

Temilade Aladeniyi of Brody School of Medicine at East Carolina University
Martha Lopez of University of California School of Medicine at Irvine
Dr. Gloria Montiel of AltaMed in Los Angeles, CA

BACKGROUND

- Food pantries are essential for those who experience food insecurity and provide a vast portion of participants nutritional intake.^{1,2}
- Increasing the quality of foods in the food pantry helps participants meet some of the daily recommended dietary requirements for healthy living.²
- Community engagement in research is vital to ensure that change occurs. It is implemented with trust³, feedback⁴, and sharing of leadership roles in research⁵.
- Altamed launched *My Community, My Health Coalition (MCMH)* and the *Community Organizing Institute (COI)* and partnered with *DESI* to improve the DESI food pantry.
- The COI has a current focus on decreasing sugary foods and drinks to improve oral health.

OBJECTIVES

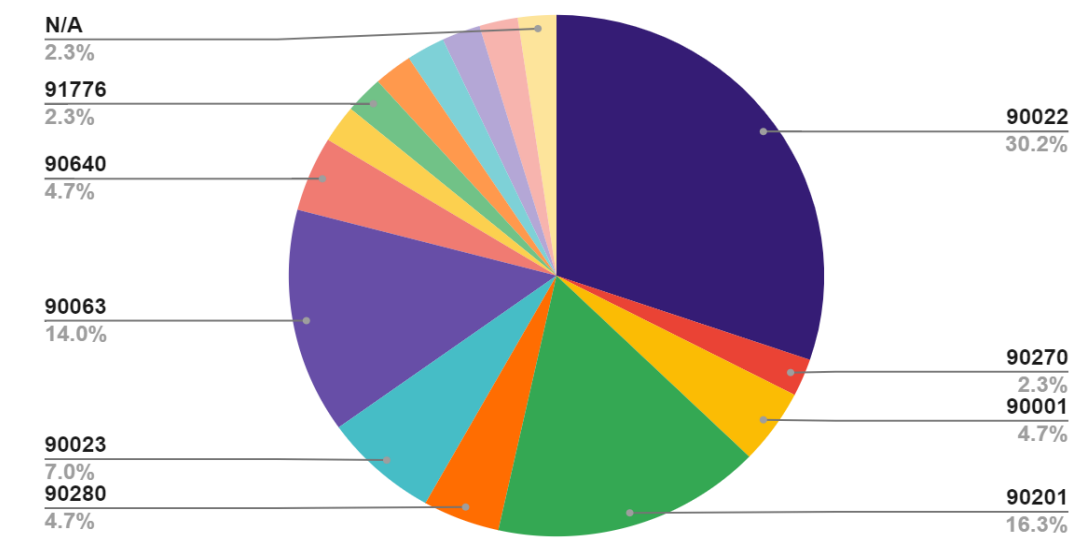
- Gauge participants healthy eating choices, food pantry use, accessibility to food pantry, and assessment of food insecurity.
- Use the data to create healthy food pantry policy and healthcare based solutions to address food insecurity with patients.

METHODOLOGY

- Survey created by SELA Health Allies, project leaders, PLCP and HCOP scholars.
- Survey was printed consisting of 14 questions.
- Survey was distributed at DESI food pantry on July 9th to 43 spanish and english speaking participants.
- Those who participated received a \$10 visa card.
- Data was organized into excel sheet to perform a t-test and gather the percentage of participants per response.

