



LEND CAPSTONE PRESENTATION
MICHELLE HIATT

The Intersection of CYSHCN and Food Insecurity

DEVELOPMENT OF FOOD RESOURCE GUIDES FOR
COUNTIES OF NEW MEXICO

Outline

I. Competencies

II. Problem Framing

III. Research

IV. Product

V. What I learned

Competencies

1. Leadership

- Develop effective communication and presentation skills

3. Knowledge of Neurodevelopmental and Related Disabilities

- Demonstrate knowledge of NDD and related disabilities including the need for research, education, services, and supports.
- Examine the intersection of disability with other life experiences.
- Research and disseminate information about the services for MCH populations in New Mexico

5. Person and family centered care

- Demonstrate knowledge of the principles of person- and family-centered care.
- Discuss and observe the impact of disability on families.
- Identify and apply person- and family-centered care principles in clinical and community-based settings.

6. Research, Quality Improvement, and Evidence-Based Practice

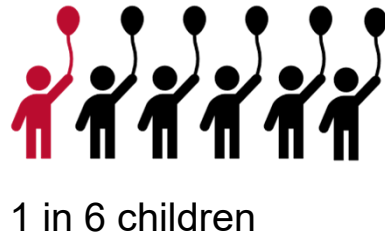
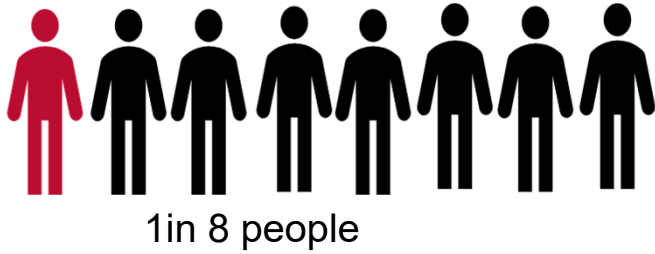
- Gain experience with framing a problem, researching, developing a product, disseminating to relevant stakeholders, and providing a professional presentation.

Definitions

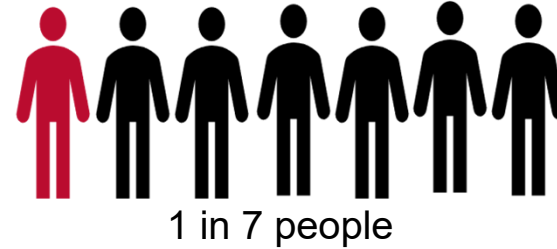
- CYSHCN- Children or youth who need regular medication, durable medical equipment, or more medical/mental health appointments than their peers.
- Food Insecurity - measured using validated USDA Food Security Survey
Limited or uncertain access to enough quantity and quality food to sustain health.
 - Child food insecurity – children skipping or eating less or less nutritious foods because of inability of the household to provide.
- Food desert – An area where there is poor access to affordable, healthy foods.

Food Insecurity (FI)

