

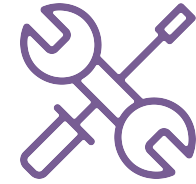
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Risk Factors and Reasons for Food Insecurity Among Service Members

Risk Factors and Reasons for Food Insecurity Among Service Members



Event Materials

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Continuing Education

This webinar has been approved to offer continuing education credit. Please stay tuned for more information!



Nutrition AND **Food Security**

Among our nation's active-duty service members and their families, an estimated 24% are food insecure.

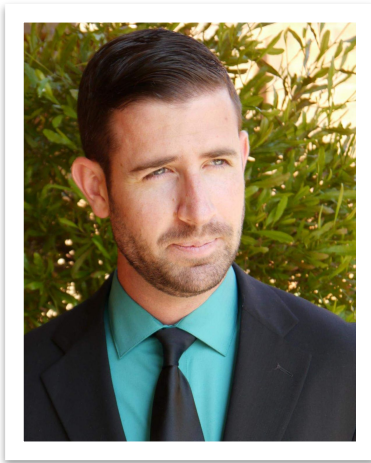


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Readiness. Knowledge. Network.

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U.S. Department of Agriculture, and the Office of Military Family Readiness Policy,
U.S. Department of Defense under Award Number 2023-48770-41333.

Today's Presenters



Matthew Beymer, PhD, MPH
Statistician
Defense Centers for Public
Health - Aberdeen



Joanna Reagan, MHA, MS, MSS, RDN
Public Health Nutritionist
Defense Centers for Public Health -
Aberdeen



Chef Mary Long, MA, BSCM
*Chef & Culinary Health and
Resiliency Instructor*
Vogel Resiliency Center
Joint Base San Antonio



Risk Factors and Reasons for Food Insecurity among U.S. Military Service Members

**Presenters: Matthew Beymer, PhD, MPH,
Joanna Reagan, MS, MHA, MSS, RDN
Chef Mary Long
December 4, 2024**

Disclaimer

The views expressed in this presentation are those of the author(s) and do not necessarily reflect the official policy of the Defense Health Agency, Department of Defense or the U.S. Government.

The mention of any non-federal entity and/or its products is not to be construed or interpreted, in any manner, as federal endorsement of that non-federal entity or its products.



Learning Objectives

- 1) Define food insecurity and its different severity levels (high, medium, and low).
- 2) Detail the rate of military food insecurity and how it compares to a similar civilian population.
- 3) Outline the risk factors for food insecurity for the U.S. military.
- 4) Highlight examples of local installation and base strategies for addressing resources.



Food Insecurity Overview

- Food insecurity is a household-level economic and social condition of limited or uncertain access to adequate food (*USDA, Definitions of Food Insecurity, 2024*).
- It differs from hunger – an individual physiologic condition – although may result in hunger. It is not identical to malnutrition but may result in malnutrition (*Healthy People 2030*).
- Food insecurity is related to but is not the same as nutrition insecurity.
- Food insecurity is considered a social determinant of health or a health-related social need, alongside things like housing and transportation access (*Healthy People 2030*).



USDA Definitions

- High Food Security: No reported indications of food-access problems or limitations.
- Low Food Security: Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.
- Very Low Food Security: Reports of multiple indications of disrupted eating patterns and reduced food intake.

