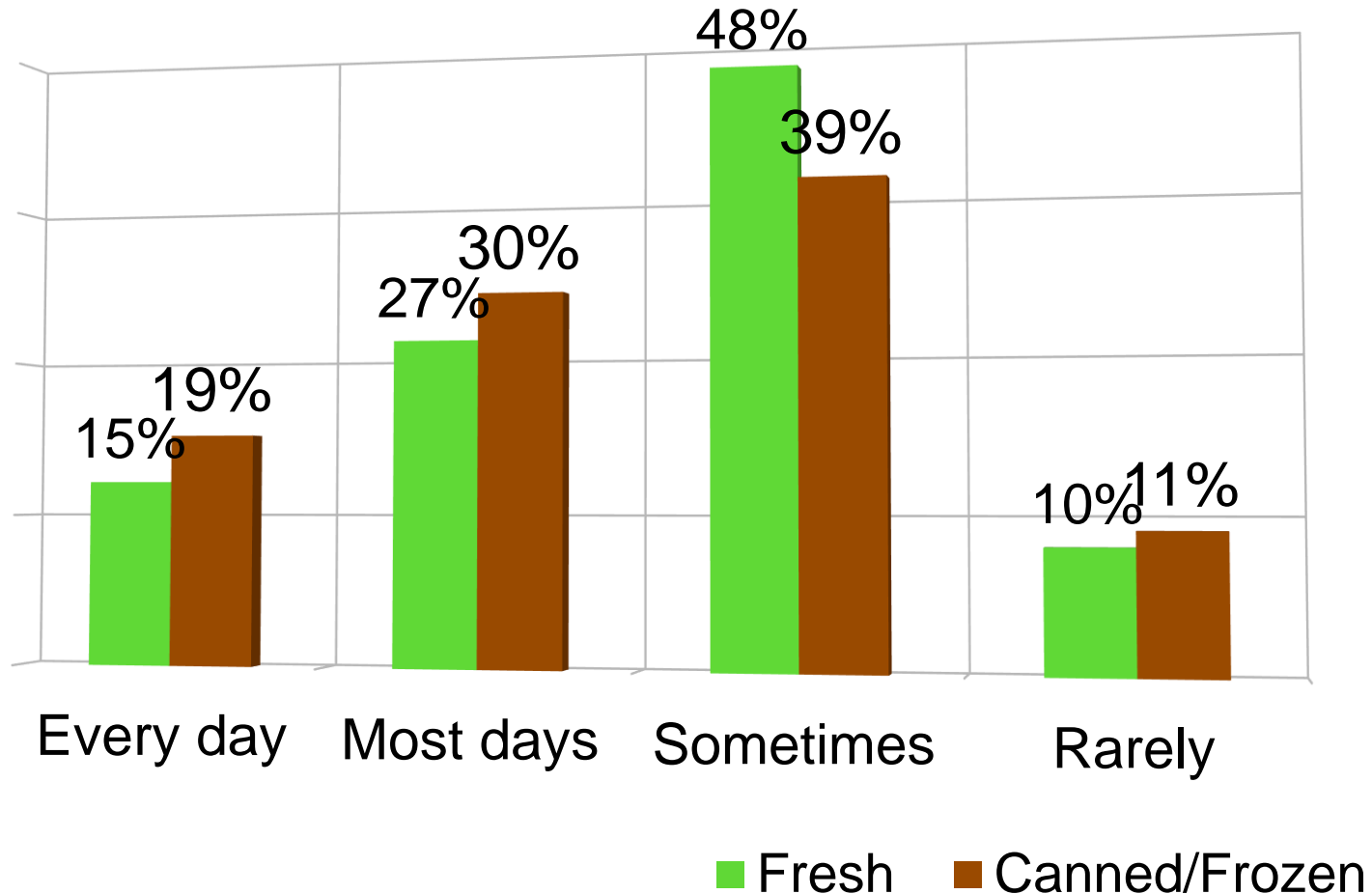


Food Preferences

Food preferred at pantries

	Number	Percent
Fruit	79	100.0%
Vegetables	78	98.7%
Meat	77	97.5%
Beans	76	96.2%
Milk	70	88.6%
Cheese	69	87.3%
Bread	68	86.1%
Rice	68	86.1%
Eggs	67	84.8%
Pasta	61	77.2%

Frequency of consuming vegetables





Food Preparation

Challenges with food packaging

	Number	Percent
Twist tops	36	45.6%
Cans requiring openers	32	40.5%
Pop tops	20	25.3%
Juice boxes	13	16.5%
Microwave pouches	11	13.9%
Microwave bowls	6	7.6%
No problem	26	32.9%

Food preparation methods

	Number	Percent
Microwave	56	70.9%
Oven	52	65.8%
Stove	51	64.6%
Someone else prepares means	33	41.8%



Rx Health Expansion

Food Link: Patient
Access to Healthy Foods

