

Sowing Seeds for Wellness: How Childhood Food Insecurity Shapes Physical, Mental, and Emotional Health

**REIMAGINING
RURAL**
THE RURAL
CHILD HUNGER
SUMMIT 2023

Housekeeping

- This session is being recorded.
- All recording will be available after the event.
- Closed captioning and language translation is available.
- Q&A will be at the end of this session.
Please enter all questions into the Q&A box.

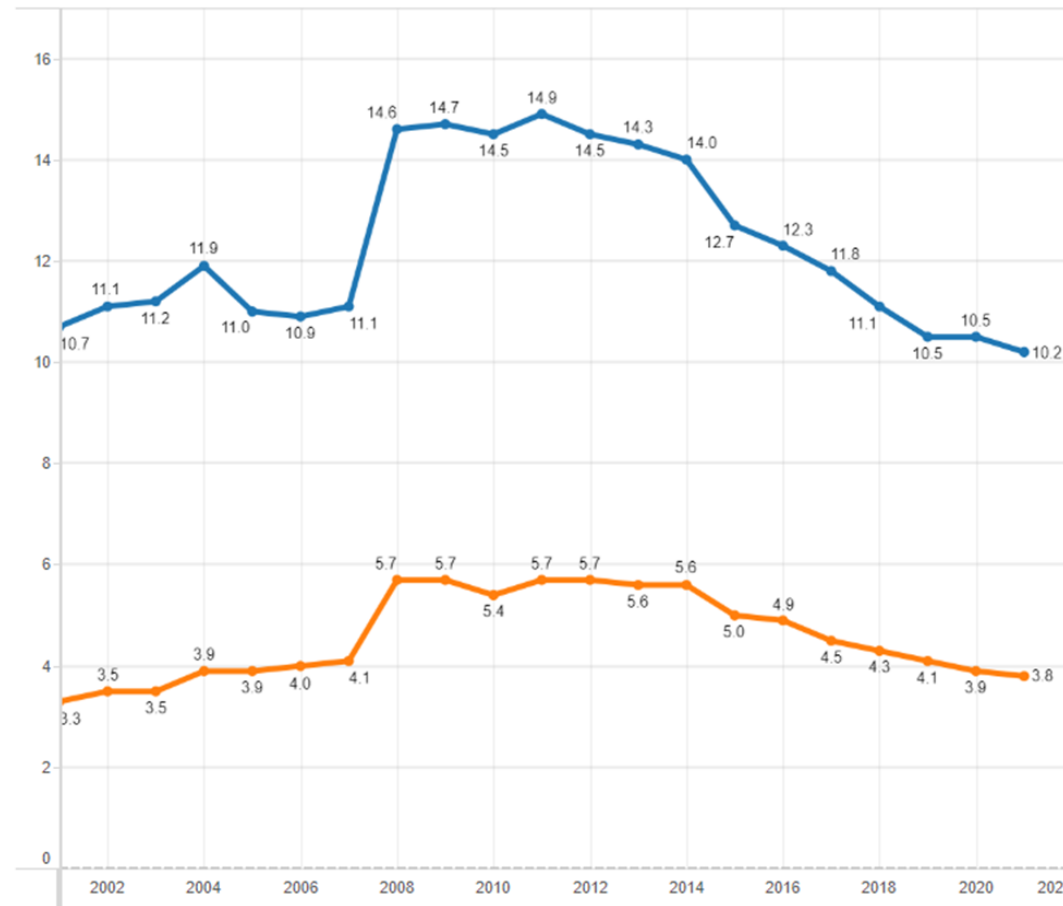


2023 RURAL HUNGER SUMMIT

Dr. Caree Cotwright, PHD, RDN
Director of Nutrition Security and Health Equity



Trends in the prevalence of food insecurity and very low security in U.S. households, 2011-21, percent of households

