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CHAMP Conference: Screening for Food Insecurity

Implications for Primary Care

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Bright Futures Guidelines, 4th edition

- ❖ Promoting Lifelong Health for Families and Communities
- ❖ A key component is addressing Food Insecurity and Hunger
- ❖ **Hunger** results from not having enough food
- ❖ **Food insecurity** means limited or uncertain availability of nutritionally adequate and safe foods
- ❖ Health care professionals can help families learn about resources and opportunities for improved nutrition

Addressing Social Determinants of Health

Help Me Grow Child Development Specialists screen for food insecurity and then link to food resources and other supports

HUNGER Vital Sign™

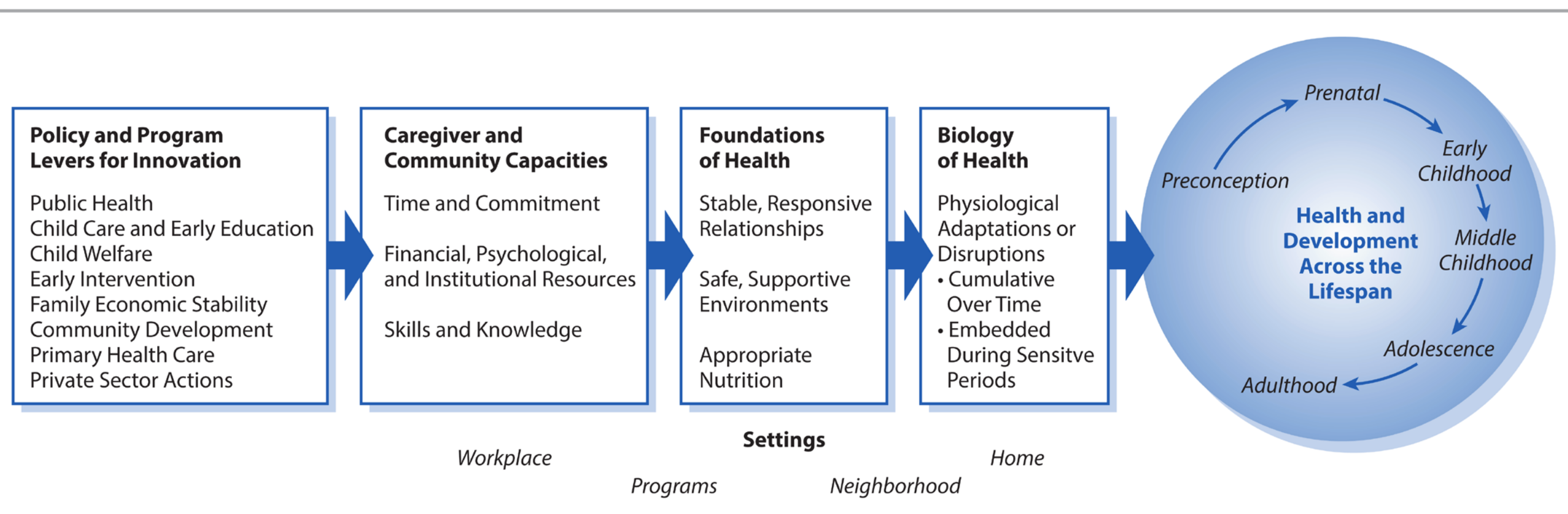


The Hunger Vital Sign™ identifies individuals and families as being at risk for food insecurity if they answer that either or both of the following two statements is 'often true' or 'sometimes true' (vs. 'never true'):

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

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

A Framework for Conceptualizing Early Childhood Policies and Programs to Strengthen Lifelong Health



Vermont State Plan

Accountable Communities for Health

An ACH is accountable for the health and well-being of the entire population in its defined geographic area. It supports the integration of high-quality medical care, mental health services, substance use treatment, and long-term services and supports, and incorporates social services. It also supports community-wide primary and secondary prevention efforts.



