

Food is Medicine

**Connecting Neighbors to Nutrition
& Better Health through Food Bank
and Healthcare Partnerships**



Food Bank of Northern Nevada

- 152 Partner Agencies
- 107,000 people served per month
- 20,000,000 meals provided in 2021



FOOD DONORS & SOURCES

The Food Bank of Northern Nevada receives food from grocers, manufacturers, farmers, food drives, and more.



FOOD BANK OF NORTHERN NEVADA

Annually, the Food Bank distributes enough food for more than 18.2 million meals, ensuring food safety throughout the entire process.



PARTNER AGENCIES & DIRECT SERVICE PROGRAMS

Food is distributed in our community through food pantries, soup kitchens, shelters, and Food Bank programs.



NEIGHBORS STRUGGLING WITH HUNGER

Children, families, and seniors have access to the food they need.



FOOD BANK
OF NORTHERN NEVADA

Food Bank of Northern Nevada

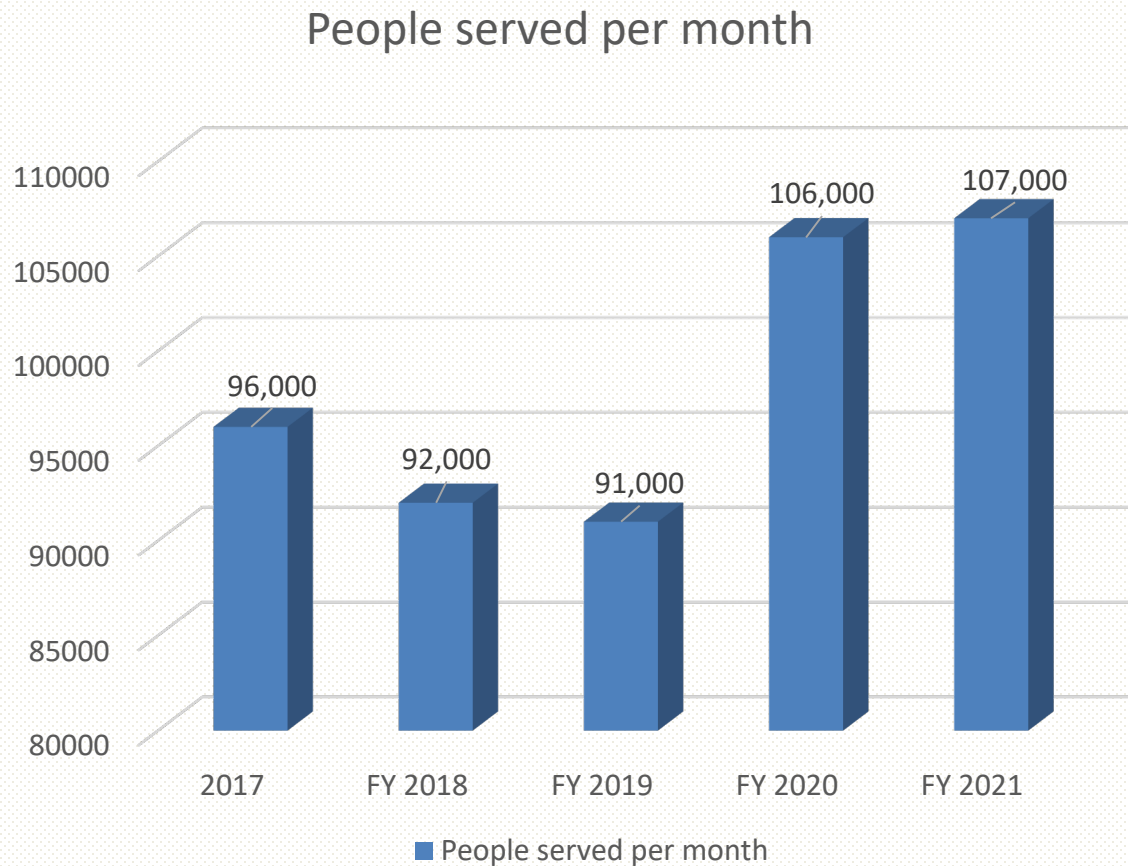


FBNN Programs

- Commodity Supplemental Food Program (CSFP)
- Supplemental Nutrition Assistance Program (SNAP)
- The Emergency Food Assistance Program (TEFAP)
- Mobile Harvest
- Child Nutrition
 - Kids Cafe
 - Summer Lunch
- Nutrition Education
 - Direct Education
 - Systemic approaches (Healthy Pantry Initiative)

Pandemic Effects on Hunger

- Pandemic EBT
- SNAP increases
- Child tax credit
- Child nutrition waivers
- Inflation
- Gas
- Housing costs



Health Equity

How do we address disparities in food security to achieve healthier communities?

Food insecurity does not occur in a silo and is often exacerbated by factors like poverty, poor diet quality and chronic disease. Inadequate access to consistent and sufficient healthy food leads individuals in difficult decisions and coping strategies that can result in an increased risk of chronic disease. Chronic diseases like obesity, diabetes, heart disease and worsening mental health have disparate effects on Black, Latino and Native American communities. As such, addressing and eliminating the negative social determinants of health that can have a deep impact on health outcomes is of increasing importance.

- Higher rates of food insecurity faced by communities of color, along with negative health outcomes compared to their white peers.

