

# The Role Of Checks And Life Counseling In FoodBanks

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## Background

In March 2021, our association started distributing food once a month, commonly known as a "food bank," to support individuals facing hardships during the COVID-19 pandemic. **Hospitals also support this activity**, and the number of users is consistently over 100. **From the perspective of SDH**, we felt the need to support the health of food bank users. Therefore, the hospital decided that the hospital's social security committee would conduct **health checks** and **lifestyle counseling** for the participants.

## Methods

### [ In research period ]

from April 2023 to March 2024,once a month

[ Place ] food bank venue

### [ The participating staff ]

doctors, nurses, registered dietitians, medical office workers, and social workers.

### [ Details of implementation ]

1.Hospital staff will **measure blood pressure, grip strength**, and **body fat** for food bank users.

2.The staff asked the users about **their health and the problems in their lives**.

We did not ask users for detailed personal information because we value confidentiality.

## Results

**11 times** held

**47 staff** members participated

**160 users** of the consultation



## [ The Case Examples / Health Checks ]

case1

Some people had blood pressure above 200

➤ **Doctor** recommended receiving medicine immediately.

case2

Someone asked "What should I be mindful of in my diet to build physical strength?".

➤ **Registered dietitian** taught effective ways to consume protein.

case3

While others had long and dirty nails.

➤ **Nurse** cut the nails,then we talked about the need to keep them clean.

## [ The Case Examples / Lifestyle Counseling ]

case4

"I am having difficulties in living, but it is difficult to consult with the welfare office"

case5

"I am not receiving medical treatment because I am worried about the medical costs."

case6

Even if they did not consult on the spot, some people came to the hospital later to consult about their lives.

➤ **Social workers** listened to people who needed to use the social security system.

## Conclusions

①Regular involvement of medical professionals

**improved contributes to health literacy.**

②The consultation on daily life was an **opportunity to introduce the system** that medical professionals can use to **understand their living conditions.**

③Through this initiative, hospitals have come to be recognized as **"local consultation desks in times of trouble."**

### [Relevance to HPH]

Various professionals worked together to conduct health checks and lifestyle consultations. This activity will help understand residents' lives and health conditions and solve health disparities in the community.

### [Relation to conference main theme]

Approaches for Health Promoting Hospitals and Health Services to improve health equity of their patients.

### [Relation to one of the HPH Task Forces]

Socially disadvantaged groups and minorities health.