

Appendix C

Continuum of Hunger and Food Insecurity

CONTINUUM OF HUNGER AND FOOD INSECURITY

Food Security Status	Definition	USDA-CFSM Questions Sequenced*
Food Secure	Households show no or minimal evidence of food insecurity.	<ul style="list-style-type: none"> ▪ Worried food would run out ▪ Food bought did not last
Food Insecure without Hunger	Households have concerns and may manage by reducing the quality of their diets but not their food intake.	<ul style="list-style-type: none"> ▪ Adult not eat balanced meals ▪ Adult fed child few low-cost foods ▪ Adult cut size or skipped meals ▪ Couldn't feed child balanced meals ▪ Adult eat less than felt they should
Food Insecure with Moderate Hunger Evident	<u>Adults</u> reduce food intake to an extent it implies they have repeatedly experienced the physical sensation of hunger. Such reductions are not evident at this stage for <u>children</u> in the household.	<ul style="list-style-type: none"> ▪ Adult cut size or skipped meals for three or more months in the last year ▪ Child not eating enough ▪ Adult hungry but didn't eat ▪ Adult lost weight ▪ Cut size of child's meal
Food Insecure with Severe Hunger Evident	Households with <u>children</u> reduce the children's food intake to an extent that implies the children have experienced the physical sensation of hunger. <u>Adults</u> in households with or without children have repeatedly experienced more extensive reductions in food intake.	<ul style="list-style-type: none"> ▪ Adult did not eat for whole day ▪ Child hungry ▪ Adult did not eat for whole day for three or more months in the last year ▪ Child skipped meals—short term. ▪ Child skipped meals in three or more months in the last year ▪ Child did not eat for a whole day

Source: Price, C., Hamilton, W.L., and Cook, J.T. (September 1997). *Household Food Security in the United States: Guide to Implementing the Core Food Security Module*, Abt Associates, Inc., 34.

* For the purposes of this thesis project, this column refers to Questions 34 to 48 of the Client Survey in Appendix B on pages 95-98.

Appendix D

Food Security Scale Values and Status Levels
Corresponding to Number of Affirmative Responses
on Client Survey

**Food Security Scale Values and Status Levels
Corresponding to Number of Affirmative Responses
To Core Food Security Module Questions***

Number of Affirmative Responses**		1995 Food Security Scale Values	Food Security Status Level	
Households With Children	Households Without Children		Code	Category
0	0	0.0	0	Food Secure
1		0.7		
	1	0.9		
2	2	1.6 1.9		
3	3	2.2 2.7	1	Food Insecure Without Hunger
4		2.8		
5	4	3.3 3.5		
6	5	3.7 4.2		
8	6	4.6 4.9	2	Food Insecure With Hunger
9		5.1		
10	7	5.5 5.7		
11		5.9		
12	8	6.4 6.5		
13		6.8	3	
14	9	7.2 7.4		
15	10	7.7 8.1		
16		8.3		
17		9.2		
18		10.0		

* The above table was adapted for 1995 Food Security Scale Values from “Exhibit 3-3 Households with Complete Responses: Food Security Scale Values and Status Levels Corresponding to Number of Affirmative Responses” in the *Guide to Measuring Household Food Security –2000*, p. 34. Minor changes were made in the 1998 values, which did not affect the data for this thesis project.

** For the purposes of this thesis project, this refers to the number of affirmative responses to Questions 34-48 on the Client Survey in Appendix B on pages 95-98.

Appendix E

Training Information for Volunteers

CALAVERAS COUNTY HUNGER STUDY

Your agency/church/organization has agreed to participate in a hunger study being conducted in Calaveras County by Anna Martin, UC Cooperative Extension Nutrition Educator and CSU, Sacramento graduate student. This study is being conducted in collaboration with Billie Westernoff from the Human Resources Council, Inc. and under the supervision of Kim Stumph, Family and Consumer Sciences Advisor from UC Cooperative Extension in Calaveras County. The survey is confidential and does not ask the parent/client to put his/her name anywhere on the survey. The client's responses cannot and will not be used in any way to determine their eligibility for emergency food or eligibility/benefits for any program.

What is the purpose of the survey?

1. To find out if the current system of emergency food is adequate and accessible to clients
2. To identify and remove barriers to accessing emergency food
3. To increase community awareness that hunger and food insecurity does exist in Calaveras County
4. To publish a "Report on Hunger and Food Insecurity for Calaveras County" (see examples from Contra Costa County)
5. To develop a community action plan to eliminate hunger and food insecurity in Calaveras County

How important is your help in conducting the survey?

