Focus on Food Insecurity in the Granite State

NEW HAMPSHIRE PUBLIC HEALTH ASSOCIATION

Webinar
MARCH 19, 2020
1:00 p.m. - 2:30 p.m.
NHPHA INTRODUCTIONS

Joan Ascheim
Executive Director
New Hampshire Public Health Association

Jess Barnett
Program Assistant
New Hampshire Public Health Association

Andrea Guzman
Workforce Development Coordinator
New Hampshire Public Health Association

NEW HAMPSHIRE PUBLIC HEALTH ASSOCIATION
Improving Health, Preventing Disease, Reducing Costs for All
THANK YOU

Funders:

• New England Public Health Training Center
• New Hampshire Charitable Foundation
• Endowment for Health

• This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number 6UB6HP31685-01-02 “Regional Public Health Training Center Program.”
ABOUT NHPHA

• New Hampshire Public Health Association (NHPHA) is a member driven organization that champions public health policy and practice, enriches the workforce, and inspires leaders to improve the public’s health.

• We have 3 strategic imperatives:
  ○ Strengthen the public health workforce through membership engagement and professional development
  ○ Serve as the collective voice for public health policy and advocacy
  ○ Build a public health movement through timely public health messaging
Logistics

- Webinar will be moderated by Joan Ascheim

- We will have a Question & Answer section at the end. Please type your questions into the chat box when you think of it and it will be answered.

- Choose “Speaker View” in the top right corner, so the current speaker will be highlighted

- Please enable your webcam if that’s an available option. We are trying to simulate an in-person meeting as closely as possible

- We will be putting everyone on mute
Agenda

- Jessica Carson: *Food Insecurity in New Hampshire, What does the data tell us?*
- Joanne Burke: *Food Insecurity as a Social Determinant of Health*
- Lissa Sirois: *Essential Federal and State Food Programs*
- Joan Ascheim: *What Works to Combat Food Insecurity?*
- *Showcasing New Hampshire Programs*
  - Deb Anthony: *Gather*
  - Meg Henning: *Undergraduate Food Insecurity*
- Rebecca Woitkowski: *Food Insecurity Policy Issues in New Hampshire, 2020*
Speaker Introductions

**Jess Carson, Ph.D.**
Jess Carson is a research assistant professor at UNH’s Carsey School of Public Policy. She studies the ways that community, social, and demographic barriers shape low-income people’s ability to make ends meet, and how policy can support them.

**Joanne D. Burke: PhD, RD, LD**
Joanne Burke is a Clinical Professor at the University of New Hampshire’s (UNH) Department of Agriculture, Nutrition and Food Systems. She teaches in the Nutrition Program & is the director of the UNH Master of Sciences in Nutritional Sciences combined with the Dietetic Internship.

**Lissa Sirois, RD, IBCLC**
Nutrition Services Section Administrator at the Division of Public Health Services, NH Department of Health and Human Services. At the Division of Public Health, she provides statewide oversight of four USDA funded nutrition grants.
Speaker Introductions

**Joan Ascheim, MSN**

Is NHPHA’s Executive Director. Joan holds a Master’s Degree in nursing from the University of Virginia and a Bachelor’s Degree from Georgetown University and has practiced in public health for over 30 years.

**Deb Anthony**

Has led Gather as the Executive Director since February 2014. She brings extensive experience designing, implementing, and evaluating innovative programs for vulnerable populations. She has led organizations in Massachusetts, New Hampshire, Maine and California.

**Meg Henning**

Dr. Henning is an Associate Professor in the Public Health Department within the School of Sciences, Sustainability, and Health at Keene State College. Her teaching, research and service have consistently been grounded within Public Health, Health Disparities and Undergraduate Research.
Speaker Introductions

Rebecca Woitkowski, JD

Rebecca serves as the Kids Count Policy Coordinator for New Futures. She works to coordinate and lead early childhood policy and advocacy efforts in New Hampshire. Her experience working directly with clients lead her to seek out policy work to help improve the lives of New Hampshire families on a greater scale.
MEASURING FOOD INSECURITY IN NEW HAMPSHIRE: WHAT DO THE DATA TELL US?

