

# Launching Rx for CalFresh in San Diego County

## Integrating Food Security into Healthcare Settings

Amanda Schultz Brochu, MPH

CalFresh Outreach Director

San Diego Hunger Coalition

# SDHC Mission

**The San Diego Hunger Coalition**

**leads coordinated action**

**to end hunger in San Diego County**

**supported by research, education and advocacy.**

# SDHC Programs & Collaborations



**CalFresh Outreach Program**  
**CalFresh Task Force**



**School Meals Program**  
**Summer Meals Task Force**



**Public Policy & Advocacy**  
**Hunger Advocacy Network**



**Hunger Free San Diego**  
**HFSD Advisory Board**

# Objectives

1. Provide background on the San Diego Hunger Coalition's work to integrate food security into healthcare settings
2. Introduce models to integrate food security into healthcare settings
3. Outline lessons learned & best practices

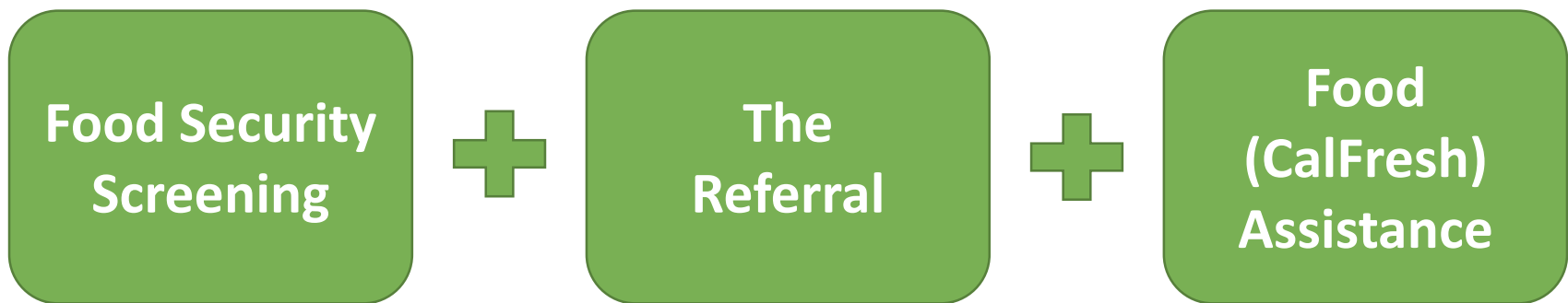
# Launching Rx for CalFresh

# San Diego Hunger Coalition's Work

1. Coordination of five Rx for CalFresh pilots across five unique healthcare settings
2. Development of food security and healthcare curriculum with UCSD



# Models for Integrating CalFresh



## 2 Question Screener & Referral

Answering often true, sometimes true, or never true, over the last twelve months:

1. We worried whether our food would run out before we got the money to buy more.
2. The food we bought just didn't last and we didn't have money to get more.

