

# Ask the Experts:

## Understanding the National and Local Landscape for Food Security and Parental Well-Being

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# Poverty in Vermont

- Between 2015 and 2016, poverty rates declined in 24 states
- Vermont was the only state to see a statistically significant increase in its poverty rate, from 10.2 percent in 2015 to 11.9 percent in 2016
- However, the state's 2016 poverty rate mirrors those from 2012 through 2014.
- Vermont continues to do better than most states - only nine had lower poverty rates than Vermont in 2016

# Poverty in Vermont and the U.S.



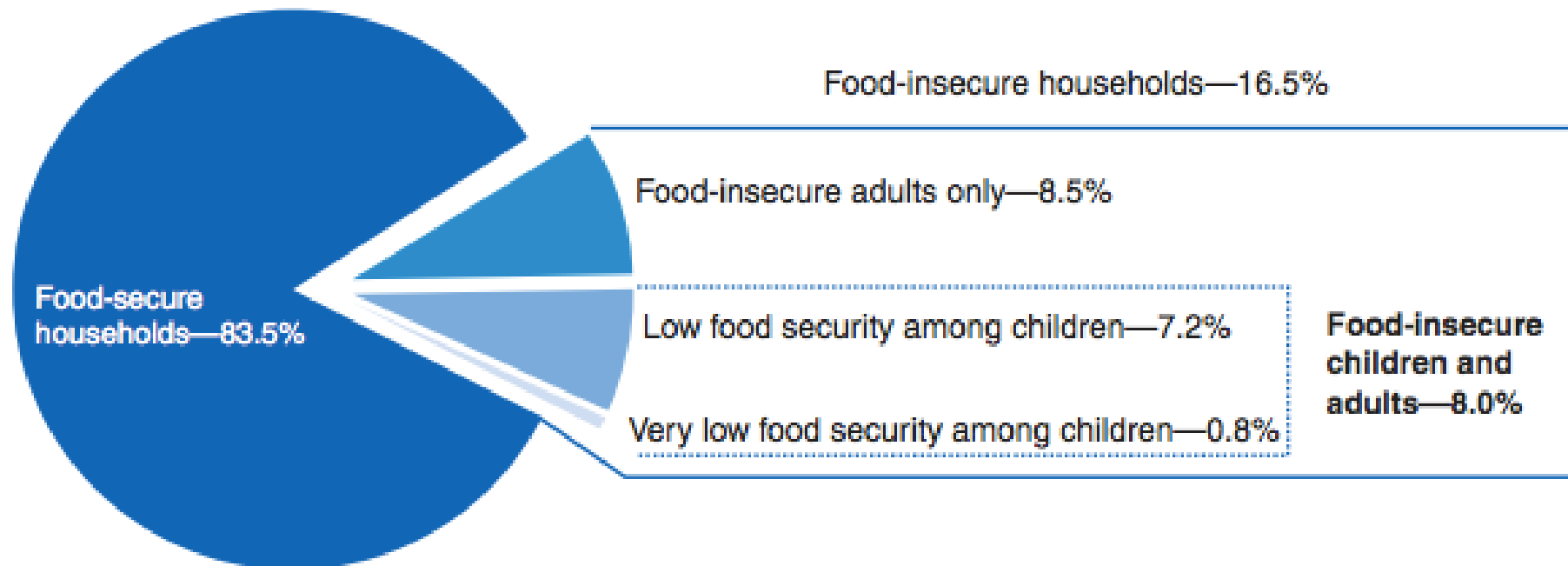
Source: U.S. Census Bureau's [American Community Survey](#)

# Food Insecurity in the U.S. and Vermont

- In 2016, 12.3 percent of U.S. households were food insecure—meaning that they had difficulty at some time during the year providing enough food for all their members because of a lack of resources
- That level is essentially unchanged from 2015, but down significantly from 14.0 percent in 2014. Lower food insecurity rates mirror trends in other economic indicators, including decreasing poverty rates and lower food prices, over this time period.
- State-level food insecurity prevalence rates were averaged for 3 years (2014-16) to provide more reliable statistics at the State level.
- In 2014-16, Vermont's food insecurity prevalence was 10.1 percent (statistically significant difference) compared to the US prevalence of 13 percent.
- Food insecurity in Vermont declined significantly by 3.1 percentage points in 2014-16 (10.1 percent) compared to 2011-13 (13.2 percent), yet remains .5 percentage points higher than in 2004-06 (9.6 percent).

# Food Insecurity in the U.S. and Vermont

Figure 2  
U.S. households with children by food security status of adults and children, 2016



Source: USDA, Economic Research Service using data from U.S. Department of Commerce, U.S. Census Bureau, 2016 Current Population Survey Food Security Supplement.

