

# Food Is Medicine

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## **Partnerships to Improve Food Security:**

Connecting older adults with food resources in Maine

**Maine Aging Summit - September 21, 2016**

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## Partnerships To Improve Community Health (PICH)

Support **local partnerships** that build capacity and implement **community-level strategies** to address the greatest **predictors of chronic disease**.

EMHS received a **\$4M** CDC award 2014.

### PICH GOALS

1. Improve access to **healthy foods**
2. Increase **community-clinical linkages** for chronic disease prevention
3. Establish a scaled, accountable **prevention network**



# PICH Intervention Counties

## High Risk Geography

Excess Chronic Disease Morbidity and Mortality



**422,000 Lives**



**Healthy Aroostook  
Power of Prevention  
Piscataquis Public Health  
Healthy Northern Penobscot  
Healthy Acadia  
Healthy Waldo County  
Bangor Public Health  
Healthy Sebecook Valley  
Somerset Public Health**



# Food & Health

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<b>DATAGRAPHIC</b> Visualizing Obesity	<b>NARRATIVE MATTERS</b> Fighting For The FDA's Food Safety Reforms — <i>Shelley A. Hearne</i>	<b>GLOBAL HEALTH &amp; NUTRITION</b> China's Rural Left-Behind Children — <i>Chengchao Zhou et al.</i>
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AT THE INTERSECTION OF HEALTH, HEALTH CARE, AND POLICY

