Title:
Increasing Food Insecurity in Adult Cancer Patients

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Session Title:
Research Poster Session 1 (Saturday/Sunday, 16 & 17 November)

Slot:
RSC PST1: Sunday, 17 November 2019: 11:45 AM-12:15 PM

Abstract Describes:
Ongoing Work/Project

Applicable Category:
Clinical, Academic, Students, Researchers

Keywords:
Cancer, Food insecurity and National survey

References:


Food insecurity is an ongoing health care and public health concern in the US. Food insecurity is often associated with overweight and obesity which are risk factors for many chronic disorders including cancer. Current study analysis shows increasing trend of food insecurity in adult cancer patients in the US 2003-2014.
3. Food insecurity is associated with lower health related quality of life in cancer patients

B. Research gap in food insecurity regarding cancer patients

1. Few studies have examined food insecurity and its impact on cancer-related health outcomes

III. Conclusion

A. Increasing trend of food insecurity in adult cancer patients 2003-2014, from National Health and Nutrition Examination Surveys

B. Research implication

C. Global health implication

Topic Selection:
Research Poster Session 1 (Saturday/Sunday, 16 & 17 November) (25745)

Abstract Text:

Background:

Food insecurity, defined as limited or uncertain availability of nutritionally adequate and safe foods, is an ongoing health care and public health concern in the United State. Food insecurity is negatively associated with intake of vegetables, fruit, and dairy products, and adults with food insecurity are less likely to adhere to physical activity guidelines. Perhaps most importantly, food insecurity is associated with a high probability of chronic disorders, and is actually a stronger predictor of chronic disorders than income. Furthermore, household food insecurity is a significant predictor of increased health care utilization and costs.

Food insecurity is especially concerning among cancer patients. One study conducted among urban low-income cancer patients in New York City found that they were nearly 5 times more food insecure than those in New York State as a whole and their food insecurity was associated with their lower health-related quality of life. Overall, food insecurity is an important risk factor for upper gastrointestinal cancers.

Past studies on food insecurity and chronic disorders have generally focused on those with diabetes, and there are few studies that have examined the prevalence of food insecurity in cancer patients and its impact on cancer-related health outcomes.

Objectives: To examine trends in the proportion of adult cancer patients with food insecurity from 2003-2014.

Methods: Analyses were conducted using data from the National Health and Nutrition Examination Surveys 2003-2004, 2005-2006, 2007-2008, 2009-2010, 2011-2012, and 2013-2014. Adults 20 years of age and older who reported having had at least 1 cancer diagnosis were included in the analysis. Food insecurity was measured at the household level with the 18-item U.S. Food Security Survey Module questions. The number of adult cancer patients without food security were examined, and the results
were extrapolated to the U.S. population of adult cancer patients. SPSS Complex Sample software was used for statistical analysis.

**Results:** The proportion of adult cancer patients with food insecurity from 2003 to 2014 was as follows: 10.3% (2003-2004), 12.6% (2005-2006), 11.0% (2007-2008), 11.2% (2009-2010), 14.6% (2011-2012), 16.2% (2013-2014).

**Conclusions:** The present analysis suggests an increasing trend of food insecurity in adult cancer patients from 2003-2014. Further research is needed to identify the reasons for this increasing trend, its impact on cancer-related health outcomes, and ways to decrease this prevalence.

**Global implication:** Food insecurity is an important public health concern worldwide. An estimated 821 million people in the world are undernourished and about 10% of the world population, 770 million people, are food insecure. Food insecurity is often associated with overweight and obesity, risk factors for many chronic disorders including cancer. More research is needed on the prevalence of food insecurity in cancer patients worldwide and its impact on cancer-related health outcomes.