

Community Food Access: Reducing Food Insecurity and Obesity through the Healthy Montgomery Transforming Communities Initiative

Part 1: Montgomery County Food Council – Best Practices Implementing the Food Security Plan



About Your Hosts:

Webinar Moderator:

**Evelyn Kelly, Senior Program Manager,
Institute for Public Health Innovation**



*About Institute for Public Health Innovation: IPHI Launched in 2009 to Serve MD, VA and DC. IPHI **builds partnerships across sectors and cultivates innovative solutions** to improve **health and well-being** for all people and communities throughout **MD, VA and DC**, particularly those most affected by **health inequities**.*

Housekeeping

- Today's webinar is scheduled to last 1 hours including Q&A
- Slides and a recording of the webinar will be available online – attendees will receive a link to these resources following the webinar
- All participants are muted
- Questions can be submitted via the Zoom “Q&A” or “Chat” screen at any time
- Questions will be addressed during the Q&A session at the end of the webinar

Ask a Question using either the “Chat” or “Q&A” function as pictured below



About Healthy Montgomery

- Healthy Montgomery is the official community health improvement planning process for Montgomery County, MD.
- Since 2010, IPHI has worked closely with the Montgomery County Department of Health and Human Services
- Funded by the four Montgomery County hospital systems: Adventist Healthcare, Medstar Montgomery, Holy Cross Health, and Suburban.
- Learn more about our work through our website: www.healthymontgomery.org.

About The Transforming Communities Initiative (TCI)

- In 2016, Montgomery County, MD was selected as a site for TCI funding by Trinity Health.
- The Healthy Montgomery TCI is a collaborative partnership, comprised of Holy Cross Health, the Institute for Public Health Innovation (IPHI), Montgomery County Department of Health and Human Services (DHHS), the Eat Well Be Active Partnership, and numerous other government and community partners and is funded by Trinity Health.
- TCI funding supports a range of policy, system, and environmental change strategies to reduce obesity, promote tobacco-free living, and improve community health.
- TCI funding supports the implementation of the Healthy Montgomery Community Health Improvement Plan. The EWBA coalition serves as the primary collaborative working structure for TCI efforts.

TCI Strategy Areas

- **Community Food Access**

- *Partners: Montgomery County Food Council, Primary Care Coalition, Manna Food, CHEER, Mobile Medical Cares, Montgomery County HHS, CountyStat*

- **School Health and Wellness**

- *Partners: Montgomery County Public Schools, Alliance for a Healthier Generation, MF State Dep. of Ed.*

- **Promoting Tobacco-Free Living (Tobacco 21)**

- *Partners: The American Lung Association, The American Cancer Society, Tobacco Free Kids, and the American Heart Association*

TCI Strategy Areas Continued

- **Promoting and Implementing Safe Routes to School**
 - *Partners: Montgomery County Dep. of Transportation, Montgomery County Public Schools*
- **Implementing Nutrition Standards in Early Childhood Settings**
 - *Partners: School Readiness Consulting*



HEALTHY MONTGOMERY WEBINAR SERIES

Community Food Access: Reducing Food Insecurity and Obesity through the Healthy Montgomery Transforming Communities Initiative

Part 1: October 4th | Part 2: October 16th
2-3 PM EST

Part 1:

Montgomery County Food Council – Best Practices Implementing the Food Security Plan



MONTGOMERY COUNTY
FOOD COUNCIL

Part 2:

Food Is Medicine – Reducing Barriers to Accessing Healthy Food in Vulnerable Communities



primary care coalition

Best Practices Implementing the Montgomery County Food Security Plan

October 4th, 2018



Speaker



Mark Hodge
Montgomery County DHHS
Vice-Chair, Steering Committee; Policy Committee

Mark is the Assistant Chief Operating Officer in the Montgomery County Department of Health and Human Services. He has worked in various roles in MCDHHS for the past 17 + years including School Health, Immunizations, Refugee Health, TB and Deputy Health Officer before recently taking on this new role. He has been a member of the Montgomery County Food Council for nearly 4 years, was a key contributor to the Food Security Plan and oversees the implementation of the Plan for MCDHHS. Mark has a B.S. in Sociology from Texas A&M University, a B.S. in Nursing from the University of Maryland, Baltimore, and a M.S. in Healthcare Administration from the University of Maryland, University College.

The Food Security Strategic Plan

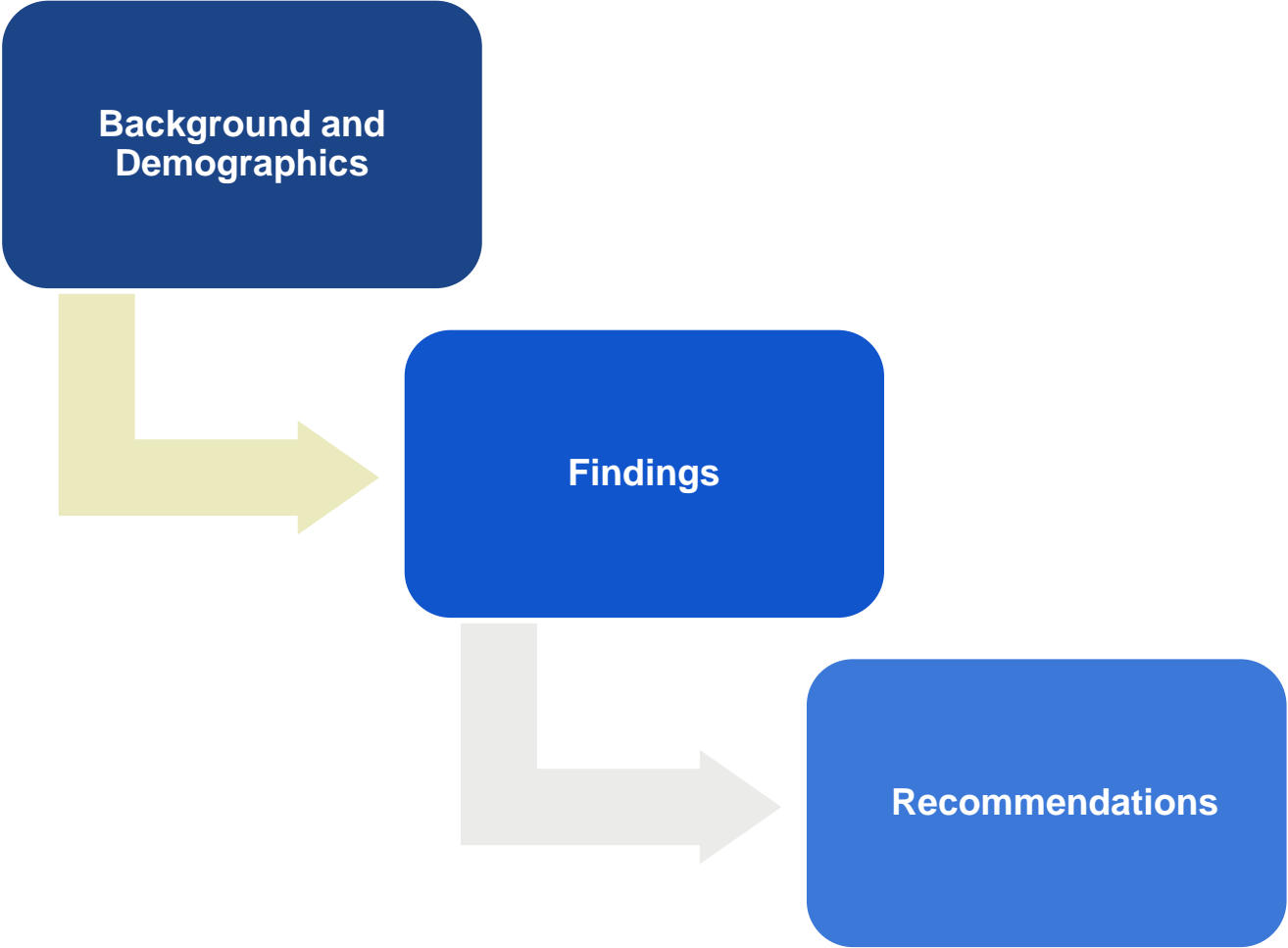


- Bill 19-16 passed in July 2016 requiring delivery of Food Security Plan by December 2016
- Plan development - Fall 2016
- Plan released by the County Executive in January 2017

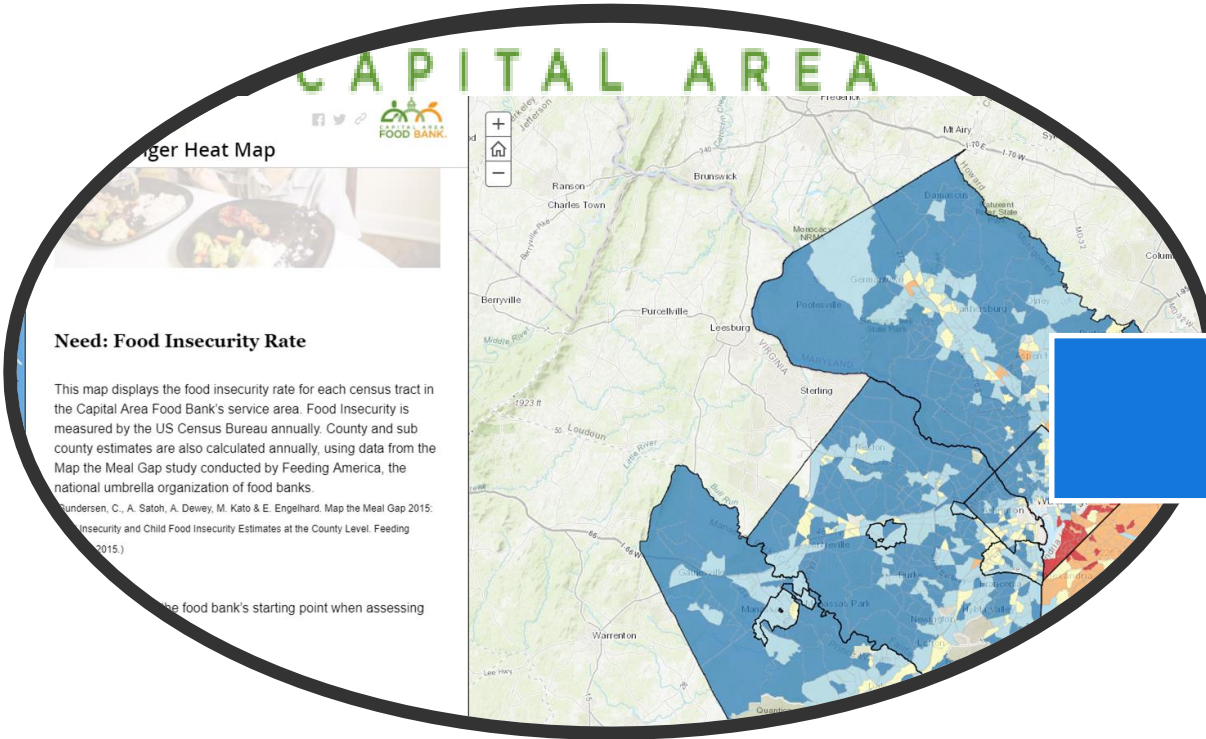
Shared Vision

Our community is a place where all people at all times have access to safe, sufficient, nutritious food in order to lead fulfilling lives and contribute to making Montgomery County, MD a place where all live in dignity.

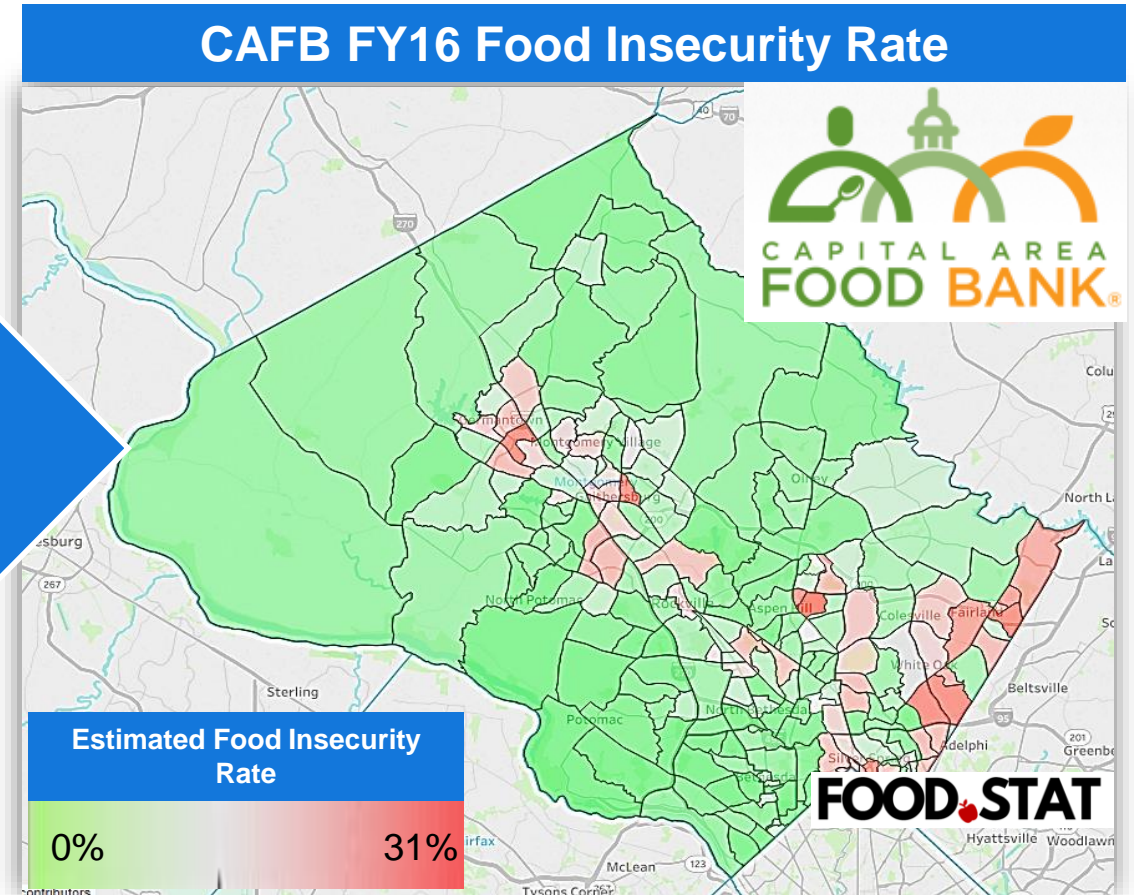
Structure of the Plan



Food Insecurity In Montgomery County



(Gundersen, C., A. Satoh, A. Dewey, M. Kato & E. Engelhard. Map the Meal Gap 2015: Food Insecurity and Child Food Insecurity Estimates at the County Level. Feeding America, 2015.)



Findings



Children

Children were found to have insufficient food during summer and on weekends, and had a higher food insecurity risk if they were living in single parent households and were children of color. Childhood food insecurity can, among other things, result in long-term poor health consequences, behavioral and social difficulties and poor school performance.