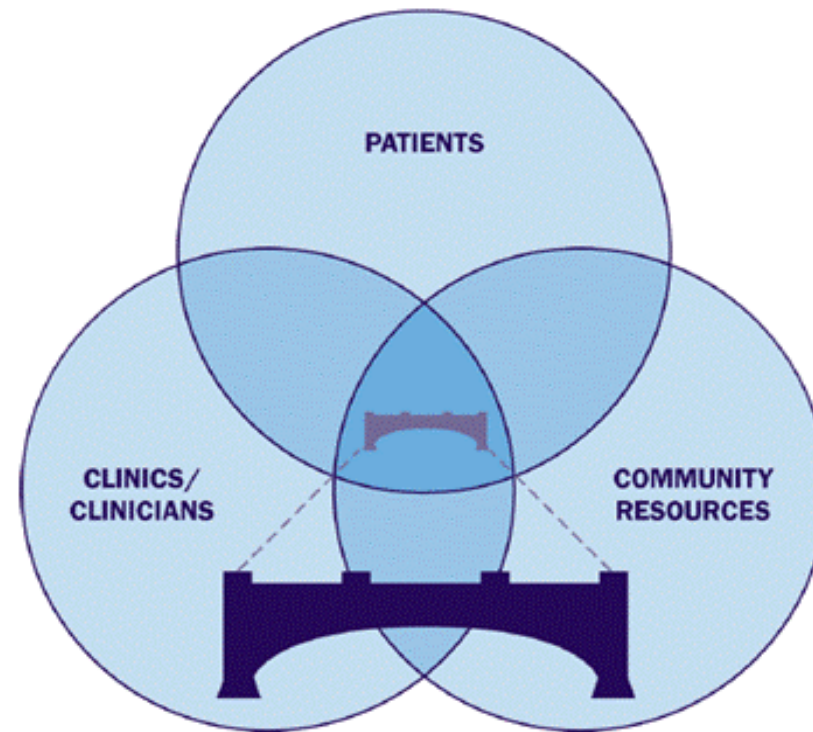
# Health Affairs

<b>Food &amp; Health</b>	<b>The Complex Relationship Between Diet &amp; Health</b> <i>Sara N. Bleich et al.</i> Page 1813	<b>Food Production &amp; Waste</b> Reducing Loss & Waste While Improving Public Health <i>Roni A. Neff et al.</i> A Food Systems Approach To US Agriculture Policy <i>Roni A. Neff et al.</i> Page 1821
<b>Shifting US Food Shopping Patterns</b> <i>Dalia Stern et al.</i> PLUS <i>New WIC Policy Boosts Healthy Food Availability</i> <i>Laura K. Cobb et al.</i> Page 1840	<b>Effects Of Calorie Counts On Restaurant Menus</b> <i>Sara N. Bleich et al.</i> PLUS <i>Update On Fast-Food Calorie Labeling In NYC</i> <i>Jonathan Cantor et al.</i> Page 1877	<b>Healthier Diets Have Reduced Premature Deaths</b> <i>Dong D. Wang et al.</i> PLUS <i>Severe Obesity Costs Medicaid Nearly \$8 Billion</i> <i>Y. Claire Wang et al.</i> Page 1916
<b>Cost-Effective Ways To Reduce Childhood Obesity</b> <i>Steven L. Gortmaker et al.</i> PLUS <i>Quantifying How Specific Foods And Beverages Affect Children's Weight Gain</i> <i>Di Dong et al.</i> Page 1932	<b>Food Insecurity &amp; Health</b> <i>Craig Gundersen &amp; James P. Zillak</i> PLUS <i>Food Insecurity Harms Children's Well-Being</i> <i>Rachel Tolbert Kimbro &amp; Justin Denney</i> Page 1830	<b>FOOD &amp; COMMUNITY</b> <b>Engaging Stakeholders</b> <i>Vivica I. Kraak &amp; Mary Story</i> <b>Using Evidence To Create A Healthy Food Environment</b> <i>Julie A. Willems Van Dijk et al.</i> WWW.HEALTHAFFAIRS.ORG

# Clinical Community Linkages (CCL)

## CDC Definition

“Connections between community and clinical sectors to improve population health.”



## Validated 2 Question SCREENING TOOL

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I'm going to read you 2 statements that people have made about their food situation. For each statement, please tell me whether the statement was "**often true**," "**sometimes true**," or "**never true** for your household in the past (X)\* months.

**“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.”**

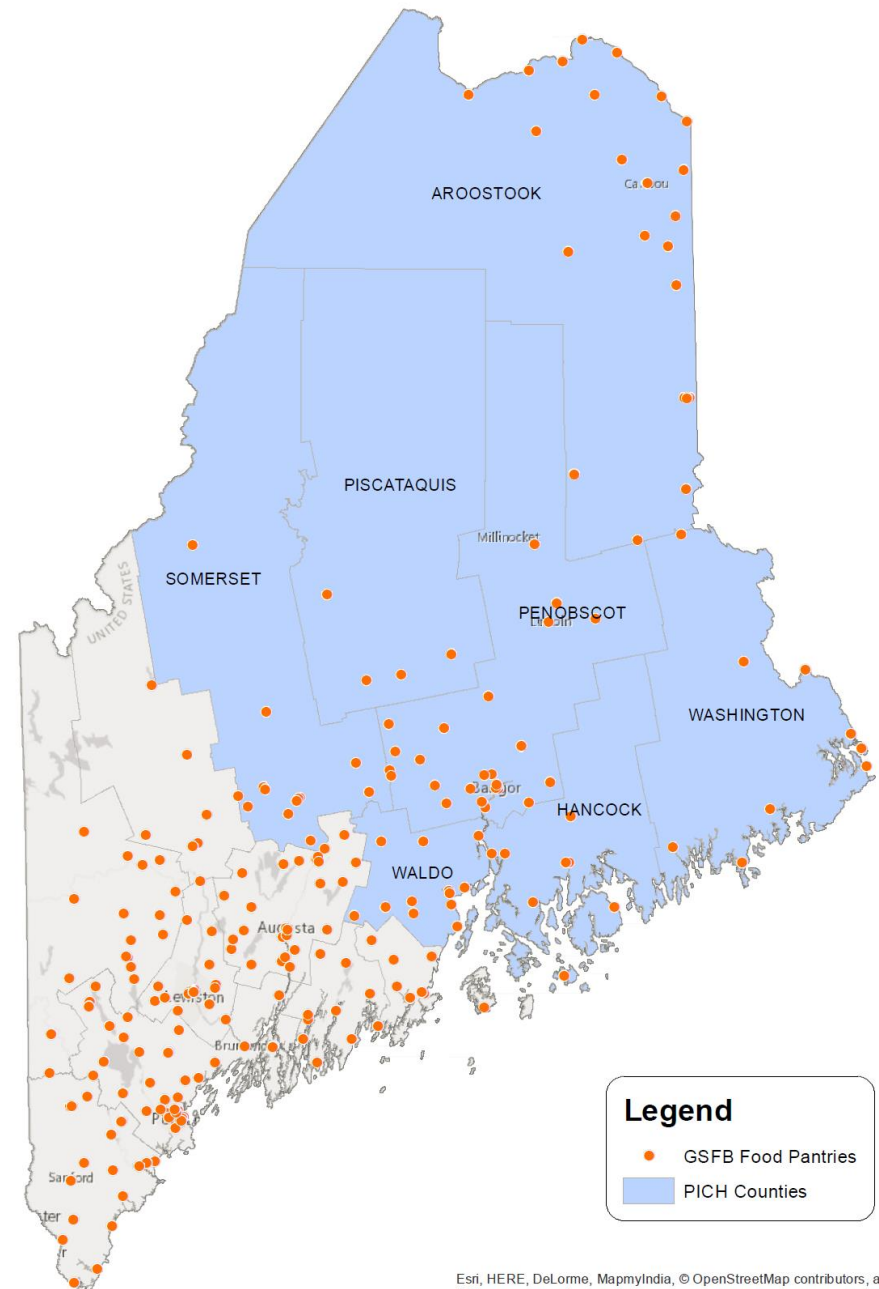


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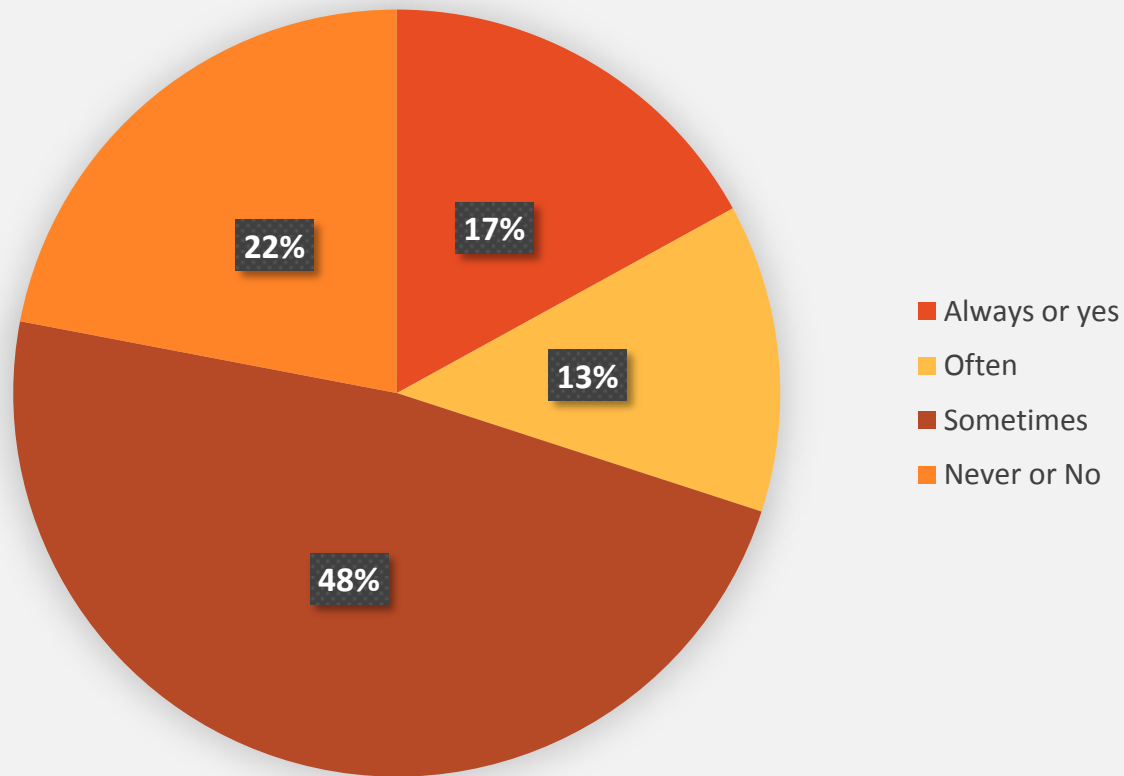
## Food Pantry Capacity Building

- Food pantries across Northern and Eastern Maine completed a Food Pantry Self-Assessment and Goal Planning process.
- The process identified areas of support needed to increase the capacity of food pantries to serve their communities with nutritious food.
- Technical assistance, capacity grants, and learning opportunities are being delivered to food pantries based on the Self-Assessment process findings.



# Sample Food Pantry Self-Assessment Question Results

**We educate our community & donors about preferred foods & why healthier items are important**



## Results:

Only 30% of pantries in the PICH region regularly educate their community and donors about foods preferred for donations and why healthier items are important.

## Recommendations:

Use Hunger and Health in Maine Infographic as a tool to educate community members why healthy donations are important and appreciated.

## Capacity Building:

Invest in food pantry physical infrastructure to increase space to store healthy donations

# HUNGER AND HEALTH IN MAINE

More than

## 200,000

Mainers are food insecure, meaning they lack regular access to enough nutritious food to live a healthy life.



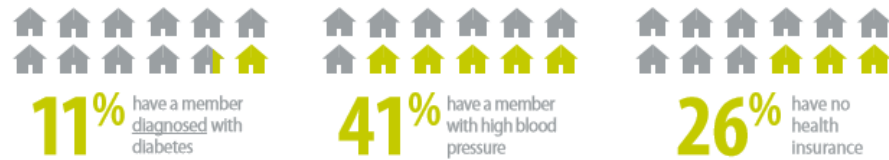
## COPING STRATEGIES

Reported by food insecure households:



## HOUSEHOLD HEALTH

In Maine, households using a local hunger relief agency for food assistance report:



Many of the most common chronic health conditions are diet-related, including obesity, heart disease, high blood pressure, and type 2 diabetes, and may be prevented or improved by eating healthful foods.



**1 in 7** MAINERS TURN TO THEIR LOCAL HUNGER RELIEF AGENCY FOR FOOD ASSISTANCE

The items households report needing most are fruits and vegetables, protein, and dairy products – key parts of a healthy, balanced diet.



## SUGGESTIONS FOR HEALTHFUL FOOD DONATIONS

- FRUITS AND VEGETABLES**
  - Fresh produce\*
  - Low-sodium canned vegetables
  - Canned fruits in 100% juice or lite syrup
  - 100% fruit & vegetable juices
- DAIRY AND DAIRY SUBSTITUTES**
  - Milk (nonfat, skim, and low-fat)\*
  - Shelf stable milk or non-dairy alternatives, shelf-stable dehydrated milk and canned evaporated milk
- 100% WHOLE GRAINS**
  - Whole-wheat pasta, barley, brown rice, and wild rice
  - Whole-grain cereal and rolled oats. Low-sugar or unsweetened cereals and oats are highly encouraged.
- PROTEINS**
  - Canned meats and seafood such as chicken, tuna, and salmon
  - Low-sodium beans, peas and lentils
  - Fresh or frozen meat\*
- HEALTHY FATS**
  - Low-sodium nuts and nut butters such as peanuts, almonds, and cashews

\*Check to see if the food drive has the capacity to accept this as a donation.

Funded through a Partnerships to Improve Community Health award and EMHS.



# Capacity Grant Investments



Produce display installed to promote healthy choices.



# Capacity Grant Investments



Figure 1- Replacement of old chest freezer



Figure 1-New convertible freezer/fridge



# Capacity Grant Investments



Figure 3-Add adequate shelving for food and storage



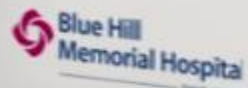
Figure 3-Added new shelving to pantry- So much more space!! Removed both old chest freezers and add rolling shelving and two new industrial shelves.

Janet Lewis  
Executive Director  
Healthy Peninsula

JLEWIS@HEALTHYPENINSULA.ORG



# Healthy Food Resources



Standard Business Cards: Front side



## Free Referral Service

Janet Lewis

*Executive Director, Licensed Social Worker*

P.O. Box 945  
Blue Hill, ME 04614

(207) 374-3257  
jlewis@healthypeninsula.org

Standard Business Cards: Back side

*Supported through funding from the  
Centers for Disease Control and  
Prevention*



Blue Hill Memorial Hospital, Healthy Acadia, EMHS, and  
the Partnership to Improve Community Health

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### **Women, Infants & Children (WIC) Nutrition Program**

This nutrition program is for income-qualifying women who are pregnant, breastfeeding, or have had a baby in the last six months, infants and children up to the age of five. Fathers may apply for their children. You can apply at the Ellsworth WIC office.

Ellsworth WIC Office  
248 State Street (Behind the Mill Mall)  
Ellsworth, ME 04605  
(207) 667-5304 or (800) 492-5550

Online: Maine Family Planning  
[www.maine-familyplanning.org](http://www.maine-familyplanning.org)

Click on the tab "Our Services" and select the button "Family Support Services." Scroll down to the "WIC Nutrition Program" button. Here you can:

- Pre-screen for eligibility
- Get more information about how to apply and how to use benefits
- Learn about breastfeeding support

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### **Low Income Home Energy Assistance (LIHEAP)**

This program helps income-eligible individuals and families pay for home heating costs. You may live in Section 8 or subsidized housing and still receive LIHEAP assistance, even if you don't pay for your heat. If you're enrolled in the Food Supplement (Food Stamps) program, your benefits will increase if you receive LIHEAP assistance. You can apply through the Washington Hancock Community Agency (WHCA), and you must reapply every year

Washington Hancock  
Community Agency (WHCA)  
248 Bucksport Rd, Ellsworth, ME 04605  
(207) 664-2424

Online: WHCA Website  
[www.whcacap.org](http://www.whcacap.org)

Here you can learn more about LIHEAP, and the other services WHCA provides, such as:

- Transportation
- Family Services
- Elder Services
- Veteran's Services

*To get more information about these and other nutrition programs in your area, call:*

**2-1-1 Maine: Dial 2-1-1**

**National Hunger Hotline: Dial**  
1-866-3-HUNGRY (English)  
1-877-8-HAMBRE (Spanish)

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### **Nutrition Resources**

Local Contacts for  
Federal Nutrition Programs  
Hancock County



*For more information, or if you have questions about any of these programs, please contact Healthy Acadia's Anti-Hunger & Opportunity Corps VISTA, Emily Herwerden at 667-7171 or at [emily@healthyacadia.org](mailto:emily@healthyacadia.org)*

 **Healthy  
Acadia**  
*Building vibrant communities  
in Hancock and Washington counties*

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### Bar Harbor

#### **Bar Harbor Food Pantry**

Location: 36 Mount Desert Street

Days and Hours: First 3 Tuesdays each month (9-12pm)  
& the following 3 Thursdays (4-6pm)

Services: Groceries

Donations: During open hours, or at the Bar Harbor  
Hannaford drop box

Contact: 288-3375 or jennifcr@bhfp.org

#### **Food for All Community Meals**

Location: Holy Redeemer Catholic Church,  
21 Ledgeclawn Avenue

Days and Hours: Thursdays (4-7pm)

Services: Free meals

Contact: Chris Brown ~ chrisbrownslp@gmail.com

### Blue Hill

#### **Tree of Life Food Pantry**

Location: 23 South Street

Days and Hours: Thursdays (9am-3pm)

Services: Groceries

Donations: Drop off Tuesdays (8-10am)  
& Thursdays (8am-3pm)

Contact: 374-2900

#### **The Simmering Pot (Community Meal)**

Location: First Congregational Church of Blue Hill,  
22 Tenney Hill

Days and Hours: Mondays (2:30-6pm)

Services: Free meals, dine-in or take-out

Contact: 374-2891

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### Stonington

#### **Island Pantry**

Location: 6 Memorial Lane

Days and Hours: Thursdays (5:30-7pm)  
closed on the 5th week

Services: Groceries

Contact: 348-6181

#### Swan's Island

Location: Old Village Firehouse

Days and Hours: Variable. Watch for the open flag, or  
Swan's Island Newspaper.

