

FOOD INSECURITY AMONG PREGNANT PEOPLE AND FAMILIES IN SAN FRANCISCO

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Food insecurity and the impacts

FOOD INSECURITY = Inadequate access to food because of financial constraints

Health impacts of food insecurity



Inadequate intake of nutrients



Increase risk for various chronic diseases



Increased risk for negative pregnancy outcomes



Long-term deficits in children's socio-emotional, cognitive and motor functioning

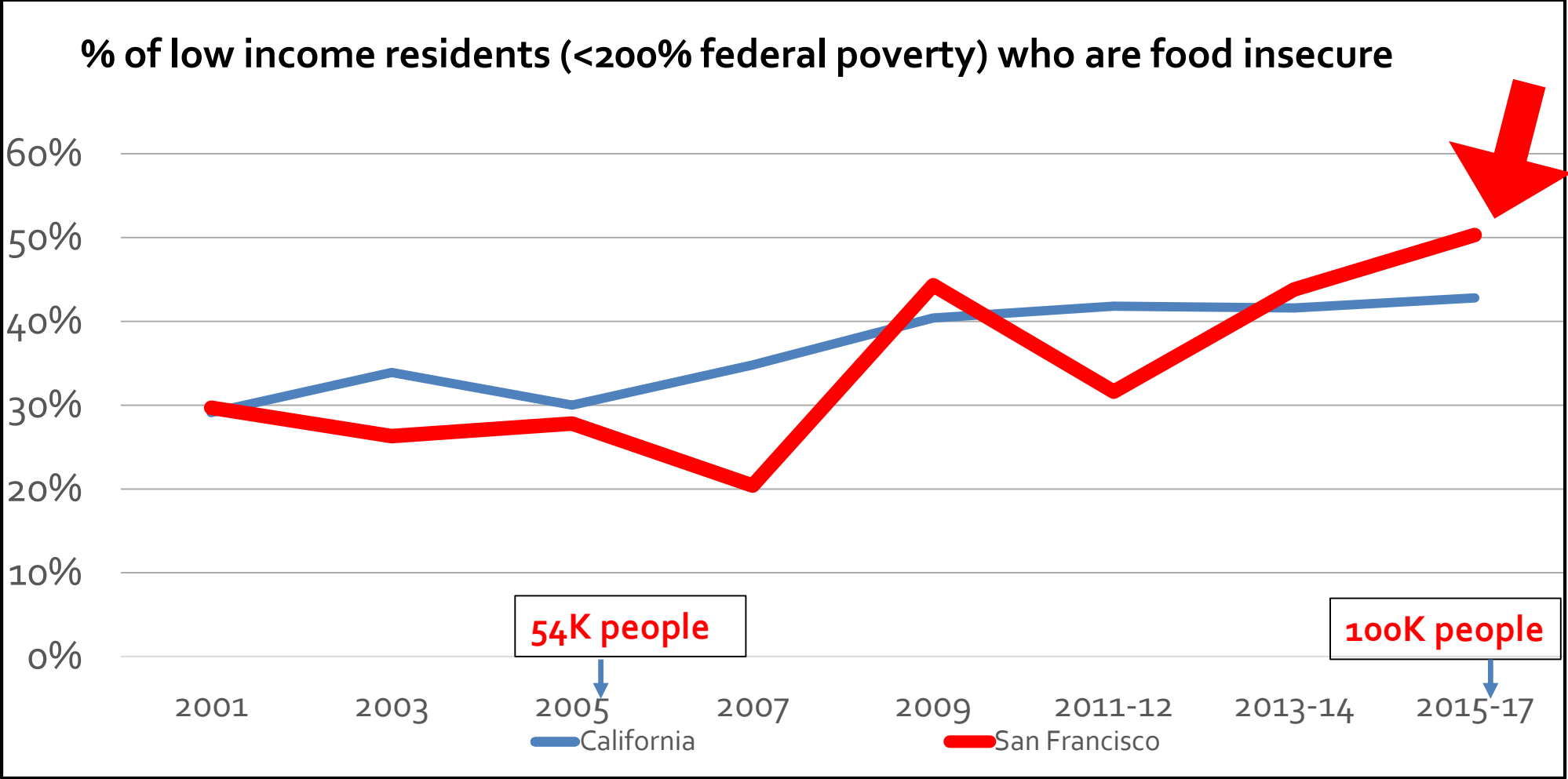


Increase risk for negative mental health impacts (including depression, suicide, substance misuse, etc)



Total healthcare costs increase steadily with increased severity of household food insecurity

