

FOOD INSECURITY AMONG PREGNANT PEOPLE AND FAMILIES IN SAN FRANCISCO

Presentation to the Public Safety and Neighborhood Services Committee
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Food insecurity and the impacts

FOOD INSECURITY = Inadequate access to food because of financial constraints

Health impacts of food insecurity



Inadequate intake of nutrients



Increase risk for various chronic diseases



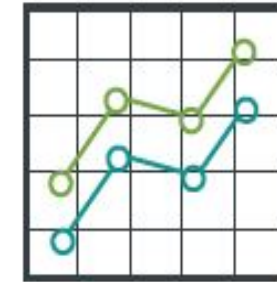
Increased risk for negative pregnancy outcomes



Long-term deficits in children's socio-emotional, cognitive and motor functioning



Increase risk for negative mental health impacts (including depression, suicide, substance misuse, etc)

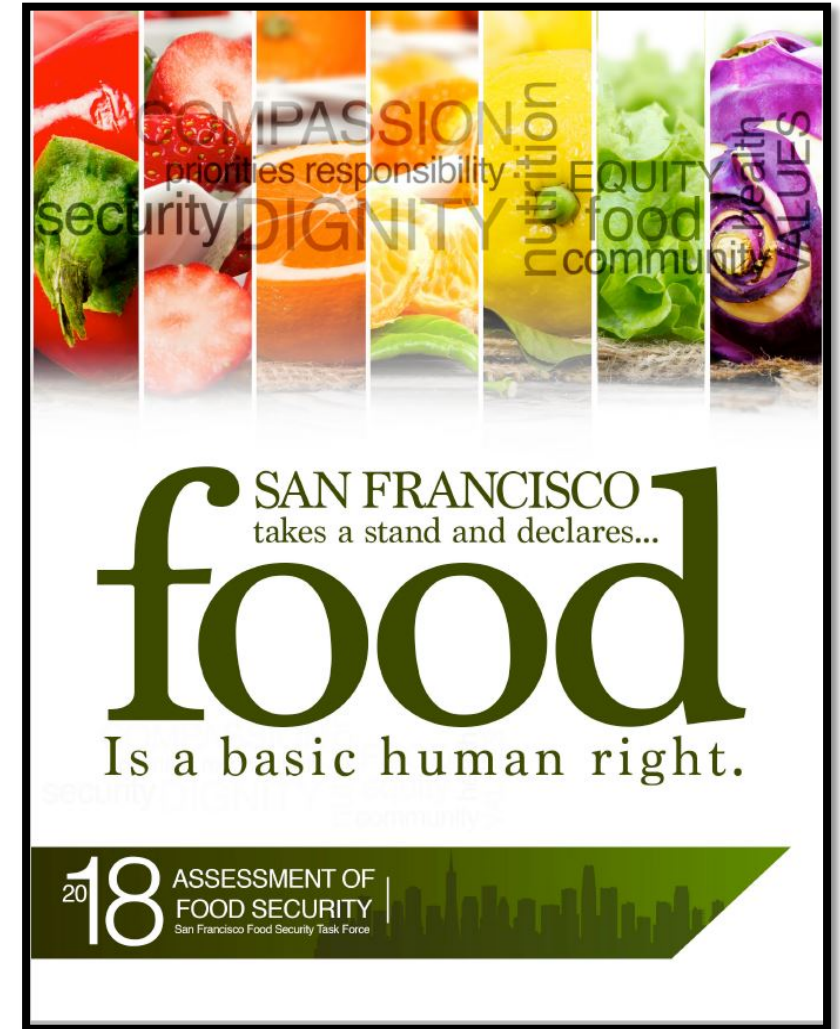


Total healthcare costs increase steadily with increased severity of household food insecurity

