

Reducing Senior Hunger and Food Insecurity in Minnesota

**HUNGER
SOLUTIONS**

Winning Minnesota's Food Fight



Who are we?

At **Hunger Solutions Minnesota**, we work:

- with both state and federal government to advance programs that tackle hunger,
- with food banks and shelves to distribute food on the smaller scale,
- to connect hungry people with local help, and
- with public and private sector partners to bring community resources to the table.

As the only statewide anti-hunger organization whose services reach every county of Minnesota, we are not only fighting against hunger today, but also finding long-term solutions to end hunger in the future as well.



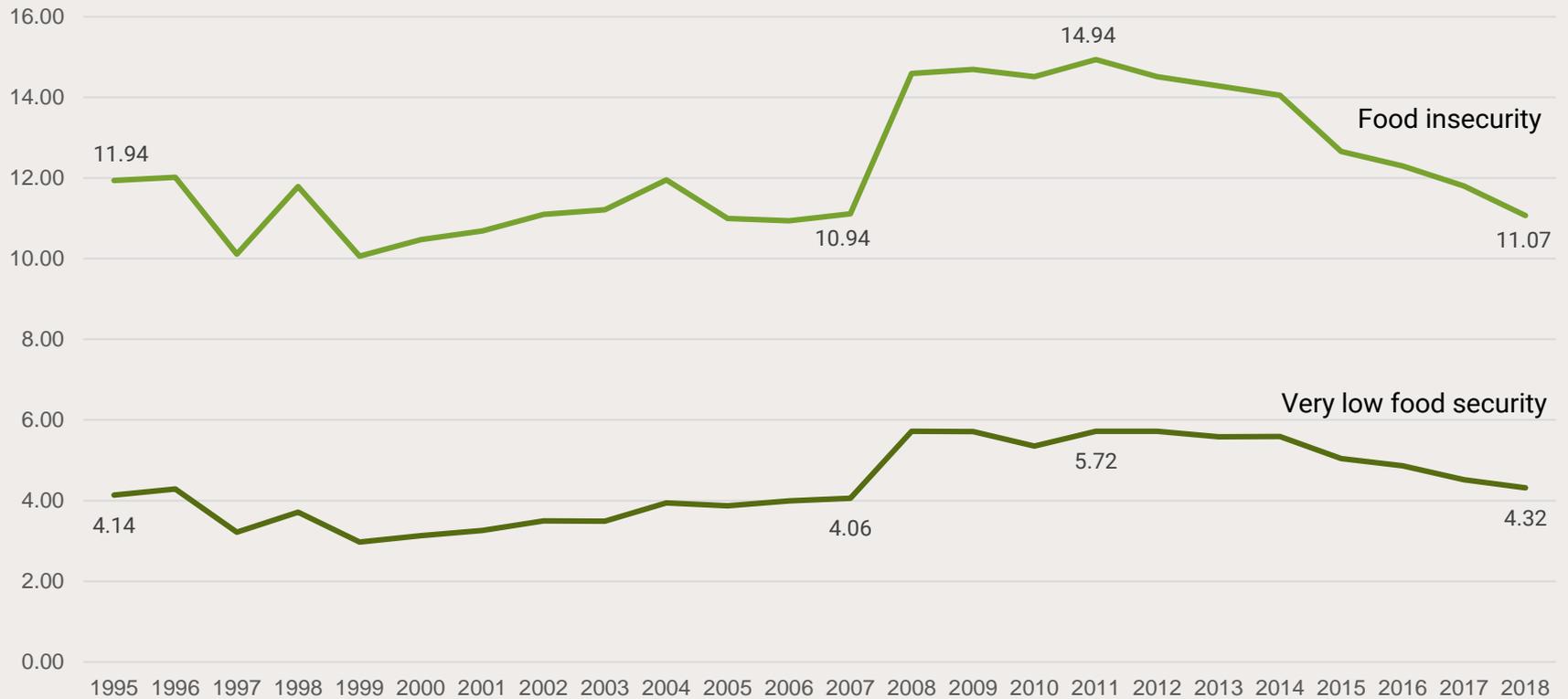
What is Hunger/ Food Insecurity?

