

Food Insecurity and Health: Consequences and Interventions

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Background

- Food insecurity worsens health
 - Associations with increased:
 - Diabetes
 - Heart Disease
 - High Blood Pressure
 - Obesity
 - Chronic Kidney Disease
 - Osteoporosis

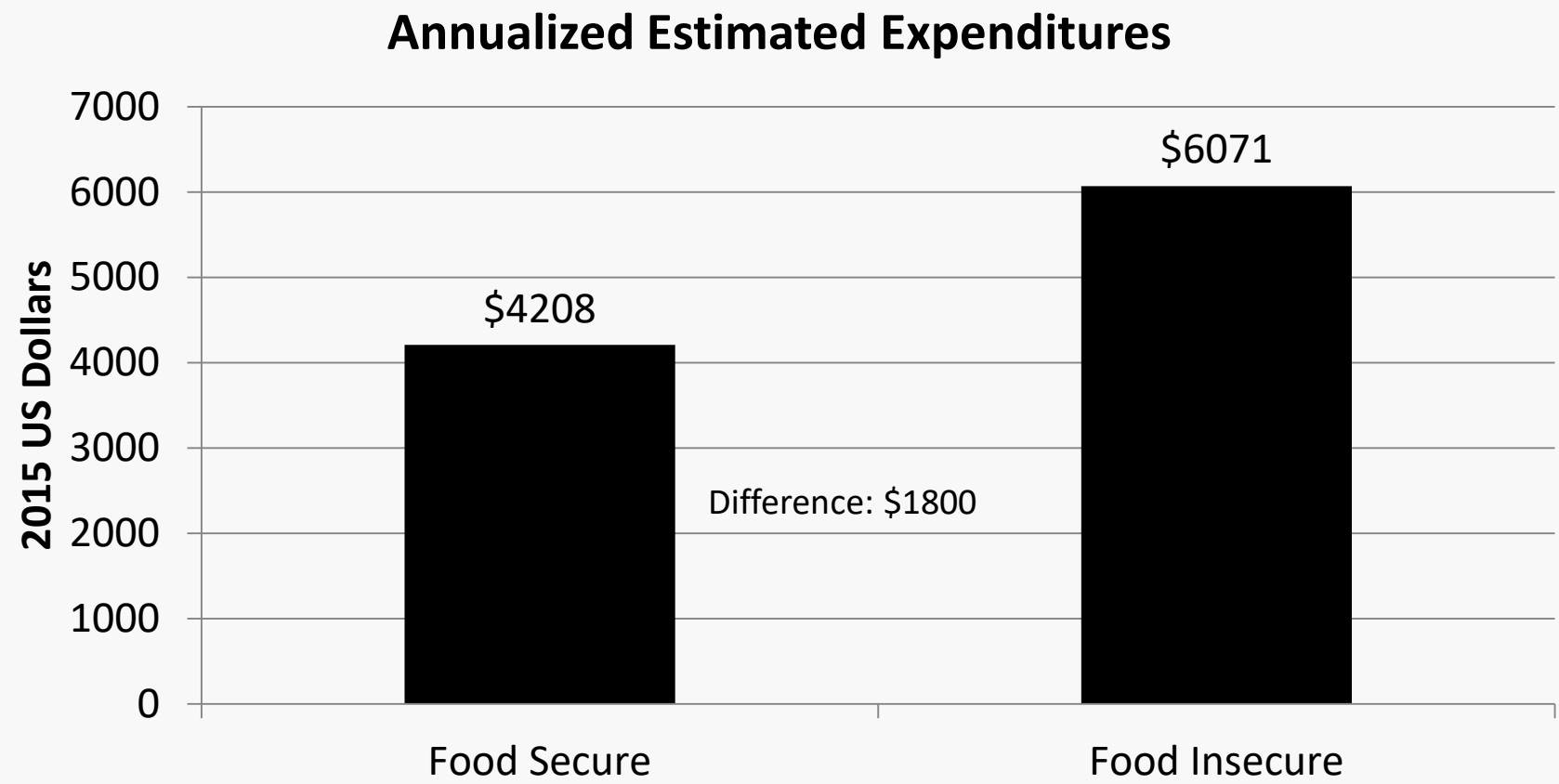
Background

- Food insecurity worsens health
 - Makes hard to manage even when doesn't cause
 - Picture undergoing chemotherapy while unable to afford adequate nutrition

Background

- Food insecurity worsens health
- This in turn leads to higher healthcare utilization and expenditures

Healthcare Costs Associated w/ Food Insecurity



NHIS/MEPS data adjusted for: age, age squared, gender, race/ethnicity, education, income, rural residence, and insurance. Berkowitz, Basu, Meigs, and Seligman. Health Services Research, 2017.

Background

- Food insecurity worsens health
- This in turn leads to higher healthcare utilization and expenditures
 - These costs are driven by:
 - Higher inpatient admissions
 - Higher emergency department utilization

How to Address Food Insecurity

- Effect of food insecurity on health is clear
- How to intervene is not
- Interventional research only in last ~5 years

Emergence of High Quality Studies



The image is a screenshot of the American Journal of Public Health (AJPH) website. On the left, there is a vertical sidebar with a red circular logo at the top, followed by the text 'JGIM' and 'Journal of General Internal Medicine'. Below this, there are several red rectangular buttons labeled 'AH', 'Hc', and 'AF'. The main content area features the AJPH logo, which consists of the letters 'AJPH' in a large, bold, black font, with 'A PUBLICATION OF THE AMERICAN PUBLIC HEALTH ASSOCIATION' written in a smaller font below it. A dark red horizontal bar spans the width of the page, containing a white hamburger menu icon on the left and the words 'Home', 'Articles', 'Authors', and 'Subscriptions' in white text. Below this bar, the breadcrumb navigation reads 'Home » American Journal of Public Health (AJPH) » September 2018'. The main article title is 'Comprehensive Diabetes Self-Management Support From Food Banks: A Randomized Controlled Trial', displayed in a large, bold, dark red font. Below the title, the authors are listed: 'Hilary K. Seligman MD, MAS, Morgan Smith RN, PHN, CNS, CDE, Sophie Rosenmoss BA, Michelle Berger Marshall MS, RD, and Elaine Waxman PhD'.

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Comprehensive Diabetes Self-Management Support From Food Banks: A Randomized Controlled Trial

Hilary K. Seligman MD, MAS, Morgan Smith RN, PHN, CNS, CDE, Sophie Rosenmoss BA, Michelle Berger Marshall MS, RD, and Elaine Waxman PhD

Randomized Trials

- Have found important effects on diet and patient-reported outcomes
- More studies examining quality metrics, utilization, and cost are coming

Wrapping Up

- Research on interventions is still emerging
- Research should examine broad range of outcomes to fully understand 'ROI':
 - Patient Reported Outcomes
 - Quality Metrics
 - Utilization Outcomes
 - Costs

Thank You!

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