2019 US Food Insecurity Prevalence

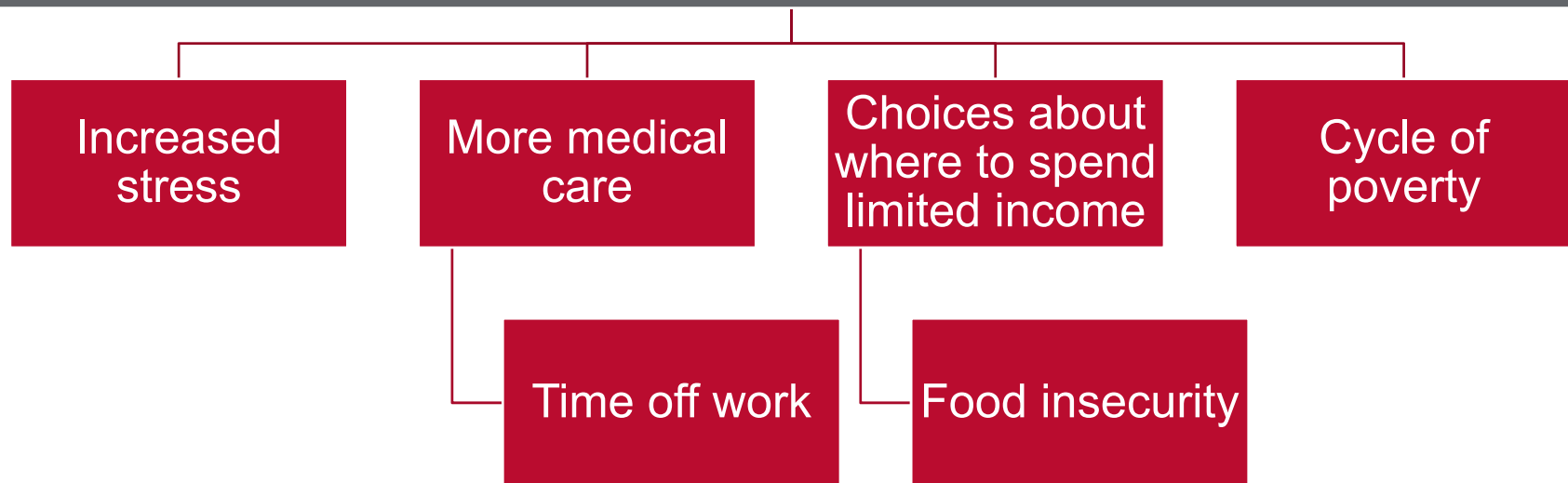


2019 New Mexico Food Insecurity Prevalence



Problem Framing

Families with Children and Youth with Special Health Care Needs (CYSHCN) often spend more time and money related to health care than families without CYSHCN



Why I Chose this Project

My experience at the Pediatric Cystic Fibrosis Clinic

- Experience in CF clinic highlighted the need.
- Interest in genetic disorders with a nutritional component.

Prior experience at Roadrunner Food Bank

- Interest in food insecurity and health outcomes.

Implications for Cystic Fibrosis (CF)

Cystic fibrosis (CF) is a progressive, genetic disease that causes persistent lung infections and limits the ability to breathe over time.

Home | Cystic Fibrosis Foundation, n.d.