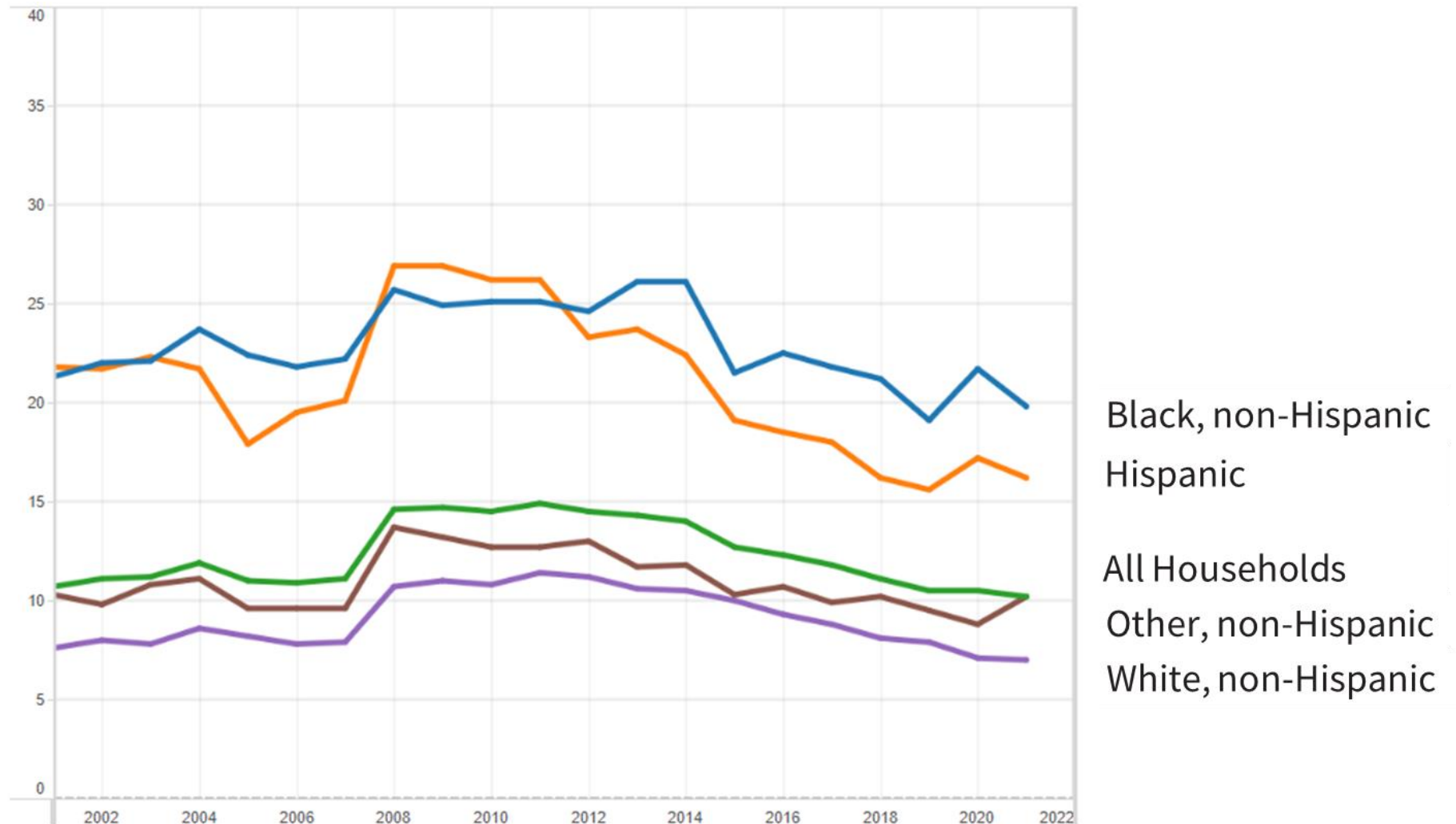


Food insecurity

Very low food security

Trends in food insecurity by race and ethnicity, 2001-21

Percent of households



1 in 4 Americans is served by **USDA's nutrition assistance programs**





Today's Panelists

- **Ivey Horton, PLPC, Communities in Schools, Gulf South**
- **Traci Pole, MBA, MS, Assistant Regional Director for The Food and Mood Collaborative, Substance Abuse and Mental Health Services Administration (SAMHSA)**
- **Tamara Melton, MS, RDN, Co-Founder and Executive Director, Diversify Dietetics**

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Ivey Horton, PLPC
Communities in Schools, Gulf South
Trust Based Relational Intervention Practitioner

