

**Legacy Project: Salt & Light**

Kayonna Pinto, Kerrigan Schafer, Sophia James, Kristina Rentrop, Adrienne Pate, Amber

Raimer, Haley Shaw, Carsen White, Abbie Morman, and Brianna Lilly

Lakeview College of Nursing

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Pamela Armstrong APN, MSN, RN

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### **Legacy Project: Salt & Light**

The purpose of this project is to volunteer at a community agency that can benefit from the assistance of nursing students. This group of nursing students decided to volunteer at "Salt & Light" in Urbana, Illinois. The organization's mission statement and dedication to serving the community moved the students. Salt & Light aims to "fight poverty with opportunities that empower people for lasting change" (Sheltra, 2022, para. 1). The organization allows community members to volunteer and earn in-store credits to apply toward food, clothing, and other household items of their choice (Sheltra, 2022).

The group volunteered at Salt & Light on February 8, 2023. The students were divided into several groups and completed a variety of tasks. Some students performed the initial sorting of clothing donations, while others performed quality checks and ensured clothes were of high quality. Salt & Light staff only allow in-season, high-quality clothing items to go to the store floor. They believe everyone should have access to nice clothing, regardless of their financial status. Some students sorted merchandise items and packaged them for shipment to Salt & Light's other location in Champaign, Illinois. These students were also responsible for applying the appropriate price stickers. Once items received their correct price tags, students took them to the storefront. Students restocked the shelves with available items.

This literature review will explore the interactions of food insecurity, poverty, and social determinants of health to explain how Salt & Light positively affects the local population. The literature review also introduces poverty's effects on health and highlights the impact of organizations fighting to eliminate food insecurity.

**Kerrigan Shafer**

**K. Shafer Literature Review 1**

Children exposed to poverty and familial challenges such as domestic violence, mental illness in the parents, and parental alcohol abuse may have bad results throughout their lives. Previous studies have shown that poverty is a substantial factor in children facing family adversity (Adjei et al., 2022). Researchers conducted a cohort study on 1,156 children and followed them until age fourteen (Adjei et al., 2022). Domestic issues, poor mental health, and frequent alcohol abuse were some of the family adversities included in this study (Adjei et al., 2022). Researchers first isolated clusters of children with typical poverty trajectories and other family issues (Adjei et al., 2022). The surveys were handed out in six waves (Adjei et al., 2022). Researchers administered the first survey when the children were nine months old and then again at 3, 5, 7, 11, and 14 years of age (Adjei et al., 2022). The child's primary caregiver, usually the child's mother, supplied the collected data (Adjei et al., 2022). The participants completed a mental health scale, a poverty scale, and a domestic violence and abuse questionnaire (Adjei et al., 2022).

The results concluded that poverty was the most common experienced exposure from early childhood, followed by family adversities. The study stated, "The percentage of children in poverty increased from 30.3% at nine months to 34.6% at 14 years" (Adjei et al., 2022, p. 4). The other results were not this high of a percentage and were steady as the children reached 14 years old (Adjei et al., 2022). The low-poverty and adversity group comprised 4,997 children, or 43.2% of the participants (Adjei et al., 2022). The second largest group was persistent poverty, comprising 2,624 children, or 22.6% of the participants (Adjei et al., 2022). The evidence supports the notion that what children go through and grow up experiencing will have an everlasting effect on their life, like continued poverty, mental health issues, alcohol abuse, or

domestic violence (Adjei et al., 2022). Most family adversities stem from poverty, so it is crucial to find a way to decrease poverty for these children and families.

### **K. Shafer Literature Review 2**

One of the biggest threats to the economy is poverty and inflation. Researchers have concluded that economic growth significantly reduces population poverty (Seran, 2019). Every 1% increase in economic growth can reduce population poverty by 18.90% (Seran, 2019). They also concluded that for every 1% increase in inflation, economic growth would decrease by 80.00% (Seran, 2019).

The results from the study demonstrate that poverty and inflation have a tremendous impact on the economy, directly affecting the population (Seran, 2019). It is imperative to find solutions to decrease poverty and inflation (Seran, 2019). As inflation rises, poverty will also increase (Seran, 2019). When prices rise, those already experiencing poverty suffer (Seran, 2019). All of these economic issues are directly related to a decrease in health (Seran, 2019). In conclusion, high costs and no money will negatively affect an economy (Seran, 2019).