Vermont Landscape

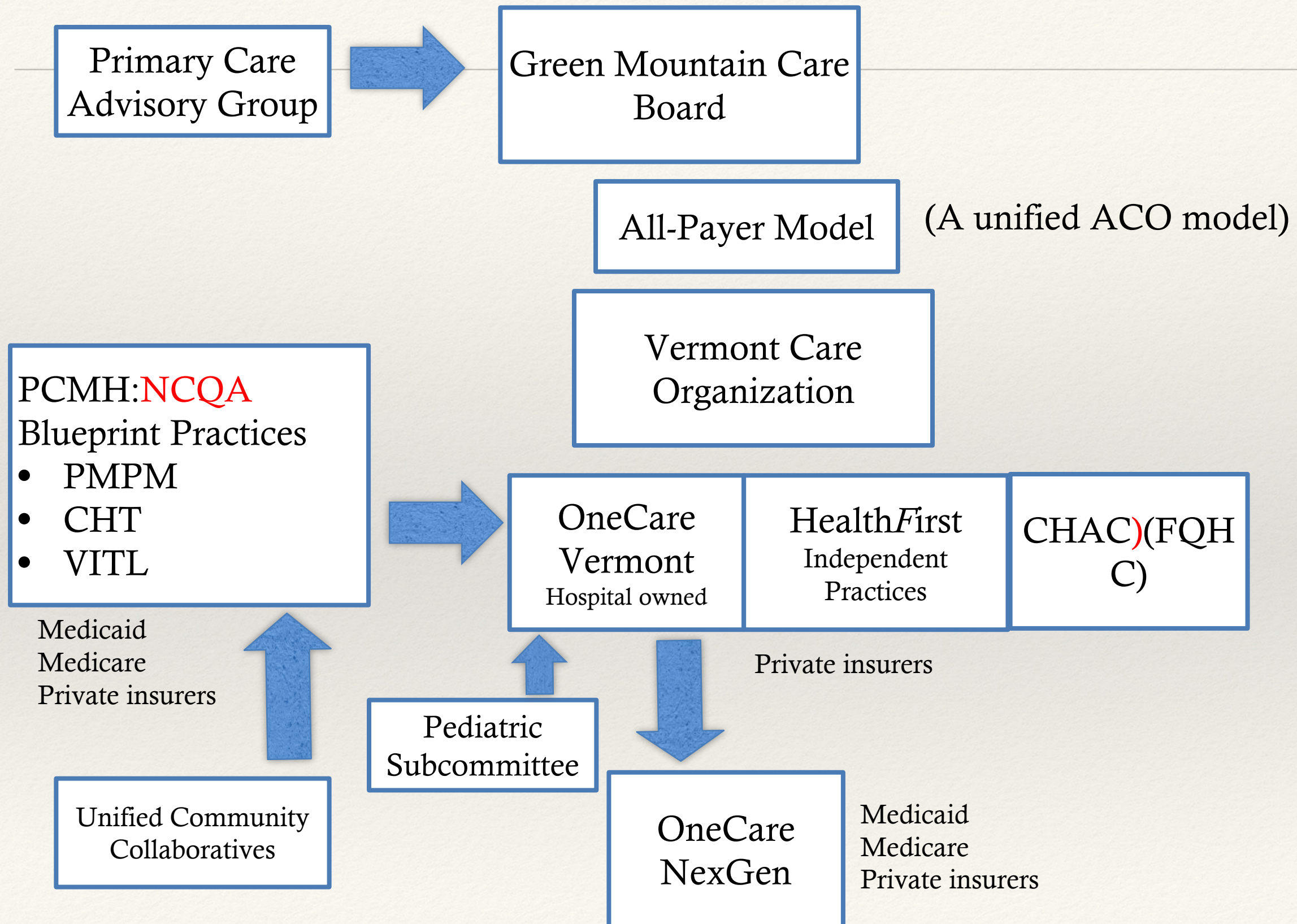


Vermont Health Care Reform

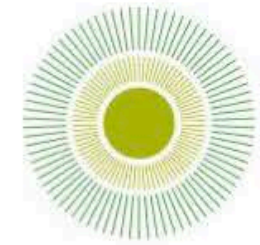
- ❖ More Like an Etch-A-Sketch



Vermont Landscape



Care Coordination Model



➤ 44% of the population

- **Focus:** Maintain health through preventive care and community-based wellness activities
- **Key Activities:**
 - PCMH panel management
 - Preventive care (e.g. wellness exams, immunizations, health screenings)
 - Wellness campaigns (e.g. health education and resources, wellness classes, parenting education)