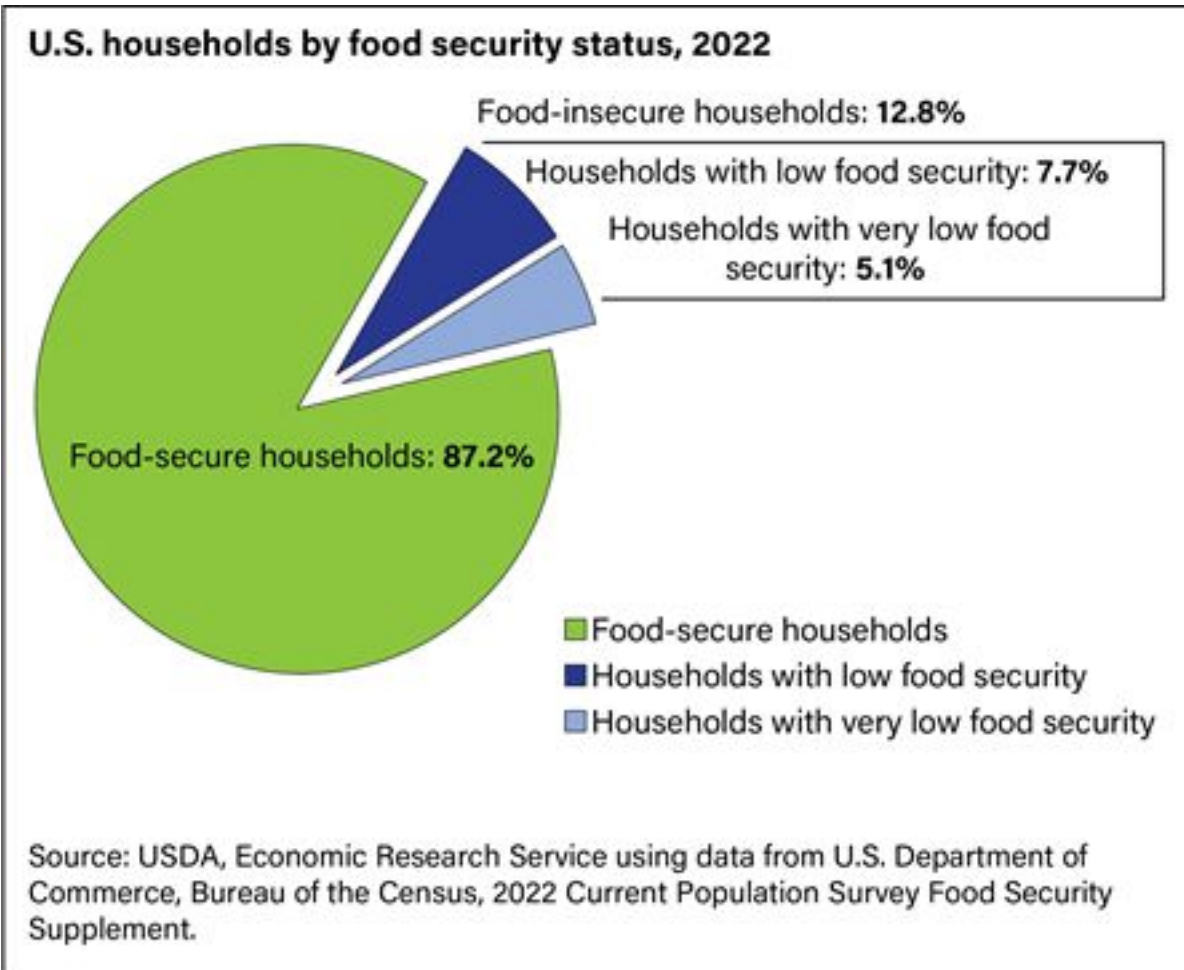


How is Food Security Measured?

1. “The food that we bought just didn’t last and we didn’t have money to get more.”
Was that often, sometimes, or never true for (you/your household) in the last 12 months?
2. “(I/we) couldn’t afford to eat balanced meals.” Was that often, sometimes, or never true for (you/your household) in the last 12 months?
3. In the last 12 months, since last (name of current month), did (you/you or other adults in your household) ever cut the size of your meals or skip meals because there wasn’t enough money for food?
4. How often did this happen—almost every month, some months but not every month, or in only 1 or 2 months?
5. In the last 12 months, did you ever eat less than you felt you should because there wasn’t enough money for food?
6. In the last 12 months, were you ever hungry but didn’t eat because there wasn’t enough money for food?



