



# ILLUMINATING INTERSECTIONS

Hunger and Health Video

## DISCUSSION GUIDE AND TOOLKIT

Developed by: Feeding America  
Community Health and Nutrition Team

**Note: This resource is geared to be used by community partners and supporters of food security, nutrition and health professionals, social workers, food banks and pantries and others interested in exploring and expanding upon solutions to addressing food insecurity and health.**

## *Illuminating Intersections: Hunger and Health*



### DISCUSSION GUIDE AND TOOLKIT

[Click here to watch the video on HungerandHealth.org](https://www.feedingamerica.org/hungerandhealth)

### **Table of Contents**

Pages 2-3	Post-Viewing Discussion Questions
Page 4	Call to Action
Page 5	Local Outreach and Resource Opportunities
Page 6	HealthyFoodBankHub.org
Page 7	Sources and Resources

Please contact [nutritionteam@feedingamerica.org](mailto:nutritionteam@feedingamerica.org) with any questions.

## Post-Viewing Discussion Questions

*Illuminating Intersections* serves as a conversation starter regarding the intersection of food insecurity, nutrition and health. Due to its length, it is not meant to be a comprehensive overview or explanation of the presented topics. With this in mind, sharing this video with audiences followed by time for discussion is beneficial.

Please note: This [version](#) of the video is ideal for sharing at community and partner gatherings and conferences, and the Discussion Guide and Toolkit is based on its script. This [1-minute version](#) is more appropriate for websites and social platforms.

### Potential Video Viewers

- Hunger-relief professionals and volunteers
- Community partners, donors, foundations and advocates
- Nutrition professionals
- Health professionals
- Social workers
- Academics/researchers
- Students
- Elected officials and policy makers

### Getting the Conversation Started

1. As shared in the video, 1 in 8 individuals living in the United States is food insecure – meaning 42 million people lack consistent access to enough nutritious food for an active, healthy life.<sup>1</sup> What has been your experience regarding this reality in the U.S.?
2. In this video, the cycle of food insecurity, its implications on an individual's health and coping strategies employed by individuals experiencing food insecurity are discussed. The video illustrated two coping strategies in particular:
  - Consistently needing to choose inexpensive, low-quality calories
  - Experience chronic stress about where they will get their next meal

Have you or has someone close to you ever struggled to provide enough nutritious food for yourself or your family? What strategies did you or they use to help meet nutritional and health needs?

3. As you learned, of the more than 16 million households served by the Feeding America network, more than half have a member with high blood pressure and one-

---

<sup>1</sup> Coleman-Jensen, A. et al. (2016). [Household Food Security in the United States in 2015](#). USDA Economic Research Service.

third have a member with diabetes.<sup>2</sup> What is your experience surrounding food insecurity and diet-related diseases among the people with whom you work/serve/represent/advocate/counsel? What are some of the additional challenges you hear/witness/experience that affect the self-management of these diseases?

4. What new insights did you learn from the illustrated cycle in the video? How did this change or expand the way in which you understand food insecurity and the management of diet-related diseases?
5. From your role as a [hunger-relief/nutrition/health/social service professional, community partner/supporter, elected official/policy maker], what potential solutions do you envision to help build healthy, strong communities?

---

<sup>2</sup> Feeding America, *Hunger in America 2014*, National Report. August 2014.

## Call to Action

One often walks away from productive conversations more engaged and energized with a “call to action.” This time is a great opportunity to leverage local and national information, and share targeted engagement offerings with your audience. Below are a few recommendations for specific audiences based on skillset, points of engagement and common role in the community.

### Food Banks and Agencies

- Encourage audiences to view *Illuminating Intersections* with their staff, partners, community members and others so as to build the conversation
- Expand skilled-based volunteer opportunities to nutrition and health professionals
- Continue to expand partnerships and collaborations addressing shared outcomes
- Share the [shorter Illuminating Intersections video](#) on your organization’s website and social media platforms

### Community Partners and Supporters

- Utilize the [Healthy Food Donation List](#) during food drives, etc.
- Continue conversations regarding the intersection of food insecurity and health
- Collaborate with food banks and pantries regarding health pilots/research
- Create a [custom resource widget](#) for your website’s audience

### Nutrition and Health Professionals/Social Workers

- Begin [screening for food insecurity](#) with patients, clients, etc.
- Visit [HungerandHealth.org](#) for tools and resources
- Utilize your unique skills at food banks and pantries
- Share information regarding food insecurity and health with dietetic, social work and health interns/residents
- Review [this whitepaper](#) to better understand how your health care entity can better support community health efforts

### Elected Officials and Policy Makers

- Plan a visit to your local food bank or pantry to learn more about the programs addressing food insecurity in your community
  - Community members, you can ask your member of Congress to visit your food bank [here](#).
- Explore child and overall food insecurity rates in your Congressional District through [Map the Meal Gap](#)

- Lend your voice and vote
  - Community members, lend your voice and reach out to your representatives to highlight the importance of food security and related programs for your patients, clients, etc.