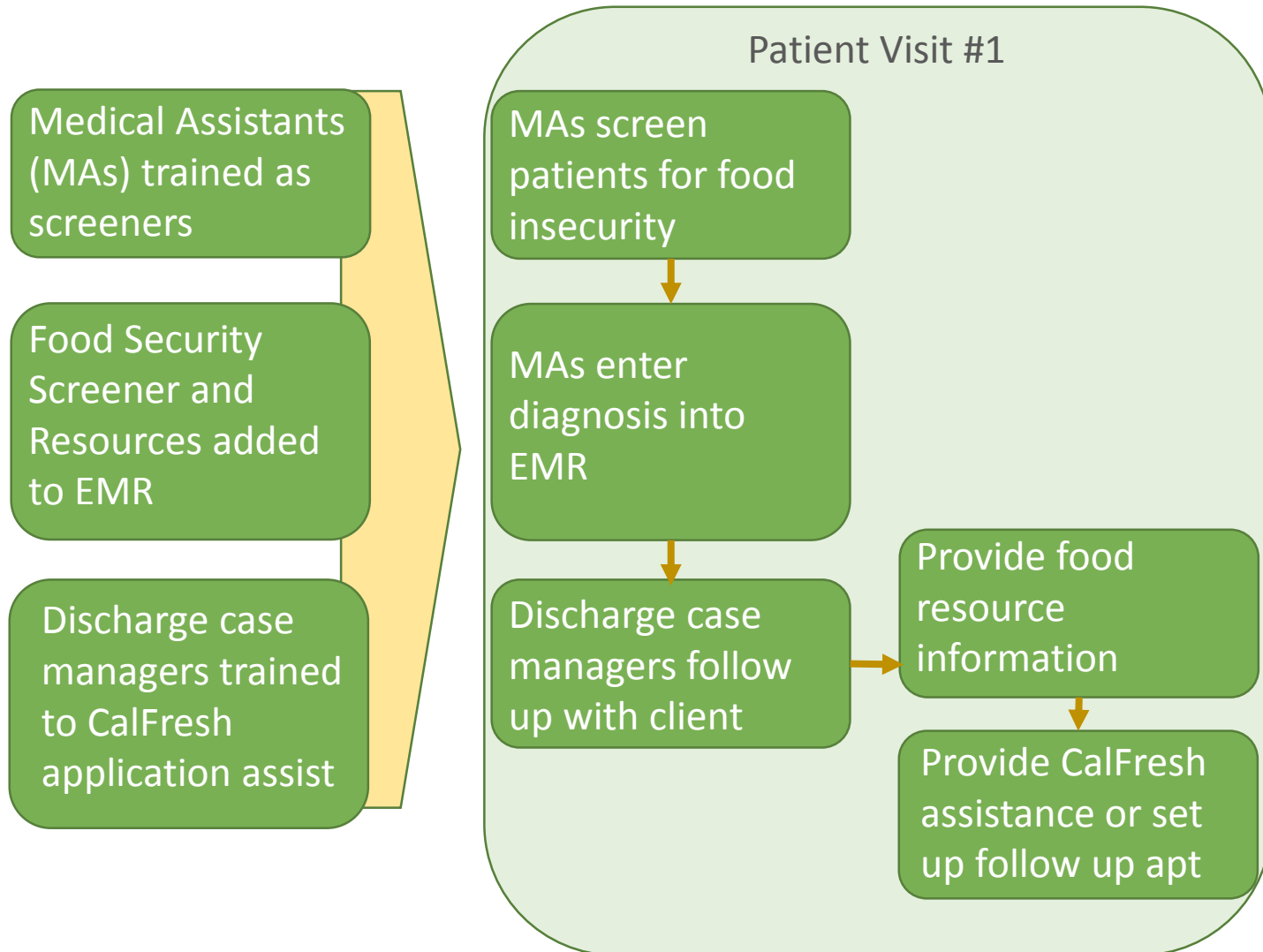
Healthcare Setting	Screener	Referral Strategy
Free Clinics	Medical students at intake	Medical students refer onsite
Community Clinic (FQHC)	Medical Assists while weighing	Discharge case manager follows up on EMR
Public Health Clinics	Administrative paperwork	Paper referrals provided to food bank to follow up
Home Visiting Nurse Programs	Nurse during home visit	Paper referrals provided to food bank to follow up
Hospital	Health coach after screener	Referrals provided to food bank/211 to follow up



# Models for Integrating CalFresh

Model	Description
<b>On Demand Onsite Assistance</b>	Full-time, onsite resource coordinator. Least amount of loss to follow-up. Increased likelihood patients will successfully access services.
<b>Intermittent Onsite Assistance</b>	Onsite partner organization. Availability of service may vary based upon capacity. Limited loss to follow-up, if assistance is provided regularly.
<b>Partner-Initiated Phone-Based Referral</b>	Patient receives a follow-up call offering phone-based application assistance and food resource referrals. Consent needed. Loss to follow-up can be high.
<b>Patient-Initiated Phone-Based Referral</b>	Patients are provided a phone number to call for assistance. Loss to follow-up is high.
<b>Referral to Local Community Based Organization</b>	Patients are provided local community based organizations for assistance. Loss to follow-up can be extremely high, unless the community partner is in close proximity.

