

Addressing Food Security Among IHSS Consumers



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Department of Aging and Adult Services



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- Food Security in San Francisco
- Needs Assessment Findings
- Home-Delivered Grocery Program Development
- Implementation & Lessons Learned
- Future Plans

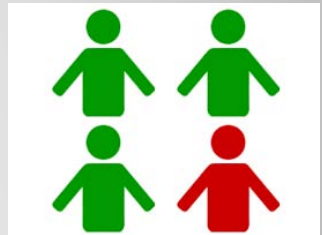
Presentation Overview



Faces of Hunger

***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

San Francisco, Seniors and Hunger

- 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



High Cost of Food Insecurity

Increase funding for successful programs:

- Congregate meals
\$5.9 M, serve 3,000 meals daily
- Home-Delivered Meals
\$6.6M, serve 4,050 meals daily
- Home-Delivered Groceries
\$830K, serve 1400 clients weekly



**Food Security Task Force
Recommendations**

- 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?

- **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

Partner Assets

- 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”

How does IHSS link to Food Security?

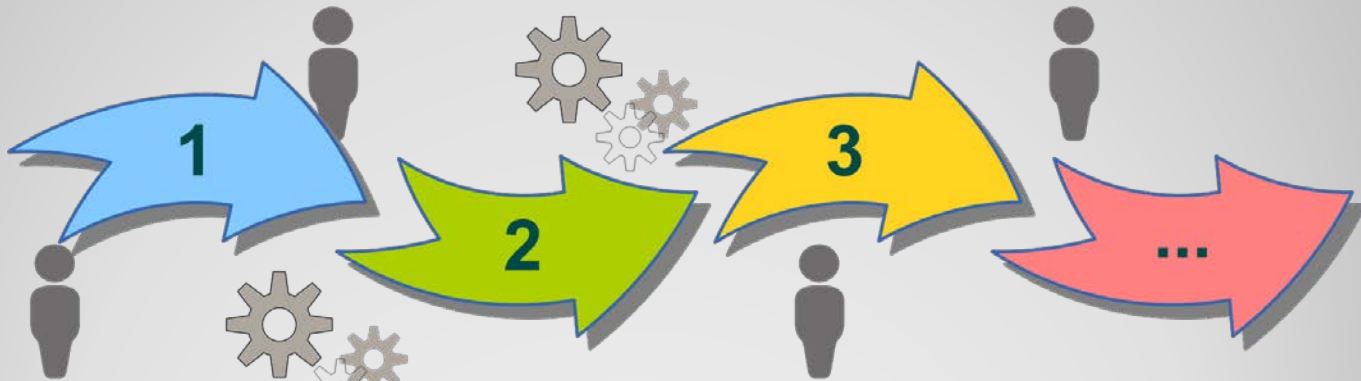
- SF DAAS Intake polled Home Delivered Meals waiting list for IHSS consumers
 - 25% had IHSS
- IHSS SWs ask at home visit if consumers get meals from alternative resources
- If consumers say yes, fewer hours authorized



What does IHSS know about Food Security?



- Screening Tool
- Process Development
- Staffing



Program Structure

- 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?