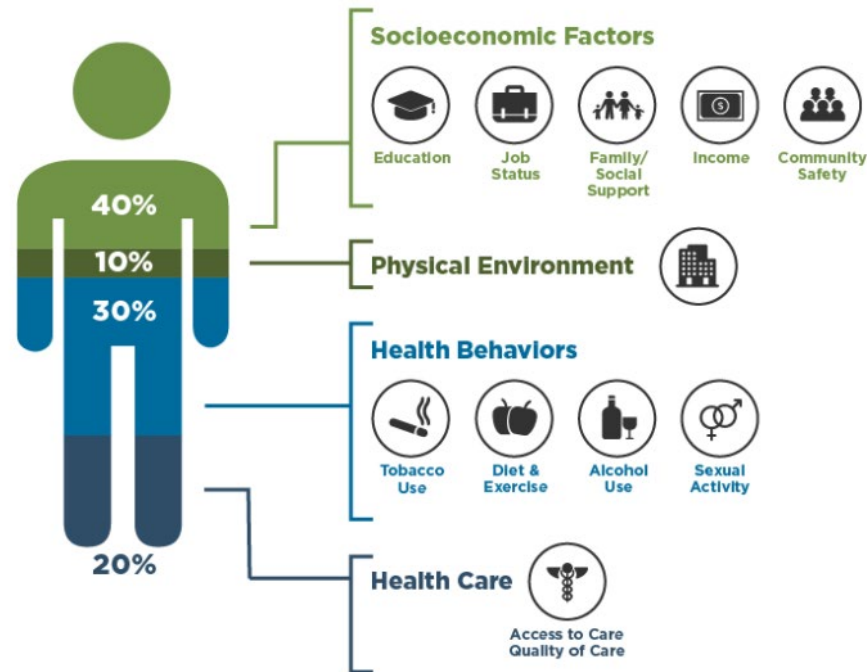


Definitions

- Food Insecurity (USDA definition): lack of consistent access to enough food for an active, healthy life.
- Nutrition Security: consistent access, availability, and affordability of foods and beverages that promote well-being and prevent disease.

Why Should We Think About Food Insecurity and Health?

What Goes Into Your Health?



Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)

Adapted from The Bridgespan Group



Why Food Bank & Healthcare Partnerships are Important

Social determinants of health, such as access to healthy foods, play an important role in disease prevention, health status and health outcomes. An estimated 20 percent of a person's health status is predicted by health care services such as visiting a doctor. Socioeconomic factors such as location (zip code), food insecurity and health behaviors (e.g., smoking status, BMI) are estimated to play a much larger role.



The Healthcare Costs of Food Insecurity



Among food insecure households, reduced access to nutritious foods increases the risk for poor health and chronic diseases, like diabetes and hypertension



Food insecurity increases stress and the risk of poorer mental health, affecting people's capacity to manage their overall health



Food insecurity can cause people to skip or delay medication refills and clinic visits – complicating disease self-management and continuing the cycle of poor health

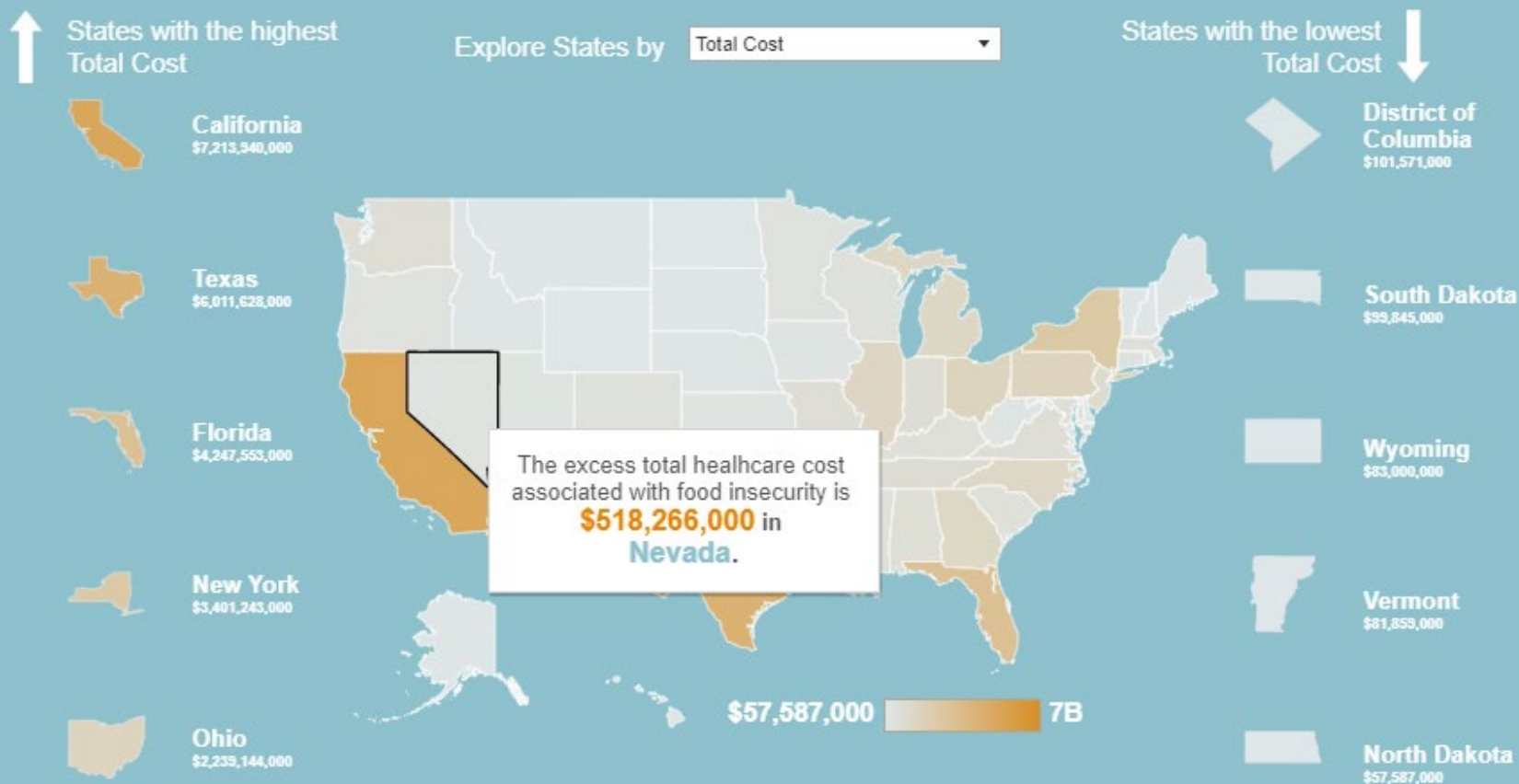
In 2016, approximately \$52.9 billion in healthcare costs were associated with food insecurity among American adults and children.



