



Prevent: Collaboratively Stopping Hunger Before It Starts



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HUNGRY FOR ACTION

OKLAHOMA'S ANTI-HUNGER
CONFERENCE 2023

#HungryForActionOK



**REGIONAL
FOOD BANK**
OF OKLAHOMA®

**PREVENT:
Collaboratively
stopping hunger
before it starts**

October 2023



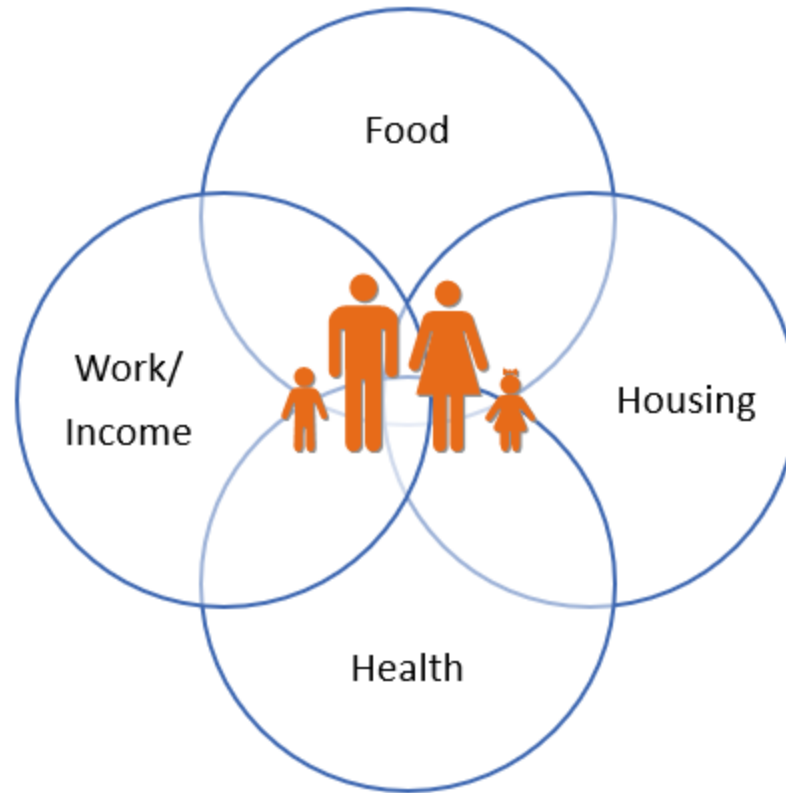
CONTENTS

- understand the root causes of hunger and how they are interconnected
- learn about Regional Food Bank's hunger prevention work and how we engage organizations in hunger prevention
- understand what resources are available and how organizations can get involved

