

*Hunger at Lunch*  
**Lunchtime Learning Series**

Supported by Family Living Programs Healthy Living Team –  
Food Security and Food Access Workgroup

**Food security and health:  
making the connections**

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Community Food Systems & Food Security Lunchtime Learning

Fourth Wednesday of each month

12:00 – 1:00 PM

Learn about tools and resources, hear from colleagues about projects in the works across the state, get connected to others with interests in these topics and join the discussion with your questions and experiences. Colleagues from all program areas are welcomed to join! Invite community members to join you for a group learning experience at your local UW-Extension site. (Note that some references may be password restricted). You'll find call and connection information below.

These presentations are supported by the UW- Extension Healthy Living Team Food Security & Food Access Workgroup and the Community Food Systems Multidisciplinary Team

Wednesday, August 22- 12:00-1:00 PM

Food Systems on the Ground: Central Wisconsin Resiliency Project

Learn about the successes and challenges of food systems initiatives of the Central Wisconsin Resiliency

Project. <http://www.resiliencyproject.net/aboutus> Sherry Daniels Portage County Family Living Educator, Erin Olson Central Wisconsin Resiliency Project, and Kristy Seblonka, Portage County CNRED Educator.

Call in and connection info: 1 (855) 947-8255 Passcode: 8873492#

Web access (audio provided by phone only): <https://sas.illuminate.com/d.jnlp?password=GUEST0938iOCg&sid=1304>

Wednesday, September 26 -12:00-1:00 PM

School Breakfast Programs

Amy Alvig, School Breakfast and Nutrition Education Specialist, Family Living Programs. Supported by the Healthy Living Team Food Security & Food Access Workgroup Hunger at Lunch Lunchtime Learning Series

Call in and connection info: 1(855) 947.8255 Passcode: 5866478#

Wednesday October 24 - 12:00-1:00 PM

Getting Started with Farm to School: An Introduction of the Farm to School Toolkit

Learn how the Wisconsin Farm to School Toolkit can help communities in your region get started with Farm to School. Farm to School Toolkit Jennifer Blazek, Polk County Agriculture Agent, Sara Tedeschi, Outreach Specialist Center for Integrated Agricultural Systems, Vanessa Herald- Great Lakes Regional Farm to School Coordinator

Call in and connection info: 1 (855) 947-8255 Passcode: 8873492#

Web access (audio provided by phone only): <https://sas.illuminate.com/d.jnlp?password=GUEST0938iOCg&sid=1304>

Wednesday, November 28 -12:00-1:00 PM

FoodShare Trends and Latest Controversies

Supported by the Healthy Living Team Food Security & Food Access Workgroup Hunger at Lunch Lunchtime Learning Series

Call in and connection info: 1.855.947.8255 Passcode: 5866478#

**AUDIO & VIDEO**

Talk Video

**PARTICIPANTS**

amber Moderator

MAIN ROOM (1)

amber Moderator (You)

**CHAT**

- You joined the Main Room. ( 4:13 PM ) -

Room Moderators

New Page Delete Page Fit Page

Public Page 1 3/10 Follow

# Using Blackboard Collaborate

Raise your hand, respond to polls, or let us know how you are feeling.

Please...don't forget to mute your phone.

**\*6 to mute**  
**#6 to unmute**

Use the chat box to enter questions & comments

Add emotions to your text!