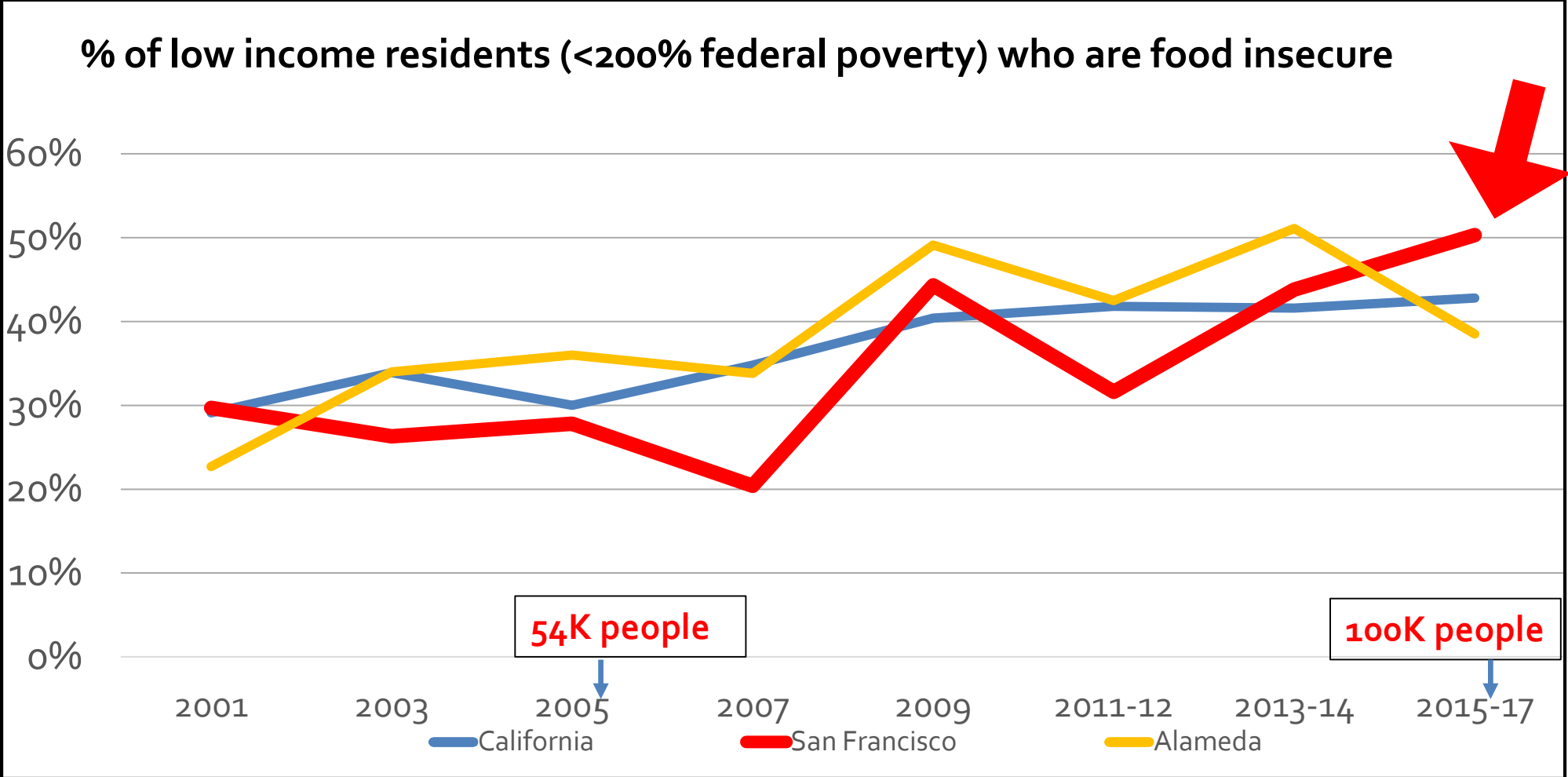
Costs of food insecurity are also passed on to education systems and employers

2018 Report - Summary of findings

- More residents struggle to meet basic needs.
- High rates of food insecurity.
- Progress, yet declines for some programs serving children.
- Food safety net infrastructure at capacity, limiting growth.
- Need standard measurement of food security.
- Integrate disparity data to address inequities.