2

How do annual healthcare costs associated with food insecurity vary by state?

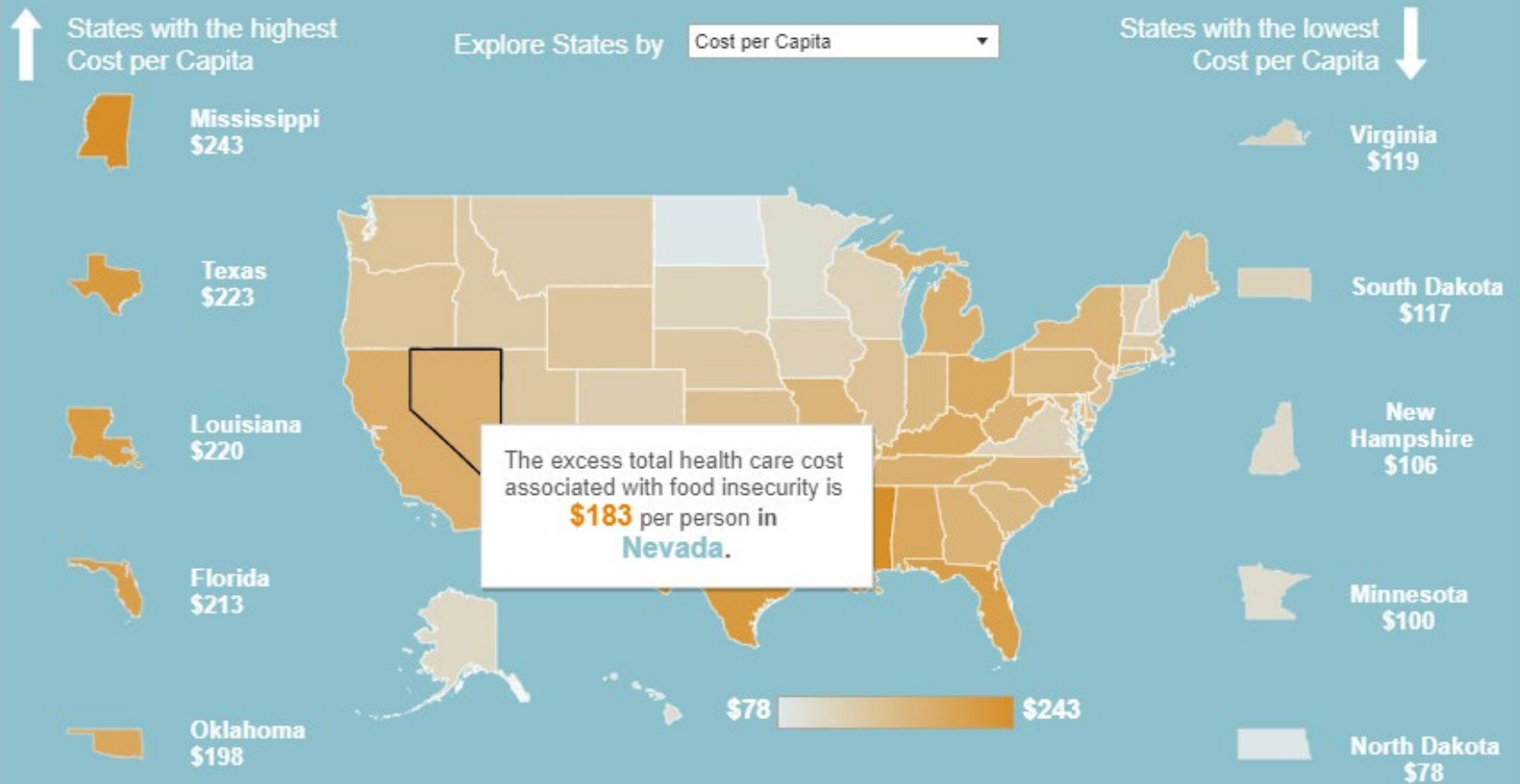
This data visualization illustrates the geographic variations of healthcare costs associated with food insecurity in the United States. In the map below, each dollar amount represents the additional healthcare costs associated with food insecurity.