# Check In - Who's on the line

Place a check mark next to the category that best describes your program area/role:

- FLP
- WNEP Coordinator/Educator
- 4H-Youth Development
- CNRED
- State Specialist
- Other
- Non-Extension



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## Defining food security

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### **Food security:**

access by all people at all times to enough food for an active and healthy life

### **Food insecurity:**

uncertain or limited access to enough food for an active and healthy life

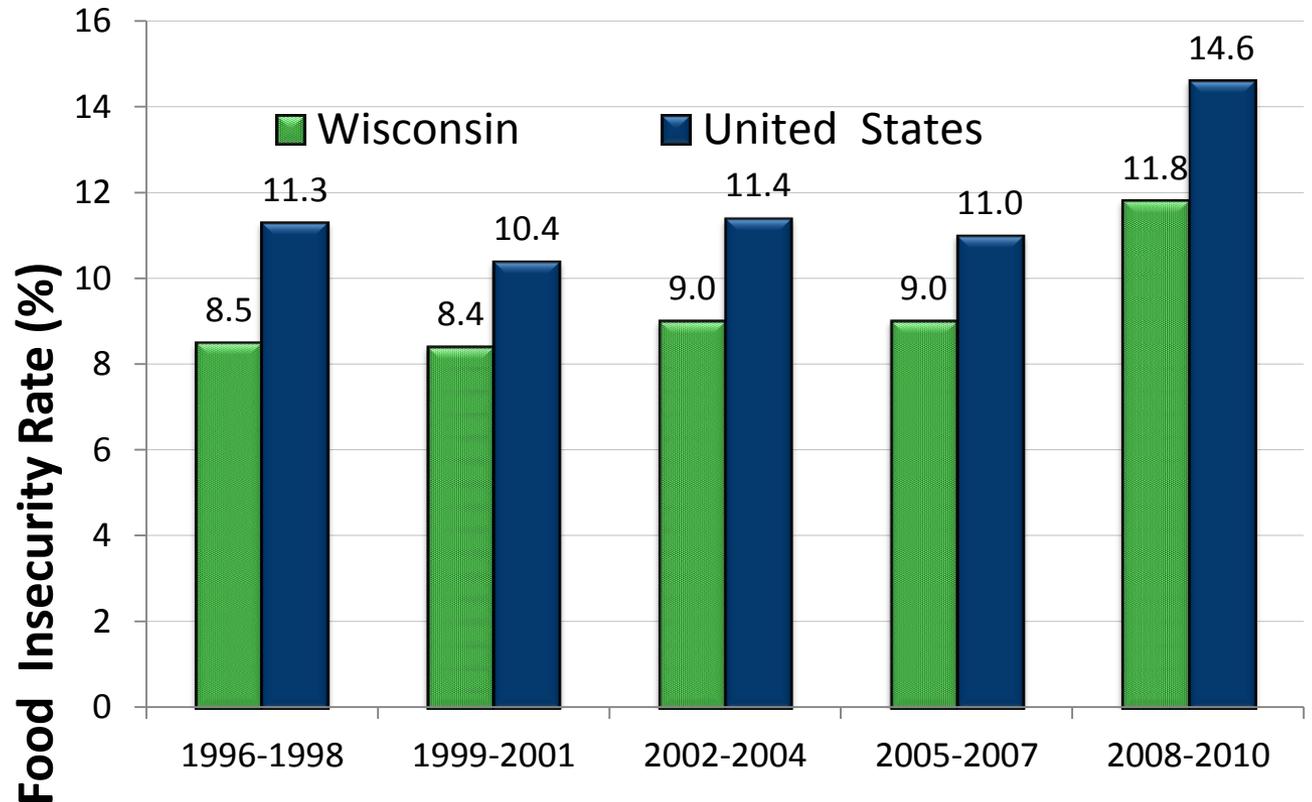
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# food security trends