### **Sophia James**

### **S. James Literature Review 1**

Even though 30–40% of all food eventually arrives in landfills, 13.4% of Americans experience food insecurity (Mousa & Freeland-Graves, 2019). Distributing leftover food to the underprivileged is known as "food rescue nutrition" (Mousa & Freeland-Graves, 2019, p. 117). The purpose of this study is to provide evidence of the organization's level of involvement in food rescue nutrition. The cross-sectional study created a survey and evaluated organizations working in food rescue nutrition (Mousa & Freeland-Graves, 2019). For this study, 100 food

rescue and nutrition group directors from eight Southwestern US States participated (Mousa & Freeland-Graves, 2019).

Every year, 133 billion pounds of food are disposed of in landfills in the USA (Mousa & Freeland-Graves, 2019). It is astounding how much food is wasted, especially considering that 13.4% of the population is food insecure (Mousa & Freeland-Graves, 2019). Giving away and distributing surplus or unsold food to low-income groups is one way to address this issue. During this procedure, surplus food arrives at food banks or nonprofit religious organizations, then given to the less fortunate (Mousa & Freeland-Graves, 2019). These organizations assist the underprivileged, the disabled, and the victims of sex and domestic violence. Examples of these organizations include agencies, churches, shelters, orphanages, and safe places.

In eight states in the USA's Southwestern region, community-based groups were heavily involved in food rescue nutrition (Mousa & Freeland-Graves, 2019). The clientele of organizations engaged in food redistribution experienced less food insecurity (Mousa & Freeland-Graves, 2019). The viability of these nonprofit networks depends on the availability of funding and the presence of enough volunteers (Mousa & Freeland-Graves, 2019). Health professionals should assist these groups by donating their time, money, and food to promote them.

The level of charitable program involvement was relatively high. The organizations collecting and distributing food gave the hungry vital nutritional assistance (Mousa & Freeland-Graves, 2019). Therefore, as a very inexpensive method of decreasing food insecurity, the impact of food donations on food security and nutritional status should be investigated in more detail and given more priority. Future research should measure food waste and assess the role of food rescue nutrition in reducing food loss (Mousa & Freeland-Graves, 2019). Additionally,

these networks' abilities to function and be sustainable directly depend on the availability of additional resources, such as funding, food, and volunteers (Mousa & Freeland-Graves, 2019).

### **S. James Literature Review 2**

The coronavirus disease (COVID-19) pandemic in the United States has highlighted significant gaps in the geographic distribution of people's access to testing and information about the pandemic, notably in communities of color, rural areas, and low-income areas (Tan et al., 2020). Along with deeply ingrained institutional injustices, this regional difference has made it harder to properly diagnose and treat people of all ages who live in these environments (Tan et al., 2020). This article discusses the effects of COVID-19 on populations in the United States that are dispersed geographically and offer suggestions for how the situation could be improved (Tan et al., 2020).

The percentages of newborns, children, adolescents, and young adults infected with COVID-19 who may be at risk for developing severe or life-threatening illnesses are unknown due to a lack of testing (Tan et al., 2020). Living in rural and low-income areas, socioeconomically disadvantaged populations make it much harder for people to access testing (Tan et al., 2020). Especially with schools reopening, programs focusing on enhanced testing of children are required, including community centers, houses of worship, and schools (Tan et al., 2020).

Rural residents may not have personally felt threatened and may be less likely to strictly adhere to safety measures like wearing masks and maintaining social distancing (Tan et al., 2020). The lack of high-capacity and high-acuity care in rural areas, where 14% of the US population lives, is a crucial cause for concern regarding COVID-19 infections (Tan et al., 2020). Rural residents are also more likely to be older and have underlying medical issues, which

increases their chance of developing severe infections (Tan et al., 2020). In the United States, the COVID-19 epidemic has highlighted long-standing racial disparities in healthcare access and outcomes, particularly regarding geographic locations in rural and isolated areas and low-income settings.