# Food Insecurity in Vermont

Table 4

## Prevalence of household food insecurity and very low food security by State, 2014-16 average

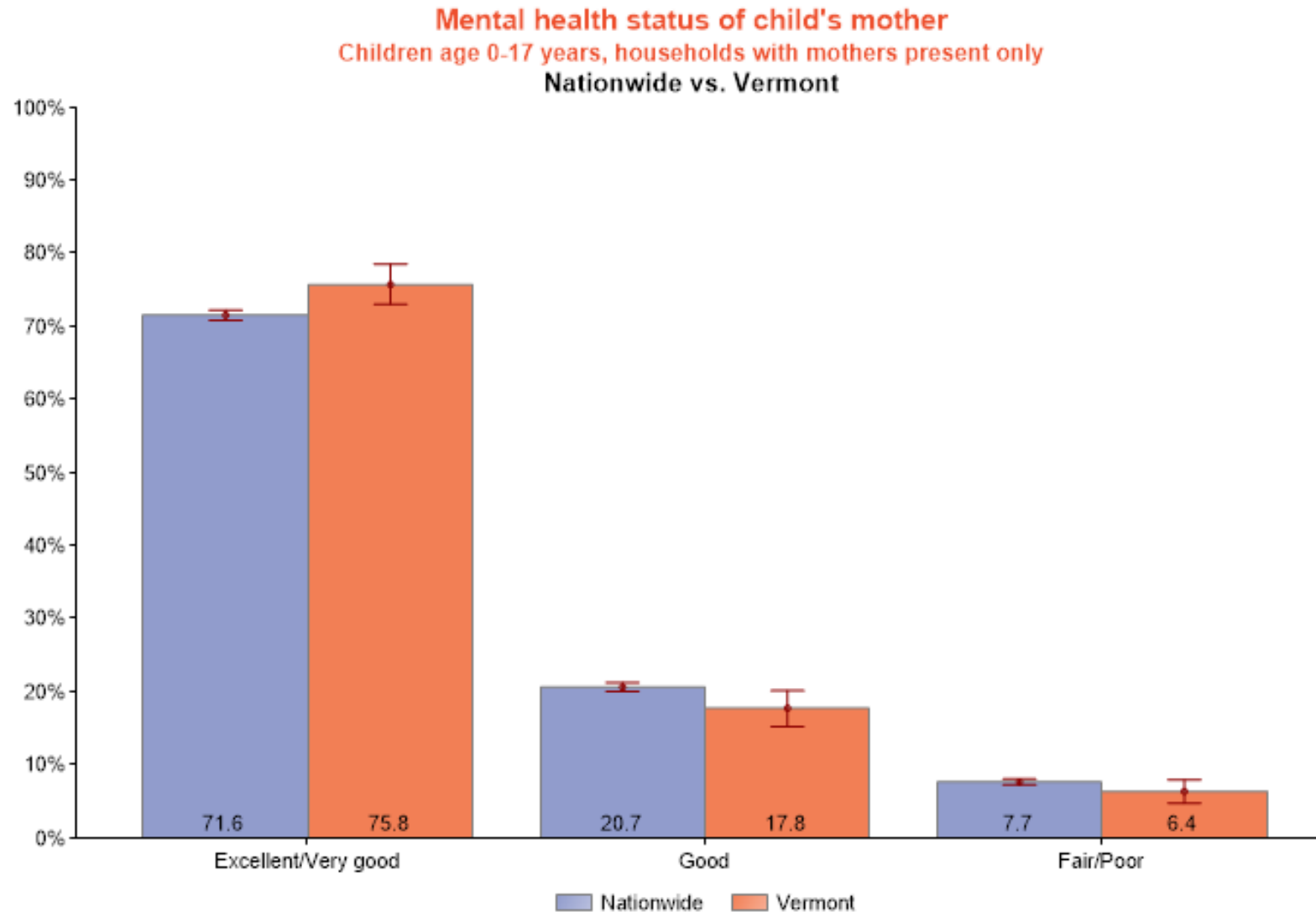
States	Number of households		Food insecurity (low or very low food security)			
	Average 2014-16 <sup>1</sup>	Interviewed	Food insecurity		Very low food security	
			Prevalence	Margin of error <sup>2</sup>	Prevalence	Margin of error <sup>2</sup>
	<i>Number</i>	<i>Number</i>	<i>Percent</i>	<i>Percentage points</i>	<i>Percent</i>	<i>Percentage points</i>
U.S.	125,203,000	124,067	13.0	0.21	5.2	0.13
VT	260,000	1,879	10.1 *	1.33	4.3	0.92

# Parental Depression-National Data

- CDC: 1 in 9 women experience depression before, during, or after pregnancy
- NIH:
  - Prenatal depression: 10-20% of pregnant women
  - Baby Blues: 80%
  - Postpartum depression: 10-20% of new mothers
  - Postpartum Psychosis (psychiatric hospitalization necessary): 1-2 per 1,000 new mothers

\*Studies vary, but average 18% of women experience Perinatal Mood and Anxiety Disorders (up to 51% among those of lower socioeconomic status).

