



# Food Security: Key Clinical Points

## History:

- Food insecurity occurs in the context of both under- and over-nutrition
- Food security is comprised on four components (Availability, Access, Utilization, Stability), and questions for patients should take into consideration these components
- Screen for food security in all patients
- Consider dietary intake beyond “market foods”
- Vital Hunger Screen for food insecurity

## Physical:

- Body Mass Index
- Signs of malnutrition

## Diagnostics:

- Basic labs: CBC, chemistries
- Hemoglobin A1C
- Specific vitamins based on history and exam (Vitamin B12, Vitamin D, etc.)

## Prevention:

### Host factors:

- Improve patient knowledge of nutrition
- Encourage patient to seek out healthier foods

### Environmental factors:

- Identify and address barriers to access for food including where and how to access

*Photo credit: Timothy Eberly, Unsplash*

## The Big Picture:

- Global environmental changes affect food security on global as well as local scales.
- Patients can provide local expert knowledge on threats to food security, including identifying sentinel cases of food safety issues.
- Providers need to be aware of local resources, as well as advocate for improvements in food system resilience in the face of environmental changes.