Screening tool

- Office on Aging contract
- IHSS funding

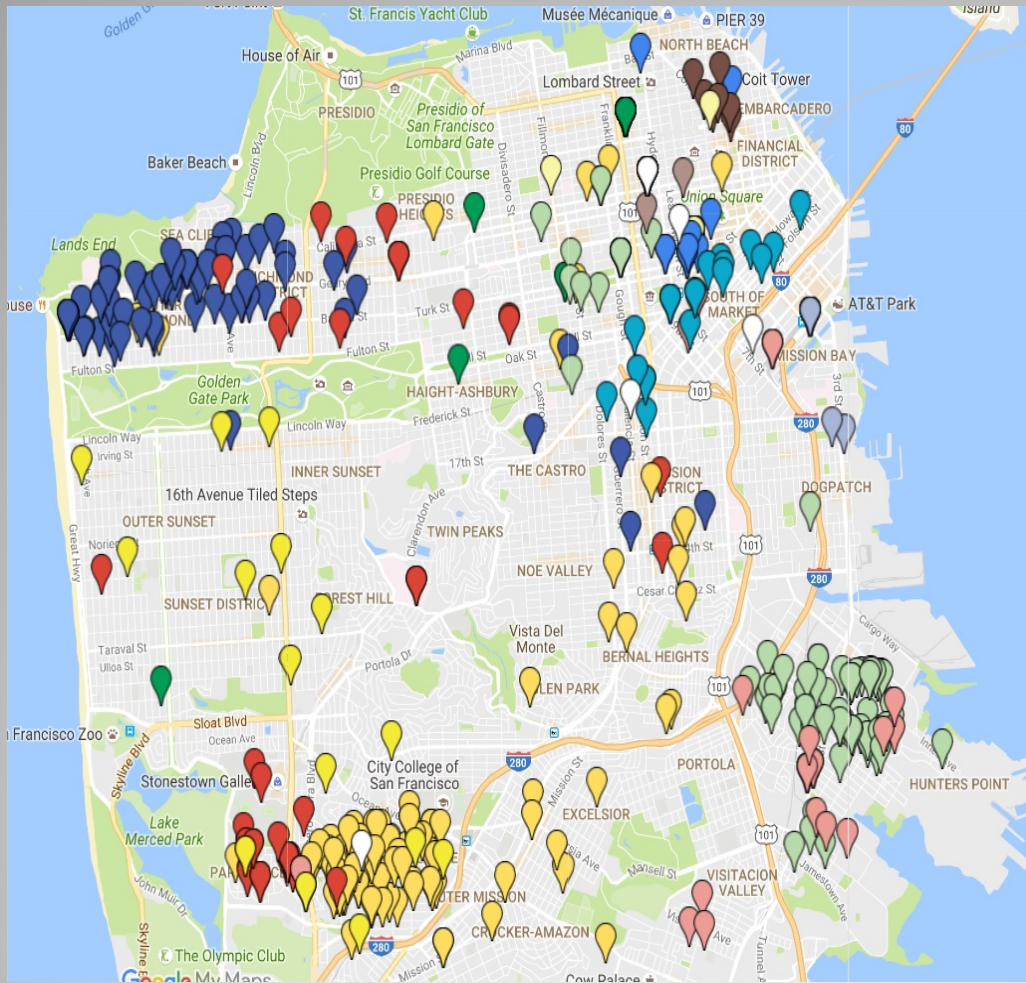


Funding



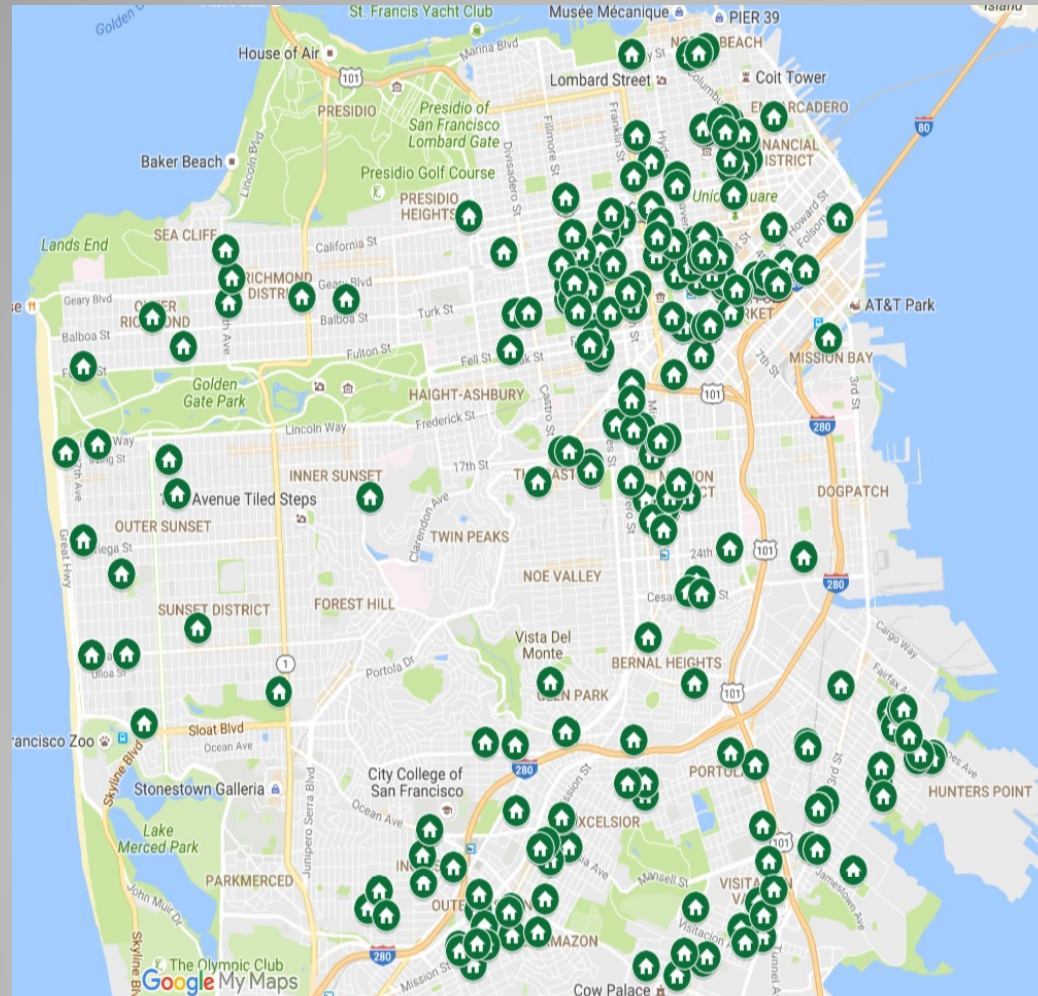
- Unknown need
- Food Insecurity Survey
- Capacity within the pantry network of 200+ distributions
- IHSS Program capacity

Implementation Challenges



- More & improved data for better resource allocation
- Capacity Building

Plans for the Future



- Develop outcome measures
- Consumer feedback loop
- Continued expansion

Plans for the Future

Questions?

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