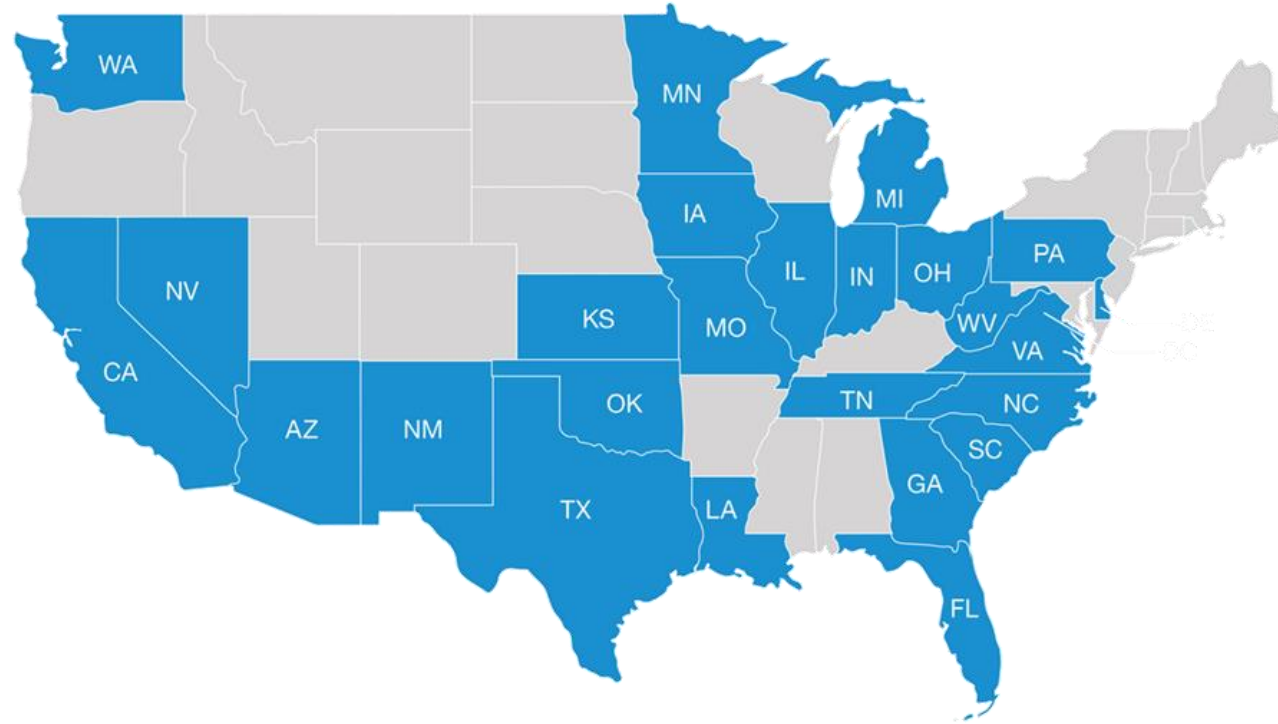


3,270

Schools sites
in 21-22

1.8 MILLION

Students reached
in 21-22



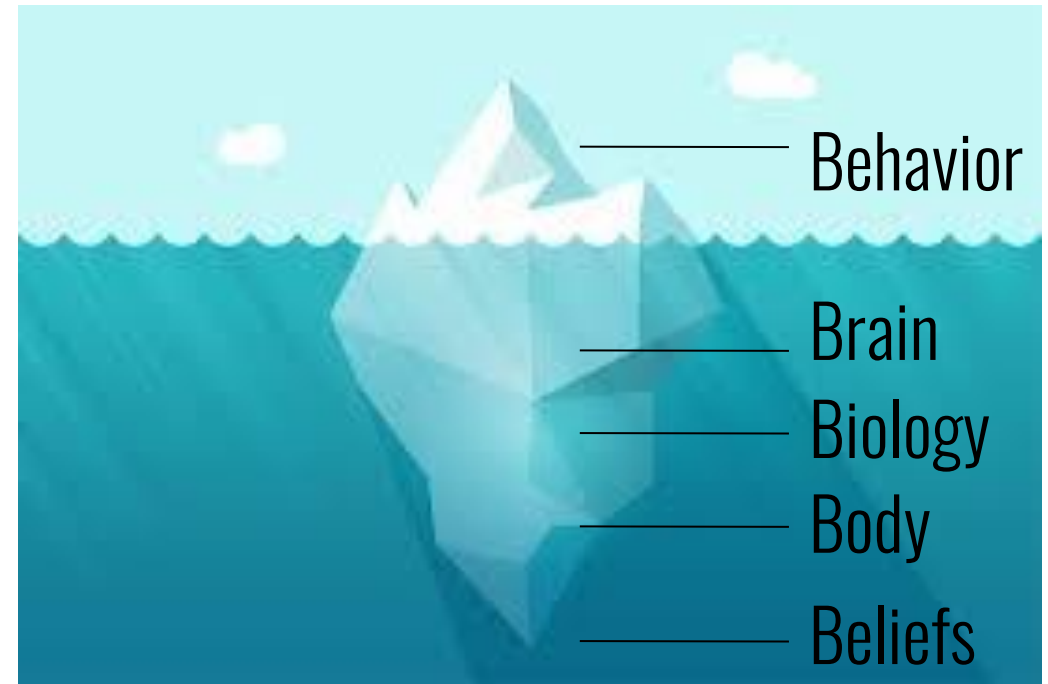
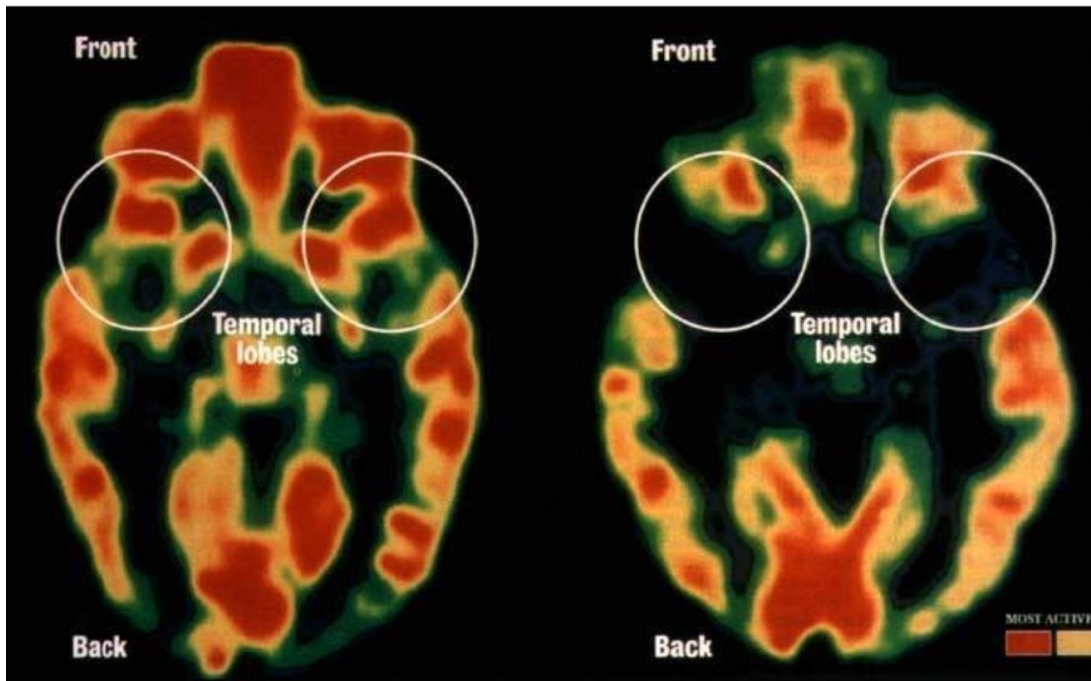
Services Available to Students