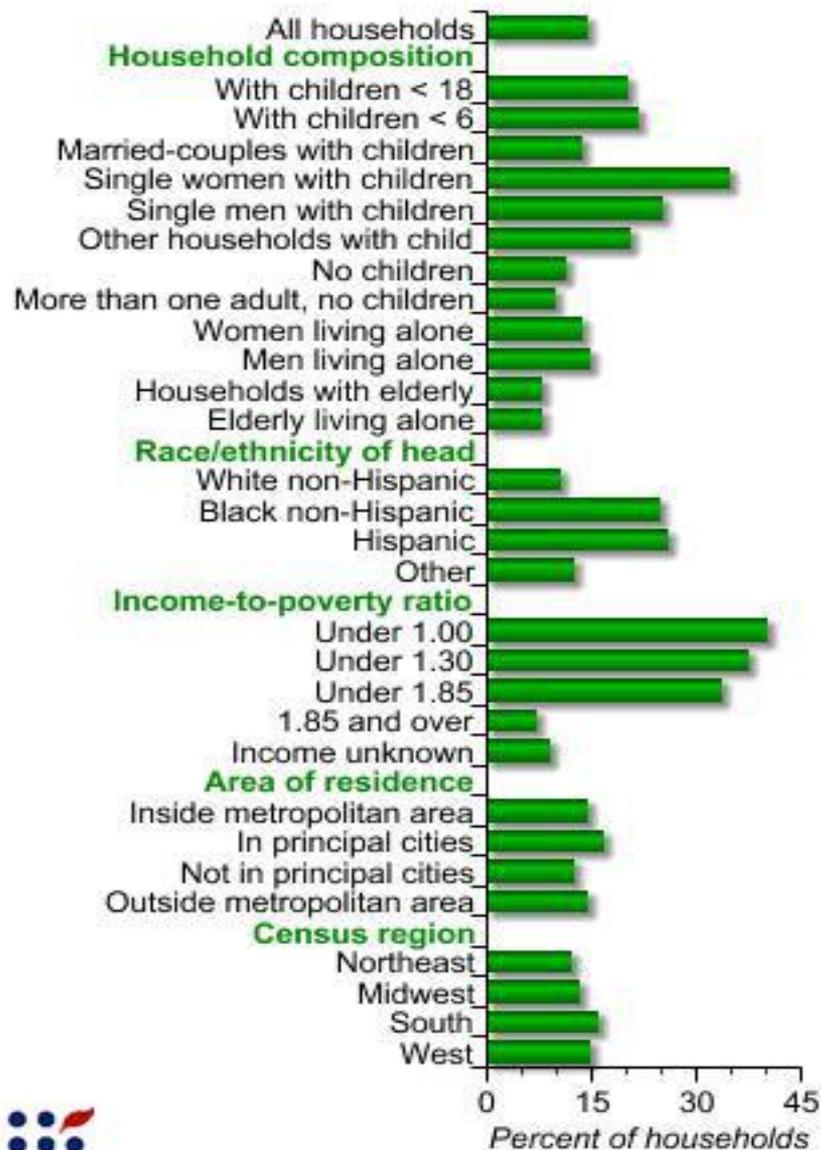
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*More than 1 in 9 households in Wisconsin are food insecure*