USDA's definition of food insecurity

Lacking the money or resources necessary to have consistent and dependable access to enough food for all family members.



Food insecurity in the U.S. 1995-2018



Minnesota ranks very well on food insecurity

Minnesota ranks 4th for lowest food insecurity rate nationally:

New Hampshire	7.8
Hawaii	8.0
New Jersey	8.5
Minnesota	8.6
North Dakota	8.8
Wisconsin	8.9
Colorado	9.1
Iowa	9.2
Massachusetts	9.3
Vermont	9.6

Source: USDA ERS. Household Food Security in the United States in 2018. September 2019.

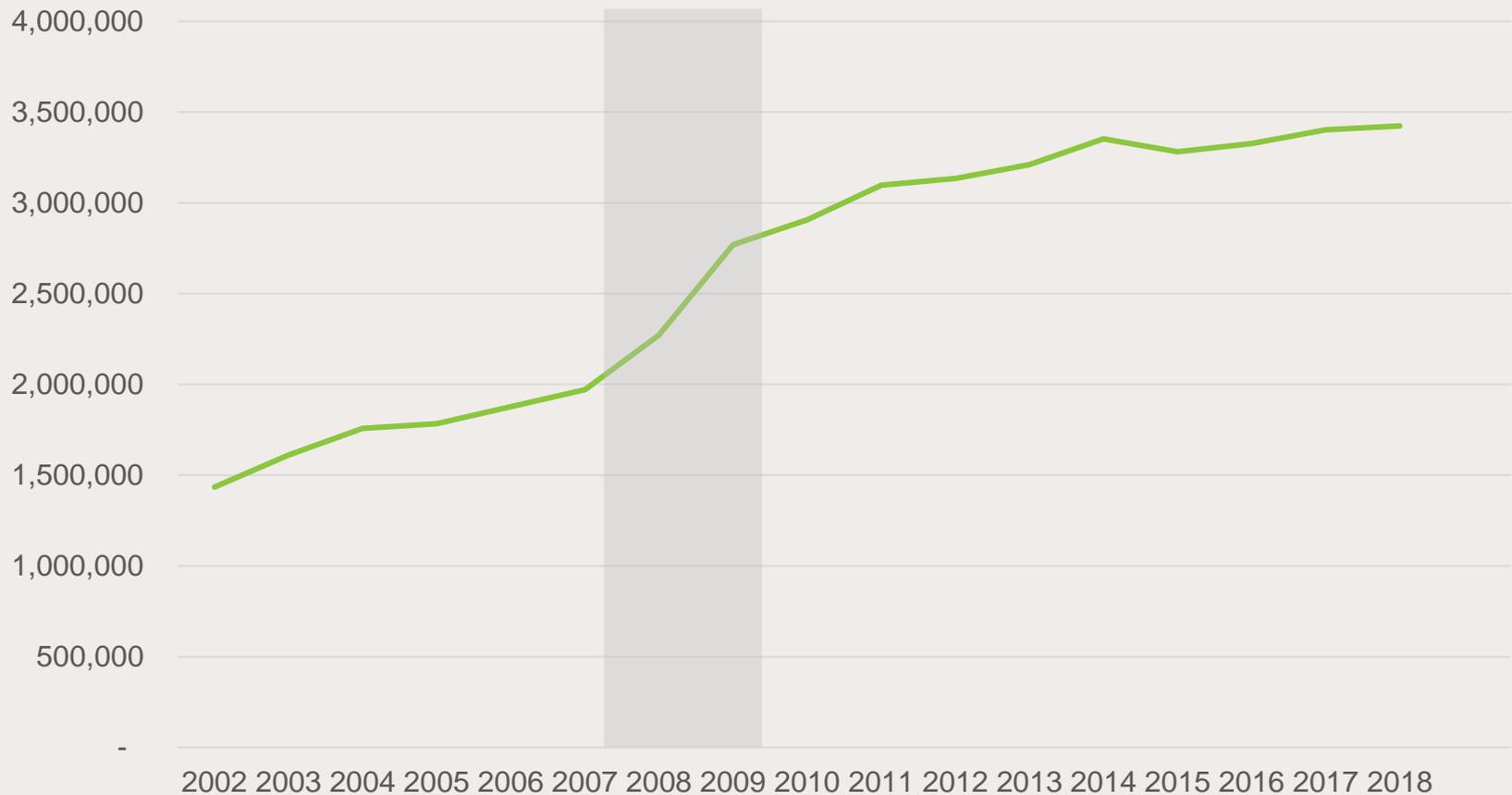
Minneapolis-St. Paul-Bloomington MSA ranks 5th best among cities:

San Jose, CA	9.8
Madison, WI	10.2
Provo-Orem, UT	10.5
Urban Honolulu, HI	10.6
Minneapolis-St. Paul, MN	10.8
Albany-Schenectady, NY	11.3

Source: How Hungry is America? FRAC's National, State, and Local Index of Food Hardship. June 2016.



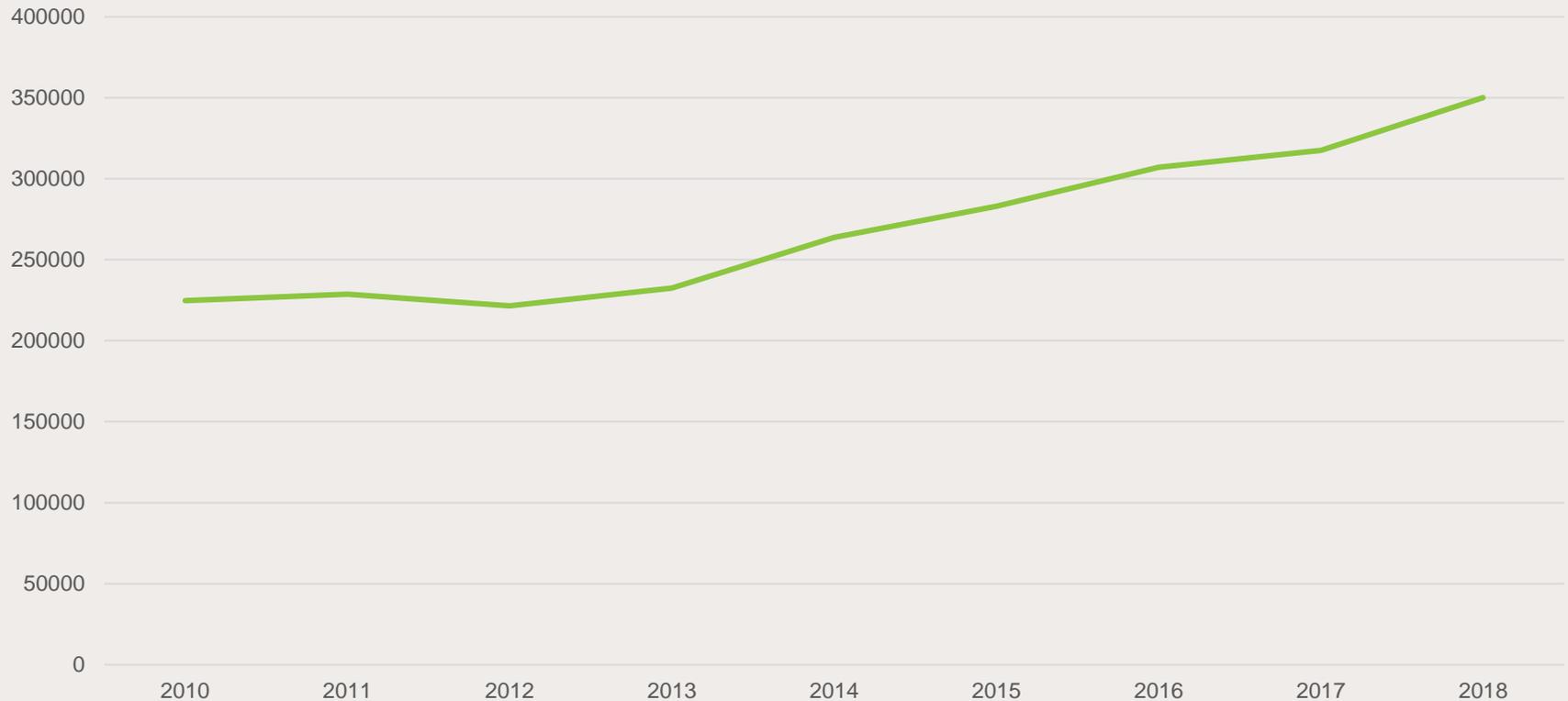
Total food shelf visits, 2002-2018



- Number of visits rose quickly during recession and have stayed high
- 8 years in a row over 3 million visits per year



