



**REGIONAL
FOOD BANK**
OF OKLAHOMA®

Keeley White
Director of Community Health
Programs



Regional Food Bank of Oklahoma

Mission: Lead a network that provides nutritious food and pathways to self-sufficiency for people facing hunger.

Root Causes of Hunger

Food Insecurity Research

Public Policy and Advocacy

Targeted Programs

Partner Network

Health, Nutrition, Equity

Sustainable Access

Disaster Response



Food Sources



Donated Product

Food Manufacturers,
Growers, Distributors



Government Commodities

USDA, CSFP, TEFAP,
CACFP, SFSP



Retail Recovery

200+ retailers participate



Purchased Product

\$1 = 4 meals



Food Distribution



Food For Kids

- Backpack
- School Pantry
- Kids Café
- Summer Feeding Programs



Food For Seniors

- Senior Mobile Markets
- Commodity Supplemental Food Program
- Senior Servings



Food For Health

- Healthy pantry network
- Partnerships with healthcare providers
- Fresh Food
- Mobile Markets
- Healthy Living Pantry Boxes

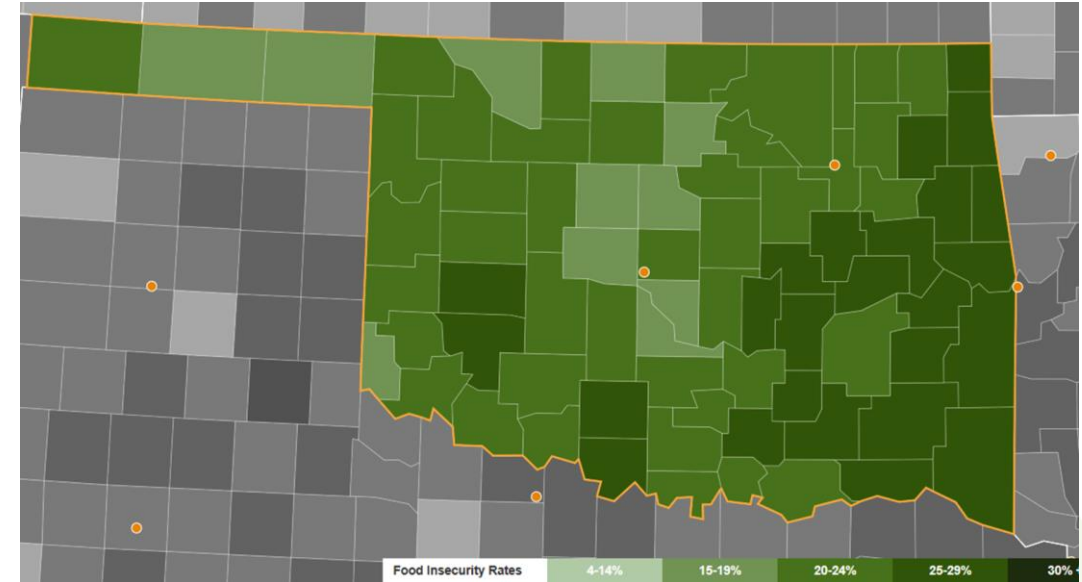


Food for Communities

- Food & Resource Centers
- 14 sites offering client-choice shopping
- Partner Agencies
- 300+ food pantries, shelters, congregate feeding sites

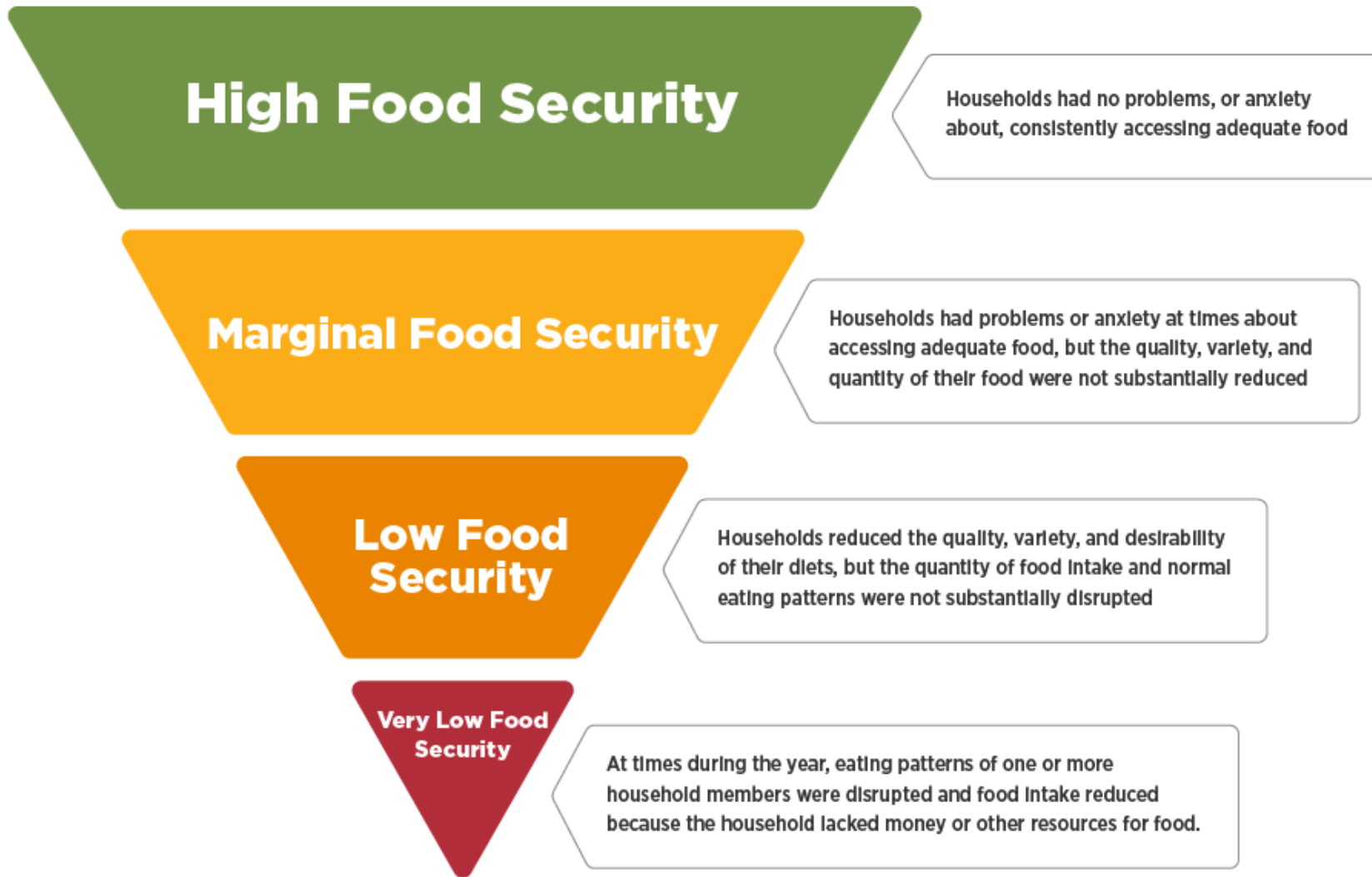
Oklahoma Hunger Facts

- **5th highest** food insecurity rate in the US at 13.8%
- Most severe very low food security rate for children
- Ranks 12th in the US for food insecurity among older adults at 8.1%
- More than 580,000 Oklahomans are food insecure
- In 2020, food insecurity was more than four times as high among Black seniors and more than three times as high among Latino seniors when compared to white seniors (State of Senior Hunger, 2022).



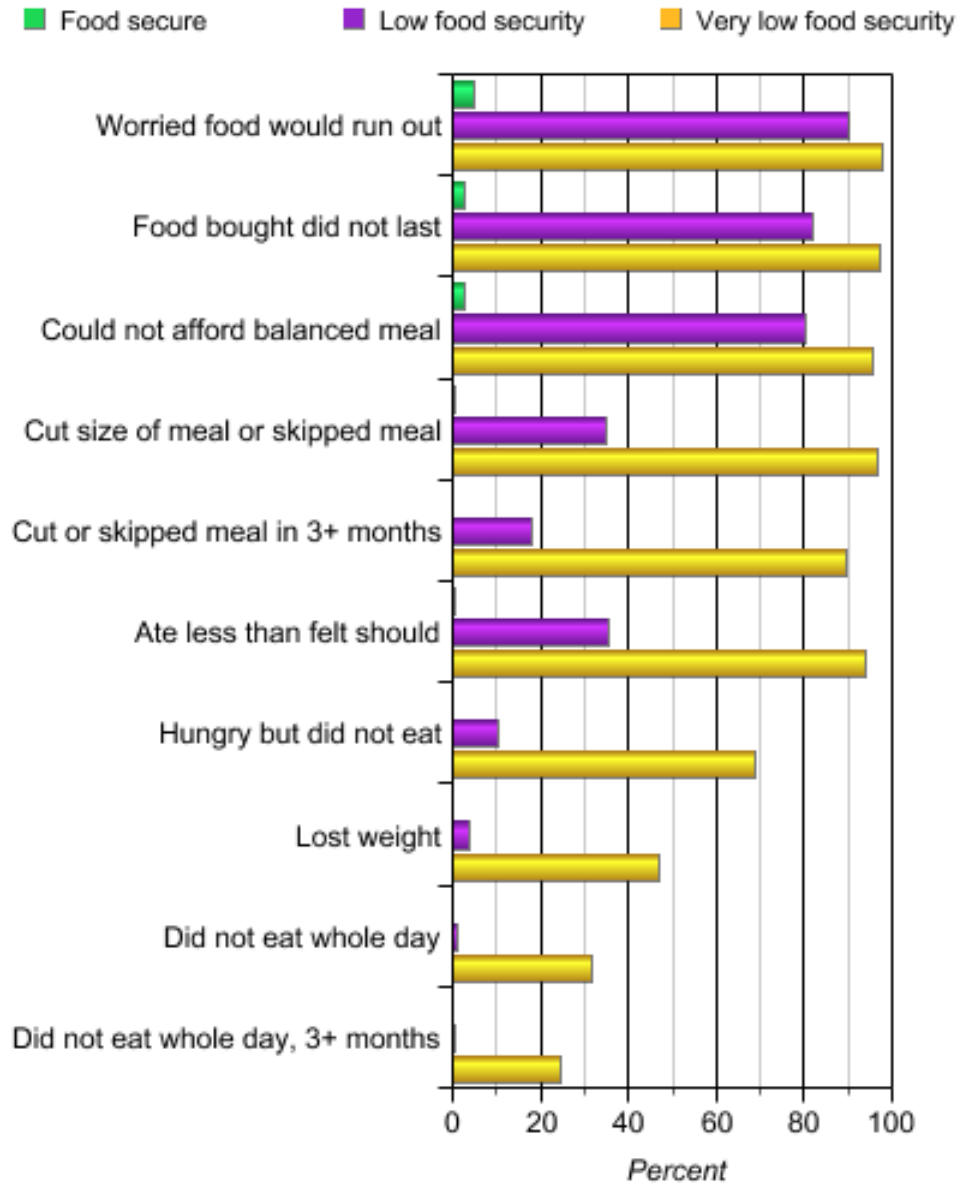
Childhood Food Insecurity (FANO)

FOOD INSECURITY is the lack
of access to enough food for a
healthy, active life



Source: Adapted from the USDA Economic Research Service.

Percentage of households reporting indicators of adult food insecurity, by food security status, 2018



Food Insecurity

Low food security:

- reduced quality, variety, or desirability of diet
- little or no indication of reduced food intake.

Very low food security:

- multiple indications of disrupted eating patterns
- reduced food intake.

Coping to “make ends meet”

- 53% receive help from friends
- **40% waters down food and formula**
- **79% purchase inexpensive, unhealthy food**
- 35% selling personal property
- 23% growing food in a garden

More than half (55%) of client households report having to use 3 or more coping strategies

Major Tradeoffs

Food insecure households report having to choose between buying groceries and:

- **Housing** (*rent, mortgage, down payments, etc.*)
- **Transportation costs** (*maintenance, gas, ins, tag, public transit, vehicle purchases, etc.*)
- **Utilities** (*gas, electric, water, etc.*)

As well as health compromising tradeoffs:

- **Medication** (*forgoing, underuse, non-adherence*)
- **Medical or mental health care** (*forgoing or delaying*)

Associated Health Conditions

- Overweight/Obesity
- Hypertension
- Diabetes
- Coronary Heart Disease, Stroke, Congestive Heart Failure, COPD
- Poor Health Status
- Osteoporosis
- ADL limitations
- Etc.

Although these diseases result directly from food insecurity, any health issue can further the cycle of poverty and health decline.

Figure 1:

Chronic Diseases, Health Conditions, and Health Behaviors Associated With Food Insecurity

Children	Adults*	Older Adults
Asthma ⁷⁹	Arthritis ⁸⁰	Asthma ⁸¹
Behavioral and social-emotional problems (e.g., hyperactivity) ^{82,83,84}	Asthma ⁸⁵	Congestive heart failure ⁸⁶
Birth defects ⁸⁷	Cancer ⁸⁸	Depression ⁸⁹
Developmental risk ⁹⁰	Chronic kidney disease (especially among those with either diabetes or hypertension) ⁹¹	Diabetes ⁹²
Iron deficiency anemia ^{93,94}	Chronic obstructive pulmonary disease (COPD) ⁹⁵	Gum disease ⁹⁶
Less physical activity ⁹⁷	Cigarette smoking ⁹⁸	History of a heart attack ⁹⁹
Low birth weight ^{100,101}	Coronary heart disease ¹⁰²	Hypertension ¹⁰³
Lower bone density (among boys) ¹⁰⁴	Depression (including maternal depression) ^{105,106}	Limitations in activities of daily living ¹⁰⁷
Lower health status ^{108,109}	Diabetes ^{110,111}	Lower cognitive function ¹¹²
Lower health-related quality of life ¹¹³	Functional limitations ¹¹⁴	Lower intakes of calories and key nutrients (e.g., protein, iron, calcium, vitamins A and C) ¹¹⁵
Lower physical functioning ¹¹⁶	Hepatitis ¹¹⁷	Obesity (primarily among women) ¹¹⁸
Mental health problems (e.g., depression, anxiety, suicidal ideation) ^{119,120,121}	Higher levels of C-reactive protein (a marker of inflammation) ^{122,123}	Osteoporosis ¹²⁴
More frequent colds and stomachaches ¹²⁵	Hyperlipidemia ¹²⁶ and dyslipidemia ¹²⁷	Peripheral arterial disease ¹²⁸
Poor dietary quality ¹²⁹	Hypertension ¹³⁰	Poor or fair health status ¹³¹

Healthcare Costs

Food insecurity is a strong predictor of higher use of healthcare and increased healthcare costs.

- Those experiencing food insecurity have an **extra \$1,863** in health care expenditures each year
 - Food insecure adults with heart disease (**\$5,144** extra)
 - Diabetes (**\$4,414** extra)
 - Hypertension (**\$2,176** extra)
- **47%** more likely to be admitted to the hospital or visit the ER

Food Insecurity and Mortality

- 58% overall higher probability of mortality
(adjusted for age and gender)
- 46% higher probability of mortality
(adjusted demographics, health, behavioral RF)
- 75% higher probability of CVD-related mortality

Lifespan Consequences

lower childhood socioeconomic status is associated with chronic disease, poor mental health, and unfavorable health behaviors in adulthood.

Psychological Impact

The stress of poverty and health decline is strongly linked to mental health issues like:

- Depression
- Chronic stress
- Adverse Childhood Experiences (ACEs)
- Post-traumatic stress
- Decline in emotional regulation and self-efficacy

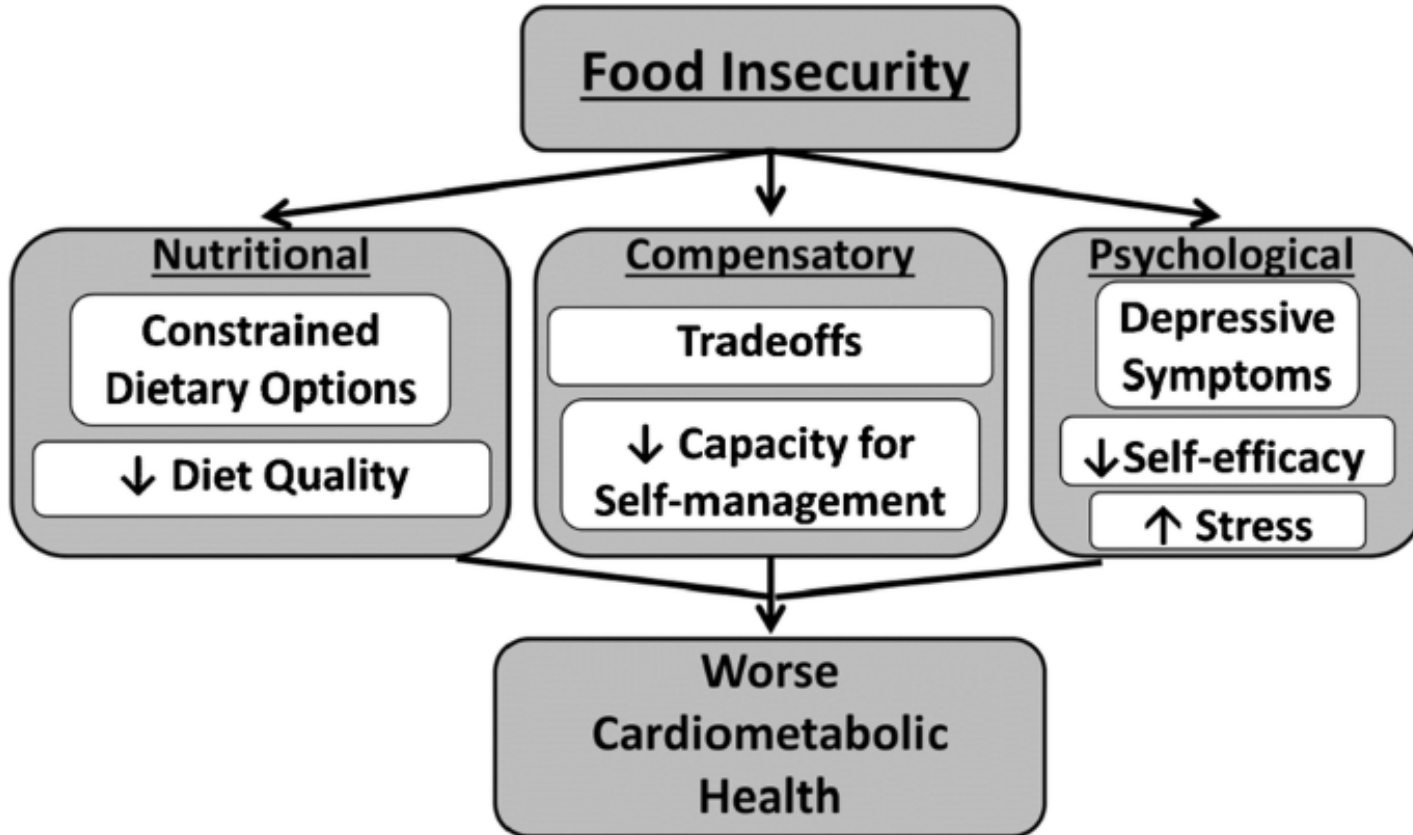
Childhood traumatic experiences coupled with the stressors of poverty can further alter decision-making, emotional processing, and impulse control, as well as lead to health decline later in life.

A Conceptual Framework: Cycle of Food Insecurity & Chronic Disease



Adapted: Seligman HK, Schillinger D. N Engl J Med. 2010;363:6-9.

Food Insecurity and Cardiometabolic Health



- Meta-analysis: adult health and food insecurity
- Found **strongest** associations with:
 - Overweight/Obesity
 - Hypertension
 - Diabetes
 - Coronary Heart Disease, Stroke, Congestive Heart Failure

“Food-insecure individuals are significantly more likely to have pre-diabetes and diabetes, worse control of glycemia and cardiovascular risk factors, and more diabetes complications than those who are food secure”

(Te Vazquez et al., 2021)

Percent Difference in Nutrient Intake when Comparing Food Insecure Seniors to Food Secure Seniors*



Average Nutrient Intake by Food Secure Seniors

*The differences are statistically significant at the 99 percent confidence interval for each of the 11 nutrients. When controlling for other factors that affect nutrient intake, differences in nutrient intake persist for all nutrients, except for Vitamin A and calcium, though the differences are more muted.

Food insecure older adults are...

- 65% more likely to be diabetic
- 2x as likely to report fair or poor general health
- 2.3x more likely to suffer from depression
- 32% more likely to report at least one ADL limitation
- 19% more likely to have high blood pressure
- 57% more likely to have congestive heart failure
- 66% more likely to have experienced a heart attack
- 2x as likely to report having gum disease
- 91% more likely to have asthma





Food for Seniors Programs

CSFP

Senior Servings

Senior Pantry / Senior Mobile Market

Senior Home Delivery

AAA Partnerships

Commodity Supplemental Food Program

- A federal program that works to improve the health of low-income seniors, age 60 or older, by supplementing their diets with nutritious USDA commodity foods.
- A partnership with the Regional Food Bank and the Oklahoma Department of Human Services
- Qualified seniors receive a box with 16-20 commodity food items, such as: pasta, canned meats, canned fruits and vegetables, cheese, milk, fruit juice, and cereal.
- Serves 3,661 seniors a month through 45 partner locations, primarily in rural areas of Oklahoma.



Senior Servings

Provides meal support through food pantry partners to older adults who struggle to prepare their own homecooked meals due to ADL limitations.



Senior Servings Cont..

- A variety of healthy, frozen meals prepared in the Regional Food Bank's Hope's Kitchen.
- Seniors shopping at food pantries are identified through intake screening for ADL limitations in endurance, cognition and physical mobility.
- Eliminates limitations that directly impact senior food insecurity and nutritional status by improving access to acquiring, preparing, cooking and consuming meals.

Not only are food insecure seniors 32% more likely to suffer from at least one ADL limitation compared to food secure seniors, but research shows that food insecurity coupled with limitations in physical functioning is roughly equivalent to being more than 14 years older.

Senior Servings Cont..

- Since its launch in September 2020, the Senior Servings program has expanded to **32 partners** and now provides almost **20,000 meals every month** to food insecure seniors who struggle to prepare their own homecooked meals.
- **94%** of program participants have reported that **this program makes it easier to consume a full meal** and that they are **eating healthier** because of this program.
- Research shows that prepared meal support for food insecure older adults results in “improvements in self-rated health, reductions in falls, and... reduce food insecurity, increase nutrient intake, and reduce health care utilization and institutionalization” (Sadarangani et al., 2020).



Partnership with Area Agencies on Aging

Partner on disaster distributions and emergency support

RFBO provides access to food donations and bulk food items at cost to help meal sites stretch their budget further and prepare healthy meals for older adults.