Growing problem in San Francisco



200% of the federal poverty level =

Single person
\$24,980

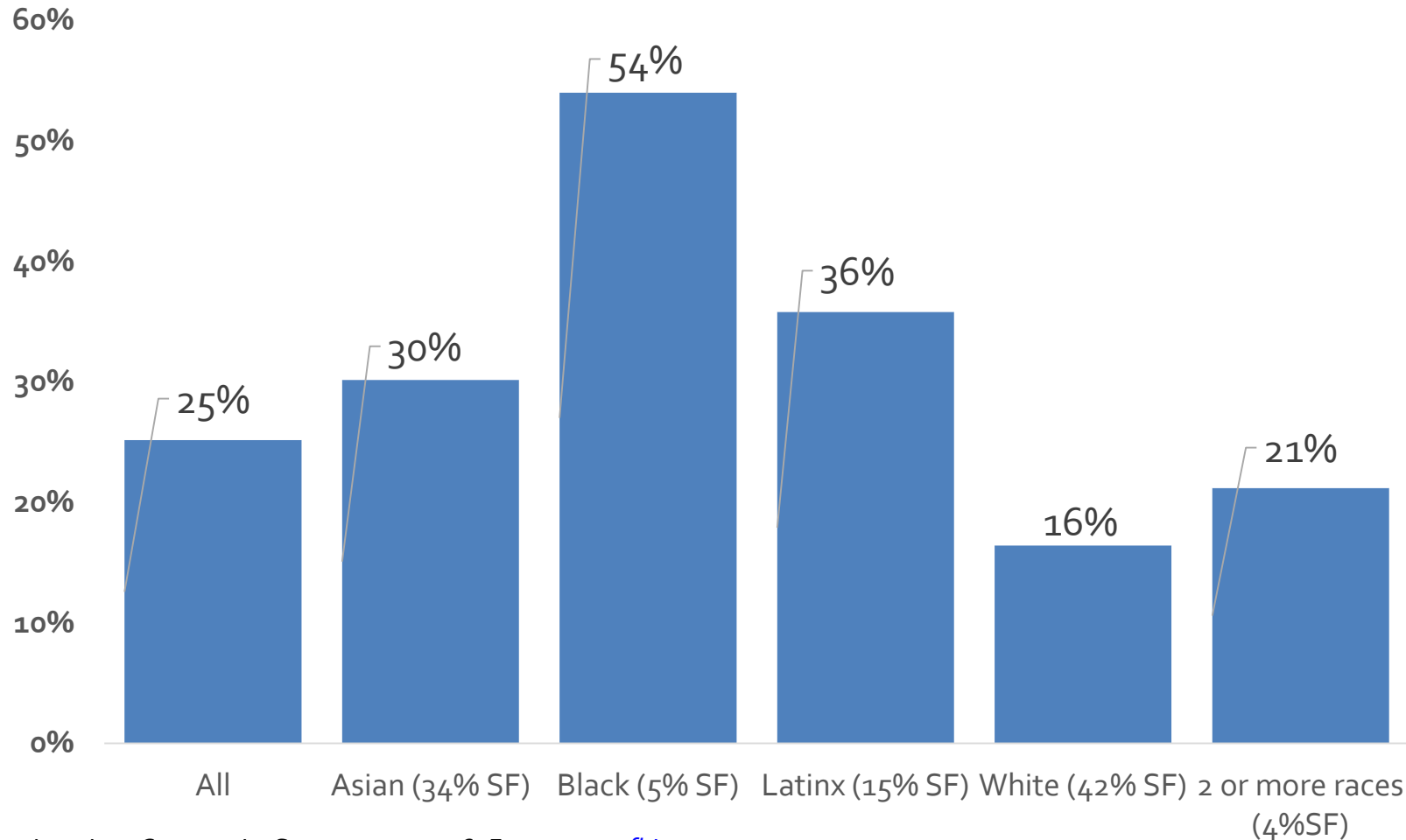
Family of 4
\$51,500

1 in 4 San Franciscans live below 200% FPL – 216,000

California Health Interview Survey