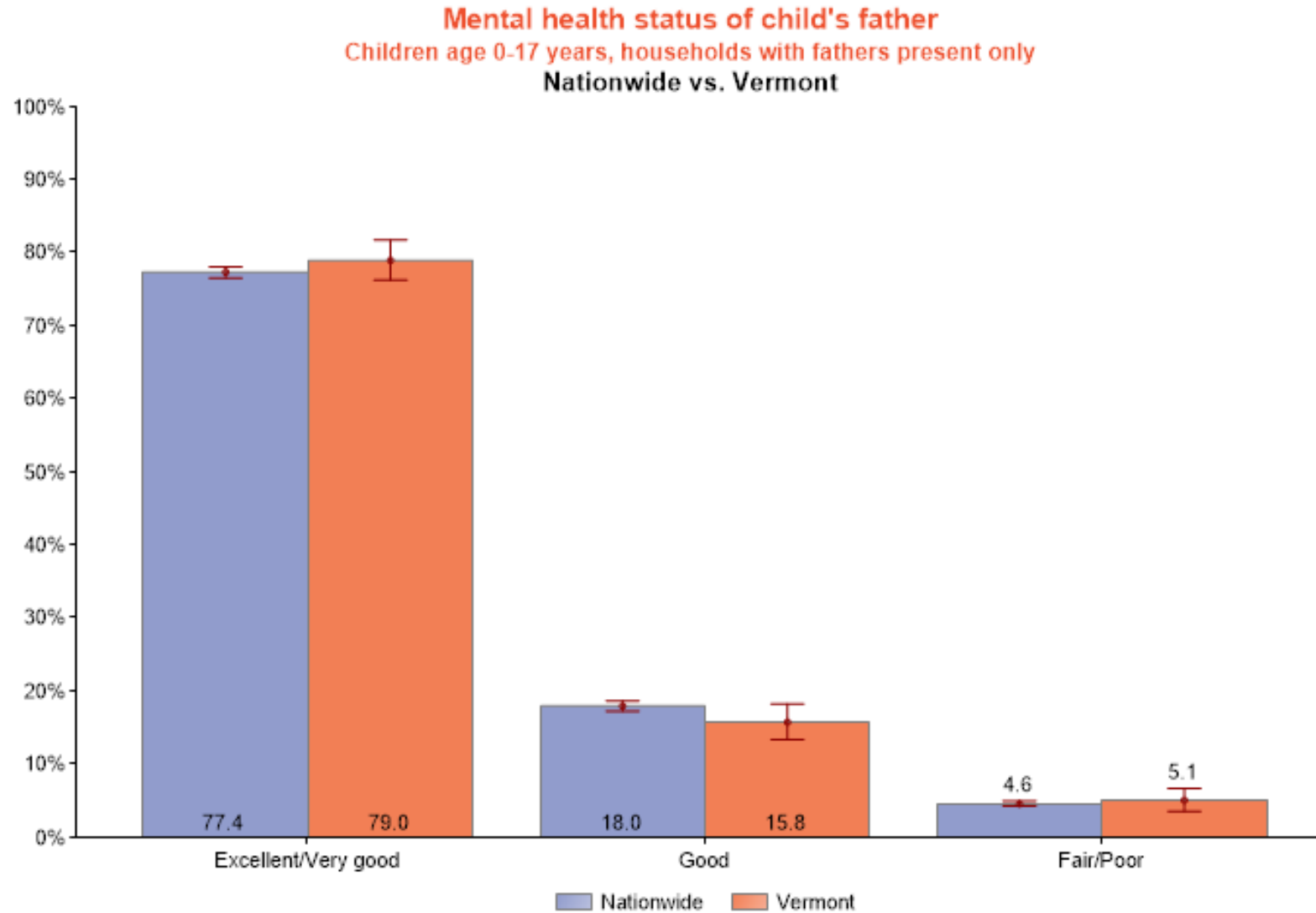
# Parental Depression in Vermont



National Survey of Children's Health. NSCH 2011/12. Data query from the Child and Adolescent Health Measurement Initiative, Data Resource Center for Child and Adolescent Health website. Retrieved [09/29/17] from [www.childhealthdata.org](http://www.childhealthdata.org).



# Parental Depression in Vermont



# Parental Depression in Vermont: PRAMS

Maternal Depression by Age Group of Mother

Age Group of Mother	Responses	Identified Depression	No Depression
	#	%	%
<20	44	30%	70%
20-24	173	25%	75%
25-34	582	14%	87%
35+	163	9%	91%
Total	962	19%	81%

Maternal Depression Identified by Women Receiving WIC Benefits

WIC During Pregnancy	Identified Maternal Depression		
	Total # Responses	YES %	NO %
YES	327	27.8%	72.2%
NO	594	8.7%	91.3%

# Parental Depression in Vermont: Nurse Family Partnership Clients

- 49% clients reported symptoms of moderate to severe perinatal depression (screened with EPDS)
- 100% of those who screened positive were given referrals to mental health care
- 53% of those referred followed up with the referral by 1 year