Senior Food Shelf Visits in Minnesota, 2010-2018



Prevalence of food insecurity among older adults

Age	% Food Insecure
50-59 years	10.9%
60-69 years	9.15%
70+ years	6.15%



Risk factor for food insecurity of older adults

Living in a household with children under 18 years of age.



Why is hunger important to health?

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Coping strategies can be harmful to health

SNAP Matters for Seniors

Seniors Struggling With Food Insecurity may Experience a Number of Challenges:



Food running out



Skipping meals



Choosing between food and medicine



Postponing medical care



Poor health outcomes



Higher health care use and costs

SOURCE: FRAC's Hunger and Health series



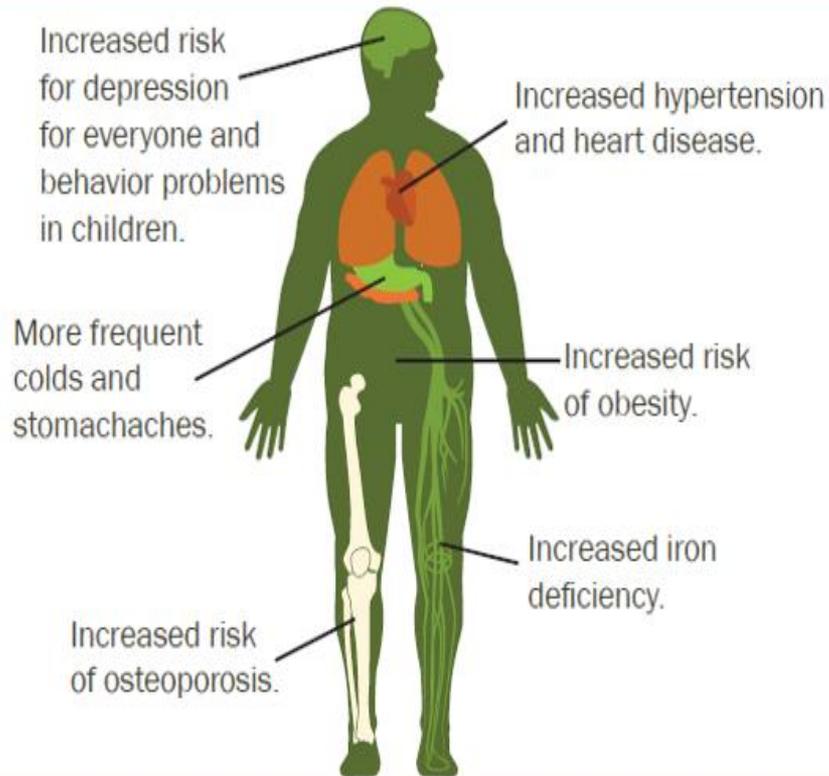
Research shows that older adults who are food insecure are more likely to experience:

- Diabetes,
- Congestive heart failure,
- Hypertension,
- Gum disease,
- Limitations on activities of daily living,
- Depression.



Hunger as Health Issue

Hunger negatively impacts health





Seniors with inadequate nutrition, are:

- 60% more likely to experience depression.
- 53% more likely to report a heart attack.
- 40% more likely to develop congestive heart failure.

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SNAP benefits for older adults

**About 1 in 10 households
with an older adult 60+ participates in SNAP**



Source: FRAC analysis of 5-year American Community Survey data 2012-2016



Participation in SNAP among all senior households is consistent for all types of counties – rural, small town, and metropolitan.



Older adults and SNAP

- SNAP protects senior health and helps maintain independence.
- SNAP is flexible.
- SNAP boosts senior income.