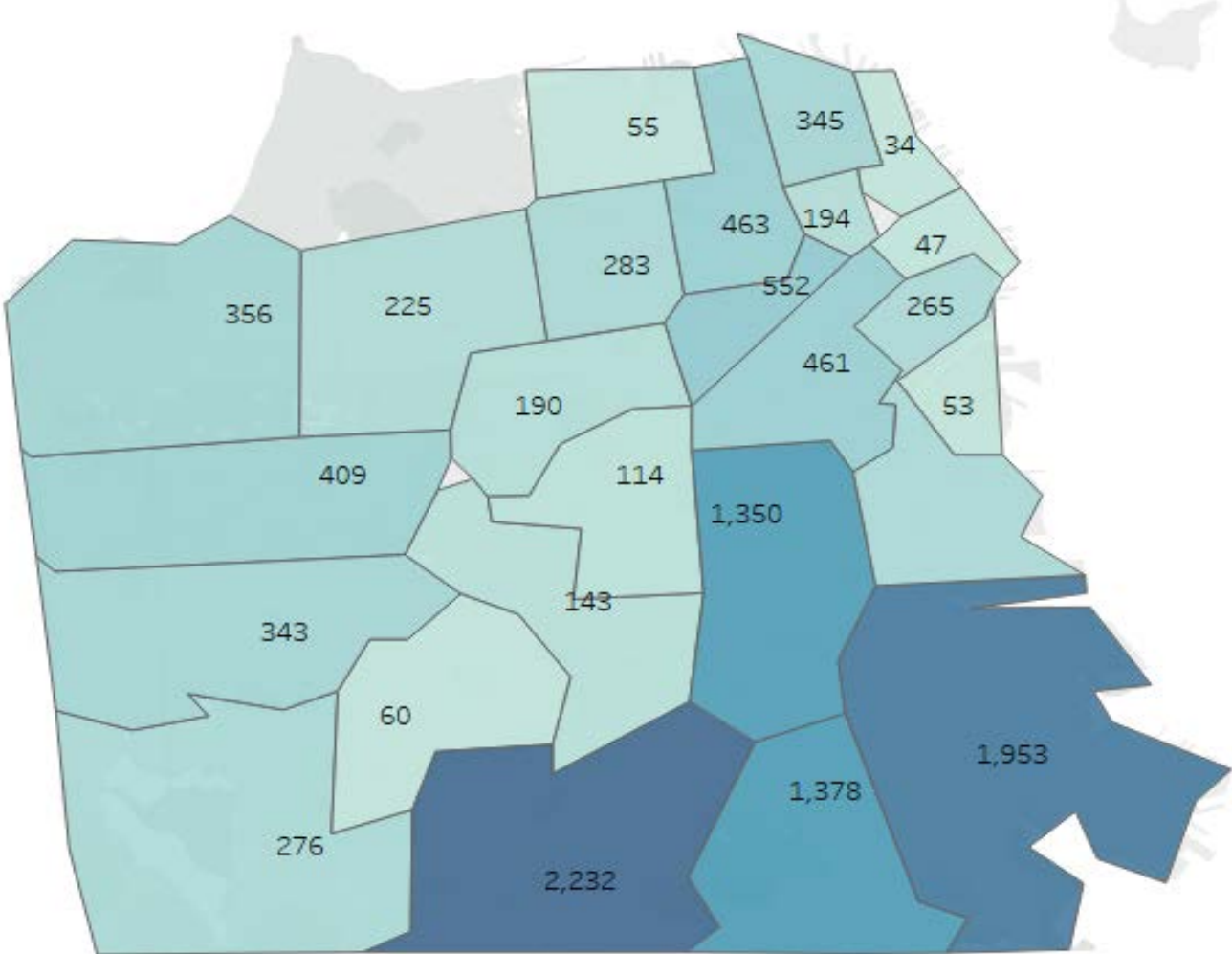
Residents most impacted

% < 200 FPL by race



American Community Survey 2012-2016. From www.sfhip.org.
Data not stable for Pacific Islanders and Native Americans.

Total # of live births to San Francisco residents on public insurance (2014-18)