Maslow's hierarchy of needs

More Than the Behavior



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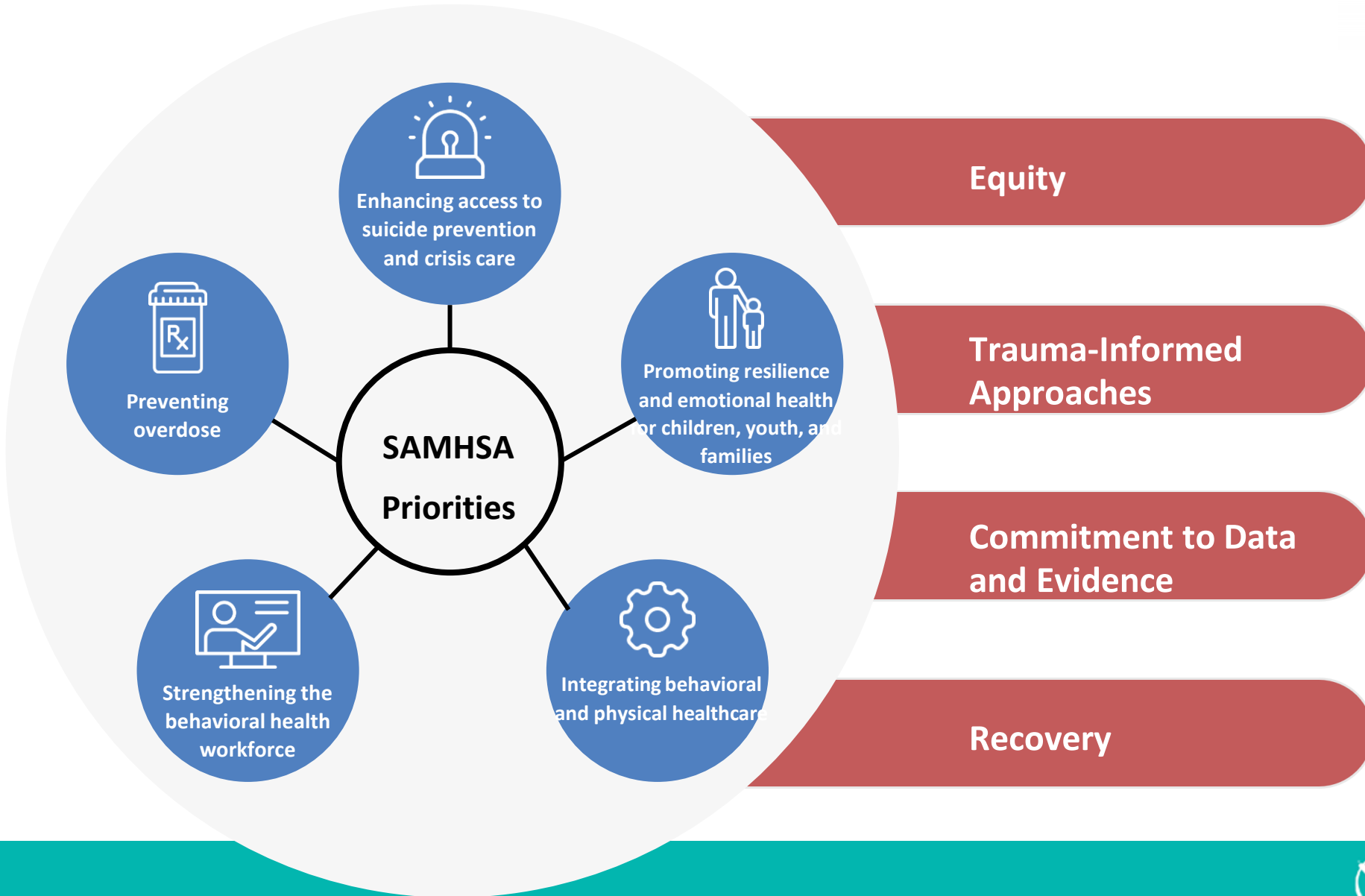
**Traci Pole, MBA, MS (she/her)
Assistant Regional Director for The Food and
Mood Collaborative, Substance Abuse and
Mental Health Services Administration
(SAMHSA)**



Who is SAMHSA

SAMHSA

Substance Abuse and Mental Health
Services Administration



Miriam Delphin-Rittmon, Ph.D.
*Assistant Secretary for Mental Health
and Substance Use*

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*ARD: Assistant Regional Director *RBHA: Regional Behavioral Health Advisor

Factors Affecting Mental Illness & Addiction

Family history

Family and peer relationships

Trauma experience

Limited access to health care

Early exposure to illicit drugs & alcohol

Poverty

Poor health

Chronic pain

Housing Insecurity

Lower educational level

Exposure to criminal behavior

Food/Nutrition Insecurity



Language Matters

Instead of this...

