Addressing Food Security Among IHSS Consumers

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• Food Security in San Francisco
• Needs Assessment Findings
• Home-Delivered Grocery Program Development
• Implementation & Lessons Learned
• Future Plans
The state of being without reliable access to a sufficient quantity of affordable, nutritious food.

1 in 4 residents in San Francisco and Marin faces hunger

Food Insecurity
San Francisco has over 161,177 seniors 60+ and 35,145 adults living with disabilities between the ages of 18-59

Seniors are one of the most food insecure populations

High cost of food and housing in the region

CalFresh is inaccessible to low-income seniors and adults living with disabilities
Seniors (60+) who are food insecure are:

- 50% more likely to be diabetic
- Twice as likely to report fair to poor general health
- Twice as likely to have gum disease or asthma
- Three times more likely to suffer from depression
- 14% more likely to have high blood pressure
- 60% more likely to have congestive heart failure or experienced a heart attack
Increase funding for successful programs:

- **Congregate meals**
  $5.9\ M, \ text{serve} \ 3,000 \ meals \ daily$

- **Home-Delivered Meals**
  $6.6\ M, \ text{serve} \ 4,050 \ meals \ daily$

- **Home-Delivered Groceries**
  $830\ K, \ text{serve} \ 1400 \ clients \ weekly$
• Discussion began surrounding who is serving potentially food insecure populations and what services are already being provided
• How does In-Home Supportive fit into the equation?
• What connections need to be made?
  ◦ Office on Aging
  ◦ IHSS
  ◦ The Food Bank

Do other opportunities exist?
Partner Assets

- **Office on Aging**
  - Understands unique needs of seniors and adults living with disabilities
  - Can provide the funding structure to meet the need

- **Food Bank**
  - Oversees extensive pantry network of 246 pantries serving 225,000 people every year.
  - Running small pilot HDG program since 2010
  - First hand experience of challenges faced by frail seniors and adults with disabilities at our pantries

- **IHSS**
  - Established relationship and trust with consumers
  - Social workers do in-home assessments annually
  - Providers already provide meal services
How does IHSS link to Food Security?

- IHSS Services enjoyed by 97% of all SF consumers
  - Shopping for food
  - Meal preparation
  - Meal cleanup
- IHSS Restaurant meal allowance = $62/mo.
- SSI Restaurant meal allowance = $84/mo.
- Cannot get these services if you live with an “able and available spouse”
SF DAAS Intake polled Home Delivered Meals waiting list for IHSS consumers
  - 25% had IHSS

IHSS SWs ask at home visit if consumers get meals from alternative resources

If consumers say yes, fewer hours authorized

What does IHSS know about Food Security?
Program Structure

- Screening Tool
- Process Development
- Staffing
• The food that (I/we) bought just didn’t last, and (I/we) didn’t have money to get more.
• I/we couldn’t afford to eat balanced meals.
• Did (you or other adults in your household) ever cut the size of your meals or skip meals because there wasn’t enough money for food?
  • If YES, how often did this happen?
    • Almost every month
    • Some months but not every month
    • Only 1 or 2 months
• Did you ever eat less than you felt you should because there wasn’t enough money for food?
• Were you ever hungry but didn’t eat because there wasn’t enough money for food?
• Office on Aging contract
• IHSS funding
Implementation Challenges

- Unknown need
- Food Insecurity Survey
- Capacity within the pantry network of 200+ distributions
- IHSS Program capacity
Plans for the Future

- More & improved data for better resource allocation
- Capacity Building
Plans for the Future

- Develop outcome measures
- Consumer feedback loop
- Continued expansion
Questions?

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