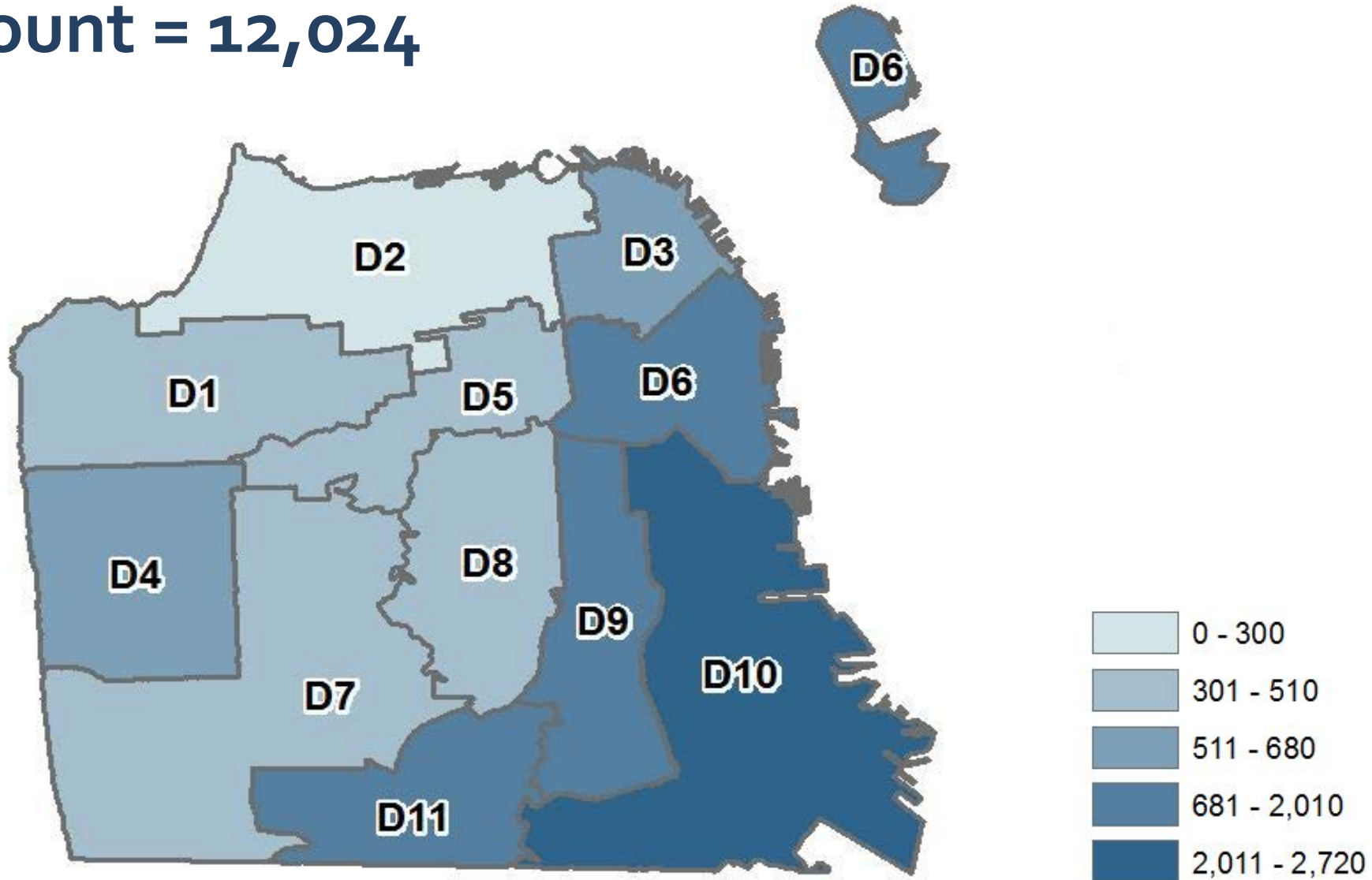


5 year total **11,816**

Does not include out of state births

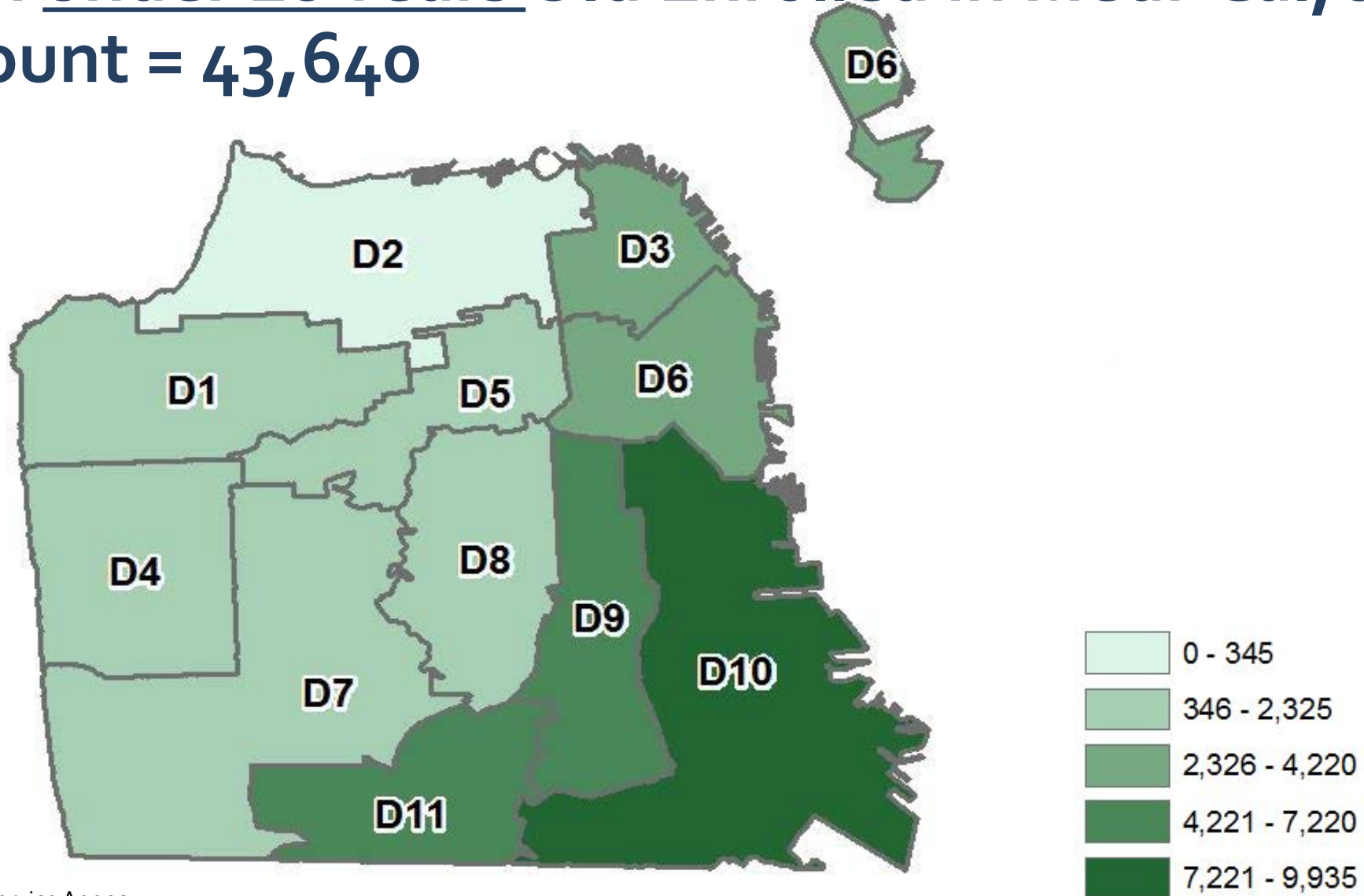
Children under 5 Years Old Enrolled in Medi-Cal, July 2019

Total Count = 12,024



Children under 18 Years Old Enrolled in Medi-Cal, July 2019

Total Count = 43,640



Food insecurity among families

Data from surveys:

1. 1 in 2 pregnant WIC clients
 2. 2 in 3 WIC families
 3. 1 in 2 City College students with children
 4. 1 in 5 of kindergarteners come to school hungry
- Fewer food resources during summer, weekends and holidays
 - Loss of sponsor for after school meals left children without meals



Federal Food Programs for Pregnant People and Children

- CalFresh (known national as the Supplemental Nutrition Assistance Program/food stamps)
- WIC (Special Supplemental Program for Women, Infants, and Children)
- National School Lunch Program
- School Breakfast Program
- Summer Food Service Program
- Child and Adult Care Food Program (Child Care Centers, Day Care Homes)
- TEFAP (The Emergency Food Assistance Program)
- WIC Farmers Market Nutrition Program
- Fresh Fruit and Vegetable Program



Federal Policy Framework

Determines:

- Who is eligible
- Amount of benefits available
- How the benefits are provided
 - Directly to families
 - Reimbursements for meals served in programs
 - USDA commodity foods
- What food can be purchased or served
- Where the food can be purchased or accessed
- Where food programs can be located
- What the portion sizes are
- When the food can be served
- What can be done with leftovers

Root Causes and Structural Obstacles

- High cost of living – more residents struggle to afford basic needs
- Federal policy framework leaves many San Franciscans hungry
 - Benefits have low purchasing power
 - Federal program funding inadequate
 - Eligibility restricts many who need help
- New threats
 - Public Charge/SNAP(CalFresh)
 - Proposed to eliminate Broad Based Categorical Eligibility
- Food safety net infrastructure at capacity, limiting growth.

