



Improving Healthy Food Access in LA County

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COUNTY OF LOS ANGELES
Public Health



Nutrition and Physical Activity Program

Mission

To advance good nutrition practices and physical activity for all persons in Los Angeles County

Funding

CalFresh Healthy Living: \$13.6 million

Gus Schumacher Nutrition Incentive Program: \$500,000

Productivity Investment Fund: \$300,000

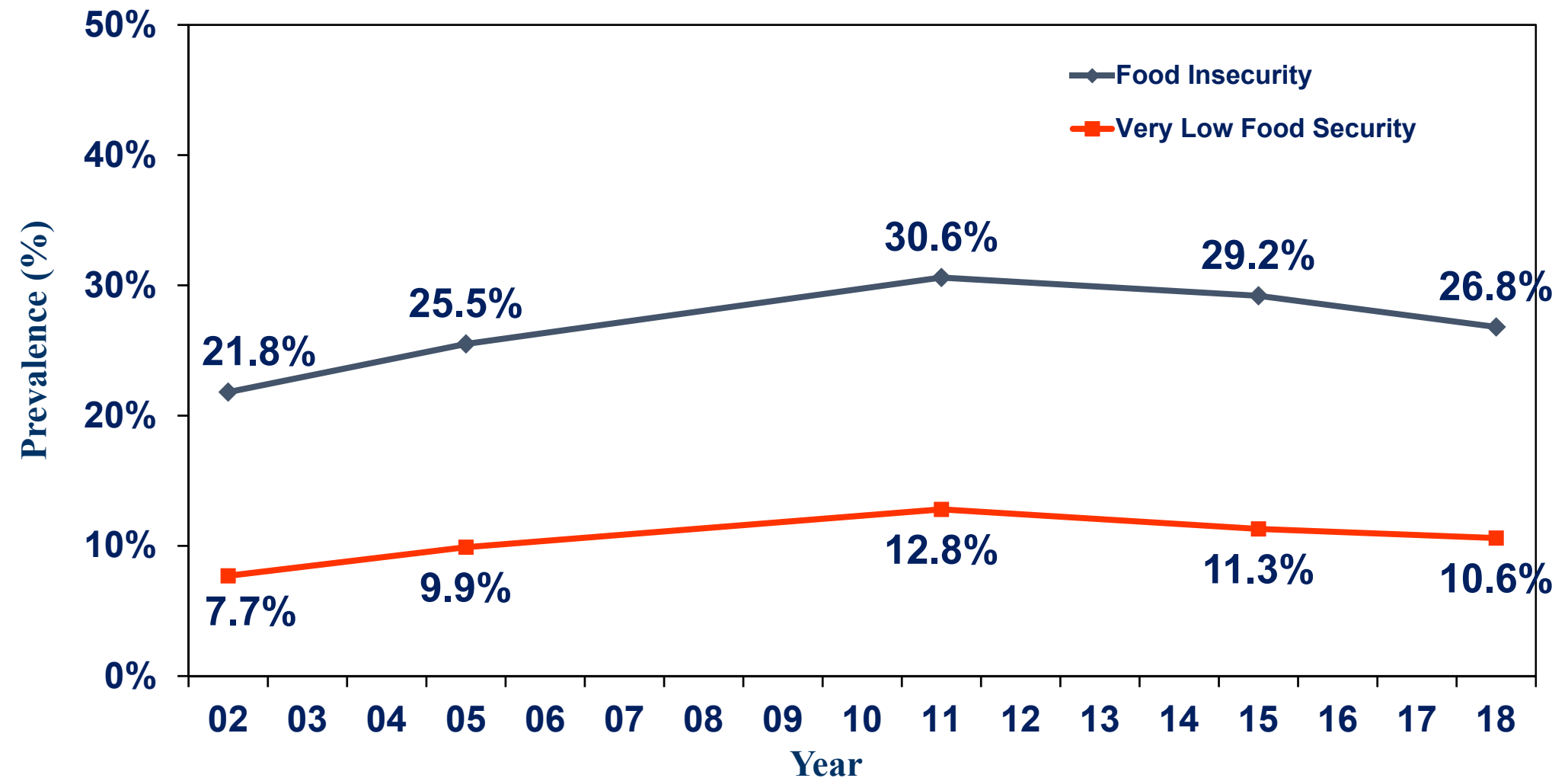


Hidden Hunger: The Impact of Food Insecurity in LA County



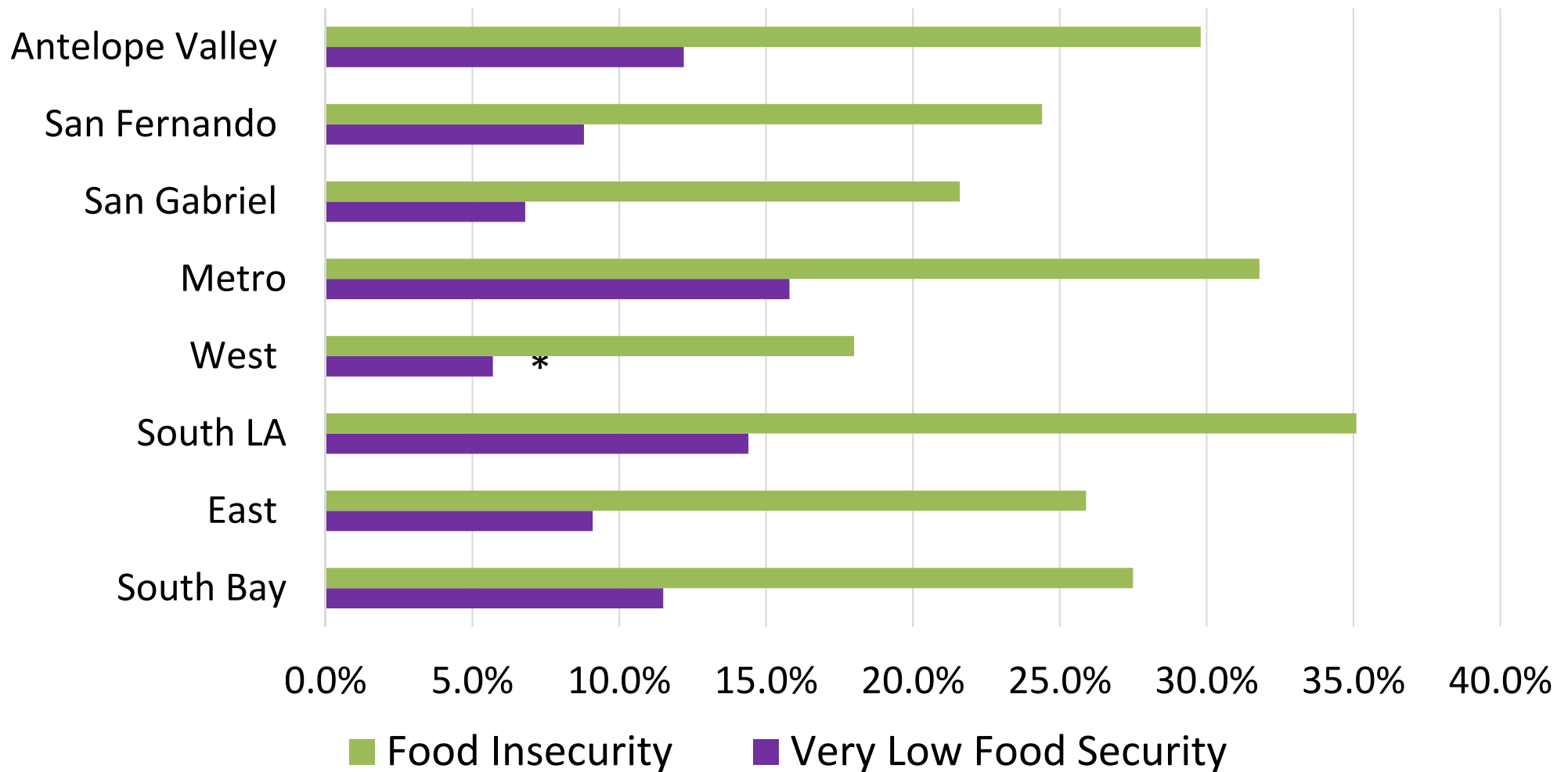


Food Insecurity Trends Among LA County Households with Incomes <300% FPL, LACHS 2002-2018