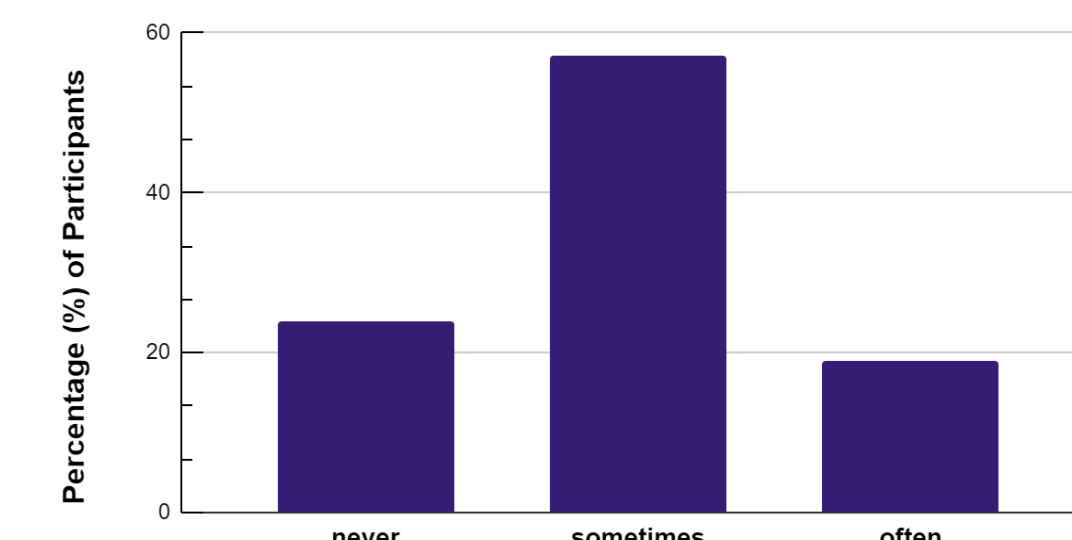
RESULTS

Zip Code of Food Pantry Participants



The top three zip codes people came from were 90022 (30.2%), 90201 (16.2%), 90063 (13.9%).

Worry About Running out of Food Before Having Money to Buy More in Past 12 months

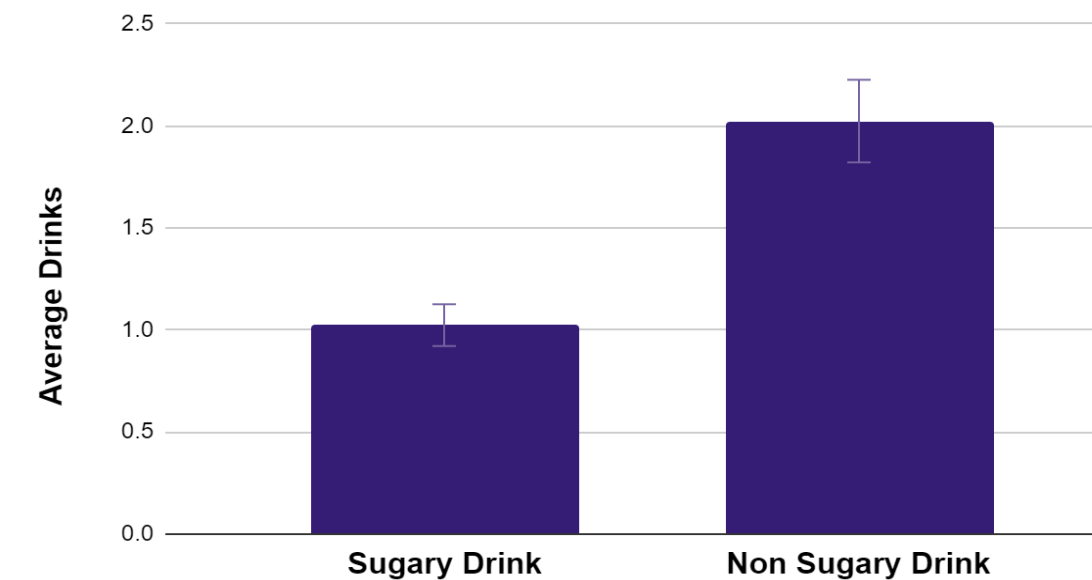


19.8 % of participants were worried about running out of food before having money to buy more in the past 12 months often, 57.1% sometimes and 23.1 % percent never.