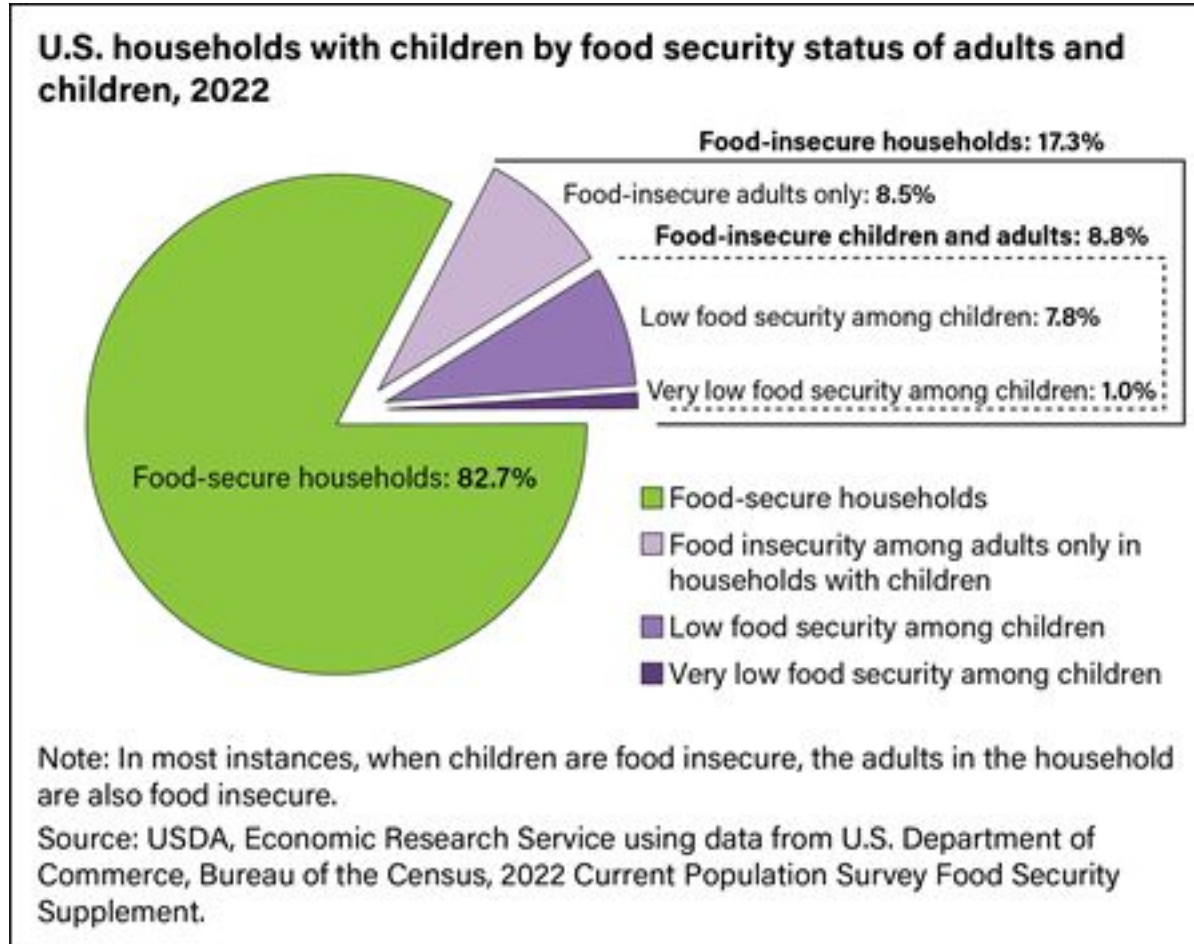
Is Food Security an Issue in the United States?



- 12.8 percent (17.0 million) of U.S. households were food insecure (low food security & very low food security) at some time during 2022 (*USDA Food Security Status of U.S. Households, 2022*).



Food Security Status of U.S. Households with Children 2022



- Household food insecurity affected 17.3 percent (6.4 million) of households with children in 2022 (*USDA Food Security Status of U.S. Households, 2022*).



First Study on Military Food Security

- The first study to look at food insecurity was conducted at Joint Base San Antonio (Wax, 2016).
- The study surveyed 248 families who had at least one child six years or younger enrolled in the installation's child development center.
- They found that nearly one in seven families were food insecure.
- However, this study was conducted in Spring 2015, prior to the pandemic and the inflation of the next decade.



Other Studies of Single Installations

- Other studies of single installations looked at marginal food insecurity, a less severe form of food insecurity (*Beymer, 2021; Rabbitt, 2022*).
- These studies reported a marginal food insecurity rate in 2019 and 2020 of approximately 30%.
- However, these installations were not necessarily representative of the entire U.S. military and marginal food insecurity is a less severe form of food insecurity.
- These preliminary studies led to the analysis of the representative Status of Forces survey in coordination with Military Community and Family Policy (MC&FP) and the Office of People Analytics (OPA).



Food Insecurity in the Military vs. Civilians

- Data were used from the 2018 and 2020 Status of Forces Survey of Active Duty Members for military service members and the Current Population Survey Food Security Supplement for civilians (*Rabbitt, 2024*).
- The civilian population was adjusted to match the military population on gender, age, race and ethnicity, marital status, parental status, education attainment, individual and spousal employment status, and region of residence.
- 25.3% of the military population was food insecure compared to 10.1% of the demographically-equivalent civilian population.
- Very low food security affected 10.5% of the military population compared to 3.6% of the demographically-equivalent civilian population.



Risk Factors for Food Insecurity

- Risk factors for food insecurity include:
 - Junior enlisted rank
 - Financial insecurity
 - Concern over job security of immediate family members



Deleterious Health Behaviors Associated with Food Insecurity

- Food insecurity is significantly associated with
 - Anxiety
 - Depression
 - Suicidal Ideation
 - Intimate Partner Violence

Beymer, 2021 & Beymer, 2024



A woman with dark hair tied back, wearing a black t-shirt, is shown in profile from the chest up. She is reaching out with her right hand to touch a large, round, reddish-purple beet in a display bin. The display bin is filled with many similar beets. To the right of the beets, there are bundles of green asparagus. Below the beets, there are other vegetables, including what looks like packaged carrots and leafy greens. The background is a grocery store aisle with other produce displays and people in the distance. The overall lighting is somewhat dim, and the image has a slightly desaturated, muted color palette.

