FOOD TO ADDRESS OUTCOMES: STRATEGIES TO SUPPORT PATIENTS WITH CANCER FACING FOOD INSECURITY

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WELCOMING REMARKS

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TARGET AUDIENCE
This CE activity is intended for oncology nurses, social workers, and other healthcare professionals involved in the care of patients with cancer.

EDUCATIONAL OBJECTIVES
After completing this CE activity, the participant should be better able to:

- Describe the prevalence of food insecurity in patients with cancer and how it influences patient outcomes
- Explain how to effectively screen for food insecurity in the clinical setting
- Assess opportunities to implement food access programming and identify potential collaborators
- Identify three methods to provide access to healthy food resources
- Provide resources, tools, and tips for patient support
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Emily Kain, MPH, has nothing to disclose.

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FOOD: Food to Overcome Outcomes Disparities

Francesca Gany, MD, MS
Chief, Immigrant Health and Cancer Disparities Center (IHCD)

Immigrant Health and Cancer Disparities (IHCD) Center

Mission

To promote health justice and equity for minoritized, low socioeconomic status, immigrant, and other underserved communities

locally, nationally, globally across the cancer continuum

Research, Outreach, Community Engagement, Service Delivery, Training, Program and Policy Development

Interrelated

We use a social determinants lens in all of our work
FOOD Program part of ICCAN
Integrated Cancer Care Action Network

ICCAN is a network of 364 organizations/resources to screen for and provide essential needs resources to cancer patients

- Community members/CBOs
- Providers
- Researchers
- Facilities and administrators
- Program and policymakers

Food Insecurity (FI) and Cancer Care

- Cancer patients often have increased nutritional needs
- Treatment-related costs (e.g. co-pays, Rx, travel) and income loss contribute
  - FI goes hand in hand with financial toxicity of cancer treatment but precedes it for many
- FI → Poorer functional, emotional, and social well-being, higher depression risk
- FI → Care delays, cost-related med non-adherence → Poorer outcomes
  - McDougall, Anderson, Adler Jaffe et al. (2020) – New and persistent food insecurity strongly associated with forgoing, delaying, or altering cancer care
- FI associated with overweight/obesity → higher cancer risk/cvd risk
- FI a window into other essential needs, e.g. housing, transportation, legal

Vitally important to screen for and address FI in cancer patients
Food Insecurity Prevalence
Varies by demographic characteristics

- NHANES 2011-2014  8.36% FI of overall sample of cancer survivors (N>800)
  - associated with younger age, female, low SES, NHW or Black

- BRFSS 2015  22.7% FI (N>10,000)

- Underserved cancer patients in New York City safety net cancer clinics (N=404)
  - 56% food insecure:
    o Associated with treatment nonadherence
  - SNAP recipients as likely to be food insecure as those not receiving SNAP

- Comprehensive Cancer Center (N=238)
  - 18%-30% food insecure, depending on clinic

Food Insecurity Assessment
How to assess Food Insecurity?

- Many screeners/assessments
  - USDA 18, 10, and 6 item short form household FI assessments
    https://www.ers.usda.gov/webdocs/publications/43164/15815_efan02013f_1_.pdf?v=5996.1
    - Within the past 12 months we worried whether our food would run out before we got money to buy more.
    - Within the past 12 months the food we bought just didn’t last and we didn’t have money to get more.
      'often true' or 'sometimes true' (vs. 'never true')
  - We have developed an easy to use 1-question food needs screener
    - “Do you need help getting food?”/If yes, why?
  - Work being done now on nutrition insecurity screeners
    Food Insecurity quantity of food/ Nutrition Insecurity quality of food

How often should Food Insecurity be assessed?
FI worse for patients as treatment continues, so assessing only at intake not enough
FOOD: Pantry Intervention

- Emergency food system does not address cancer patient needs (hours, location, foods)

- Medically tailored, cancer clinic-based food pantries
  - Whole grains, canned protein, milk, soups, shelf-stable vegetables and fruit, fresh produce when available
  - Nutrition and Cancer baseline education, transcreated into multiple languages
  - FOOD Navigators; benefits applications, local emergency food resources

- Public and not-for-profit partners to enable us to acquire the food

- MSK FOOD Program → Policy Changes

FOOD: Meal Equivalents Distributed

- 2022: 11,200 grocery bags
- 1600 patients, over 15,000 family members
COVID-19 Pivot

Testing the Impact of the Pantry + Additional Strategies

NCI-funded Randomized Controlled Trial (N=117)

Pantry

Voucher+Pantry

Home Grocery Delivery+Pantry
Outcomes 3-arm Randomized Controlled Trial

**Treatment Completion (Primary Outcome)**
- Voucher+pantry arm → greatest treatment completion
  - 94% vs 83% delivery+pantry vs 78% pantry (p<0.034)*

