

CHILDHOOD HUNGER: A TOOLKIT FOR HEALTH CARE PROVIDERS



Childhood hunger is linked to:

- *Developmental, behavioral and academic problems*
- *Frequent illnesses and hospitalizations*
- *Iron deficiency anemia*
- *Depression and anxiety*

CHILDHOOD HUNGER COALITION

Who we are...

The Childhood Hunger Coalition (CHC) is a network of health care professionals, anti-hunger advocates and other interested Oregonians, working together to educate the medical community and policy makers about the medical, developmental and psycho-social impacts of childhood food insecurity and hunger. We believe childhood hunger must be understood as a public health issue, not simply a social issue.

Accomplishments to date...

- Completed a survey of nearly 200 health care providers in pediatric and family practice settings in the Portland Metro area in 2007. Health care providers validated a desire for information related to:
 - Health consequences of food insecurity
 - How to ask a hunger risk question
 - Resources available to families in need
 - Effective ways to incorporate interventions into their clinical settings
- Conducted focus groups with families at risk for food insecurity to assess their experiences with food insecurity and their comfort level addressing hunger with their health care provider. Families expressed willingness to address hunger and food access with their health care provider when a trusting relationship was established.
- Developed an online continuing education course: *Childhood Food Insecurity: Health Impacts, Screening and Intervention*. Over 400 health care professionals and students completed the course the first year it was available.
- With increased funding, we have created this toolkit and expanded the Health Care Provider Survey to a statewide audience.

The Childhood Hunger Coalition is dedicated to providing ongoing education and outreach tools for clinicians in an effort to reduce childhood hunger and improve the health of children and families.

CHC Executive Board

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For more information or to contact the Childhood Hunger Coalition, visit www.childhoodhunger.org

ONLINE CONTINUING EDUCATION: CHILDHOOD FOOD INSECURITY

The Childhood Hunger Coalition is pleased to present an online course with continuing education credit: *Childhood Food Insecurity: Health Impacts, Screening and Intervention*. The course is geared to health care providers working with children and their families, as well as others interested in learning more about the health consequences of childhood food insecurity and hunger.

The impact of child hunger...

Children living in food-insecure households are at higher risk for developmental and academic problems, frequent illness and nutritional inadequacies. Knowledge of indicators and impacts of childhood hunger allows health providers to identify patients at risk and to provide an appropriate intervention. Further awareness and education among those who monitor health and development of children is an urgent need.

To register for this course:

Simply self-register online at <http://ecampus.oregonstate.edu/hunger>

The course is divided into five modules:

- Introduction and overview
- Food insecurity: definitions, measurement, prevalence, and predictors
- Food access and food choices: complex issues
- Food insecurity: relationship to child health and development
- Intervention strategies

Course participants will:

- Improve knowledge about health consequences of pediatric and prenatal food insecurity
- Gain skills incorporating this topic into a clinical setting
- Integrate intervention strategies for patients and families at risk

Accreditation

This course is free of charge. Upon completion of this 1-hour course, qualifying participants will receive *1 AMA PRA Category 1 Credit*.™

Accreditation Statement: This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Oregon Health & Science University and the Oregon Childhood Hunger Initiative. OHSU is accredited by the ACCME to provide continuing

CHILDHOOD HUNGER: A TOOLKIT FOR HEALTH CARE PROVIDERS

Welcome

Health care providers are in a unique position to address childhood hunger. This toolkit contains useful resources regarding the health consequences of childhood food insecurity and how you can begin to address the issue in your clinical practice. Thank you for your interest in this important topic and please do not hesitate to provide feedback on the toolkit contents to the coalition members by visiting www.childhoodhunger.org.

Toolkit Contents

Research Literature and Screening Algorithm

- A comprehensive literature review by John Cook, PhD, MAEd, and Deborah Frank, MD is a key element that will help you become more aware of the issue.
- An algorithm for screening and referral is included to help you overcome barriers to asking risk questions about household food status.