# **“Family Well-Being”**

*Parental Depression*

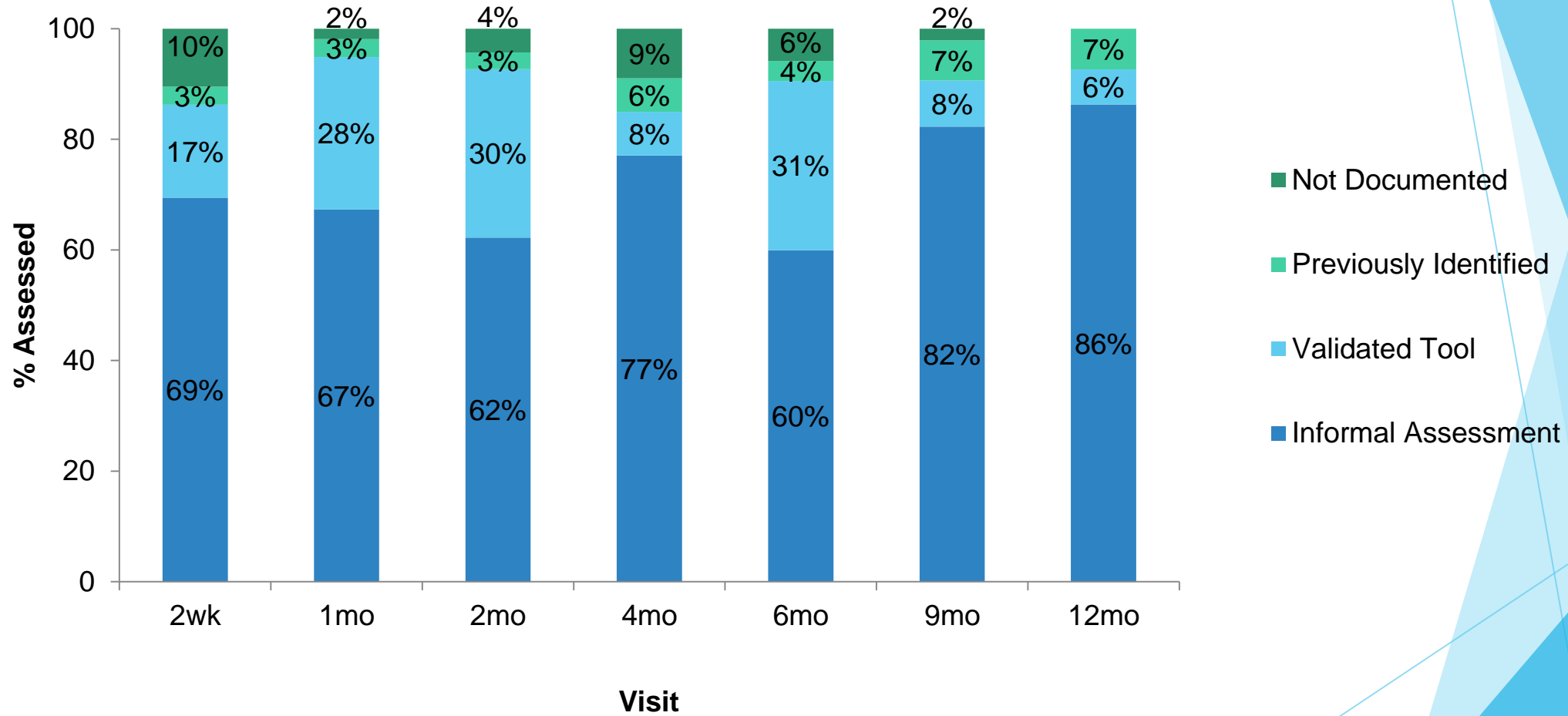
# Family Well-Being

Table 1: Parents Screened for Depression During Child's First Year of Life

	2wk	1mo	2mo	4mo	6mo	9mo	12mo
Yes	42%	48%	47%	23%	31%	7%	7%
No	58%	52%	53%	77%	69%	93%	93%

# Family Well-Being

Graph 1: Parental Depression Assessment Type by Health Supervision Visits.



16% of parents screened positive for depression at least once in the first year of a child's life.

# Family Well-Being

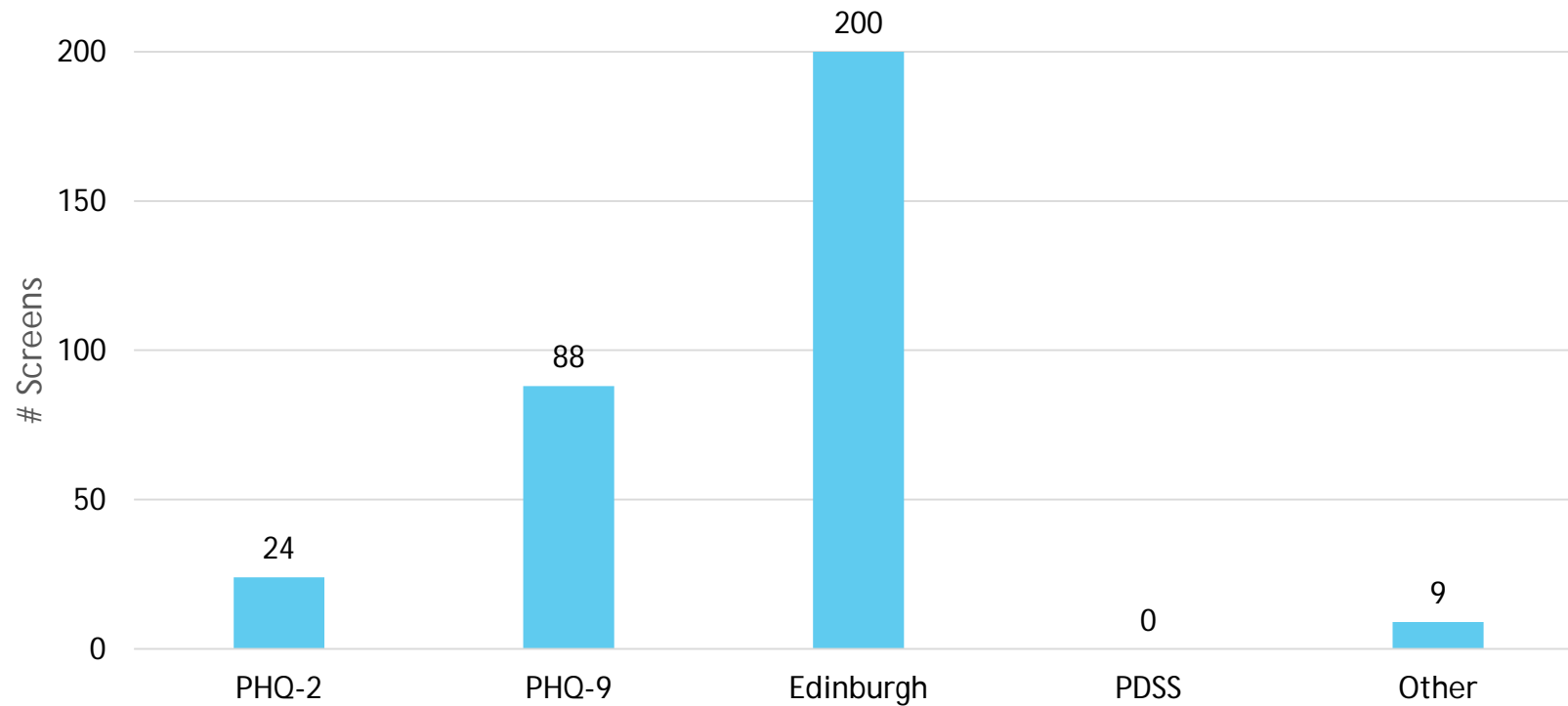
Table 2: Parental/Maternal Depression Screening by Parent and Health Supervision Visit

Parent	2wk	1mo	2mo	4mo	6mo	9mo	12mo
Mother	94%	95%	95%	88%	90%	81%	72%
Father	0%	0%	1%	3%	3%	4%	5%
Other	6%	5%	4%	9%	7%	15%	23%

\*Other includes both parents (not specified, aunt, grandparent, foster parents)

