American Dairy Association
North East
What NJ School Nurses are doing to combat Food Insecurity in their communities

https://www.njssna.org/members/discussionlist
Your Dairy Health Professionals

Elisabeth Jalkiewicz, RDN
ejalkiewicz@milk4u.org
267-414-3158
MASHN

LaChell Miller, MS, RD, CC
lmiller@milk4u.org
215-840-1285
NJSSNA & DSNA

Michelle Barber, MA, RDN
mbarber@milk4u.org
315-481-9624
NYASN & PASNAP
Join Our Conversation

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Childhood Hunger: School Nurse’s Direct Response to COVID

Twitter: @ClancyCHarrison
FB: Clancy Harrison

#FoodDignity
Clancy Harrison’s Disclosures

Spokesperson
• American Dairy Association North East
• National Dairy Ambassador

Board Member/Advisory Panel
• United Way Safety Net Council, Luzerne County, Pa
• Al Beech West Side Food Pantry, Kingston, Pa
• Advisor PA Academy Pediatrics Food Insecurity Dyad Project

Author
• Feeding Baby
• www.ClancyHarrison.com
Not lazy, drug addicts, or alcoholics

Most people who are food insecure are:

- working
- looking for work
- disabled
- ill
- single mothers
- elderly
- college students
- Veterans
- COVID

UC Davis and Center for Poverty Research (2018).
My professional mission turned right-side up during Community Voices Project.
Food Security Definitions

High Food Security
“no reported indications of food-access problems or limitations….. access by all people, at all times to sufficient food for an active and healthy life.”

Marginal Food Security
“one or two reported indications- typically of anxiety over food sufficiency or shortage of food in the house.”
Food Insecurity Definitions

Low Food Security
“reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake”

Very Low Food Security
“reports of multiple indication of disrupted eating patterns and reduced food intake.”
Food security is defined as.....

access at \textit{ALL} times to nourishing food needed for \textit{ALL} members of a household to live an active, healthy life.
Pre-COVID 19 Food Insecurity Rates in U.S.

40.0 M people
12.5 M children

Feeding America 2017
29% of people who are FOOD INSECURE in the US DON'T qualify for food assistance programs because their income IS TOO HIGH.

The United States

**NEW JERSEY (21 counties)**

**FOOD INSECURITY RATE**: 9.6%

**ESTIMATED PROGRAM ELIGIBILITY AMONG FOOD INSECURE PEOPLE**

- **35%**: Above SNAP, Other Nutrition Programs threshold of 185% poverty
- **65%**: Below SNAP, Other Nutrition Programs threshold 185% poverty

**FOOD INSECURE PEOPLE**: 865,900

**AVERAGE MEAL COST**: $3.24

**ADDITIONAL MONEY REQUIRED TO MEET FOOD NEEDS**: $478,385,000

[Clancy Harrison logo]
Compared to March 2019: Increase 1700%

A month’s worth of food GONE within 3 hours!
COVID Impacts WHO?

We distribute food to:

- People in expensive cars.
- People with professional jobs.
- EVERYONE
Situational Food Insecurity

• loss of job
• working hours cut back
• medical expenses
• affordable childcare
• affordable housing
• natural disasters (Harvey, Irma, Maria, COVID)
• death of family member
• college student

The face of hunger is constantly changing in U.S.
Lack of Access to Nourishing Food: 
*Food Insecurity*

Spending Tradeoffs
- Food vs. Utilities
- Medical Care
- Hygienic Products
- Transportation
- Safe Housing
- Quality Childcare

↑ Risk for Chronic Disease

↑ Risk of Obesity

Poor Nutrition Intake

Poor Eating Behavior

↓ Opportunity for Physical Activity

Poor Sleep Cycles

STRESS
DECREASING ACCESS TO HEALTHY FOOD INCREASES YOUR RISK OF:

- Hepatitis
- Stroke
- Cancer
- (CHD) Coronary Heart Disease
- Asthma
- Diabetes
- Arthritis
- Hypertension
- High Blood Pressure
- Chronic Kidney Disease
- (COPD) Chronic Obstructive Pulmonary Disease

Source: USDA, Economic Research Service
Child Health Risks of Food Insecurity

Anxiety and behavior disorders, depression
Low Bone Density
ADHD
Iron deficiency
Low nutrient intake
Low cognitive development
Illness and hospitalization
Suicide ideation
Hidden childhood food insecurity

• Parents skip meals to feed their children
• Purchase low quality foods
• Parents are reluctant to talk about FI
• Well-groomed and well-dressed appearance
Symptoms of food insecurity

• Developmental delays
• Behavioral problems
• Depression, anxiety, or stress in parent and/or child
• Low bone density
• Iron deficiency anemia
• Obesity
• Poor growth
• Inappropriate feeding practices
• Dental caries
Food Assistance Participation

59% households with food insecurity participated in at least 1 of the 3 major federal food assistance programs.