EXTREMELY IMPORTANT!!! It is vital that the research reflects as completely as possible the people who need emergency assistance in Calaveras County. In order for that to happen, the survey needs to be done at the major agencies, churches and organizations serving people below 185% of the poverty line. This percent has been

chosen because a major USDA study of approximately 45,000 households across the United States has shown that this is where food insecurity starts to become a problem. (Bickel, et al., September 1997a)

We would also like to ask you to convey to your clients/parents the importance of their participation. By completing the survey, they will be key to helping Calaveras County find more effective ways of providing emergency assistance to people in need. **WE NEED THEIR HELP!!! THE COMMUNITY NEEDS THEIR HELP!!!**

How will taking the survey help your clients/parents?

Your parents/clients will be contributing to their community by completing this survey because they are a vital component of the research. Without their help in completing this survey, a community action plan will not be possible. Just by participating in the research project, your clients/parents will become more aware of resources available to them when they have an emergency. One of the frequent statements Billie Westernoff encounters when providing a bag of food to a family or individual is, **“I didn’t know there was help available!”**

How do you define “food security”, “food insecurity”, and “hunger”?

Researchers for the USDA Food Security Measurement Project quoted these definitions published by the Life Sciences Research Office (LSRO) of the Federation of American Societies for Experimental Biology in 1990:

Food security: “Access by all people at all times to enough food for an active healthy life. Food security includes at a minimum: (1) the ready availability of nutritionally adequate and safe foods, and (2) an assured ability to acquire acceptable foods in socially acceptable ways (e.g. without resorting to emergency food supplies, scavenging, stealing, or other coping strategies).”

Food insecurity: “Limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.”

Hunger: “The uneasy and painful sensation caused by a lack of food. The recurrent and involuntary lack of access to food. Hunger may produce malnutrition over time. . . . Hunger . . . is a potential, although not necessary, consequence of food insecurity.”

(Price, et al., September 1997, p. 2)

Where do families or individuals who are hungry or food insecure find “emergency food” in Calaveras County?

The best way to find out where emergency food is available in your area is to contact Billie Westernoff, Community Services Coordinator with Human Resources Council, Inc. at (209) 754-1257

How did we decide on the questions?

Questions #1 to #32 (the first half of the survey) are from a survey validated by UC Cooperative Extension and used in several other hunger studies in California. Originally it was developed by UC Cooperative Extension’s Expanded Food and Nutrition Education Program in 1987 and called the “Emergency Food Client Questionnaire”. Since then it has been used by the UC Cooperative Extension’s Expanded Food and Nutrition Education program to conduct extensive surveys of the emergency food system and their clients in approximately 18 California counties such as Contra Costa, Sonoma, Tulare, Fresno, Riverside, and Tuolumne.

The second half of the survey (questions #33 to #46) are the results of a 1995 USDA Food and Consumer Service project called the Food Security Measurement Project. With the cooperation of the U.S. Bureau of the Census, the first Food Security supplement was given in April 1995 as part of the Current Population Survey. The validated survey entitled the “Food-Security/Hunger Core Module: 3-Stage Design, with Screeners” is now being used across the United States as well as in California to assess hunger and food insecurity. One benefit of using these questions is that the results can be scaled to show the number of households who are food insecure without hunger, food insecure with moderate hunger, and food insecure with severe hunger. Another benefit is that the

results from Calaveras County should then be able to be compared to other parts of the California and possibly the United States. But the most important reason for doing this hunger survey is to find out how well the current system works and make improvements where needed.

Resources

Bickel, G. W., Hamilton, W.L., Cook, J.T., Thompson, W.W., Buron, L.F., Frongillo, E.A., Olson, C.M., and Wehler, C.A. (1997a, September). Household Food Security in the United States in 1995: Summary Report of the Food Security Measurement Project. (under contract no. 53-3198-5-028). Alexandria, VA: United States Department of Agriculture, Food and Consumer Service, Office of Analysis and Evaluation. [On-line]. Retrieved November 1, 1998 from the World Wide Web: <http://www.fns.usda.gov/oane/MENU/Published/fsp/files/summary.pdf>.

Bickel, G. W., Hamilton, W.L., Cook, J.T., Thompson, W.W., Buron, L.F., Frongillo, E.A., Olson, C.M., and Wehler, C.A. (1997b, September). Household Food Security in the United States in 1995: Technical Report of the Food Security Measurement Project. (under contract no. 53-3198-5-028). Alexandria, VA: United States Department of Agriculture, Food and Consumer Service, Office of Analysis and Evaluation. [On-line]. Retrieved November 1, 1998 from the World Wide Web: http://www.fns.usda.gov/oane/MENU/Published/FSP/FILES/tech_rpt.pdf.