Examples of Installation Resources

Installation Resources

DIETITIANS AT JB LEWIS MCCORD

Food pantry within 62nd Medical Brigade at Joint Base Lewis McCord; drop off donations and pick up food based on needs.



Installation Resources (Continued)

FORT BELVOIR RESOURCES

- Fort Belvoir food pantry is part of the Army Community Services along with financial readiness classes, employment readiness, and family advocacy.
- The service is available for walk-in assistance at the ACS building Monday through Friday.



Installation Resources (Continued)

FORT CAVAZOS RESOURCES

- New arrivals (within 3 months) to Fort Cavazos have access to \$150 in products from a donation from US Foods to the Military Family Advisory Network.
- Partners with 12 partner organizations, including Army Community Service, Armed Services YMCA and the American Red Cross, as well as in the community offices of some on-base housing neighborhoods.
- More assistance with MFAN for those in need. www.mfan.org



Installation Resources (Continued)

NELLIS AIR FORCE BASE

- Patients are screened for food insecurity on both inpatient and outpatient side.
- Those who have a positive screening may allow a referral sent to Three Square Food Bank.
- Three Square calls the patient to connect them with food resources in the region.



Installation Resources (Continued)



USUHS Pediatrics: Increasing WIC Engagement at Fort Campbell

- Uniformed Services University team has conducted research exploring barriers to WIC participation in military families.
- In response, an informatics-based approach at Fort Campbell, identifies highly likely to be eligible for WIC service member, and community health workers do targeted outreach via mailers and phone.

- Chokshi B, Zven S, Burris R, Wido M, Hisle-Gorman E. Military Family Perspectives on Enrollment and Engagement in the WIC Program. *Mil Med.* 2024 May 14;usae192. doi: 10.1093/milmed/usae192. Epub ahead of print. PMID: 38742829.
- Zven SE, Graziose B, Smith K, Sorensen I, Hisle-Gorman E, Chokshi B. Evaluating WIC Engagement and Food Insecurity Among Active Duty Military Families. *Mil Med.* 2024 May 18;189(5-6):e1270-e1276. doi: 10.1093/milmed/usad447. PMID: 37978823.
- <https://www.militaryonesource.mil/resources/podcasts/military-onesource/getting-to-the-core-of-wic/>



Installation Resources (Continued)

FORT DRUM RESOURCES

Monthly Working Group

- Dietitians, Population Health, Army Public Health, Chaplains, FRG representatives, FAP, Financial Readiness, WIC, CNY Food Bank, Cornell Cooperative Extension, etc.

Current/pending initiatives

- Fruit & Vegetable Prescription Program
- Emergency Food Boxes (MEDDAC & Chaplains)
- Mobile Food Pantry on Fort Drum
- Expand Fort Drum Thrift Shop pantry
- Produce distributions via CNY Food Bank



Installation Resources (Continued)



HAWAII FOOD INSECURITY WG

Includes AD, Guard, and community partners

Hawaii Foodbank, Armed Services YMCA, and the Commissary

Initiated by the Health Promotion Coordinator at JB Hickam



Chef Mary Long, MA, BSCM



Chef & Culinary Health and Resiliency Instructor

The Vogel Resiliency Center

ARNORTH G9

Joint Base San Antonio

Fort Sam Houston, Texas



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Disclosures

The presenter has no relevant financial or non-financial relationships to disclose relating to the content of this activity.

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The Vogel Resiliency Center JBSA-FSH

Opened in 2018 as an integrated platform of resiliency services for active duty of all branches of service, family members and retirees, and DOD civilian personnel

Services included: The Resiliency Kitchen, The Armed Forces Wellness Center, Public Health Nursing, Chaplains, MFLAC, Financial Readiness Officers

To promote personal resilience through personalized assessments and strategies; help foster healthy lifestyles, improve nutrition, fitness, spiritual and financial readiness by enhancing the ability to manage the rigors of life.



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The Vogel Mindfulness Center

- Renovation completed in 2023
- The Vogel Mindfulness Center is now part of the resiliency services we offer
- Sleep Readiness
- Yoga Therapist



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The Vogel Resiliency Center Teaching Kitchen

Making Connection through
organized classes with
mindfulness and nutrition
focused outcomes


Open Resiliency Kitchen Culinary Wellness Classes

THE VOGEL RESILIENCY KITCHEN

Mindful Meals Cooking Class


THURSDAY, JUNE 15TH 12:00-2:00

This class will feature a hands-on cooking experience with several recipes that will brighten up your Spring and Summer meal ideas! Join us in the kitchen and Chef Mary will lead you through this fun and flavor class!



