

COPE Webinar for Health Professionals

Feeding the Need, Developing Solutions Webinar Series



Addressing Food Insecurity in Persons with Diabetes



Thursday, February 24, 2022

Moderator

Lisa Diewald, MS, RDN, LDN
Program Manager

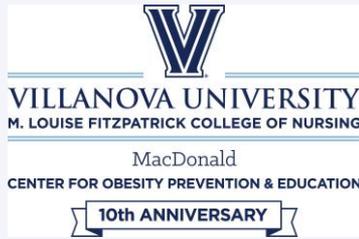
MacDonald Center for Obesity Prevention and Education
M. Louise Fitzpatrick College of Nursing

Continuing Education Credit Details

- Villanova University M. Louise Fitzpatrick College of Nursing is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.
- Villanova University College of Nursing Continuing Education/COPE is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration.

Continuing Education Credit Details

- This webinar awards 1 contact hour for nurses and 1 CPEU for dietitians
- Level 2
- CDR Performance Indicators: 8.1.1, 8.2.1, 12.1.1, 12.3.1
- To receive CE credit, you must attend the entire program.



Upcoming Webinar

Weight Loss Interventions for Adolescents with Intellectual Disabilities

Wednesday, March 23 12-1 PM

To Register:

villanova.edu/cope



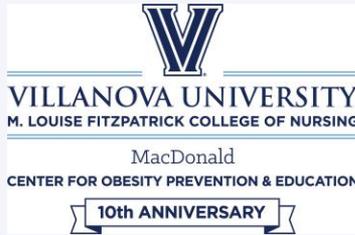
Lauren Ptomey, PhD, RD, LD
Associate Professor
Center for Physical Activity &
Weight Management
University of Kansas Medical
Center

Format of Today's Webinar

- Interactive!
- Please use the chat box for conversation and to send in questions throughout the presentation.
- Dr. Whitehouse will be engaging you in discussion at different times throughout the program.
- During the discussion, feel free to use the Raise Hand feature.
- The program will not be recorded.

After the Webinar

- Look for an email containing a link to an evaluation. The email will be sent to the email address that you used to register for the webinar.
- We encourage you to provide feedback so we can continue to improve program offerings
- Complete the evaluation soon after receiving it. It will expire after 3 weeks. Nurses must complete the evaluation before receiving the CE certificate.
- You will be emailed a certificate within 5 business days.



Addressing Food Insecurity in Persons with Diabetes



**Christina Whitehouse, PhD,
AGPCNP-BC, CDCES**

Assistant Professor
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Disclosures

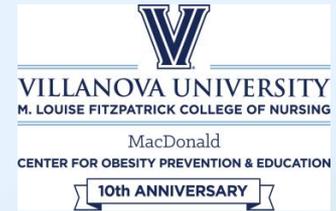
The planners and presenter of this program have no conflicts of interest to disclose.

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Addressing Food Insecurity in Persons with Diabetes



Christina R. Whitehouse, PhD, AGPCNP-BC, CDCES
Assistant Professor
Villanova University Fitzpatrick College of Nursing



Background

- According to the USDA, more than 38 million people, including 12 million children, in the United States are food insecure.
- **Food security** is closely linked to economic status, the economic recession associated with the COVID-19 pandemic has led to increased rates of food insecurity in 2020.
- Feeding America estimates that 45 million people (1 in 5) may have experienced food insecurity in the US in 2020.



Hunger in a Well-Stocked World

UNITED STATES: A food bank in Massapequa, New York, draws a crowd in May 2020. Bruce Bennett/Getty Images