➤ 6% of the population

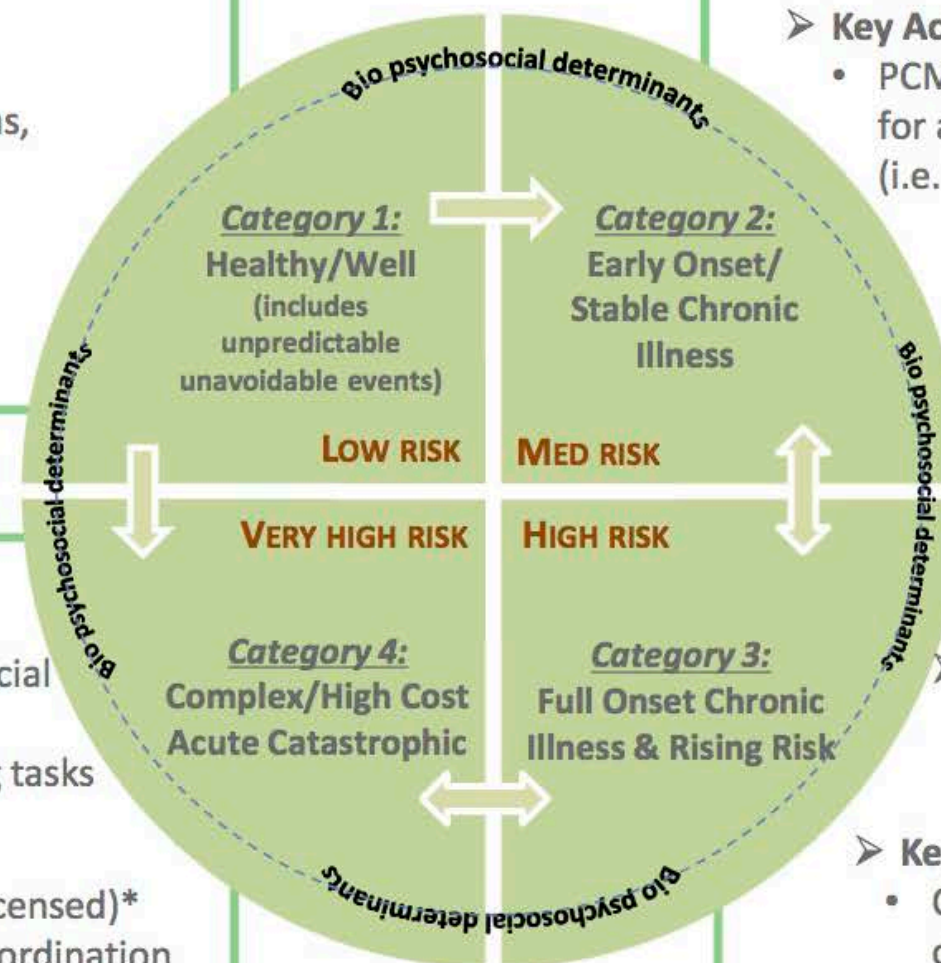
- **Focus:** Address complex medical & social challenges by clarifying goals of care, developing action plans, & prioritizing tasks
- **Key Activities:** Category 3 plus
 - Designate lead care coordinator (licensed)*
 - Outreach & engagement in care coordination (at least monthly)*
 - Coordinate among care team members*
 - Assess palliative & hospice care needs*
 - Facilitate regular care conferences *

➤ 40% of the population

- **Focus:** Optimize health and self-management of chronic disease
- **Key Activities:** Category 1 plus
 - PCMH panel management: outreach ($\geq 2/\text{yr}$) for annual Comprehensive Health Assessment (i.e. physical, mental, social needs)
 - Disease & self-management support* (i.e. education, referrals, reminders)
 - Pregnancy education

➤ 10% of the population

- **Focus:** Active skill-building for chronic condition management; address co-occurring social needs
- **Key Activities:** Category 2 plus
 - Outreach & engagement in care coordination ($\geq 4\text{x}/\text{yr}$)*
 - Create & maintain shared care plan*
 - Coordinate among care team members*
 - Emphasize safe & timely transitions of care
 - SDoH management strategies*



Women's Health Initiative

Within...of receiving performance payment			
3 months	Stock full spectrum LARC	Policy and procedure for evidence based family planning	SBIRT* for: Depression, Intimate partner violence and Substance abuse
6 months	Same day insertion for LARC		
12 months	Agreements w/ 3 community organizations to see for LARC within 1 week		
18 months	Referral for Access to Primary Care	Food Insecurity	Housing Stability

*Screening, Brief Intervention, Referral and Treatment

Excepted from Women's Health Initiative Patient Centered Medical Home Attestation

Social Determinants of Health

- ❖ Balance identifying strengths with identifying challenges
- ❖ *“What’s happened to you?”* Not *“What is Wrong with you?”*