VOGEL RESILIENCY CENTER

Anti-Inflammatory Cooking for Health Class




Vogel Resiliency Center
2490 Stanley Rd.
Bldg. 367
JBSA, TX 78234

This class will share ways to ADD flavor and fresh ideas to your cooking! We will focus on a variety of foods and cooking techniques in this hands-on cooking class. You will take home sev-

FOR QUESTIONS PLEASE CONTACT CHEF MARY: MARY.E.LONG90.CIV@ARMY.MIL

"Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together."
-Fieri




VOGEL RESILIENCY CENTER


HEART-HEALTHY COOKING

We will explore a sensible approach to cooking and eating, with fresh flavorful ingredients. You will learn which foods you should choose on a regular basis to keep your heart (and the rest of your body) healthy and happy as well as those you should try to limit and why.

JOIN US!
WEDNESDAY, AUGUST 23, 2023
12:00-2:30

2490 Stanley Rd.
Bldg. 367
JBSA, TX 78234

PRE-REGISTRATION REQUIRED BY E-MAIL:
Mary.E.Long90.civ@army.mil



VOGEL RESILIENCY CENTER

INSTANT POT CLASS I

A great appliance for saving time, space, and money. This class will focus on basic use of this great cooking tool and will feature a variety of recipes for those who live in households with the full use of a kitchen or are limited in both space and tools.

JOIN OUR EVENT!
WEDNESDAY, AUGUST 9, 2023
12:00-2:00

2490 Stanley Rd.
Bldg. 367
JBSA, TX 78234

Pre-registration required by E-mail:
Mary.E.Long90.civ@army.mil



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A Gathering Place



- Hands-on basic cooking techniques in a warm welcome environment
- Connection through prepared meals as a group, then shared “family” style
- Plant-based nutrition focused culinary classes
- Self-care topics such as mindfulness, sleep help, and physical activity
- Community resources

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The Resiliency Teaching Kitchen



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Plant Based Cooking and Mindfulness

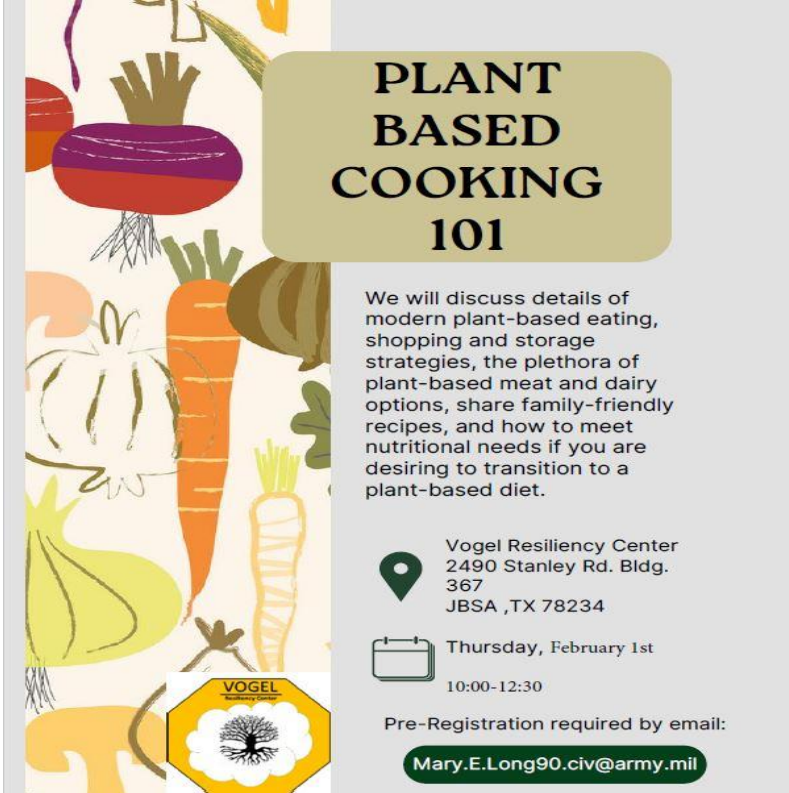


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Plant-Based Cooking 101

PLANT BASED COOKING 101

We will discuss details of modern plant-based eating, shopping and storage strategies, the plethora of plant-based meat and dairy options, share family-friendly recipes, and how to meet nutritional needs if you are desiring to transition to a plant-based diet.