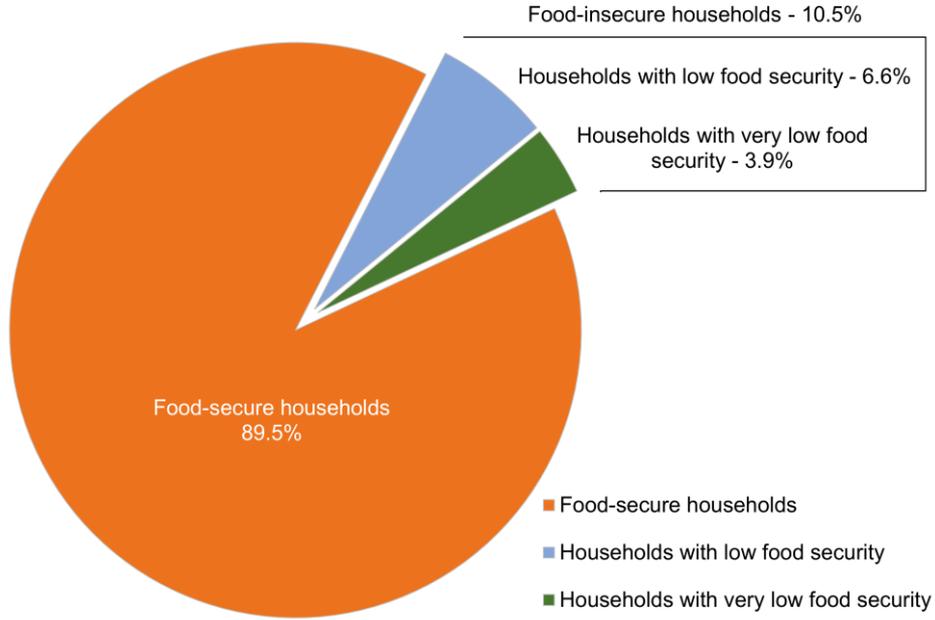
What is food insecurity?



The Food Insecurity Experience Scale

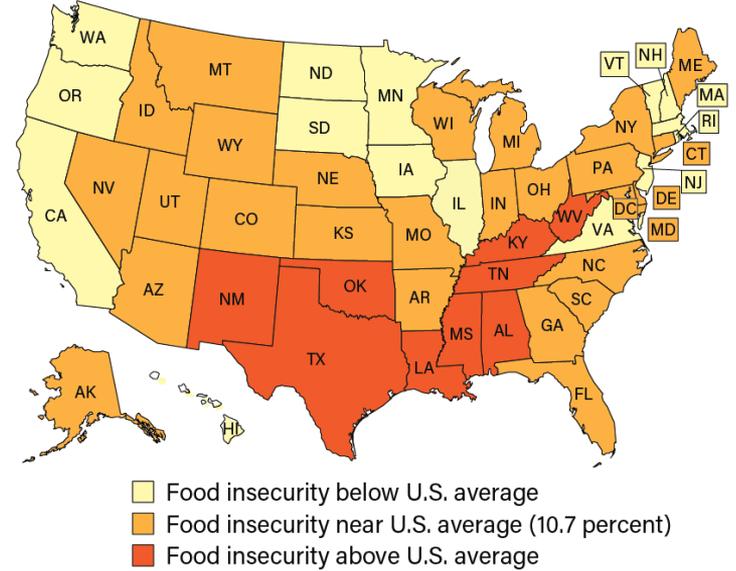


U.S. households by food security status, 2020



Source: USDA, Economic Research Service, using data from the December 2020 Current Population Survey Food Security Supplement, U.S. Census Bureau.