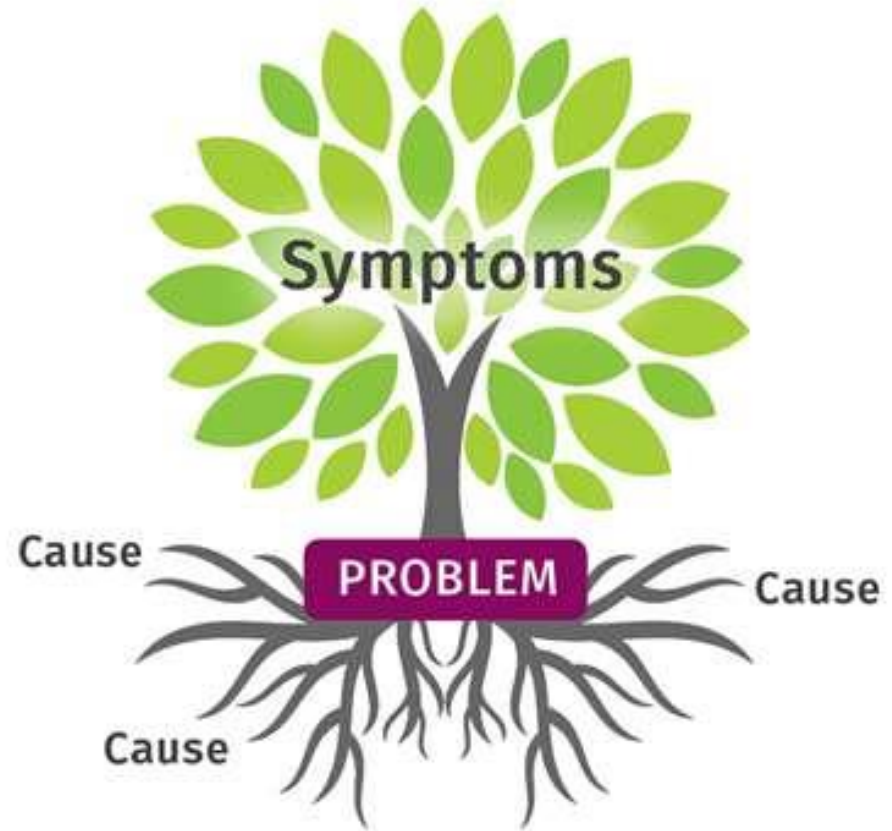
Root causes of hunger

How they are interconnected

Needs Don't Exist in Isolation



Poverty is the Problem



Interconnectedness of Root Causes



An Example of the Interrelationships

Why do you think Oklahomans are hungry? ...Because they are poor. *[poverty, itself, is a root cause of hunger.]*

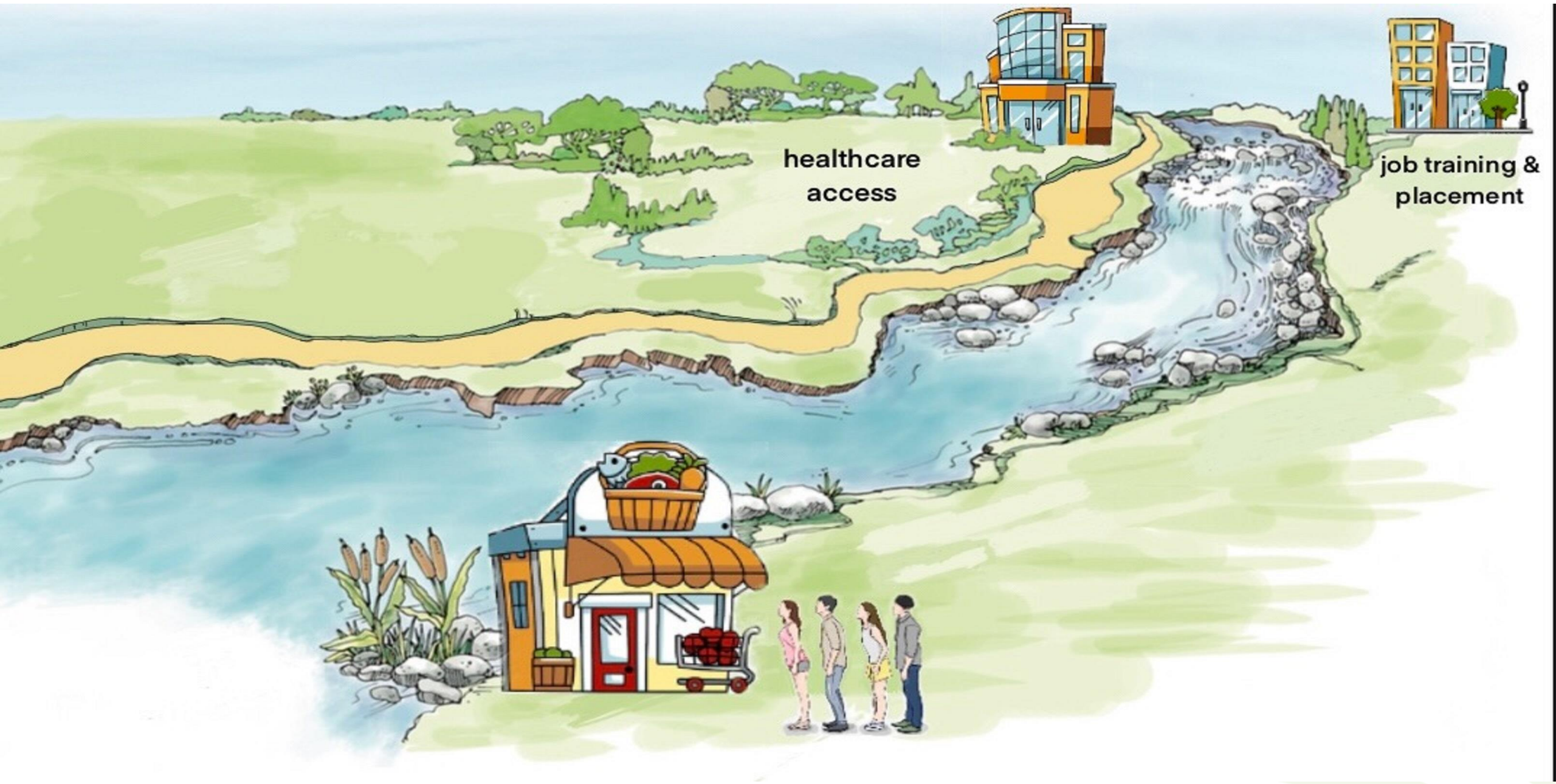
Why do you think they are poor? ...Because they aren't working. *[root cause of "Underemployment"]*