# Family Well-Being

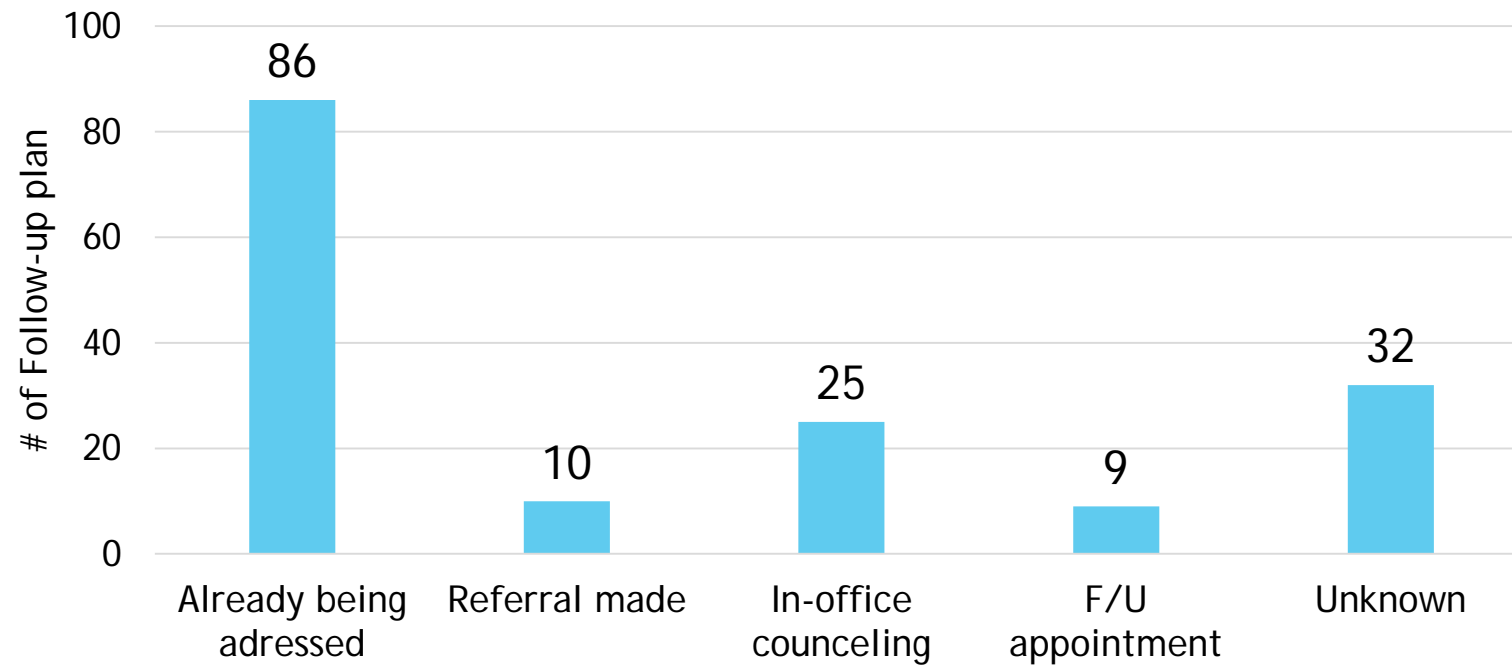
Graph 2: Parental/Maternal Depression Screens by Tool Type.





