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’):

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
NH Food Bank
nhfoodbank.org
Gather
gathernh.org
Seacoast Eat Local
seacoasteatlocal.org
Strafford Meals on Wheels
straffordmealsonwheels.org
Community Action Partnership of Strafford County
straffordcap.org
SCPHN Healthy Living Resource Guide
scphn.org

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 Hunger Solutions
nhhungersolutions.org
Community Action Partnership of Strafford County
straffordcap.org
NH Easy
nheasy.nh.gov
UNH Cooperative Extension
extension.unh.edu/health-well-being/programs/nutrition-connections

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