

FOOD ACCESS IN SAN FRANCISCO

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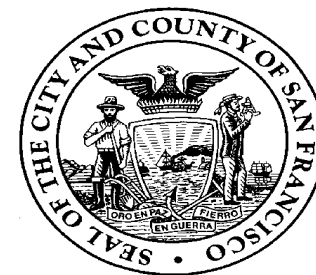
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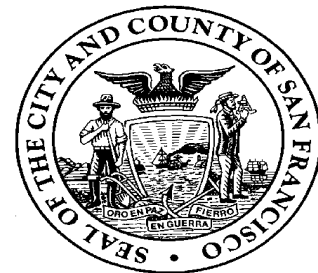


POPULATION HEALTH DIVISION
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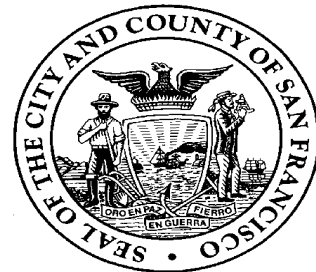
Food *Insecurity* in San Francisco

- Food *Insecurity* exists when the ability to obtain and prepare nutritious food is uncertain or not possible
- < 200% of poverty – highest risk for food insecurity
 - 1 in 4 San Franciscans at risk
 - Federal poverty measures are not adjusted for local conditions
 - Every district in San Francisco has food insecure residents



Food Insecurity Results in Poor Health

- **Poorer nutritional intake**
 - Lower intake of relatively more expensive fruits and vegetables (fewer micronutrients)
 - Higher intake of less expensive fats & carbohydrates
- **Eating behaviors that persist for decades after food insecurity experiences**
 - Binge eating, food rationing, preferences for highly filling foods (high-fat, high-sugar) to “feel full”
- **Extreme anxiety & distress: less bandwidth for coping with other household needs**
- **Higher health care costs**



Nutrition Critical for Healthy Development & Aging

- Children
 - Decreased intellectual & emotional development
 - Poorer physical health: more hospitalizations (decreased employment capacity for caregivers)
- Pregnant mothers
 - Smaller, sicker babies
- Adults & Seniors
 - Obesity
 - Diabetes & poor diabetes control
 - Mental illness and exacerbations of serious mental illness
 - Decreased capacity to maintain independence with aging
- People living with HIV & AIDS
 - Increased HIV-related wasting
 - Inability to control virus levels, even when on effective anti-retroviral therapy

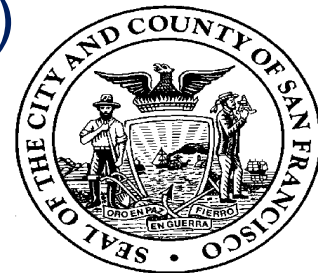
Costs passed on to CCSF agencies:

- DPH
- SFGH
- Laguna Honda
- SFUSD
- SFPD
- DAAS
- HSA

Increased Awareness and Action to Improve Healthy Eating for All San Franciscans

Collective impact to improve options for healthy eating:

- Food Security Task Force
- Tenderloin Hunger Task Force
- Healthy Retail SF
- Southeast Food Access Working Group/Shape Up
- Child Nutrition and Physical Activity Committee
- SFUSD Food and Fitness Advisory Committee
- SF Health Improvement Partnership (SFHIP)
- Tenderloin Health Improvement Partnership (TLHIP)
- UCSF Center for Vulnerable Populations



Recent Advances to Improve Food Access/Food Security in SF

- Commitment by Board of Supervisors to ensuring a “food security and hunger free San Francisco by 2020” – Resolution 447-13 (Dec. 2013)
- Significant increase in local funding for food security in the 2014-15 and 2015-16 budgets
 - Additional \$4.8 million annual investment
 - Seniors and Adults with Disabilities
 - Home delivered meal, home delivered groceries, congregate meals
 - Outreach and enrollment in CalFresh (SNAP/food stamps)
 - Healthy Food Purchasing Voucher (EatSF)
- Market Match programs at many farmers markets
- Healthy Apple Award for child care centers (www.sfdph.org/mch)
- Healthy Retail SF (<http://investsf.org/healthy-retail-sf/>)
- SFUSD Future Dining Experience (www.sfusdfuturedining.org)
- Launch of Open Truth Campaign (www.opentruthnow.org)

Coming soon...

- CHAMPSS program (partnering with restaurants to serve senior meals) (www.sfchampss.org)
- Results from food security assessment of residents of Single Room Hotels (SROS) (www.sfdph.org/foodsecurity)
- New Wellness Policy for SFUSD
- Launch of EatSF (fruit and vegetable voucher program) (eatsf@ucsf.edu)
- SF General Hospital Therapeutic Food Pantry (www.sfhealthnetwork.org)
- Food=Medicine Pilot Study (Project Open Hand/UCSF) (www.openhand.org)
- Disaster Feeding Plan (THTF/HSA/DEM)

