



# Hunger & Health

RCE North Texas Annual Summit - Nov 9-10 2022

Vidya Ayyr, Director Social Impact at Parkland Health

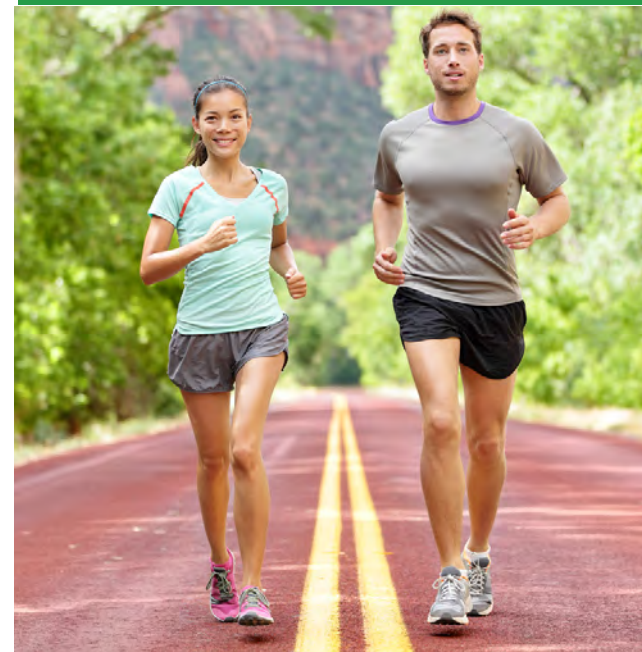
# The intersection of hunger

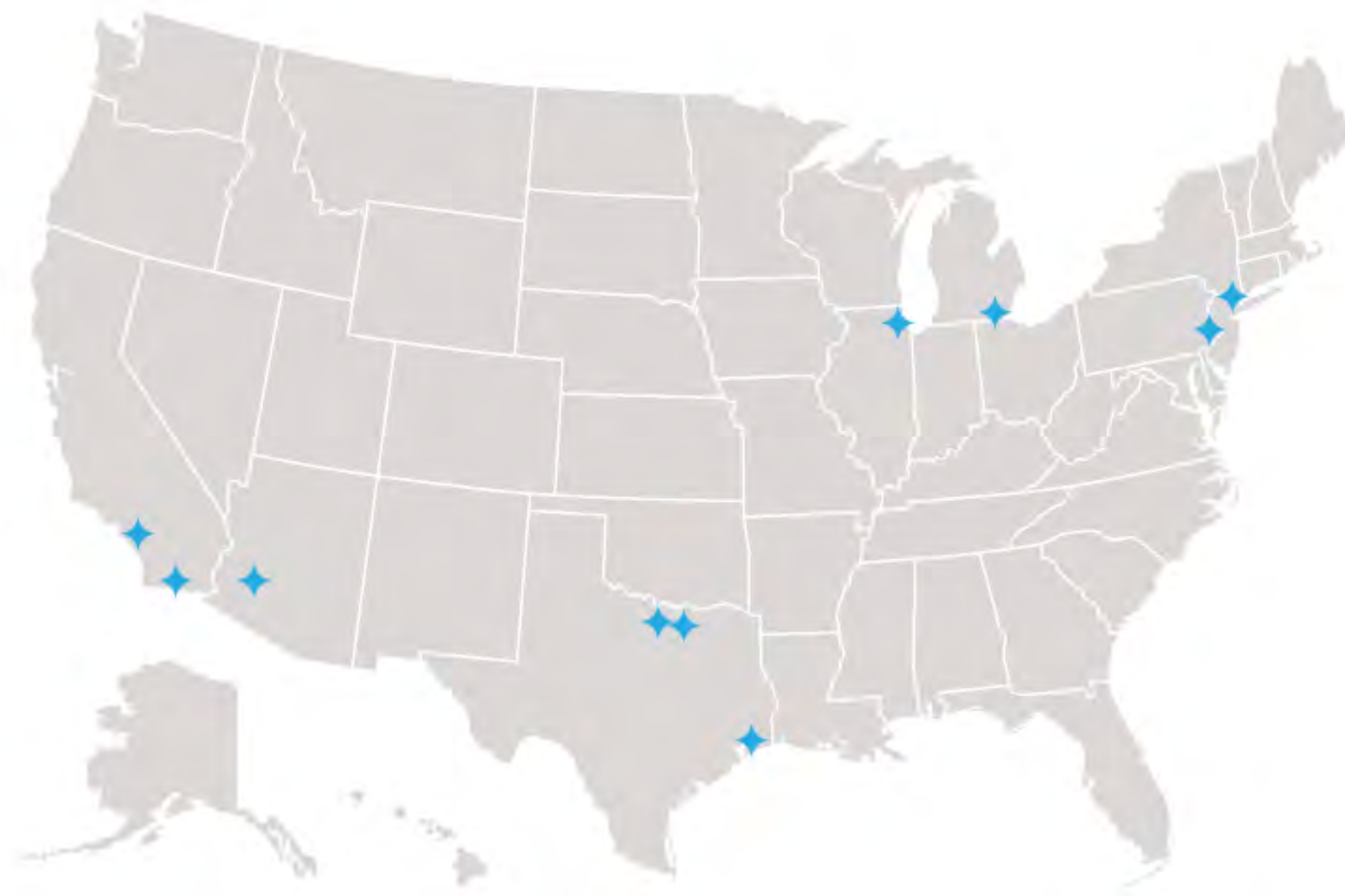
Food insecurity – often rooted in poverty – decreases the ability of communities to develop their agricultural markets and economies.