## **Local Outreach and Resource Opportunities**

Looking to begin the conversation about hunger and health in your community? Unsure of where or with whom to begin? Below is a list of organizations to consider talking to as a first step in your work. In addition, we have provided recommendations for accessing local health data and resources.

### **Reach Out Opportunities**

- Food bank and partner agency staff, boards of directors and volunteers
- Community foundations and corporate donors
- [Federally qualified health centers](#)
- Local health departments
- Universities and colleges, specifically nutrition and health science departments/students
- [State](#) and regional dietetic associations
- [American Academy of Pediatrics chapters and districts](#)
- [Local Association of Social Workers](#)
- [Physician Assistance chapters](#)
- [American Heart Association affiliates](#)
- Non-profit partners/organizations (e.g., YMCA, United Way, Goodwill, etc.)
- Service organizations (e.g., Rotary, Kiwanis, Lions, Sertoma, JCI, etc.)
- Regional food suppliers (e.g., farmers, manufacturers, retailers, etc.)
- Elected officials

### **Resources**

- [Hunger in America 2014](#), specifically local data<sup>3</sup>
- [Map the Meal Gap](#), including congressional district numbers
- Robert Wood Johnson Foundation, [Tools for Building Clinic-Community Partnerships to Support Chronic Disease Control and Prevention](#)
- Local health statistics
  - [Diabetes](#)
  - [High Blood Pressure](#)
- [Recommendations for Food Bank-Healthcare Partnerships](#)

---

<sup>3</sup> The majority of local data can be found with the local food banks (online for via direct contact).

## HungerandHealth.org

[HungerandHealth.org](https://www.hungerandhealth.org) is a free microsite of FeedingAmerica.org aimed at educating, connecting and engaging cross-sector professionals working with food insecure communities. Hundreds of tools and resources are available for download, as well as healthy recipes and targeted nutrition education materials for individuals experiencing food insecurity.

### Hunger and Health Highlights

- Hunger and Health Digest: [Subscribe](#) to the quarterly publication featuring the site's newest features, content, collaborators and targeted resources and recipes.
- Tools and Resources: More than 400 high quality, vetted recipes, tools and [resources](#) catered to a food-insecure audience
- [Widget](#): Customize a widget for your website/blog to share assets with your audiences

## Sources

Sources for the research findings and statistics represented in *Illuminating Intersections* can be found below, accompanied by the specific quotes stated in the video’s script. Additional resources related to food insecurity, nutrition and health can be found at [HungerandHealth.org](http://HungerandHealth.org).

Video Script	Citation
<p>“Today, 1 in 8 Americans is <i>food insecure</i>. That means 42 million people in the U.S. lack consistent access to enough nutritious food for an active, healthy life.”</p>	<p>Coleman-Jensen, A. et al. (2016). Household <a href="#">Food Security in the United States in 2015</a>. USDA Economic Research Service.</p>
<p>“People who experience food insecurity are at higher risk for diet-related diseases such as type II diabetes, high blood pressure, heart disease and obesity”</p>	<p>Seligman, et al. (2007). <a href="#">Food Insecurity is Associated with Diabetes Mellitus: Results from the National Health Examination and Nutrition Examination Survey (NHANES) 1999–2002</a>. <i>Journal of General Internal Medicine</i> vol 22 no 7 (1018-1023).</p> <p>Seligman, H., Laraia, B, &amp; Kushel, M. (2010). <a href="#">Food Insecurity Is Associated with Chronic Disease among Low-Income NHANES Participants</a>. <i>Journal of Nutrition</i> vol 140 no 2 (304-310).</p>
<p>“More than half of households served by the Feeding America network have at least one member with high blood pressure—and one-third have at least one member with diabetes.”</p>	<p>Feeding America, <a href="#">Hunger in America 2014, National Report</a>. August 2014.</p>
<p>“When an individual or family cannot afford enough nutritious food, they sometimes adopt coping strategies and tradeoffs that work in the short term to avoid hunger. However, over time, these can increase the risk for diet-related disease and make it more challenging to manage. This reality can lead to a cycle of poor health. The cycle begins when an individual or family cannot afford enough nutritious food. The combination of financial stress and inadequate nutrition can result in poor disease management. The time and money needed to respond to these worsening health crises further drains the household budget, leaving little money for essential nutrition and medical care. This causes the cycle to continue.”</p>	<p>Gundersen, C., and J. Gruber. 2001. <a href="#">The Dynamic Determinants of Food Insufficiency</a>. In <i>Second Food Security Measurement and Research Conference</i>, Volume II: Papers, ed. M. Andrews, and M. Prell, 92–110. Washington DC: U.S. Department of Agriculture Economic Research Service, Food Assistance and Nutrition Research Report 11–2.</p>
<p>In the United States today, 13 million children lack regular access to nutritious food.</p>	<p>Coleman-Jensen, A. et al. (2016). Household Food Security in the United States in 2015. USDA Economic Research Service.</p>