



## Research, Best Practices & Logic Model – VULNERABLE POPULATIONS FOOD INSECURITY

### **Research says:**

- Previous studies suggest that children living in food-insecure households face elevated risks of many problematic health and development outcomes, such as chronic conditions, compared with children in otherwise similar food-secure households (1,2,3).
- Food security is especially important for children because their nutrition affects not only their current health, but also their physical, mental, and social development—and thus their future health and well-being (3).
- Obesity among food insecure people – as well as among low-income people – occurs in part because they are subject to the same influences as other Americans (e.g., more sedentary lifestyles, increased portion sizes), but also because they face unique challenges in adopting healthful behaviors. Due to the following risk factors associated with poverty, food insecure and low-income people are especially vulnerable to obesity (4):
  - Limited resources and lack of access to healthy, affordable foods (5).
  - Fewer opportunities for physical activity (6).
  - Cycles of food deprivation and overeating (7).
  - High levels of stress (8).
  - Greater exposure to marketing of obesity-promoting products (9).
  - Limited access to health care.

1. Chilton, Mariana, Maureen M. Black, Carol Berkowitz, Patrick H. Casey, John Cook, Ruth Rose Jacobs, Alan Meyers, Deborah A. Frank, Diana Cutts, Timothy Heeren, Stephanie Ettinger de Cuba, and Sharon Coleman. 2009. “Food insecurity and risk of poor health among US-born children of immigrants,” *American Journal of Public Health* 99(3): 556-62.
2. Hernandez, Daphne C., and Alison Jacknowitz. 2009. “Transient, but not persistent, adult food insecurity influences toddler development,” *The Journal of Nutrition* 139(8): 1517-24.
3. Kirkpatrick, Sharon I., Lynn McIntyre, and Melissa L. Potestio. 2010. “Child hunger and long-term adverse consequences for health,” *Archives of Pediatrics and Adolescent Medicine* 164(8): 754-62.
4. <http://frac.org/initiatives/hunger-and-obesity/why-are-low-income-and-food-insecure-people-vulnerable-to-obesity/>
5. Beaulac et al., 2009; Larson et al., 2009.
6. Estabrooks et al., 2003; Moore et al., 2008; Powell et al., 2004.
7. Bruening et al., 2012; Dammann & Smith, 2010; Ma et al., 2003; Olson et al., 2007; Smith & Richards, 2008.
8. Block et al., 2009; Gundersen et al., 2011; Lohman et al., 2009; Moore & Cunningham, 2012.
9. Institute of Medicine, 2013; Kumanyika & Grier, 2006; Lewis et al., 2005; Yancey et al., 2009.

### **Best Practices Are:**

- Government agencies can increase participation in afterschool at-risk meals programs by targeting sponsors that are already enrolled in nutrition assistance programs, especially school districts and 21st Century Learning Centers. Another strategy is to partner with food banks, advocacy organizations and affiliated community organization such as Boys and Girls Clubs, to raise awareness (1). The at-risk afterschool meals program offers Federal funding to afterschool programs that serve a meal (usually supper) or snack to children in low-income areas. At-risk afterschool programs provide a much needed service to their communities. They give children a safe place to go after school and nutritious food that gives them the energy they need to concentrate on homework and join their friends in physical, educational, and social activities.
- Research indicates home-delivered meals programs for “low-care” seniors, like Meal-on-Wheels (MOW) (2)(3):
  - Can reduce the percentage of low-care nursing home residents;
  - Provide more referrals to supportive services;
  - Promotes weight gain an average of two pounds;
  - Has a 34% reduction in new clients hospitalized and 62% length of stay reduction.
- Home-delivered fresh produce programs for low-income seniors, like More on the Menu (MOM), gives the homebound seniors healthier alternatives for snacks to supplement their daily meals, making it easier for these seniors to prepare a balanced meal (3).



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- Research suggests community gardens promote physical and mental health benefits, as well as economic and family health benefits, primarily because the families often work in their gardens together. A community gardening program can reduce food insecurity, improve dietary intake and strengthen family relationships (4).
1. CACFP At-Risk Afterschool Meals Best Practices, 2011: [http://www.fns.usda.gov/sites/default/files/Best\\_Practices\\_Report.pdf](http://www.fns.usda.gov/sites/default/files/Best_Practices_Report.pdf).
  2. Miller, Looze, Shield, Clark, Lepore, Tyler, Sterns, Mor. (2013) Culture Change Practices in U.S. Nursing Homes: Prevalence and Variation by State Medicaid Reimbursement Policies. *The Gerontologist*, in press; Brown University's [Shaping Long-Term Care in America Project](http://news.brown.edu/articles/2012/12/meals): <http://news.brown.edu/articles/2012/12/meals> .
  3. <http://www.communityseniorserv.com/files/Outcomes%20Monograph%20HDM%20-Final%20October%202011.pdf>.
  4. Carney PA, Hamada JL, Rdesinski R, Sprager L, Nichols KR, Liu BY, Pelayo J, Sanchez MA, Shannon J; 'Impact of a community gardening project on vegetable intake, food security and family relationships: a community-based participatory research study'; *J Community Health*. 2012 Aug;37(4):874-81. doi: 10.1007/s10900-011-9522-z.

### Logic Model:

