

Food Access/Security Landscape in SF

Presentation to the SDDTAC meeting

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Overview

Terms used to describe food issues

Food security and health

Who is food insecure

SDDT funded food access grants

Terms for
describing food
situations/work

Food Security

Food Access

Nutrition Security

Food Justice

Food Sovereignty

Food Security

Definition: Food security means access by all people at all times to enough food for an active, healthy life. (USDA)

Standard way to measure this:

USDA Household Food Security Module

Food insecurity is connected to many poor health outcomes

Food Access

Definition:

- Accessibility to sources of healthy food
- Individual-level resources such as family income or vehicle availability; and
- Neighborhood-level indicators of resources, such as the average income of the neighborhood and the availability of public transportation. (USDA/ERS)

Many ways to measure; No standard measurement

Nutrition security

Definition: All Americans have consistent and equitable access to healthy, safe, affordable foods essential to optimal health and well-being. (USDA)

No standard way to measure yet

Health Outcomes Associated with Food Insecurity Across the Lifespan

- Kids: anemia, behavioral problems, poorer mental health, poor cognitive development & academic achievement, hospitalizations, ?obesity
- Adults: obesity (women), diabetes, high blood pressure, heart disease, depression, poorer HIV outcomes, more hospitalizations, poorer mental health
- Elderly: reduced independence

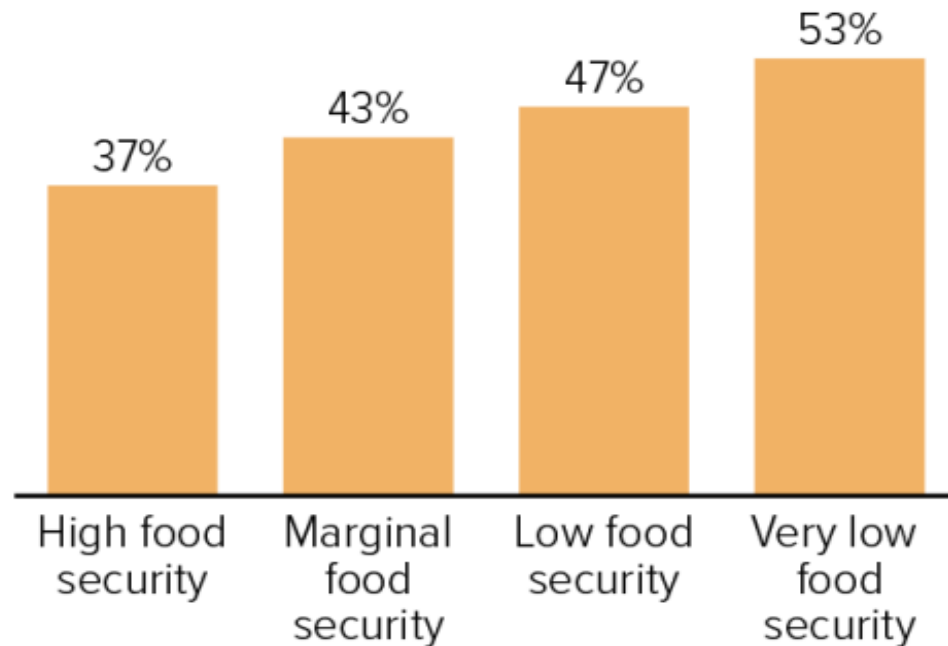
These are just a few of the MANY associations.



FIGURE 1

Adults in Households with Less Food Security Are Likelier to Have a Chronic Illness

Probability of any chronic illness

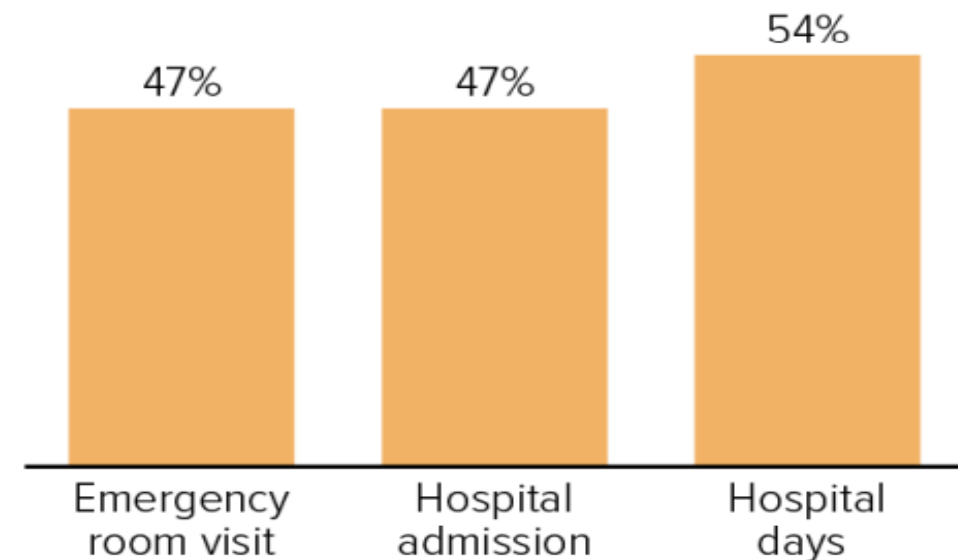


Gregory, Coleman-Jensen. USDA, July 2017. Adjusted for demographic & SES factors. Working-age adults <200% FPL.

FIGURE 4

Adults in Food-Insecure Households Have More Emergency Room Visits and Hospital Admissions

Percent more likely relative to food-secure households



Berkowitz, Seligman, and Basu. JAMA Int Med, 2018. Adjusted for demographic, SES, census region, health insurance & co-morbidities.

Food Insecurity in San Francisco

- Highest rates of food insecurity among low-income pregnant people, families with children, people living in supportive housing/SROs, and among African American and Latino/a/x households
- RAPID-SF survey – 645 families
 - 35% were food insecure
 - Among Medi-Cal recipients 57% were food insecure
 - Black/AA families – 72% food insecure
- Eligibility and transportation barriers to food support

Food Landscape in San Francisco

of people on CalFresh/EBT grew 44%
between Jan 2020 – April 2022 (96,960)

of people on WIC increased by ~30%
(~9,000)

Demand for home delivered meals
remains high

Operational challenges – high food and
gas costs

SDDT Funded Food Access Grants

Healthy Food Purchasing Supplement:


- Interventions designed to improve food security and dietary intake by increasing the ability of food insecure San Franciscans to purchase foods that contribute to a nutritious diet.

Three grantees:

- EatSF/Vouchers 4 Veggies
- Heart of the City Farmers Market
- Alemany Farmers Market/A Better Course

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EatSF/ Vouchers4Veggies

- EatSF/Vouchers 4 Veggies
 - Partners with WIC and many community-based organization and health care
 - FY 21-22 - Served 4,417+ unduplicated households
 - FY 21-22 - Served 2,424 unduplicated low-income pregnant people
 - 2,170 were served in partnership with the San Francisco Women, Infant, and Children (WIC) program
 - All pregnant WIC clients receive \$40/month for 9 months to purchase fruits/vegetables; partner with Black Infant Health and Mission Neighborhood Health Center for additional pregnant people
 - Redemption (30+ locations)
 - 15% - farmers markets
 - 35% - small neighborhood stores
 - 50% - grocery stores
- 
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Consistent Participant Outcomes



39% increased their food security and **28%** extended their monthly food budget by 1 week or more



Participants increase F&V intake by **over 1 daily serving** – enough for immediate health impacts



37% reduced odds of preterm birth delivery



53% maintain the same level of F&V consumption as in the program even after no longer receiving vouchers

Heart of the City Farmers Market

- Critical food resource and market for regional farmers
- Provides a match for CalFresh/EBT sales (\$5/market day)
- 13,923 unduplicated people were served in FY 21-22
- 96.5% in the demand for market match
- ~50% of shoppers are from Tenderloin/SOMA, rest from across SF
- 58.65% of participants received supplements more than once between Jan. 1 and June 30, 2022, and 11.59% of participants received supplements on average at least once per month during this period

Alemany Farmers Market

