Food Insecurity: What do we do if they say YES?

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Shilpa Pai, MD FAAP
Overview

Education Seminar #1: 2/22/16
Education Seminar #2: 3/28/16
  Goal: to increase awareness of nutritional programs and food resources to refer our food insecure families to

Education Seminar #3: date TBD
Education Seminar #4: date TBD
Video #1

http://www.takepart.com/place-at-the-table/film
Video #2

Gaby’s story
“Pediatricians need to be aware of resources that can mitigate food insecurity and know how to refer eligible families. These programs serve as critical supports for the physical and mental health and academic competence of children.”

“Promoting Food Security For All Children.” *Pediatrics*. Vol 136, Number 5, December 2015
Mission: to safeguard the health of low-income women, infants and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to healthcare.
Who is eligible:
- Pregnant women
  - Breastfeeding – up to child’s first birthday
  - Non-breastfeeding – up to 6 months post-partum
- Infants and children (up to 5 y/o)

Income: at or below 185% of U.S. Poverty Income Guidelines

Nutritional Risk
- Medically based risks: anemia, underweight, history of poor pregnancy outcomes
- Diet-based risks: inadequate dietary pattern
How to apply?

- State agency/24 hour referral line: 1-800-328-3838

Website for more information:

- [http://www.state.nj.us/health/fhs/wic/proginfo.shtml#elig](http://www.state.nj.us/health/fhs/wic/proginfo.shtml#elig)
# Medical Documentation for WIC Formula and Approved WIC Foods for Infants, Children and Women

## Qualifying Conditions

Please check appropriate Qualifying Conditions.

### Infants (up to 12 months)
- Non-specific formula or food intolerance
- Only condition is a diagnosed formula intolerance or food allergy to lactose, sucrose, milk protein or soy protein that does not require an exempt infant formula

### Children (up to five years of age)
- Solely for the purpose of enhancing nutrient intake or managing body weight without an underlying condition
- Lactose intolerance
- Participant preference

### Women
- Solely for the purpose of enhancing nutrient intake or managing body weight without an underlying condition
- Lactose intolerance
- Participant preference

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**NEW JERSEY DEPARTMENT OF HEALTH**

**WIC Services**

**MEDICAL DOCUMENTATION FOR WIC FORMULA AND APPROVED WIC FOODS FOR INFANTS, CHILDREN AND WOMEN**

**WIC Clinic**  
**Phone**  
**Fax**

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**Please complete entire form. Fax this completed form to the WIC clinic or have your patient return the document to the WIC Clinic. Thank you!**

**PLEASE NOTE:** It is the responsibility of the healthcare provider to provide close medical oversight and instructions to participants issued exempt infant formula, WIC-eligible medical foods and/or supplemental foods that require medical documentation. This responsibility cannot be assumed by personnel at the WIC State or local agency. Re-authorization is required every three months.

- No authorization is necessary for: Enfamil Infant, Enfamil Gentlease and Enfamil Prosobee

<table>
<thead>
<tr>
<th>Participant Category</th>
<th>Non-Qualifying Conditions</th>
<th>Qualifying Conditions</th>
</tr>
</thead>
</table>
| Infants (up to 12 months) | - Non-specific formula or food intolerance  
- Only condition is a diagnosed formula intolerance or food allergy to lactose, sucrose, milk protein or soy protein that does not require an exempt infant formula | - Severe food allergies  
- Milk and soy allergies  
- Metabolic disorders  
- Gastrointestinal disorder  
- Mal-absorption disorders  
- Premature birth  
- Failure to thrive/severely underweight  
- Low birth weight  
- NG/Tube Fed  
- Oral/motor feeding problems  
- Immune system disorders  
- Life threatening disorders |
| Children (up to five years of age) | - Solely for the purpose of enhancing nutrient intake or managing body weight without an underlying condition  
- Lactose intolerance  
- Participant preference | - Severe food allergies  
- Milk and soy allergies  
- Metabolic disorders  
- Gastrointestinal disorder  
- Mal-absorption disorders  
- Premature birth  
- Failure to thrive/severely underweight  
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| Women | - Solely for the purpose of enhancing nutrient intake or managing body weight without an underlying condition  
- Lactose intolerance  
- Participant preference | - Severe food allergies  
- Milk and soy allergies  
- Metabolic disorders  
- Gastrointestinal disorder  
- Mal-absorption disorders  
- NG/Tube Fed  
- Oral/motor feeding problems  
- Immune system disorders  
- Life threatening disorders |

