Food Insecurity Screening in a Pediatric Clinic
Laurie Sparr DNP, APRN, FNP-C and Debbie Loman PhD, PNP, PNCC

Significance
- Food insecurity (FI) is the reduction of food intake of at least one household member at any point during a year due to lack of money and other resources used to obtain food
- 17.4 million children (14% of U.S. households) affected by FI
- Routine screening for FI does not occur during well child visits

Methodology
- Plan-Do-Study-Act (PDSA) QI process in FQHC
- 15 week pilot implementation 279 families were screened during routine well child visits
- Families that screened positive for FI were evaluated by clinic social worker to determine additional needs
- A list of local food pantries with current hours/requirements was given to FI
- Food Insecurity Screening Instrument (Hager et al., 2010)
  1. Within the past 12 months we worried whether our food would run out before we got money to buy more. Is that often, sometimes, or never true for you/your household in the last 12 months.
     [ ] Often true
     [ ] Sometimes true
     [ ] Never true
     [ ] Didn’t know/Declined to answer
  2. Within the past 12 months the food we bought just didn’t last and we didn’t have money to get more. Is that often, sometimes, or never true for you/your household in the last 12 months.
     [ ] Often true
     [ ] Sometimes true
     [ ] Never true
     [ ] Didn’t know/Declined to answer

Data Analysis & Results
- IRB approval obtained
- Retrospective EHR review
- Well visits- 89.8%; Acute Visits-10.2%
- Routine screening increased by 12.4%
- Food Secure (FS)-36.5%; Food Insecure (FI)-63.5%
- Median age: FS--4.8 yrs. ; FI--2.1 yrs.
- Sample consisted of: Parent Race--African American 91%; Medicaid insurance--96%
- No statistical difference (p < .001) between FS/FI groups by parent, race or type of insurance
- Statistical difference (p < .001) for age, # of adults, and # of children in the household between the FS and FI groups. Age differences—FS-4.8; FI-2.1; # of adults FS—2, FI—1, # of children—FS-2; FI-3

Implications
- Recommend routine screening for FI during all well child visits
- Collaborate with social worker to assist families with accessing community resources.

Next Steps
- Develop and Submit manuscript for publication