

SOLVING HUNGER  
**TODAY,**  
IMPROVING HEALTH  
OUTCOMES  
**TOMORROW**

Food is Medicine



# Food Bank of Contra Costa and Solano

## OUR MISSION

Leading the fight to end hunger, in partnership with our community and in service of our neighbors in need.

## OVERVIEW

The Food Bank has been fighting hunger in Contra Costa and Solano counties for more than 45 years. With its headquarters in Concord, the Food Bank provides food through direct distribution sites seven days per week and partners with 174 nonprofit agencies in Contra Costa County. The Food Bank serves an average of 175,000 Contra Costa residents each month.



## Hunger In Contra Costa County



**94,000+**

**Adults who are food insecure**



**1 in 10**

**Children are food insecure**



**\$195,125,858**

**Additional healthcare costs associated with food insecurity**

# Hunger's Devastating Impact

## HUNGER IMPACTS



A child's ability to learn  
and focus in school



A child's cognitive and physical  
development at ages 0-3, a  
critical period of rapid growth



A person's social and behavioral  
response in stressful situations



A person's physical, emotional  
and social preparedness for  
the workforce



A family's health—those without  
enough food are more likely  
to be hospitalized or experience  
health crises

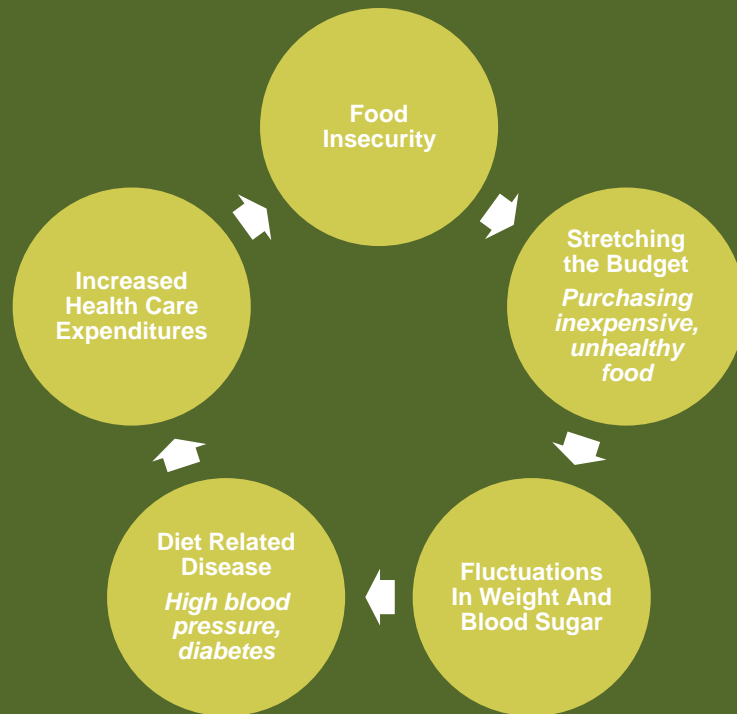
# Hunger Creates an Unhealthy Cycle

Food-insecure households surveyed  
by Feeding America report:

**79%** Purchase inexpensive,  
unhealthy food

**58%** Report a member with  
high blood pressure

**33%** Report a member  
with diabetes



## Race, Food Insecurity and Health

- African Americans are twice as likely to die from diabetes and 30% as likely to die of heart disease.
- According to Feeding America, before the pandemic, Latinos were almost twice as likely to face food insecurity; 19% of Latino children are at risk for hunger.
- In Contra Costa County, 19 of the 20 census tracts with the highest levels of poverty in 2018 have a majority of residents identifying as people of color.



## What is the missing piece?

Sufficient support for food-insecure people suffering from or at risk for nutrition-related chronic diseases in Contra Costa County.

*In May 2020, the Bay Area Equity Atlas reported that essential workers in the Bay Area are “disproportionally low-income, Latinx, Black, Filipinx, women of color and immigrants(who) face economic and social vulnerabilities.”*



# Objective

**Prevent chronic and diet-related diseases associated with food insecurity in partnership with Contra Costa County Health Services and community partners.**





# Transformational Idea

**Launch a Mobile Food Pharmacy in Contra Costa County to offer nutritious, medically-tailored food to at-risk individuals.**



**The Food as Medicine Continuum:**  
Connecting standard healthcare interventions to a healthy community food system

Medicine



Food as Medicine

Medicine  
Prescription



Meal and Food  
Prescription



Patient  
Outreach



Community  
Outreach



Strong Community  
Food System

Patient  
Education



Community  
Engagement



## Contra Costa's Mobile Food Pharmacy

- The Mobile Food Pharmacy program will serve low-income individuals in Contra Costa County flagged by healthcare providers as food insecure and in a position to benefit from a targeted nutrition intervention in order to improve health outcomes.
- Currently the Food Bank operates food distributions at four County Health Clinic sites for a total of nine hours a week:
  - Contra Costa Health Center, Martinez: 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month from noon-1 p.m.
  - Antioch Health Center: 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month from 10-11 a.m.
  - Pittsburg Health Center: 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month from 1:30-3 p.m.
  - West County Health Center, San Pablo: 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month from 2-3 p.m.

## Contra Costa's Mobile Food Pharmacy

The Food Bank would launch a dedicated Mobile Food Pharmacy program in Contra Costa County, including:

- Two dedicated distribution trucks.
- Expanded hours of operation at clinic sites from nine hours to 160 hours of service each month at the clinic.
- Additional clinic sites in Brentwood and North Richmond, further expanding our geographic reach and deepening our impact among the County's most vulnerable residents.



# IDENTIFYING & ADDRESSING FOOD INSECURITY AT A HEALTHCARE SITE



## Proven Track Record

The Food Bank piloted an **award-winning Mobile Food Pharmacy in Solano County**, which has served more than 12,000 households since 2018. In 2019, the program was awarded a National Achievement Award for Health by the National Association of County Government.

*"I can still kind of afford some groceries, but its helpful to get a few extras, too, especially if they're healthy." - Kim, Solano County Mobile Pharmacy client*

*"The Mobile Food Pharmacy was really an answer to food insecurity in our county. It helps folks who are living in food deserts and accessing our medical clinics to have access to healthy food and fresh produce." – Solano County Supervisor Erin Hannigan*

See our program in action: [VIDEO](#)



## Mobile Food Pharmacy Outcomes

- ✓ Decrease chronic and diet-related diseases among low-income populations
- ✓ Support healthcare partners to screen patients for food insecurity in outpatient settings
- ✓ Connect patients with onsite food assistance resources to reduce barriers to access
- ✓ Increase participation in government food assistance programs (e.g. SNAP, WIC, etc.)
- ✓ Increase knowledge and capacity to address food security as part of treatment plans for high-risk patients
- ✓ Track and compile key learnings to inform and support future decisions and plans.

## Estimated Expense

- In order to support the dedicated Mobile Food Pharmacy, we will need to dedicate a driver and purchase two trucks, at an estimated cost of \$200,000 each (\$400,000 total).
- Based on current operating expenses for our Solano Mobile Food Pharmacy, we estimate program administration to be approximately \$400,000 per year, covering food costs, fuel, and staff time.

**Year-one cost:** \$800,000

**Annual operating cost:** \$400,000





# THANK YOU

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