Hunger&Health

RCE North Texas Annual Summit - Nov 9-10 2022

Vidya Ayyr, Director Social Impact at Parkland Health

The intersection of hunger

Food insecurity – often rooted in poverty – decreases the ability of communities to develop their agricultural markets and economies.

Access to quality, nutritious food is fundamental to human existence. Secure access to food can produce wide ranging positive impacts, including:

- Economic growth and job creation
- Poverty reduction
- Trade opportunities
- Increased global security and stability
- Improved health and healthcare

Source: USDA National Institute of Food and Agriculture, 2022

Health Equity

COUNTY

Los Angeles
New York*
Harris, Texas
Cook, Illinois
Maricopa, Arizona
Dallas
San Diego
Wayne, Michigan
Tarrant, Texas
Philadephia

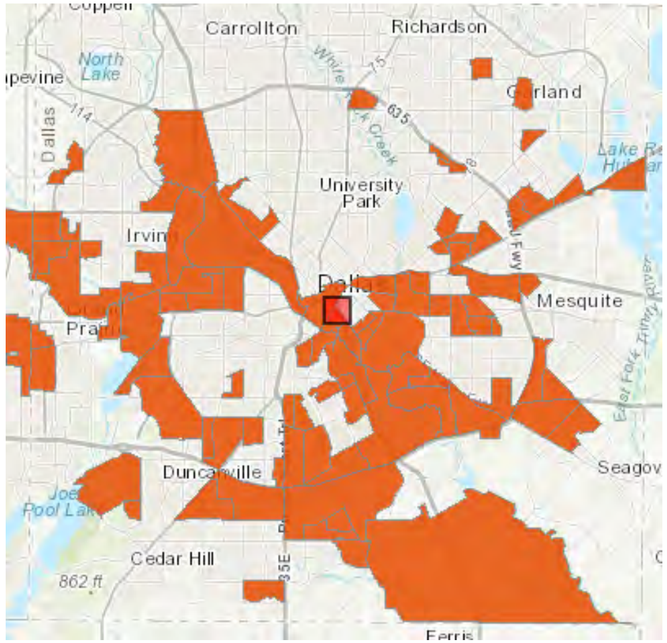
This comprises all five boroughs and coterminous counties of New York City

Food insecurity is a social determinant of health

Lack of accessible and affordable food is a major population health issue in the U.S. In 2015, 12.7 percent of U.S. households -- 15.8 million households -- were food insecure at some time during the year.

Closer to home, in 2019 approx. 14 percent of the population -- 364,840 individuals -- were food insecure in Dallas County.

Sources: (1) USDA ERS. Food Security in the U.S.: Measurement. September 8, 2015. http://www.ers.usda.gov/topics/food-nutritionassistance/food-security-in-the-us/measurement.aspx. (2) Feeding America https://map.feedingamerica.org/county/2019/overall/texas/county/dallas



Low Income, Low Access, Dallas 2019

Health Impacts of Food Insecurity

CHRONIC ILLNESS

Limits people from consuming a balanced diet, increasing their risk for chronic disease and mental illness.

LACK OF ACCESS

Prevalent in vulnerable, low-income communities and for some minorities, immigrant populations.

