



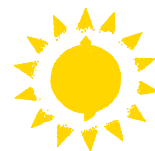
American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™  
California Chapter 3 - San Diego and Imperial Counties



# Promoting Health Through Food Security

Presented by the San Diego Food Insecurity Coalition

American Academy of Pediatrics, CA Chapter 3, 2-1-1 San Diego, San Diego Food Bank,  
San Diego Hunger Coalition, and San Diego County Medical Society



San Diego County Medical Society  
*"Physicians United for a Healthy San Diego"*





## Objectives

Utilize a 2-question screening tool to assess for food insecurity.

Refer patients that screen positive to appropriate social service resources.

- 17.5 million households (14.3%) and 21% of all children met the USDA definition of a food insecure household.
- 30% of food insecure families have income above the federal poverty line.
- More common: immigrants, less educated, single parent and large families.
- Prevalence of food insecurity is **increasing**.



## Food Insecurity in San Diego County

494,439 people in San Diego County are food insecure

Average meal in San Diego County \$3.22 (national \$2.89)

San Diego County's Meal Gap averages 80 million meals per year

## WHO'S HUNGRY?



### ARE THESE CHILDREN HUNGRY?

#### YOU CAN'T TELL BY LOOKING

1 IN 4 California children go to bed hungry.  
Join your AAP in asking "Who's Hungry" and  
universally screening for food insecurity.

#### Use this quick, validated tool;

- 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.

[AAPCA1.ORG](http://AAPCA1.ORG)



1-877-847-FOOD



## The Health Connection

Children who live in food insecure households:

- Sick more often
- Recover from illness more slowly
- Hospitalized more often
- Impaired school performance and ability to concentrate
- More behavioral problems from preschool -teen years

Physicians= KEY ROLE to screen and connect food insecure patients with food resources

## Children from Food Insecure Households

### Increased

Obesity  
Developmental delay  
Depression  
Suicide  
Illnesses  
Hospitalization

### Decreased

Iron stores  
Bone density  
Resilience to stress  
Math and reading scores  
Academic achievement  
Self-esteem

## Resources Available

### Supplemental Nutrition Assistance Program (SNAP)

- Women, Infant Children (WIC)
- National School Lunch Program
- Summer Food Service Program
- San Diego Food Bank and Feeding San Diego
- Food Pantries/Kitchens
- 2-1-1 San Diego

## Screening for Food Insecurity

1. Within the past 12 months, we worried whether our food would run out before we got money to buy more. (Yes or No)
2. Within the past 12 months, the food we bought just didn't last and we didn't have money to get more. (Yes or No)

***An affirmative response to only 1 question is an indication of food insecurity and referral recommended***



**2-1-1**  
SAN DIEGO

## Programs & Services

## Top 5 Community Needs

2-1-1 San Diego reflects the voice of the people. More than a quarter of a million individuals each year are connected to help they need through 2-1-1. Our real-time customer data demonstrates trends in the community and can be used to assist policymakers, business leaders and foundations in planning for a better future for more people in San Diego.

29%



22%



19%



18%



12%



## Food Rx

# FOOD

# 2-1-1

SAN DIEGO

### NUTRITION RESOURCES AVAILABLE

- ✓ Get free food in your neighborhood.
- ✓ Get extra money to purchase food at grocery stores, farmers markets and convenience stores.

## IT'S EASY!

STEP ONE

**Dial 2-1-1** on your phone or visit: [www.211sandiego.org](http://www.211sandiego.org). Open everyday anytime - 24/7.

STEP TWO

Select option for **food assistance**.

STEP THREE

A trained professional will help you find free food in your area.



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## Thank you!

If you have questions:

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