

Approximately 41 million Americans were identified as food insecure in 2017 (Wynn et al., 2021). Food insecurity, defined by the United States Department of Agriculture (USDA), is “the lack of access to enough food for an active, healthy life” (Wynn et al., 2021). As a result of not having an adequate supply of nutritious foods, individuals suffer from stress, chronic health conditions, and poor health outcomes (Wynn et al., 2021).

This article addressed the prevalence of food insecurity among patients at an urban medical center and its surrounding communities (Wynn et al., 2021). Patients were screened for Social Determinant of Health (SDOH) upon admission into the hospital (Wynn et al., 2021). The World Health Organization defines SDOH as “conditions in which people are born, grow, live, and work that impacts their health (Wynn et al., 2021). Though the economy has been improving, a significant number of individuals remain food insecure (Wynn et al., 2021). Older adults, 60 years and older, are vulnerable, with 5.5 million nationally identified (Wynn et al., 2021).

Over three months, 2354 patients were admitted, and 10% were positive for food insecurity (Wynn et al., 2021). Healthcare professionals linked these patients to appropriate community resources. This project helped nurses better understand food insecurity within the community and the resources that should be made available for these patients (Wynn et al., 2021). They gained more confidence and knowledge when discussing this topic with patients.

References

Wynn, N., Staffileno, B. A., Grenier, J. M., & Phillips, J. (2021). Implementing a food medicine program to address food insecurity in an academic medical center. *Journal of Nursing Care Quality*, 36(3), 262-268. <https://doi.org/10.1097/NCQ.0000000000000496>