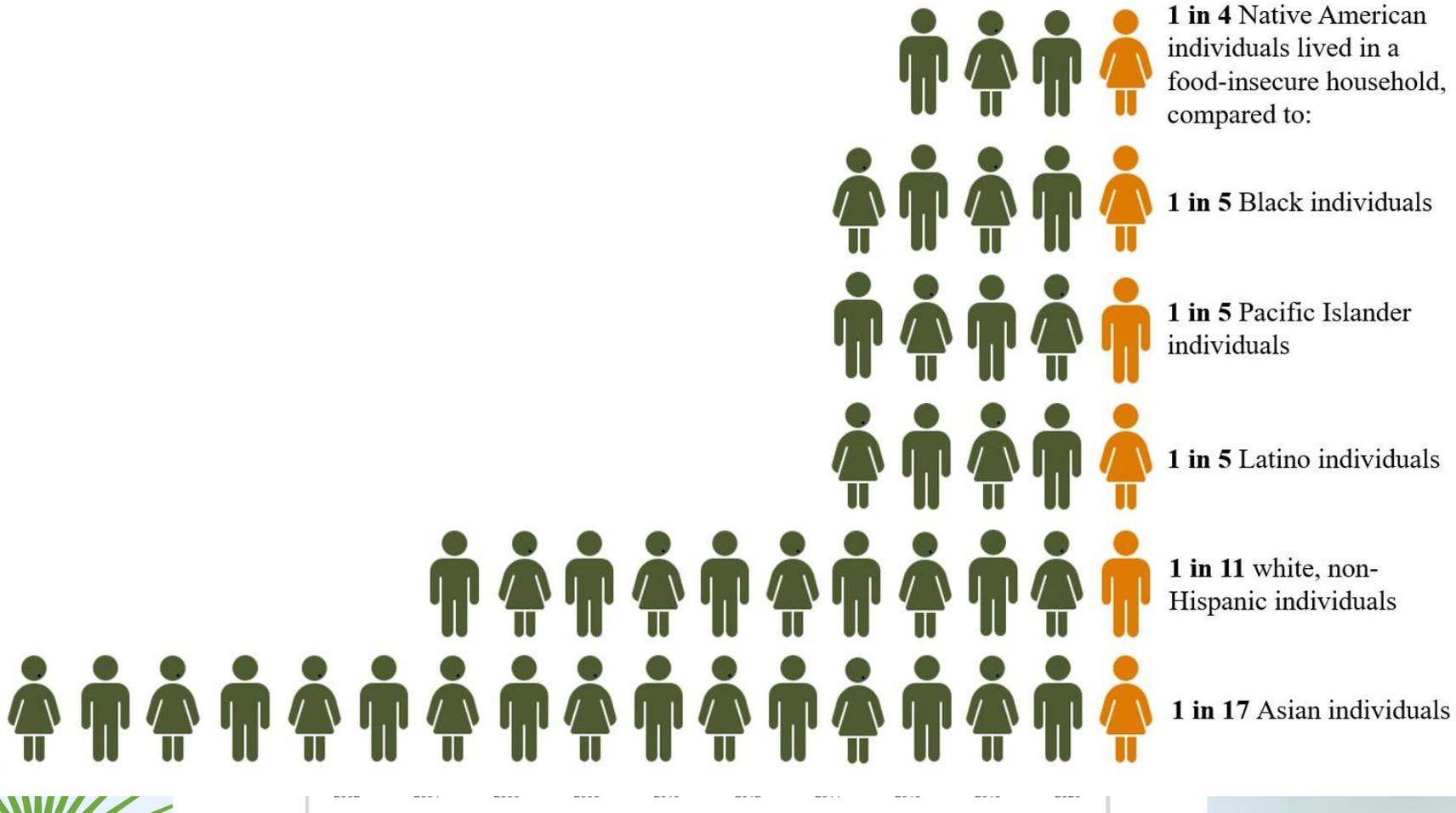
Prevalence of food insecurity, average 2018-20



