

# Food and Nutrition Security Screening

For Health, Human Services, Education, and Social Service Providers

More information about USDA Food Security Screening Tools can be found here:

<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/survey-tools/>

The U.S. Household Food Security Survey Module is a 3-stage design which includes all 18 items. The U.S. Adult Food Security Survey Module also includes 3 stages however, is only 10 items as questions regarding children have been omitted. For surveys that cannot implement the 18-item or 10-item measures, the "Short Form" 6-item scale provides a reasonably reliable substitute though severe levels of food insecurity and conditions of children are not included. Ideally, the ENTIRE survey is completed but most households are only asked the first 3 (or 5 if there are children).

## Common Barriers to Food and Nutrition Security:

- Lack of transportation
- Lack of access (i.e. living in food deserts)
- Inadequate materials for food preparation or food storage
- Low understanding of safe food preparation/ handling
- Lack of time
- Single parent household
- Low income
- Family members with special needs

## 4 Things Providers Can Do:

**1**

### Screen for Food and Nutrition Security at each visit.

Be aware that food and nutrition security is a continuum; it is ever changing. A person who may have been consistently food secure in the past may trigger as insecure in the future. It is the providers job to be comfortable having these conversations.

**2**

### Understand which resources are available in your area. (see reverse side)

The resources your clients may need will vary depending on their situation. Keep in mind that individuals may have different needs each visit.

**3**

### Discuss 2-1-1 for additional support OR visit:

<https://211ny4regions.communityos.org/adirondack>

**4**

### If you are a provider that bills for services:

use code ICD-10 Z59.4 for food and nutrition insecure individuals to signify lack of inadequate food and safe drinking water.



### Food Security Fact:



13.5 Million U.S. households were food insecure at some time during 2021.

## Understand the Risks of Continuous Food and Nutrition Insecurity

### Consequences in Children:

- Increased risk for delayed development
- Increased risk for developing asthma
- Increased risk of becoming anemic
- More prone to anxiety and social isolation
- Higher risk of having behavioral issues or aggression
- Increased risk of having to repeat a grade in school
- More likely to develop hyperactivity
- Increased risk for eating disorders later in life

### Consequences in Adults:

- Increased risk of developing mental health conditions
- Increased risk of developing all 10 chronic conditions:
  - Diabetes
  - Coronary heart disease
  - Hypertension
  - Asthma
  - Arthritis
  - Hepatitis
  - Stroke
  - Cancer
  - COPD
  - Kidney disease

# Complete Appropriate USDA Screening Tool

## Identify the Root Causes of Insecurity Through Further Discussion

Not enough money to buy food

Connect to:

Food Pantries

- |   |   |
|---|---|
| <p><b>JCEO-Altona</b><br/>Altona Town Hall<br/>3124 Miner Farm Rd. Altona, NY 12910<br/>(518) 236-7621 ext. 107<br/>Friday 8:30am - 4:00pm</p>  | <p><b>JCEO-Clinton</b><br/>Churubusco Town Hall<br/>Churubusco, NY<br/>(518) 497-6133<br/>Monday-Friday<br/>8:30 am - 11:30 am</p>  |
| <p><b>JCEO-Ausable</b><br/>1908 Rt. 22 Keeseville, NY 12944<br/>(518) 834-9043<br/>Mon &amp; Fri 7:30am - 5:00pm</p>  | <p><b>JCEO-Dannemora</b><br/>40 Emmons St. Dannemora, NY 12929<br/>(518) 492-7357<br/>Tues &amp; Thurs 8:30 - 4:00</p>  |
| <p><b>JCEO-Black Brook</b><br/>Black Brook Town Hall<br/>18 North Main St. Ausable Forks, NY 12912<br/>(518) 647-5411 ext. 3<br/>Tues &amp; Thurs 7:30am - 4:30pm</p>                   | <p><b>JCEO-Ellenburg</b><br/>Municipal Building<br/>16 Edmunds Way Ellenburg Center, NY 12934<br/>(518) 594-3007<br/>Mon-Thurs 8:30am - 4:00pm</p>  |
| <p><b>JCEO-Champlain</b><br/>Champlain Village Office<br/>1104 Rt. 9 Champlain, NY 12919<br/>(518) 298-2373<br/>Mon, Wed, Thurs<br/>10:00am - 2:30pm<br/>Tues 10:00am - 3:30pm</p>      | <p><b>JCEO-Dannemora</b><br/>40 Emmons St. Dannemora, NY 12929<br/>(518) 492-7357<br/>Tues &amp; Thurs 8:30 - 4:00</p>  |
| <p><b>JCEO-Chazy</b><br/>West Chazy Town Hall<br/>9631 State Rte. 22 West Chazy, NY 12992<br/>(518) 493-3491<br/>Tues &amp; Thurs 8:30 am - 2:30 pm<br/>Wed 8:30am - 2:00pm</p>         | <p><b>JCEO-Ellenburg</b><br/>Municipal Building<br/>16 Edmunds Way Ellenburg Center, NY 12934<br/>(518) 594-3007<br/>Mon-Thurs 8:30am - 4:00pm</p>  |
| <p><b>JCEO-Champlain</b><br/>Champlain Village Office<br/>1104 Rt. 9 Champlain, NY 12919<br/>(518) 298-2373<br/>Mon, Wed, Thurs<br/>10:00am - 2:30pm<br/>Tues 10:00am - 3:30pm</p>      | <p><b>JCEO Schuyler Falls:</b><br/>Schuyler Falls Town Hall<br/>997 Mason Street, Morrisonville, NY 12962<br/>(518) 563-1129 ext. 7697<br/>Tues 7:30am - 5:00pm<br/>Thurs 8:30am - 2:00pm</p>               |
| <p><b>JCEO-Chazy</b><br/>West Chazy Town Hall<br/>9631 State Rte. 22 West Chazy, NY 12992<br/>(518) 493-3491<br/>Tues &amp; Thurs 8:30 am - 2:30 pm<br/>Wed 8:30am - 2:00pm</p>         | <p><b>JCEO-Town of Plattsburgh</b><br/>1349 Military Turnpike Plattsburgh, NY 12901<br/>(518) 825-0742 or (518) 563-6301 ext. 6<br/>Mon - Thurs 8:30am - 4:00pm</p>   |
| <p><b>JCEO City of Plattsburgh</b><br/>JCEO Main Office<br/>54 Margaret St. Plattsburgh, NY 12901<br/>(518) 561-6310<br/>Monday<br/>1:00pm-3:30pm<br/>Tues-Fri<br/>12:00pm - 3:30pm</p> | <p><b>Plattsburgh Interfaith Food Shelf</b><br/>United Methodist Church<br/>127 Beekman Street Plattsburgh, NY<br/>(518) 562-3663<br/>Monday - Friday<br/>9:00 am - 12:00 noon<br/>Friday 4:00pm-6:00pm</p> |
|   | <p><b>Salvation Army</b><br/>4804 So. Catherine St. Plattsburgh, NY 12901<br/>(518) 561-2951<br/>Monday - Thursday<br/>9:00 am - 1:30 pm<br/>1:00 pm - 3:30 pm<br/>Friday<br/>9:00 am - 11:30 am</p>        |

Difficulty getting to food outlets

Connect to:

Transportation Resources

- Clinton County Public Transit (CCPT)**  
[www.clintoncountypublictransit.com/routes.htm](http://www.clintoncountypublictransit.com/routes.htm)  
(518) 565-4713
- Retired & Senior Volunteer Program**  
(518) 566-0944
- JCEO Medical Transportation**  
Clinton County 518-561-6310
- Home Delivered Meals Program**  
(518) 561-8320
- Hannaford To-Go**  
<https://www.hannaford.com/home/home.jsp>
- Instacart**  
[www.instacart.com](http://www.instacart.com)
- WeCare Transport**  
(518) 651-7499

OR

Nutrition Benefits Resources

- Supplemental Nutrition Assistance Program (SNAP)**  
<https://www.clintoncountygov.com/dss/financial/snap>  
(518) 563-4022 ext. 112
- Women, Infants, Children (WIC)**  
[www.clintonhealth.org/wic](http://www.clintonhealth.org/wic)  
518-565-4830
- Senior Meal Sites**  
(518) 561-8320  
<https://www.clintoncountygov.com/aging/services-for-the-aging/nutrition-services>
- Fresh Connect**  
<https://freshconnect.ny.gov/>
- Summer Meals**  
<https://hungersolutionsny.org>
- Office of the Aging**  
<https://www.clintoncountygov.com/aging/services-for-the-aging/nutrition-services>  
(518) 561-8320

Difficulty selecting/preparing meals

Connect to:

Nutrition Education Resources

- Cornell Cooperative Extension**  
<http://cceclinton.org/food-nutrition>  
(518) 561-7450
- Clinton County Health Department**  
[www.clintonhealth.org](http://www.clintonhealth.org)
- Women, Infants, Children (WIC)**  
[www.clintonhealth.org/wic](http://www.clintonhealth.org/wic)  
518-565-4830
- Jo Dragoon Morse R.D.**  
45 Veterans Lane  
Plattsburgh, NY 12901  
(518) 561-8320  
(must be 60+)
- Mountain View Pediatrics**  
18 Feathers Drive, Plattsburgh, NY, 12901  
(Only for those under the age of 18)
- CVPH Endocrinology**  
210 Cornelia Street Suite 401 Plattsburgh, NY  
(Counseling for patients with Type 1 or Type 2 diabetes or gestational diabetes)

## Food Security Facts:

Of all Americans in 2014...



31% had to choose between food and education



40% watered down food and drinks



66% had to choose between food and medical care



69% had to choose between food and utilities



79% had to buy inexpensive, unhealthy food.

Source: Feedingamerica.org