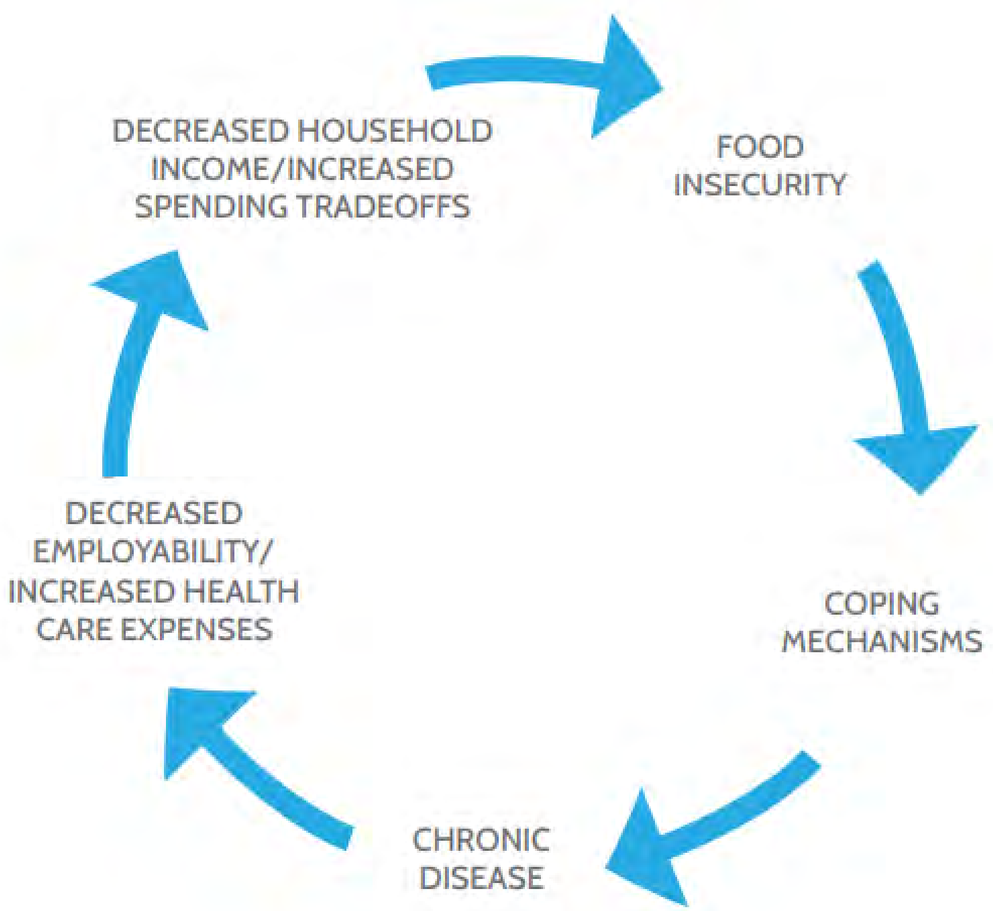
COST OF CARE

People with food insecurity suffer from health care issues that increase their expenses for medical care.

CHILD DEVELOPMENT

In children can contribute to health and behavioral issues, risk of cognitive development, increased school absences

The cycle of food insecurity and chronic disease



Source: American Essential Hospitals, Research Brief 2016

The role of health systems in addressing food insecurity

Improving the health of the community using upstream interventions that are affordable, patient-centered and equitable has become the mission of many hospitals. Integrating evidence-based clinical and nonclinical interventions reduces the prevalence of food insecurity and creates a greater and sustainable impact.

Clinical benefits

- Helps identify target population
- Reduces the prevalence of food insecurity and related side effects
- Advances patient-centered culturally competent care
- Promotes a healthier environment

Nonclinical benefits

- Leverages partnerships with local, state and national organizations in the food industry
- Helps advocate for food and nutrition related policies
- Helps overcome the stigma associated with hunger by offering educational services that reduce food insecurity in households

As our community's public health system Parkland is the foundation for a healthy Dallas.

The department of Social Impact leads efforts to address the social determinants of health.

Establishing an internal food equity workgroup, some of our interventions to improve food insecurity in Dallas follow -

Parkland

SDoH Screenings

Social determinants of health screenings, assessing for food insecurity using USDA questions

Community Navigation

Community Health Workers : connections to food resources, benefits and enrollment

Community Garden

Community Garden at Southeast Clinic

Nutrition & Education

Connect patients and families with dietitians and nutritionists for counseling services / wellbeing classes.

Partnerships

Collaborate with local food banks to refer patients, connect to resources, and provide health services / screenings.

COVID-19 response

Partnered with the City of Dallas to deliver food boxes to households where patient was self-isolating during COVID-19, 2-week quaratine

Thank You

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