



Academy of Nutrition  
and Dietetics

# FNCE<sup>®</sup> 2023

Food & Nutrition Conference & Expo<sup>®</sup>

Denver, CO | October 7-10

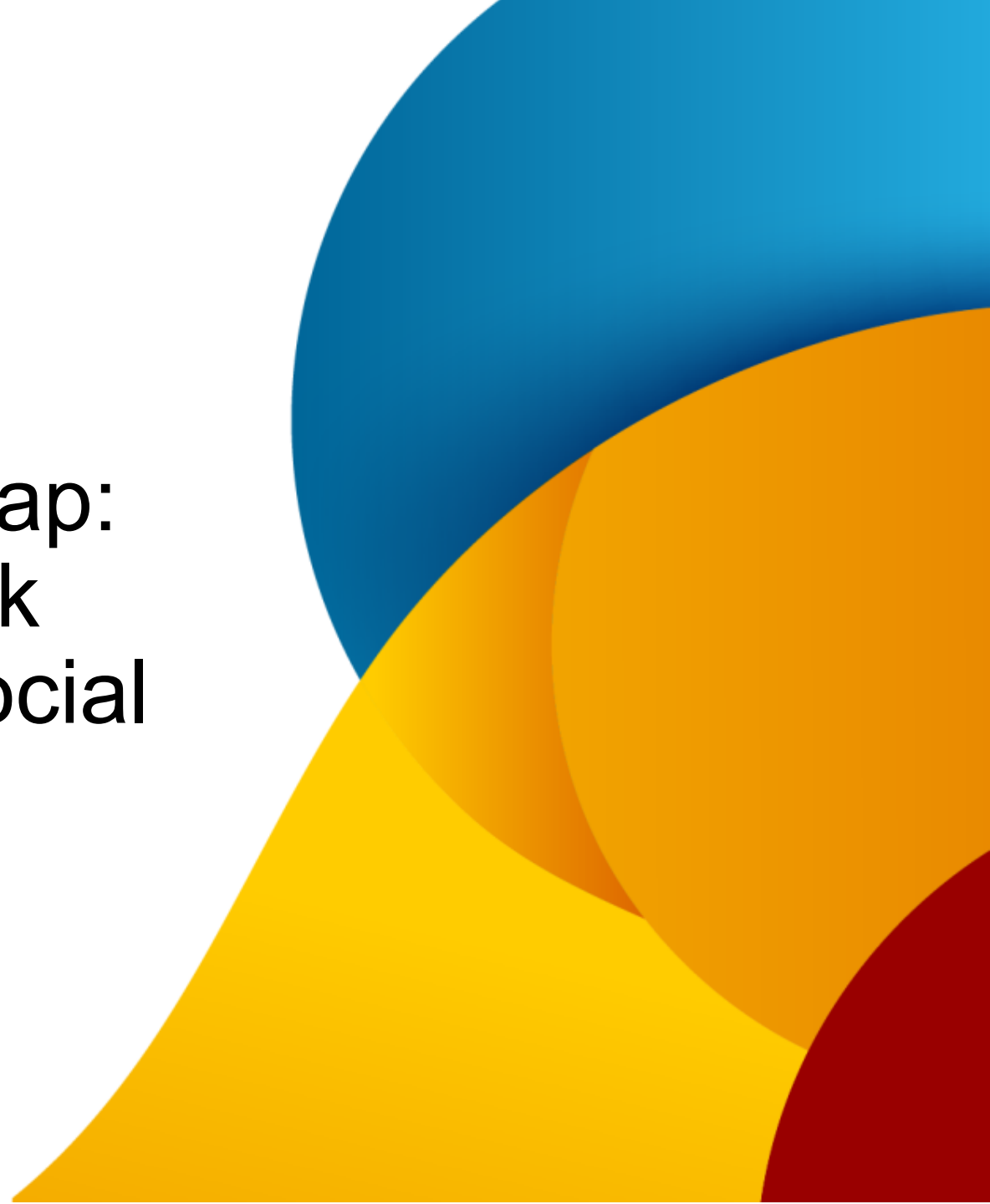


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## Closing The Expectation Gap: Health Care and Food Bank Partnerships to Address Social Determinants of Health