Seniors

6.6% seniors in Montgomery county are estimated to live below the poverty level, and around 20-30,000 live below the self sufficiency standard. Many are also aging in place and in isolation, with limited access to transportation and technology, limited English proficiency, physical and mental disabilities and medical dietary restrictions.



People with Disabilities

Families with a disabled member were estimated to be 2 to 3 times more likely to be food insecure. Working aged adults with disabilities are twice as likely to live below the poverty level as adults without disabilities. Barriers to food security include lack of case management, limited communication ability, restricted mobility, and access to transportation to purchase and/or prepare food.



Foreign Born

50-60,000 foreign born residents were living at or below 150% of the poverty level in 2016. Food insecurity in this population results from factors such as language and cultural barriers, a lack of culturally appropriate food, and fear of asking for help, especially in mixed documentation status families.



Other Risk Factors

- living below the self-sufficiency standard
- having limited access to transportation
- being eligible but not enrolled in benefits
- being homeless
- having faith based dietary restrictions
- working two or more jobs.

Speaker



Thomas Tippett
Performance Analyst, Office of the County Executive, Montgomery County CountyStat

Thomas Tippett is a Performance Management and Data Analyst within the Offices of the County Executive of Montgomery County Maryland. He has been a member of the County's Performance team for three years and has focused on supporting community development, housing programs, and the County Executive's Food Security Strategy. Thomas has a background in Enterprise Resource Planning and Information Systems.

COUNTYSTAT-FACILITATED "COMMON OPERATING PICTURE"

FOOD STAT

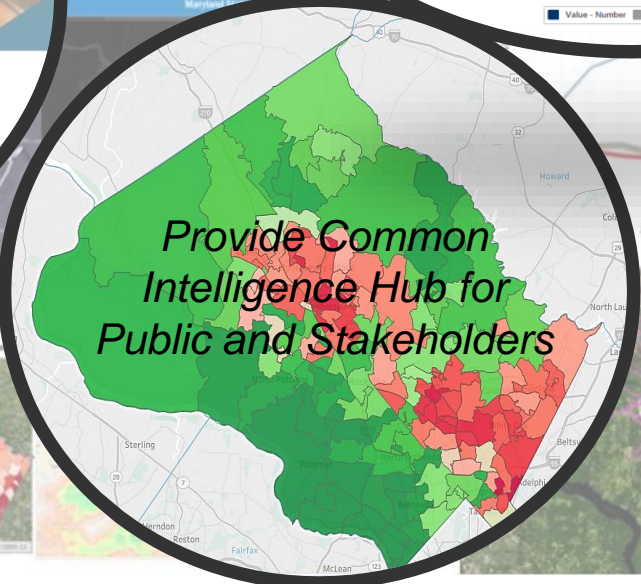
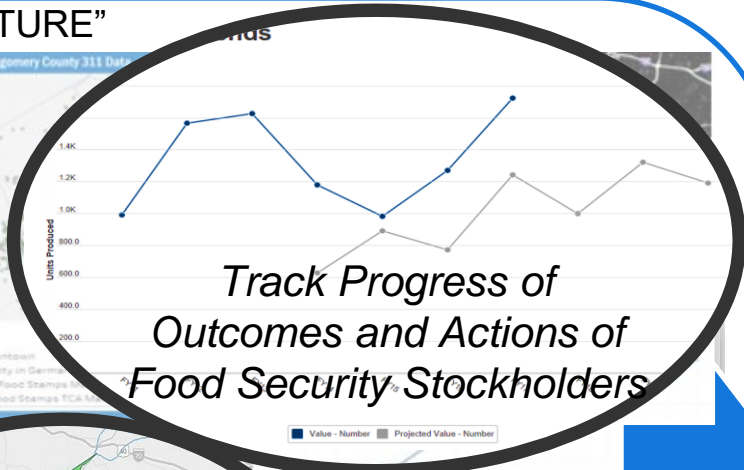
A Food Secure Montgomery

What we know now and what we can do

Montgomery County's vision of food security is a community in which all people at all times have access to safe, sufficient, nutritious food, with dignity. Food security encompasses several dimensions, among them are:

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SHARED OBJECTIVES



TRACKING AND PERFORMANCE



STEERING MECHANISM

Collective Effort Toward A Food Secure Montgomery

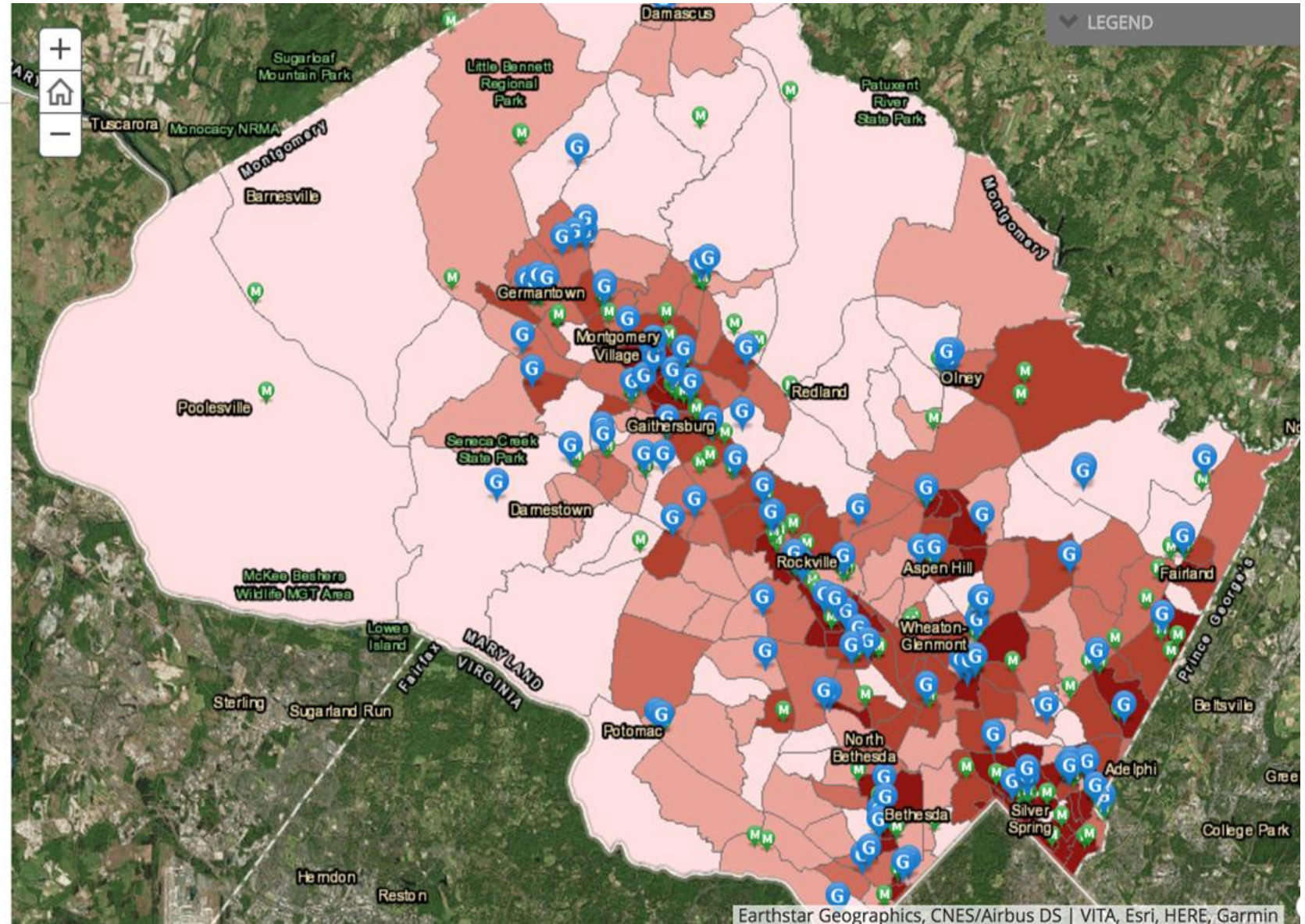


Drivers of Food Insecurity Accessibility

A principal driver of food insecurity and other health deficiencies is the inability of residents to reach healthful food outlets. There is a high correlation between access to grocery stores and healthy diets and residents without reliable transportation may be limited to convenience stores with finite stocks of nutritious foods.