# Federally Qualified Health Center Model



# Food Resource Materials



## City Heights Food Resource Guide



Map	Agency Name & Location	Distribution Day & Time	Details
A	<b>Bridge of Hope</b> 4802 Trojan Avenue San Diego CA 92115 (858) 380-7993	Every Friday 11:30 pm- 1:00pm	Fresh Produce
B	<b>Church of the Nazarene</b> 4101 University Avenue San Diego CA 92105 (619) 516-1000	Every Tuesday 3:00 pm- 4:00 pm Every Thursday 9:00 am- 10:00am Every Saturday 9:00 am- 10:00 am 1 <sup>st</sup> Friday 9:00 am until food is gone	Fresh Produce Fresh Produce Fresh Produce EFAP Commodities
C	<b>St. Mark's Episcopal Church</b> 4247 Fairmount Avenue San Diego CA 92105 43 <sup>rd</sup> Street Location (Mobile Location) (619) 283-6242	Wednesday 12:00pm- 2:00 pm Thursday 12:00pm- 2:00pm 3 <sup>rd</sup> Saturday 9:00 am until food is gone. (Mobile Location)	Groceries Fresh Produce
D	<b>Teen Challenge</b> 5450 Lea Street San Diego CA 92105	2 <sup>nd</sup> Monday 9:00am- 10:30am	Fresh Produce
E	<b>Feeding America San Diego (at NHA Head Start)</b> 3770 Alondra Avenue San Diego CA 92105 (619) 280-2501	4 <sup>th</sup> Tuesday 2:00 pm- 3:30pm *Parking lot across the Street	Fresh Produce
F	<b>Catholic Charities</b> 6360 El Cajon Boulevard Suite B San Diego CA 92115 (619) 286-1100	Monday through Friday 9:00 am- 12:00pm And 1:00pm - 4:00pm	Groceries, CalFresh application assistance
G	<b>City of Refuge San Diego (at Ibarra Elementary School)</b> Ibarra Elementary 4877 Orange Avenue San Diego CA 92115 (619) 236-1735	2 <sup>nd</sup> Saturday 9:45am- 12:30pm 4 <sup>th</sup> Saturday 9:45am- 12:30pm	Fresh Produce, Dry goods, Dairy, Bread
H	<b>City Heights Assembly of God</b> 3737 Wightman Street San Diego CA 92105 (619) 281-4583	Call to be added to waitlist.	Community Development Model *Call to be added to waitlist.
I	<b>City Heights CDC</b> 4071 39 <sup>th</sup> Street San Diego CA 92105	Both Sites available on both days: 2 <sup>nd</sup> Tuesday 3:30pm-6:00pm 4 <sup>th</sup> Tuesday 3:30pm-6:00pm	Call for appointment: HP (619) 584-1335 MV (619) 795-6618
J	<b>First United Methodist Church (at Wesley United Methodist Church)</b> 5380 El Cajon Boulevard San Diego CA 92115 (619) 297-4366	Every Sunday 3:00 pm- 4:00 pm	Groceries
L	<b>East African Community Center (Home Start)</b> 4661 Fairmount Avenue San Diego, CA 92105 (619) 239-3660	3rd Tuesday 9:30 am- 11:30am	Groceries and Produce
M	<b>La Maestra</b> 4060 Fairmount Avenue San Diego, CA 92105 (619) 280-4213	Tuesday 9:00am-2:00pm Wednesday 9:00am-2:00pm Friday 10:00am-3:00pm	Fresh Produce Walk in and register at front desk if not a patient.

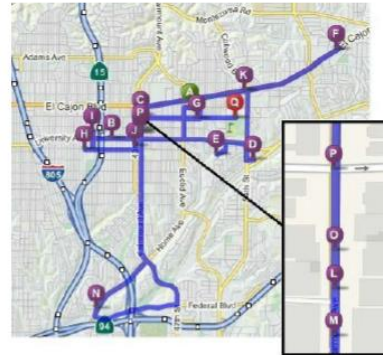
### City Heights Meal Programs

MAP	Agency Name & Location	Distribution Day & Time	Details
K	<b>Wesley Community Service Center - Co-Op Cafe</b> 5380 El Cajon Boulevard San Diego, CA 92115 (619) 972-8267	Monday 8:30am-11:00am Thursday 8:30am-11:00am	Food provided for self-service meals; showers, rest, diapers.
P	<b>Mid City Christmas Fellowship</b> 4100 Fairmount Ave San Diego, CA 92115 (619) 283-3066 Linda Digiorio	Saturday 12:00pm-1:00pm	Lunch served

### City Heights Senior Food Box

MAP	Agency Name & Location	Distribution Day & Time	Details
Q	<b>San Diego Food Bank at Del Colina Recreation Center</b> 4319 Orange Ave. San Diego, CA 92115 (619) 235-1144	3rd Friday 9:00am-12:00pm	Senior food box. 60yrs old and older, income qualifications apply, contact 2-1-1 to see if you qualify

### MAP LOCATIONS:



**Affordable cooking begins at the market.**

Visit <http://eatfresh.org> to find:

- Easy, tasty recipes on a CalFresh budget
- Nutritious meal plans for everyone
- Online dietitian to answer your nutrition questions

[eatFresh.org](http://eatFresh.org)

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP), USDA is an equal opportunity provider and employer. SNAP provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, visit [www.beneficial.org](http://www.beneficial.org).



