Update on Food Security in San Francisco

Presentation to: Health Commission – Community and Public Health Committee
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July 21, 2015
Outline

• Review of food security and impact on health
• Updates from:
  – Food Security Task Force
  – Other DPH food security initiatives
Food *Insecurity* in San Francisco

- Food *Insecurity* exists when the ability to obtain and prepare nutritious food is uncertain or not possible
- Food insecurity results in poorer health
  - Poorer nutritional intake
  - Eating behaviors that persist for decades after food insecurity experiences
  - Extreme anxiety and distress
  - Higher health care costs
Nutrition Critical for Healthy Development & Aging

• **Children**
  - Decreased intellectual & emotional development
  - Poorer physical health: more hospitalizations (decreased employment capacity for caregivers)

• **Pregnant mothers**
  - Smaller, sicker babies

• **Adults & Seniors**
  - Obesity
  - Diabetes & poor diabetes control
  - Mental illness and exacerbations of serious mental illness
  - Decreased capacity to maintain independence with aging

• **People living with HIV & AIDS**
  - Increased HIV-related wasting
  - Inability to control virus levels, even when on effective anti-retroviral therapy
Focus on food security:
Alignment with population health priorities

• National: Healthy People 2020 goal
  – Reduce household food insecurity
  – Reduce very low food security among children

• SF: Community Health Improvement Plan (CHIP)
  – Healthy Eating and Active Living top priority

• SFDPh: Population Health Division Strategic Plan
  - Improving food security is priority under Healthy Eating and Active Living
San Francisco Food Security Task Force

• Board of Supervisors task force staffed by DPH (2 DPH membership seats)

• Update on activities since 2013
  – Food Security Assessment of San Francisco 11/13
  – Held 2 hearings at the Board of Supervisors 11/13; 04/14
  – BOS passes a resolution committing to a Food Secure and Hunger Free SF by 2020
  – Budget advocacy results in significant budget increases for food security in city budget
SRO Food Security Survey

• Lack of kitchens
  • Over 19K housing units lack complete kitchens (sink, stove, refrigerator)
  • Increases need for free on-site meal programs

• New survey of SRO residents (600+) –
  • High rates of food insecurity – 89%
  • Majority of respondents at high nutrition risk – 79%
  • Low use of community kitchens
Improving food security among SRO residents

• SF Food Security Task Force is developing recommendations from SRO Food Survey
  • Priorities of SRO residents
    • Additional funds to purchase healthy food
    • Full service grocery store closer to their home
    • Additional food pantries
    • Free/low cost microwavable meals
    • Access to a kitchen or a better kitchen
Emerging priorities

• Food = Medicine
  – Medically tailored meals for people with chronic diseases
  – Improve health outcomes and reduce preventable hospitalizations
Other DPH/partners food security work

• WIC (Women, Infants and Children); Feeling Good Project; Breastfeeding Coalition (DPH – MCAH)
• Healthy Retail SF; Southeast Food Access Working Group/Shape Up (DPH – CHEP)
• Fruit and Vegetable Voucher Program (UCSF)
• DPH aligning food security with other initiatives
Questions?