Senior Pantry

In 2021, the Regional Food Bank in partnership with OCHA began transitioning Senior Mobile Market sites to a new and innovative model known as the Senior Pantry Program.





OKLAHOMA CITY HOUSING AUTHORITY'S

JELTZ & McGUIRE



a Regional Food Bank of Oklahoma
Senior Pantry Partner



Senior Home Delivery

Monthly home delivered groceries serving up to 250 homebound older adults in the OKC Metro in partnership with EMBARK





Food for Health Programs





Healthy Pantry Certification

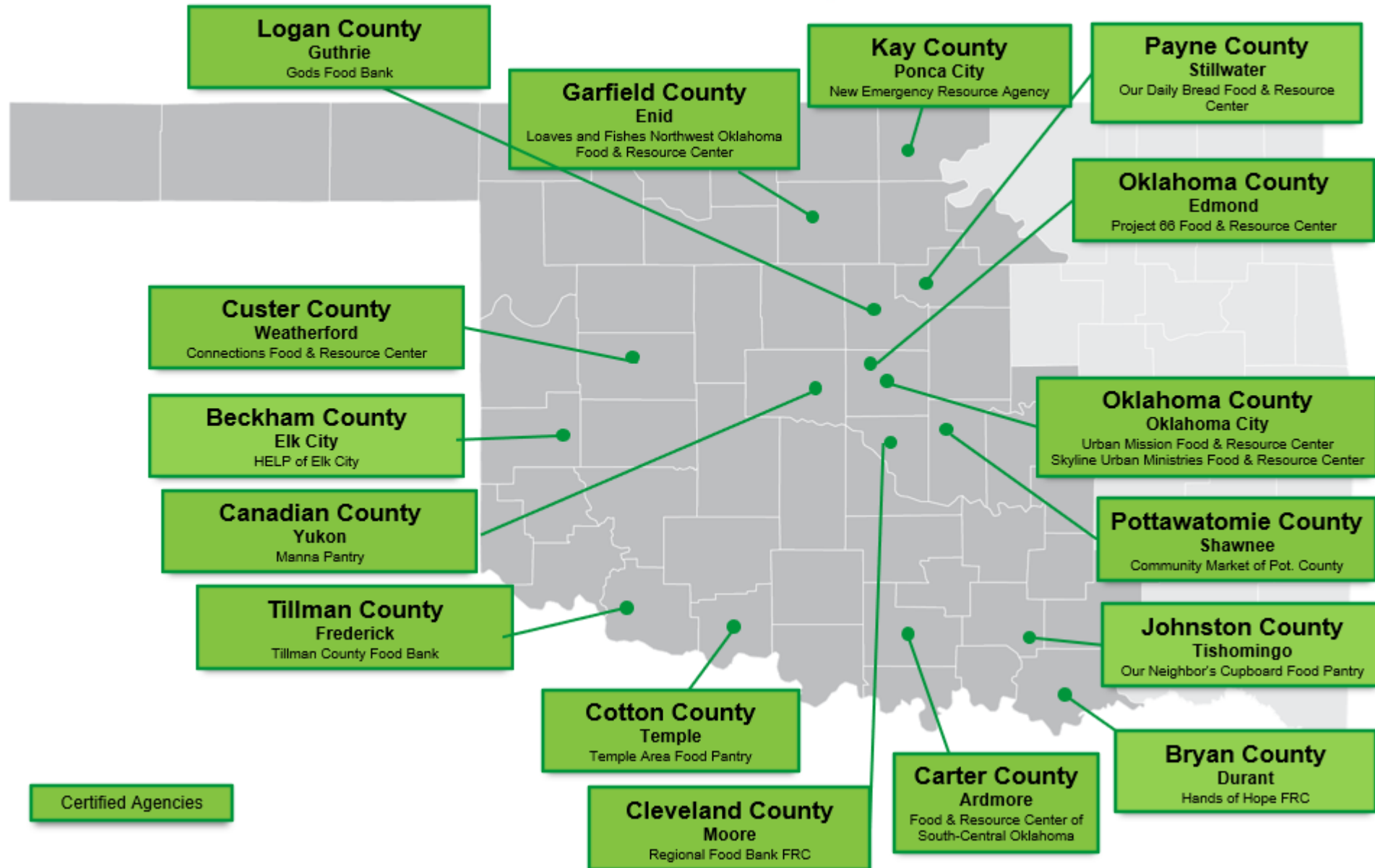
Healthy Pantry offers tools and supportive services aiming to help food pantries:

- establish individualized pantry nutrition policy
- increase distribution of nutritional foods
- enhance the food pantry environment to encourage healthy food choices