### **Kristina Rentrop**

#### **K. Rentrop Literature Review 1**

Food insecurity occurs through various causes. The primary aspects of food and nutrition include: “access,” “availability,” “utilization,” “stability,” “agency,” and “sustainability” (Gallegos et al., 2021, p. 2). The ability to attain food, freely choose that type of food, prepare the food, and regularly repeat this process results in food security (Gallegos et al., 2021). The impact of the primary aspects of food and nutrition, exacerbated by long periods, creates food insecurity problems (Gallegos et al., 2021). Analyzing the primary aspects of food and nutrition identifies the primary causes of food insecurity (Gallegos et al., 2021).

This article aims to identify the impact of this phenomenon on families. Food insecurity related to poor protein intake in the early years of development causes psychological impairments (Gallegos et al., 2021). The stress of food insecurity may result in apprehensive households and abuse (Gallegos et al., 2021). The consequences of food insecurity impact all parts of life, so reducing food insecurity improves outcomes for families (Gallegos et al., 2021).

#### **K. Rentrop Literature Review 2**

Food insecurity is a substantial issue in communities. The United States Department of Agriculture created this definition to examine low food quantity without hunger (Christian et al., 2020). Reports estimate that more than 10% of households experience food insecurity (Christian et al., 2020). Due to the variety of communities in the United States, food is only sometimes

easily accessed (Christian et al., 2020). The largest group facing this occurrence has limited access to food.

Food insecurity affects the body (Christian et al., 2020). The types of bacteria found within the gastrointestinal tract and the actions of the gastrointestinal tract relate directly to the foods consumed (Christian et al., 2020). Stool sampling of a malnourished population reveals specific types of bacteria (Christian et al., 2020). These bacteria impact inflammation, psychological function, and hormonal responses (Christian et al., 2020). Identifying methods of reducing food insecurity will promote the microbiota necessary for health.

### **Adrienne Pate**

#### **A. Pate Literature Review 1**

The term "social determinants of health" (SDOH) refers to the social, economic, and physical factors that may influence a person's health (Francis et al., 2018). Children's physical and mental health significantly impacts poverty, affecting roughly 15 million children in the United States (Francis et al., 2018). Although altering a family's financial situation might be challenging, nurses can address SDOH through screening and efficient care coordination (Francis et al., 2018). Nurses are responsible for reducing the negative consequences of SDOH, especially poverty, on children's health and well-being through professional development, practice, and research (Francis et al., 2018).

Children who experience food insecurity are more likely to struggle with various health, developmental, and academic problems (Francis et al., 2018). More than 13 million kids in the United States reside in "food insecure families," where family members have limited access to enough food because of a lack of funds and resources (Francis et al., 2018). Children in households with food insecurity and hunger are most likely to live in poverty (Francis et al.,

2018). In actuality, the proportion of households with children who experience food insecurity at some point exceeds the national average for all households (Francis et al., 2018). This statement is especially true for households with single parents, Black and Hispanic heads of household, and households with incomes below the federal poverty level (Francis et al., 2018).

### **A. Pate Literature Review 2**

To obtain an essential quality of life, one must have access to food and shelter security, education and medical care, and life satisfaction. To fulfill these needs, people need minimal money to meet their cost of living (Achtziger, 2022). Because it threatens the fulfillment of necessities and harms well-being and health, financial hardship from excessive debt and poverty is of significant interest to many disciplines (Achtziger, 2022). It contends that a mindset of scarcity brought on by poverty results in apparent irrationality and unproductive economic activity (Achtziger, 2022). People find it increasingly difficult to escape poverty and fall victim to the "poverty trap" (Achtziger, 2022).

The lack of financial resources is poverty; adults and children might experience it according to various indices (Achtziger, 2022). Globally, excessive spending and debt are on the rise. Financial difficulty correlates with health issues, and a decline in well-being can harm a child's development (Achtziger, 2022). Therefore, psychologists must consider this crucial topic (Achtziger, 2022). Nevertheless, sometimes the reasons for financial difficulty need to be clarified. Numerous correlates of poverty, such as health issues, violence, and poor economic choice, can cause people to experience financial hardship (Achtziger, 2022). There is general agreement that most people find it difficult to escape the poverty trap, and psychology has a wealth of therapies to help people do so (Achtziger, 2022).