Patient Materials

The toolkit includes sample printed materials designed to provide patients with information about available resources in the community. We encourage you to use the order form provided to request a supply of free materials for your clinic. These materials are also included on the CD-ROM so you can print on demand if desired.

CD-ROM

In addition to the printed materials provided, all materials are included on the CD-ROM for easy electronic access.

- Review of literature on childhood hunger
- Screening and referral algorithm for providers
- Patient outreach materials for printing on demand
- Order forms to request additional free materials
- Patient and provider resources and contacts

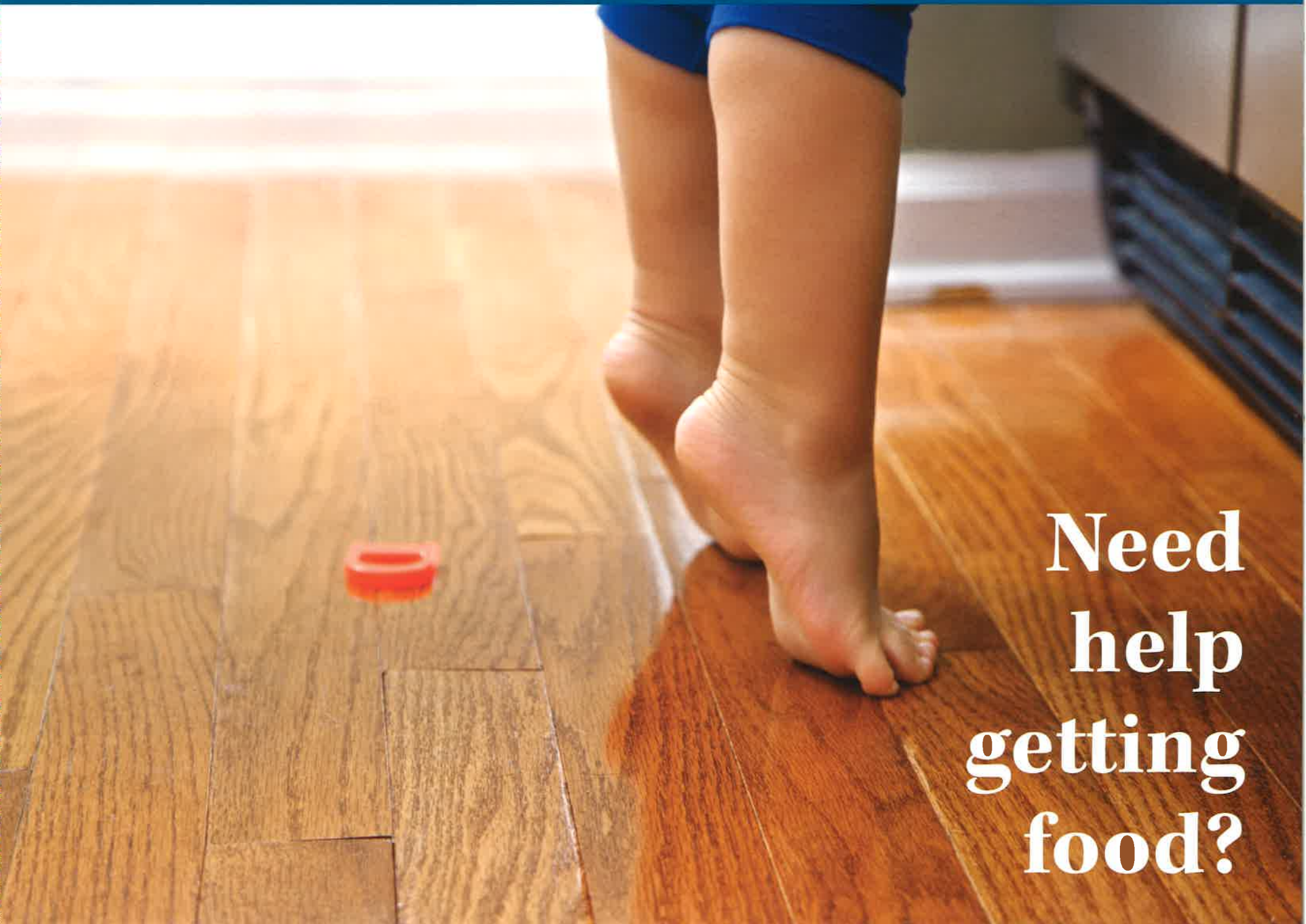
The USDA describes hunger as the following:

Food insecurity: occurs whenever the availability of nutritionally adequate food or the ability to acquire acceptable foods in socially acceptable ways is limited or uncertain due to insufficient money and other resources.

Hunger: a situation where household members unwillingly go without food for an intermittent or extended period of time.

**Childhood
Hunger**
COALITION 

For more information or to contact



**Need
help
getting
food?**

Food and nutrition programs help feed kids and keep them healthy. **Talk to your health care provider** for more information on programs that can help you and your family.

Find out more

Call Oregon SafeNet, a health and human services hotline, to learn about getting and using Supplemental Nutritional Assistance Program (SNAP) food benefits and other services:

800-SAFENET (723-3638)

Do it yourself

Use the Web to learn if you can get help from these and other programs. For a free and confidential pre-screening tool visit:

www.oregonhelps.org



DHS 9854 (Rev. 1/2010)



Food Benefits



Meals and Snacks



Women, Infants and Children (WIC)

CHILDHOOD HUNGER SCREENING & INTERVENTION ALGORITHM

Screen for Food Insecurity—Suggested Questions:¹

For each statement, please tell me whether the statement was “often true, sometimes true, or never true” for your household:

- A. “Within the past 12 months we worried whether our food would run out before we got money to buy more.” *often true* *sometimes true* *never true* *don't know, or refused*
- B. “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* *never true* *don't know, or refused*

Screen Negative

- Assess Growth
- Display Patient Outreach Resources

Screen Positive (*complete steps 1-4*)

1
Assess Growth

Anthropometric Assessment;
e.g., weight, height,
head circumference,
interval growth, BMI

2
Assess for Health Consequences

LABS:

- CBC

CONSIDER:

- Iron Studies
- Lead Level
- Vitamin D Level

SCREENING:

- Developmental
- Mental Health

3
Provide Resources

NUTRITION RESOURCES:²

- SNAP (Food Stamps)
- WIC Program (Women, Infants and Children)
- Meal Programs (school, after-school, and summer)
- Emergency Food Resources

4
Referrals & Other Considerations³

POSSIBLE REFERRALS:

- Dietitian
- Social Worker

CONSIDER:

- Multivitamin; including Vitamins D, A, & Folate

¹Hager ER, et al. (2010). Development and Validity of a 2-Item Screen to Identify Families at Risk for Food Insecurity. *Pediatrics*, 126: e26-e32.

²Providers and/or patients can go to the 211 Info/Oregon Safenet web site at www.211info.org for a complete list of local food and nutrition resources.

³Consider evaluating family need for additional resources including energy assistance, TANF, health insurance. Providers should consider the financial barriers when recommending/prescribing a multivitamin.

OREGON HELPS

Now showing at a computer near you

Now you can use the Web to find out if you can get help from **food stamps and other programs** that offer:

- Food
- Housing
- Health insurance
- Tax credits
- Cash assistance for families with children



Visit www.oregonhelps.org today to find out what help you might qualify for!

Food Stamps...
You'd be surprised who qualifies!