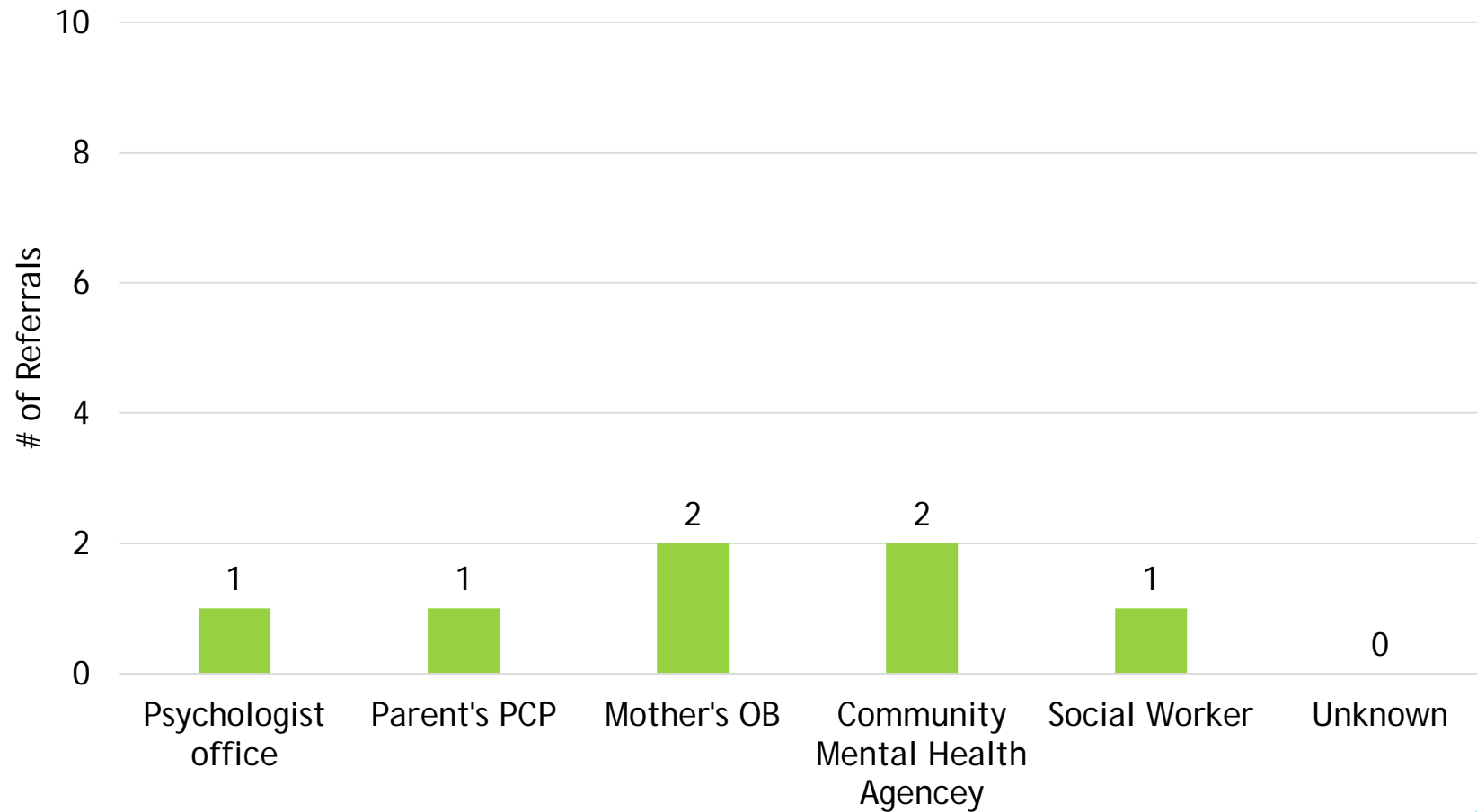
# Family Well-Being

Graph 3: Positive Depression Screens by Follow-up Type.



# Family Well-Being

Graph 4: Positive Depression Screens by Referral Type.

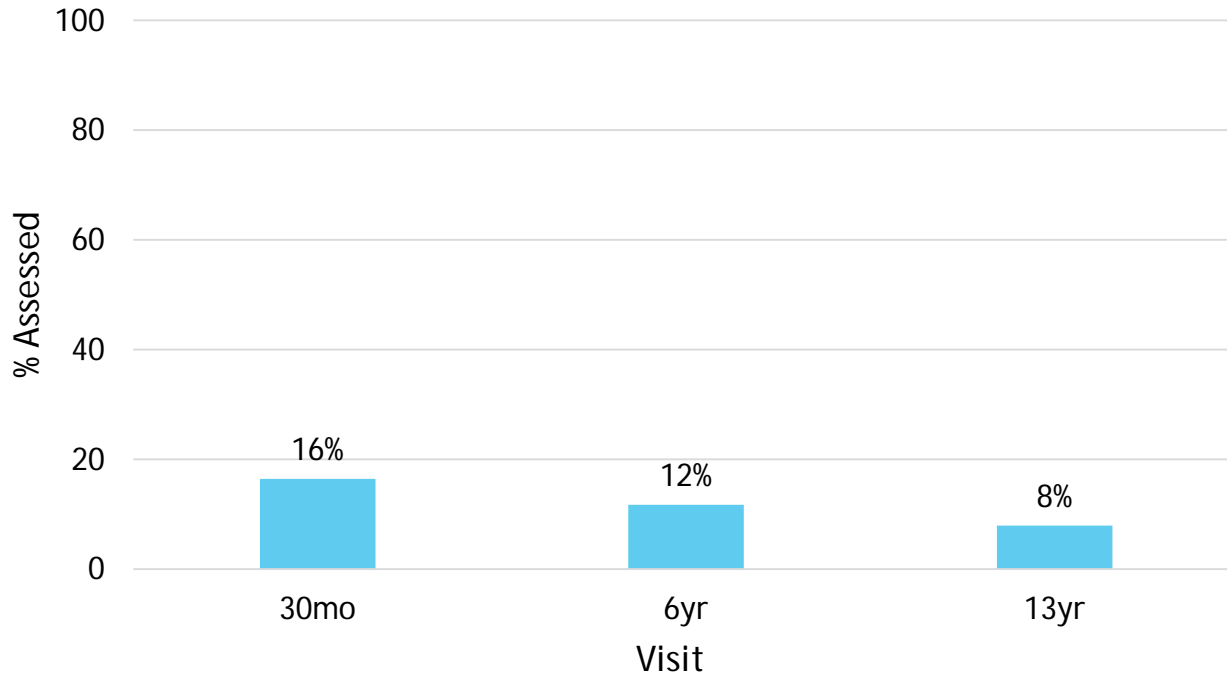


# **“Food Security”**

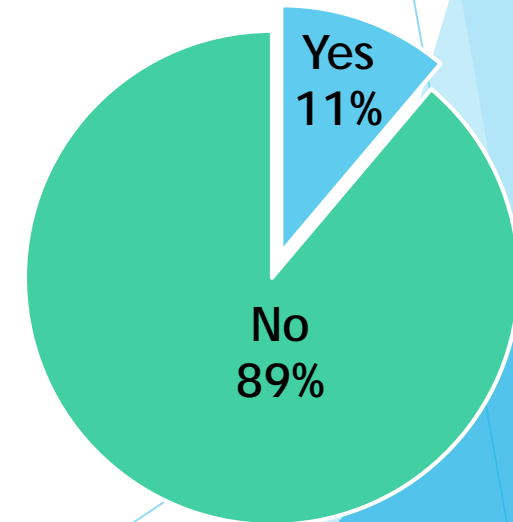
*Food Insecurity*

# Food Security

Graph 5: Children Assessed for Food Insecurity at Appropriate Health Supervision Visits (3mo, 6yr, 13yr)