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**Patient Name (First and Last):**

**Date of Birth:**

**Parent/Caregiver Name (First and Last):**

**Current Height/Length:**

**Current Weight:**

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**1. Formula Requested:**

- Maximum Allowable OR [ ] ounces/day (if formula)

**Physical Form:**

- Powder  
- Concentrate  
- 1 Month  
- 2 Months  
- 3 Months

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**2. Qualifying Condition(s) (Justifies the medical need.) (Complete and submit Page 2 with this form.)**

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**3. Can patient receive supplemental (or other WIC) foods in addition to formula or medical food?**

- [ ] Yes  
- [ ] No (If yes, please check the foods below that your patient CAN/EATING.)

**Infants (6-11 months only):**

- [ ] Infant Cereal  
- [ ] Infant Vegetable or Fruit

**Children and Women:**

- [ ] Juice  
- [ ] Breakfast Cereal  
- [ ] Whole Wheat Bread or Other Whole Grains  
- [ ] Eggs  
- [ ] Vegetables and Fruits  
- [ ] Milk or Milk Substitutes  
- [ ] Legumes  
- [ ] Canned Fish*  
- [ ] Peanut Butter

**Reasons/Instructions/Comments:**

*Fully breastfeeding women, women partially breastfeeding multiple infants from the same pregnancy, women pregnant with multiple infants, and pregnant women who are mostly breastfeeding an infant are the only WIC participant categories eligible to receive these foods.

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**Health Care Provider Name (Print):**

**Medical Office/Clinic:**

**Telephone Number:**

**Medical Office/Clinic Address:**

**Fax Number:**

**Health Care Provider Signature:**

**Date:**

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**WIC OFFICE USE ONLY:**

**Reviewed by CPA Name:**

- [ ] Approved  
- [ ] Disapproved  
- [ ] # of months

**Date:**

If required: MS and/or RD CPA Name:
W.I.C.

- WIC Farmer’s Market Nutrition Program –
  - June 1- Nov 30
  - $10 checks

- New Brunswick Community Farmers Market
  - 108 Albany Street (Kilmer Sq. Park)
  - Corner of Suydam and Nichol (Rutgers Cook Campus)
  - 178 Jones Ave

- Rutgers Garden Farm Market
  - 112 Ryders Lane
Benefits

- Pregnant – higher birth weight and longer gestation
- Infants – lower rates of overweight and underweight status
- Preschoolers – more iron dense diet and increased food and vegetable intake
- Children - scored higher on assessments of mental development at 2 years of age


The mission of S.N.A.P. (formerly Food Stamps) is to improve nutrition and health by helping low income households buy the food they need for a nutritionally adequate diet.
S.N.A.P.

Eligibility
- Income
- Family size
- Resources/Bank Assets
- Employment
S.N.A.P.

It is illegal to use your Families First card at any of these locations:

- Liquor Stores
- Casino/Gaming Establishments
- Adult Entertainment/Strip Clubs

This is a Federal Law!
In Fiscal Year 2013, SNAP provided about $1.4 billion dollars in food benefits to a monthly average of 876,266 people in New Jersey.
Largest domestic U.S. hunger safety net program – almost half participants are children

Benefits

Mabli and Ohls (2015) - “SNAP participation reduced the overall fraction of households that were food insecure by 17% and the fraction that were very low food secure by 19%”

Mabli and Worthington (2014) - food insecurity among children fell by roughly 33 percent after their families had been receiving benefits for about six months”
~15% of those eligible for SNAP are not served
How to apply

- Online: [https://oneapp.dhs.state.nj.us/default.aspx](https://oneapp.dhs.state.nj.us/default.aspx)
- Local SNAP office: 181 How Lane; 732-745-3500
- SNAP HOTLINE: 1-800-792-9773 (option 2)
  - 8:30-5pm
  - Voicemail after hours
Program objective

To provide a nutritious, well-balanced **breakfast** in order to promote sound eating habits, to foster good health and academic achievement in school age children. A school breakfast must provide 1/4 of the Recommended Dietary Allowances.