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





## COUNTY

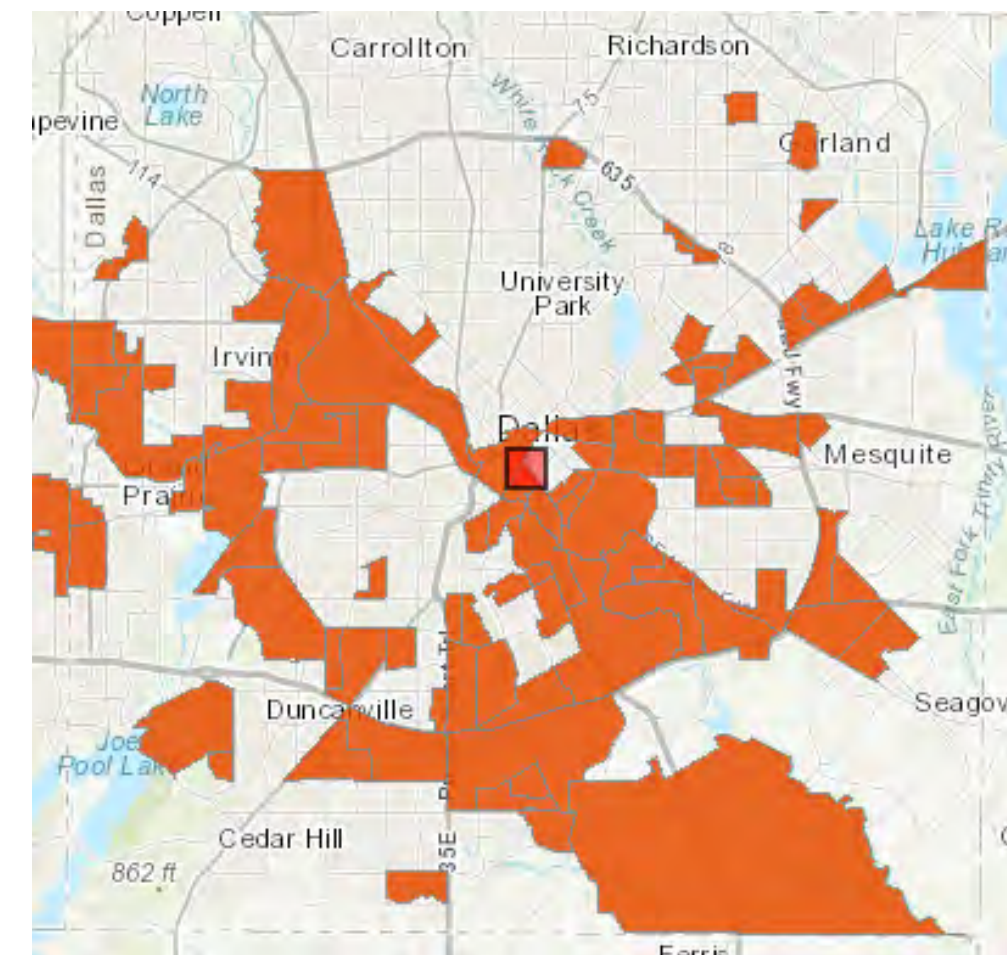
Los Angeles  
New York\*  
Harris, Texas  
Cook, Illinois  
Maricopa, Arizona  
Dallas  
San Diego  
Wayne, Michigan  
Tarrant, Texas  
Philadelphia

*\*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.