- SNAP (food stamps)
- School Feeding Programs
- WIC (Women Infant & Children)
Non-participation

- Don’t qualify
- Stigma
- Treatment by staff or volunteers
- Office/work hours
- Lack of knowledge
- Technical difficulties
- Transportation


Food insecurity, social capital and perceived personal disparity in predominantly rural region of Texas: an individual-level analysis. 2011
School nurses can improve student outcomes by satisfying the basic need of food access.
What you do matters!

Screen for food insecurity

Use sensitivity during screening with parents

Use encouraging words to describe food assistance programs.

What you do matters!
Everyone is experiencing food insecurity on some level.
Incorporate the 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.”

To help your patients/clients lessen food insecurity, take these three steps:

1. Read each statement* and ask your client if the statement is often true, sometimes true, rarely true, or never true.

   - Within the past 12 months, we worried whether our food would run out before we got money to buy more.  
     - Often True  
     - Sometimes True  
     - Rarely True  
     - Never True

   - Within the past 12 months, the food we bought just didn’t last and we didn’t have money to get more.  
     - Often True  
     - Sometimes True  
     - Rarely True  
     - Never True

2. If your client responds “often true” or “sometimes true” to either statement, they likely have food insecurity. Help them get more food by filling out the list of resources (see next page) and giving it to them.

   You can also fill out the list, make copies, and leave them in waiting rooms and other areas for community members to pick up.

3. Advocate for nourishing foods in your community. Take steps to increase the availability of nutritious, affordable food.


http://www.childrenshealthwatch.org/upload/resource/2_Item_Screen.pdf
Screen for FI in a sensitive manner

• Screen everyone about FI
• Decide how to screen (verbally or written)
• If verbally, consider asking when the child is not in the room
• Screen in private (away from other staff)
• Normalize
• Use family’s preferred language
Strategies to improve food access

1. Communicate with the child’s pediatrician, guidance counselor
2. Connect families to food assistance programs
3. Document & track
4. Support advocacy & education efforts
3 Resources for Immediate Help for Food Access

- American Dairy Association Northeast
- Feeding America Food Banks
- Your school food service team
Find Your Local Food Bank

http://www.feedingamerica.org/find-your-local-foodbank/

Search by Zip Code or State

Zip Code

or

State

GO

View Feeding America’s full Member Food Bank Network

200 Feeding America Food Banks that serve the United States
Long-Term Solutions (2 previous resources +)

Participants consume more milk, vegetables, and whole grains in the following programs:

• National School Lunch Program
• The National School Breakfast Program
• Afterschool Snacks and Meals
• The Summer Food Service Program
• WIC (Special Supplemental Food Program for Women, Infants, and Children)
Benefits of food assistance programs

• Reduce food insecurity
• Improve health outcomes
• Confidence in feeding family
• Improved health/nutrition intake
• Less stress
• Peace of mind
• Stimulate economic growth
• Behavior of kids
  • Academic- better outcomes/job placement/higher degree
  • Sleep/Energy
  • Health
Nearly 9 in 10 Americans Fall Short on Dairy Recommendations

Dietary Intakes Compared to Recommendations. Percent of US Population Ages 1 & Older Who Are Below, At or Above Each Dietary Goal

Americans* consume, on average, <2 cup equivalents of dairy foods/day. Adding just one more dairy serving a day could help close the gap.

Dairy = Affordability

3 servings of dairy can cost as little as $1.00/day

Prices in graphic determined 6 months ago using online Walmart pricing and is a rough estimate.
Milk’s Nutrition Profile is Tough to Match

• **Nutrient rich** (9 essential nutrients, 8 g high quality protein)

• Milk is leading food source of 3 out of 4 nutrients of public health concern. (Ca, K, vitamin D)

• Milk & milk products are recommended as a part of a healthy eating pattern.
Organizations must find creative ways to tackle complex nutrition issues that lie beyond the scope of a single organization.
Consider new partnerships

- Local food bank RD
- Summer meal sites/YMCAs
- Community RDs and social workers
- School guidance counselors
- School Food Service Director
- PTA/PTO
- Local WIC RD
- Mobile food pantry
Mobile Pantry/School Meals Combine

- Principal delivered meals to top 30 families in most need
- Now established a mobile pantry during school meal sites via Feeding America Food Bank.
PA AAP Dyads

- Pediatrician/Food Pantry partnerships
- 20 across state of PA
- Screening FI
- Refer to food pantry
- Food pantry offers healthy options
Your Next Action Steps

• Find 3 local food relief organizations in your area to refer students (Feeding America, America Dairy Association NE)

• Create a new partnership to target healthy food access.

• Learn more about screening for FI- talk about it with guidance counselor

• Promote school meal programs and encourage participation
“Each one of us can make a difference. Together we make change.”

-Barbara Mikulski
Upcoming Webinars

COVID-19 and Intuitive Eating: A Non-Dieting Approach while Sheltering in Place
Speaker: Angie Dye, MS, RDN, CSSD
Date: Tuesday, May 12th
Time: 1:00 – 2:00 PM
Co-Hosted by MASHN

#FakeNews: Dispelling Food and Nutrition Myths
Speaker: Leslie Bonci, MPH, RDN, CSSD
Date: TBD
Time: TBD
Co-Hosted by NJSSNA

Thank You

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Post Webinar E-Blast- Stay Tuned!