LA County Households <300% FPL, Experiencing Food Insecurity by Service Planning Area, 2018

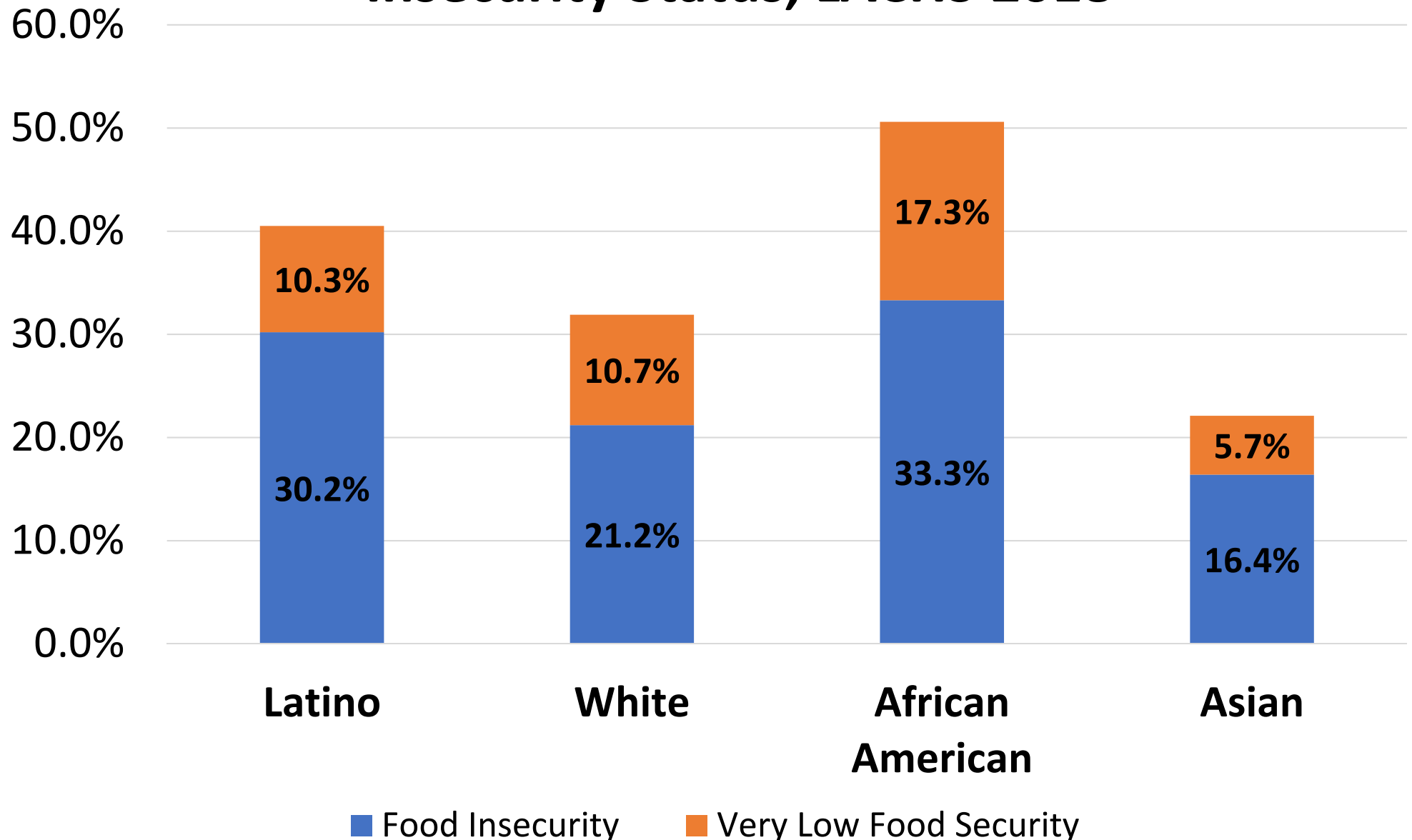


*Estimate is statistically unstable

Source: Los Angeles County Health Survey, Department of Public Health