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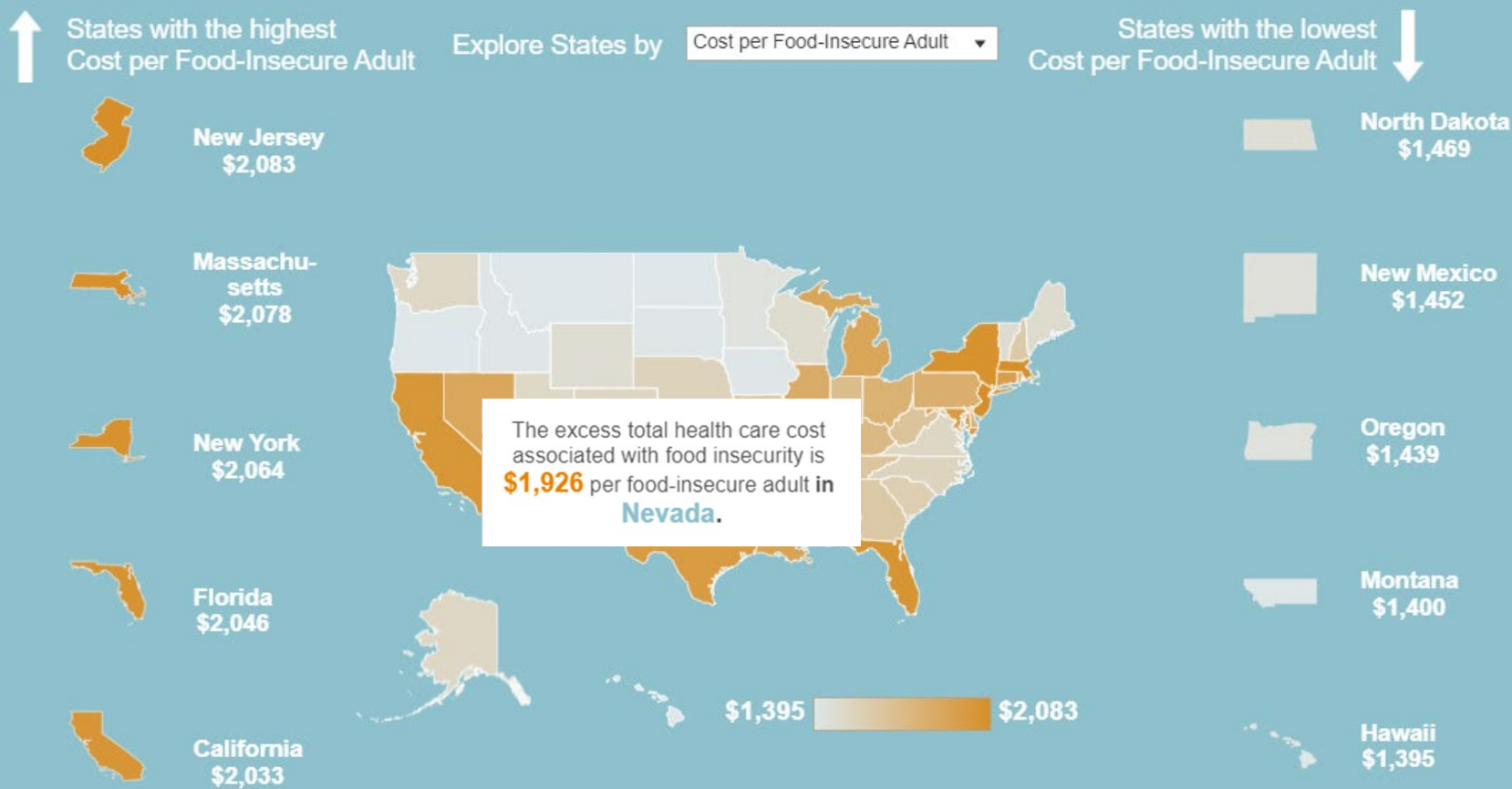
This data visualization illustrates the geographic variations of healthcare costs associated with food insecurity in the United States. In the map below, each dollar amount represents the additional healthcare costs per capita associated with food insecurity. Note that per capita refers to the entire state population, not only to the food-insecure population within the state.