**Food Security**
- All arms became food secure

**Depression Symptoms (PHQ-9)**
- Across all arms, fewer depression symptoms at follow-up (p=.000)***
  - Statistically significant in Pantry and Delivery + Pantry

**Quality of Life (FACT-G)**
- Scores improved in all 3 arms (p=.000)***
  - Statistically significant in Pantry and Delivery + Pantry

Food to Overcome Outcomes Disparities: A Randomized Controlled Trial of Food Insecurity Interventions to Improve Cancer Outcomes
Francesca Gany, Irina Melnic, Minlun Wu, Yuelin Li, Jackie Finik, Julia Ramirez, Victoria Blinder, Margaret Kemeny, Elizabeth Guevara, Caroline Hwang, Jennifer Leng, Journal of Clinical Oncology 2022;40:31, 3603-361

Voucher Arm Food Choices

- Patients spent the most on animal protein (22% of voucher money), fruits (15%), and vegetables (13%)

- 77% of funds spent on “healthy” food each month
  - Patients with limited English proficiency spent more on healthy foods than English-speaking patients (P=0.01)
  - Patients born outside the U.S. spent more on healthy foods than U.S.-born peers (P=0.001)
FOOD Intervention  Weekly Costs

Cancer Clinic-based Weekly Food Pantry
$63/patient when 12 patients  ($52/patient for 50 patients)

Food Voucher
$81/patient per week (plus weekly pantry access)

Grocery Delivery
$71/patient (plus weekly pantry access)

Costs include staff salary and travel costs, food or voucher purchase costs, and grocery home delivery costs

Very low costs when considered in the context of cancer care costs

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References


Background


MaineHealth

Food to Address Outcomes: Strategies to Support Patients with Cancer Facing Food Insecurity

March 14, 2023

Emily Kain, MPH
Senior Program Manager, Community Health
MaineHealth
Goals for Today

- Describe MaineHealth’s focus on addressing food insecurity.
- Explain how MaineHealth developed a system-wide food insecurity screening initiative.
- Assess opportunities to implement food access programming and identify potential collaborators.
- Identify methods to provide access to healthy food resources.
- Provide resources, tools, and tips for patient support.
Food Insecurity in Maine 2021

- 9.5% of households experienced food insecurity
- 20% of children experienced food insecurity
- 16% of seniors experienced food insecurity
- 12th in the country for food insecurity
- 37% did not qualify for federal food assistance

Prevalence of Food Insecurity By State, 2019-2021


Food Insecurity: A Priority for MaineHealth

Ensure consistent and equitable access to healthy, safe, affordable foods essential to optimal health and well-being through clinical and community initiatives to improve outcomes

Goal

Key priority from Community Health Needs Assessment

Meaningful and actionable focus area for health system

Part of continuum of care; builds on existing programs
Where to Begin: How MaineHealth Developed a System-wide Food Insecurity Screening Initiative

**MaineHealth**

**Steps to Develop a System-wide Food Insecurity Screening Initiative**

**STEP 1**
Utilize a Standardized Screening Tool

MaineHealth integrated the Hunger Vital Sign™ in EHR

**STEP 2**
Seek Clinical Champions to Support the Effort

Started by working with pediatric practices to integrate into workflows

**STEP 3**
Offer a Figurative (and literal!) Carrot

Partnership with food bank led to technical assistance and emergency food bags

**STEP 4**
Collect and Share Data

Provided practice/department level data reports and integrated into strategic plan
The Hunger Vital Sign™ Food Insecurity Screening Questions

For each statement, please tell me whether the statement was "often true, sometimes true, or never true" for your household:

A. “Within the past 12 months we worried whether our food would run out before we got money to buy more.”

☐ Often True

☐ Sometimes True

☐ Never True

☐ Don’t Know/Refused

B. “Within the past 12 months the food we bought just didn’t last and we didn’t have money to get more.”

☐ Often True

☐ Sometimes True

☐ Never True

☐ Don’t Know/Refused

*If any of these answers are chosen response is considered positive

Food Insecurity Screening in Primary Care Practices
(Pediatric patients ages 0-17)
October 1, 2021 - September 2022

50,790+ Patients Screened
74% Average Screening Rate
4.3% Average Positive Rate

Over 1,880 bags of emergency food distributed =
Over 15,660 healthy meals
Recommendations for Implementing Food Insecurity Screening in a Clinical Setting

**Screen**
- Utilize Hunger Vital Sign screener consistently
- Reduce stigma and bias in approach

**Document**
- Document responses in EHR
- Ensure data is reportable

**Engage**
- Frame assistance as a health care intervention
- Ask patients about experience accessing food

**Connect**
- Connect to both immediate and sustainable food access resources

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Food Access Resources

**Tier One: Clinical-based support**
- SNAP/WIC application support
- Food pantry lists integrated into EHR
- Referrals
- FindHelp.org
- Other community resources