Contact to be added to a calling list

Services: Groceries

Contact: 526-4024

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# Food Pantries & Community Meals

Hancock County

Food Security Network



*The Hancock County Food Security Network meets quarterly to share resources, network, and collaborate on initiatives to address hunger in our communities. The Network is supported by Healthy Acadia, University of Maine Cooperative Extension, United Way of Eastern Maine, Washington Hancock Community Agency, and Maine Community Foundation, as well as the food pantries and community meal sites included.*

*For more information, or to suggest updates or changes to this document, contact Katie Freedman at Healthy Acadia: 667-7171/ [katie@healthyacadia.org](mailto:katie@healthyacadia.org) or Marjorie Peronto at UMaine Cooperative Extension: 667-8212/ [marjorie.peronto@maine.edu](mailto:marjorie.peronto@maine.edu)*

 **Healthy  
Acadia**  
Building stronger communities  
in Hancock and Washington counties

 **THE UNIVERSITY OF  
MAINE**  
Cooperative Extension







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# Evaluation PICH Program

EMMC CLINICAL RESEARCH CENTER

# Evaluation purpose (What are we hoping to learn?)

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- to identify discrepancies in implementation work plan and its operationalization
- to share experiences among partners and practices to adapt and optimize the intervention and the likelihood of affecting change
- to identify key indicators of program success

# Evaluation purpose (What are we hoping to learn?)

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- What was the short term impact of the project?
- Predict sustainability of the collaborations between community resources and health systems
- Understand perceived benefits and barriers to program implementation from all stakeholders
- Disseminate real world case studies for expanding implementation in similar settings

# Methodology

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We're just starting to plan our evaluation. Which methods should we consider?



All of them.



freshspectrum.com

## REFERENCES

1. Accessed from: [https://www.google.com/search?q=evaluation+goals&source=lnms&tbm=isch&sa=X&ved=0ahUKEwjYt-PLwZTPAhWGbT4KHdt8ASUQ\\_AUICG&biw=1344&bih=682#tbm=isch&q=research+evaluation+funny&imgsrc=0Wkk2TaWH8jz7M%3A](https://www.google.com/search?q=evaluation+goals&source=lnms&tbm=isch&sa=X&ved=0ahUKEwjYt-PLwZTPAhWGbT4KHdt8ASUQ_AUICG&biw=1344&bih=682#tbm=isch&q=research+evaluation+funny&imgsrc=0Wkk2TaWH8jz7M%3A) accessed on 9/16/2016

# Methods

## (How are we gathering information?)

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### Data sources:

- Program planning narratives
- Key informant interviews
- Stakeholder meetings
- Quarterly reports on project progress (Includes constructs such as: panel size, # patients screened, # patients referred, # providers participated, Geographic area covered )
- Patient feedback from post card questions

# Key Current Findings

## (What did we learn so far?)

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Potential reach of the program: 23000 patients, across 6 Maine counties,

Engaged with 27 different health care practices

Resource guides such as of food pantry directories developed for 3 counties

Screening incorporated in EMR systems at 2 sites potentially available to all practices in the health system

# Case Study

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Feedback from one of the first sites to implement community clinical linkages pilot:

- Positive food insecurity rate of 7% in the first quarter after implementation of the food insecurity screen

“staff was very surprised at the number of people that have screened positive for food insecurity. Also becoming aware that there is a place for people to be referred to that is free of charge.



# Patient feedback post card

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Please take a minute to fill out this survey about the service you received today and drop it in the mail. Your feedback will help us meet the needs of patients. Any answers you give are anonymous, and you do not have to respond if you don't want to.