Program objective

To provide a nutritious, well-balanced **lunch** for children in order to promote sound eating habits, to foster good health and academic achievement and to reinforce the nutrition education taught in the classroom. A school lunch will provide 1/3 of the Recommended Dietary Allowances for lunch.
National School Breakfast and Lunch
National School Breakfast and Lunch

Who qualifies?

Any household who gets SNAP, Temporary Assistance for Needy Families (TANF), Food Distribution Program on Indian Reservations (FDPIR) or has a foster child can get free meals for their children – automatically eligible.

Less than 130% poverty line: If 3 people live in your household and the total money they make is $489 or less a week or $25,389 or less a year your children can get free meals.

Less than 185% poverty line: If 3 people live in your household and the total money they make is $490 to $6695 a week or $25,390 to $36,131 a year your children can get low cost meals (no more than 30 cents).
National School Breakfast and Lunch

- All public schools, nonprofit private school and residential child care institutions are eligible to sponsor a program.

- Participating sponsors receive cash reimbursement.

- The meals are produced in accordance with the Dietary Guidelines for Americans.
  - more servings of fruits, vegetables, whole grains and low-fat or nonfat milk, and consume less sodium and unhealthy fat.
National School Breakfast and Lunch

Students who eat breakfast at school...

- Perform better on standardized tests.
- Have improved concentration, alertness, comprehension, memory, and learning.
- Show increased cognitive function, attention, and memory.

Students who eat breakfast in the classroom...

- Get fewer tardy days and less disciplinary office referrals.
- Perform better on math and reading achievement tests.
- Experience an increased sense of community and reduced stigma associated with school breakfast.

Other positive results of breakfast in the classroom:

- Higher attendance rates
- Increased participation
- Better student nutrition
School Breakfast and Lunch Program in NJ

Average of **11.7 million** low-income children ate a healthy morning meal each day at school during the 2014-2015 school year in over 100 000 public and nonprofit private schools and residential child care institutions

- 2012-2013 - 475,000 children
Applications in many different languages

Breakfast Program:
http://www.nj.gov/agriculture/divisions/fn/childadult/school_breakfast.html

Lunch Program:
http://www.nj.gov/agriculture/divisions/fn/childadult/school_lunch.html
Many summer food sites provide educational enrichment and recreational activities along with meals and snacks

- **Summer Food Service Program (SFSP)**

- **National School Lunch Program (NSLP)**
July 2014 – avg daily participation of ~500,000 children in both programs

“Hunger Doesn’t Take a Vacation” Food Research and Action Center; June 2015
Nationally, only 1 out of 7 children who receive free or reduced-price meals during the school year continue to receive meals during the summer months.

National Hunger Hotline at 1-866-3-HUNGRY or for Spanish – 1-877-8-HAMBRE), Monday through Friday, 8 a.m. to 8 p.m.
Food Pantries and Soup Kitchens

- NJ211.org
- NJAHC.org – Antihunger Coalition
- Endhunger.org – Hunger Prevention Advisory
- ACNJ.org – Advocate for Children of NJ
- Feedingamerica.org
- CBNJ.org – Community Foodbank of NJ
Food Pantries and Soup Kitchens

- **ELIJAH'S PROMISE**
  - Site: 18 Neilson Street New Brunswick, NJ 08901
  - Phone: 732-545-9002
  - Hours: Mon-Fri: 8am-7pm; Sat & Sun: 10am-5pm
  - This site provides a soup kitchen, clothing, health and services outreach for people with HIV/AIDS.