2-1-1 San Diego is the region's primary connection to more than 6,000 community, health and disaster support services, 24-hours a day in more than 200 languages.

Simply dial 2-1-1 or visit [www.211sandiego.org](http://www.211sandiego.org) to speak to someone 24/7 for help accessing resources. To set an appointment to receive over-the-phone application assistance for public programs such as CalFresh and Covered California, visit [www.2enrollme.org](http://www.2enrollme.org) or dial 2-1-1.



This City Heights Food Resource guide was created as part of the City Heights Hunger Relief Coalition.

To report updated food program days/hour of operation, contact [appointments@sandiegofoodbank.org](mailto:appointments@sandiegofoodbank.org) or (858) 863-5144.

# Food Resource Materials



U.S. Citizenship  
and Immigration  
Services

## Public Charge Fact Sheet

Released: April 29, 2011

### Introduction

Public charge has been part of U.S. immigration law for more than 100 years as a ground of inadmissibility and deportation. An individual who is likely at any time to become a public charge is inadmissible to the United States and ineligible to become a legal permanent resident. However, receiving public benefits does not automatically make an individual a public charge. This fact sheet provides information about public charge determinations to help noncitizens make informed choices about whether to apply for certain public benefits.

### Background

Under Section 212(a)(4) of the Immigration and Nationality Act (INA), an individual seeking admission to the United States or seeking to adjust status to permanent resident (obtaining a green card) is inadmissible if the individual "at the time of application for admission or adjustment of status, is likely at any time to become a public charge." If an individual is inadmissible, admission to the United States or adjustment of status will not be granted.

Immigration and welfare laws have generated some concern about whether a noncitizen may face adverse immigration consequences for having received federal, state, or local public benefits. Some noncitizens and their families are eligible for public benefits – including disaster relief, treatment of communicable diseases, immunizations, and children's nutrition and health care programs – without being found to be a public charge.

### Definition of Public Charge

In determining inadmissibility, USCIS defines "public charge" as an individual who is likely to become "primarily dependent on the government for subsistence, as demonstrated by either the receipt of public cash assistance for income maintenance, or institutionalization for long-term care at government expense." See "Field Guidance on Deportability and Inadmissibility on Public Charge Grounds," 64 FR 28689 (May 26, 1999). In determining whether an alien meets this definition for public charge inadmissibility, a number of factors are considered, including age, health, family status, assets, resources, financial status, education, and skills. No single factor, other than the lack of an affidavit of support, if required, will determine whether an individual is a public charge.

### Benefits Subject to Public Charge Consideration

USCIS guidance specifies that cash assistance for income maintenance includes Supplemental Security Income (SSI), cash assistance from the Temporary Assistance for Needy Families (TANF) program and state or local cash assistance programs for income maintenance, often called "general assistance" programs. Acceptance of these forms of public cash assistance could make a noncitizen inadmissible as a public charge if all other criteria are met. However, the mere receipt of these benefits does not

U.S. Department of Homeland Security  
Office of the District Director  
200 North Los Angeles Street  
Los Angeles, CA 90012



U.S. Citizenship  
and Immigration  
Services

May 17, 2010

Atención: Inmigrantes de Bajos Ingresos  
Tema: Food Stamps (Estampillas de Alimentos) No Afectaran Su Estado Migratorio

Estimado Aplicante:

El Gobierno De los Estados Unidos quiere asegurar que Ud. recibe la asistencia de comida si es elegible bajo el programa de Food Stamps (Estampillas de Alimentos). Este programa de nutrición del Departamento de Agricultura del Estados Unidos es para asegurar la salud y el bienestar de Ud. y su familia.

Muchos inmigrantes tienen miedo de aplicar para el programa porque no saben que si aplican por los servicios como Food Stamps (Estampillas de Alimentos), esto no afectará su estado de inmigración.