1. Was information about getting in touch with local food resources given in a way that was easy to understand?  Yes  No

2. Were any questions you had about local food resources answered?  Yes  No  Didn't have any questions

If you did have questions that weren't answered, what were they? \_\_\_\_\_

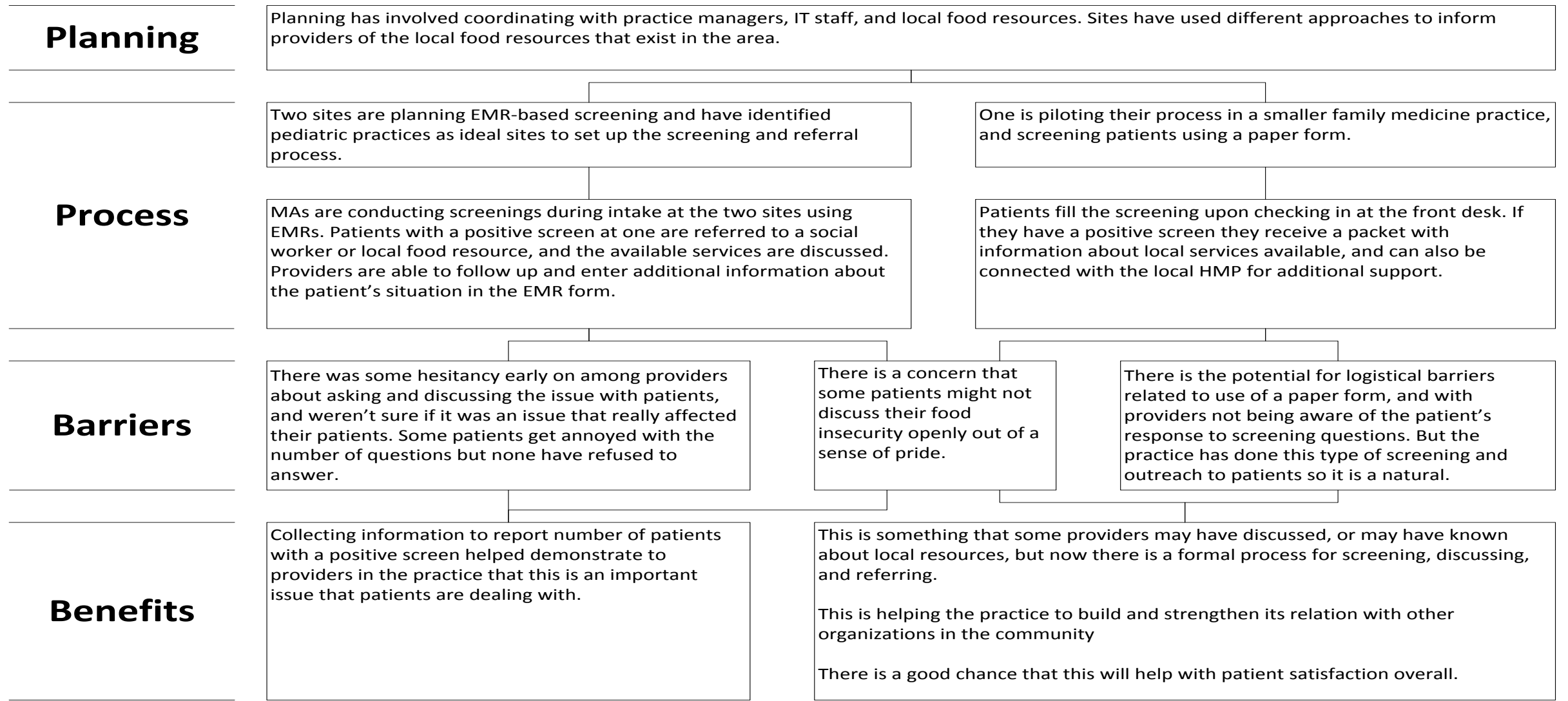
3. Did you ever feel like you were being treated unfairly while talking about food with your doctor?  
 Yes  No

Comment (optional): \_\_\_\_\_

4. Do you think you will be able to get in touch with the local food resource?  Yes  No

If you said "no," what might keep you from getting in touch with them? \_\_\_\_\_

**PICH CCL Evaluation Preliminary Findings: Key Informant Interviews**



The above information is based on information collected during three semi-structured key-informant interviews conducted to date. Interview questions are related to four overarching areas - implementation planning, screening process, barriers, and benefits.