Why do you think they are not working? ...Because they don't want to work.

Why do you think they don't want to work? ...Because they can't get a "decent" job where they live. *[root causes of "disadvantage neighborhoods" and "systemic poverty"]*
...Or, because they can't find a job.

Why do you think they can't find a decent job? ...Because businesses that pay a living wage aren't located where they live. *[root cause of "systemic poverty"]*

It is also not enough to provide a job opportunity (even if it is a living-wage job) if other services (e.g. housing, healthcare, adequate healthy foods, affordable energy) remain out of reach.



healthcare
access

job training &
placement

Model shared from an SME

Not just doing good...doing better

Let's say you want to address a community issue like:

Hungry Children and Families

Option 1	Option 2	Option 3:
Feed people by supporting or setting up a food pantry	Provide training and assistance to parents so that they can save costs, repair finances, and get benefits, a job (or a <i>better</i> job) – and afford to buy enough food.	Support strategies to modernize and develop the local economy and businesses so that you have an adequate supply of <i>good</i> jobs.
<i>Treat the symptoms</i>	<i>Cure the disease</i>	<i>Prevent the disease</i>
Good	Better	Even Better: Transformative

Economic development philanthropy pushes you this way...

Aspen Institute Community Strategies Group

Building Capacity for Ending Hunger



Current Hunger Prevention Work (Partnerships)

Root Causes of Hunger

Poverty

Underemployment

Education

Health and Healthcare Access

Disadvantage Neighborhoods

Gender, Racial and Ethnic Disparities

Policy

Aging

Abuse & Neglect

Incarceration



Hunger Prevention Feeding Partnerships (Food for Communities)

- Partners with a focus on food assistance but offer and/or bring in additional resources or services that address root causes of hunger.

Examples

- Food & Resource Centers
- Food pantries
- Congregate feeding sites
- Soup kitchens
- Shelters/group homes

Hunger Prevention Root Cause Partnerships (Community Connections)

- Partners with a focus on resources that address root causes of hunger and poverty
- Offer wrap around services like case management, job training and placement, access to healthcare, housing, transitional assistance (incarceration or incarceration prevention) etc.

Examples

- Northcare
- Safecare
- Goodwill
- Catholic Charities
- Center for Children and Families
- Community Action Agency
- Central Oklahoma Workforce Innovation Board
- Diversion Hub
- Pivot
- Reemerge
- Palomar

Employment Partners

Root Cause Partnerships (Community Connections)

- Partners that provide full time job opportunities at a livable wage and or with benefits to improve their situation (health benefits, tuition reimbursement and skill certifications).
- Conduct outreach at our partner agencies, participate in hiring events, job fairs and cross referrals. Provide job training and placement programs.

Examples

- AWG
- UPS
- Costco
- Oncue
- Onin Staffing Group
- Smith Staffing
- Dress for Success

Hunger Prevention Youth Programs (Food for Kids)

- Programs with a focus on food assistance for children from early childhood through 18 years old.
- Aim to provide chronically hungry children with the nutritious food they need today to help them thrive.

Examples

- Backpack Programs
- School Pantry
- Summer Feeding
- Kids Café
- Youth Pantries

Hunger Prevention Senior Programs (Food for Seniors Programs)

- Partners with a focus on food assistance for seniors and alleviating additional barriers that seniors face.
- Barrier focus areas: ADL limitations, transportation access, homebound, nutrition status, disease management

Examples

- CSFP
- Senior Servings
- EMBARK Home Delivery
- Senior Pantry
- Senior Congregate Feeding Sites

Hunger Prevention Root Cause Partnerships (Food for Health Partners)

- Program integration with partners that have a focus on resources that address root causes of hunger and poverty
- Offer food with wrap around services like case management, access to healthcare and health resources, housing, family support, etc.