NHPHA WEBINAR
MARCH 19, 2020

Jess Carson, Ph.D.
Research Assistant Professor
Overview

• Official measures of food insecurity
• Food insecurity in New Hampshire: rates, context, and comparisons
• Risks for food insecurity & implications for New Hampshire
• Data takeaways
Defining Food Insecurity

**Food security** for a household means access by all members at all times to enough food for an active, healthy life.

**Food insecurity** is the limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.

Note: Definitions are direct quotes from “Food Security in the U.S.: Measurement”, Economic Research Service, U.S. Department of Agriculture
Measuring Food Insecurity

• Official measures collected yearly through Current Population Survey
• 40,000 households participate and their responses form rates for the nation and each state
• Respondents are asked between 8 and 18 questions; those who report at least three conditions are labeled “food insecure.”
New Hampshire by Comparison

• 2016-2018 food insecurity rate was 7.8 percent in New Hampshire
• NH had a lower estimated rate than any other state, but after accounting for margins of error, we’re “tied” with lots of other states
  – States range from 7.8 percent in NH to 16.8 percent in NM

Source: USDA Economic Research Service
Food Insecurity in New Hampshire, 2008-2018

Note: State-level food insecurity rates are provided as three-year averages to improve the reliability of estimates but are graphed here as single points for illustration (e.g., “2018” rate is 2016-2018 average).
Source: USDA Economic Research Service
Don’t forget: these are estimates!

Note: State-level food insecurity rates are provided as three-year averages to improve the reliability of estimates but are graphed here as single points for illustration (e.g., “2018” rate is 2016-2018 average).
Source: USDA Economic Research Service
Estimating Rates within NH

- Map the Meal Gap’s statistical models by county
- Non-official exploratory source
- In 2017, range from:
  - 7.1 percent in Rockingham County to
  - 11.3 percent in Coös County

Source: Feeding America, Map the Meal Gap, 2019 (2017 data)
Estimated Number of Food Insecure People by NH County, 2017

Source: Carsey School of Public Policy map using data from Feeding America, “Map the Meal Gap,” 2019.
Populations at Elevated Risk of Food Insecurity

- Nationally, 11.1 percent of households are food insecure. Rates are higher than average for...

- Households with children: 19.5 percent
- Rural and urban households (vs. suburban): 12.7 and 13.2 percent
- Low-income households: 34.8 percent
- Black and Hispanic households: 21.2 and 16.2 percent

Data Takeaways for New Hampshire

- Official measures are specific in meaning and limited in ability to generalize at local levels.
- Official food insecurity here is low, but that doesn’t mean non-existent!
- Food insecurity rates and numbers tell part of the story, as do distributions of demographic factors associated with risk.
Stay in Touch!

Jess Carson
Research Assistant Professor
Carsey School of Public Policy
Jess.carson@unh.edu
603-862-3215
Food Insecurity & Health Impacts

Joanne D. Burke PhD, RD, LD
Clinical Professor, Director of the UNH Master of Science & Dietetic Internship
March 19, 2020
Joanne.Burke@unh.edu  603 862-1456
Food Insecurity as a Health Determinant

Hands Image courtesy of https://nces.ed.gov/programs/raceindicators/

Joanne Burke, 3/19/2020
Cycle of Food Insecurity and Compromised Health Status

Food insecurity

- Decreased household income and increased competing demands
- Increased health care expenditures and reduced employment

Poor health

- Coping strategies engaged to evade physical sensation of hunger
- Coping strategies reduce capacity for disease self-management

Relevant coping strategies include:
- Eating low-cost and highly filling (generally unhealthy) foods
- Concentrating intake on a small variety of foods
- Responding to fluctuations in food availability by bingeing and fasting
- Avoiding food waste
- Increasing cognitive attention to obtaining food

These strategies are *adaptive* in the short run for preventing the physical sensation of hunger, but can be *maladaptive* when sustained.


