

Pediatricians play a critical role in protecting children from food insecurity

KEY FACTS ABOUT CHILDHOOD FOOD INSECURITY

1 in 6

U.S. children
lives in a food-insecure
household

Childhood food insecurity can lead to:

Poor Health Status
Developmental Risk
Mental Health Problems
Poor Educational Outcomes

Childhood food insecurity may present

Developmental Delays
Behavioral Problems
Obesity
Poor Growth
Inappropriate Feeding Practices

NUTRITION PROGRAMS TO KNOW

The federal nutrition programs play a critical role in improving food security, health, and well-being



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR
WOMEN, INFANTS, AND CHILDREN (WIC)

CHILD CARE MEALS

SCHOOL BREAKFAST AND LUNCH

AFTERSCHOOL MEALS

SUMMER MEALS



Prepare



Educate and train staff on food insecurity and the need for universal screening

Follow AAP's recommendation of screening at scheduled check-ups or sooner, if indicated

Incorporate food insecurity screening into the institutional workflow

Show sensitivity when screening for food insecurity

Screen



Use the AAP-recommended Hunger Vital Sign:™

1. "Within the past 12 months, we worried whether our food would run out before we got money to buy more."

-often true -sometimes true -never true -don't know/refused

2. "Within the past 12 months, the food we bought just didn't last and we didn't have money to get more."

-often true -sometimes true -never true -don't know/refused

Patients screen positive for food insecurity if the response is "often true" or "sometimes true" for either or both statements

Document and code the administration and results of screening in medical records

Intervene



Administer appropriate medical interventions per your protocols

Connect patients and their families to the federal nutrition programs and other food resources

Document and track interventions in medical records

Support advocacy and educational efforts to end childhood food insecurity