



Western Michigan University ScholarWorks at WMU

Research Day

WMU Homer Stryker M.D. School of Medicine

2017

Food Insecurity in Kalamazoo

Nicholas Sweda

Western Michigan University Homer Stryker M.D. School of Medicine

Cheryl A. Dickson

Western Michigan University Homer Stryker M.D. School of Medicine

Jeffrey Friedman

Western Michigan University Homer Stryker M.D. School of Medicine

Michelle L. Knapp


Western Michigan University Homer Stryker M.D. School of Medicine

David Lee

Western Michigan University Homer Stryker M.D. School of Medicine

See next page for additional authors

Follow this and additional works at: http://scholarworks.wmich.edu/medicine_research_day

 Part of the [Life Sciences Commons](#), and the [Medicine and Health Sciences Commons](#)

WMU ScholarWorks Citation

Sweda, Nicholas; Dickson, Cheryl A.; Friedman, Jeffrey; Knapp, Michelle L.; Lee, David; and Tran, Vina, "Food Insecurity in Kalamazoo" (2017). *Research Day*. 63.

http://scholarworks.wmich.edu/medicine_research_day/63

This Abstract is brought to you for free and open access by the WMU Homer Stryker M.D. School of Medicine at ScholarWorks at WMU. It has been accepted for inclusion in Research Day by an authorized administrator of ScholarWorks at WMU. For more information, please contact maira.bundza@wmich.edu.



Authors

Nicholas Sweda, Cheryl A. Dickson, Jeffrey Friedman, Michelle L. Knapp, David Lee, and Vina Tran



WESTERN MICHIGAN UNIVERSITY
Homer Stryker M.D.
SCHOOL OF MEDICINE

Food Insecurity in Kalamazoo

Jeffrey Friedman, Michelle Knapp, David Lee, Nicholas Sweda,
Vina Tran, Cheryl Dickson M.D., M.P.H.