Low Income, Low Access, Dallas 2019

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>

# Health Impacts of Food Insecurity



## CHRONIC ILLNESS

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



## COST OF CARE

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



## LACK OF ACCESS

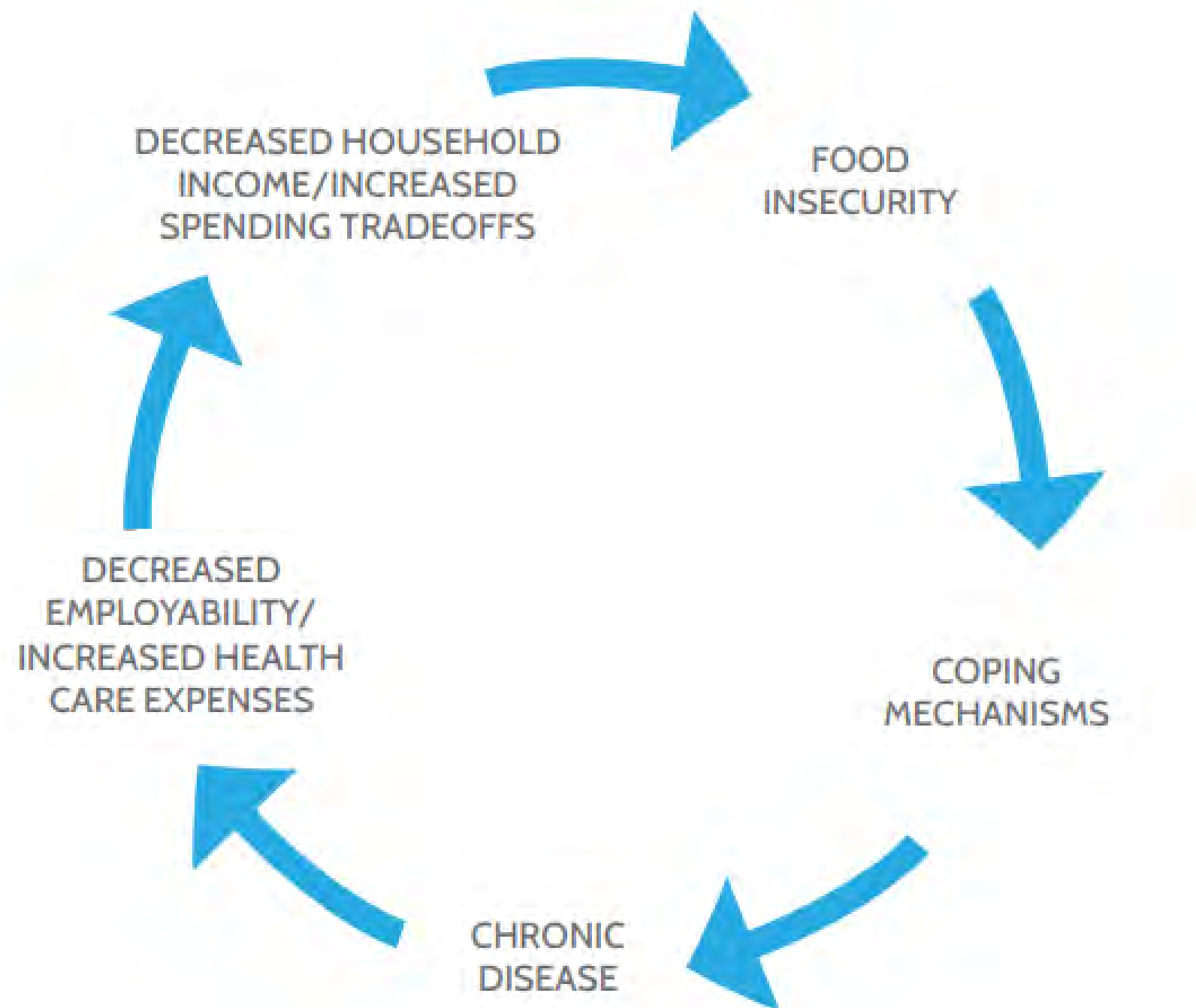
Prevalent in vulnerable, low-income communities and for some minorities, immigrant populations.



## 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

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# Community Navigation

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

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# Community Garden

Community Garden at Southeast Clinic





# Nutrition & Education

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

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# Partnerships

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

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# 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 quarantine



# Thank You

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