



Steps you can take if your patient screens positive for food insecurity

1. Discuss with your patient the importance of good nutrition as it relates to their health
2. Work with local community partners to identify available and convenient programs and resources for patients
3. Make referrals to the local food bank and other community resources for immediate assistance and ongoing support

Resources can be located using Feeding America's Find Your Local Food Bank tool at www.feedingamerica.org/find-your-local-foodbank.

Learn more:

PopulationHealth.Humana.com

PopulationHealth.Humana.com/#toolkits



“Social determinants impact patient health more than we can imagine. I had a diabetic patient whose sugar levels were under control at times, then uncontrolled at the next visit. **After months of assessing, I learned that she was managing her sugars mid-month because that’s when she got paid and could afford to buy healthy food. Once her money ran out, she relied on food pantries and neighbors, and was eating more processed foods rather than fresh, healthy options.** So her sugars would go off the chart by the end of the month.”

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Sources

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