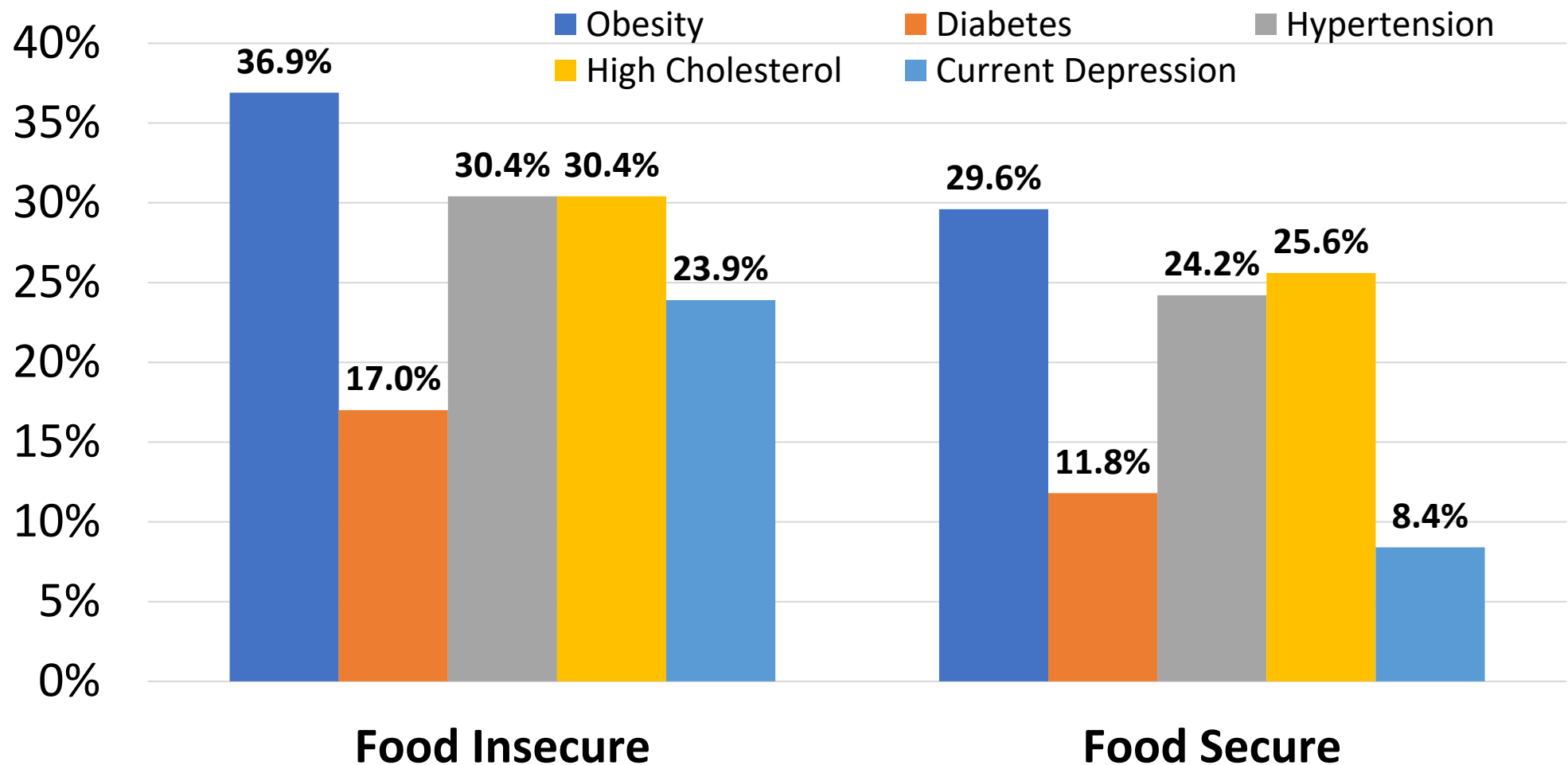


Racial Distribution in Households <300% FPL by Food Insecurity Status, LACHS 2018





Percent of Adults with Chronic Conditions in Households <300% FPL by Food Security Status, LACHS 2018