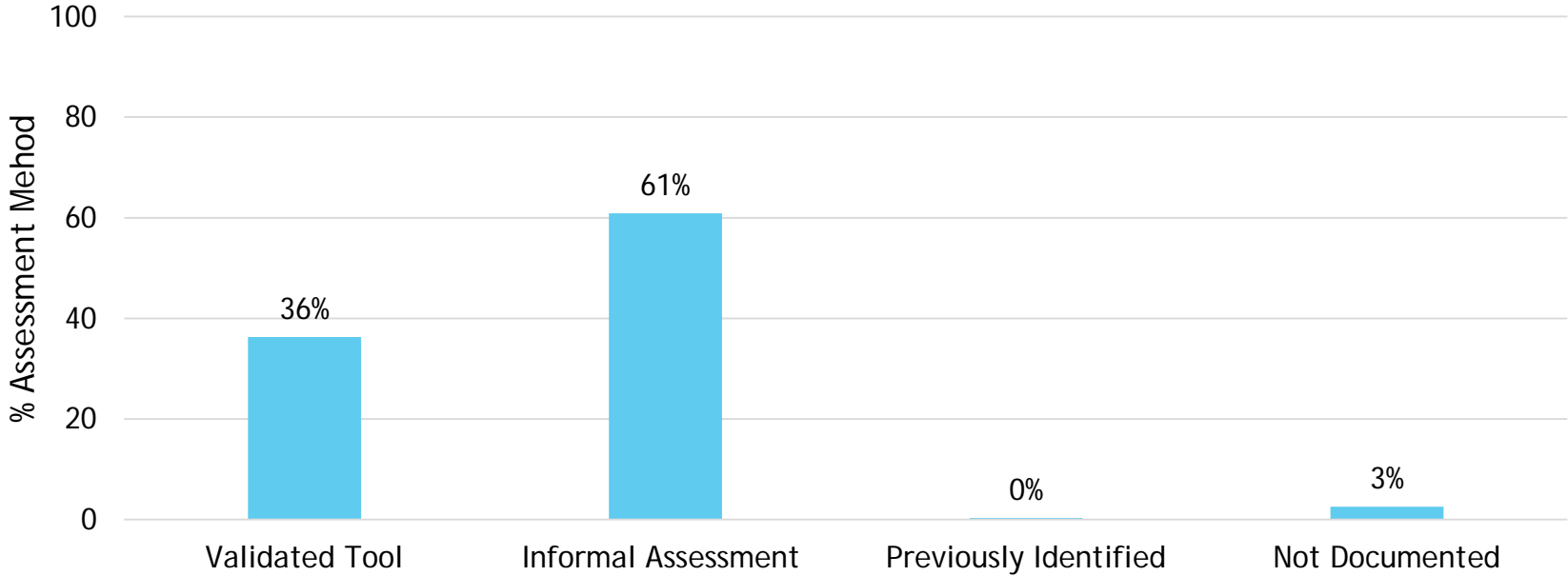


Graph 6: Total Screened for Food Insecurity



# Food Security

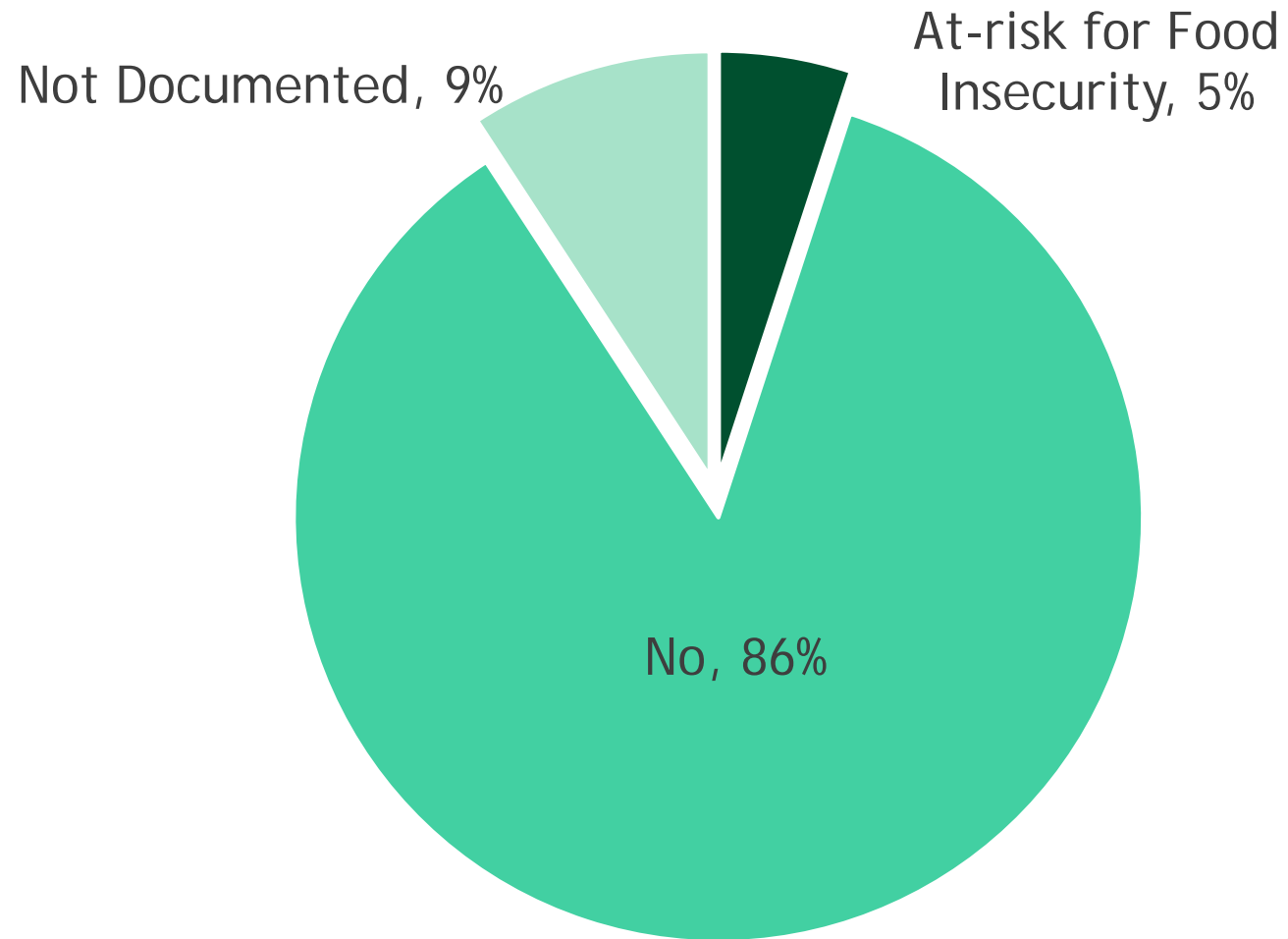
Graph 7: Food Insecurity Assessment Method by Type.