Higher calorie needs



Specialized formulas to meet needs

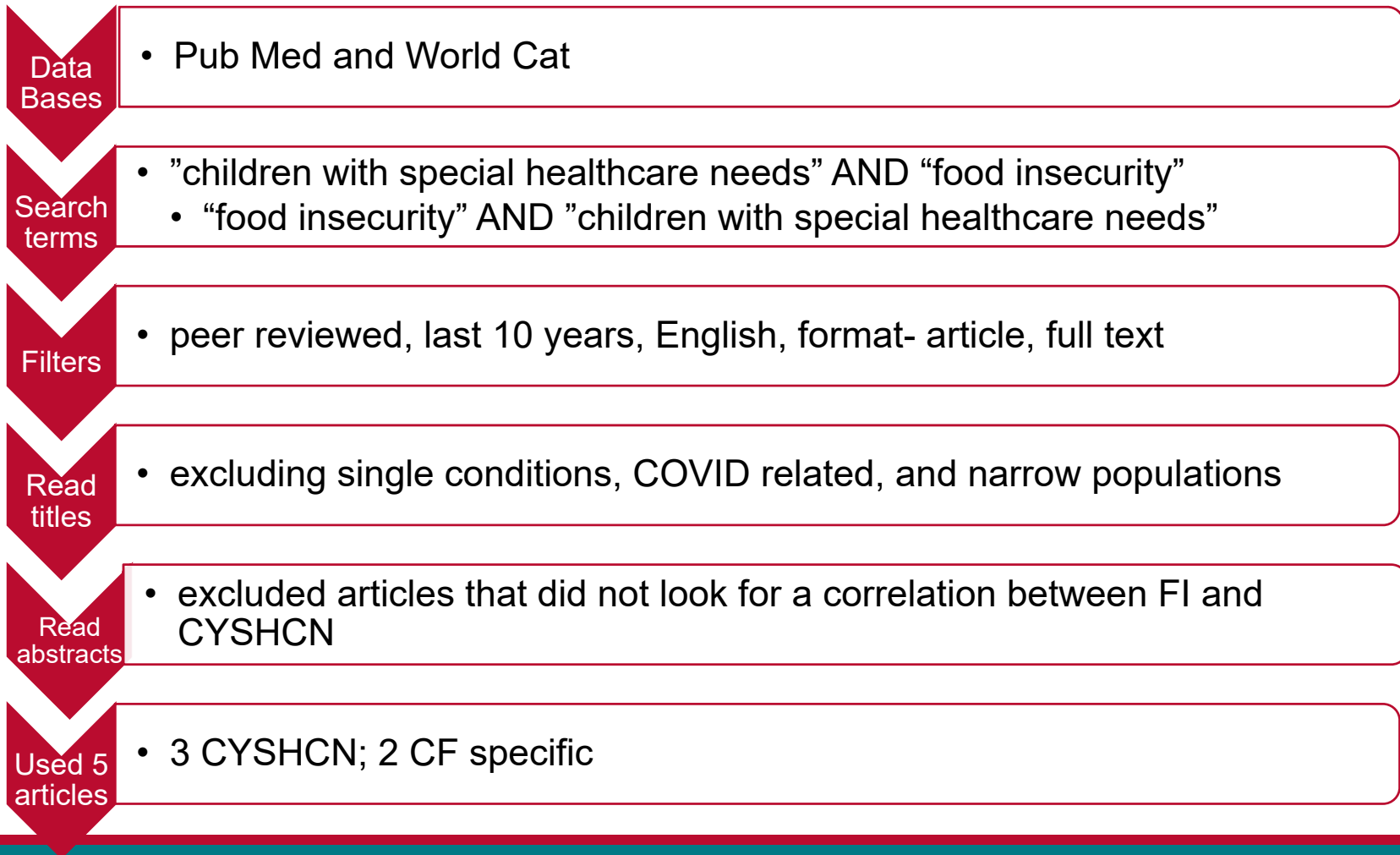


Time for treatments



Clinic visits/hospitalizations

Literature Review Process



Articles Included

1. Children with Special Health Care Needs, Supplemental Security Income, and Food Insecurity
Rose-Jacobs et al, 2016
2. Food Insecurity in U.S. Households That Include Children With Disabilities
Sonik et al, 2016
3. Food Insufficiency and Children With Special Health Care Needs
K.S. Balistreri, 2019
4. Evaluation of Food Insecurity in Adults and Children With Cystic Fibrosis
Brown et al, 2018
5. Geospatial Analysis of Food Deserts and Their Impact on Health Outcomes in Children Cystic Fibrosis
Corbera-Hincapie et al, 2021

Children with Special Health Care Needs, Supplemental Security Income, and Food Insecurity

Rose-Jacobs et al, 2016

- Purpose: Assess FI in households with CYSHCN with and without SSI
- Sample: 6,724 children included
 - 14.8% CYSHCN without SSI
 - 3.7% CYSHCN with SSI – more likely to experience household (not child) FI
- Results:
 - CYSHCN more likely to experience household and child FI
 - CYSHCN with SSI – more likely to experience household (not child) FI and more likely to receive SNAP benefits.
 - CYSHCN have a higher prevalence of FI regardless of participation in social programs
- Recommendations: Reevaluate social programs- medical deduction

Food Insecurity in U.S. Households That Include Children With Disabilities

Sonik et al, 2016

- Purpose: Examine the relationship between FI and CYSHCN and measure the levels of SNAP participation.
- Data Sample:
 - 2004 and 2008 Survey of Income and Program Participation (SIPP)— administered by the US Census Bureau
 - 24,729 households with children
 - 3,948 with CYSHCN
- Results:
 - Households with CYSHCN were more likely to run out of food, skip meals, reduce portion sizes, and buy less nutritious food.
 - Households with CYSHCN were more likely to receive SNAP
- Recommendation: Research state level interaction between CYSHCN and food insecurity.