Stigma

Mentally ill person

Committed suicide

Try this...

Bias, prejudice, and discrimination

Person experience/living with a mental illness

Died by suicide

Aim to: Use Person-First Language and Reject Labels that turn people into things (i.e. Addict, Crazy, Dirty vs. Clean)

Food and Mood Collaborative

VISION

All children, youth, and their families are nourished and thriving, with their nutritional, emotional health, and wellness needs prioritized and met throughout their communities.

MISSION

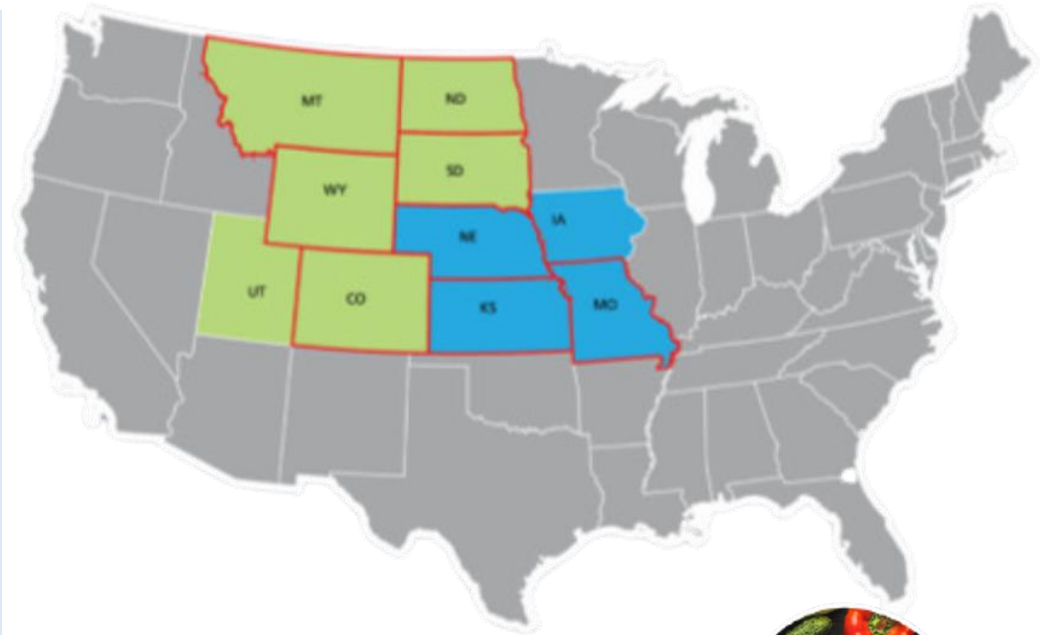
Provide leadership, partnership, data, effective interventions, and resources that improve the emotional health and wellbeing of children, youth and their families.

GOALS

Promote emotional health and wellness and reduce the impact of mental health and substance use on children and youth (K-12 students) by identifying and implementing community-based strategies that address food/nutrition security/cultural food diversity/school gardens.

Check us out online!

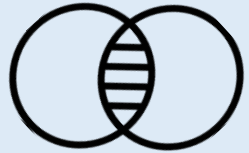
Program Regions



SAMHSA
Substance Abuse and Mental Health
Services Administration

Highlights from Regional Meeting

August 2023



Identified research supporting intersection of food/nutrition on emotional health



Outlined Federal and State policies that support social determinants of health (SDOH) and emotional health and wellbeing



Identified food/nutrition programs that address emotional health and wellbeing



Created and developed action plans for future programs and activities



SAMHSA
Substance Abuse and Mental Health
Services Administration



PILLARS OF FOOD & MOOD



PROGRAMMING

Meaningful, holistic & culturally-informed programs



DIALOGUE

Inclusive and normalizing public dialogue



EQUITABLE ACCESS

Equitable access to resources and supports for all



ENGAGEMENT

Multi-disciplinary community engagement



Pillar 1-Zuni Youth Enrichment Project



ZUNI YOUTH ENRICHMENT PROJECT

MISSION STATEMENT:

Our mission is to promote resilience among Zuni Youth, so they grow into strong and healthy adults who are connected to Zuni Traditions.

ZYEP PROGRAMMING



PHYSICAL
ACTIVITY



ARTS



FOOD
SOVEREIGNTY



PARK



TRAILS
CONNECT TO LAND



SUMMER
CAMP



IN-SCHOOL



AFTERSCHOOL
RHT



Pillar 2-Young People in Action



HEALTHY, LOCAL AND SUSTAINABLE FOOD ON THE PLATES AND MINDS OF ALL PARK COUNTY SCHOOLCHILDREN

<https://f2spc.org/>



Pillar 3-Healthy Roots Garden/Food Clinic



- Enjoy a holistic, healing environment
- To promote and support the health of patients and their families
- Provide an ongoing source of healthy produce to promote food security
- Enable the hospital to launch a food prescription program and food pharmacy



