

CAN YOU SPOT THE CHILD WHO IS HUNGRY?



1 in 5 California children go to bed hungry,

Food Insecurity is the state of being without reliable access to a sufficient quantity of affordable, nutritious food. One in six San Diegans are "food insecure."

THE HEALTH CONNECTION

Studies demonstrate that hunger significantly impacts health. Lack of access to healthy food, often due to availability and cost, are stressors that contribute to behavioral health issues such as:

- Increased occurrence in diabetic patients having higher average blood sugars
- Elevated risk of heart disease and higher incidence of obesity
- Greater prevalence of mood disorders
- Children who live in food insecure households:
 - Are sick more often and recover from illness more slowly
 - Are hospitalized more often
 - Have an impaired school performance and ability to concentrate
 - Have more behavioral problems from preschool to teenage years

WE CAN MAKE A CHANGE

At every physical exam visit, ask your patients if either of the following situations have occurred:

- 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.

An affirmative response to only one of these validated questions is an indication of food insecurity and a referral is recommended.

Who is "food insecure?" You don't know if you don't ask! Make it the norm to screen all your patients for food insecurity.

NUTRITION RESOURCES ARE AVAILABLE!

HOW DO I REFER PATIENTS?

If a patient screen positive for food insecurity, refer them to 2-1-1 San Diego. It is a free referral service that will provide them with access to food resources.

2-1-1 San Diego is a non-profit whose purpose is to make a positive, lasting impact on people's lives, and drive meaningful change throughout the community. 2-1-1 San Diego is a referral service that connects people in communities with resources to food assistance. It can screen for other social determinants of health like housing & shelter, healthcare, transportation, and financial assistance and refer people to those services if needed.

2-1-1 San Diego

Our patients can dial 2-1-1 on their phone or visit www.211sandiego.org and be connected to over 1,500 service providers and more than 6,000 service listings.

2-1-1 San Diego can connect our patients to:

- CalFresh
- Food Banks
- Food Pantries
- Women, Infant, Children (WIC)
- National School Lunch Program
- Summer Food Service Program



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

IT'S EASY!

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- STEP ONE** Dial **2-1-1** on your phone or visit: 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.