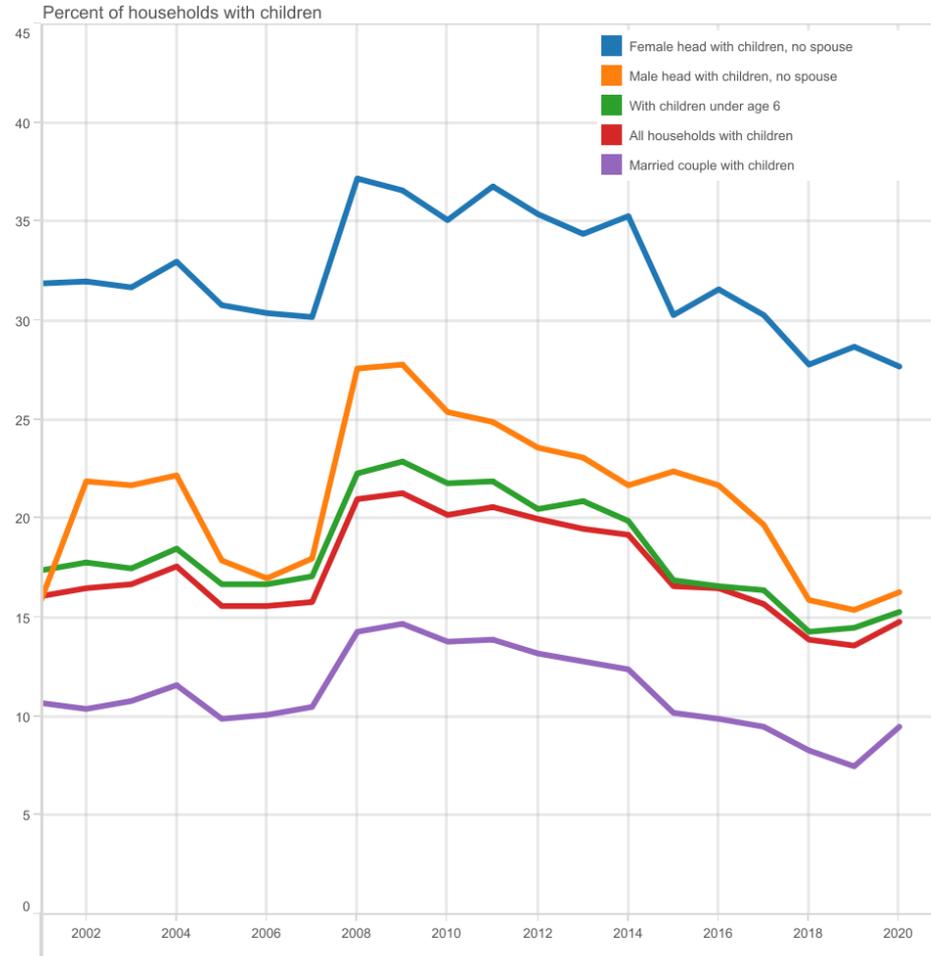
Source: USDA, Economic Research Service using data from the December 2018, 2019, and 2020 Current Population Survey Food Security Supplements, U.S. Census Bureau.

Trends in food insecurity by race and ethnicity, 2001-20

Percent of households



Food insecurity among households with children, by household composition, 2001-20

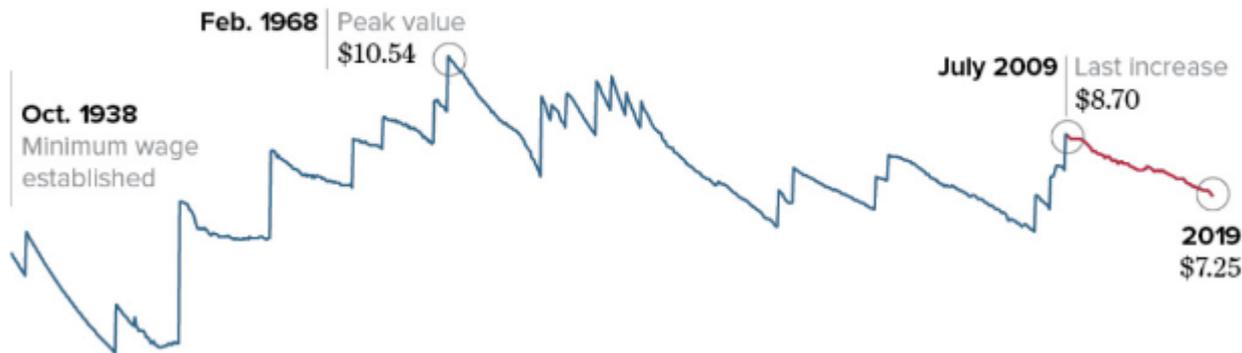


Source: Calculated by USDA, Economic Research Service, using Current Population Survey Food Security Supplement data.

<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/>

REAL VALUE OF THE MINIMUM WAGE

(ADJUSTED FOR INFLATION)



1968

Peak value of
minimum wage

\$10.54

\$21,923/yr

2009

Last minimum
wage increase

\$8.70

\$18,096/yr

Today

2019

\$7.25

\$15,080/yr

17% less than in 2009 - \$3,016 in annual earnings lost

31% less than 1968 - \$6,843 in annual earnings lost

Graph by Economic Policy Institute ²¹

Diabetes



- In 2018, 34.2 million people of all ages—or 10.5% of the US population—had diabetes
- 7.3 million adults aged 18 years or older who met laboratory criteria for diabetes were not aware of or did not report having diabetes. This number represents 2.8% of all US adults and 21.4% of all US adults with diabetes
- COVID-19 and diabetes
- Food insecurity is strongly connected to insulin resistance and is a contributing factor to the development of prediabetes and type 2 diabetes (T2D)

Food Deserts



Let's Chat!