# Presenters



**Betsy Anderson Steeves,  
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Gretchen Swanson Center for  
Nutrition



**Rachel McCandless, MSH, RDN**

Vice President of Health and  
Nutrition  
Feeding Northeast Florida Food  
Bank



**Moderator: Jenifer Ross, DCN,  
RD, LD/N, FAND**

Assistant Professor Department of  
Nutrition and Dietetics  
University of North Florida

# Learning Objectives

Upon completion of this presentation, the learner will be able to:

1. Evaluate the logistics of addressing food insecurity in clinical settings
2. Apply evidence-based collaboration toolkits to advocate for health care and food bank partnerships
3. Apply the “screen and refer” standard of care in clinical practice to address food insecurity

# Food Banks as Healthcare Interventions

# Disclosures

- Board Member/Advisory Panel
  - Dig Local Network
- Employee
  - VP of Nutrition, Feeding Northeast Florida Food Bank
  - Adjunct Instructor, University of North Florida
- Research Support
  - Feeding America, Florida Blue Foundation, Aetna/CVS Foundation, Jim Moran Foundation, USDA

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## Presentation Goals:

- 1) Food bank fundamentals
- 2) How to partner with your local food bank



# Food Insecurity and Health Outcomes



- Video credit: Feeding America



# HOW WE WORK

1 Our trucks pick up food from retailers such as Walmart, Target and Publix.



2 The trucks come back to our warehouse and volunteers sort for distribution.



3 The food is then distributed by FNEFL or picked up directly by our community partners.

4 FNEFL programs and partner agencies distribute the food to our neighbors in need.

• Image credit: Feeding Northeast Florida

# Improving the Food Supply

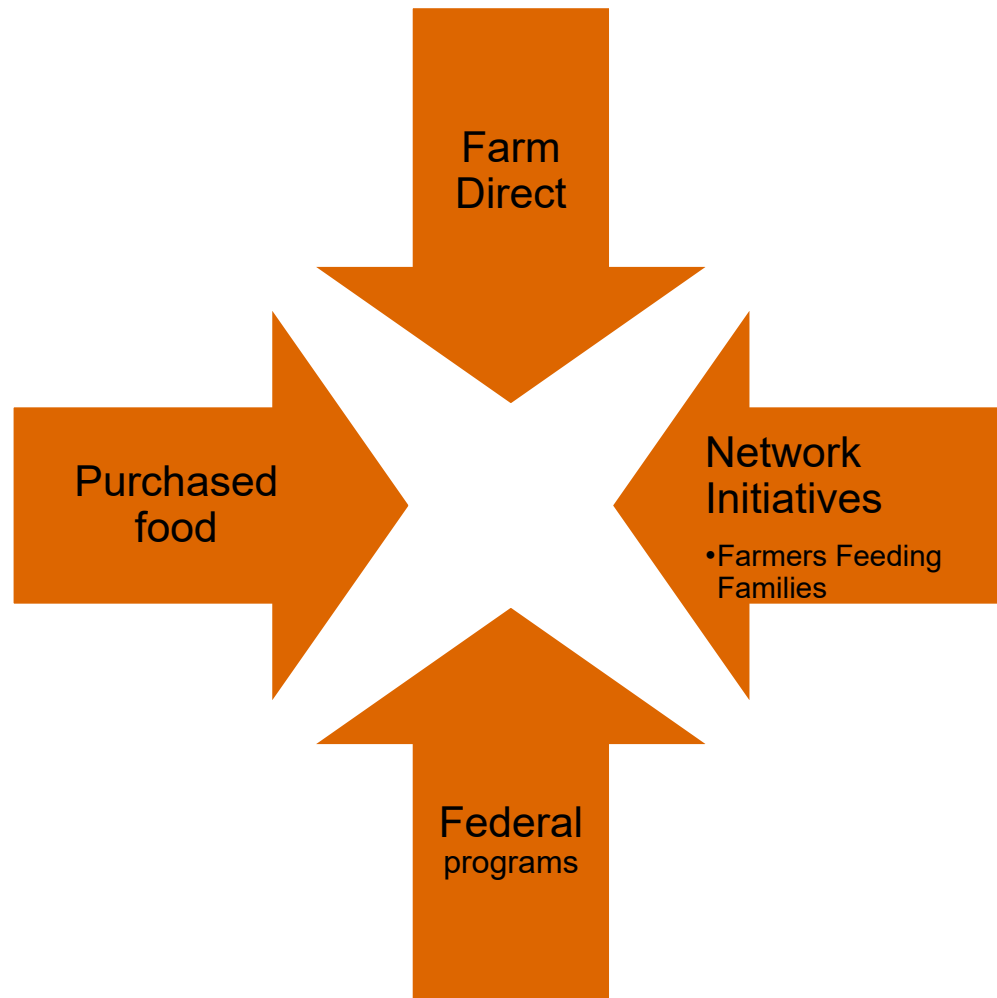


Image credit: Feeding America

# Nutrition Interventions in Food Banks



Food Farmacies



Mobile Grocery Markets



Prepared and medically tailored meals



Home Delivery



Food Bank RDN/MNT



SNAP, WIC and Medicaid assistance



Image credit: Feeding America

# Nutrition Interventions in Food Banks



School Pantries