Joanne D. Burke, 3/19/2020
## US Health and Human Services 2020 Annual Poverty Criteria

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Annual HHS Income Criteria and Percent of Poverty</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>100%</td>
</tr>
<tr>
<td>One</td>
<td>$12,760</td>
</tr>
<tr>
<td>Two</td>
<td>$17,240</td>
</tr>
<tr>
<td>Three</td>
<td>$21,720</td>
</tr>
<tr>
<td>Four</td>
<td>$26,200</td>
</tr>
<tr>
<td></td>
<td>200 %</td>
</tr>
<tr>
<td>One</td>
<td>$25,520</td>
</tr>
<tr>
<td>Two</td>
<td>$34,480</td>
</tr>
<tr>
<td>Three</td>
<td>$43,440</td>
</tr>
<tr>
<td>Four</td>
<td>$52,400</td>
</tr>
<tr>
<td></td>
<td>250 %</td>
</tr>
<tr>
<td>One</td>
<td>$31,900</td>
</tr>
<tr>
<td>Two</td>
<td>$43,100</td>
</tr>
<tr>
<td>Three</td>
<td>$54,300</td>
</tr>
<tr>
<td>Four</td>
<td>$65,500</td>
</tr>
</tbody>
</table>

Joanne D. Burke, 3/19/2020


![Chart: Poverty Rates and Number of People in Poverty by County](http://nhfpi.org/wp-content/uploads/2020/02/Poverty-Rates-and-Number-of-People-in-Poverty-by-County.png)

**Poverty Rates and Number of People in Poverty by County**

*New Hampshire, American Community Survey Estimates, 2014-2018*

**New Hampshire County**

![Chart: Poverty Rates and Number of People in Poverty by County](http://nhfpi.org/wp-content/uploads/2020/02/Poverty-Rates-and-Number-of-People-in-Poverty-by-County.png)

Note: Margins of Error represent 90 percent confidence intervals

Source: U.S. Census Bureau, American Community Survey Five-Year Estimates, 2014-2018
HHS Annual Poverty Level Compared to Alternate Cost of Living Estimates for a Family of Four

HHS https://www.payingforseniorcare.com/federal-poverty-level
Living Wage Calculator https://livingwage.mit.edu/states/33
EPI https://www.epi.org/resources/budget/

Joanne D. Burke, 3/19/2020
Percent of New Hampshire Population Relative to Poverty Status

Measured as a Percentage of the Federal Poverty Level, Survey Estimates

Year of Data Collection

Source: U.S. Census Bureau, American Community Survey
Note: Measured as a percentage of the population for whom poverty status could be determined

- Under 50% (in deep poverty)
- Under 100% (in poverty)
- Under 125%
- Under 150%
- Under 200%

NHFPI  Census Bureau 2018 Estimates for Income, Poverty, Housing Costs, and Health Coverage
Next Steps

1. Power of eliminating poverty impacts all

2. Address and dismantle upstream causes of poverty (race, gender, wage inequities) while building capacity to address the immediate needs of vulnerable individuals and families.

3. Challenge use of words and terms that don’t capture the full picture
   - Poverty level
   - Minimum wage
   - “Thrifty”
   - Food insecurity

4. Continue collaboration, education and advocacy with community members, nutrition, public health, policy professionals and all

New Hampshire Food Alliance

https://www.nhfoodalliance.com/initiative  JD Burke
References


Ettinger de Cuba S; Casey PH.; Cutts, D; TC.; Coleman S; Bovell-Ammon AR.; Frank DA.; and Cook, JT. (2018) "Household food insecurity positively associated with increased hospital charges for infants," Journal of Applied Research on Children: Informing Policy for Children at Risk: Vol. 9 : Iss. 1 , Article 8. https://digitalcommons.library.tmc.edu/childrenatrisk/vol9/iss1/8