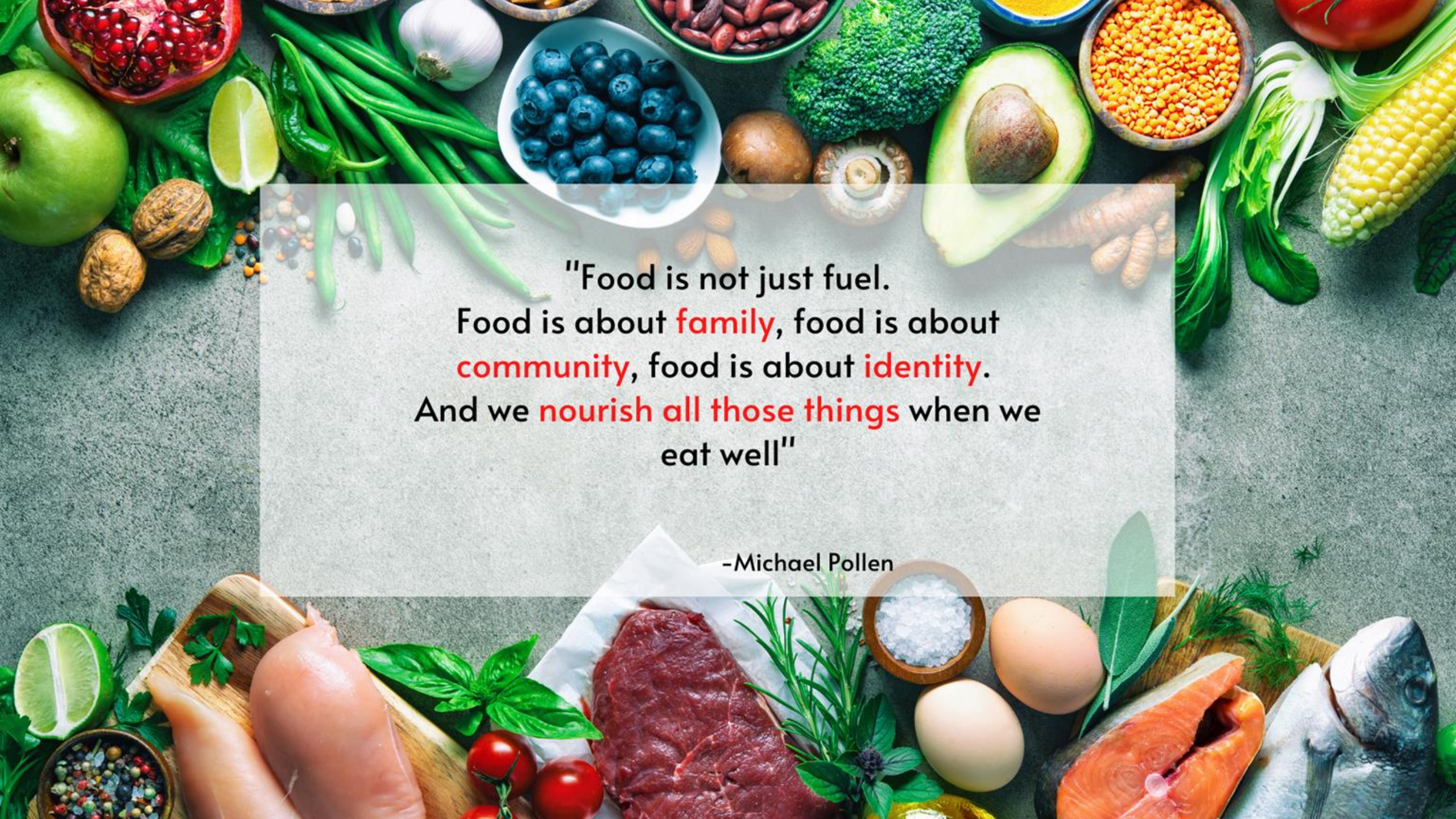
Pillar 4-Soup and Stories

Restoring our Relationships:

Provide a platform that offers culturally informed activities to support a more healthful lifestyle through:


- Sense of Belonging through Tribal stories and language
- Traditional Food recipes with “live” cooking demonstrations
- Increased wellness through a mindfulness activity





"Food is not just fuel.
Food is about **family**, food is about
community, food is about **identity**.
And we **nourish all those things** when we
eat well"

-Michael Pollen



We'd love to hear from you...

Contact:

Traci Pole

Assistant Regional Director

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- **Subscribe to Food and Mood email listserv**
- **Access to SharePoint – see current literature and/or contribute to research folder**



2023 RURAL HUNGER SUMMIT

Tamara Melton MS, RDN
Co-founder and Executive Director, Diversify Dietetics



Diversify Dietetics

A 501c3 nonprofit organization dedicated to increasing the racial and ethnic diversity in the field of nutrition.

The largest community of nutrition and dietetics students, interns, and professionals of color.



What is food security?



Food and Agriculture Organisation. High Level Panel of Experts on Food Security and Nutrition (HLPE) *Food Security and Nutrition: Building a Global Narrative Towards 2030*. Committee on World Food Security; Rome, Italy: 2020.