Growing problem in San Francisco



200% of the federal poverty level =

Single person
\$24,980

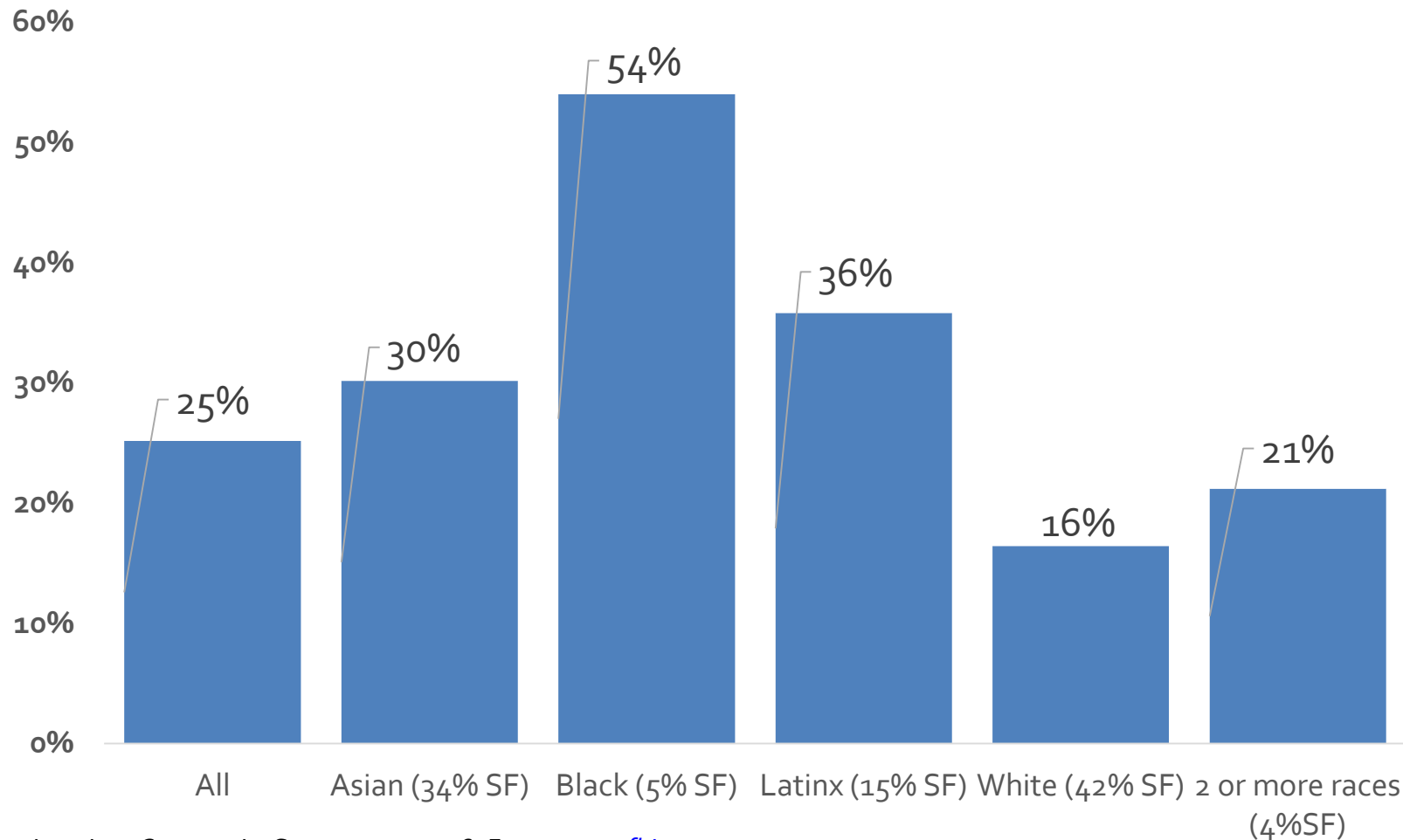
Family of 4
\$51,500

1 in 4 San Franciscans live below 200% FPL – 216,000

California Health Interview Survey