**Tier Two: Direct food access**
- Gardens at practice/hospital campus
- Emergency food bags in clinical setting
- Hospital-based food pantries or food shelves

**Tier Three: Connecting food access to health outcomes**
- Food as Medicine programming for patients experiencing food insecurity and chronic disease
Emergency food bags
Hospital Based Food Pantries in Rural Communities

- Summer/fall 2021 MaineHealth opened the first two hospital based food pantries in Maine
  - Goal to provide healthy food for the patient and their entire household each week
  - Developed the MaineHealth Food Insecurity Workgroup
    - Created food pantry guiding principles to ensure dignified, confidential and welcoming experience, such as:
      - Client choice model
      - Nutritious and culturally relevant foods
      - Community collaboration

MaineHealth

FOOD IS MEDICINE
Visit the MaineHealth Food Pantry

At our food pantry:
- You can get enough FREE fresh, frozen and shelf-stable food to feed a household for up to 1 week!
- There is no income eligibility or restrictions.
- You can also get FREE infant formula, diaper, and personal care products like soap and toothpaste.
- We have a confidential and welcoming environment.

Where is it?
200 Franklin Health Commons, Farmington — The food pantry is on the Franklin Memorial Hospital campus. Turn right at the main entrance and look for the sign.

When can I go?
Open hours: Monday, Wednesday and Friday from 10 a.m. – 2 p.m. or by appointment.
For more information: 207-779-2150 | www.fhs.org/food
FranklinFoodPantry@mainehealth.org

Per month each pantry serves ~85 households made up of 200 individuals

MaineHealth
Other Food Access Opportunities to Consider

Newest Hospital Based Food Pantry at Maine Medical Center, Portland, Maine
In our first 12 days...

- 1,635 households served
- 6,028 individuals served
- ~55,000 pounds of food distributed

Program Overview:
- Free one-year program with access to healthy food for entire household, healthy cooking classes and recipes, community connection/support, chronic disease self-management education

Goals include:
- Improve healthy behaviors and chronic disease health outcomes, increase food security/reduce SDOH barriers, utilize food pantry for healthy food access, collaborate with community partners, create social connections

Eligibility:
- MaineHealth primary care patients age 18+ with a chronic health condition and limited access to affordable, healthy food
What’s Next?

- Hoping to expand:
  - food insecurity screening within and beyond primary care
  - number of clients accessing hospital-based food pantries
  - Food as Medicine programming; testing new models and new locations

FREE LLS RESOURCES FOR HEALTHCARE PROVIDERS

- CME & CE courses: [www.LLS.org/CE](http://www.LLS.org/CE)
- Fact Sheets for HCPs: [www.LLS.org/HCPbooklets](http://www.LLS.org/HCPbooklets)
- Videos for HCPs: [www.LLS.org/HCPvideos](http://www.LLS.org/HCPvideos)
- Podcast series for HCPs: [www.LLS.org/HCPpodcast](http://www.LLS.org/HCPpodcast)
- Staying Connected: Facilitating the Learning Experience During & After Cancer Treatment: [www.LLS.org/StayingConnected](http://www.LLS.org/StayingConnected)
FREE LLS RESOURCES FOR PATIENTS

- **Information Specialists** – Personalized assistance for managing treatment decisions, side effects, and dealing with financial and psychosocial challenges (IRC).

- **Clinical Trial Nurse Navigators** – RNs provide a personalized service for patients seeking treatment in a clinical trial, sift through the information and provide information to bring back to their HC team (CTSC). [www.LLS.org/CTSC](http://www.LLS.org/CTSC)

- **Registered Dieticians** – (LLS) provides PearlPoint Nutrition Services® to patients/caregivers of all cancer types, free nutrition education and one-on-one consultations by phone or email. [www.LLS.org/Nutrition](http://www.LLS.org/Nutrition)

- **Reach out Monday–Friday, 9 am to 9 pm ET**
  - Phone: (800) 955-4572
  - Live chat: [www.LLS.org/IRC](http://www.LLS.org/IRC)
  - Email: infocenter@LLS.org

- **HCP Patient Referral Form**: [www.LLS.org/HCPreferral](http://www.LLS.org/HCPreferral)

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FREE LLS RESOURCES FOR PATIENTS

- **Webcasts** [www.LLS.org/Webcasts](http://www.LLS.org/Webcasts)
- **Videos** [www.LLS.org/EducationVideos](http://www.LLS.org/EducationVideos)
- **Podcasts**: [www.LLS.org/Podcast](http://www.LLS.org/Podcast)