Financial Competing Resources



69%

Had to choose
between food and
utilities



66%

Had to choose
between food and
medical care



79%

Purchase
inexpensive,
unhealthy food



40%

Water down food
or drinks



Addressing Food insecurity and Obesity: A Coordinated Approach

Historically, **food insecurity and obesity** have been addressed as **separate problems using distinct approaches.**

More extensive research concludes that the **coexistence of food insecurity and obesity is expected** given that both are results of social and economic inequity and should **therefore be targeted with coordinated approaches that address both issues.**



Recommendations

- 1 Explore and launch new initiatives to increase participation in CalFresh
- 2 Enhance nutrition standards in food pantries and meal programs
- 3 Screen for food insecurity and intervene at scheduled health visits
- 4 Increase nutrition education resources
- 5 Reduce food waste by feeding hungry people
- 6 Support broad societal efforts to eliminate poverty and increase household incomes



LA County Board of Supervisors Address Food Insecurity



Hilda L. Solis
First District



Mark Ridley-Thomas
Second District



Sheila Kuehl
Third District



Janice Hahn
Fourth District



Kathryn Barger
Fifth District

Board Motions

- Food Insecurity Screening in County Clinics (Dec. 2017)
- Reducing both Food Waste and Food Insecurity in Los Angeles County (Feb. 2019)



Food Insecurity Screening in County Clinics

- Determine the feasibility and cost of including a screening questionnaire in the County's electronic medical record system and training staff on how to use the tool
- Implement a plan for establishing a referral process to CalFresh enrollment, WIC, and other food assistance resources
- Conduct nutrition education classes in clinics focused on healthy eating and food resources management



Reducing Both Food Waste and Food Insecurity in Los Angeles County

- Assist schools with implementing strategies to prevent food waste (e.g., share tables), redistribute surplus food, and engage in complementary efforts to address food insecurity
- Define opportunities for food redistribution in community hubs, such as schools, colleges, clinics, and other settings
- Conduct an assessment of existing practices and policies in food pantries around nutrition standards, including barriers and facilitators of successful implementation of nutrition standards



SNAP- Ed Focus

- Implementing strategies or interventions, among other health promotion efforts, to help the target audience **establish healthy eating habits and a physically active lifestyle;**
- **Primary prevention of diseases** to help the target audience that has risk factors for nutrition-related chronic disease, such as obesity, **prevent or postpone the onset of disease** by establishing healthier eating habits and being more physically active.

Strategies and Sub-Strategies



	Access to Healthy Food	Behavioral Economics	Daily Quality PA
K-12 & Afterschool	Free Produce Distribution CalFresh Promotion Share Tables Water Access & Appeal	Smarter Lunchrooms Movement (SLM)	Improving Physical Activity in Schools – Non PE



	Access to Healthy Food	Behavioral Economics	Daily Quality PA
ECE	Free Produce Distribution CalFresh Promotion	Smarter Mealtimes (SMT)	Physical Activity (PA) in ECE



Access to Healthy Food	
Food Insecurity Screening and Referral to Nutrition Assistance System Free Produce Distribution Capacity-Building for Food Distribution	



Access to Healthy Food	Access to PA Opportunities
Free Produce Distribution CalFresh Enrollment Coordination	Parks Physical Activity Programming



Access to Healthy Food
Free Produce Distribution



CalFresh Healthy Living Funded Partners

Early Childhood Education

- The Children's Collective Inc.

School Districts

- Glendale Unified School District
- Lawndale Elementary School District
- Pasadena Unified School District

Healthcare Clinics

- Asian Pacific Healthcare Venture
- Northeast Valley Health Corporation
- Venice Family Clinic

Food Banks/Pantries

- Antelope Valley Partners for Health
- Los Angeles Regional Food Bank

Produce Distribution

- Social Justice Learning Institute
- Asian Pacific Islander Forward Movement
- Los Angeles Regional Food Bank
- Seeds of Hope, Episcopal Diocese

Nutrition Education and Physical Activity

- Active San Gabriel Valley
- Adventist Health Glendale Foundation
- National Health Foundation
- Sustainable Economic Enterprises of Los Angeles
- The Whole Child



Gus Schumacher

Nutrition Incentive Program

Produce Prescription Project

Increasing Fruit and Vegetable Intake among Prediabetic and Diabetic Medicaid Recipients in Los Angeles County, California

Partners

Northeast Valley Health Corporation

Goals

To increase fruit and vegetable consumption, improve household food security, and reduce the risk of developing diet-related chronic diseases and their complications



Productivity Investment Fund

Goal

Partner with an existing mobile app to increase efficiency of food distribution throughout Los Angeles County

Objectives

- 50 new businesses throughout LA County will subscribe to the food recovery mobile app
 - Increase Access to Food for Low-Income Communities
 - 390,000 Pounds of Food Diverted from the Landfill
 - Reduce Greenhouse Gas Emissions Related to Food Waste
 - CO2 Emissions Prevented from Methane: 1,710,000 lbs



Thank You!