Feeding America https://www.feedingamerica.org/hunger-in-america/african-american

Joanne D Burke March 19, 2020
Food Research & Action Center (2017): Hunger and Health—The Impact of Poverty and Poor Nutrition on Health and Well-Being. Dec  

Food Research and Action Center (2012) Replacing the Thrifty Food Plan in Order to Provide Adequate Allotments for SNAP Beneficiaries.  
https://frac.org/research/resource-library/replacing-thrifty-food-plan-order-provide-adequate-allotments-snap-beneficiaries

https://www.epi.org/publication/family-budget-calculator-documentation/

Health and Human Services Federal Poverty Level  
https://www.payingforseniorcare.com/federal-poverty-level


https://doi.org/10.3945/ajcn.111.012617. Accessed February 27, 2020

Joanne D Burke March 19, 2020

https://livingwage.mit.edu/pages/about


References


Ioanne D Burke March 19, 2020


Joanne D Burke March 19, 2020
State & Federal Funded Nutrition Programs

Lissa Sirois, MPH, RD, IBCLC
NH DHHS, Division of Public Health Services

A special thank you to:
Cheri White, NH DOE
Maureen Burke, NH DHHS
Maureen Brown, NH DHHS
What are our NH Programs?

NH DHHS
- Commodity Supplemental Food (CSFP)
- Sr. Farmers Market
- Supplemental Nutrition for Women, Infants and Children (WIC)
- Supplemental Nutrition Assistance (SNAP)
- Congregate Meals
- Meals on Wheels (HD Meals)

NH DOE
- National School Lunch & Breakfast
- After School Snack
- Child and Adult Care Food
- Summer Food Service
- Fresh Fruit and Vegetable
- Special Milk

NH DAS
- Emergency Food Assistance (TEFAP)
# Utilization and Participation

<table>
<thead>
<tr>
<th>DHHS Program</th>
<th>Total Participation</th>
<th>Children</th>
<th>Adults</th>
<th>Elderly</th>
</tr>
</thead>
<tbody>
<tr>
<td>SNAP**</td>
<td>72,465*</td>
<td>0–18 yo: 27,901 (39%)</td>
<td></td>
<td>60+: 10,455 (14.4%)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>{0–12 yo: 21,308 (29%)}</td>
<td></td>
<td></td>
</tr>
<tr>
<td>WIC***</td>
<td>11,985*</td>
<td>0–1 yo: 2,601 (22%)</td>
<td>Pregnant: 2,504 (21%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2–5 yo: 6,88 (57%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CSFP &amp; SFMNP</td>
<td>3,366</td>
<td></td>
<td></td>
<td>3,366 (100%)</td>
</tr>
<tr>
<td>Congregate Meals</td>
<td>25,622****</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meals on Wheels</td>
<td>78,357 <em>(Title III)</em> ****</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>45,910 <em>(Title XX)</em> ****</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- *Participation count 1/31/2020
- **Additional program requirements specific to the category/applicant
- ***Additional eligibility requirements
- **** Meal counts

Gross Income Limit: (HH size of 2) $1,832/mo; Max benefit of $355/mo

Gross Income: (HH size of 2) $2,607/mo; Max benefit of ~$300/$47/$90/mo

Gross Income: (HH size of 2) $1,832/mo; Max benefit of $50/mo
## Utilization and Participation

<table>
<thead>
<tr>
<th>DOE Program</th>
<th>Total Meal Counts*</th>
<th>Children</th>
<th>Adults</th>
<th>Elderly</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Lunch</td>
<td>Free: 5,236,374</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Reduced: 778,170</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>School Breakfast</td>
<td>Free: 2,319,569</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Reduced: 245,004</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Special Milk</td>
<td>Free: 50,438</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summer Food Service</td>
<td>340,608</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Fruit &amp; Vegetable</td>
<td>Not available</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CACFP</td>
<td>Free: 2,145,915</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Reduced: 204,961</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* 2019 Data
# Utilization and Participation