- Do you see issues with food insecurity frequently in your practice?
- How do you identify an individual/family living with food insecurity?
- If using an EHR, do you have an embedded question?



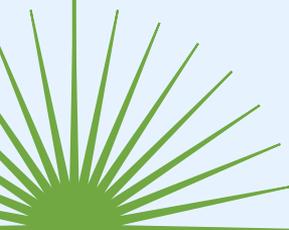
Screening for Food Insecurity



- **Hunger Vital Sign™**

1. “Within the past 12 months we worried whether our food would run out before we got money to buy more.”
2. “Within the past 12 months the food we bought just didn’t last and we didn’t have money to get more.”

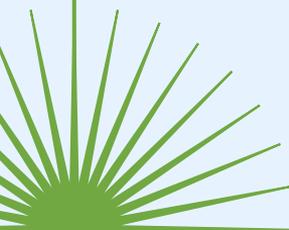
A response of “often true” or “sometimes true” to either question = positive screen for FI.



IDENTIFYING & ADDRESSING FOOD INSECURITY AT A HEALTHCARE SITE



Research Based Interventions



Research Question

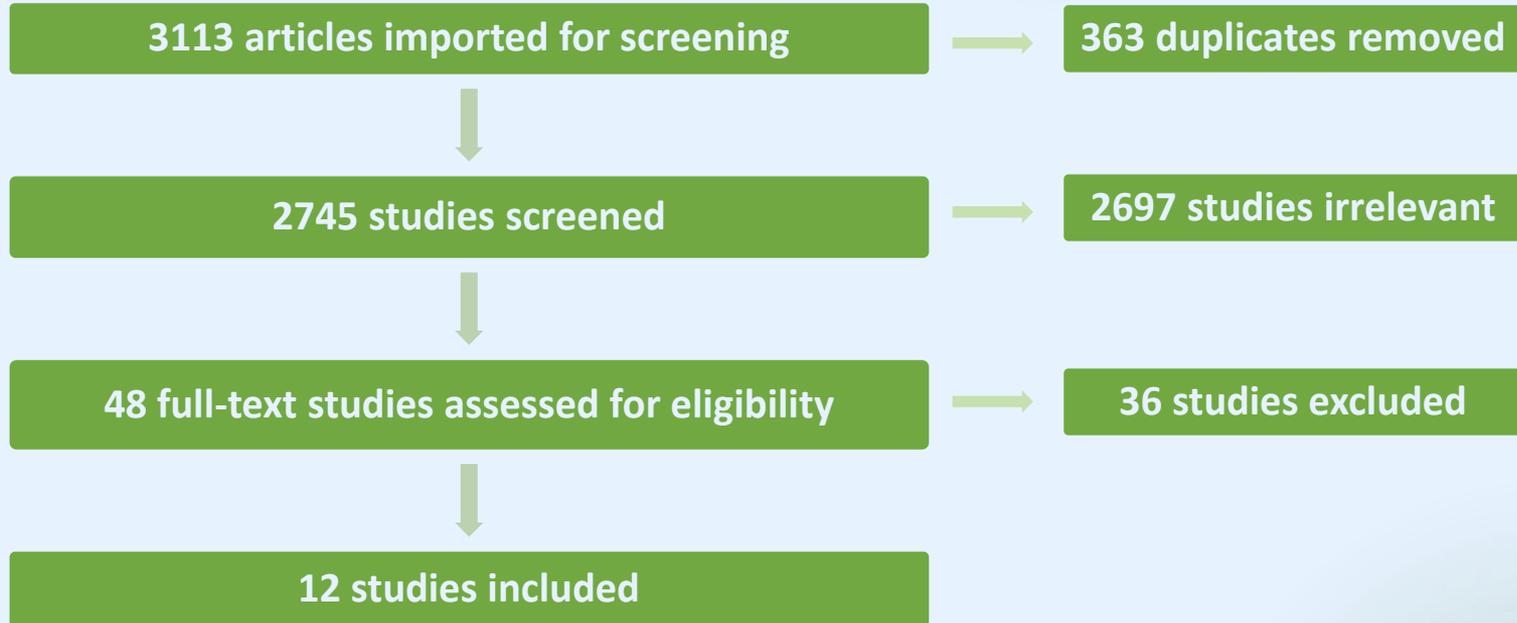
What is the reach, effectiveness, adoption, implementation, and maintenance (RE-AIM) of interventions that target food insecurity for adults with or at-risk for T2DM?