Food Insecurity During COVID-19 & LA County Response

Presentation to the Los Angeles City Health Commission
November 9, 2020

LA County Emergency Operations Center

DPSS Department Operations Center

Food Security Branch

Food Security Task Force

- LAC Chief Sustainability Office (CSO)
- LAC Office of Emergency Management (OEM)
- LAC Department of Public Social Services (DPSS)
- LAC Department of Public Health (DPH)
- LAC Office of Education (LACOE)
- LAC Workforce Development, Aging, and Community Services (WDACS)
- City of Los Angeles
- Los Angeles Homeless Services Authority
- 211 LA
- Salvation Army
- Red Cross
- United Way
- LA Regional Food Bank
- CalFund LA N Sync

Food Security Branch Goals

1. Identify and track food insecure populations and food needs
2. Address barriers to the implementation or expansion of food programs
3. Promote food assistance resources people who need them
4. Monitor the food supply chain
5. As needed, develop new food assistance initiatives

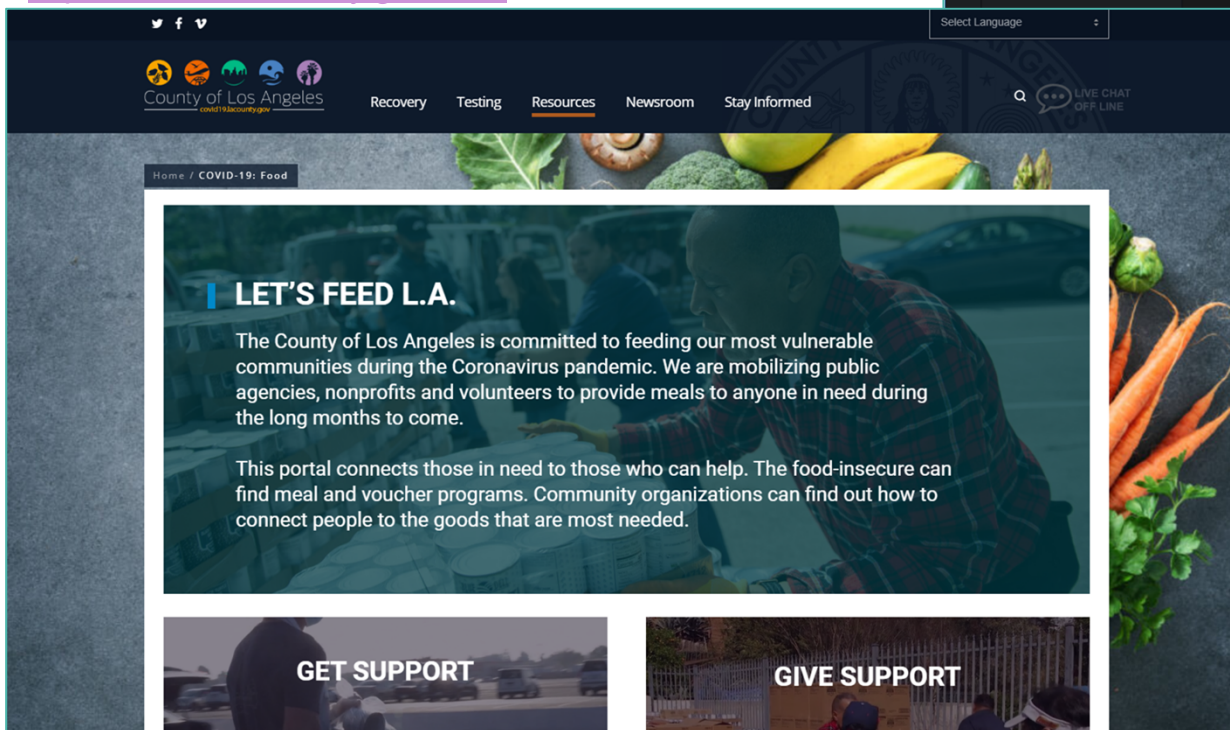
Activities & Accomplishments to Date

- Marshall County resources (staff, facilities, equipment) for distribution of food to people in need
- Raise awareness of food resources through various communication channels
- Identify federal and state barriers to expansion of food assistance and coordinate advocacy efforts