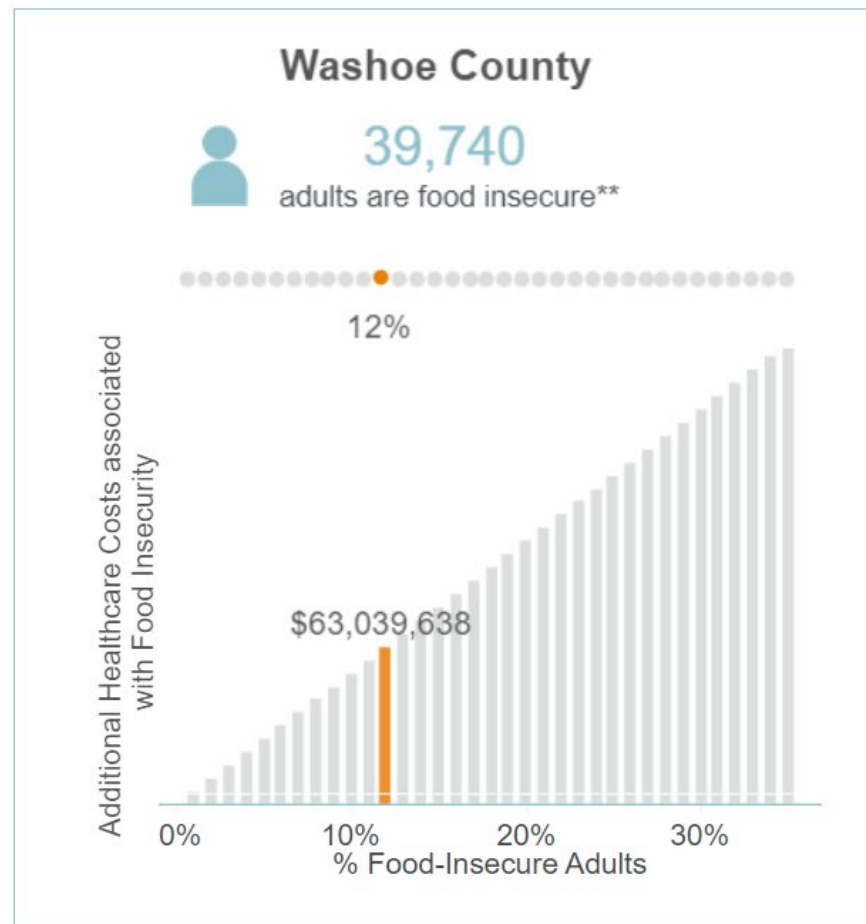
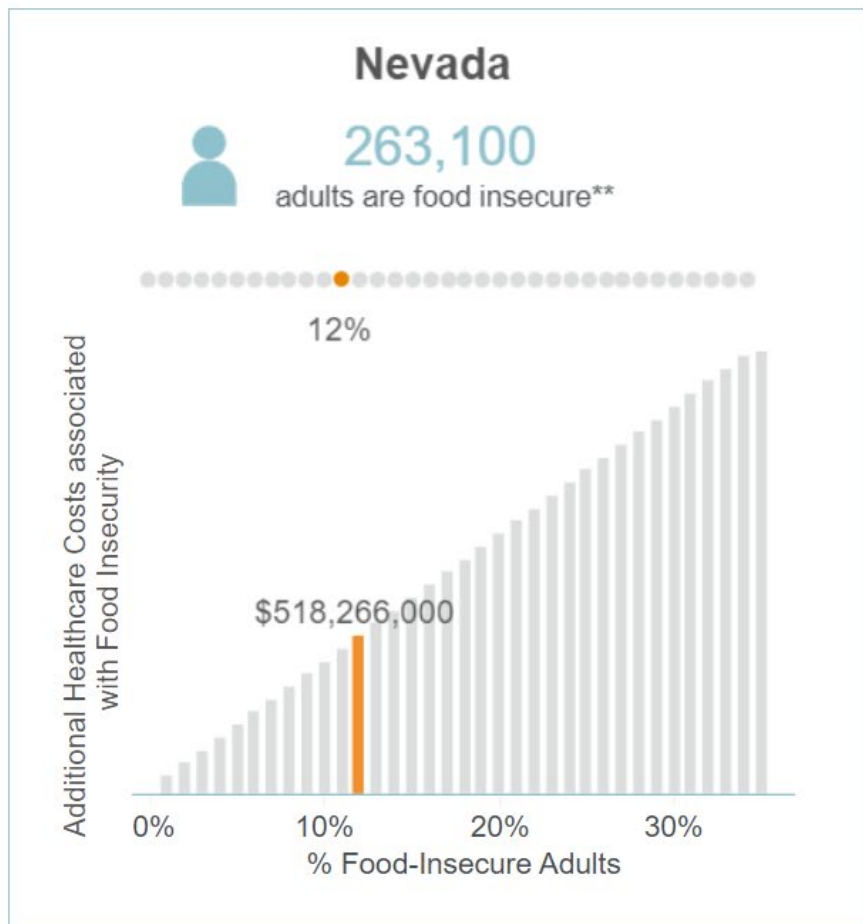
2

How do annual healthcare costs associated with food insecurity vary by state?

This data visualization illustrates the geographic variations of healthcare costs associated with food insecurity in the United States. In the map below, each dollar amount represents the additional healthcare costs per food-insecure adult.



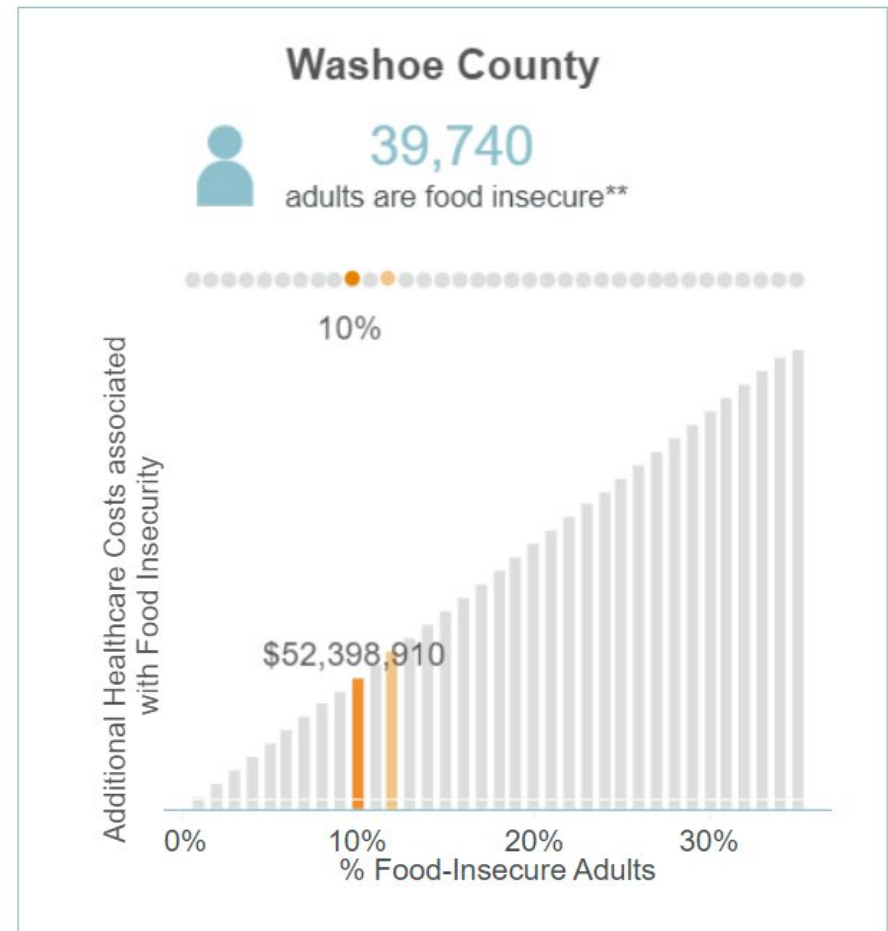
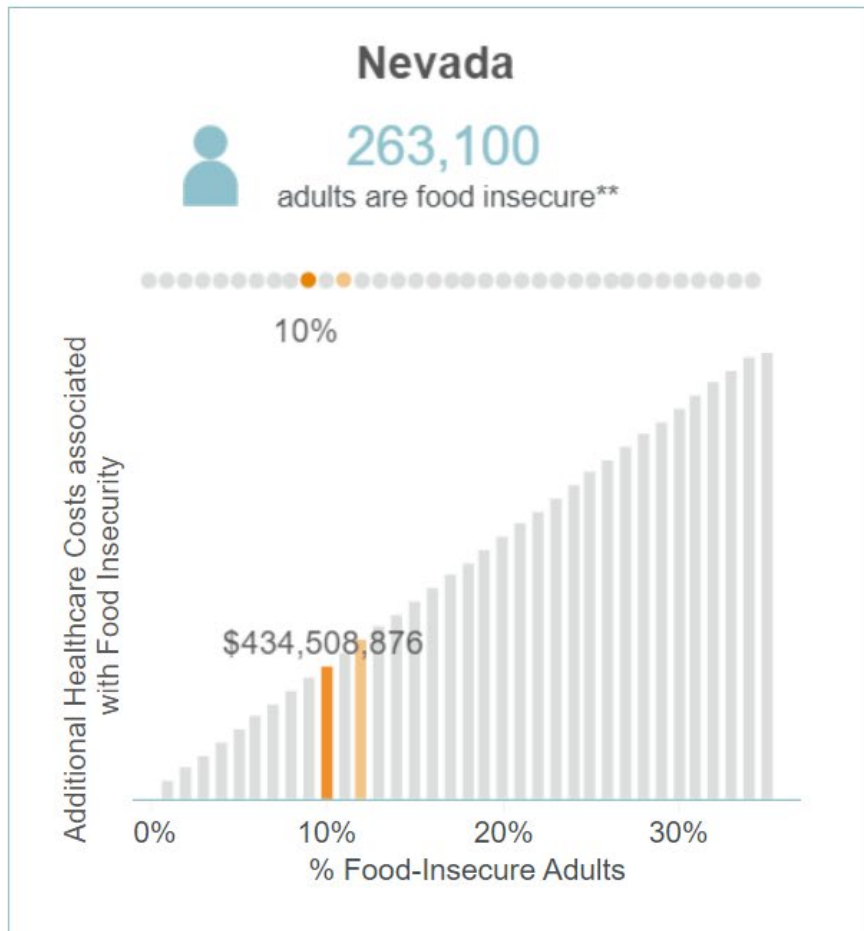
12% Food Insecure



