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

For more information, visit:
http://www.frac.org/aaptoolkit