- Support the development of new food assistance programs
- Partner with researchers to track food insecurity & its impacts

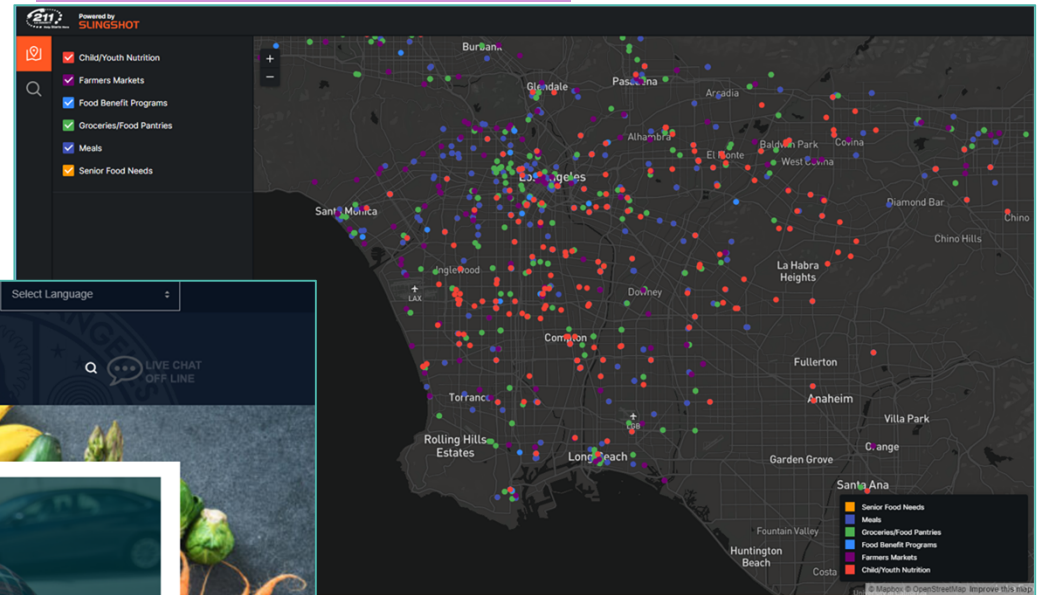
#LetsFeedLACounty

<https://www.211la.org/food-resources>

<https://covid19.lacounty.gov/food/>



The screenshot shows the top portion of a website. At the top, there are social media icons for Twitter, Facebook, and YouTube. Below that is the County of Los Angeles logo and navigation links: Recovery, Testing, Resources (highlighted), Newsroom, and Stay Informed. A 'LIVE CHAT OFF LINE' button is also visible. The main content area features a large image of fresh produce (broccoli, bananas, mushrooms) and a man in a plaid shirt. The text reads: **LET'S FEED L.A.** The County of Los Angeles is committed to feeding our most vulnerable communities during the Coronavirus pandemic. We are mobilizing public agencies, nonprofits and volunteers to provide meals to anyone in need during the long months to come. This portal connects those in need to those who can help. The food-insecure can find meal and voucher programs. Community organizations can find out how to connect people to the goods that are most needed. At the bottom, there are two buttons: 'GET SUPPORT' and 'GIVE SUPPORT'.