THE SIX DIMENSIONS OF FOOD SECURITY

Availability	Having a quantity and quality of food sufficient to satisfy the dietary needs of individuals, free from adverse substances and acceptable within a given culture, supplied through domestic production or imports.
Access (economic, social and physical)	Having personal or household financial means to acquire food for an adequate diet at a level to ensure that satisfaction of other basic needs are not threatened or compromised; and that adequate food is accessible to everyone, including vulnerable individuals and groups.
Utilization	Having an adequate diet, clean water, sanitation and health care to reach a state of nutritional well-being where all physiological needs are met.
Stability	Having the ability to ensure food security in the event of sudden shocks (e.g. an economic, health, conflict or climatic crisis) or cyclical events (e.g. seasonal food insecurity).
Agency	Individuals or groups having the capacity to act independently to make choices about what they eat, the foods they produce, how that food is produced, processed, and distributed, and to engage in policy processes that shape food systems. The protection of agency requires socio-political systems that uphold governance structures that enable the achievement of FSN for all.
Sustainability	Food system practices that contribute to long-term regeneration of natural, social and economic systems, ensuring the food needs of the present generations are met without compromising the food needs of future generations.

Food and Agriculture Organisation. High Level Panel of Experts on Food Security and Nutrition (HLPE) *Food Security and Nutrition: Building a Global Narrative Towards 2030*. Committee on World Food Security; Rome, Italy: 2020.

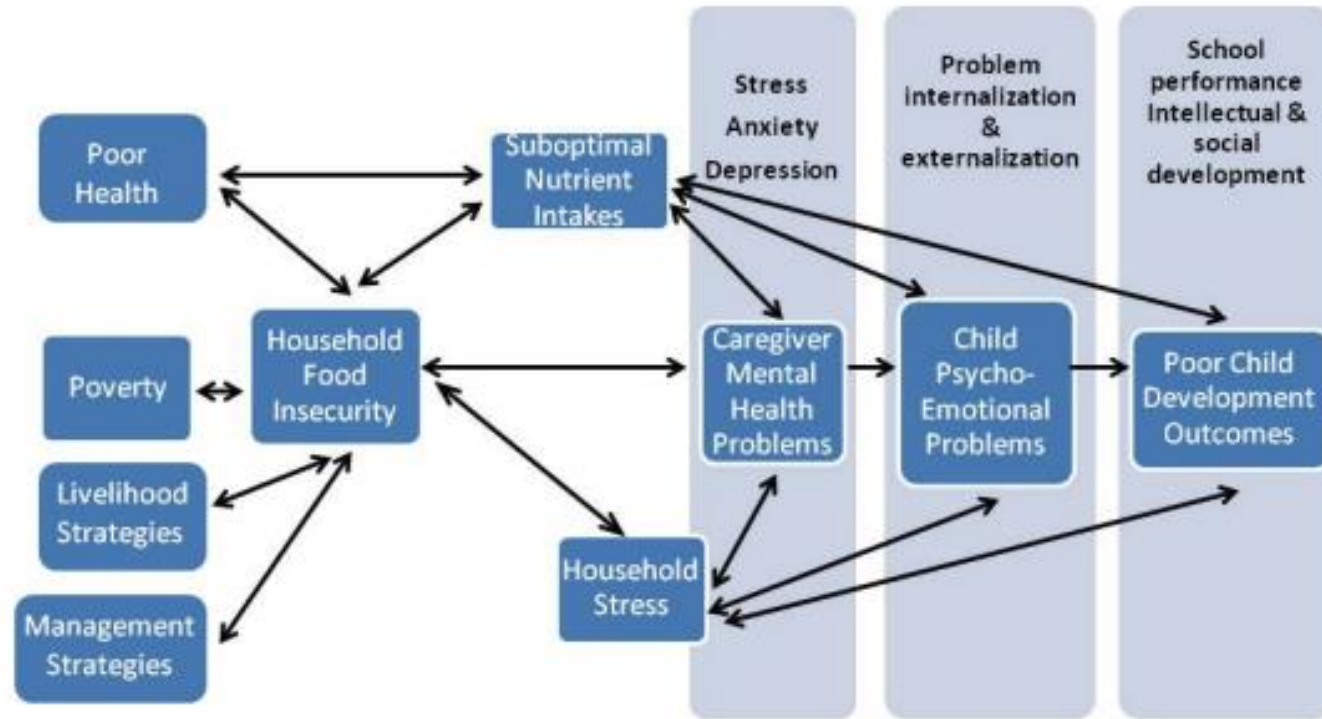
Rates of food insecurity in 2021 were significantly higher than the national average for:

- All households with children (12.5%)¹
- Households with children under age 6 (12.9%)¹
- Rural communities (12.1%)²

1. Coleman-Jensen, Alisha, Matthew P. Rabbitt, Christian A. Gregory, Anita Singh, September 2022. Household Food Security in the United States in 2021, ERR-309, U.S. Department of Agriculture, Economic Research Service.