Summer Feeding



Culinary Literacy



Nutrition  
Education/SNAPEd



Often Overlapping



Image credit: Feeding America

# Advantages to partnering with food banks



Image credit: Microsoft Stock Images

# Challenges and solutions to clinical and food bank collaboration

✓ Expectation gap

🔭 Perspective

💬 Language

🔒 Data/HIPAA fear

🍴 Every food bank is different

🏆 Champion

🤝 Closing the loop



Image credit: Feeding America

# How to implement a clinical and food bank collaboration



Make your case



Incorporate FI screening into workflow (two questions)



Implement partnerships

Emergency vs continuing needs  
Referral pathway  
Don't be afraid to dream big



Advocate for strong safety net



Image credit: Feeding America

# Screening for food insecurity

## Food Insecurity Screening Algorithm for Adults with Diabetes

(or Parents/Caregivers of Children with Diabetes)

Download the algorithm at: <http://bit.ly/foodinsecurityscreening>

### Screening for Food Insecurity Using the Hunger Vital Sign™

#### Preface Questions with:

"I ask all of my patients about access to food. I want to make sure that you know the community resources that are available to you. Many of these resources are free of charge."



"For each statement, please tell me whether the statement was **Often True**, **Sometimes True**, or **Never True** for your household in the past 12 months."

"Por cada una de las siguientes declaraciones, por favor indique si la declaración se aplica a su familia **frecuentemente**, **a veces** o **nunca** durante los últimos 12 meses."

- 1 "I/We worried whether our food would run out before I/we got money to buy more."  
"Estábamos (Estaba) preocupado(s) de que los alimentos se acabaran antes de que tuviéramos (tuviera) suficiente dinero para comprar más."
- 2 "The food I/we bought just did not last, and I/we did not have money to get more."  
"Los alimentos que compramos (compré) no duraron mucho, y no teníamos (tenía) suficiente dinero para comprar más."

If **Often True** or **Sometimes True** to EITHER STATEMENT, patient is food insecure.