**Amber Raimer**

### **A. Raimer Literature Review 1**

Hunger is a growing concern for college students. According to a hunger survey constructed at an Appalachian university by two research students, one from the public health department and the other from the biology department, a correlation exists between hunger and GPA for first-year students (Hickey et al., 2019). The results were astonishing, with 36-39% of students reporting having hunger regardless of the meal plan that they were on (Hickey et al., 2019). Those who were athletes also reported that they believed hunger directly affected performance (Hickey et al., 2019). Salt & Light Ministries is located in Champaign and Urbana, Illinois, home to the University of Illinois and Parkland College. Many students may face food insecurity, but Salt and Light can help close the gap with volunteer-to-credit opportunities to buy groceries.

### **A. Raimer Literature Review 2**

Food insecurity can lead to health issues, poor educational outcomes, and poor quality of life. The study reflects on food insecurity among college students, and an increasing number of adults without a post-secondary education will face even higher levels of food insecurity (Raskind, 2020). The Center for Hunger-Free Communities has identified food insecurity, experienced trauma, housing insecurity, and other systemic issues passed down through more than one generation (Raskind, 2020). Some identified root causes have been quality housing that is out of reach, lack of employer benefits, rising childcare costs, and poor living wages (Raskind, 2020). Those with children are more likely to be food insecure (Raskind, 2020). The need for health policies and the intent to improve food insecurity is in high demand (Raskind, 2020). Salt & Light Ministries aims to help others be self-sufficient and close the food insecurity gap while building resources and community.

## Haley Shaw

### H. Shaw Literature Review 1

The Supplemental Nutrition Assistance Program (SNAP) is a successful initiative for our country's health and prosperity (Keith-Jennings et al., 2019). Anyone who satisfies the program's qualifying conditions may receive SNAP benefits, and the program's entitlement funding structure makes it possible to act fast when demand surges (Keith-Jennings et al., 2019). According to research, SNAP lowers poverty for millions of people, enhances food security, and positively impacts health (Keith-Jennings et al., 2019). Despite SNAP's achievements, there is still room to expand on its significant results. Evidence suggests that many households are not receiving benefits at the current levels (Keith-Jennings et al., 2019). Some disadvantaged populations are only partially eligible for SNAP, while some eligible people encounter obstacles to SNAP participation (Keith-Jennings et al., 2019).

For millions of Americans, SNAP increases food security, lowers poverty, and is linked to better health (Keith-Jennings et al., 2019). Despite some room for improvement, it is crucial to understand that the leading causes of food insecurity are beyond the program's power to influence (Keith-Jennings et al., 2019). In order to promote food security and health, SNAP is essential. Low-income families may be concerned about whether their work will last the entire month, how they will pay the rent, or the cost of their child's next doctor visit, but they are aware that SNAP can help them buy enough food (Keith-Jennings et al., 2019). Despite these significant benefits, SNAP cannot compensate for the absence of a secure job or home. Researchers, advocates, and policymakers must promote appropriate policies to build on SNAP's achievements (Keith-Jennings et al., 2019). Together, they can analyze the program's effects in this context; recommend policy changes that concentrate on the causes of poverty, hunger, and

hardship; and focus recommendations for SNAP on policies that fall under the program's purview (Keith-Jennings et al., 2019).

## **H. Shaw Literature Review 2**

Health problems and poverty are directly associated. Researchers typically conduct studies regarding the poverty-health nexus in less developed nations, so the findings related to poverty and ill health processes may not apply to the circumstances in developed Asian regions (Chung et al., 2020). This study intends to qualitatively investigate how important healthcare players in Hong Kong perceive the mechanisms and drivers of the poverty-health vicious loop (Chung et al., 2020).

When healthcare, welfare, and labor policy initiatives are insufficient and poorly integrated, financial hardship frequently follows as health deteriorates (Chung et al., 2020). Additionally, the respondents' perceptions of poverty, the implementation of public policies, and various stakeholders' views of disease address the cycle's policy drivers (Chung et al., 2020). Despite its economic growth, Hong Kong continues to face significant challenges related to the vicious poverty-health cycle (Chung et al., 2020). Potential legislative initiatives to end the process include the adoption of proportionate universalism, social integration, and a stronger medical-social partnership (Chung et al., 2020).