Of the 348 children assessed for Food Insecurity, 130 were screened using the Hunger Vital Signs.

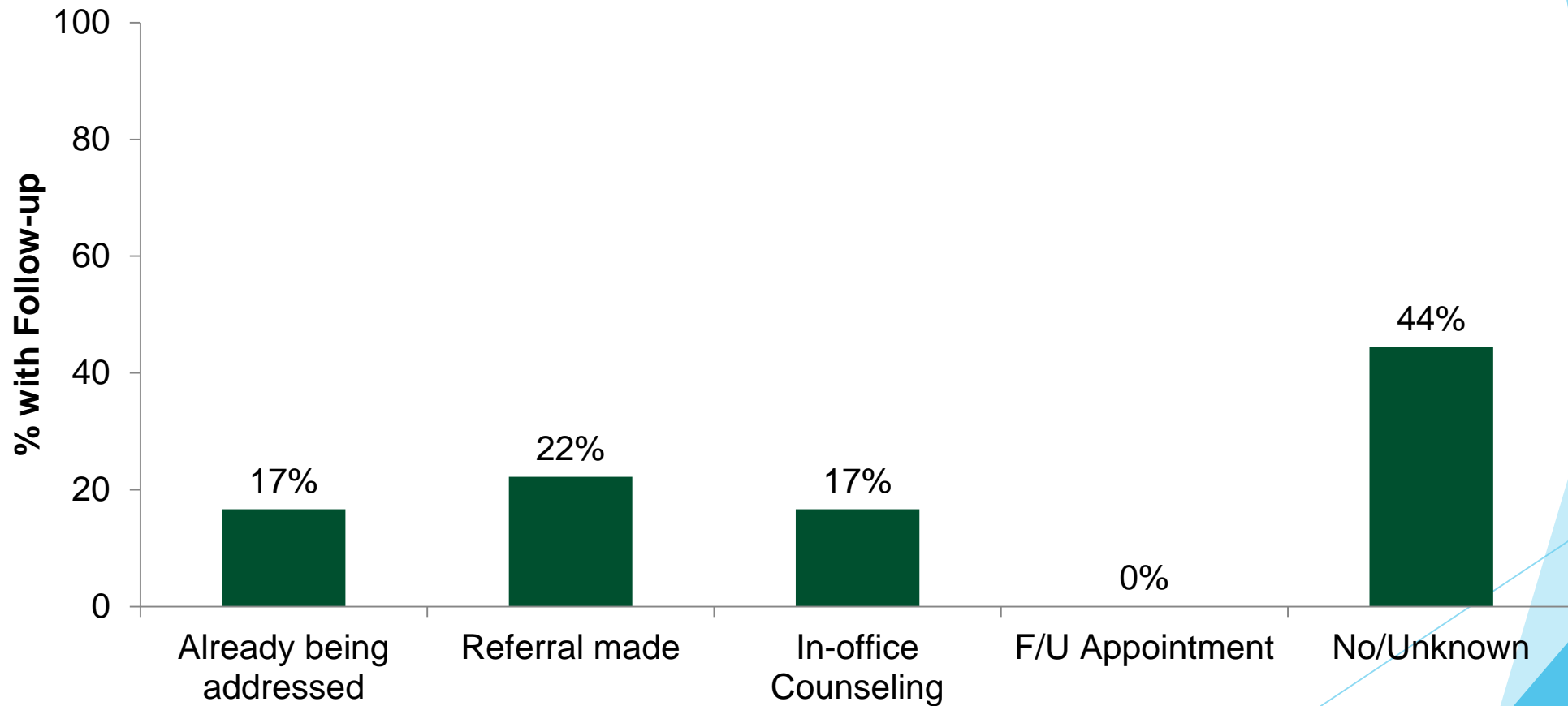
# Food Security

Graph 8: Screens Resulting in At-Risk for Food Insecurity



# Food Security

Graph 9: At-Risk Food Insecurity Screens by Follow-Up Type



**Thank You!**



# Food Insecurity in the U.S. and Vermont

Table 1B

## Households with children by food security status, and children by food security status of household, 1998-2016

Category and year	Total <sup>1</sup>	Food-secure households		Food-insecure households <sup>2</sup>		Households with food-insecure children <sup>3</sup>		Households with very low food security among children	
	<i>1,000</i>	<i>1,000</i>	<i>Percent</i>	<i>1,000</i>	<i>Percent</i>	<i>1,000</i>	<i>Percent</i>	<i>1,000</i>	<i>Percent</i>
Households with children:									
2016	38,400	32,058	83.5	6,342	16.5	3,069	8.0	298	0.8
2015	38,978	32,519	83.4	6,459	16.6	3,022	7.8	274	.7
2014	39,079	31,590	80.8	7,489	19.2	3,665	9.4	422	1.1
2013	38,486	30,978	80.5	7,508	19.5	3,814	9.9	360	.9
2012	39,201	31,354	80.0	7,847	20.0	3,910	10.0	463	1.2
2011	38,803	30,814	79.4	7,989	20.6	3,862	10.0	374	1.0
2010	39,419	31,447	79.8	7,972	20.2	3,861	9.8	386	1.0
2009	39,525	31,114	78.7	8,411	21.3	4,208	10.6	469	1.2
2008	39,699	31,364	79.0	8,335	21.0	4,361	11.0	506	1.3
2007	39,390	33,160	84.2	6,230	15.8	3,273	8.3	323	.8
2006	39,436	33,279	84.4	6,157	15.6	3,312	8.4	221	.6