Agenda

• What is the program?
• Needs assessment
• Program details
• Measured outcomes thus far
What is this program?

This is program run by the dietitians in the diabetes clinic where families who meet criteria for food insecurity take home medically tailored groceries at each of their medical appointments.
Identifying the Need
Food Insecurity

• The U.S. Department of Agriculture (USDA) defines food insecurity as a lack of consistent access to enough food for an active, healthy life.¹
Food Deserts in DC

- Walking distance to a supermarket or grocery store >0.5 miles
- >40% of households have no vehicle available
- Median household income is <185% of the federal poverty level for a family of four.\(^2\)

Source: D.C. Policy Center
Diabetes and Food Insecurity

• Proper nutrition is a cornerstone of both diabetes care and prevention. ³

• Lifestyle interventions have been shown to be the most effective means of preventing progression from prediabetes to type 2 diabetes (T2D). ⁴

• T2D disproportionately impacts low-income and underrepresented individuals. ⁵

• Food insecurity has been associated with higher hemoglobin A1c levels and rates of hospitalization. ⁶
Over 80% of Food Deserts in District of Columbia are in Wards 7 & 8

In DC, ~10% of people are food insecure

1 in 7 children in DC are food insecure\(^2\)

Source: D.C. Policy Center
Updated March 16, 2017
Racial Inequalities

- **82%** of DC’s food desserts are in wards 7 & 8
- **92%** of people living in wards 7&8 identify as Black, Indigenous, and people of color (BIPOC)
- **91%** of children diagnosed with T2D at CNH in the last 4 years identify as BIPOC
  - Over ½ of those children with a primary address in DC live in wards 7&8
- Incident cases of T2D increased **182%** over the pandemic
In House Needs Assessment

We surveyed patients in our clinic and found that 66% of those surveyed met criteria for food insecurity using the hunger vital signs.  

Food Survey
Caregiver to complete and give to medical provider

<table>
<thead>
<tr>
<th>In the last 12 months:</th>
<th>Often True</th>
<th>Sometimes True</th>
<th>Never True</th>
<th>Don’t Know/Decline to Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. We worried whether our food would run out before we got money to buy more.</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>N/A</td>
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<td>2. The food we bought just didn’t last and we didn’t have money to get more.</td>
<td>2</td>
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<td>3. We couldn’t afford to eat balanced meals (protein with starch, fruits/vegetables at each meal for the entire family).</td>
<td>2</td>
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<td>4. We (you or other adults in your household) have had to cut the size of your meals or skip meals because there wasn’t enough money for food?</td>
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<td>5. Do you often choose prepackaged foods over fresh due to price?</td>
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<td>6. Does your family participate in WIC or SNAP (EBT)?</td>
<td>Yes (1)</td>
<td>No</td>
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<td></td>
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<td>7. Have you participated in our food pharmacy before?</td>
<td>Yes (1)</td>
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Complete below if you answered true to any of the above:

8. How did you get here today? | Car | Bus | Metro | Ride share service
9. Which type of milk do you prefer? | Almond | 1% Cow’s milk
10. What state or DC ward do you live in? | MD VA DC Ward 1 2 3 4 5 6 7 8
Thank You!
Diabetes Food Pharmacy Program
Part II
Emily Frymark MS, RDN, LDN
Registered Dietitian Nutritionist
Food Pharmacy Program Details
Team and Partners

Children's National

Capital Area Food Bank

Good food today. Brighter futures tomorrow.

Morrison Healthcare

A Compass One Healthcare Company
What is the criteria to receive groceries?

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<td>MD</td>
<td>VA</td>
<td>DC Ward 1</td>
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What’s on the menu?

**Grains**
- Kix Cereal
- Oatmeal
- Brown Rice
- Whole Wheat Pasta

**Vegetables**
- Cabbage
- Broccoli
- Canned Corn
- Diced Tomatoes
- Ginger
- Garlic
- Onions
- Canola Oil

**Proteins**
- Kidney Beans
- Canned Salmon
- Canned Chicken
- Black Beans
- Peanut Butter

**Fruit**
- Oranges
- Apples
- Canned Mixed Fruit

**Dairy**
- Choose: 1% Milk OR Unsweetened Almond Milk

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Food Pharmacy Menu
Winter 2022

Children's National

Capital Area Food Bank
Food Deliveries
Prepacking and distributing the grocery bags

- Set a goal of 120 bags per month and order food
- Identify participants
  - Screening for food insecurity
- Distribution of bags to families
- Other supplies provided
  - Recipes cards
  - Nutrition education handouts
  - Grocery carts
- Time commitment
  - ~1 FTE
How many have we served to date?

- Food Insecurity Screening survey given to all families at appointment time
- As of 6/20/2022, 505 unique families have received groceries from the Food Pharmacy.
- 613 sets of bags – each bag serves a family of 4 for 3 days
- 30,650 pounds of groceries have been distributed
References


Thank You!