<table>
<thead>
<tr>
<th>DAS Program</th>
<th>Total Participation</th>
<th>Children</th>
<th>Adults</th>
<th>Elderly</th>
</tr>
</thead>
<tbody>
<tr>
<td>TEFAP</td>
<td>~250 locations across the state that receive commodities</td>
<td>All age groups</td>
<td>All age groups</td>
<td>All age groups</td>
</tr>
</tbody>
</table>

Income guidelines: Determined by the distributing agency
What does the coverage look like for the WIC Program in New Hampshire?
How to Apply or Connect with Provider Agencies

- **SNAP**: District Offices [https://nheasy.nh.gov/#/](https://nheasy.nh.gov/#/)
- **CSFP and SFMNP**: [https://bm-cap.org/commodity-supplemental-food-program-csfp](https://bm-cap.org/commodity-supplemental-food-program-csfp)
- **Senior Meals**: Area Senior Centers [https://www.servicelink.nh.gov/index.htm](https://www.servicelink.nh.gov/index.htm)
- **School Meals**: [https://www.education.nh.gov/program/nutrition/school_lunch.htm](https://www.education.nh.gov/program/nutrition/school_lunch.htm)
- **Child and Adult Care Meals**: [https://www.education.nh.gov/program/nutrition/child_adult.htm](https://www.education.nh.gov/program/nutrition/child_adult.htm)
FINDING WHAT WORKS

County Health Rankings and Roadmaps

The County Health Rankings & Roadmaps program is a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. We believe America can become a nation where getting healthy, staying healthy, and making sure our children grow up healthy are top priorities. We have a vision of an America where we all strive together to build a national Culture of Health that enables all in our diverse society to lead healthy lives, now and for generations to come.

The goals of the program are to:

• Build awareness of the multiple factors that influence health
• Provide a reliable, sustainable source of local data and evidence to communities to help them identify opportunities to improve their health
• Engage and activate local leaders from many sectors in creating sustainable community change, and (Culture of Health Prize)
• Connect & empower community leaders working to improve health.
• [https://www.countyhealthrankings.org/about-us](https://www.countyhealthrankings.org/about-us)
Food Insecurity Solutions
Pantry Market & Mobile Programs

1. Pantry Market
   ✓ Significantly increased receipt of fresh rescued food donations growing an average of 46.5% per year over the last 5 years
   ✓ Improved the mix of donated foods so that perishable food items (e.g. meat, fruit, vegetables, etc.) now represent more than 63% of all fresh rescued food donations

2. 2019 Meals-4-Kids (M4K) Program Highlights
   ✓ Served 7,979 children distributing at (10) different sites over 11 weeks throughout the summer school recess
   ✓ Distributed close to 140,000 pounds
   ✓ Launched a new M4K – Rochester distribution site in Jun 2019 and served 1,715 children at this new location

3. Mobile Pantry Market
   ✓ Launched a Rochester, NH Mobile Pantry Market pilot program in Aug 2019
   ✓ Our goal is to redirect fresh produce and perishable items picked up that day from Rochester based vendors
   ✓ To date we have offered (3) Mobile Pantry Market events distributing close to 1,800 pounds each day serving 327 families
   ✓ More than 60% of food distributed at the Mobile Pantry Events is rescued meat, fruit and vegetables
4. Pantry-to-Table

- In 2019 FY we repurposed 27,798 pounds of food that would have most likely gone to compost creating
  - 8,653 entrees
  - 5,636 soups and sides
  - 7,304 baked items

- While our fresh rescue donations grew 34.5% in 2019, we were able to reduce the total pounds of food going to compost by 10,254 pounds or 24.3% year-over-year [from 42,094 lbs. in 2018 FY to 31,840 lbs. in 2019 FY].