Visibility of sign from the nearest street	Percentage (%) of participants
Visibility	67.4
Not Visible	7
No sign	9.3
Other	16.2

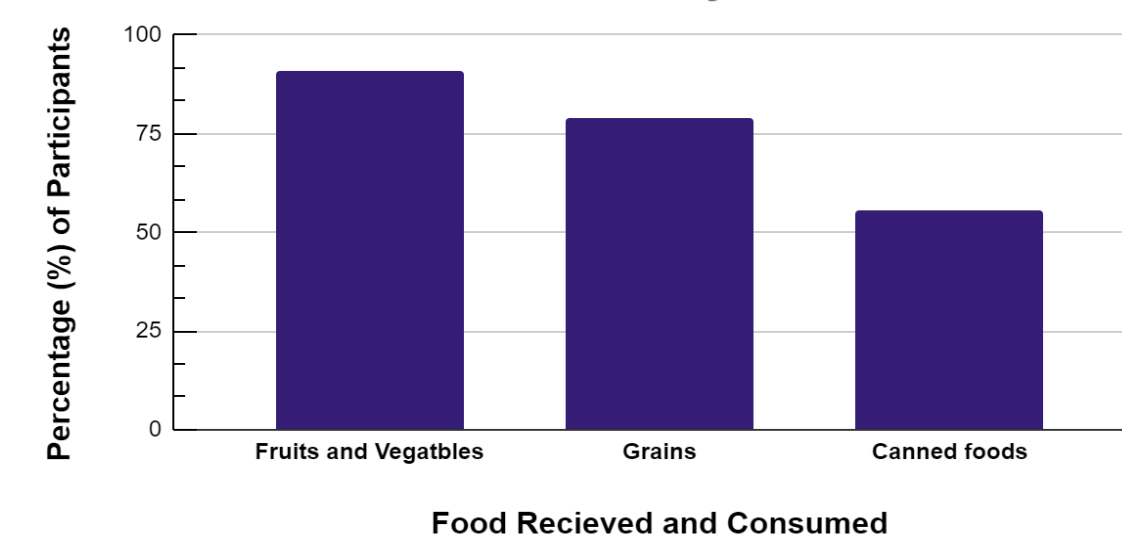
67.4 % participants said the sign was visible for the food pantry. However, 7 % said it was not visible and 9.3% said there was no sign.

Sugary Drink vs Non-sugary Drink Daily Consumption



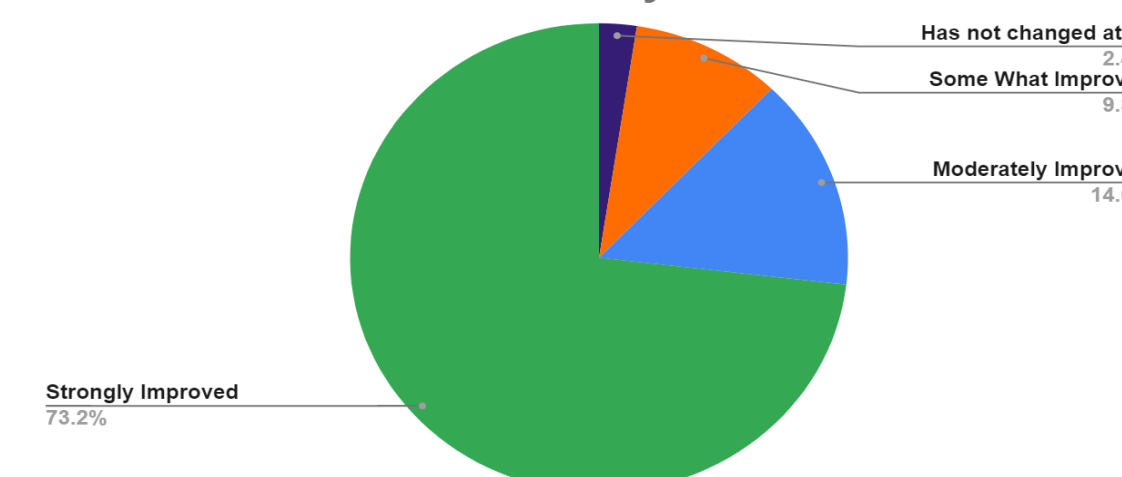
Using a t-test, a significance between the amount of sugary vs non sugary drinks consumed daily was seen (p= 0.0000061, p<0.05).