Food Insufficiency and Children With Special Health Care Needs

K.S. Balistreri, 2019

*Food insufficiency refers to insufficient food intake or very low food security.

■ Purpose:

- Examine prevalence of food insufficiency among households with CYSHCN and to compare levels of health care needs with levels of food insufficiency.
- Research Medical Home access as a potential protective measure against FI.

■ Data Sample: 2016 National Survey of Children's Health; 48,709 US children

■ Results:

- Complexity of healthcare needs is positively correlated to level of FI
- Access to a medical home is protective against FI in households with CYSHCN.

■ Recommendations:

- Referrals to resources provided by healthcare providers.
- Expand availability of medical homes for CYSHCN.

Evaluation of Food Insecurity in Adults and Children With Cystic Fibrosis

Brown et al, 2018

- Purpose: Estimate FI prevalence among CF patients in Idaho
- Sample: 44 adults with CF and 43 parents of children with CF
 - 15% of adults and 26% of parents receive SNAP
 - 19% of children receive free or reduced-price lunch
- Results:
 - CF patients have a higher rate of FI than the general community
 - Almost 1/2 the parents reported that groceries did not always last
 - About 7% of parents sometimes choose between medication and food
- Recommendations:
 - Build resources and provide education around FI
 - Lobby for insurance to cover nutritional supplements

Geospatial Analysis of Food Deserts and Their Impact on Health Outcomes in Children Cystic Fibrosis

Corbera-Hincapie et al, 2021

- Purpose: Look at the effects of food deserts on health outcomes in children with CF
 - Look at the relationship between health and child opportunity index
- Sample: 206 children and adolescents with CF living in Pennsylvania, West Virginia, and Ohio
- Results:
 - Children living in or near food deserts were more likely to have a BMI associated with poor lung function
 - Indications that health outcomes are closely related to food access
- Recommendations:
 - Screen for FI
 - Mobile food markets
 - Tax incentives aimed at reducing food deserts
 - Ride share programs for people living in food deserts to provide rides to grocery stores

- Households with CYSHCN have a higher prevalence of food insecurity
- SNAP and SSI do not completely alleviate the problem
- Can not determine causality

