

Screening for Food Security: How, Why & Then What

Why should you screen for food security?

- Reduce risk of diet-related health conditions
- Tailor clinical care to real patient needs
- Decrease emergency department visits, hospital stays and lower health care costs
- **Identifying food insecurity can help connect people to needed resources and combat hunger in the community**



How to Screen Your Patients for Food Insecurity

1. Within the past 12 months we worried whether our food would run out before we got money to buy more.
2. Within the past 12 months the food we bought just didn't last and we didn't have money to get more.

The Hunger Vital Sign™ identifies risk for food insecurity if they answer either or both of the statements as 'often true' or 'sometimes true' (vs. 'never true'):



learn more about the Hunger Vital Sign with Children's Health Watch

Why these questions are important

The best way to learn if your patients are facing food insecurity is by asking the validated, evidence-based Hunger Vital Signs questions

Who should screen for food security?

- Anyone providing a service to people in the community



- **Anyone can screen for food insecurity, even for yourself**

Finding Food

UNH Food Map

extension.unh.edu/FoodAccessMap



Food Access Map



Extension

NH Food Bank

nhfoodbank.org

Gather

gathernh.org

Seacoast Eat Local

seacoasteatlocal.org



Strafford Meals on Wheels

straftordmealsonwheels.org



Community Action Partnership of Strafford County

straftordcap.org

SCPHN Healthy Living Resource Guide

scphn.org

GREATER SEACOAST COMMUNITY HEALTH

STRAFFORD COUNTY
PUBLIC HEALTH
NETWORK + + +

Financial Assistance for Food

Federal Nutrition Programs such as Supplemental Nutrition Assistance Program (SNAP), WIC, and more



SNAP Nutrition Incentives

Learn more at granitestatemarketmatch.org



Support Agencies & Starting Points

Seacoast Eat Local

seacoasteatlocal.org

NH Easy

nheasy.nh.gov

NH Hunger Solutions

nhhungersolutions.org

UNH Cooperative Extension

extension.unh.edu/health-well-being/programs/nutrition-connections

Community Action Partnership of Strafford County

straftordcap.org



This publication was financed under a Contract with the State of New Hampshire, Department of Health and Human Services, with funds supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS), as part of a financial assistance award by CDC/HHS "NH Initiative to address COVID-19 Health Disparities grant #NH750T000031". The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.