Mesa County Leadership Forum
The Colorado Health Foundation sees increasing food access as an impactful strategy for improving health outcomes and lifting families out of poverty.

- Held a statewide listening tour in 2015-2016
  - Strong interest from foundation, health, and hunger leaders to develop a statewide Blueprint to End Hunger

- **Colorado Blueprint to End Hunger** released in January 2018
Structure of Day
Intro Remarks
Hunger in Colorado

1 in 10 Coloradoans (10.35%) struggle with hunger, not always having enough money to buy food.

1 in 6 Colorado kids (16%) may not always know when or where they will get their next meal.

1 in 10 Colorado seniors (10.17%) struggle with having enough food.
An estimated 20,780 residents in our county, 14%, are not always sure where they’ll get their next meal.

This is 1 in 7 Mesa County residents.
Food Security and Health Outcomes

**FOOD SECURITY LEADS TO:**

- Reduced Obesity, Diabetes, and Malnutrition
- Lowered Risk for Heart Disease & High Blood Pressure
- Lower levels of stress
- Decreased depression
- Significantly lower rates of suicide in adolescents
- Decreased behavioral problems in youth
FOOD SECURITY FOR CHILDREN LEADS TO:

- Healthier babies, longer gestation, higher birth weights, lower infant mortality
- Improved educational outcomes and higher test scores
- Improved early childhood development and higher long-term returns on human capital
- Significantly lower rates of obesity
- Secure attachments and better mental proficiency at 24 months of age
- Fewer school absences and fewer visits to the school nurse
Impacts of Food Security on Health Outcomes

- Reduced Obesity, Diabetes, and Malnutrition
- Lowered Risk for Heart Disease & High Blood Pressure
- Lower levels of stress, anxiety, depression
- Decreased depression in seniors
- Higher educational attainment

FOOD SECURITY FOR ADULTS LEADS TO:
FOOD SECURITY FOR SENIORS LEADS TO:

- Substantially lower rates of diabetes
- Significantly lower rates of depression
- Greater independence with fewer limitations on daily living activities
- Reduced rates of preventable hospitalizations
- Significantly reduced health care and Medicaid costs
- Lower rates of nursing home utilization
Food Security & Seniors

- 50% less likely to be diabetic
- 5x less likely to suffer from depression
- Fewer limitations in their activities of daily living
- Food secure seniors are less likely to have hospitalizations
- Lower nursing home utilization
- Food security lowers Medicaid costs than food secure seniors

SNAP generates $48 million in economic stimulus to Mesa County

Food Security and our Economy

- Estimated $1.2 – $2.1 Billion in health care costs due to hunger in Colorado per year
- SNAP directly saves $1409 in health care costs per person per year
- SNAP and WIC generated about $1.4 Billion in CO economic development
- SNAP generates $48 million in economic stimulus to Mesa County
### 2018 Kids Count Data

<table>
<thead>
<tr>
<th></th>
<th>Colorado</th>
<th>Mesa County</th>
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<tbody>
<tr>
<td>Unemployment Rate, November 2017</td>
<td>2.9%</td>
<td>3.7%</td>
</tr>
<tr>
<td>Poverty rate</td>
<td>12.9%</td>
<td>15.4%</td>
</tr>
<tr>
<td>Children under 18 in Poverty, 2016</td>
<td>13.4%</td>
<td>17.8%</td>
</tr>
<tr>
<td>Median Household Income, 2016</td>
<td>$65,718</td>
<td>$49,825</td>
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Goals of the **Colorado Blueprint to End Hunger**

<table>
<thead>
<tr>
<th></th>
<th><strong>Increase public awareness</strong> that solving hunger is vital to the health and well-being of individuals and families, and the Colorado economy.</th>
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<tbody>
<tr>
<td>2</td>
<td><strong>Increase access to affordable, nutritious food</strong> in communities.</td>
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<tr>
<td>3</td>
<td><strong>Increase access to food assistance and nutritious food</strong> through community-based organizations.</td>
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<tr>
<td>4</td>
<td><strong>Maximize SNAP and WIC enrollment</strong> to propel Colorado to become a leading state for enrollment.</td>
</tr>
<tr>
<td>5</td>
<td><strong>Maximize participation</strong> in Federal Child Nutrition programs.</td>
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</tbody>
</table>
Action Steps from Colorado Blueprint to End Hunger

Here’s What YOU Can Do To End Hunger

All Coloradans have access to affordable and healthy food in their communities.