## **Carsen White**

### **C. White Literature Review 1**

Despite social and economic advancement, too many people suffer from hunger worldwide. There is a critical link between financial standing, human capital, and nutritional status (Siddiqui et al., 2020). Malnutrition harms a person's physical and mental capabilities, lowering productivity and increasing the risk of poverty for both the individual and the nation

(Siddiqui et al., 2020). Malnutrition and poverty are mutually reinforcing, resulting in a vicious cycle where one feeds the other (Siddiqui et al., 2020). Poverty causes malnutrition by lowering the economic capacity of the population, while malnutrition worsens poverty by raising the likelihood of food insecurity (Siddiqui et al., 2020). The essay's purpose is to explain how malnutrition and poverty are related and to show how they are both causes and effects of one another.

The first of the 17 Sustainable Development Goals is to end all forms of poverty (Siddiqui et al., 2020). The second goal is to end hunger and improve nutrition and agriculture by eliminating food insecurity (Siddiqui et al., 2020). Of the 17 goals, 12 include metrics that are very important to nutrition (Siddiqui et al., 2020). As poverty and hunger are inextricably linked, and each feeds the other, it is essential to address both problems simultaneously rather than separately. There is a two-way relationship where both components are the cause and effect of one another (Siddiqui et al., 2020). This vicious loop remains a significant public health concern, and fast action against it is required (Siddiqui et al., 2020). The fight against poverty and hunger must be waged on all fronts if nutritional outcomes are to improve sustainably.

### **C. White Literature Review 2**

Instead of focusing on specific nutrients, diet quality assessment considers a diet's overall quality, diversity, and adherence to dietary guidelines (Thomson et al., 2019). According to a recent systematic review and meta-analysis of prospective cohort studies, diets with high scores on several food quality indices link to significantly lower risks of type 2 diabetes, cancer, cardiovascular disease, and all-cause death in adults (Thomson et al., 2019). Addressing present and future health problems is crucial to evaluating children's diet quality. Harmful eating habits can form early in life, resulting in childhood obesity that persists into adulthood (Thomson et al.,

2019). The central goal was to employ a nationally representative sample of US children to evaluate diet quality (Thomson et al., 2019). Researchers utilized the body mass index (BMI) and sociodemographic factors within categories of BMI using the Healthy Eating Index-2015 (HEI-2015) (Thomson et al., 2019).

Children 2 to 18 years old (N = 8,894) had their diets from three cycles of the National Health and Nutrition Examination Survey (2009-2014) analyzed (Thomson et al., 2019). The population ratio method calculated the mean and 95% confidence intervals for the HEI-2015 total and component scores by age (2–5, 6–11, and 12–18 y), gender, race/ethnicity (non-Hispanic black, non-Hispanic white, Mexican American, other Hispanic, and other race), and family poverty to income ratio (below and at/above poverty threshold) (Thomson et al., 2019). Children with underweight, normal weight, overweight, and obesity had mean total scores of 50.4, 55.2, 55.1, and 54.0 out of 100 points, respectively (Thomson et al., 2019). These scores did not differ substantially from one another (Thomson et al., 2019). Age and race/ethnicity groups showed significant disparities in total and mean component scores within BMI categories (Thomson et al., 2019).

Child populations divided by BMI status did not significantly differ regarding overall food quality or most of its components (Thomson et al., 2019). While ratings were low for all child groups, age and race/ethnicity groups within BMI categories showed substantial disparities in food quality (Thomson et al., 2019). Researchers may need to address or target particular dietary components with low rates in different child populations to significantly improve nutrition across the country (Thomson et al., 2019).

**Abbie Morman**

**A. Morman Literature Review 1**

The United States Census Bureau statistics indicate that roughly 38.1 million people live in poverty (Yuchs & Bonham, 2022). Many factors affect an individual's access to healthcare. Living in a culture of poverty challenges some individuals (Yuchs & Bonham, 2022). The attitudes of healthcare workers toward patients from the culture of poverty contribute to the disparity regarding access to healthcare (Yuchs & Bonham, 2022).

This article examines and applies interventions to enhance the care given to vulnerable populations. Forty-nine nurses agreed to participate in this project, with each signing a consent that explained the criteria for participation (Yuchs & Bonham, 2022). A one-hour educational intervention about the culture of poverty was delivered eight times on various shifts (Yuchs & Bonham, 2022). The nurses then completed a questionnaire addressing their attitudes toward poverty (Yuchs & Bonham, 2022). The questionnaire consisted of 21 questions, with each response rated on a scale from one to five (Yuchs & Bonham, 2022). It consisted of three elements: personal deficiency, stigma, and structural statement (Yuchs & Bonham, 2022).