In fiscal year 2017, the average benefit for a senior was \$101 per month.



Food Insecurity Screen and Intervene

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Food Security Screening Questions

Hunger Vital Signs

“Within the past 12 months we worried whether our food would run out before we got money to buy more”

(Often, Sometimes, Never)

“Within the past 12 months the food we bought just didn’t last and we didn’t have money to get more.”

(Often, Sometimes, Never)



Why These Questions?

Children's Health Watch Study 1998 and 2005 30,098 participants

**2 question Hunger Vital Signs have a rating of,
97% Sensitivity and 83% Specificity**

The Hunger Vital Sign has been adopted as a best practice by leading national hunger relief agencies

Children's Health Watch: <http://childrenshealthwatch.org/>

American Academy of Pediatrics: <https://www.aap.org/>

Feeding America: <http://www.feedingamerica.org/>

Food Resource and Action Center: <http://frac.org/>



Tips from Practitioners:

How to Address Food Insecurity in a Sensitive Manner

- Screen all patients at all health care interactions so no one feels singled out.
- Decide whether to administer the screening tool in writing or verbally.
- If the screening tool is administered verbally, consider doing so when the child is not in the room or is distracted by something else.
- Administer the screening tool in the parent's preferred language



Tips from Practitioners:

How to Address Food Insecurity in a Sensitive Manner

- Inform the parent that assistance is available, and most people across the country need assistance at some point in their lives.
- Use physical environment cues (e.g., posters, brochures) that address food insecurity or nutrition assistance programs, which helps normalize program participation.



FRAC Tool Kit and Online Course

<http://www.frac.org/wp-content/uploads/frac-aap-toolkit.pdf>

<https://frac.learnercommunity.com/>

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What is Hunger Solutions' SNAP Rx?



HelpLine Workflow

How SNAP Rx works



Patients visit their health care provider for routine care.



Health care providers identify food insecure patients using a two-question survey.



**MINNESOTA FOOD
HELPLINE**
A program of Hunger Solutions Minnesota

Health care providers connect patients with Hunger Solutions' Minnesota Food HelpLine.



The Minnesota Food HelpLine connects the patient with SNAP, food shelves, and other food resources.



Resources Provided by the Minnesota Food HelpLine



Minnesota Food HelpLine



Preliminary screenings for:

- SNAP,
- Medical Assistance,
- Energy Assistance,
- WIC
- School Meal Program,
- Child Care Assistance,
- Earned Income Tax Credit and Working Family Credit, and,
- SNAP Application Assistance



Minnesota Food HelpLine



Referrals for:

- In-Person Application Assistance
- Food Shelves and Mobile Food Shelves
- Hot Meals
- Farmers Markets
- Meal Delivery Programs (Meals-On-Wheels)
- NAPS (CFSP)
- Discount Grocery Programs
- Nutrition Education Programs
- SFSP (Summer Food Service Program)
- Additional Food Programs Resources, Questions and Advocacy



Children's Defense Fund



DEAR LORD
BE GOOD TO ME
THE SEA IS SO
WIDE AND
MY BOAT IS
SO SMALL

Children's Defense Fund

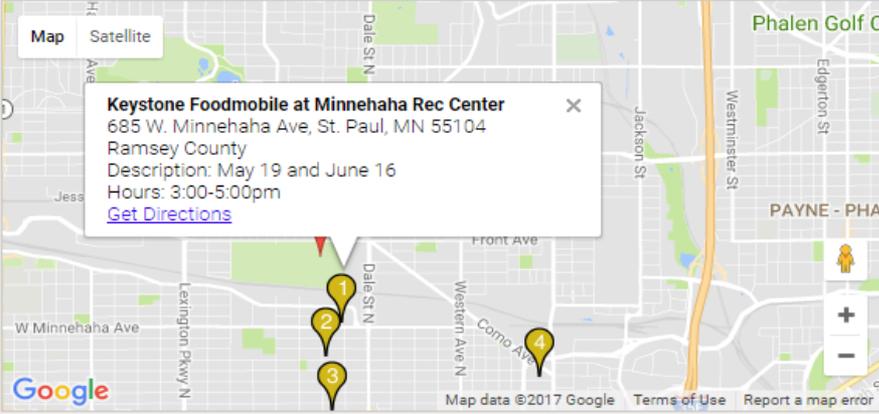
BRIDGE TO BENEFITS

Another Way Children's Defense
Fund Helps Strengthen Families



<http://www.hungersolutions.org/find-help/#map>

Hunger and Food Resource Locator



Keystone Foodmobile at Minnehaha Rec Center
685 W. Minnehaha Ave, St. Paul, MN 55104
Ramsey County
Description: May 19 and June 16
Hours: 3:00-5:00pm
[Get Directions](#)