Examples

- Hospitals, Clinics, FQHCs
- County Health Departments
- DHS Offices and Hope Centers
- Parent Promise
- Area Agencies on Aging

Hunger Prevention Public Health Partnerships (Food for Health)

- Partners with a focus on systems level public health approaches to overall improvement of human life.
- Includes statewide efforts in disease prevention, health promotion, nutrition education, health equity, etc.

Examples

- OSDH - SPINE
- TSET - N7
- OKPCA
- OHA
- OUHSC
- HFO
- State Plan on Obesity Collaborative
- DHS CAP
- HAU
- BCBS

State Partnerships Improving Nutrition and Equity (SPINE)



Focused on **promoting equitable** and **sustainable food** and **nutrition security** through a NACDD 2-year grant

WHAT WE DO



PARTNER

The SPINE Partnership works with FQHCs and clinics



SCREEN

To establish food insecurity and/or social determinants of health screenings



FOOD PANTRY

To establish an on-site food pantry



REFER

To develop a referral system for ongoing community resources

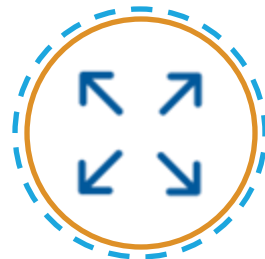
KEY PARTNERSHIPS

- Regional Food Bank of Oklahoma
- Food Bank of Eastern Oklahoma
- Oklahoma Primary Care Association
- Oklahoma Hospital Association
- Hunger Free Oklahoma (HFO)

Y1 CLINIC FOOD PANTRY

- Shortgrass Community Health Center, Hollis
- Health and Wellness Center, Stigler*
- Kiamichi Clinic, Idabel**
- OU Super Niños Clinic, OKC
- SSM Health, OKC
- OKC Indian Clinic, OKC

YEAR 2 COUNTY HEALTH DEPARTMENT INTERVENTION



EXPAND

The food banks anticipate they can expand to 6-10 County Health Departments



TRAIN

Food Banks and HFO provide all training necessary for on-site food pantries and for SNAP application assistance.



FOOD INSECURITY IN OKLAHOMA AND THE ROLE OF HEALTHCARE PROVIDERS

Oklahoma is one of the hungriest states in the nation



Childhood food insecurity is associated with:



Poor health status¹

- Food insecure children are sick more often and more likely to be hospitalized, recover from illness more slowly
- Many studies link early childhood malnutrition to adult diseases including diabetes, high cholesterol and cardiovascular disease.



Developmental Risk²

- Children with food insecurity are more likely to have physical, intellectual or emotional developmental delays.



Mental Health Problems²

- Children who are food insecure don't have the energy to navigate social interactions or adapt to environmental stress.
- Children with food insecurity are more likely to be anxious, depressed or stressed.



Poor Educational Outcomes²

- Food insecurity is linked with lower cognitive indicators resulting in lower educational achievement, lost productivity and lower earnings in adulthood and increased risk of poverty as adults.
- Lack of adequate food can impair a child's ability to concentrate and perform well in school and is linked to higher levels of behavioral and emotional problems from preschool through adolescence.

Adult food insecurity is associated with:



Poor health status³

- Food insecure adults are sick more often and more likely to be hospitalized, recover from illness more slowly and be hospitalized more frequently.
- Adults living with food insecurity are at a higher risk of developing diabetes, heart disease, stroke, obesity, depression, disability, poor oral health and premature death.



Disease self-management²

- Food insecurity makes chronic conditions difficult to manage and is linked to poor glycemic control for people with diabetes, worsening chronic kidney disease, and low CD4 counts and poor antiretroviral therapy adherence among people living with HIV.



Cardiometabolic risk factors³

- Adults living in poverty have higher rates of physical inactivity, cigarette smoking, stress and inadequate nutritional intake, resulting in higher rates of heart disease, stroke, hypertension, obesity and diabetes.



Mental health problems³

- People living with food insecurity are living under chronic stress, which can lead to depression, anxiety and mental distress.



Mortality⁴

- Adults living with food insecurity have a higher risk of early death.

Senior food insecurity is associated with:



Poor health status³

- Older adults who are food insecure are sick more often and more likely to be hospitalized, recover from illness more slowly and be hospitalized more frequently.



