

FOOD INSECURITY IMPACTS HEALTH

Are your patients 60 years of age or older . . .

- *Skipping meals?*
- *Concerned about their next meal?*
- *Running out of food before they have money to buy more?*
- *Eating the right foods for their health condition(s)?*

Did you know?

- *Older adults who are food insecure have higher rates of chronic conditions, higher prevalence of depression and diminished capacity. . .*
(Berkowitz, S., et al., 1993)
- *Providing short-term home delivered meals as part of a hospital discharge showed a 6.3% reduction of 30 day readmissions.* (Martin, S., et al. 2018)

As part of your overall screening of a patient's health, protocols are in place to screen for Social Determinants of Health, one of which is food insecurity.

OPPORTUNITIES FOR FOOD INSECURE PATIENTS

- o **Members of your health care team can address food insecurity by referring patients aged 60+ to AgeOptions, the Area Agency on Aging of suburban Cook County. By using NowPow, an on-line referral and resource system, referred patients may be eligible for home delivered meals where special medically tailored options are available. Patients will be connected to other appropriate food resources as needed.**
- o **Locate the designated NowPow user on your health care team to document the referral in the patient's medical record. AgeOptions will inform you via NowPow if the referred patient is receiving the home delivered meals and/or participating in any other food programs. AgeOptions will close the referral loop.**



nutrition.innovations@ageoptions.org

(708) 383-0258 (800) 699-9043