The map shows the percent of households within the County's census tracts that have no access to a vehicle as well as the location of major grocery stores and markets.

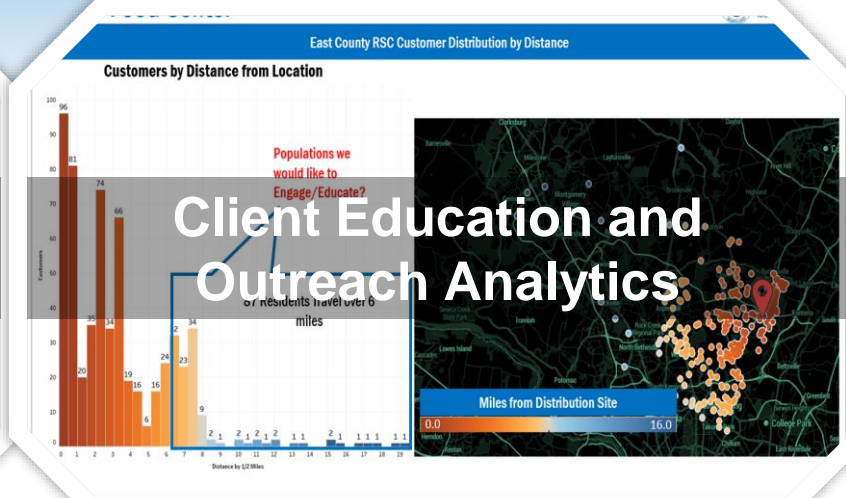
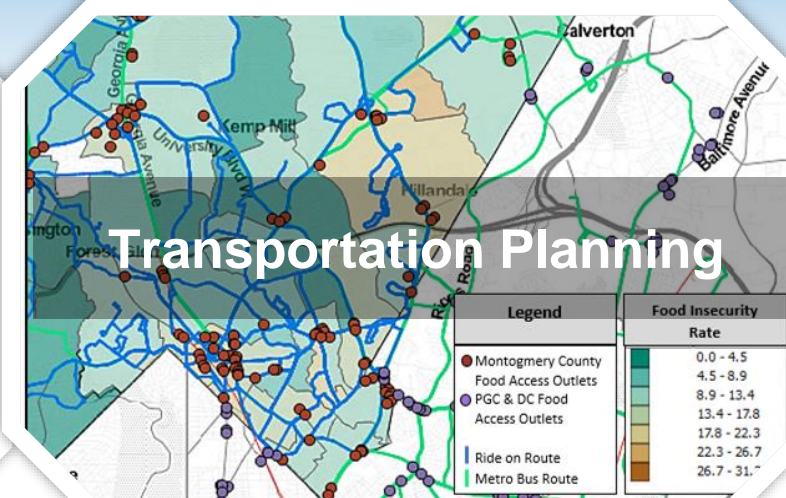
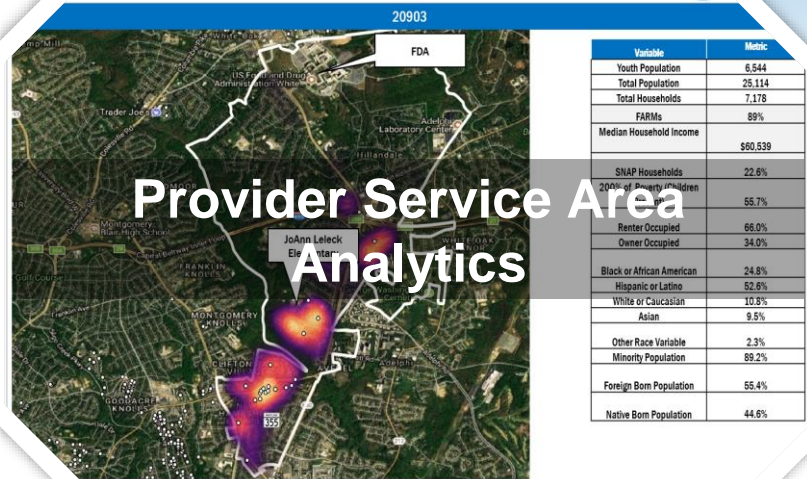
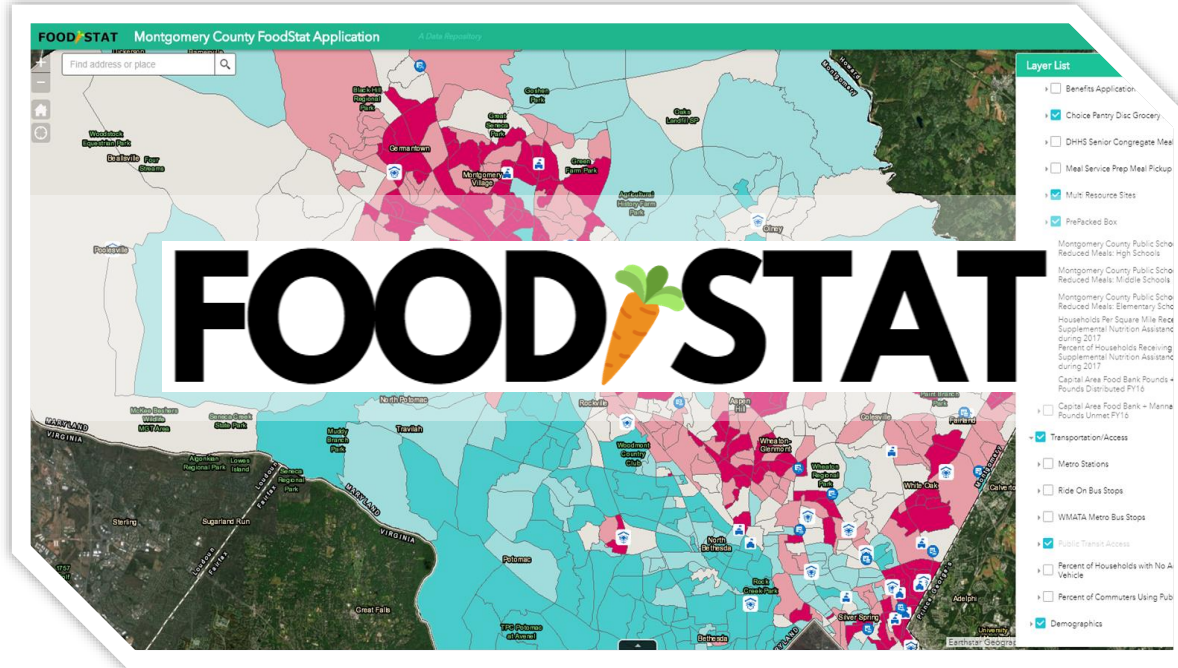
Other Barriers to Access
Language



FoodStat can be found online at: bit.ly/mcfoodstat

Building Momentum and a Coalition

“A catalyst for communication, collaboration, and data sharing as we go forward with the implementation of this strategy”



Speaker



Jenna Umbriac
Director of Programs and Policy, Manna Food Center
Council Member, Montgomery County Food Council
Co-Chair, Montgomery County Food Council Food Recovery and Access Working Group

Jenna Umbriac is a registered dietitian and Director of Programs and Policies at Manna Food Center in Gaithersburg, MD. At Manna, Jenna directs the weekend food assistance program, Smart Sacks, community food education, and designs policies to ensure Manna is providing a safe and healthful food supplement. She works to provide regionally produced and nutritious food to Manna's participants through donor education and partnerships with local farms and farm markets. In addition to her work at Manna, Jenna serves on the Montgomery County Food Council and co-chairs the Council's Food Recovery and Access working group. Jenna has a M.S. in nutrition from Bastyr University and a B.S. in biology from Loyola University Maryland.