Vogel Resiliency Center
2490 Stanley Rd. Bldg. 367
JBSA ,TX 78234

Thursday, February 1st
10:00- 12:30

Pre-Registration required by email:
Mary.E.Long90.civ@army.mil



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Plant Based Cooking 101

Plant Based Cooking 101



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Team Building Classes

- Military and civilian teams coming together for a time of connection and fun while learning cooking techniques and new recipes that promote plant-based and anti-inflammatory nutrition



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Community “Open” Classes

- Classes available to all DoD ID Card holders
- Ages 16 and up with an adult participant
- Kid and parent classes ages 3 and up
- No cost to participants



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Other Collaboration for Plant-Based Culinary



- BAMC Addiction Medicine Intensive Outpatient Program
- BAMC Cardiology outpatient class every 5-6 weeks
- Center for Intrepid plant-based and anti-inflammatory cooking monthly cooking class for Soldiers
- BAMC Pediatric Dietitian Collaboration with Kids/ Parents
- Armed Forces Wellness Center Cooking on a Budget/Shop This Not That class collaboration
- San Antonio Food Bank: Gardening opportunity



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Yoga and Spiritual Resiliency Collaboration



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Food Insecurity



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Joint Base San Antonio Fort Sam Houston, Texas




Communicating the Need



**IN COLLABORATION WITH THE
SAN ANTONIO FOOD BANK**



FREE Food Distribution



2:00-4:00 p.m. *Or until food runs out
2024 Dates:



VOLUNTEERS NEEDED!
MILITARY FOOD DISTRIBUTION
UPCOMING DATES (ALL ON MONDAYS)



Food Insecurity Findings

Community-Bexar County

- 17.4% of residence report food insecurity
- 1 in 5 children are affected by food insecurity
- Benchmark Comparison
 - State of Texas – 14%
 - U.S. – 12.6%

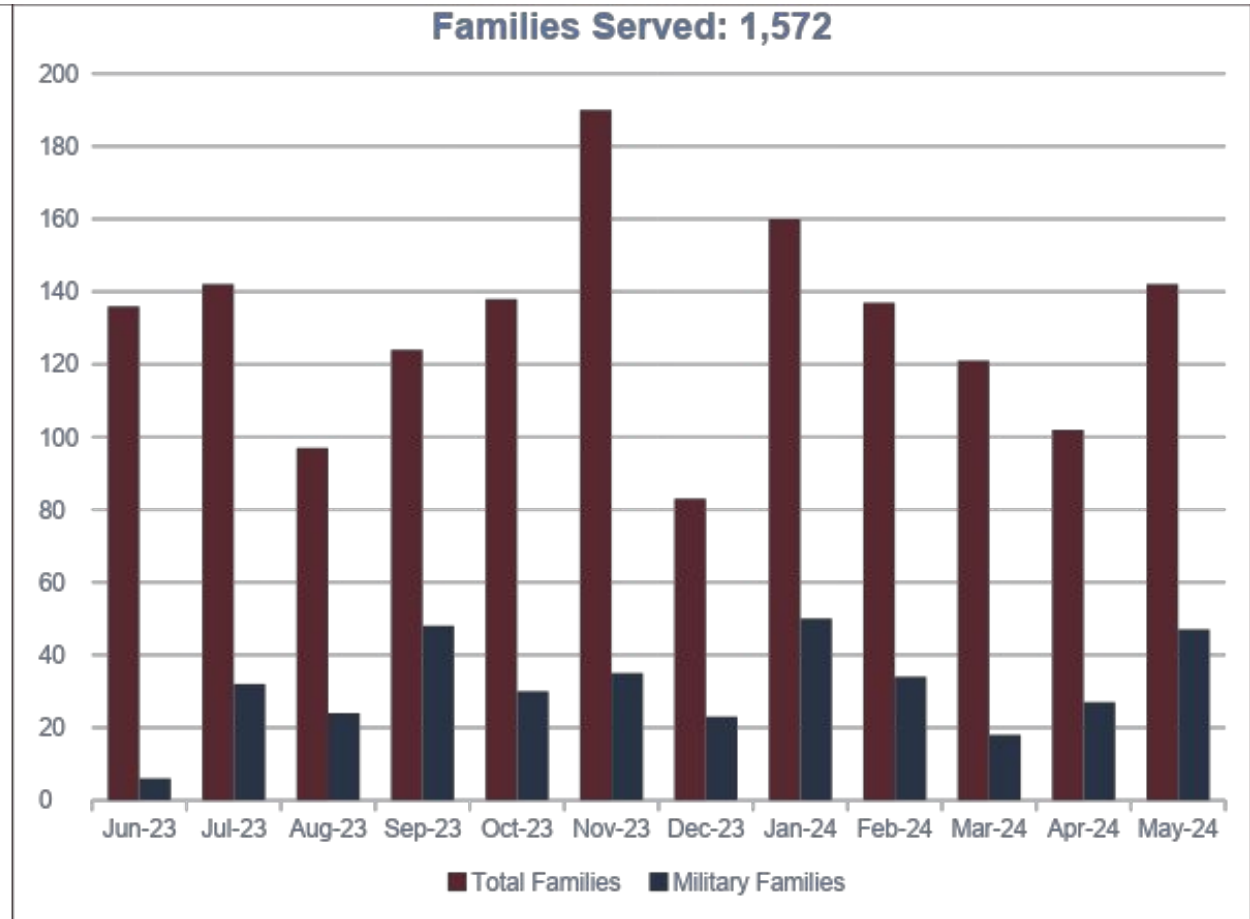
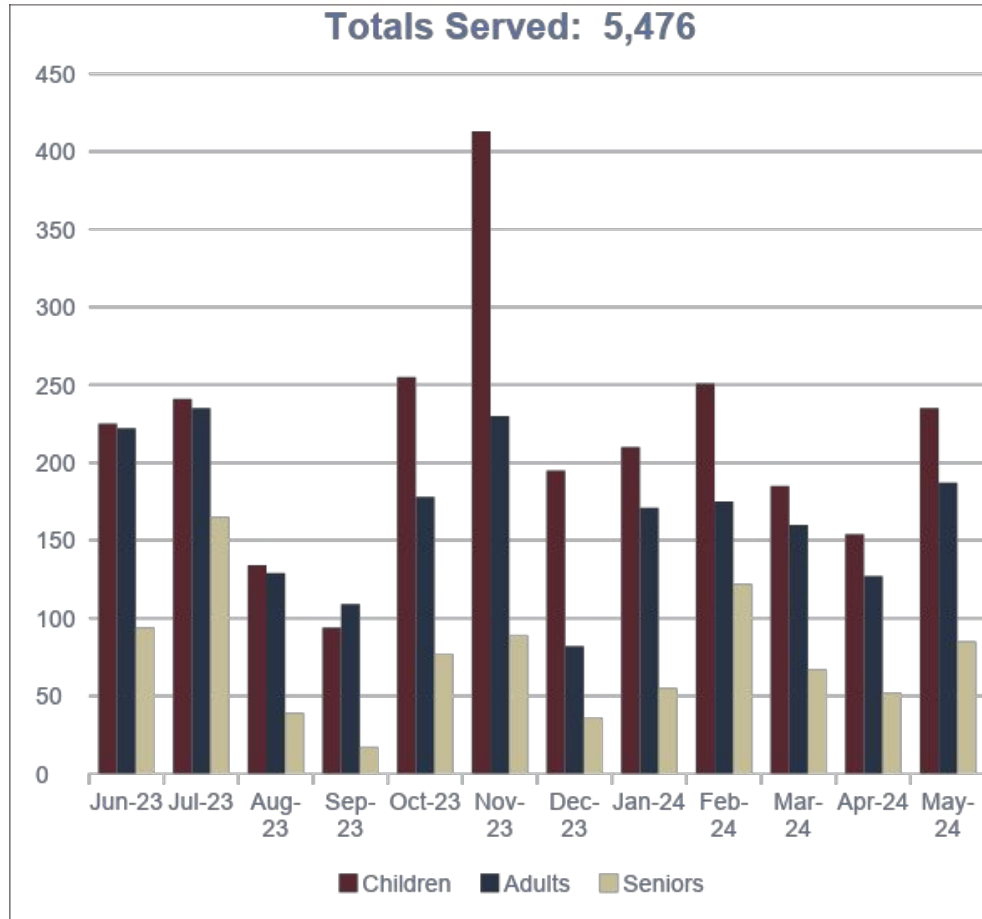
Source: Map the Meal Gap (2024)