Design: Systematic Review

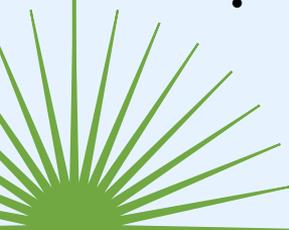
Inclusion / Exclusion Criteria: Studies will be included that evaluate interventions to address food insecurity in persons with or at-risk for T2DM.

Databases: OVID Medline, OVID Embase, OVID PsycINFO, CINAHL Complete, Cochrane CENTRAL and Web of Science

Results



Results



- Berkowitz et al (2019)
Intervention: Once weekly delivery of meals for 12 weeks followed by 12 weeks of follow-up while not receiving the meal delivery
- Blitstein et al (2020)
Intervention: Once weekly delivery of meals for 12 weeks followed by 12 weeks of follow-up while not receiving the meal delivery
- Bryce et al (2017)
Intervention: examine the impact of participating in a farmers' market and fresh fruit and vegetable prescription program on A1C, blood pressure & weight
- Ferrer (2017)
Intervention: test whether a collaboration between a PCP and a food bank could improve food security while also improve T2D outcomes

Results

FOOD IS FUEL.



FOOD IS MEDICINE.



Improvements in FI



Improvements in A1C



Improvements in
healthy eating



Improvements in
HRQoL

Resources for immediate support



feedingamerican.org

PHILABUNDANCE



211.org

The Feeding America Network

200 food banks and 60,000 food pantries and meal programs strong.



Surplus Food



Local Food
Banks



60,000
Programs



1 In 7
Americans
Served

- ❖ Consider opportunities for direct food distribution programs at clinics and hospitals (e.g., on-site food pantries for patients to access at the end of their visit) or through vouchers to a food pantry, mobile market or farmer's market.

Specific Local Resources for Individuals Living with Diabetes



Resources for long term support

- SNAP: Supplemental Nutrition Assistance Program (formerly Food Stamp Program)
Aims: alleviate hunger and improve the nutrition and health of low-income people
Eligibility: Most households with gross income less than 130% of the FPL
<https://www.benefits.gov/benefit/361>
- WIC: Special Supplemental Nutrition Program for Women, Infants, and Children
Federal grants to states for providing supplemental, nutrient rich foods, health care referral, and nutrition education
Eligibility: Households with income at or below 185% FPL with a child age 0-5 and a pregnant or postpartum woman
<https://www.fns.usda.gov/wic/wic-how-apply>
- Need help getting insulin: <https://insulinhelp.org/>

Resources

DELIVERING COMMUNITY BENEFIT: Healthy food playbook

<https://foodcommunitybenefit.noharm.org/resources/implementation-strategy/food-insecurity-screening>



The Healthy Here Mobile Farmers Market is a market on wheels that sells produce from Agri-Cultura in Albuquerque's areas of highest need (Presbyterian Healthcare Services)



Veggie Rx has helped over 10,000 food insecure residents in the Oregon, Columbia Gorge region access fresh fruits and vegetables. The program has over 30 farmers markets and grocery store sites where participants can redeem vouchers for up to \$30 worth of fresh produce. (Gorge Grown Food Network)

**What other resources have
you utilized?**

Let's list!

Thank You!

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References

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- <https://mannapa.org/>
- <https://www.momsmeals.com/>
- <https://www.sharefoodprogram.org/>

Q&A