- **EBENEZER BAPTIST CHURCH**
  - Site: 126 Lee Avenue at Rev. Dr. Lonnie Ford Place, New Brunswick, NJ 08901
  - Phone: 732-247-2459
  - Hours: Soup Kitchen - Tues: 11am-1:15pm
  - This site provides a soup kitchen, non-perishable food and clothing when available.
Food Pantries and Soup Kitchens

- **EMANUEL LUTHERAN CHURCH**
  - Site: 1-3 Kirkpatrick Street, New Brunswick, NJ 08901
  - Phone: 732-545-2673
  - Pantry – Weds 10am-12pm and 3rd Saturday 9am-11am
  - This site provides a food pantry.

- **SALVATION ARMY**
  - Site: 287 Handy Street, New Brunswick, NJ 08903
  - Phone: 732-545-1477
  - Email: jeanette_lugo@use.salvationarmy.org
  - Food Pantry for Emergency cases ONLY: Mon, Wed, Fri 9am-11am (need photo ID, address verification and birth certificates for minors.)
  - This site provides a food pantry and Sunday services to New Brunswick, East Brunswick, North Brunswick, Highland Park and Milltown.
A Hidden Cost to Giving Kids Their Vegetables

By CAITLIN DANIEL  FEB. 16, 2016

WHY do poor children have poor diets?

Some commentators contend that healthy diets are too expensive. Others argue that wholesome options are affordable and that junk foods that seem cheap are hardly a good deal. But both camps overlook what most parents know well: Children are picky.

Finicky eating can frustrate any parent. But pickiness has particular effects on the poor. By understanding these effects, we can...
Where to find the resources in EMR

<table>
<thead>
<tr>
<th>Patient Instructions</th>
<th>Diet</th>
<th>Follow Up/Appointments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enter text or quick text into box; then click &quot;Print Button&quot;</td>
<td>High Cholesterol</td>
<td>Please return for lab testing:</td>
</tr>
<tr>
<td>Clear All</td>
<td>5210 Diet</td>
<td></td>
</tr>
<tr>
<td>Click to Enter Selected Text</td>
<td>Avoid Caffeine</td>
<td>Please return for another</td>
</tr>
<tr>
<td>Insert Prior</td>
<td>More Potassium</td>
<td>appointment with me:</td>
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<tr>
<td>Preview Pt Instructions</td>
<td>Less Potassium</td>
<td></td>
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<tr>
<td></td>
<td>More Iron</td>
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<td></td>
<td>Diabetes</td>
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<td></td>
<td>Low Iron</td>
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<td>Low Potassium</td>
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<td></td>
<td>Low Sodium</td>
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<td></td>
<td>5LB Weight Loss</td>
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<tr>
<td>Instructions</td>
<td></td>
<td></td>
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</tbody>
</table>

Note: the default for patient instructions is to print ALL new problems added or assessed, All new medications or new orders added during this office note.

If you want to omit any from the handout click one of the 3 buttons below to take you to the appropriate omit tab.

<table>
<thead>
<tr>
<th>Administrative</th>
<th>Exercise</th>
<th>Chronic Disease Self Mgmt.</th>
<th>Acute Care Instructions</th>
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<tbody>
<tr>
<td>RWJ Charity Care</td>
<td>Aerobic</td>
<td>A1C Explanation</td>
<td>URI Over Age 5</td>
</tr>
<tr>
<td>Horizon Referrals</td>
<td>5210</td>
<td>A1C Result</td>
<td>URI Age 2 - 5</td>
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<tr>
<td>Medicaid Transportation</td>
<td>Handout</td>
<td>Viral Load</td>
<td>URI Under Age 2</td>
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<tr>
<td>Interpreted for specialist visit</td>
<td>Extra Steps</td>
<td>CD4</td>
<td>Gastro Diet Over 2</td>
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<tr>
<td>Prescription</td>
<td></td>
<td>BP 140/90</td>
<td>Sprain, Strain</td>
</tr>
</tbody>
</table>

Middlesex Nutritional Services
Barriers to screening?
Thank You!