Type of Food Received and Consumed from the Food Pantry



90.7% received and consumed fruits and vegetables, 79.1% grains, and 55.8% canned foods.

Access to Fresh & Healthy Foods with Use of Food Pantry



73.2% affirmed strong improvement to access to fresh and healthy foods with use of the food pantry.

CONCLUSION

- The third highest represented zip code, 90201, representing Bell Gardens is farther than the top two zip codes, 90022 and 9063. This may be due to participants from farther cities preferring the DESI food pantry over the food pantries in their area because of the access to healthier foods.

- Non-sugary drinks were consumed significantly less than sugary drinks daily. This helps in assessing the impact the sugary drinks have on oral health.
- Despite the DESI food pantry, participants still experienced food insecurity. However, for 26% of our participants it was their first time going to the food pantry.
- Improvements made on the food in DESI food pantry were confirmed when 73.2 % percent of our participants claimed a strong improvement to their access to healthier and fresh foods and 90.7% of participants receiving and consuming fruits and vegetables from the food pantry.
- While some participants said the sign was visible, there needs to be improvement to the signage for the food pantry.

RECOMMENDATIONS

- Improve visibility of signage to improve this for better access.
- Survey participants for how the food pantry is meeting the necessary dietary requirements by vitamins, micronutrients, and macronutrients.²
- Partner with clinics and medical providers to collect clinical metrics such as blood pressure, A1C and cholesterol to see if the food changes in the pantry have helped reduce these numbers.⁶

ACKNOWLEDGEMENTS

- NMF Primary Care Leadership Program
- AltaMed Commerce, CA
- Dr. Gloria Montiel, Noemi Mendez, Corina Martinez and Alicia Rodarte
- Erick Leyva, Dr. Angulo, and Dr. Liu
- AltaMed Health Services Corporation

References
1. Katie S. Martin, Rong Wu, Michele Wolff, Angela G. Colantonio, James Grady, A Novel Food Pantry Program: Food Security, Self-Sufficiency, and Diet-Quality Outcomes, *American Journal of Preventive Medicine*, Volume 45, Issue 5, 2013, Pages 569-575, ISSN 0749-3797, <https://doi.org/10.1016/j.amepre.2013.06.012>.
2. Mousa TY, Freeland-Graves JH. Impact of food pantry donations on diet of a low-income population. *Int J Food Sci Nutr*. 2019 Feb;70(1):78-87. doi:10.1080/09637486.2018.1466271. Epub 2018 Apr 27. PMID: 29701137.
3. Lloyd Michener, M., Cook, J., Ahmed, S. M., Yonas, M. A., Coyne-Beasley, T., & Aguilar-Gaxiola, S. (2012). Aligning the goals of community-engaged research: why and how academic health centers can successfully engage with communities to improve health. *Academic Medicine*, 87(3), 285.
4. Battaglia TA, Pamphile J, Bak S, Spencer N, Gunn C. Connecting Community to Research: A Training Program to Increase Community Engagement in Research. *Prog Community Health Partnersh*. 2019;13(2):209-217. doi: 10.1353/cpr.2019.0021. PMID: 31178456; PMCID: PMC6667830.
5. Ward M, Schulz AJ, Israel BA, Rice K, Martenies SE, Markarian E. A conceptual framework for evaluating health equity promotion within community-based participatory research partnerships. *Eval Program Plann*. 2018 Oct;70:25-34. doi:10.1016/j.evalproplan.2018.04.014. Epub 2018 Apr 30. PMID: 29894902; PMCID: PMC6077092.
6. Castetbon K, Grange D, Guibert G, Vernay M, Escalon H, Vincelet C. Recent changes in sociodemographic characteristics, dietary behaviors and clinical parameters of adults receiving food assistance in France. *BMC Public Health*. 2016 Aug 12;16(1):779. doi: 10.1186/s12889-016-3443-9. PMID: 27515521; PMCID: PMC4982436.