

## **EXAMPLES OF HEALTH-RELATED OUTCOMES INCLUDED IN FOOD INSECURITY INTERVENTIONS**

*Note – the healthcare utilization measures\* may be of particular value when making the “beyond the moral” argument to administrative leadership.*

- HbA1c levels
  - Example: Seligman HK et al. A pilot food bank intervention featuring diabetes-appropriate food improved glycemic control among clients in three states. *Health Affairs*. 2015. <https://www.ncbi.nlm.nih.gov/pubmed/26526255>
- Self-reported health status, blood pressure, blood glucose level
  - Example: Morales ME et al. Food insecurity and cardiovascular health in pregnant women: results from the food for families program, Chelsea, Massachusetts, 2013-2015. *Preventing Chronic Disease: CDC*. 2017. [https://www.cdc.gov/pcd/issues/2016/16\\_0212.htm](https://www.cdc.gov/pcd/issues/2016/16_0212.htm)
- Medication adherence
  - Example: Seligman HK et al. A pilot food bank intervention featuring diabetes-appropriate food improved glycemic control among clients in three states. *Health Affairs*. 2015. <https://www.ncbi.nlm.nih.gov/pubmed/26526255>
- Health-related quality of life
  - Example: Roncarolo F et al. Short-term effects of traditional and alternative community interventions to address food insecurity. *PLoS ONE*. 2016. <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0150250>
- Readmission rates\*
  - Example: “Eskanazi Health hopes to reduce its current 22 percent readmission rate to 8 percent through its partnership with Meals on Wheels” <http://www.hpoe.org/Reports-HPOE/2017/determinants-health-food-insecurity-role-of-hospitals.pdf>
- Emergency department utilization\*
  - Example: Beck AG et al. Forging a pediatric primary care – community partnership to support food-insecure families. *Pediatrics* 2015. <http://pediatrics.aappublications.org/content/pediatrics/134/2/e564.full.pdf>
- Total health expenditures\*
  - Example: Berkowitz SA et al. Supplemental Nutrition Assistance Program (SNAP) participation and health care expenditures among low-income adults. *JAMA Internal Medicine*. November 2017. <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2653910>
- Pediatric preventive care service completion\*
  - Example: Beck AG et al. Forging a pediatric primary care – community partnership to support food-insecure families. *Pediatrics* 2015. <http://pediatrics.aappublications.org/content/pediatrics/134/2/e564.full.pdf>
- Fruit and vegetable consumption

- Example: Martin KS et al. A novel food pantry program: food security, self-sufficiency and diet-quality outcomes. *Am J Prev Med.* 2013.  
<https://www.ncbi.nlm.nih.gov/pubmed/24139769>