Ending hunger in our state is possible. It will take all of us to create positive change in large and small ways in our communities, our state houses and town halls, schools, businesses, and places of worship.

One out of 10 of our Colorado neighbors is hungry today. Here’s what you can do:

- **Increase awareness about hunger and solutions within your community.** If you are experiencing hunger, share your story.
- **Learn about hunger in your community.** Look at the data, prevalence of hunger and your community’s performance in addressing hunger (gop.pro/byeandendhungersurvey).
- **Talk to your neighbors struggling with food insecurity about their experiences and ideas.** Exchange information about community resources and nutrition benefits.
- **Help set up summer meals programs for kids.** Great sites include schools, child and youth centers, local parks, libraries, and for an intergenerational program, partners with a senior center.

- **Get involved with local schools to advocate for equal access to breakfast and lunch and after-school meals and snacks.** Help your schools address increasing rates of hunger/hunger.
- **Talk to your health care providers about the prevalence of hunger, the health impacts of hunger and how you can help their food insecure patients.**
- **Meet with your legislators and let them know that hunger in Colorado is solvable.** The majority of Colorado voters support efforts to end hunger, and ask they will support anti-hunger efforts.
- **Volunteer at local agencies supporting food insecurity.** Teach healthy cooking classes. Help stock food banks for your local food bank pantry help deliver meals to those in need.

- **Talk to your favorite food businesses about ways they can support your local community—by donating food and/or money and raising awareness of hunger.**
- **Donate your time and money.** Host a fundraising dinner with friends, to engage your social circle in solving hunger.
- **Get involved with local and urban gardens and donate your harvest to local nonprofits.**
- **Support local farmers in efforts to increase access to healthy foods.** Help harvest food. Support tax incentives for Colorado Proud food donations. Support farm-to-school initiatives.
Mesa County Landscape
<p>| | |</p>
<table>
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<tr>
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<tbody>
<tr>
<td>#1: Strengthen Hunger Relief Organizations</td>
<td></td>
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<tr>
<td>#2: Address Out-of-School Hunger</td>
<td></td>
</tr>
<tr>
<td>#3: Increase Fresh Produce for Hunger Relief</td>
<td></td>
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<tr>
<td>#4: Expand Food Recovery</td>
<td></td>
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<tr>
<td>#5: Involve Health Care Providers</td>
<td></td>
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<tr>
<td>#6: Spread Public Awareness</td>
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</tbody>
</table>
#1: Strengthen Hunger Relief Organizations

Soup kitchens and food pantries from Palisade to Fruita
Growing Needs in Recent Years

- Catholic Outreach:
  - 2014: 68,400
  - 2017: 71,405

- Gray Gourmet:
  - 2014: 106,338
  - 2017: 120,212
Community Food Bank

Incoming Donations of Food to Sort and Store

2017: 2,000
2018: 4,000

COLORADO BLUEPRINT TO END HUNGER
Community Support

- Businesses, civic clubs, CMU student body activities
- **78,000 lbs.** of food donated through US Postal Service Stamp out Hunger food drive
- **167** RSVP volunteers gave their time to ten hunger relief groups
Getting to the Next Level

• Develop capacity of hunger relief organizations to handle increasing numbers of clients
  • Funding
  • Donated food items
  • Volunteers
  • Delivery vehicles
  • Expanded facilities and access to equipment