- **Support Resources**
  - **Financial Assistance**: [www.LLS.org/Finances](http://www.LLS.org/Finances)
    - Urgent Need
    - Patient Aid
    - Travel Assistance
  - **Other Support**: [www.LLS.org/Support](http://www.LLS.org/Support)
    - LLS Regions
    - Online Weekly Chats Facilitated by Oncology SW
    - LLS Community Social Media Platform
    - First Connection Peer to Peer Program
  - **LLS Health Manager** ™: [www.LLS.org/Health-Manager](http://www.LLS.org/Health-Manager)
FREE LLS RESOURCES FOR YOUR PATIENTS

- Booklets and fact sheets
  - English: www.LLS.org/Booklets
  - Spanish: www.LLS.org/Materiales

FREE FOOD INSECURITY RESOURCES FROM AMERICAN CANCER SOCIETY

- **FACT SHEETS**
  - Food Insecurity, Obesity, and Cancer: What’s the Connection?
  - Food Insecurity: Root Causes and Impact on Cancer Survivors and Caregivers
  - Food Insecurity: Resources and Tips for Cancer Survivors and Caregivers

- **NEW TOOLKIT COMING SOON!**
  - Increasing Food Security Efforts Across the Cancer Continuum: A Toolkit for Comprehensive Cancer Coalitions
FREE NUTRITION AND PHYSICAL ACTIVITY RESOURCES FOR CANCER SURVIVORS AND CLINICIANS FROM ACS

TOOLKIT FOR CLINICIANS
- Nutrition, Physical Activity, Body Weight, and Cancer Survivorship: A 6-Part Informational Series for Healthcare Teams

VIDEO SERIES FOR SURVIVORS
- Benefits of Healthy Behaviors for Cancer Survivors
- Beneficios de los comportamientos saludables para los sobrevivientes de cáncer

AMERICAN CANCER SOCIETY RESOURCES

Patient/Survivor Support
- 24/7 Cancer Helpline – trained cancer information specialists can answer questions about your diagnosis, connect you with ACS programs, and refer to other national resources. 1-800-227-2345 or live chat on cancer.org
- Places to stay during treatment – Our Hope Lodge® program provides a free, nurturing home away from home for cancer patients and their caregivers when they have to travel for treatment. cancer.org/hopelodge
- Rides to treatment – Our Road To Recovery® volunteer drivers provide free rides to cancer patients who would otherwise have difficulty getting to their cancer-related appointments. In some areas, we also offer community transportation grants to health systems to help patients get to treatment. cancer.org/roadtorecovery
- Connecting cancer survivors - Our Cancer Survivors NetworkSM (CSN) provides a safe online connection where cancer patients and caregivers can find others with similar experiences and interests. As a CSN member, you can participate on discussion boards, join a chat room, and build your own support network. csn.cancer.org
- Breast cancer support - Our Reach To Recovery® program connects breast cancer patients with trained volunteers to receive peer-to-peer support on everything from practical and emotional issues to helping them cope with their disease, treatment, and long-term survivorship issues. reach.cancer.org
FREE NUTRITION AND PHYSICAL ACTIVITY RESOURCES FOR CANCER SURVIVORS AND CLINICIANS FROM ACS

TOOLKIT FOR CLINICIANS
- Nutrition, Physical Activity, Body Weight, and Cancer Survivorship: A 6-Part Informational Series for Healthcare Teams

VIDEO SERIES FOR SURVIVORS
- Benefits of Healthy Behaviors for Cancer Survivors
- Beneficios de los comportamientos saludables para los sobrevivientes de cáncer

Patient/Survivor Support (cont.)
- Hair loss and mastectomy product – The American Cancer Society’s “tlc” Tender Loving Care® program helps women with appearance-related side effects by offering them a variety of affordable wigs, hats, and scarves as well as a full range of mastectomy products. 1-800-850-9445 or tlcdirect.org
- ACS Books – We publish books that help patients and their caregivers when they are dealing with a cancer diagnosis and treatment. They range from patient education, quality of life, and caregiving issues to healthy living. cancer.org/bookstore

Caregiver Support
- Caregiver Resource Guide - Provides information about the caregiving process and what to expect with a cancer diagnosis and its treatment, as well as focusing on caregiver self-care, communication, coping, and caregiver resources. cancer.org/caregiverguide
- Caregiver Video Series - provides educational support to caregivers as they assist with everyday needs of loved ones and provides self-care techniques to improve their own quality of life. cancer.org/caregivervideos

Clinical Trials
- If you would like to learn more about clinical trials that might be right for you, contact us at 1-800-227-2345 and speak with one of our caring, trained staff. Or visit cancer.org/clinicaltrials
Q & A

Ask a question by web:
– Click “Ask a question”
– Type your question
– Click “Submit”

THANK YOU

THANK YOU FOR ATTENDING!

Evaluation link for and CE credit:

https://mli.link/lls-acs-ces