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This document can be provided upon request in alternative formats for individuals with disabilities. Other formats may include (but are not limited to) large print, Braille, audio recording, Web-based communications, and other

Oregon Helps: Ahora Presentándose En Una Computadora Cerca De Usted

Ahora puede usar la red para enterarse si usted puede recibir ayuda de **Estampillas de Comida** y de otros programas que ofrecen:

- Comida ➤ Vivienda
- Seguro de salud ➤ Créditos de impuestos
- Ayuda en efectivo para familias con hijos

Visite **www.oregonhelps.org** hoy mismo ¡para enterarse para cuál ayuda **usted** podría calificar!

**Estampillas de Comida:
Usted se sorprendería de quién califica!**

Spanish AFS 9207 (08/02)

Oregon Helps: Сейчас Это Можно Найти На Компьютере

Сейчас Вы можете воспользоваться интернетом, чтобы узнать, можете ли Вы получить помощь программы по **Продовольственным Талонам** или других програм, предлагающих:

- Пищу ➤ Жилье ➤ Медицинское Страхование
- Кредиты для налогов
- Денежное пособие для семей с детьми

Обратитесь к **www.oregonhelps.org** сегодня же, чтобы узнать, какой вид помощи **вы** можете получить!

**Продовольственные Талоны:
Вы удивитесь, сколько людей
имеют право их получить!**

Russian AFS 9207 (08/02)

Oregon Helps: Nay Được Trình Bày Trên Điện Toán Gần Quý Vị

Bây giờ quý vị có thể vào mạng lưới điện toán để tìm hiểu quý vị có được hưởng các dịch vụ trợ giúp của chương trình **Phiếu Thực Phẩm** và các chương trình khác cung cấp dịch vụ về:

- Thực phẩm ➤ Gia cư
- Bảo hiểm y tế ➤ Giảm thuế
- Trợ cấp tiền mặt cho những gia đình có con cái

Hôm nay, xin tới thăm trang mạng lưới điện toán **www.oregonhelps.org** để biết **quý vị** hội đủ điều kiện hưởng những dịch vụ trợ giúp nào!

Phiếu Thực Phẩm: Quý vị sẽ ngạc nhiên

So what can I do to help?

Talk to friends and family who need help. Let them know they can apply at any food stamp office.

Call **1-800-SAFENET (1-800-723-3638)** for the location of the nearest office; in the Portland area call **503-988-5858**. Oregon SafeNet also can answer basic questions, let callers know if they may qualify for food stamps, and tell them what types of verification they will need.

Most people will need to show:

- Photo identification (such as a driver's license),
- Social Security numbers for everyone they are applying for,
- Proof of rent and utility costs (such as bills or receipts), and
- Proof of income (such as check stubs).

Non-citizens will need to show proof of the legal immigrant status of household members applying for food stamps.

People also can use the Internet to learn about food stamps and other programs. They can visit **www.oregonhelps.org** to answer some basic questions about their family and finances. When they are finished, they will see a list of programs that may be able to help them.

**If you need this brochure in an alternate format,
please call 1-800-723-3638.**

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DHS 9221 • 03/2009



DHS: CHILDREN, ADULTS AND FAMILIES DIVISION

Do you know someone who needs a little help buying food?



**There is a way you can help,
and it won't cost you a thing.**

DHS | Independent. Healthy. Safe.



Oregonians look out for each other.

That's just what we do. And it can be hard to see a friend in need when you don't know how to help them. That's why we want you to know about the Food Stamp Program.

When people are going through tough times, food stamps can help them buy the food they need to stay healthy. And when they use their food stamp card to buy groceries, they aren't just helping themselves. They are also supporting local grocers and the local economy.

Many people are surprised to find out they can get food stamps.

The income limits may be higher than you think:

<i>Household Size</i>	<i>Monthly Income</i>
1	\$1,670
2	\$2,247
3	\$2,823
4	\$3,400
5	\$3,976
6	\$4,553

*Add \$555 for each additional person
Income guidelines will be updated in Spring 2010*

People who earn up to these income limits may be able to get food stamps. For most people, assets like a house, a car or money in the bank won't be counted. Talk to friends and family who need help. Let them know they can apply at any food stamp office.

