INTRODUCTION

The Issue: Food Insecurity in Milwaukee
• Milwaukee ranks 71 out of 72 counties in terms of health.\(^1\)
• Milwaukee’s projected food insecurity rate is 13.1%.\(^2\)
• Food deserts limit access to food especially in low-income neighborhoods.\(^3\)

The Initiative: Bridging the Gap Between Clinics and Food Insecurity
• Many of our residency clinic patients are medically complex, socially at-risk for increased hospital admissions (hotspots), and are on fixed budgets.
• Currently our clinics do not routinely screen patients for food insecurity.
• The purpose of our study is to highlight the importance of screening for food insecurity and to pilot a creative solution to assist our patients.

METHODS
• This project focused on 62 hotspot patients currently enrolled at two of our family medicine residency clinics.
• A total of 45 ultimately underwent food insecurity screening. Those with food insecurity were administered a quality-of-life survey (QOL).
• 15 were noted to have "very low food security". Of these 8 were randomly selected for the intervention group and received monthly food deliveries from a local food pantry, which were delivered by the medical team.
• During these deliveries, qualitative data was collected. At end of the study, a repeat QOL survey was administered to all participants.

RESULTS

Quantitative Results
• 49% screened positive for some level of food insecurity.
• 68% of the food insecure had very low food security.
• While the overall QOL remained unchanged, improvement was noted in the social relationships’ domain (p=0.01).

4 qualitative themes emerged:
1. Appreciated Food Visits
2. Enjoyed Food Quality and Quantity
3. Improved Food Insecurity
4. Bridged Transportation Access

DISCUSSION
• Our main limitation was our small sample size, which made it difficult to achieve any statistically significant changes in quality-of-life scores.
• Innovative, novel approaches are essential to bridge system gaps, achieve better health outcomes and improve the overall wellbeing of patients and providers.
• Our project reflects compassionate humanity which is the core of what we do and it matters.

FUTURE PLANS
• Increased food insecurity screening among our general patient population.
• Continued partnership with the Interchange Food Pantry
• Expanded food deliveries (Goal 50-100 households)

REFERENCES