Cardiometabolic risk factors⁴

- Older adults living with food insecurity have a higher rate of excess weight, hypertension, dyslipidemia, osteoporosis, diabetes and stress.
- If an older adult has experienced lifelong food insecurity, they are at a higher risk of developing serious issues such as diabetes, coronary heart disease, congestive heart failure, stroke and chronic kidney disease.



Limitations in daily activities³

- Older adults with low dietary intake may experience limitations in daily activities due to low energy, depression or sickness.
- Food insecurity can cause loss of muscle tone, arthritis and osteoporosis, which can limit the daily activities of seniors and lead to fall-related injuries.



Mental Health Problems³

- Older adults living with food insecurity often experience negative mental health outcomes such as sleep disorders, depression and low cognitive function.
- Older adults who are food insecure and have mental health problems are at a greater risk of falling.

What resources are available How to get involved



DO YOU NEED FOOD ASSISTANCE?



Locate a Regional Food Bank Partner and Get Help Now!

rfbo.org/get-help

- Food & Resource Centers** - Allows guests to shop for food, provides greater access to food through extended hours and days of operation, increased access to fresh produce and a venue for connecting clients with resources available to their families.
- Certified Healthy Pantries** - Food pantries that allow guests to shop for food with an emphasis on healthy eating food choices.
- Community Food Pantry** - Provides food assistance.
- Kids Meal Site** - Afterschool programs that provide free meals and snacks to children up to the age of 18.
- Senior Congregate Feeding Site** - Provides nutritionally balanced meals, nutrition education and nutrition risk screening for seniors 60 years and older and their spouses.
- Senior Servings** - Provides healthy, frozen meals prepared in the Regional Food Bank's Hope's Kitchen to seniors shopping at food pantries and identified as having issues with endurance, cognition and physical mobility.
- Soup Kitchen** - Serves individuals in need of a hot meal.
- SNAP Application Assistance** - SNAP outreach specialists can assist with completion of an online SNAP application and answer questions regarding the federal nutrition program.



Scan the QR code or visit rfbo.org/get-help to find a food pantry near you.

If you do not have internet access, please call **405-972-1111** to speak to Regional Food Bank staff.

Locate a pantry

Please call ahead of time to ensure the site is open and if there are any special requirements. If unable to find assistance, please call 405-972-1111.



Find Location

Type in your address below and find a pantry close to you.



Call Location

Please call ahead of time to ensure the site is open and if there are any special requirements.



Visit Location

Visit a location and get the help you need.

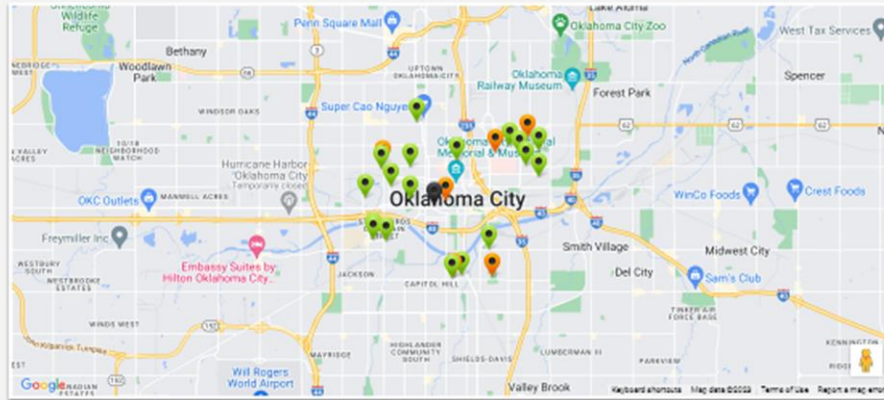
Find an Agency:

Address / City / State / Zip

Category

Within

FIND LOCATIONS



- Food & Resource Center
- Healthy Pantry Certified
- Kids Meal Sites
- Pantry
- Senior Congregate Feeding Site
- Senior Servings

Interested in getting involved in Hunger Prevention?

Contact us:

(email) info@rfbo.org

(phone) 405-972-1111

(website) www.rfbo.org

Or reach out to one of us!



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Questions?



Collaborative Learning in ACTION!

Don't forget to visit the
debrief boards between sessions!

Share what you learned and
resources that might help others.



Scan to Give Session Feedback

...and find lots of other resources!



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