If you do the  
"screen",  
We can do the  
"intervene"

• Image credit: nopren.org

1. \*Hager E, Quigg A, Black M, Coleman S, Heeren T, Rose-Jabo. Development and validity of a 2-item screen to identify families at risk for food insecurity. *Pediatrics* 2010;126(1):e26-e32. Gundersen C, Engelhard EE, Crumbaugh AS, Seligman HK. Brief assessment of food insecurity accurately identifies high-risk US adults. *Public Health Nutr.* 2017 Feb 20;1-5. PubMed PMID:28215190



# Support, resources and tools

[Feedingamerica.org/research/hunger-and-health](https://www.feedingamerica.org/research/hunger-and-health)

- Food Bank-Health Care Partnerships Toolkit
- Research studies and evidence reviews
- Rooting Food as Medicine in Healthcare Toolkit
- Screening algorithms
- Coding toolkit
- Food Systems and CHNA
- HIPAA and legal support
- Food Bank directory- contacts

The screenshot shows the Feeding America website's 'Hunger and Health' research page. The header includes the Feeding America logo and navigation links: HUNGER IN AMERICA, OUR WORK, TAKE ACTION, FIND A FOOD BANK, and HUNGER BLOG. The main content area is titled 'RESEARCH' and 'Hunger and Health'. It features a sub-header 'Hunger and Health' and a paragraph: 'Our health and nutrition research focuses on the roles that food, community-based interventions, and food bank-healthcare partnerships have on improving outcomes.' Below this is an orange button that says 'Learn more about nutrition education and healthy food access'. A section titled 'Food insecurity and health are intricately linked.' follows, with a paragraph explaining the challenges of food insecurity. At the bottom, there are two columns of links: 'Research Studies' and '"A Closer Look" Spotlights'.

Research Studies	"A Closer Look" Spotlights
<a href="#">Comprehensive Diabetes Self-Management Support From Food Banks: A Randomized Controlled Trial (2018)</a>	<a href="#">Spotlight on Child Health and Nutrition</a>
<a href="#">The Power of Nudges: Making the Healthy Choice the Easy Choice in Food Pantries (2016)</a>	<a href="#">Spotlight on Colorectal Cancer</a>
<a href="#">A Pilot Food Bank Intervention Featuring Diabetes-Appropriate Food Improved Glycemic Control Among Adults in Three States (2015)</a>	<a href="#">Spotlight on Diabetes</a>
	<a href="#">Spotlight on Epilepsy</a>
	<a href="#">Spotlight on Heart Disease (CVD)</a>
	<a href="#">Spotlight on Maternal Health</a>

Image credit: Feeding America

# RDN and NDTR unique skillset

- Closing the expectation gap
- Translator
- Not same old community
- Advocate in clinical setting
- Change maker in community, foodservice settings
- Research
- Real food!



Image credit: Feeding America

# RDNs as Champions in the Charitable Food System

# Betsy Anderson Steeves, PhD, RDN

## Disclosures

### Employee

- Gretchen Swanson Center for Nutrition
- Former Fellow of the Academy of Nutrition and Dietetics Foundation

### Research Support

- USDA, Elevance Foundation, United Healthcare Foundation, RWJF Healthy Eating Research



# Relevant Roles + Acknowledgements



## Academy Fellowships:

- <https://www.eatrightfoundation.org/apply-for-funding/fellowships>
- Future of Food
  - Accelerating Food Security

## Acknowledgements:

- Marissa McElrone, PhD, RDN
- Nicci Brown, MS, RDN, ANDF Staff and Donors
- RDN Participants



## Connect with us:

- Website: [www.centerfornutrition.org](http://www.centerfornutrition.org)
- LinkedIn: Gretchen Swanson Center for Nutrition
- Twitter: GretchenSwanson

## Presentation Goals:

- 1) Skills of RDNs Working in Charitable Feeding Systems
- 2) Examples of healthcare + food bank partnerships



Food as preventative medicine to **encourage health and well-being**



Food as medicine to **improve nutrition security**



**Food as Medicine**  
is a philosophy where  
food and nutrition  
aids individuals through  
interventions that  
support health  
and wellness.

Food as medicine in **disease management and treatment**



Food as medicine to **promote food safety**



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# RDNs in the Charitable Food System (CFS)





# RDNs in the Charitable Food System



## **Fellowship Goal:**

- To identify and develop case studies of innovative ways emergency food was provided during the pandemic



## **Emergent Theme:**

- RDNs played a significant role in the COVID emergency food response and have training and skills to address improve food and nutrition security.