** The base estimated healthcare costs (where the slider is set to 0 percentage points) are associated with the overall (adults and children) food insecurity rate. Additional healthcare costs (when the slider is moved away from 0 percentage points) are associated with the change in the adult food-insecure population.



10% Food Insecure



** The base estimated healthcare costs (where the slider is set to 0 percentage points) are associated with the overall (adults and children) food insecurity rate. Additional healthcare costs (when the slider is moved away from 0 percentage points) are associated with the change in the adult food-insecure population.

Connecting the Dots

IDENTIFYING & ADDRESSING FOOD INSECURITY AT A HEALTHCARE SITE



Food Bank of Northern Nevada

Prescription Pantry Program

- Prescriptions
 - Healthcare providers to Healthy Food Pantries
- Food procurement
 - More food offered to participating pantries
 - Healthier food offered
- Evaluation
 - A1c levels
 - Healthy Eating Survey
- Nutrition Education
- SNAP Outreach
- Program Referrals



Washoe County 2017- present

- Pilot Program began in 2017
- Currently in partnership with 6 Healthcare Partners:
 - Community Health Alliance
 - Renown Health
 - Northern Nevada HOPES
 - University of Nevada Student Outreach Clinic
 - Care Chest
 - Reno VA (newest partner!)



Food is Medicine

Take this Food Prescription to any of the participating community food pantries listed below for food assistance & resources. The food pantry will collect the tear-off section below.

With this prescription, you may visit each pantry once per week. There is no limit to the number of different pantries you can use.



	Location	Pantry Hours
1	Sparks Seventh Day Adventist Church 2990 N. Rock Blvd., Sparks	1 st and 3 rd Fridays 12-1pm
2	The Community Food Pantry 1135 12th St., Sparks	Wednesdays 10am-Noon; Saturdays 9-11am 4th Wednesday 5:30-7pm (March-Sep ONLY)
3	Renown Food Pantry 1095 E. 2 nd St., Reno	Tuesdays & Thursdays 10am-1pm
4	Center of Influence 1095 E. Taylor St., Reno	Monday-Wednesday 10am-12pm Thursdays 4:30pm-6pm
5	Community Health Alliance (CHA) Food Pantry (Sparks) 2244 Oddie Blvd, Sparks	Monday- Friday 8a-5p CHA Patients ONLY
6	Community Health Alliance (CHA) Food Pantry (Reno) 1055 S Wells Ave, Reno	Monday- Friday 8a-5p CHA Patients ONLY
7	St. Francis of Assisi Food Pantry 160 Hubbard Way, Suite F, Reno	Monday, Tuesday & Thursday 1-3pm 3rd Wednesday 5-7pm

Your prescription expires on _____ (not to exceed one year from date of prescription)

Please schedule an appointment with your doctor to renew your prescription.