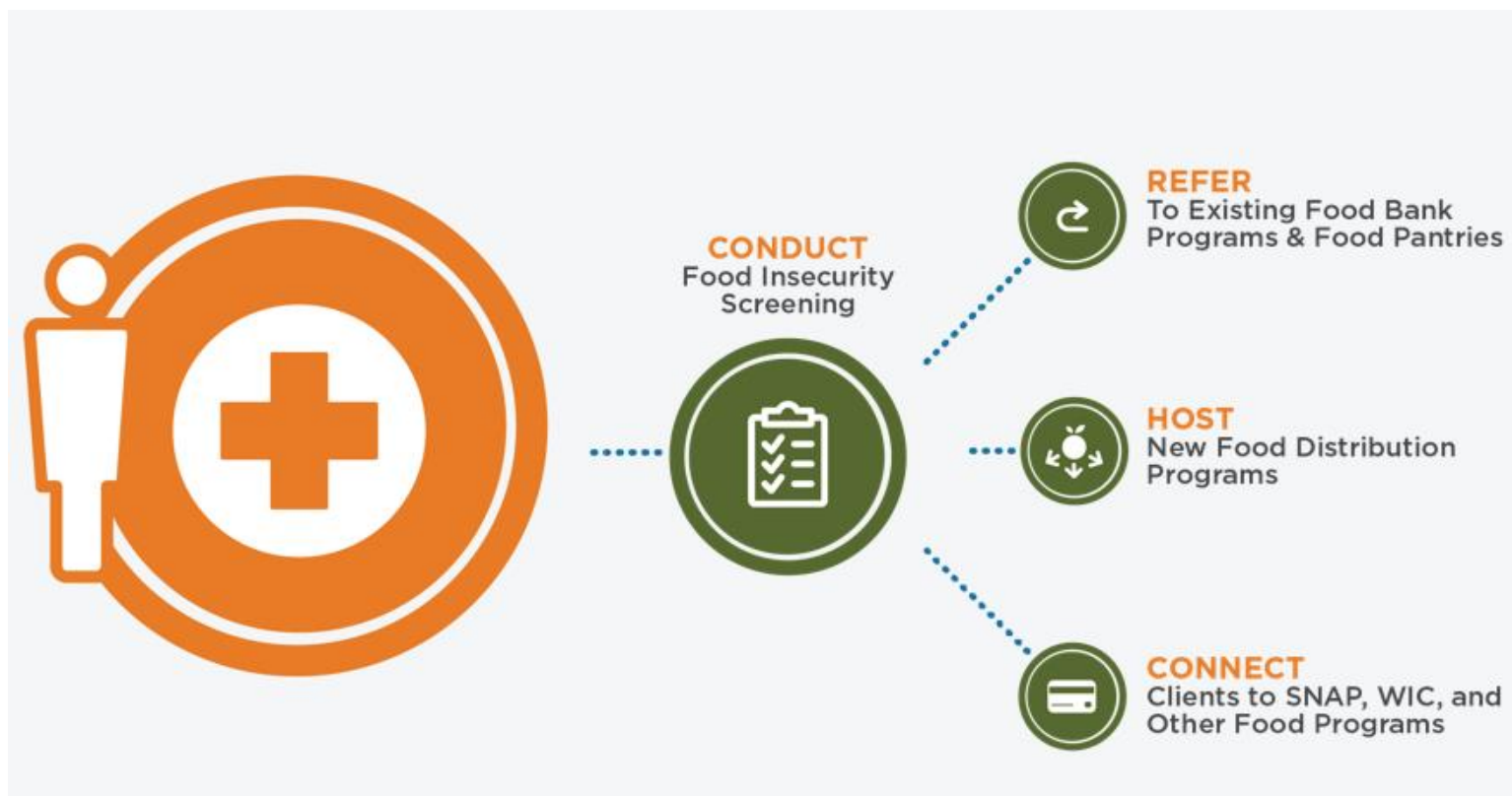
This work is centered around environmental changes and behavioral health marketing strategies, such as nutritional nudges, that help make the healthy choice the easy choice.

Clients can now search for certified healthy pantries on the Get Help page.





Healthcare Partnerships



1. Screen for food insecurity

- AAP 2 question screen
- Discuss the importance of healthy eating to prevent health decline.

2. Address Immediate Food & Nutrition Need (Optional)

- Onsite food pantry at the hospital or clinic

3. Address Continuing Food & Nutrition Need

- SNAP application assistance
- Healthy Pantry referrals

Food for Communities

The Regional Food Bank works hand in hand with 314 community-based partner agencies in 53 counties in central and western Oklahoma. These agencies range from public-access food pantries, to shelters and congregate feeding sites and direct service agencies serving food-insecure populations.



Campus Food Pantries

Since 2012, the Regional Food Bank has partnered with college campuses across the state to create food pantries for students.



Find a Partner

Enter your zip code and find the Regional Food Bank partner agency nearest to you.