Food Recovery and Access Working Group (FRAWG)

Mission statement:

The Food Recovery and Access working group supports the increased recovery of, equitable access to and advocacy for more healthful food for Montgomery County residents. We do this by working with the Food Council leadership to **build capacity of food assistance organizations, amplify the work of Community Food Rescue, and integrate local and regional efforts** into the work of community, non-profit, business and government stakeholders.

Active Subgroup Foci - Advancing Screen & Intervene, Nutrition Standards for Food Assistance , Increasing Culturally Appropriate Food Access

Value - facilitating connectivity, best practice and resource sharing, creating trainings, multi-sector approach to Food Security Plan recommendations



Building Capacity of Food Assistance Organizations

The Montgomery County Food Council's Training, Connectivity and Resources Survey (TCR) was created in 2017 to collect information from food assistance providers on their training needs, potential for increasing capacity (or barriers to doing so), the availability and sources of culturally appropriate foods, and the usefulness and format of a provider-to-provider connectivity and information sharing platform. FRAWG members create and/or provide access to regular trainings on areas identified in the survey.

TCR SURVEY CONCLUSIONS

Trainings currently offered:

food safety and handling trainings, and nutritional content/education trainings.

Trainings needed:

data collection, volunteer management, advocacy/outreach and customer service.

Preferred format for future trainings:

"train-the-trainer" or self paced, and at a minimum, on a monthly basis.

Greatest number of provider clients:

Hispanic/Latino from El Salvador, followed by Africans from Ethiopia.

Culturally appropriate foods needed:

large bags of white rice, cooking oil, masa, beans, milk and fresh vegetables

Biggest challenges for food assistance providers:

data collection, limitation of space and facilities, language barriers (with clients), consistent staff/volunteer support, reliable availability of food to distribute and donor concerns about liability.

8 out of 25 providers surveyed felt that they could increase their capacity.

Barriers to increasing capacity:

lack of refrigeration/storage space, lack of physically able/bilingual volunteers, lack of concerted or efficient outreach strategy.

Local stakeholders to engage:

DHHS, Office of Community Partnerships, County Regional Services Centers, MCPS, tenant associations, Healthcare providers, minority health groups and behavioral health crisis service centers.

Building Capacity of Food Assistance Organizations

Food Assistance Provider Toolkit

- SNAP Outreach Support
- Culturally Appropriate Food Access Report
- Food Safety for Donors and Recipients
- Screen & Intervene for Older Adults Training Materials
- Capital Area Food Bank Network Database

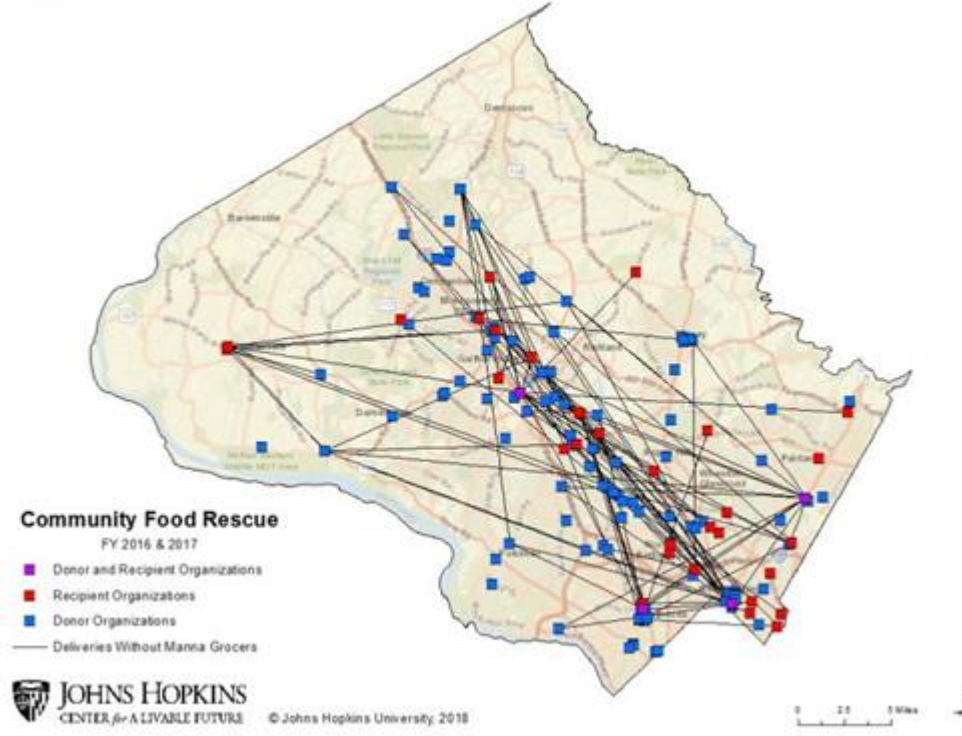
R5.2 Develop “best practices” guides and connect orgs with training and mentoring re: recruiting volunteers, advocacy, and fundraising

R8.3 Innovative Resource Sharing

R11.2 Increase Outreach Network and Capacity to Maximize Participation in Benefit Programs