Precipitants and Consequences of Physiologic Stress in Childhood

From: **Promoting Lifelong Health for Families and Communities**

Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 2017

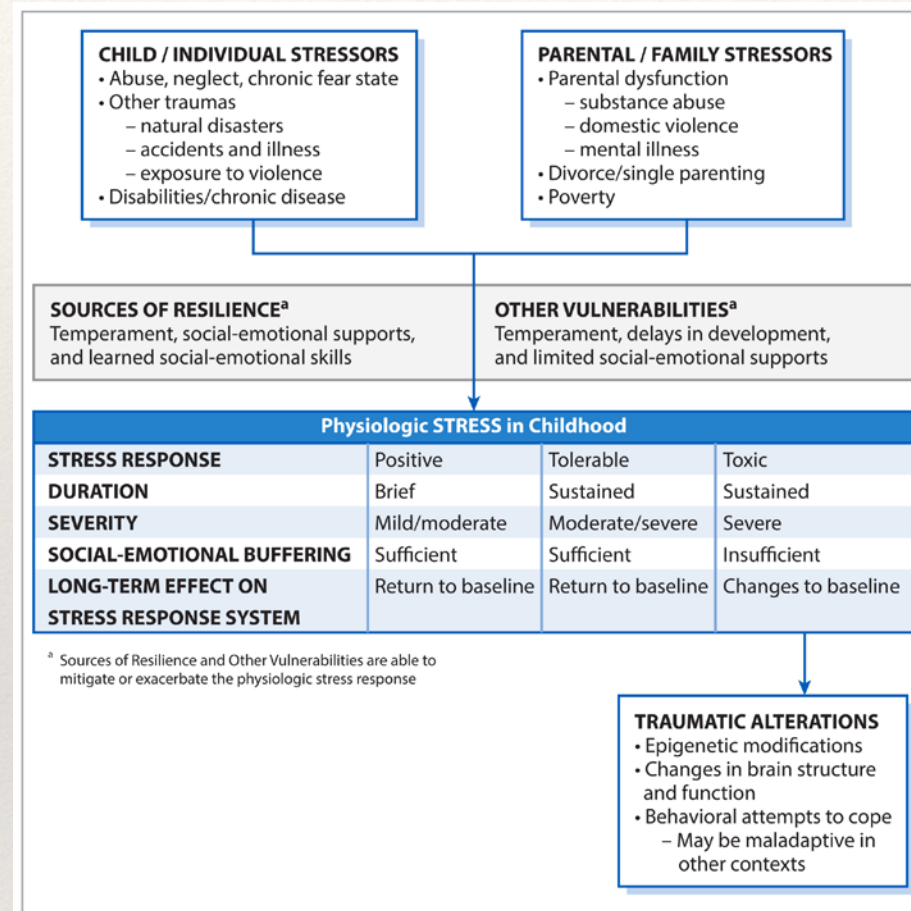


Figure Legend:

Precipitants and Consequences of Physiologic Stress in Childhood⁵⁹

Reproduced with permission from Garner A, Forkey H, Stirling J, Nalven L, Schilling S; American Academy of Pediatrics, Dave Thomas Foundation for Adoption. Helping Foster and Adoptive Families Cope With Trauma. Elk Grove Village, IL: American Academy of Pediatrics; 2015. <https://www.aap.org/traumaguide>. Accessed November 14, 2016.

Comprehensive Understanding

Strengths*

- Concrete Support in Time of need
- Knowledge of Parenting and Child Development
- Parental Resilience
- Social and Emotional Competence
- Social Connections

Family

- What would you like us to know about your child? (What does s/he do well? Like? Dislike?)
- What would you like us to know about you/your family? (Culture, values)

Needs

- Developmental concerns? (Sleep, moving, language)
- Social changes?(Job, Divorce, Death, Move)
- Medical
- Educational
- Financial
- Legal
- ACEs

Harper Browne, C. (2014, September). *The Strengthening Families Approach and Protective Factors Framework: Branching out and reaching deeper*. Washington, DC: Center for the Study of Social Policy

Essential Components of Nutrition

- ❖ Nutrition for growth
- ❖ Development of feeding and eating skills
- ❖ Healthy feeding and eating habits
- ❖ Healthy eating relationships
- ❖ Nutritious specific to children and youth with special health care needs

Food Insecurity

- ❖ Use the two question screening tool at wellness visits
- ❖ Become familiar with and refer food insecure families to resources
- ❖ Learn about food insecurity related factors that contribute to obesity and burden food insecure families
- ❖ Incorporate education about food insecurity into medical school and residency
- ❖ Advocate for food assistance programs
- ❖ Support research into food insecurity and its association with stress and adverse health outcomes

“Promoting Food Security for All Children,” PEDIATRICS Volume 136

<http://pediatrics.aappublications.org/content/early/2015/10/20/peds.2015-3301>

Programs to Mitigate Food Insecurity

- ❖ WIC
- ❖ SNAP
- ❖ National School Lunch and Breakfast programs
- ❖ Summer Food Service Programs
- ❖ Child and Adult Care Food Program

Linkage is Key: Dial 2-1-1 ext. 6

To reach a *HMG* VT Child Development Specialist dial **2-1-1 ext. 6**, Monday-Friday 9am-6pm or email at info@helpmegrowvt.org



 **Help Me Grow**
Vermont

LEARN
about child development
(birth–age 8) & parenting:
HelpMeGrowVT.org

TALK
to a child development
specialist by dialing:
2-1-1 x6
[M–F 9–6:00]

TEXT
HMGVT to **898211**
to reach
Help Me Grow Vermont
Standard message and data rates apply.

Questions?

JillrinehartMD@gmail.com