Overview of Findings

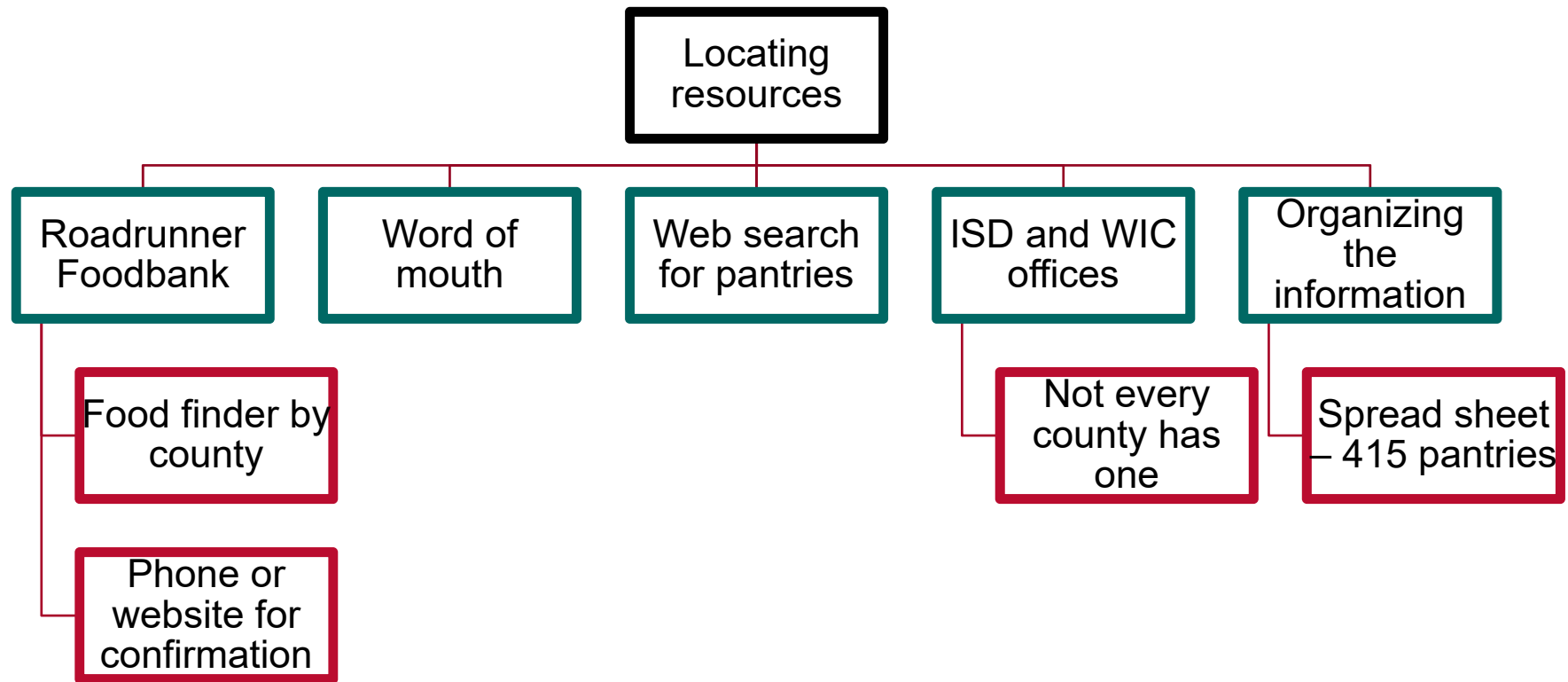
How this informs my product

- FI among families with CYSHCN is a problem
- Research suggests clinics as a source for resources
- Understanding our state
 - New Mexico is a rural state
 - Resources are hard to navigate
- What resources can we provide to New Mexican CYSHCN families who also experience food insecurity?

Resource Sheets

- One for each of the 33 counties in New Mexico
- Resources to help alleviate food insecurity
 - Food Pantries
 - SNAP- ISD offices
 - WIC

Product Development



phone		Valencia	Los Lunas	CYFD of Valencia County 12 Thomas Road Los Lunas, NM 87031 505-450-8953	4th Mon 8:00am	No requirements.
phone		Valencia	Los Lunas	SVDP- Peralta 3466 Hwy 47 Los Lunas, NM 87031 505-866-1984	Tues 10:00-11:30am	Please bring proof that address is in the area. Utility bill assistance with proof of cutoff notice. Los Lunas area, Istletta, Bosque Farms,Peralta
phone		Valencia	Los Lunas	SVDP- San Clemente Parish 960 E Main St Los Lunas, NM 87031 505-565-1218	Mon-Thurs 12:00-1:00pm	Serves Los Lunas. Can use 1 time per month. Will give a one t+E177:G182y box and referrals to other pantries to individuals not in Los Lunas. Pleas bring ID and utility bill if ID does not show a Los Lunas address. Paperwork needs to be filled out and signed once a year.
RR	school	Valencia	Los Lunas	Ann Parish Elementary		
RR	school	Valencia	Peralta/Los Lunas	Peralta and Valencia Elementary Schools		
phone		Valencia	Los Lunas	<u>West Side Family Chapel</u> 630 Taylor Rd NE Los Lunas, NM 87031 505-720-2492		Distribution by appointment only. Call for info As needed.
		Valencia	Belen	Belen Area Food Pantry 129 3rd St Belen, NM 87002 505-459-2069	Tues and Thurs 10:00am-12:00pm	Please bring photo ID and proof of address.
		Valencia	Belen	First Assembly of God- Belen 19398 Hwy 314 Belen, NM 87002 505-866-1079	3rd Sat 12:00-2:00pm	Emergency food also available outside of normal distribution time.
wrong number		Valencia	Los Lunas	First Baptist Church of Los Lunas 914 Los Lentes Road SE Los Lunas, NM 87031 505-856-7957	Thurs 2:30-3:00pm	Please bring ID or proof of residency in Valencia county.