Bickel, G. W., Price, C., Hamilton, W. L., and Cook, J. T. (1997, September). Household Food Security in the United States: Guide to Implementing Core Food Security Module. (under contract no. 53-3198-5-028), Alexandria, VA: United States Department of Agriculture, Food and Consumer Service, Office of Analysis and Evaluation.

U. C. Cooperative Extension. (1987). EFNEP Emergency Food Client Questionnaire. Original copy can be found on pages 1-9 of the 1998 Hunger the faces & facts: A Report on Food Security in Contra Costa County published by Contra Costa County Hunger Task Force. Address: Contra Costa Hunger Task Force, 5121 Port Chicago Highway, Concord, California 94520.

DIRECTIONS FOR GIVING THE SURVEY
TO YOUR CLIENTS/PARENTS

Who should I ask to complete the Client Survey?

Clients/Parents who have used, are currently using, or may have a need for emergency services. A good guideline is to remember that food insecurity may begin at 185% of the poverty level (according to the 1995 USDA Food Security Measurement Project).

**REMEMBER TO ASK IF THEY HAVE COMPLETED THIS SURVEY ELSEWHERE
SO WE CAN AVOID DUPLICATION!!!**

How should I give the survey to the clients?

You may read the questions to your client/parent and fill in the answers.

OR

You may let the client do the survey but it is a good idea to be available for any questions or concerns.

OR

You may do the surveys with a group by reading the questions or letting the clients read the questions while you are present to answer questions.

OR

You may send the survey home with clients that you know will bring it back completed.

OR

Anna Martin can come to your agency and give the survey to your clients.

How long do I have to complete the surveys and return them to you?

Our question back to you is **“When do you think you can give the surveys to your parents? and How long do you think it will take?”**

We feel we can complete having our clients/parents do the surveys by_____.

What do I do with the completed surveys?

Call me—Anna Martin (209) 468-2090 and I will pick up the survey packet from you.

Thank you for your part in this project!!!

Appendix F

Selected Results from
Recent Hunger Studies in California Counties
Using UCCE Emergency Food Client Questionnaire

**Selected Results from Recent Hunger Studies in California Counties
Using UC Cooperative Extension's Emergency Food Client Questionnaire**

COUNTY	DATE	WHO ARE THE HUNGRY?	ARE THEY WORKING?	DO THEY RECEIVE FOOD STAMPS?	AVERAGE MONTHLY INCOME or POVERTY STATISTICS	AVERAGE RENT or RENT AS % INCOME
Sacramento ^a n = 173 households	1989	69% Households with children 30% African American 50% Caucasian 17% Hispanic	48% had at least one family member employed	69% of those who were income eligible households received food stamps	\$630 per month 80% had incomes below the poverty line	\$366 per month average rent
Tuolumne ^b n = 56 households	1994	78% Households with children 0% African American 82% Caucasian 4% Hispanic 11% Native American 4% Asian or Pacific Islander	18% had at least one family member employed	57% received food stamps	\$728 per month 74% of the families were living below the poverty level	For families who paid rent, 54% of their income was spent on rent and utilities
Contra Costa ^c n = 294 (Note: This study used a different instrument called the Second Harvest Survey)	1998	55% Households with children 28% African American 49% Caucasian 16% Hispanic	13% had at least one family member employed	40% receive food stamps	58% had annual incomes of less than \$10,000	(not reported)
Alameda ^d n = 390 households	1998	43% Households with children 50% African American 27% Caucasian 13% Hispanic	24% had at least one family member employed	37% were receiving food stamps	72% had annual incomes of less than \$11,500	(not reported)
Sonoma ^e n = 238 households	1999	47% Households with children 3% African American 66% Caucasian 19% Hispanic	31% had at least one family member employed	21% received food stamps	\$754 per month	For families who paid rent, 53% of their income was spent on rent and utilities
Lake ^f n = 125 households	2000	31% Households with children 4% African American 83% Caucasian 11% Hispanic 2% Native American	9% had at least one family member employed	36% received food stamps	\$743 per month	\$240 per month average rent
Mendocino ^g n = 210 households	2000	44% Households with children 69% Caucasian 16% Hispanic 13% native American	30% had at least one family member employed	29% received food stamps	\$784 per month	\$392 per month average rent

^a (Hunger Study Group of the Community Services Planning Council, 1989), ^b (Amador-Tuolumne Community Action Agency and , UCCE-Tuolumne County, 1994) , ^c (Contra Costa County Hunger Task Force, 1998), ^d (Alameda County Community Food Bank, 1998) , ^e (Redwood Empire Food Bank and UCCE--Sonoma County, 1999), ^f (Redwood Empire Food Bank and the UCCE--Lake County, 2000), ^g (Redwood Empire Food Bank and the UCCE--Mendocino County, 2000)