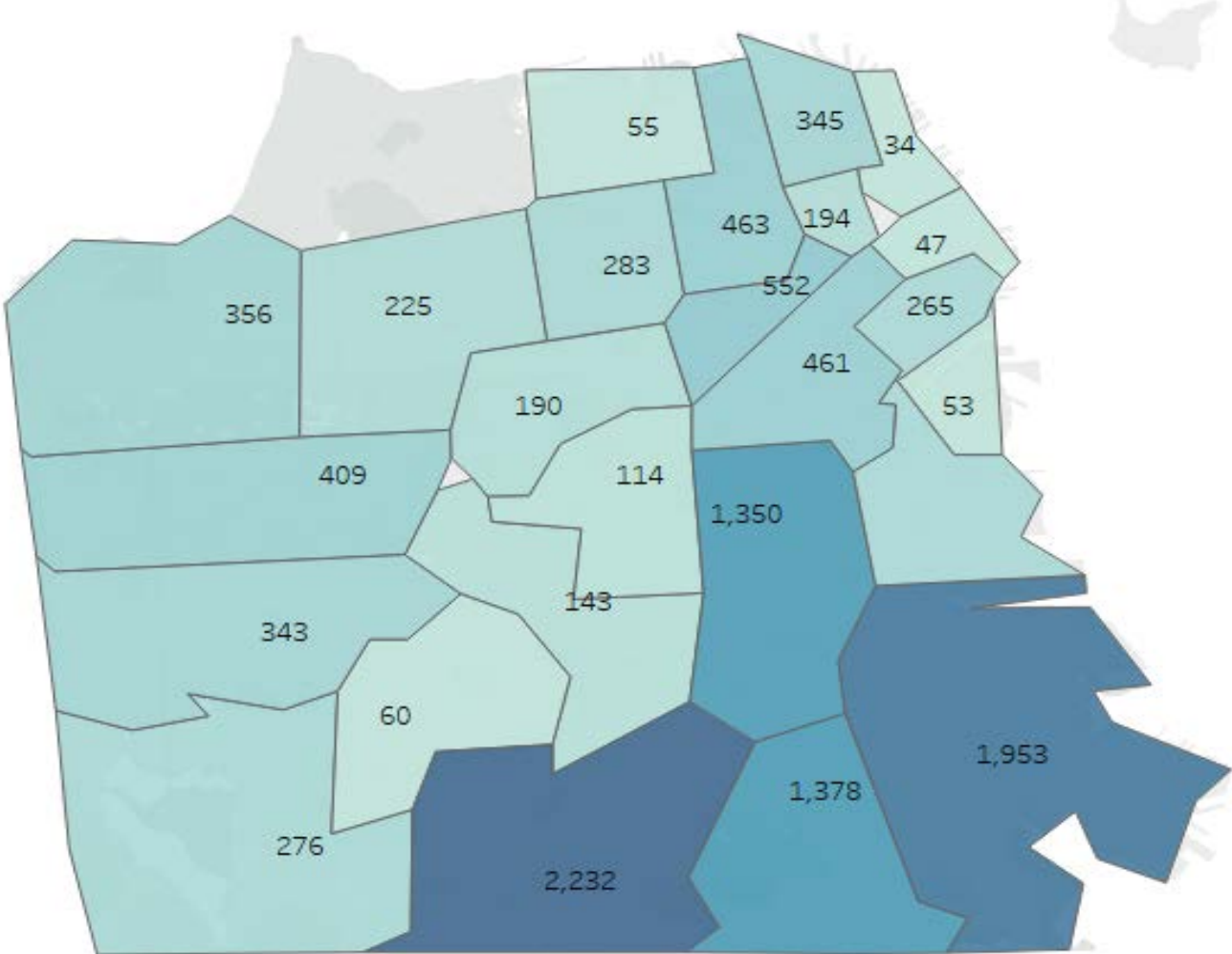
Residents most impacted

% < 200 FPL by race



American Community Survey 2012-2016. From www.sfhip.org.
Data not stable for Pacific Islanders and Native Americans.

Total # of live births to San Francisco residents on public insurance (2014-18)