Find resources near you by entering a zip code or address below.
55103

Results to show: 5

- Dining Sites
- Fare For All
- Farmers Market
- Food Shelf
- Food Support Office
- Meals on Wheels
- Mobile Food Shelf
- Nutrition Assistance Program for Seniors

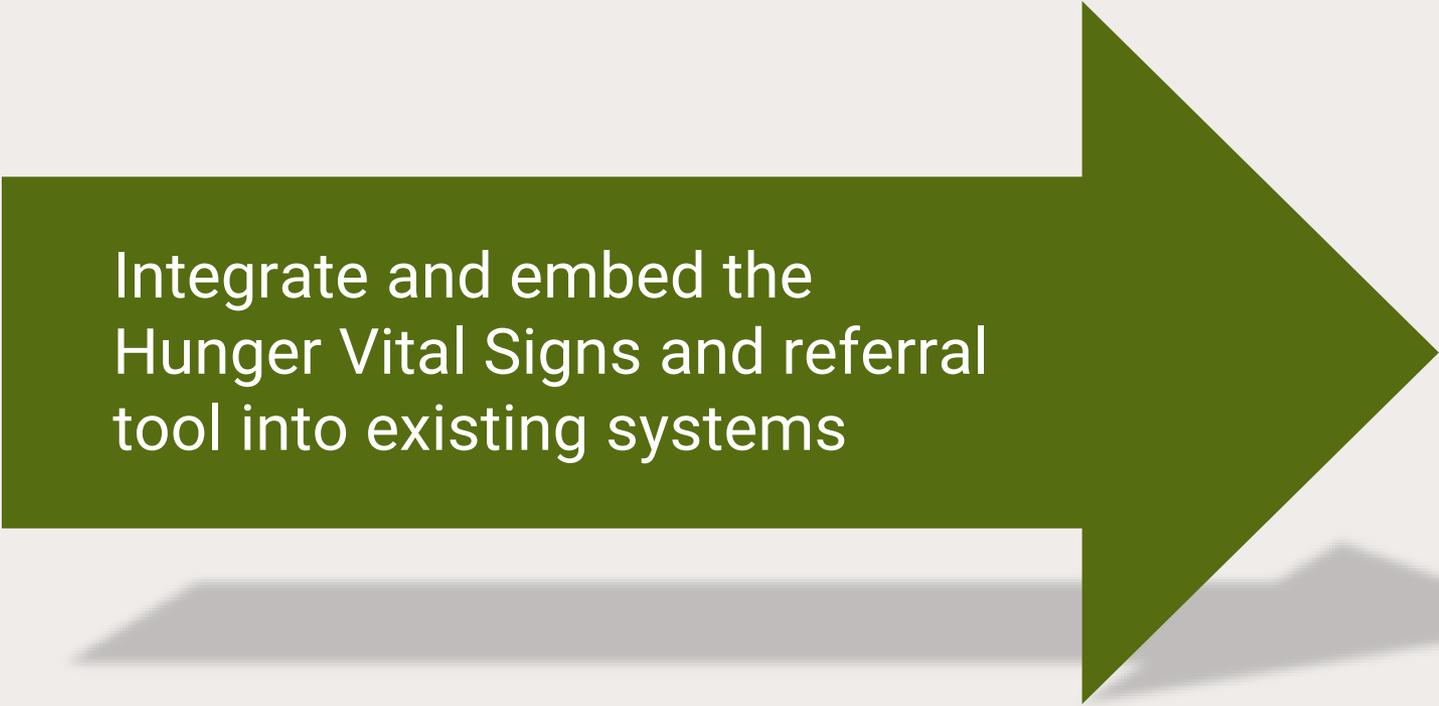
- Keystone Foodmobile at Minnehaha Rec Center**
685 W. Minnehaha Ave, St. Paul, MN 55104
Ramsey County
Description: May 19 and June 16
Hours: 3:00-5:00pm
[Get Directions](#)
- Keystone Foodmobile at St. Stephanus**
739 Lafond Avenue, St. Paul, MN 55104
Ramsey County
Description: May 26 and June 23
Hours: 1:00-3:00pm
[Get Directions](#)
- Keystone Foodmobile at LifeTrack Resources**
709 University Avenue West, St. Paul, MN 55104