The results of this study suggest that change is possible in the mindset of nurses regarding the care of patients in poverty (Yuchs & Bonham, 2022). This poverty-related stigma still exists, and nurses play a significant role in dispelling the myth (Yuchs & Bonham, 2022). This project is essential because nurses have an ethical and moral obligation to care for those in need. It represents an approach to alter the lack of knowledge among healthcare professionals (Yuchs & Bonham, 2022).

### **A. Morman Literature Review 2**

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, p. 262). 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). Researchers screened patients 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, p. 262). Though the economy has improved, many individuals remain food insecure (Wynn et al., 2021). Older adults aged 60 years and older are vulnerable, with 5.5 million nationally identified (Wynn et al., 2021).

Over three months, researchers screened 2,354 patients, of which 10% were positive for food insecurity (Wynn et al., 2021). Healthcare professionals linked these patients to appropriate community resources (Wynn et al., 2021). This project helped nurses better understand food insecurity within the community and identify which resources should be available for these patients (Wynn et al., 2021). Additionally, the nurses gained more confidence and knowledge when discussing this topic with patients (Wynn et al., 2021).

**Brianna Lilly**

## **B. Lilly Literature Review 1**

Poverty is a systemic issue affecting people's health and well-being. Nutrition is crucial to an individual's health. Nutritional incentives such as Link Match and SNAP assist in supplying adequate food to United States citizens experiencing poverty (Singleton et al., 2022). The nutritional incentives can only help families and individuals if they can access the areas where individuals can use Link Match (Singleton et al., 2022). Singleton et al. (2022) examine the areas

of access to Link Match retailers within Chicago to inspect community factors affecting access to food retailers.

The study first found all Link Match-accepting retailers in the city (Singleton et al., 2022). Next, the study used census data to determine crime rates, socioeconomic values, percentages of black and Hispanic residents, walkability, and grocery store access (Singleton et al., 2022). Link Match facilities are most often located in under-resourced areas of the community (Singleton et al., 2022). Areas with low-income and high crime rates are likelier to have a Link Match facility within a shorter distance (Singleton et al., 2022). However, violent crime may affect the accessibility to Link Match facilities, especially in the South and West sides of Chicago (Singleton et al., 2022). Nutritional incentive facilities are often in areas with low income and high crime, presumably due to increased demand for the facilities in these areas (Singleton et al., 2022). Researchers deemed safety one of the most significant factors hindering nutritional incentive access (Singleton et al., 2022).

Further research may be needed to determine how best to facilitate the accessibility of nutritious foods through nutritional incentives. Communities should be aware of the community factors that will affect the accessibility of nutritional incentive programs (Singleton et al., 2022).

## **B. Lilly Literature Review 2**

In these unprecedented times, the prevalence of financial hardship, food insecurity, and poor mental health has increased in the population of the United States (Yenerall & Jensen, 2021). Yenerall and Jensen (2021) investigate the link between food insecurity, financial hardship, and poor mental health. Yenerall and Jensen (2021) conducted a study that utilized data from a 2020 study. COVID-19 led to job loss, decreased revenue, and decreased resources (Yenerall & Jensen, 2021). A significant portion of the population reported job loss due to

COVID-19; this loss of employment diminished financial resources and created food insecurity (Yenerall & Jensen, 2021). Loss of employment correlates with decreased mental health (Yenerall & Jensen, 2021). The population suffering from financial hardship will likely suffer from poor mental health and food insecurity. Programs in place for food security would better impact the community by also seeking to alleviate financial hardship and poor mental health (Yenerall & Jensen, 2021). The ability to work relates to improved mental health (Yenerall & Jensen, 2021). Community programs that include work, financial relief, and food security impact a community more than nutritional programs that donate pantry staples.

Community programs seeking to alleviate food insecurity should analyze contributing factors to food insecurity. It is possible to create programs for food insecurity that include more than a superficial fix by including solutions to related factors (Yenerall & Jensen, 2021).

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