## Food Insecurity Rates, 1996-2010



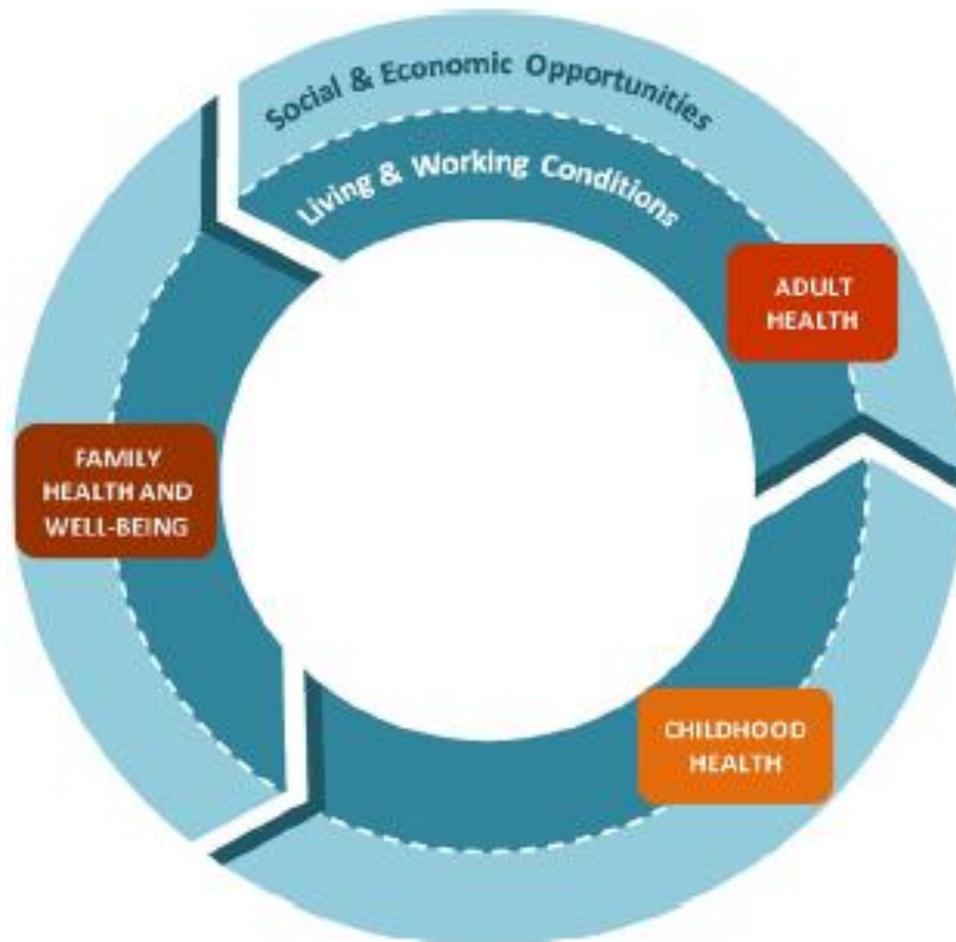
## Prevalence of food insecurity, 2010



# Who is at risk for food insecurity?

- Groups at higher-than-average risk of food insecurity nationally:
  - Households with incomes below FPL
  - Single headed households
  - Black households
  - Hispanic households
  - Households with children

# Understanding how poverty impacts health



The cyclical effects of poverty

**Figure 11.** Health is transmitted by social factors across lifetimes and generations  
Prepared for the Robert Wood Johnson Foundation Commission to Build a Healthier America by the Center on Social Disparities in Health, University of California San Francisco