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SNAP Rx Flexibility



Integrate and embed the
Hunger Vital Signs and referral
tool into existing systems



Alert:

 No Food Insecurity documentation in the last year. Click the link below to complete the flowsheet.

Collapse  

[Click here to complete the Flowsheet](#) 



Acknowledge Reason _____

Pt declined

 Accept



The flowsheet, with updates:

	Office Visit from...	Office Visit from...	Office Visit from...	
	3/19/18	3/19/18	3/28/18	
Hunger Vital Signs				
 In the last twelve months: We worried whether food would run			Often True	
 In the last twelve months: The food we bought just didn't last				
Would you say that in general your health is:				
Now thinking about your physical health, which includes physical				
Now thinking about your mental health, which includes stress,				
Would you be interested in receiving a call with additional resources			Yes - Health C	 



50,000 Minnesota seniors use SNAP to buy healthy food.



Help someone you know get the food they need with SNAP.

Tell them to call
1-888-711-1151
to get help when they need it.



WRIGHT COUNTY
PUBLIC HEALTH

Use SNAP and your local food shelf for:



fresh fruits, vegetables, meats, fish, dairy products, breads and cereal, seeds and more!

About SNAP:
SNAP comes on an EBT card and works like a debit card to buy food.

You can use SNAP at:



grocery & corner stores



farmers market



Fare for All

The nearest food shelf:

Annandale Food Shelf
390 Annandale Blvd, Annandale, MN 55302

Hours:
Monday: 4-6pm,
Wednesday: 5-7pm,
Friday: 8:30-11am

Call:
320-274-3663

Talk to friends and family who need help. They can apply for SNAP (formerly food stamps) and get other food resources by calling the Minnesota Food HelpLine at

1-888-711-1151
<http://mnfoodhelpline.org>



MINNESOTA FOOD HELPLINE

A program of Hunger Solutions Minnesota
A program of Hunger Solutions Minnesota

Reports

- Number of total referrals received
- Number of referrals we were able to reach
- Resources they were connected with
- Any powerful stories captured by the HelpLine

Clinic	Date Recieved	Date of 1st Call	INITAL CALL Answer?	Currently Enrolled in SNAP?	Screened?	Eligible for: SNAP?	Energy Assis?	Medical?	WIC?	School Meal Program?	Earned Income Tax Credit/Wor king Family Credit?	Additional Resources Provided	Comments	App Sent?



Policies that impact SNAP & hunger programs



Federal policy impact on hunger

- Good: Farm Bill passed mostly on time. Stayed the course on most SNAP policies
- Bad: Trump Administration end-run around Congress
 - Categorical eligibility
 - Public charge



State policies on hunger

- Food shelf funding
- Mobile food shelf funding
- Market Bucks



Opportunities to increase SNAP participation and improve the SNAP benefit level for seniors by promoting state best practices

- Adopt the elderly simplified application projects (ESAP)
- Adopt categorical eligibility to eliminate the asset test
- Extend certification periods
- Develop a standard medical deduction
- Capture the true value of medical expenses
- Help seniors afford to heat and eat
- Implement voice/telephonic signature policies
- Implement SNAP application assistance plans that include effective strategies to educate seniors about SNAP
- Promote the best use of authorized representative opportunities
- Offering seniors the option to participate in the Restaurant Meals Program
- Encouraging health care providers to screen and intervene to address food insecurity



Questions? Contact:

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Thank you!

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