For Clinician and Food Pantry Use Only; to be removed by Food Pantry Personnel

Date: _____

Patient Name: _____

Date of Birth: _____

Referring Facility: _____

Prescription Expiration Date: _____

PRESCRIPTION (Only choose one; Diabetic and Heart Disease patients automatically receive additional food):

☐ Additional Food Resources Only ☐ Carbohydrate Controlled Diet ☐ Heart Healthy Diet

01/21

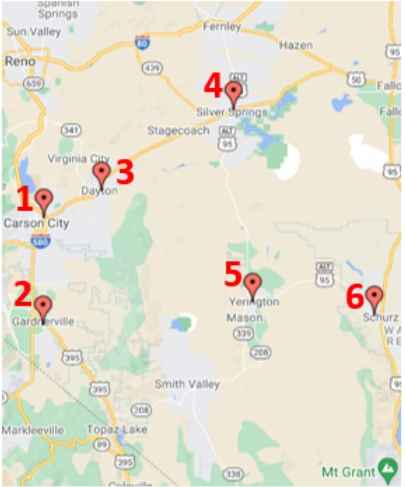


Rural Nevada Expansion- 2021

Food is Medicine

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The food pantry will collect the tear-off section below.

With this prescription, you may visit each pantry once per week. There is no limit to the number of different pantries you can use.



	Location	Pantry Hours
1	Carson City F.I.S.H. Food Pantry 138 E. Long Street Carson City, NV 89706	Monday - Friday 9am-12pm & 1pm-5pm
2	Carson Valley Food Closet 1251 Waterloo Lane Gardnerville, NV 89410	Monday, Tuesday, Wednesday, & Friday 12:30-4pm
3	Dayton Food Pantry 209 Dayton Valley Road Dayton, NV 89403	Temporary Hours: Tuesday through Thursday 10am-4pm
4	Silver Stage Food Pantry 1775 US Hwy 50 East Silver Springs, NV 89429	Monday, Wednesday, Thursday, & Friday from 10am-4pm
5	Yerington Food Pantry 124 West Bridge Street Yerington, NV 89447	Wednesday & Thursday 9am-4pm Friday 9am-1pm
6	Walker River Paiute Tribe 1022 Hospital Road Schurz, NV 89427	Tuesdays & Thursdays 2-4pm

Your prescription expires on _____ (not to exceed one year from date of prescription).
Please schedule an appointment with your doctor to renew your prescription.

For Clinician and Food Pantry Use Only; to be removed by Food Pantry Personnel

Date: _____

Patient Name: _____

Date of Birth: _____

Referring Facility: _____

Prescription Expiration Date: _____

PRESCRIPTION (Only choose one; Diabetic and Heart Disease patients automatically receive additional food):

☐ Additional Food Resources Only

☐ Controlled Carbohydrate Diet

☐ Heart Healthy Diet

☐ Controlled Carbohydrate AND Heart Healthy Diet

☐ Gestational Diabetic Diet

01/21

- Expansion of the program into Rural Nevada:
 - Carson City
 - Lyon County
 - Douglas County
 - Mineral County
- Partnership with 4 new Rural Healthcare Providers:
 - University of Nevada Rural Health Clinic
 - Walker River Paiute Tribe Health Clinic
 - Carson Tahoe Hospital
 - Carson Valley Medical Center
- Addition of 6 new Healthy Food Pantries

What Foods are Offered at Prescription Pantries?

- MORE fresh produce
- Low Sodium Canned Vegetables
- Frozen fruits and vegetables
- Fruit canned in water or juice
- Plant based protein
- Brown Rice
- Whole Wheat Pasta
- Frozen Meats
- Low Sodium soups



Food Results- 2021

- People Served:
 - 35,186 unduplicated
 - 81,153 instances of service (duplicated number)
- Prescriptions redeemed: 3,542
- Total Pounds Distributed: 1,685,937
 - Fresh produce: 423,867
 - Meat: 148,546
 - Plant based protein: 154,442
 - Dairy: 208,266
- Total Meals: 1,404,947



A1c Results- 2021

- A1c levels were analyzed of patients visiting a Healthy Pantry 4 times or more in 1 year.
- 66% of all patients who had at least two A1c draws had their A1C in a downward trend