*Braveman et al / Am J Prev Med 2011;40(1S1):S4-S18*

# Rate the 1-2 food security related health issues of major concern in your county/community

Nutritional  
quality of food

Weight status

Birth  
outcomes

Chronic  
disease

Mental  
health, stress,  
depression

Housing &  
Homelessness

Limited job &  
employment  
opportunities

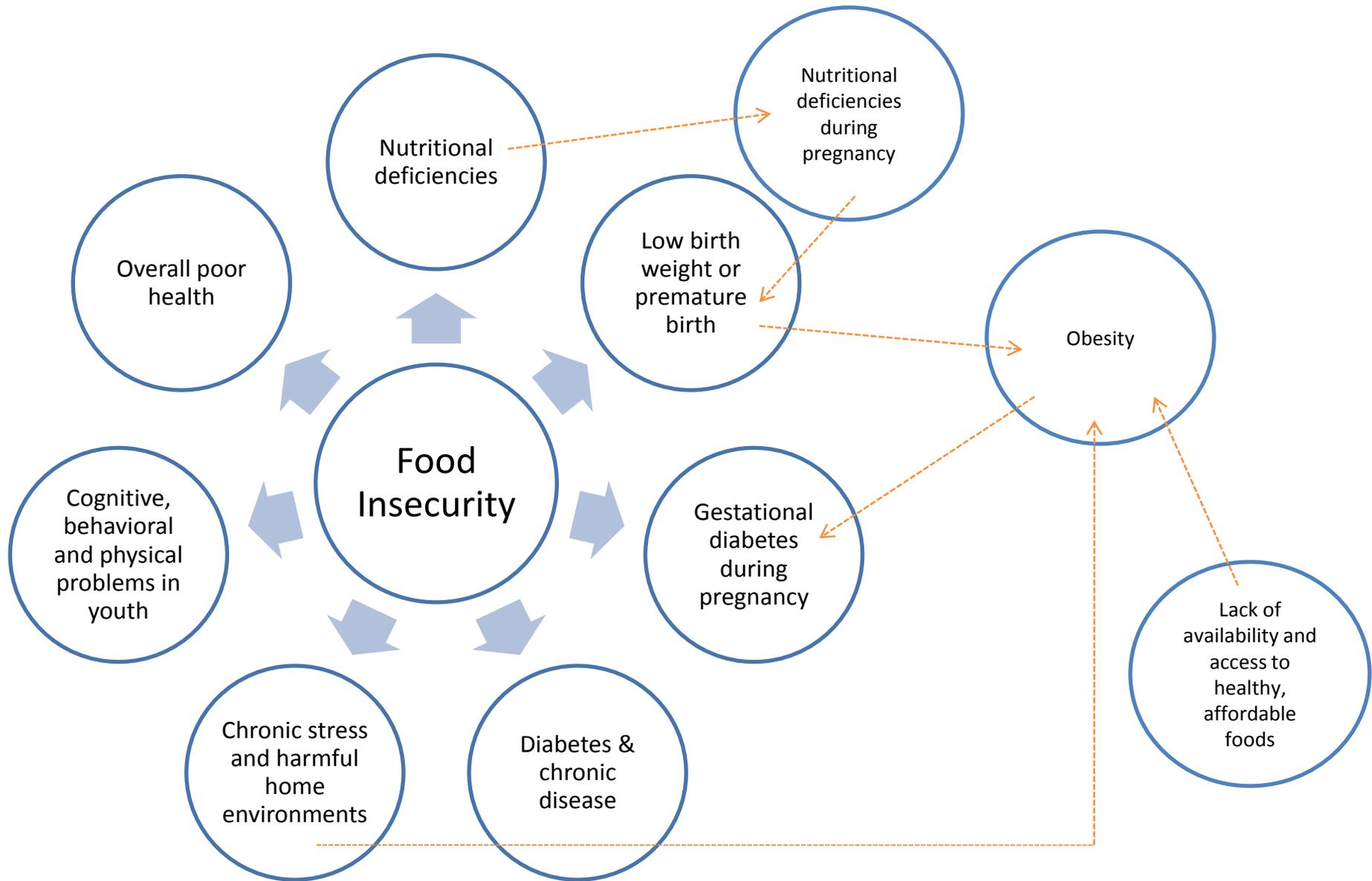
Educational  
attainment

Alcohol &  
Drug Abuse

Health Care  
Access

Other – please  
share in chat  
box

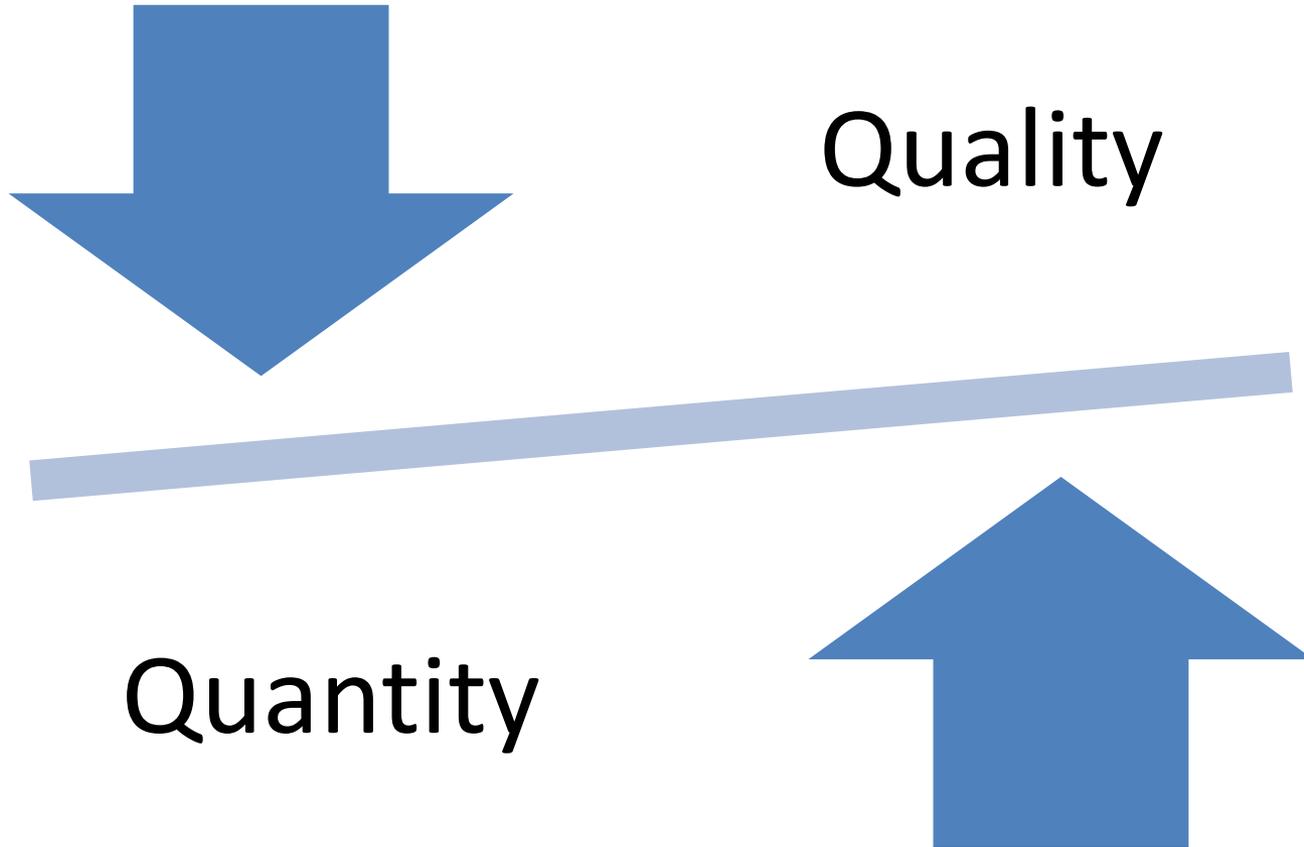
# Connecting food insecurity to health



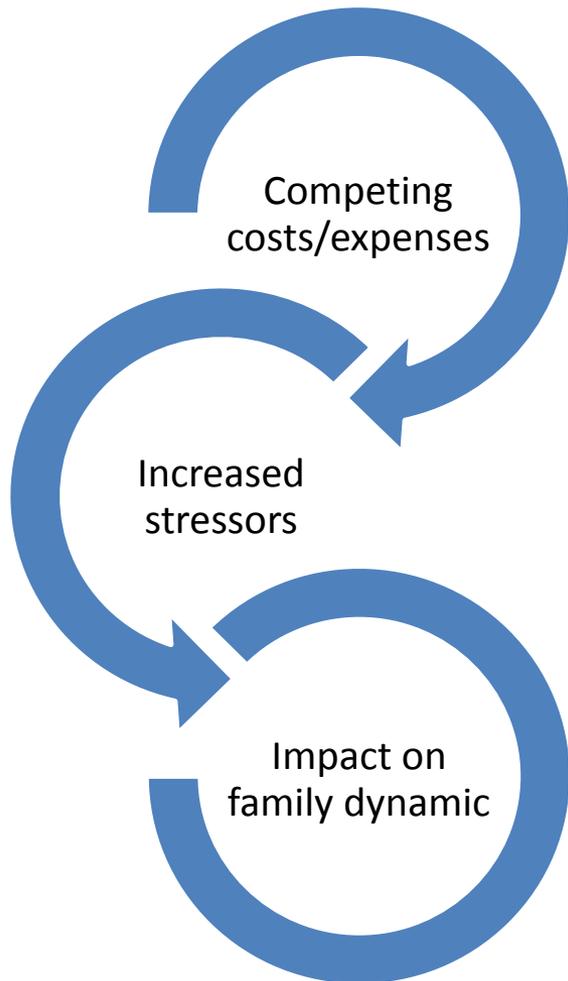
# Food insecure *and* obese?