SIERRA COUNTY

Local Food Pantries

*Please call before visiting a pantry. Days and hours are subject to change. Some pantries are income based and require proof of income. Most pantries collect demographic information such as Name, address, phone number, and how many children and seniors are in the household. Contact information is used in case of a recall. Demographics are used for statistical information to track the need in our state. If this is a concern, please ask how your information will be used. If a pantry is listed a distributing commodity food or TEFAP (The Emergency Food Assistance Program) foods, there will be a government form to fill out and income requirements for that food. (Non-TEFAP food may also be distributed at the same site.) If you receive SNAP, FDIPIR (Food Distribution Program on Indian Reservations), WIC, or your children qualify for the NSLP (National School Lunch Program) you will qualify for TEFAP.



Name and Contact Info	Hours	Documents/ Notes
Shepherd's Closet 516 NM 195 Butte Blvd Elephant Butte, NM 87395 575-740-9615	Tues 4:00-7:00pm	<ul style="list-style-type: none"> Picture ID Open to anyone Can come weekly
Roadrunner Food Bank https://www.rafb.org/find-help/find-food/ 505-349-5340	Mon.-Fri. 8:00am-5:00pm	<ul style="list-style-type: none"> No distributions at Roadrunner's office Use the food finder on their website or call for help finding food pantries.

The Arrey Community schools may operate a pantry for the families of their students. If your child attends this school, please contact them for more information.

SIERRA COUNTY

WIC (Women, Infants, and Children) Offices

WIC is a special supplemental nutrition program for Women, Infants, and Children (WIC). WIC provides supplemental foods and nutrition education to pregnant, postpartum, and breastfeeding women, infants, and children under 5. Find more information on <https://www.nmwic.org/> or call one of the field offices.

Sierra County Public Health Office- Satellite
 201 E. 4th Ave.
 Truth or Consequences, NM 87901
 575-894-2716 ext. 2

ISD (Income Support Division) Office

The Income Support Division (ISD) of the Human Services Department (HSD) is where to apply for Supplemental Nutrition Assistance Program (SNAP), Medicaid, Low Income Energy Assistance Program (LIEAP), and Temporary Aid for Needy Families (TANF). These programs provide help low-income families.

Qualifications:

- Be a U.S. Citizen or a qualified resident
- Have proper identification
- Provide information about how much money your household receives each month and property you own like houses (other than the one you live in) and vehicles.
- Work program participation is required for some SNAP recipients

To apply, go to <https://www.yes.state.nm.us/yesnm/home/index> or call 1-800-283-4465.

Location	Hours
102 Barton Street Truth or Consequences, NM 87901	8:00am-4:30pm Mon, Tues 8:00am-10:30am Wed 8:00am-12:00pm Thurs, Fri

Dissemination

- Pediatric Cystic Fibrosis Clinic
- And other UNM pediatric clinics
- New Mexico Academy of Nutrition and Dietetics
- Lincoln County Community Center
- LEND

What I learned

- Geography of New Mexico
- Not every county has its own ISD and/or WIC office
- Reliable information on food banks
- How use of food banks has changed through the pandemic

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Questions?