FOOD STAMPS

FACTS ABOUT



- Food stamp dollars are provided on an Oregon Trail card. It works like a bank debit card at grocery stores and some Farmers' Markets.
- Many types of households use food stamps, not just those with children or disabled family members.
- Families who qualify for food stamps may also qualify for help from WIC, school meals, and phone bill aid programs.
- They bring federal tax dollars back to Oregon that can help provide jobs and keep us all healthy.
- Food stamps help reduce hunger. Thanks in part to increased food stamp use, Oregon is now ranked #17 nationally in hunger instead of #1!

Entonces, ¿qué puedo hacer para ayudar?

Hable con amigos y familiares que necesiten ayuda. Avíseles que pueden presentar una solicitud en cualquier oficina de estampillas de comida.

Llame al **1-800-SAFENET (1-800-723-3638)** para saber la ubicación de la oficina más cercana. En el área de Portland llame al **503-988-5858**. Oregon SafeNet también puede contestar preguntas básicas, informar a las personas que llaman si pueden ser elegibles para estampillas de comida y decirles el tipo de verificación que necesitarán.

La mayoría de las personas tiene que presentar:

- Identificación con fotografía (como licencia de conducir),
- Número de Seguro Social de todas las personas para quienes se solicitan los beneficios,
- Comprobantes de gastos de alquiler y servicios públicos (como facturas o recibos), y
- Comprobantes de ingresos (como talones de cheques).

Los no ciudadanos que soliciten estampillas de comida deben presentar comprobante de su condición legal de inmigrante.

También se puede utilizar Internet para obtener información sobre estampillas de comida y otros programas. En www.oregonhelps.org usted puede contestar algunas de las preguntas básicas sobre su familia y sus finanzas. Una vez llenado este cuestionario, verá una lista de programas que pueden ser de ayuda.

*Si necesita este folleto en diferente formato,
llame al 1-800-723-3638.*

USDA es un proveedor y empleador que brinda igualdad de oportunidades



Spanish DHS 9221 03/2009




DHS: DIVISIÓN DE NIÑOS, ADULTOS Y FAMILIAS

¿Conoce a alguien que necesite ayuda para comprar comida?



**Hay una forma de ayudar
que no le costará nada.**

 | Independent. Healthy. Safe.



Los oregonianos nos cuidamos unos a otros.

Eso es exactamente lo que hacemos. Y puede ser duro ver a un amigo pasando necesidades y no saber cómo ayudarlo. Por eso que queremos que conozca el Programa Estampillas de Comida.

Cuando las personas atraviesan momentos duros, las estampillas de comida los pueden ayudar a comprar la comida necesaria para conservar la buena salud. Y al utilizar la tarjeta de estampillas de comida para comprar alimentos no sólo se ayudan a sí mismos, sino que también apoyan a los almaceneros locales y a la economía local.

Muchas personas se sorprenden al descubrir que pueden recibir estampillas de comida

Los límites de ingresos pueden ser más altos de lo que usted supone:

<i>Tamaño de la familia</i>	<i>Ingreso mensual</i>
1	\$1,670
2	\$2,247
3	\$2,823
4	\$3,400
5	\$3,976
6	\$4,553

Agregue \$555 por cada persona adicional

Las normas de ingresos se actualizarán en la primavera de 2010.

Las personas cuyos ingresos están dentro de estos límites pueden recibir estampillas de comida. Los bienes como una casa, un auto o dinero en el banco no se tienen en cuenta para la mayoría de las personas. Hable con amigos y familiares que necesiten ayuda. Avíseles que pueden presentar una solicitud en cualquier oficina de estampillas de comida.