*Food
Security Plan
Recs*

Amplifying the Work of Community Food Rescue



**Food
Security
Plan
Recs**

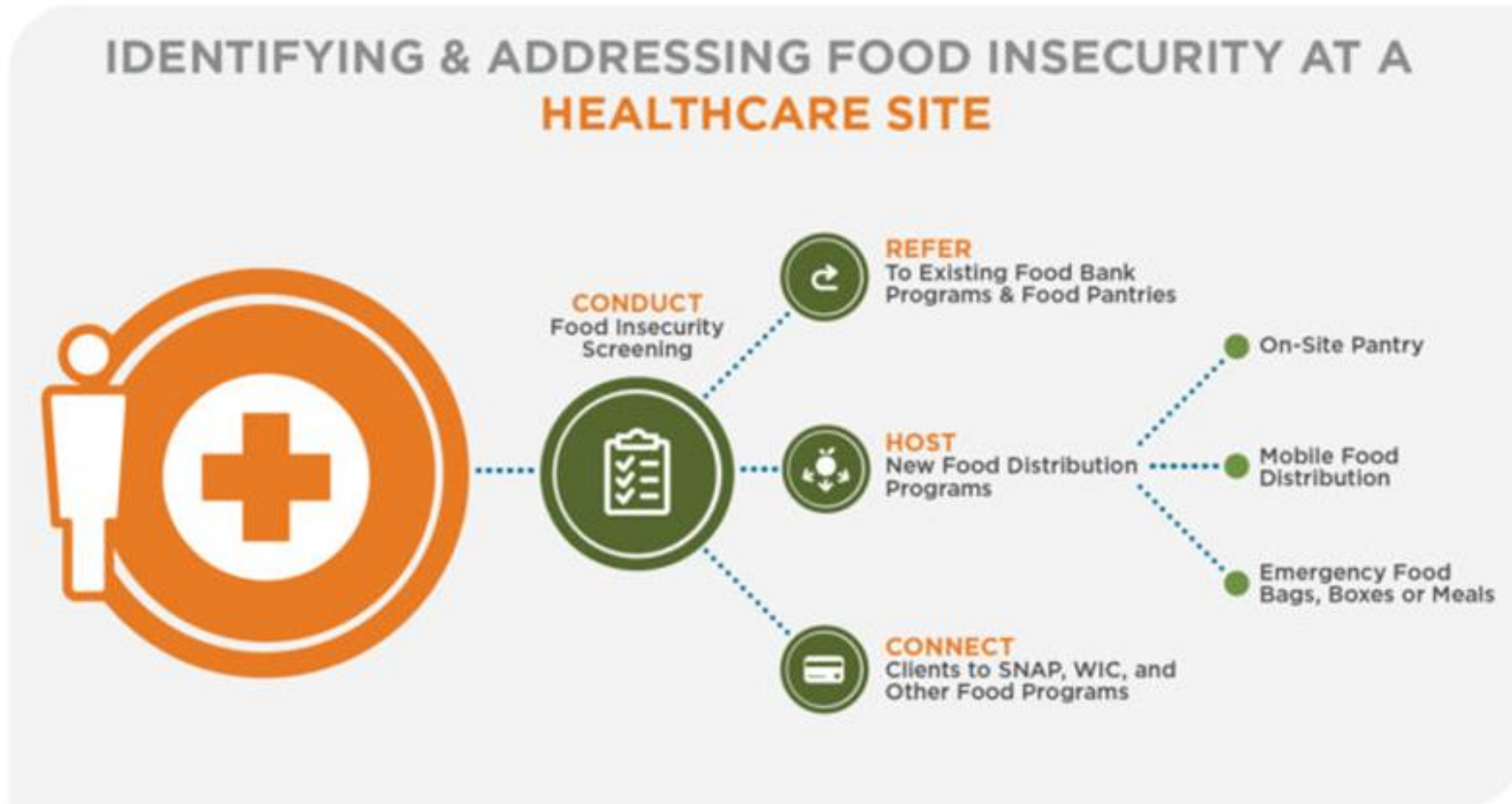
R5.4 Support and expand food recovery

R7.3 Enhance Farmers Markets and Farmer Participation

R12.2 Increase availability of locally produced fruits, vegetables, and meats



FRAWG Subgroup on “Screen & Intervene”



*Food
Security Plan
Recs*

R7.1 Better Connect Health Care Community to Food Security
R7.4 Engage All Businesses

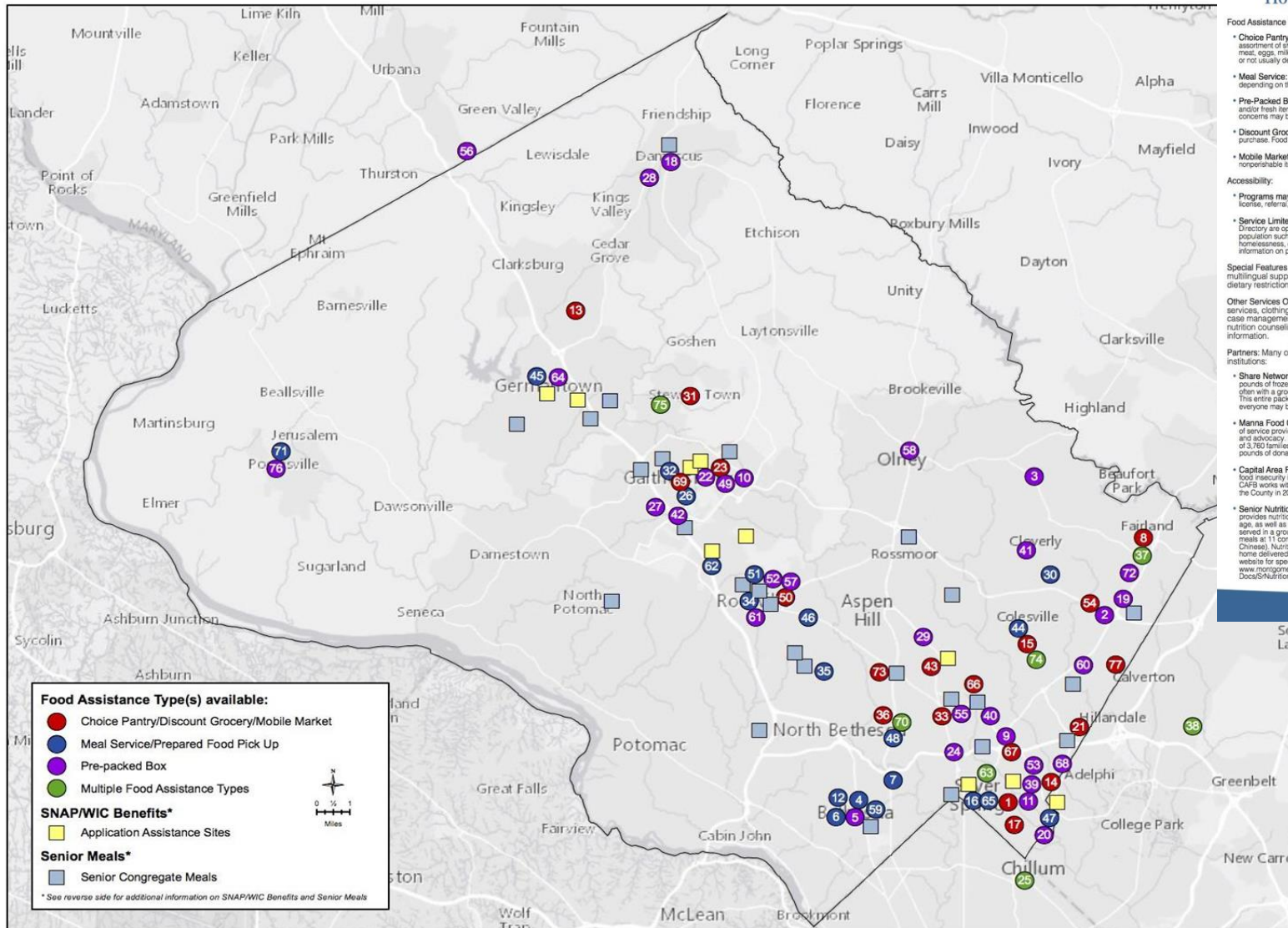
Speaker



Amanda Neshler
Food Security Programs Manager, Montgomery County Food Council

Amanda manages and coordinates the implementation of the Food Council's Food Security Plan initiatives, which aim to build a Montgomery County in which all people have access to safe, sufficient, and nutritious food, with dignity. Amanda brings considerable experience in both the public and private sectors. Most recently, she worked as the Legislative Associate for anti-hunger nonprofit MAZON: A Jewish Response to Hunger, where she advocated to protect and strengthen the federal nutrition safety net, with particular emphasis on the food security needs for veterans and military families. She previously worked as a corporate attorney at the offices of Cleary, Gottlieb, Steen & Hamilton LLP before relocating to Israel, where she worked as a Legal and Strategic Advisor for the Office of the Prime Minister. Amanda has an LL.M. from Columbia Law School in New York and a B.A. in Law from Cambridge University in England.