• Encourage greater collaboration and coordination amongst hunger relief organizations to increase efficiencies
How might we support our local hunger relief groups meet increasing demands?
Out-of-School = Anytime students are not in school

1. Weekends
2. Holidays, Spring and Winter Breaks
3. Summer Break
Free and Reduced Lunch Rates in Mesa County

- Free and reduced lunch rate of **44.8%**
- **11,120** students qualify
## Summer Break – Getting Food to Kids

<table>
<thead>
<tr>
<th>2017 Program</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>D51’s Lunch Lizard Meals</td>
<td>24,315</td>
</tr>
<tr>
<td>D51’s Summer School Meals</td>
<td>3,696</td>
</tr>
<tr>
<td>Food Bank of the Rockies Meals</td>
<td>2,235</td>
</tr>
<tr>
<td>Kids Aid Weekend Bags of Food</td>
<td>4,556</td>
</tr>
<tr>
<td><strong>Total Provision</strong></td>
<td><strong>34,802</strong></td>
</tr>
</tbody>
</table>
Lunch Lizard Summer Mobile Meals
Weekend Food - Kids Aid Backpack Program

Over 2,100 bags distributed weekly in 2017/18 school year
Expanding Kids Aid’s Impact
HOW MIGHT WE?
#3: Increase Fresh Produce for Hunger Relief

- **Increase fresh produce** for hunger relief agencies and communities in need
- **Support community gardens and local farmers**

![Community Garden Images]
Community Alliance for Education and Hunger Relief

Over 90,000 pounds donated to hunger relief organizations
#4: Expand Food Recovery

**Food Recovery:** Taking food that would otherwise go to waste from restaurants, grocery stores, or dining facilities and distributing it to local food assistance programs.
The Surplus Project (Chicago)
Recovered Food - Info and Delivery

Available on the App Store

COLORADO BLUEPRINT TO END HUNGER
Sodexo at CMU

- Sodexo Dining Services donates food, CMU students of the Food Recovery Network weigh, prepare for pick-up or distribute
- **1,100 pounds** donated monthly to Catholic Outreach, Homeward Bound and The House
“If children are poor, then almost one in two is food insecure. Unless you ask, you won’t be able to tell which child is going to bed hungry...”

- Benard P. Dreyer, M.D., President, American Academy of Pediatrics (2016)
Screening for Food Insecurity
HOW MIGHT WE?
#6: Spread Public Awareness

**Local**

**Food bank expands its hours**

By AMY KIRKMIT
Dey Foodbank.org

Working people who need occasional food assistance can’t make it to the Community Food Bank during the weekday. For the better part of the week, the emergency food bank will offer food pick-ups from 3-7 p.m. on Thursdays, starting July 5.

“We do get the phone calls from people who say I can’t get to you during the day,” Community Food Bank Executive Director Emily Alonso said. “They say, I can’t get back home to get the food in my fridge and get back to work.”

Mesa County residents in need of food assistance can utilize the food bank up to twice a year.

**FOOD BANK HOURS**

The food bank operates out of a building at 232 W. Colorado Ave. Hours are Monday through Thursday from 10 a.m. to 4 p.m. on Tuesdays and Thursdays.

- **Food pickup**
  - 3:30 p.m. Monday
  - 3:30 p.m. Tuesday
  - 3:30 p.m. Wednesday
  - 9 a.m. to 4 p.m. Thursday
  - 9 a.m. to 4 p.m. Friday

Alonso said the food bank accepts donations of cash and food, including fresh produce from local gardens.

**16.2 Million Kids Go Hungry in the U.S.**

- **7.870 Kids hungry in Mesa County**

COLORADO BLUEPRINT  TO END HUNGER
After Break – At 10:45

1. Get in a small group of three people
   (preferably people you don’t know very well)

2. Discuss in five to ten minutes:
   (a) What was most surprising or interesting to you?
   (b) What should our community work on first?

3. Report back to group in plenary
Plenary Discussion: Our Community’s Next Steps
Thank you for your participation!