- Growing body of literature primarily based on cross-sectional studies, limited availability of longitudinal studies
  - Difficult to determine causal relationship
- Most consistent findings suggest relationship of food insecurity and risk for obesity among **women**...children (mixed evidence) and adolescents (growing evidence)
  - Maternal stress/depression
  - Disruptive eating patterns (cycles of deprivation/overeating & sacrifice food supply)
  - Consumption of low-cost, poor-quality foods

# Programmatic Challenge – Food



# Family Stress Model



## Healthy Families in Hard Times Report

Children with moderate hardship (v. those with no hardship) were:

- 11% more likely to be classified as well
- 21% more likely to be at risk for developmental delay

Children with severe hardship (v. those with no hardship) were:

- 35% less likely to be classified as well
- 120% more likely to be at risk of developmental delay

[http://www.childrenshealthwatch.org/upload/resource/multiplehardships\\_report\\_jun10.pdf](http://www.childrenshealthwatch.org/upload/resource/multiplehardships_report_jun10.pdf)

# Critical window – Thinking Early

- Most rapid increase in child development during first 5 years of life
- Nutrition and health impacts during this period of life can have lifelong consequences



# Everybody eats.

- Targeting *multi-disciplinary* efforts to achieve food security and underlying personal and community health.
- Consider multiple levels of intervention:
  - Individual
  - Interpersonal (family, social support networks)
  - Organizational (worksites/employers; health care; childcare)
  - Community
  - Policy
- Community development efforts:
  - Establish and build community relationships and collaborative
  - Youth-adult partnerships for community advocacy

# Aligning Education Opportunities

*Ensuring food access & availability, nutrition education, food/diet, food safety and...*

- Financial literacy, budgeting, money management
- Health care access and education, disease prevention, reproductive information
- Mental health resources for specialized services, depression, stress management
- Permanent and safe housing options
- Relationship adjustment, pre-marital/marital education, parenting
- Career placement and job training
- Educational programs and post-secondary options

# How we've aligned efforts in WI

## *A sampling...*

- Food pantry – nutrition education – community garden (on-site or community donation source) – financial education
- Housing support programs – nutrition education – financial education
- School nutrition education – farm to school programs – school garden education – summer meal programs
- Coalition/community support for installation of EBT terminals at farmers markets – nutrition education – referral to farmers market to redeem food assistance benefits
- Coordination among multi-disciplinary stakeholders in community coalitions to address hunger/food access, homelessness, poverty, etc.

# The Stop: Toronto Holistic Food Bank Model

- Food bank
- Community cooking
- Healthy beginnings & family support
- Community garden:
  - Youth programs, food system education
- Green house and compost demonstration
- Community action & education

Visit [www.thestop.org](http://www.thestop.org) for more information

# Sharing **your** experiences

- What challenges have you seen to aligning food security and health, and multi-disciplinary efforts?
- What success stories can you share?

→ Enter your feedback into the chat box or raise your hand to chat by phone line.

# Thank you for participating!

## Visit

<http://blogs.ces.uwex.edu/hungeratlunch/lunchtime-learning/>

to download presentation slides and audio archive of today's webinar.

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