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

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**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

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https://foodcommunitybenefit.noharm.org/resources/implementation-strategy/food-insecurity-screening
Growing problem in San Francisco

% of low income residents (<200% federal poverty) who are food insecure

California
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

- All: 25%
- Asian (34% SF): 30%
- Black (5% SF): 54%
- Latinx (15% SF): 36%
- White (42% SF): 16%
- 2 or more races (4% SF): 21%

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

VRBIS – California Department of Public Health, Prepared by SFDPH Maternal Child and Adolescent Health
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?