Food & Resource Centers

Provide client-choice shopping, greater access to food through extended hours and days of operation, increased access to fresh produce and a venue for connecting clients with resources available to their families.



Regional Food Bank of Oklahoma Food & Resource Center

The Regional Food Bank of Oklahoma Food & Resource Center serves food insecure households in Moore, south Oklahoma City and Norman areas.



SNAP Application Assistance

The Regional Food Bank has several SNAP Outreach Specialists to answer questions and assist Oklahomans with their SNAP applications.



DO YOU NEED FOOD ASSISTANCE?



Locate a Regional Food Bank Partner and Get Help Now!

rfbo.org/get-help

- Food & Resource Centers** - Allows guests to shop for food, provides greater access to food through extended hours and days of operation, increased access to fresh produce and a venue for connecting clients with resources available to their families.
- Certified Healthy Pantries** - Food pantries that allow guests to shop for food with an emphasis on healthy eating food choices.
- Community Food Pantry** - Provides food assistance.
- Kids Meal Site** - Afterschool programs that provide free meals and snacks to children up to the age of 18.
- Senior Congregate Feeding Site** - Provides nutritionally balanced meals, nutrition education and nutrition risk screening for seniors 60 years and older and their spouses.
- Senior Servings** - Provides healthy, frozen meals prepared in the Regional Food Bank's Hope's Kitchen to seniors shopping at food pantries and identified as having issues with endurance, cognition and physical mobility.
- Soup Kitchen** - Serves individuals in need of a hot meal.
- SNAP Application Assistance** - SNAP outreach specialists can assist with completion of an online SNAP application and answer questions regarding the federal nutrition program.



Scan the QR code or visit rfbo.org/get-help to find a food pantry near you.

If you do not have internet access, please call **405-972-1111** to speak to Regional Food Bank staff.

Locate a pantry

Please call ahead of time to ensure the site is open and if there are any special requirements. If unable to find assistance, please call 405-972-1111.



Find Location

Type in your address below and find a pantry close to you.



Call Location

Please call ahead of time to ensure the site is open and if there are any special requirements.



Visit Location

Visit a location and get the help you need.

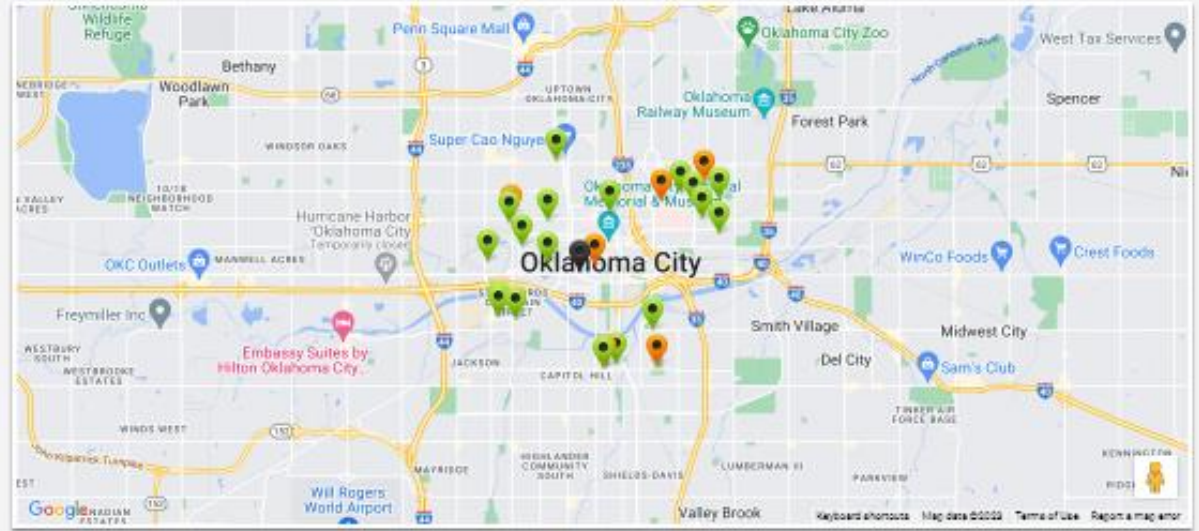
Find an Agency:

Address / City / State / Zip

Category Any

Within 10 miles

FIND LOCATIONS



Food & Resource Center

Healthy Pantry Certified

Kids Meal Sites

Pantry

Senior Congregate Feeding Site

Senior Servings

References

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6. United States Department of Agriculture [USDA]. (2020). *Food Insecurity in the US: Key Statistics and Graphics*. <https://www.ers.usda.gov/topics/food-nutrition-assistance/foodsecurity-in-the-us/key-statistics-graphics/>

For questions contact kwhite@rfbo.org