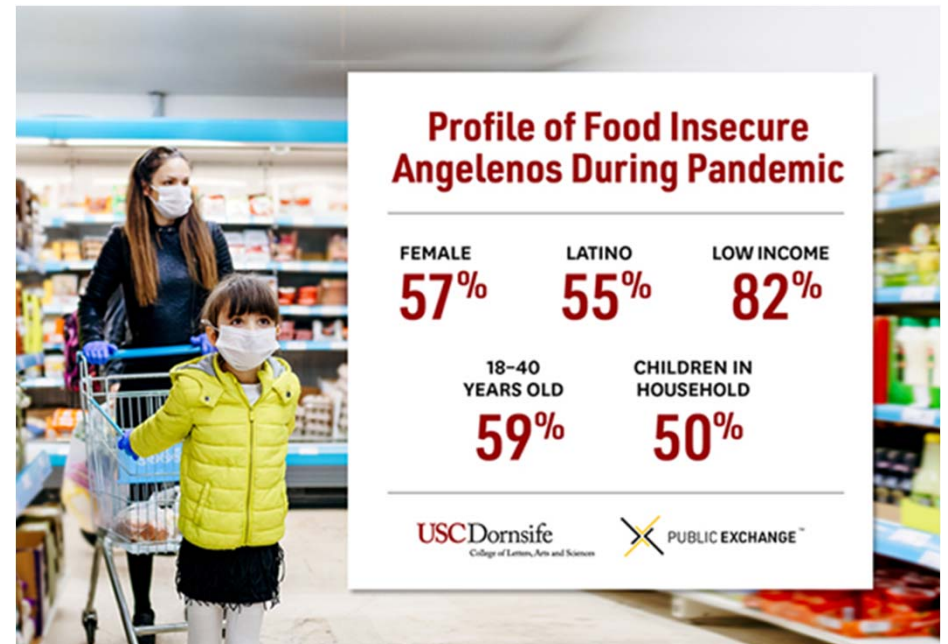


#LetsFeedLACounty



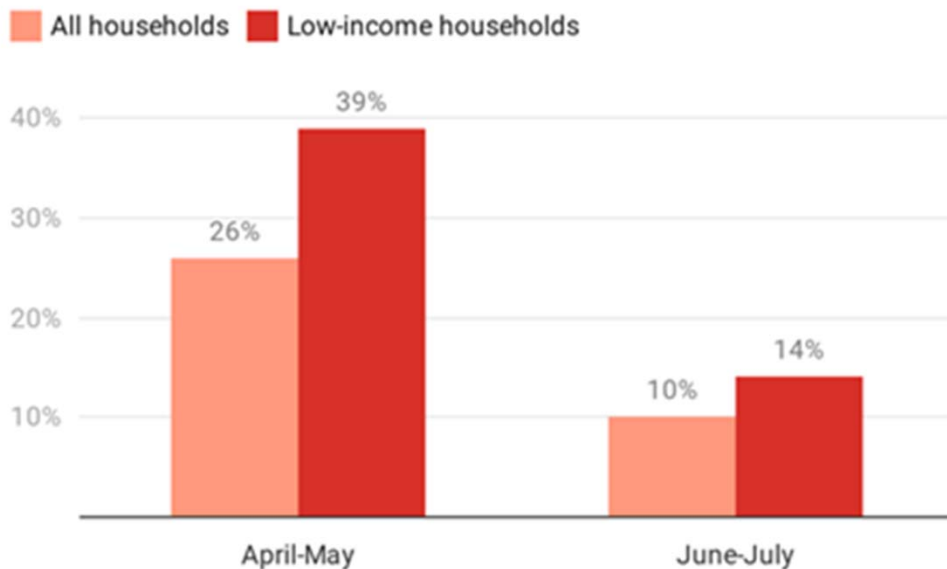
Research Findings

- 1 in 4 LA County households experienced food insecurity in the first four months of the pandemic
- Use of CalFresh and food pantries increased
- Income and employment strongly affect food security. Other barriers to food access included:
 - Food outlets were closed or had limited hours/access
 - Lack of personal transportation



Research Findings

LA County Food Insecurity: April through July



vs. 5% of low-income households per month in 2018
(LAC DPH, 2019)

People who remained food insecure often:

- Lived in poverty
- Had children under the age of 5
- Lacked social support and financial assistance
- Had more barriers to accessing food

Additional information at:

- <https://covid19pulse.usc.edu/>
- <https://publicexchange.usc.edu/food-insecurity-april-to-june/>



PUBLIC EXCHANGE™

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Medicine of USC

Thank you

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