Armed Forces

- Research and Reports:
 - Rabbit and Beymer (2024)
 - ✓ Food insecurity 25.3%
 - RAND Report (2023)
 - 25.8% Armed Forces food insecure
 - Feeding America (2024)
24%



Vogel Resiliency Center and San Antonio Food Bank Data



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Food Insecurity

We encourage all leaders and Service Members to increase awareness of the potential food insecurity in the Military Community

- Refer Service Members to resources
- Host hunger awareness conversations within the ranks
 - Food Insecurity Risk Factors: E-7/GS-9 and below, multiple dependents, EFMP family member, and single income family
 - Adult Outcomes of Food Insecurity: diminished sleep, greater mental health distress, depression, anxiety, obesity, lower physical activity, poor diet quality, impaired mental health
 - Decrease the stigma of Food Insecurity
 - ✓ Many life events can result in chronic or temporary Food Insecurity: frequent moves, births, deaths, divorce, illness, accidents, gain a new family member, Natural Disaster local or worldwide

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Resiliency Kitchen Financial Support



The graphic features a background of hands clasped together in a supportive gesture. At the top, the H-E-B logo is displayed in a red rounded rectangle. Below it, the words 'OPERATION APPRECIATION' are written in a large, white, bold, sans-serif font, with a red star replacing the letter 'E' in 'OPERATION'. Underneath, the phrase 'Proudly Supporting Those Who Serve and Their Families' is written in a white, sans-serif font. At the bottom, two paragraphs of smaller white text provide details about the campaign: 'H-E-B Operation Appreciation is a companywide campaign created to honor the brave men and women of the U.S. Armed Forces — men and women who are H-E-B Partners and customers, friends and family.' and 'Operation Appreciation partners with organizations that support U.S. troops and their families. In contributing time, talent and financial support, H-E-B recognizes and appreciates the dedication and sacrifices service members make on behalf of the nation.'



