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www.foodshare.org

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TRIPP Center

Aetna Foundation
Research Team and Mentors

Research Team
Jeanette Goyzueta-Rhodes
Mary Jean Counsilman
Kate Robaina
Erica Illyes
Julie Menounos
Michele Wolff
Angela Colantonio
Matt Brennan
Sally Mancini

Mentors
Judith Fifield
Victor Hesselbrock
Susan Reisine
George Kuchel

Biostatistics Center
Jamie Grady
Rong Wu
Katherine Picho
Food Insecurity:

Limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.¹

- Worrying about having enough food for family
- Reducing the quality and variety of food because there is not enough money
- Adults and children experiencing hunger because there is not enough money for food

Nearly 15% of all US households were food insecure in 2011.²

Hunger and food Insecurity: Major public health issues

• Chronic diseases in adults such as hyperlipidemia, hypertension, and diabetes are linked to food insecurity
  – Seligman et al, 2007; Drewnowski & Specter, 2004; Seligman et al 2010

• Food insecurity associated with obesity, particularly in women
  – Adams et al., 2003; Martin & Ferris, 2007

• Linked to depression in adults, and poor developmental indicators in children
  – Dinour et al., 2007; Dietz, 1995; Drewnowski & Specter, 2004; Hamelin et al., 1999; Guo et al., 2004; Whitaker et al 2006
“Emergency Food” - Response to Hunger

• Food banks, food pantries, soup kitchens and shelters
• Providing food to 37 million Americans, including 14 million children (increase of 46% over 2006)
• One in eight Americans now rely on food pantries for food.
• In Connecticut:
  – 40% are children
  – 12% are the elderly
  – 27% have at least one working adult
Trends in prevalence rates of food insecurity in U.S. households, 1995-2011

http://www.ers.usda.gov/briefing/foodsecurity
Trends in Number of Emergency food agencies, 1997-2009

Sources:
Corporate Donations to Feeding America

• $5 Million from JPMorganChase
• 20 Million Meals from Kraft Foods – $1 = 7 meals secured by FA
• Other donors:
  - macy's $1.5 Million in 2009
  - The Cheesecake Factory $2.1 Million
  - Ameriprise Financial
  - United Airlines Charity Miles Program
  - Pepsico Up to $500,000 (4 million meals)
Hunger makes us uncomfortable, charity relieves that discomfort.

- Message is sent that this is a good way to help
- Not a long-term solution to problem
- No rigorous evaluations of food pantries
- “Example of how our government has failed”
  — Janet Poppendieck, *Sweet Charity*
Underlying Causes of Food Insecurity

- Unemployment, underemployment
- Legal issues, domestic violence
- High costs of housing and medical care
- Mental health and substance abuse
- Lack of transportation
- Lack of affordable child care

Food Insecurity is about more than lack of food.
Freshplace: A new response to Hunger

University of Connecticut
Department of Allied Health Sciences

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CHRYSA LIS CENTER, INC.

THE JUNIOR LEAGUE OF HARTFORD
Women building better communities

University of Connecticut
Department of Allied Health Sciences
The Freshplace program includes:

1. Client-choice pantry with access to fresh healthy food twice per month
2. Personalized case management with a Project Manager through the development and monthly monitoring of a Freshstart Plan
3. Additional services such as computer access, nutrition education, and cooking classes

Martin K, Shuckerow M, O'Rourke C, Schmitz A. Changing the conversation about hunger--the process of developing Freshplace. Prog Community Health Partnership. 2012 Winter;6(4):429-34.
Freshplace

Corner of Homestead Avenue and Woodland Street, Hartford, CT
First study to rigorously evaluate a food pantry intervention

- Randomized control trial over 18 months
- 228 total participants
- Response rates 63% - 69% for quarterly surveys
- Main outcomes: food security, self-sufficiency, and fruit and vegetable consumption.
- Multivariate regression models to predict three outcomes, controlling for gender, age, household size, household income, and children in the household.
Study Participants: Baseline Demographics

- Average age is 51 years
- The majority are female (60%)
- 68% are unemployed; 11% retired
- Almost half (44%) did not complete a high school education
- More than half (55%) of households include children
- 63% visited a food pantry at least once a week
Food Insecurity at Baseline

A full 84% of households were food insecure (low and very low food secure), including half who experienced hunger.

Compared to national averages:
- All households = 14.9%
- Metropolitan areas = 17%
- Black households = 25%
- With incomes below poverty line = 43%

Over one year, Freshplace members were less than half as likely to experience very low food security as the control group (ROR=0.42; 95% CI [0.24, 0.72]; p<.01).

23 Freshplace clients participated in a 6-week “Cooking Matters” class and 22 in a “Shopping Matters” class to build skills related to food security.

They “teach me to save money and go to the shop and spend my money right.”
Over one year, Freshplace members had significantly greater gains in fruit and vegetable scores compared to the control group, on average 2 additional points during the study (P=0.005), which equates to approximately one additional serving per day.

Martin K, Menounos J, Wolff M. Food security and diet quality improve among food pantry members in Hartford, CT. *In Revision to J Nutr Educ Behav.*
In multivariate regression model, over one year, Freshplace members increased self-sufficiency by 4.1 points compared to the control group (p<.01).

Getting Ahead and Bridges out of Poverty

Getting Ahead workshops for people in poverty:
4 workshops, pre-post evaluation

Participants work in groups to examine the impact of poverty and build resources to get ahead

Bridges out of Poverty Seminars to address and reduce poverty in a comprehensive way
– Foodshare volunteers
– Aetna employees
– CCMC medical students
“It is our unfinished task to restore the basic bargain that built this country, the idea that if you work hard and meet your responsibilities, you can get ahead.”

- President Obama, State of the Union Address, February 2013
Next Steps

- Publishing and disseminating study results
- Evaluation of Getting Ahead workshops
- Freshplace Fidelity Model
- Freshplace Replication Manual
- Dissemination and Implementation Study

“We don’t have anything like Freshplace, that’s for sure. Your concept is innovative from our perspective.”
Director, Food Bank of Northern Nevada

“What they’re doing at Freshplace is exactly what should be done”
at other pantries.
Manager,
Enfield CT Food Shelf
Hunger & Obesity - Global Health Issue

• Double burden of Food Insecurity and Obesity

• Growth in food banks internationally

• Collaboration between:
  – Katie Martin, Uconn
  – Marlene Schwartz, Rudd Center for Food Policy & Obesity at Yale
  – Judith Neter, Vrije Amersterdam University
Food Policies to address Hunger

• Revamp federal food assistance programs
• Reconfigure the Farm Bill
• Nutrition standards at Foodbanks
• Holistic approach to tackling poverty
• Healthy Corner Stores

We need the political will to end Hunger
Changing the conversation about hunger away from emergency food to self sufficiency and health.

Contact Information for Freshplace:
860-263-4698

Thank you!

Questions, comments:
Katie.martin@uconn.edu