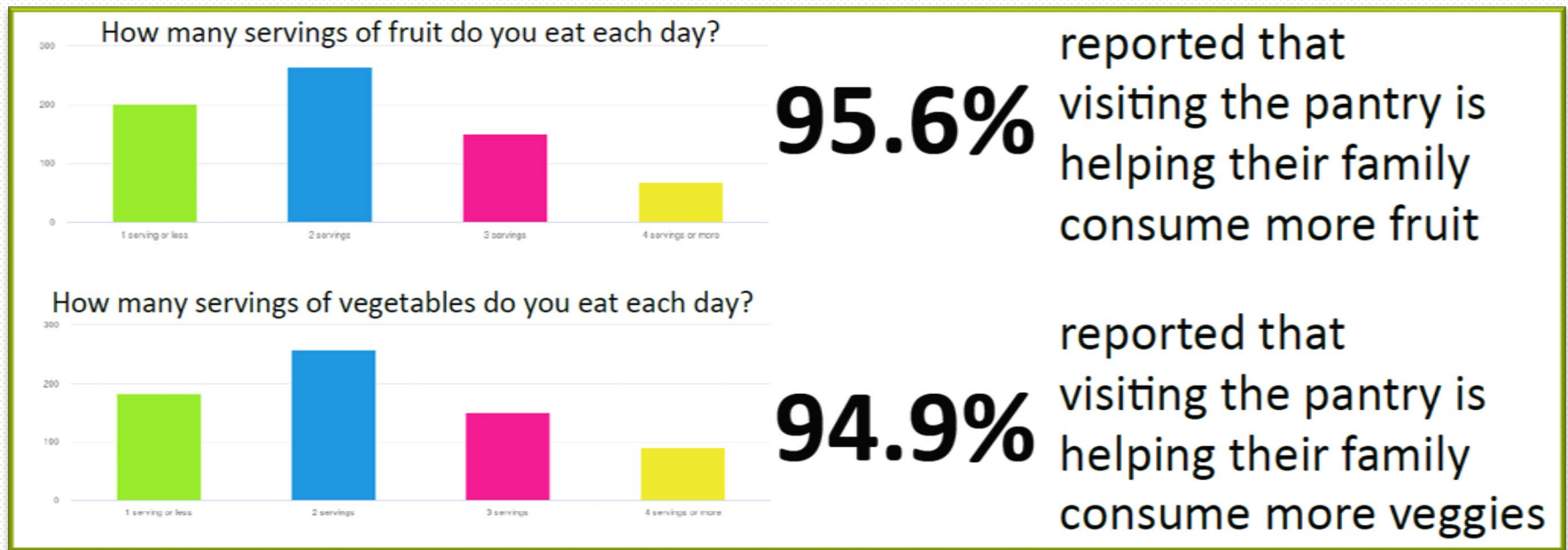
Patient Highlights

- After 12 visits to a pantry, a patient reduced their A1C from 17.7% to 10.8%
- After 9 visits to a pantry, a patient reduced their A1C from 13.4% to 10.6%
- After 12 visits to a pantry, a patient reduced their A1C from 12.4% to 10.2%
- After 15 visits to a pantry, a patient reduced their A1C from 11.3% to 8.7%
- After 10 visits to a pantry, a patient reduced their A1C from 10.3% to 7.6%



Healthy Eating Survey Results- 2021

- Prescription Pantry clients are surveyed once per year to understand behavioral changes being made around food.
- In 2021, 682 surveys were collected, representing 2,141 household members.
- 74.2% of clients were able to avoid skipping meals since visiting the prescription pantries.



Nutrition Education

- Healthy Pantry Initiative
 - Highlighting healthy foods
 - Providing education, and recipes
 - Making the healthy choice the easy choice



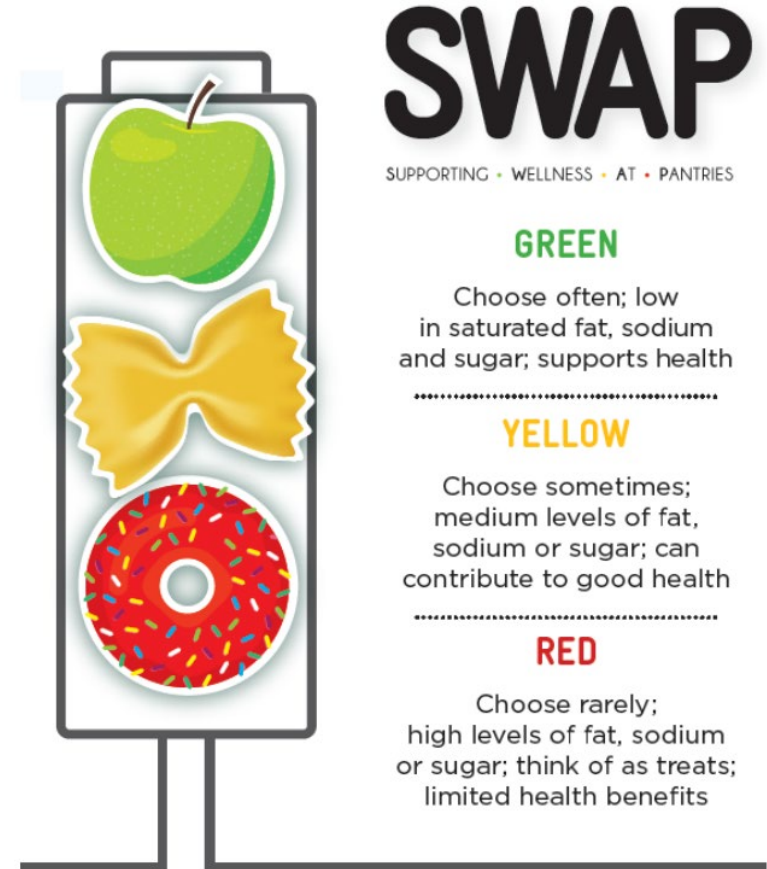
Client Choice

- Allowing people seeking food assistance to choose for themselves what products they receive
- Client choice in healthcare- food lists
- Client choice during the pandemic



HER/SWAP Guidelines

- Healthy Eating Research (HER) provides recommendations to improve the quality of food at food banks and food pantries
- Foods are ranked using HER recommendations and organized using SWAP.
- To rank foods, this information from the nutrition food label is used:
 - Saturated fat
 - Sodium
 - Sugar



SNAP Outreach

- In partnership with DWSS, FBNN's SNAP Team visits neighborhoods across Northern Nevada to assist with SNAP and Medicaid applications.
- FBNN's team assists with the application, document submission, and required interview.



Outreach at Prescription Pantries

- SNAP Application Assistance
- Medicaid Application Assistance
- Referrals to other federal programs:
 - TANF
 - WIC
 - TEFAP
 - CSFP
- School breakfast/lunch & Kids Café referrals
- Referrals to other FBNN programs

Outreach Results- 2021

- 9,415 people connected to federal commodities
- 814 households connected to SNAP benefits
 - Additional 199 households connected to SNAP by phone (COVID restrictions)
- 308 people connected to Medicaid
- 4 families connected to Energy Assistance
- 7 families connected to TANF

Long Term Goals

- Sustainable funding
- Ability to scale and replicate in different communities:
 - Increase access in rural areas
 - Hospital wide
 - Community wide
- Long term health improvement



Other ways FBNN partners with Health Centers

- Nutrition Education Classes
- Food Demonstration Classes
- Mobile Harvest in parking lot
- SNAP Outreach during events
- Family Health Festivals
- Referrals to FBNN programs or Primary Care
- Capacity Building grants



Questions?



Thank you!

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