- El dinero de las estampillas de comida se recibe en la tarjeta *Oregon Trail* de Oregon, que se puede usar igual que una tarjeta de débito bancaria en las tiendas de comestibles y en algunos mercados de agricultores (Farmers' Markets).
- Muchos tipos de familias utilizan las estampillas de comida, no sólo aquellas donde hay niños o personas discapacitadas.
- Las familias que tienen derecho a recibir estampillas de comida también pueden ser elegibles para recibir ayuda de WIC, comidas escolares, y programas que ayudan a pagar la cuenta del teléfono.
- El programa devuelve a Oregon dinero proveniente de impuestos federales que puede ayudar a proveer trabajos y a mantener la buena salud de la población.
- Las estampillas de comida ayudan a disminuir el hambre. ¡Gracias en parte al aumento en el uso de estampillas de comida, Oregon ocupa ahora el N° 17 en lugar del N° 1 a nivel nacional con respecto al hambre de sus habitantes!

CONTINUING MEDICAL EDUCATION
NOW AVAILABLE

Childhood Food Insecurity: Health Impacts, Screening and Intervention

<http://ecampus.oregonstate.edu/hunger>



Childhood Food Insecurity: Health Impacts, Screening and Intervention

<http://ecampus.oregonstate.edu/hunger>

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The **Childhood Hunger Initiative** is pleased to present this online course to health care professionals working with children and their families.

Course participants will

- Improve knowledge about health consequences of pediatric and pre-natal food insecurity,
- Gain skills incorporating this topic into a clinical setting and
- Integrate intervention strategies for patients and families at risk.

There is no charge.

Accreditation Statement: This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Oregon Health & Science University and the Oregon Childhood Hunger Initiative. OHSU is accredited by the ACCME to provide continuing medical education for physicians.

American Medical Association: OHSU School of Medicine, Division of CME, designates this educational activity for a maximum of 1 *AMA PRA Category 1 Credit*.™ Physicians should only claim credit commensurate with the extent of their participation in the activity.

This course is supported through funding from the Oregon Department of Human Services, Oregon State University Extension Services, Oregon Food Bank, Oregon Health & Science University and Providence Health & Services.



Extension Service





Find out more!

Call and talk or use the Web to find out if you can get help from these and other programs.

For a free, confidential pre-screening tool call Oregon SafeNet, a health and human services hotline:

800-SAFENET (723-3638)

You also can learn more online at:
www.oregonhelps.org



500 Summer St NE
Salem, OR 97301
www.oregon.gov/DHS
DHS 9853

This document can be furnished in alternate formats for individuals with disabilities. Available formats are large print, Braille, audio tape, electronic, oral presentation and computer disk (in ASCII format). Call 503-378-3486, or for TTY call 503-378-3523.



Need help getting food?



**Three ways
to stretch
your family
food budget**





Food Stamps

The Supplemental Nutrition Assistance Program (SNAP) offers food stamp benefits through an Oregon Trail debit card.

If your children get free or reduced-price lunches at school, you are eligible for food stamps. You also may be eligible for WIC, telephone assistance and the Oregon Health Plan. For most Oregonians, assets like a house, car or money in the bank will NOT be counted.

SNAP food stamp benefits put grocery money in your pocket and help support local grocers and the economy.



Meals and Snacks

Free and reduced-price meal applications are available for children at public schools. Free breakfast also is available at many schools.

Summer food and after-school programs provide free snacks and meals during out-of-school time. These programs are open to all children and youth regardless of income. Check with your local school to find programs or meal sites near you.

Visit www.SummerfoodOregon.org to view all summer sites.



Women, Infants and Children (WIC)

WIC is a nutrition education program providing nutrition services and food vouchers.

WIC services are available to:

- Women who are pregnant or have just given birth,
- Women who are breastfeeding, and
- Infants and children up to five years old.

Mothers, fathers, grandparents, foster parents and other guardians may apply for children.

WIC also provides vouchers to buy fruits and vegetables.





For more information about the
Childhood Hunger Coalition, please
visit www.childhoodhunger.org