2. Byker Shanks, C., Andress, L., Hardison-Moody, A., Jilcott Pitts, S., Patton-Lopez, M., Prewitt, T. E., Dupuis, V., Wong, K., Kirk-Epstein, M., Engelhard, E., Hake, M., Osborne, I., Hoff, C., & Haynes-Maslow, L. (2022). Food insecurity in the rural United States: An examination of struggles and coping mechanisms to feed a family among households with a low-income. *Nutrients*, 14(24), 5250. <https://doi.org/10.3390/nu14245250>

Figure 1. Household Food Insecurity as a Mediator of the Influence of Poverty and Other Factors on Child Development Outcomes: Conceptual Framework

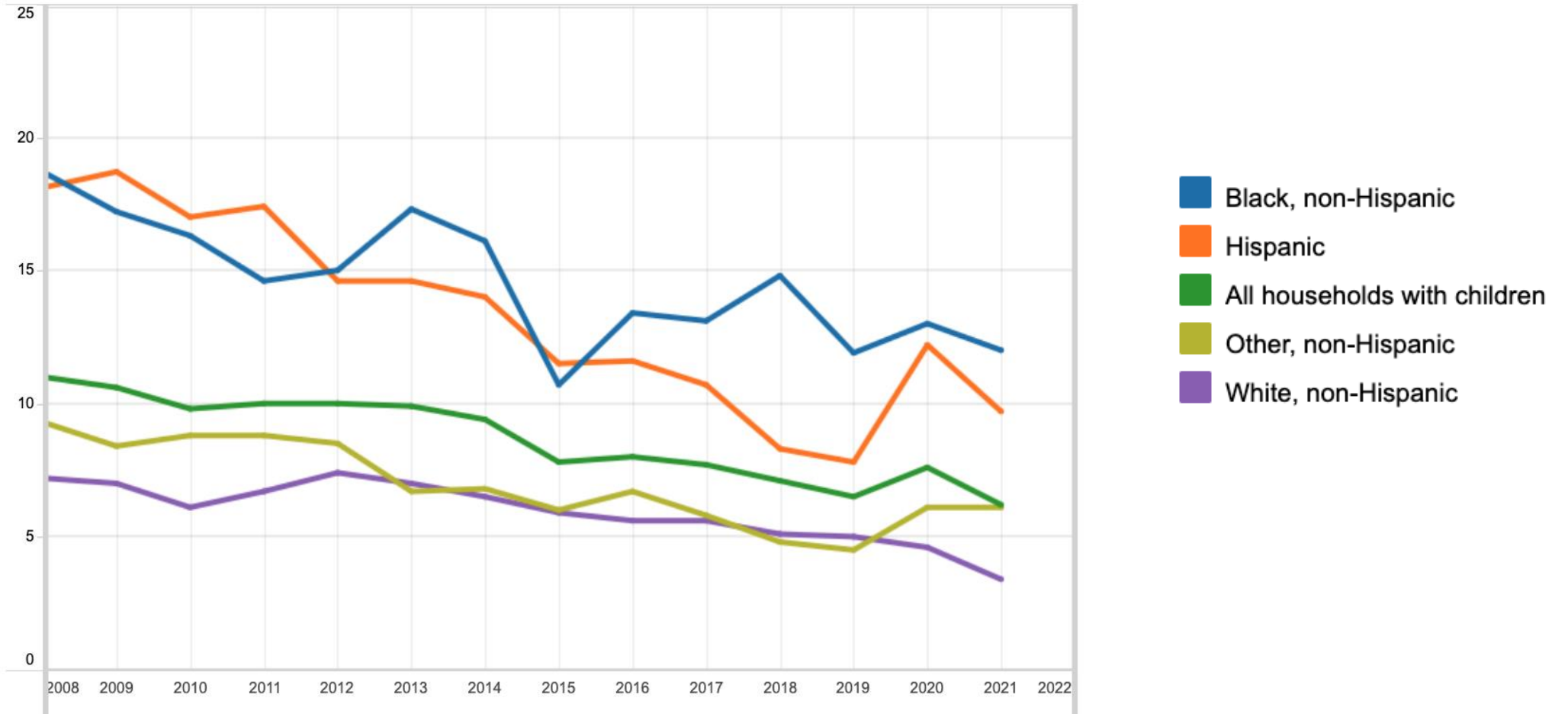


Perez-Escamilla, R., & Pinheiro de Toledo Vianna, R. (2012). Food insecurity and the behavioral and intellectual development of children: A review of the evidence. *The Journal of Applied Research on Children: Informing Policy for*

Children at Risk, 3(1). <https://doi.org/10.58464/2155-5834.1071>

Food insecurity of children, by race/ethnicity of household head

Percent of households with children



Source: Calculated by USDA, Economic Research Service, using Current Population Survey Food Security Supplement data.

Best Practices for Community Engagement

- Understand the **Historical Context** Before Developing Your Engagement Strategy
- Build Community **Relationships** Early On
- Assess and Address **Organizational Barriers** to Community Engagement



Photo by [MD Duran](#) on [Unsplash](#)

Centers for Disease Control and Prevention – Division of Community Health. A Practitioner's Guide for Advancing Health Equity: Community Strategies for Preventing Chronic Disease. Atlanta, GA: US Department of Health and Human Services; 2013.

Best Practices for Community Engagement

- Select **Engagement Techniques** Appropriate for Your Context
- Understand and **Address Barriers** That May Prevent Community Participation
- Support and **Build the Community's Capacity** to Act
- Value Both **Community Expertise** and Technical Expertise



Photo by Unsplash

Q&A