Como Directora del Distrito de Servicios de Ciudadanía e Inmigración de los Estados Unidos (el USCIS- anteriormente conocido como el INS), quiero asegurarle que si usted aplica para o recibe Food Stamps (Estampillas de Alimentos) esto no va a afectar su:

- ❖ aplicación para hacerse residente permanente de los Estados Unidos.
- ❖ aplicación para hacerse ciudadano.

Agentes del USCIS no le preguntarán si usted recibe beneficios de programas como Food Stamps (Estampillas de Alimentos), WIC, Comidas Escolares, Beneficios de Salud u otros programas en los cuales usted no recibe asistencia monetaria. (La única vez que el USCIS puede preguntar a un inmigrante sobre si obtiene Food Stamps (Estampillas de Alimentos) es cuando el oficial sospecha que los beneficios han sido utilizados o adquiridos ilegalmente).

Cuando usted está aplicando para hacerse residente permanente, usted no es considerado un "carga pública" para el estado si usted usa estos programas que no ofrecen dinero.

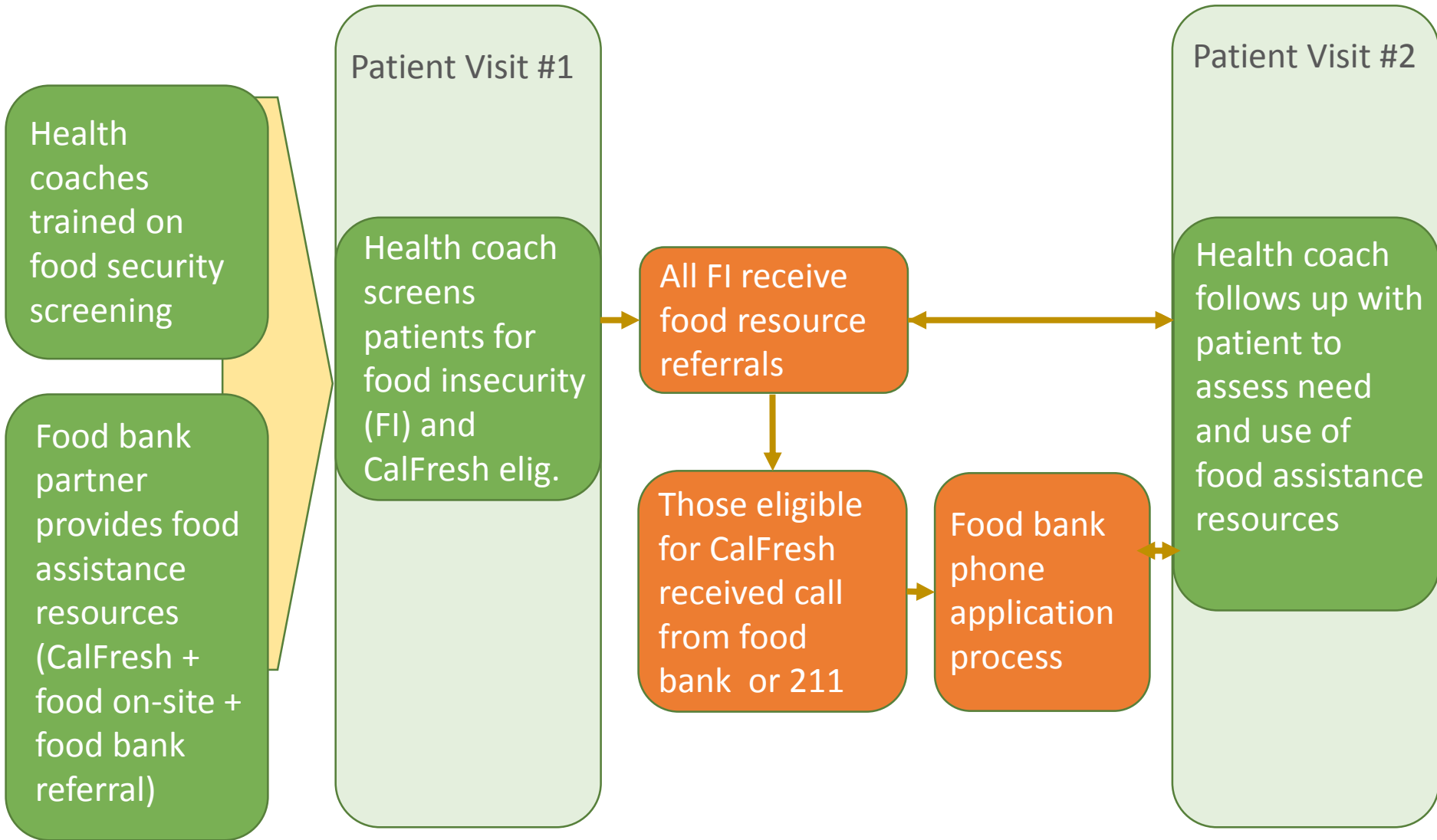
Queremos animarlos a que tome ventaja de Food Stamps (Estampillas de Alimentos) u otros programas de asistencia para los cuales usted pudiera ser elegible sin tener miedo que esto le vaya a afectar su estado migratorio.