Food Assistance Resource Directory



How To Use This Guide

Food Assistance Type:

- Choice Pantry:** A choice pantry allows a recipient to choose from an assortment of shelf-stable items and may also include fresh produce, frozen meat, eggs, milk and bread. Whether a choice pantry has perennials items or not usually depends on their refrigerated storage capacity.
 - Meal Service:** An on-site meal is provided, which may be hot or cold depending on the site.
 - Pre-Packed Box:** A pre-packed box (or bag) of an assortment of canned and/or fresh items will be given. Custom packages due to individual dietary concerns may be possible, depending on the organization.
 - Discount Grocery:** Assortment of food items are available for a discounted purchase. Food choices available vary by location and organization.
 - Mobile Market:** Free fresh produce distribution, often includes nonperishable items as well, though its main purpose is to distribute produce.
- Accessibility:**
- Programs may require documentation such as: photo ID, driver's license, referral, proof of income, or proof of residence.
 - Service Limited to a Specific Population:** Some programs listed in this Directory are open to the public, while some serve only a specific population such as seniors, children, residents experiencing homelessness, etc. Please call organizations directly for specific information on populations served.

Special Features of some programs include fresh produce, delivery, multilingual support, Federal Benefit application assistance, and dietary restriction accommodation.

Other Services Offered can include referral to additional support services, clothing and household supplies, housing, transportation, case management, social services, workforce development and nutrition counseling. Please contact providers directly for specific information.

Partners: Many of these organizations work in partnership with larger institutions:

- Share Network:** SHARE has a monthly menu which typically contains 4-5 pounds of frozen meat/fish and 8-9 pounds of fresh fruits and vegetables, often with a grocery item such as beans, dessert, rice, or other staples. This entire package is available for a base price of \$21. Anyone and everyone may buy as many packages as they like.
- Manna Food Center:** Manna Food Center was created out of a coalition of service providers to end hunger through food distribution, education, and advocacy. In 2016, Manna Food Center provided food to an average of 3,760 families each month and throughout the year distributed 2.7 million pounds of donated, recovered or purchased food.
- Capital Area Food Bank:** CAFB is the largest organization addressing food insecurity in the Washington Metro Region. In Montgomery County the CAFB works with 40 partners and distributed 6.6 million pounds of food in the County in 2016.
- Senior Nutrition Program Congregate Meal Sites:** This program provides nutritious meals to residents over 60 and their spouses of any age, as well as to adults with disabilities in a variety of locations. Lunch is served in a group setting five days a week at 37 locations, including ethnic meals at 11 community partner sites (Kosher, Korean, Vietnamese, and Chinese). Nutrition education, screenings & counseling, and referral for home delivered meals are also available. Call 240-777-3000 or visit their website for specific location information and additional details: www.montgomerycountymd.gov/HHS-ProgramResources/Files/AD_Docs/SNProgram-2017.pdf

Benefits Program Support

The **Supplemental Nutrition Assistance Program (SNAP)**, known as the Food Supplement Program (FSP) in Maryland, provides federal assistance to supplement low income families' ability to buy food.

To Apply: Online at <https://mydhs/benefits.dhs.state.md.us/>, by mail or fax, or you may file in person at a regional office location (see below).

- General information, guidance on program eligibility, and application assistance (including translation services) are available at a variety of locations in Montgomery County. Applicants are seen on a walk-in basis or by appointment. Call 311 for more information, including hours of operation.
- DHS Administrative Building, 401 Hungerford Drive, Rockville
 - DHS Silver Spring Center, 8918 Georgia Avenue, Silver Spring
 - Upcounty Regional Services Center, 2nd Floor, 12600 Middlebrook Road, Germantown
 - TESS Center, 8613 Piney Branch Road, Silver Spring, MD 20901
 - Neighborhood Service Center at Family Services, Inc., 200 Grand Street, Suite 203, Gaithersburg, MD 20877
 - Neighborhood Service Center at Catholic Charities, McCarrick Center, 12247 Georgia Avenue, Wheaton, MD 20902

Women, Infants and Children Program (WIC) provides assistance for supplemental foods and other related health services to women who are pregnant or have recently given birth, and infants and children under the age of 5 years old.

The Farmers' Market Nutrition Program enables Seniors and WIC recipients to purchase fruits, vegetables and cut herbs throughout the growing season at farmers' markets, roadside stands and community supported agriculture programs (CSAs).

To Apply: Applicants must apply in person and should call in advance. Community Clinics, Inc. administers the WIC Program at 4 clinics in Montgomery County. For more information, visit www.wicprograms.org/md-montgomery, call your local WIC Center or email wic-info@ccweb.org

- Germantown Clinic: 19540 Amaranth Drive, Germantown, MD 20874, 301-515-7576
- CCJ Main Office: 15850 Crabbs Branch Way, Suite 350, Rockville, MD 20855, 301-769-9426
- Takoma and Langley Park Clinic: 7676 New Hampshire Avenue, Suite 220, Takoma Park, MD - 20912, 301-439-7373
- Gaithersburg Clinic: 200 Grand Street, Suite 2125, Gaithersburg, MD 20877, 301-840-8339

Other Programs

In addition to the programs and providers listed in the Resource Directory, a wide variety of additional food assistance services are available in Montgomery County but are not included here as they are not open to the public and only available to a limited specific population. However residents should inquire at their schools, housing complexes, etc. to find out what additional food assistance resources may be available. These programs include Senior Brown Bags, Smart Sacks, Weekend Bags, Linkages to Learning, After School Snack and At-Risk Supper Program, Free and Reduced-price Meals, and Summer Food Service Program.

The Montgomery County Food Security Plan provides a comprehensive overview of all food assistance programs available to residents: www.montgomerycountymd.gov/foodsecurity

The information presented in this Resource Directory is updated annually and is as accurate as possible at the time of printing. All information is subject to change. Please contact providers directly for up-to-date information.

Montgomery County Food Assistance Resource Directory



The Montgomery County Food Council serves as the central connection point for all nonprofits, government agencies, businesses and individuals committed to cultivating a robust, sustainable and equitable local food system.

- mcofoodcouncil.org/
- info@mcofoodcouncil.org
- mcofoodcouncil.org



Standardized Data Collecting and Reporting

- **Montgomery County Food Council’s Data Standardization Survey**
- **Survey Goal**
- **Current Status**