WESTERN MICHIGAN UNIVERSITY
Homer Stryker M.D.
SCHOOL OF MEDICINE

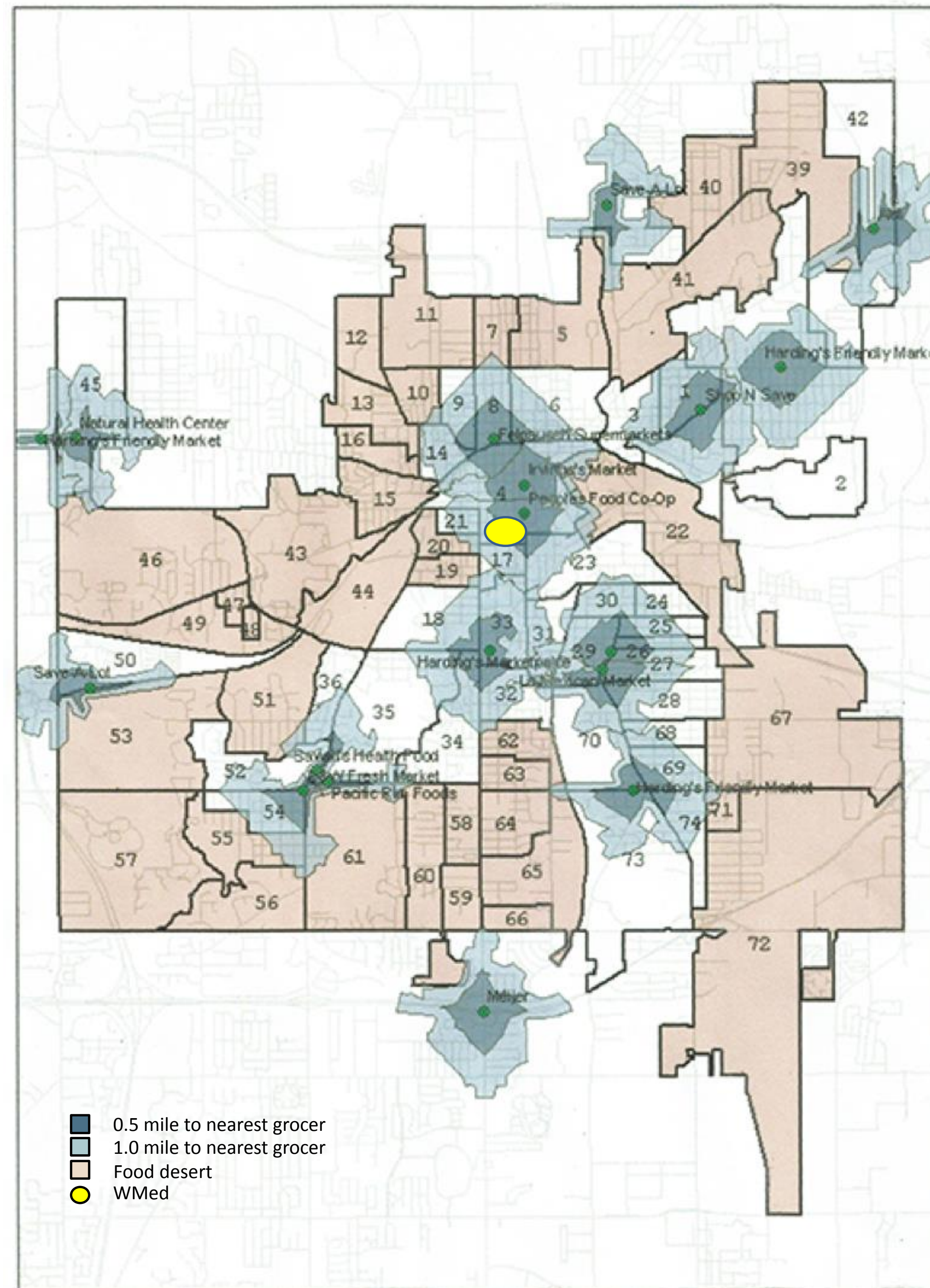
Introduction

Food insecurity definition - "A household-level economic and social condition of limited or uncertain access to adequate food"

- More than 13.1 million food-insecure children in the US
- Health issues associated with food insecurity:
 - Nutritional deficits
 - Developmental difficulties
 - Behavioral problems
 - Educational, personal, and professional challenges
- American Academy of Pediatrics (AAP) validated questions for screening food insecurity
 - Within the past 12 mo, we worried whether our food would run out before we got money to buy more (Yes or No)
 - Within the past 12 mo, the food we bought just didn't last and we didn't have money to get more (Yes or No)
- Food insecurity is an under-recognized problem
 - Kalamazoo Loaves and Fishes (KLF) filled over 180,000 food orders in 2016
- It is unclear what resources local physicians are aware of in helping secure access to food assistance programs

Methods

- A 20-question survey was electronically distributed to assess awareness of food insecurity among Kalamazoo pediatric and family medicine physicians
- Survey questions covered years of practice, usage of the AAP questions, level of formal training on food insecurity, mid-level and support staff, and resources recommended to patients



This map, created in 2009 based off of 2000 census data, reveals locations of food deserts in Kalamazoo. Based on 2016 data from Feeding America, 15.4% of Kalamazoo's population was food insecure.

Results

- 25 responses were analyzed for differences between groups
 - No significant relationships found
- 76% of respondents believed food insecurity directly related to their patients' illness
- Only 52% asked direct questions about food insecurity
- 92% made WIC program referrals
- 92% were willing to include the two AAP-validated food insecurity screening questions in their practice
- Consensus that having a list of local resources would be helpful in addressing food insecurity

Discussion

- Kalamazoo pediatricians and family medicine physicians believe food insecurity directly relates to the problems affecting their patients
 - Only half of physicians ask patients about food insecurity
- Future work should focus on:
 - Expanding physician-patient conversations about food insecurity
 - Addition of validated food insecurity questions to patient questionnaires
 - Compiling a list of local resources for distribution to local providers

Acknowledgements

We thank Kalamazoo Loaves and Fishes for their assistance. We also thank Heather Rauch, Alyssa Woodwyk, and Duncan Vos from the WMed Department of Epidemiology and Biostatistics for their data analysis and expertise

References

1. USDA ERS. Definitions of Food Insecurity. <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx%0D>. Published 2016.
2. COUNCIL ON COMMUNITY PEDIATRICS, COMMITTEE ON NUTRITION. Promoting Food Security for All Children. *Pediatrics*. 2015;136(5):e1431-8. doi:10.1542/peds.2015-3301.
3. Spyer M. Kalamazoo Food Deserts. <http://www.mspyker.com/portfolio/kalamazoo-food-deserts/>. Published 2010.