Sinceramente,

Jane E. Arellano  
District Director  
USCIS-District 23

[www.uscis.gov](http://www.uscis.gov)

# Hospital Model



# Lessons Learned & Best Practices

# CALFRESH ALONE IS NOT ENOUGH

**We must provide comprehensive solutions to food  
insecurity before identifying**

# Onsite application and food assistance whenever possible

- Reduction of lost to follow up
- Patients see physical connection between food and health
- Increased likelihood of dual enrollment
- Patients have a trusted place to return with questions



# Integration into Electronic Medical Records

- Institutionalization
- Data collection
- Process AND outcome evaluation
- There are templates to replicate!

Clinician training is critical to the success of the project

# Food Security and Healthcare Curriculum

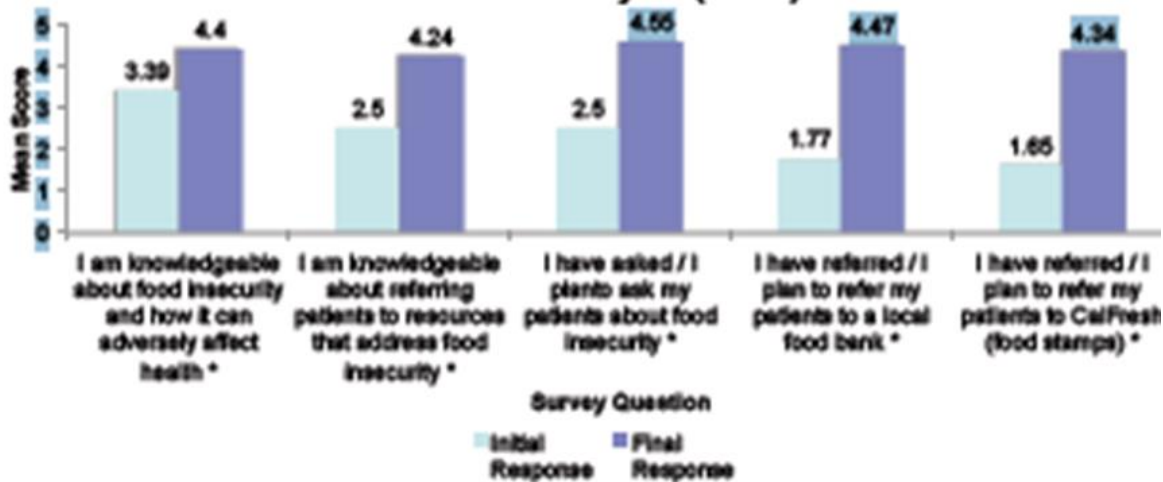
- Pre-post test study looked at five learning objectives:
  - Knowledge about food insecurity and adverse effects on health
  - Knowledge about referring patients to food resources
  - Current screening practice
  - Current referral practice
  - Motivation for future referral practice

# Food Security and Healthcare Curriculum

## Food Insecurity Medical Student and Resident Education Project

- To assess provider knowledge of food insecurity, provide education, and encourage individual and systems based behavior changes.