"I'm not financially stable. First the rent and the bills come then whatever money is left is for food" – Latina Mother

"Stressful, if you make too much you're not qualified, but you need the help. I'm stressed out, how am I supposed to make it? You can be \$20 over the eligibility limit and don't qualify" – African American Mother

Promising practices

- Build on federal programs
 - Co-locate programs that serve same population
 - Expand services to increase reach and purchasing power
- Expand strategic local solutions
 - Support programs that reduce barriers
 - Target efforts to address disparities
- Adopt standard measurement for food security
- Monitor system wide availability and use of program and services
- Support infrastructure investments to expand food programs



Photo: SF Marin Food Bank



Focus Groups - What actions can we take, to improve your food needs?

Food in the Community

- More food/take into account the entire family
- Need more support for different kinds of food, meat, fruits and vegetables, eggs
- Need prepared food
- More locations to get food / more organizations that provide food
- More days of the week/more hours for food programs
- Need to improve what is given in nutrition programs

Accessible Transportation/delivery

- Food and grocery delivery
- Transportation

Supports

- Need to change eligibility for food and income support programs to include more people struggling

Jobs

- Need more opportunities for work, better paying jobs and to be self employed

Child Care

- Need more support with childcare

Education

- Community cooking classes and nutrition
- More information about resources available

Acknowledgements

- **San Francisco Mothers**

- Supervisor Stefani's office

- Homeless Prenatal Program

- APA Family Support Services
- Department of Children, Youth and Families
- Department of Public Health
- First 5
- Food Security Task Force
- Office of Early Care and Education
- Metta Fund
- UC Berkeley School of Public Health

- UC Berkeley Nutrition Policy Institute
- UCSF California Preterm Birth Initiative
- UCSF Center for Vulnerable Populations and EatSF
- San Francisco Health Improvement Partnership
- San Francisco Human Service Agency
- San Francisco Marin Food Bank
- San Francisco Unified School District



Questions?



FRC ALLIANCE: PUBLIC COMMENT TALKING POINTS: FOOD SECURITY (SAMPLE)

September 12, 2019

- Introduce Yourself, your FRC, the neighborhood or population for your FRC, and identify your agency as part of the FRCI Alliance.
- Talk about WHY the 26 FRCs are so important in San Francisco.
 - They are an essential part of the safety net for families in the city and can help keep families here. FRCs are in every neighborhood and meet families where they are with linguistically and culturally supportive environments. Families feel cared for and secure in FRCs.
 - Family Resource Centers provide the most accessible way for families to get services, connect to other families, and build essential strengths and skills to grapple with challenges.
 - Immigrants, homeless families, families experiencing violence, families with children with special needs all go to FRCs.
- For multiple reasons, families can be reluctant to seek support from public, government agencies. FRCs are the trusted community hubs in every neighborhood where families can access such support to enhance their strengths and build their resilience.
 - With the federal government's new rule on "public charge," impacting immigration eligibility, more vulnerable families will be reluctant to go to public agencies to access benefits, including CalFresh.
- Thus, FRCs are essential to provide food security to families.
- There is a lot of recent data estimating that as many as 1 in 4 San Franciscans experience food insecurity. This includes many families.
- We see challenges with food security with our families every day.
- Provide a story or example of a family who came to your FRC with food insecurity challenges.
- **FRC's run nine food pantries in many of the neediest corners of the City, with severely underserved neighborhoods having year-long wait lists. The demand for food is increasing.**
- **With modest additional resources, FRC's could increase food to families in marginal living situations.**
- With systemic and policy changes in public entities, there is greater reliance on community organizations to support families.
- **Increasing support for FRCs to help combat food insecurity for families is not only the right thing to do, but the smart thing to do.**