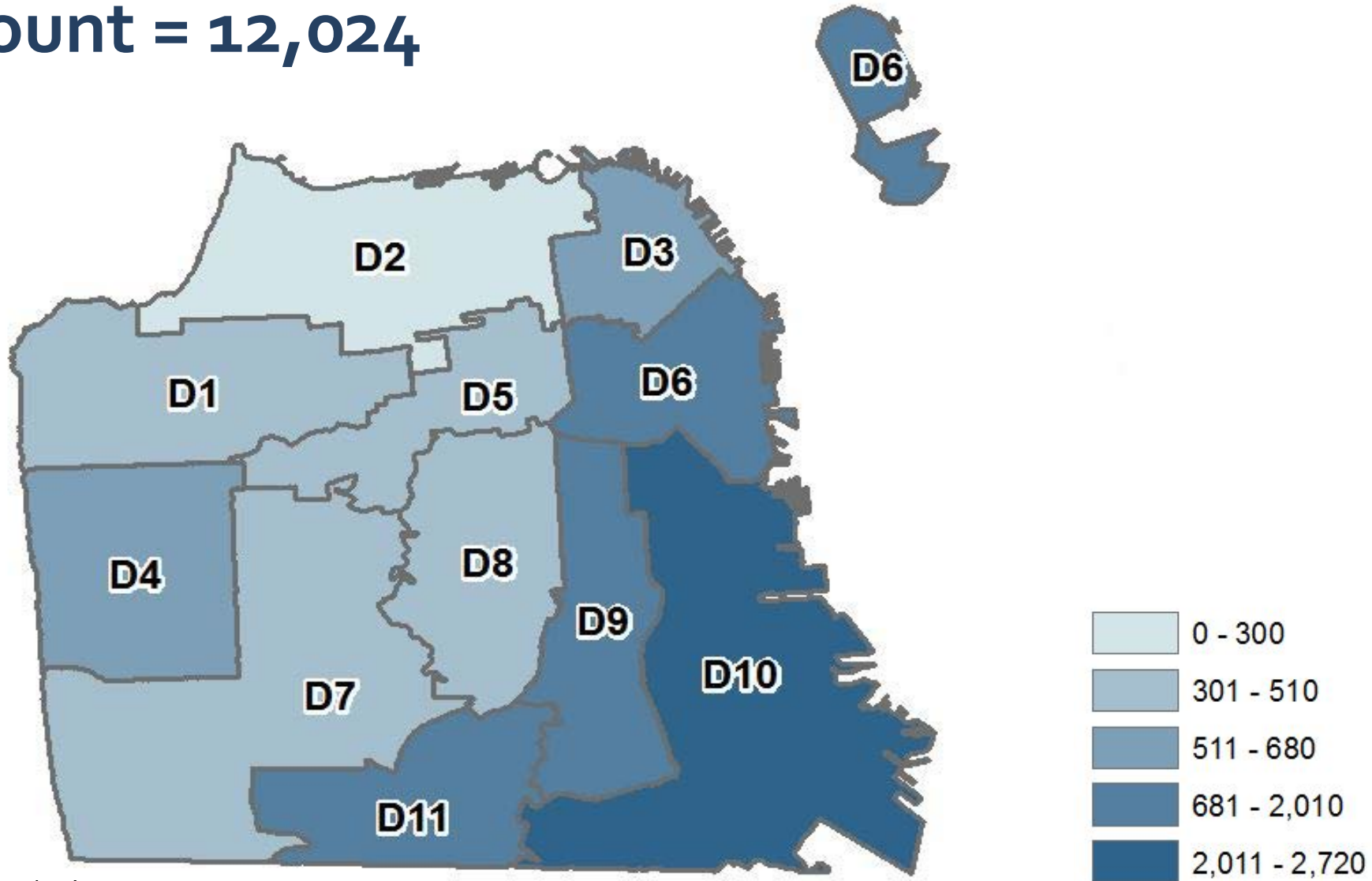


5 year total 11,816

Does not include out of state births

Children under 5 Years Old Enrolled in Medi-Cal, July 2019

Total Count = 12,024



Food insecurity among pregnant people and their families

Data from surveys:

1. 1 in 2 pregnant WIC clients
2. 2 in 3 WIC families
3. 1 in 2 City College students with children
4. 1 in 5 of kindergarteners come to school hungry



Sources for 1-3 2018 SF Food Security Report; 4 – School Readiness in San Francisco, 2015-16

Root Causes and Structural Obstacles

- High cost of living – more residents struggle to afford basic needs
- Federal policy framework leaves many San Franciscans hungry
 - Benefits have low purchasing power
 - Federal program funding inadequate
 - Eligibility restricts many who need help
- New threats
 - Public Charge/SNAP(CalFresh)
 - Proposed to eliminate Broad Based Categorical Eligibility
- Food safety net infrastructure at capacity, limiting growth.

"I'm not financially stable. First the rent and the bills come then whatever money is left is for food" – Latina Mother

"Stressful, if you make too much you're not qualified, but you need the help. I'm stressed out, how am I supposed to make it? You can be \$20 over the eligibility limit and don't qualify" – African American Mother



Focus Groups - What actions can we take, to improve your food needs?

Food in the Community

- More food/take into account the entire family
- Need more support for different kinds of food, meat, fruits and vegetables, eggs
- Need prepared food
- More locations to get food / more organizations that provide food
- More days of the week/more hours for food programs
- Need to improve what is given in nutrition programs

Accessible Transportation/delivery

- Food and grocery delivery
- Transportation

Supports

- Need to change eligibility for food and income support programs to include more people struggling

Jobs

- Need more opportunities for work, better paying jobs and to be self employed

Child Care

- Need more support with childcare

Education

- Community cooking classes and nutrition
- More information about resources available

Addressing Food Insecurity Among Pregnant People enrolled in San Francisco Women, Infant, and Children (WIC) program

1. FY18-19 WIC and EatSF partnership (funding from DPH Population Health)

- Enrolled over 1,000 pregnant people participating in WIC on EatSF receive \$40/month of fruit and vegetable voucher for 9 months
- Redemption rate of vouchers -80 - 91%
- Improved food security and Increased fruit and vegetable consumption



2. Food Security Screening

- WIC's new system launched in September 2019 includes the 2-item food security screening

3. Co-locating enrollment (WIC and HSA (MediCal/CalFresh))

4. Focus for Community Health Improvement Plan/ MCAH Strategic Plan/PHD Strategic Plan



Questions?