**Figure 4. Preliminary Results of Food Insecurity Education Project (n=62)**



\* p<0.001 Initial Response vs. Final Response

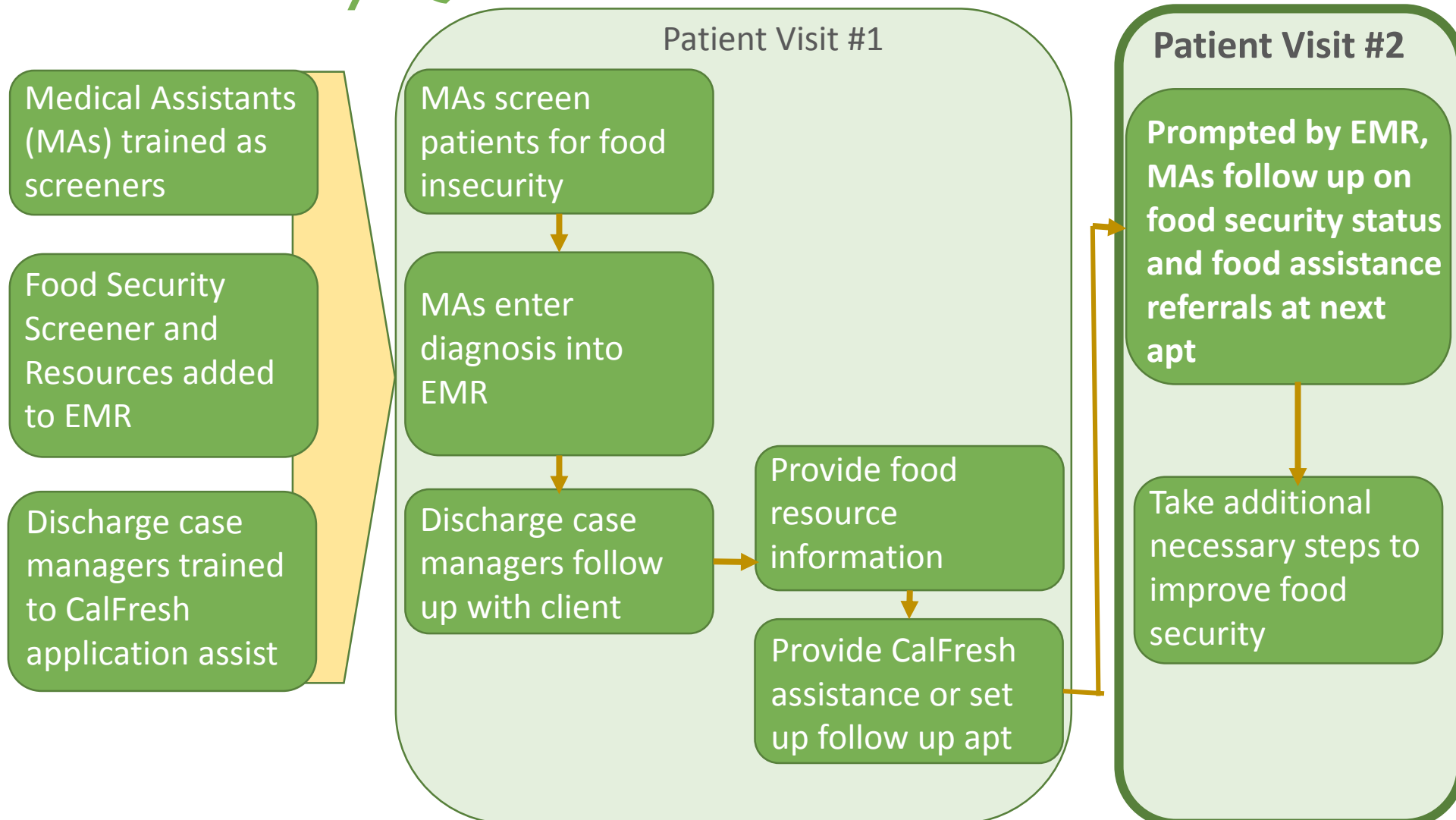
Chang, J; Egnatios, J; Malinak, D; Smith, S MD (2015). Student-Run Free Clinic Universal Food Insecurity Screening and Referral Project. AAFP Conference.

# Evaluation ensures continuation

- Results driven
- Ability to make immediate improvements
- Policy change

# Next Steps

# Federally Qualified Health Center Model



# Questions?

**Amanda Schultz Brochu, MPH**

CalFresh Outreach Director

San Diego Hunger Coalition

**[amanda@sdhunger.org](mailto:amanda@sdhunger.org)**

**619.501.7017 x102**

[www.sdhunger.org](http://www.sdhunger.org)