# Methods

- Semi-structured interviews with staff, volunteers, partners, and neighbors (n=56) from 6 emergency food providers
  - Registered Dietitian Nutritionists working in charitable feeding programs (n=10)
- May and August 2022
- Thematic analysis using deductive coding in NVivo 12.0
- Codes related to **nutrition expertise** and **roles** of RDNs working in the charitable food system

# RDN Expertise Applies to CFS Work



## Medical Nutrition Therapy

“we are embarking on a medically tailored meal, home delivery project...because I'm a dietitian...I get to use my expertise on the types of meals that we're providing, the types of diets that we're providing to and what those look like.”

aerogondo/iStock / Getty Images Plus via Getty Images.

“We ask participants if they have any health related challenges that might impact their nutrition, whether that be...swallowing difficulties or chronic disease...we also ask their food preferences, and then we develop a box...for them.”

PIKSEL/iStock / Getty Images Plus via Getty Images.

# RDN Expertise Applies to CFS Work



## Foodservice Management

“having that background in food service...just helps me with the logistics and the food safety, and it helps me [with] many of...our feeding organizations...when I am their main contact, I understand their challenges and can really help serve them better.”

Halfpoint/iStock / Getty Images Plus via Getty Images.



## Community Nutrition

“with community nutrition, you know, having a pulse on, on the social determinants...and how those [relate to] access to nutritious foods and healthcare and all those things.”

toondelamour/iStock / Getty Images Plus via Getty Images.

# RDN Expertise Applies to CFS Work



## Counseling & Listening

“dietitians are trained to listen first and then act that's just a part of the...motivational interviewing training that we have, and that process of listening to the needs of the community, listening to our stakeholders, and then matching [that to] something that would best be able to serve the nutrition needs.”

YK TANG/iStock / Getty Images Plus via Getty Images.

“With patients we're told to be very empathetic...that really translated well into my position in managing in anywhere from 50 to 70 people at one time to, you know, really be that empathetic listener, really understand where my employees are coming from, um, and then try to meet them in the middle to compromise.”

shironosov/iStock / Getty Images Plus via Getty Images.

# RDN Expertise Applies to CFS Work



## Communicating, Translating and Educating

“I've been working a lot with our marketing and communications team about the benefits of produce, how that helps better nourish our bodies.”

“I understand the, the impact of pulling information from studies...I can make sense of it. I can make it plain to people.”

“When social services and healthcare try and work together, that's... like one side speaking Spanish and the other side speaking Chinese. They don't understand each other, and the partnerships oftentimes don't work because of that. So as a dietitian, I can speak both languages. It really helps.”

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# Food Banks + Healthcare Partnerships

Houston Food Bank – Core Connections Program

Feeding Western New York – Food Farmacy



# Houston Food Bank: Core Connections Program



houston   
foodbank

## Partners

- Houston Food Bank
- Healthcare Organizations
- Core Connections Coaches



Nutritious Foods

+



Health and Wellness  
Education

=



Decreased risk for poor  
management and development  
of chronic conditions

## Program

- 8-week chronic disease self-management class delivered by partner agencies
- Healthy food distributions at Food for Change markets



# Feed More Western New York Food Farmacy



**FeedMore**  
wny

## Partners

- FeedMore WNY,
- D'Youville College
- Catholic Health System

## Place

- “Health Hub”: co-location of health clinics, University space, and food pantry/food farmacy

## Program

- Cooking and nutrition education
- 1:1 nutrition counseling
- Full service food pantry

# Practice Applications

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RDNs are uniquely positioned to bridge the gap between healthcare and the charitable food system

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Collaborations between healthcare and food bank partners are feasible, and beneficial to patients/clients

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Utilizing existing toolkits and emerging best practices can support new collaborations

**Thank you!**