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Questions?



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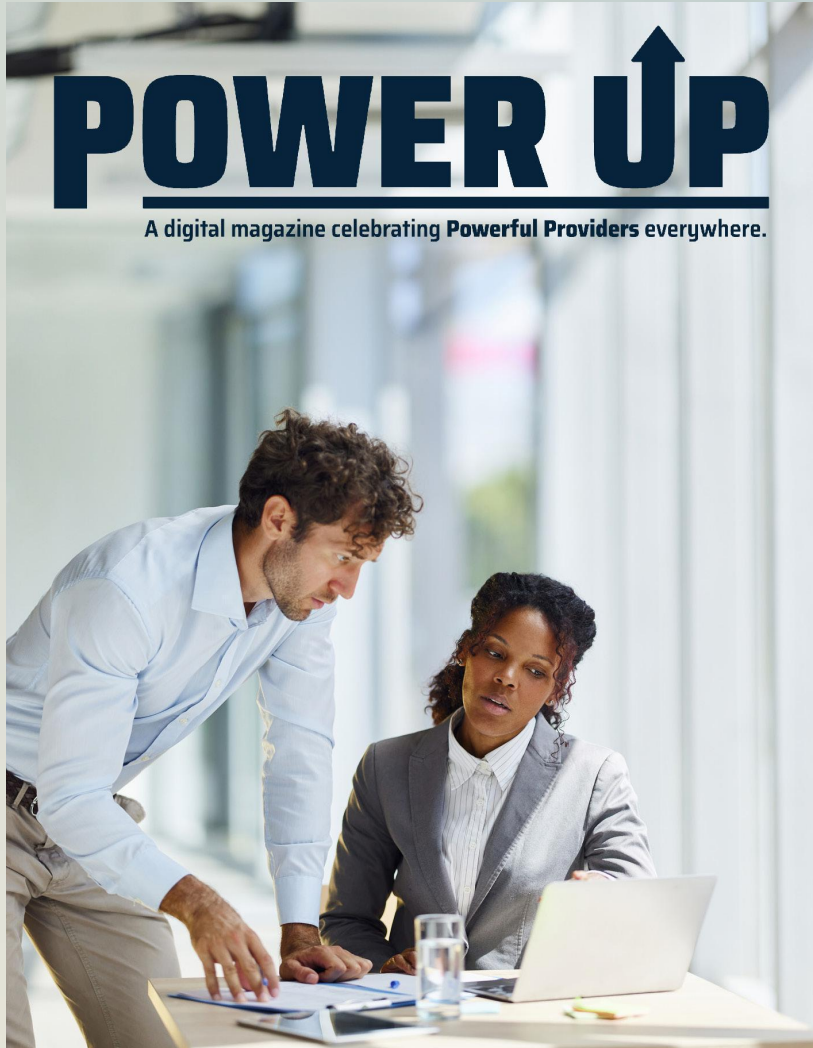
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<https://doi.org/10.1093/milmed/usad447>





POWERFUL PROVIDER SPOTLIGHT



Powerful Provider: **Chef Mary Long**
Culinary Health and Resiliency Instructor
Vogel Resiliency Center ARNORTH G9,
Joint Base San Antonio - Fort Sam Houston, Texas

Celebrating Powerful Providers everywhere! PowerUp, a digital magazine, is inspired by and celebrates providers and their work.



We believe that smart and connected people can change lives. Providers are powerful when they work together as a ready, knowledgeable, and networked community. This power extends to the military families they serve. Scan the QR to find all past issues of *PowerUp*.

COMING JANUARY 2025

Upcoming Event



Feeding Minds, Fueling Futures through the Child and Adult Care Food Program

January 29, 2025

The Child and Adult Care Food Program (CACFP) combats hunger and brings healthy foods to tables across the country for children in childcare and afterschool programs as well as adults in day care. The CACFP is a federal program that provides reimbursements for nutritious meals and snacks served to eligible participants.

Continuing education credit will be available for this session!

Continuing Education



This webinar has been approved for the following continuing education (CE) credits:

- 1.0 CPEU from the **Commission on Dietetic Registration (CDR)** for RDs and NDTRs.
- 1.0 CE from the **American Association for Family & Consumer Sciences (AAFCS)** for CFCS and CNWE.
- 1.0 CE from the **National Commission for Health Education Credentialing (NCHEC)** for CHES and MCHES.
- OneOp **Certificate of Attendance** available.

Evaluation Link

Go to the event page for the evaluation and post-test link.

[CONTINUING EDUCATION](#)

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