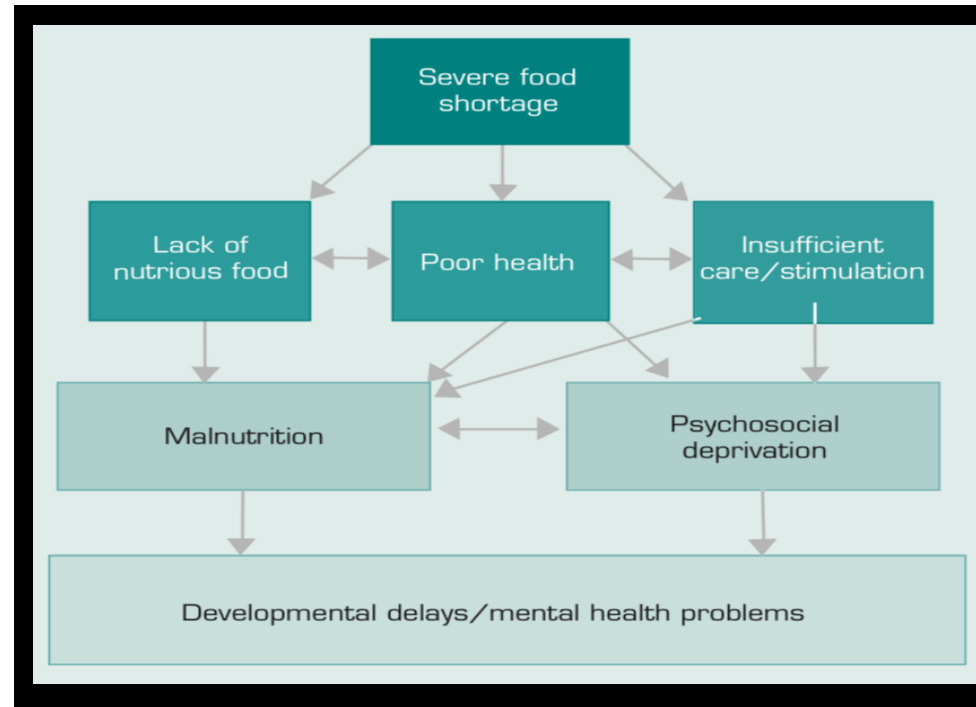
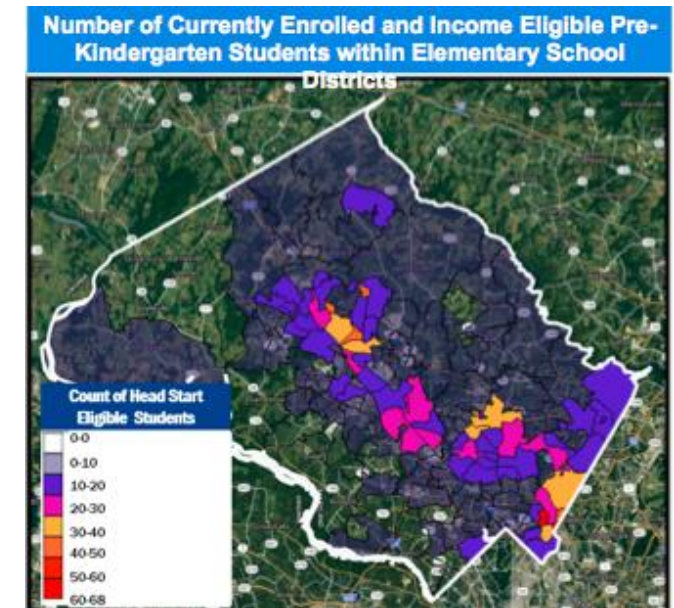
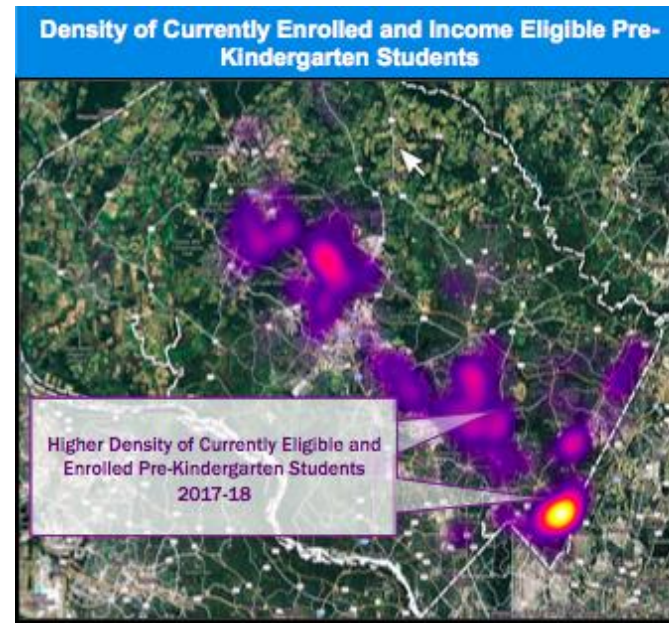
Street_Name	Street_Type	Apt	Apt_No	Full_Address	City	State	Zip	Client_Gender	Client_Birthdate	Household_Size	lbs_Food_Distributed
Crown	AVE	Apt	4	211 N Crown AVE Apt 4	Silver Spring	MD	20815	Male	5/6/1979	5	40
Amberlea	CT		24	Amberlea CT	Gaithersburg	MD	20878	Female	12/14/1995	8	68



Continued Research

Children Under 5

- MCFC has engaged with the DHHS and the Community Action Agency to discuss building food insecurity screenings and referrals into all CAA partner programs and initiatives.
- MCFC is partnering with DHHS, CAA and other partners to identify the appropriate organizations, groups and individuals to participate in a series of listening sessions on food insecurity in the Children under 5 population, which will occur in the Fall of 2018 at three locations in the County.
- The listening sessions (in English, Spanish and Amharic) will focus on assessing the magnitude of the issue, the demographics and locations in which it is concentrated, and the barriers to food access that families of such children face.



World Health Organization: http://www.who.int/nmh/publications/msd_MHChildFSS9.pdf

Continued Research

College Students

In 2017, Dr, Yu-Wei Wang, Research Director from the University of Maryland Counseling Center, conducted a food insecurity survey of UMD students.

Over 22,000 emails sent out to graduate and undergraduate students

3,791 undergraduates and 1,110 graduate students completed the survey

41% some form of food insecurity, 21% marginal and 20% severe.

Predictors: race, family economic stability

Barriers to Food Access:

Ineligibility for federal benefits and financial burden on student families

High tuition rates, accommodation costs, childcare costs and transportation costs

Limited employment opportunities and lack of facilities to prepare nutritious food

Solutions:

CAFB Mobile Markets, Food Assistance Resource Directory

Expanded capacity and efficiency of onsite food pantries, clothes libraries and hygiene product distribution services

Food assistance information in course syllabus, online textbooks, "community day" benefits sign-up.

Recommendations: Years Two-Three

Strengthen Food Assistance Infrastructure

Strategically build capacity of smaller organizations & establish new programs

Health in all Policies for Food Assistance
(Establish nutrition goals and standards for food assistance)

Support and expand food recovery

Engage Community Partners and the Private Sector

Enhanced Communication strategies

Increase retail food access and expand food production

Adjust and increase transportation resources

Maximize participation in benefit programs

Pending

Initial Stage

Active

Complete

Considerations: Years Four-Five

Expand Food
Literacy Capacity

Food Preservation

Nutrition and
Culinary Skills
Education

Increased Garden
Capacity

Disaster/Emergency
Preparedness Plan

Workforce and
Economic
Development

Questions?

- Please type your questions into the Q&A panel at the bottom of your screen and we'll direct your questions to the panelists



These Food Council Initiatives are made possible by support from the Institute for Public Health Innovation through the Trinity Health Transforming Communities Initiative, Kaiser Permanente of the Mid-Atlantic States, the Mead Family Foundation, the Healthcare Initiative Foundation, the Montgomery County Council and the Office of the County Executive, the Montgomery County Department of Health and Human Services, Whole Foods Market, and additional community supporters.

Contact Information

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Institute for Public Health Innovation
ekelly@institutephi.org

For more information on the Transforming Communities Initiative, please visit:
www.institutephi.org/HealthyMontgomeryTCI

For More information on Healthy Montgomery, please visit:
www.HealthyMontgomery.org

For more information on the Montgomery County Food Council, please visit:
www.MocoFoodCouncil.org



Facebook/Twitter: @InstitutePHI

Thanks and See You Soon!

Part 2:

Food Is Medicine – Reducing Barriers to Accessing Healthy Food in Vulnerable Communities

October, 16, 2018 | 2-3 PM EST

Register at: <https://bit.ly/2MZz04k>



primary care coalition