Background

The aim of this project was to interview providers at Seattle Children’s Adolescent Medicine Clinic (ADO) to assess current methods of FI screening and compare current practices to validated screening tools.

Objective

• Food insecurity (FI) is defined as limited or uncertain access to adequate food.
• In King County, 11% of 8th graders, 12% of 10th graders, and 16% of 12th graders reported experiencing FI in 2016.
• The negative health effects of FI in childhood and adolescence are associated with a higher risk of diabetes, hyperlipidemia, and cardiovascular disease in adulthood.

Validated Screening Questions

The American Academy of Pediatrics and the Academy of Nutrition and Dietetics recommend using the Hunger Vital Sign two-statement tool to identify FI.

Sample FI Screening Questions From ADO Providers

“Many of our families may have times when they run out of money to purchase the foods they would like to, does that ever happen to you?”

“Have you ever had concerns of not having enough food in the home?”

Next Steps

• Further training about the importance of screening for FI and examples of screening questions.
• Consider including FI screening questions on intake paperwork.
• Consider re-screening patients for FI throughout the year as FI is often cyclical.
• Continuation of FI screening as a component of initial assessments.
• Continue coordination of care for patients experiencing FI.

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