5. Gleaning Program

- In early 2019, Gather agreed to assume oversight responsibility for New Hampshire Gleans

- We launched the Food Pantry Network (FPN) to facilitate the sharing of excess gleaned and donated food across participating local food pantries

- For the 2019 calendar year, the Seacoast Region of NH Gleans conducted 330 gleaning events, rescuing 49,191 pounds of fresh produce from more than 20 local farmers
Meals-4-Kids
Number of Low-Income Children Served

<table>
<thead>
<tr>
<th>Year</th>
<th>M4K South</th>
<th>M4K ROCH</th>
<th>Total Served</th>
<th>Growth</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016 Act</td>
<td>3,110</td>
<td></td>
<td>3,110</td>
<td></td>
</tr>
<tr>
<td>2017 Act</td>
<td>4,234</td>
<td></td>
<td>4,234</td>
<td>36.1%</td>
</tr>
<tr>
<td>2018 Act</td>
<td>4,947</td>
<td></td>
<td>4,947</td>
<td>16.8%</td>
</tr>
<tr>
<td>2019 Act</td>
<td>5,347</td>
<td>1,621</td>
<td>6,968</td>
<td>40.9%</td>
</tr>
<tr>
<td>2020 Plan</td>
<td>5,775</td>
<td>1,875</td>
<td>7,650</td>
<td>9.8%</td>
</tr>
</tbody>
</table>
Ongoing Efforts to Continue to Reduce Food Waste and Address Food Insecurity

- Proven track record of implementing innovating programming to reduce food waste and to increase the number of individual and families we serve in the Seacoast community.

- **Aggressively expanding our mobile programing to improve services to more rural neighboring communities.**

- University of New Hampshire partnership - Durham, NH
  - UNH officials have tentatively agreed to permit access to their on-campus teaching kitchens (5) days per week
  - Negotiations are also underway to allow Gather to collect University Dining Service food waste to repurpose into prepared meals

- Leverage supply chain and logistics capabilities – adding (3) NH Food Bank vendors to support Rochester programing, expand local farm participation in NH Gleans, etc., receive and distribute over 1 million pounds of Fresh Rescue donated foods per year

- Successful roll out of Better Impact volunteer management software to expand volunteer base and to improve volunteer experience.
New Futures
Food Insecurity
Advocacy Update
About New Futures

• New Futures envisions a State and local communities whose public policies support the health and wellness of all New Hampshire residents.
Policy Focus Areas

DRUG & ALCOHOL
ACCESS TO TREATMENT
HEALTH CARE
EARLY CHILDHOOD
CHILDREN’S BEHAVIORAL HEALTH
2020 Priority Bills
Food Insecurity

- HB 1638
- relative to the administration of the SNAP incentive programs

- HB 1127
- relative to school lunch payment policies
SNAP INCENTIVES

• Nutrition incentives are a powerful way to increase the amount of healthy foods available to low income families and individuals in NH while also providing an economic boost to our local farms and food businesses.

• By supporting and expanding existing nutrition incentive programs in NH through new policies, funding streams, and collaborative efforts, we can improve health outcomes for vulnerable children and families and strengthen markets for NH grown food.
STATUS

• HB 1638
  • Strong House Heath, Human, and Elder Services Hearing
  • Unanimous vote out of subcommittee and full committee
  • Strong Full House voice vote
  • Unanimous vote out of Division III Finance
  • Legislature Recessed until April due to COVID-19

HB 1127

• Bill to address issue of food insecurity/stigma in public schools

What can we do now?

• Stay Engaged
• Increase Public Awareness
• Be Flexible
Thank you!

- Thank you for coming to Focus on Food Insecurity in the Granite State!
- Please fill out and submit the evaluation
- To those who watched as a team, please fill out and submit the Discussion and Action Template (1 per team)
- Questions? Contact Andrea Guzman aguzman@nhpha.org