The Role Of Checks And Life Counseling In FoodBanks

Oizumi health cooperative hospital/Tokyo,Japan Tomoe Kumamoto,Taeko kudoh,Osamu Kondoh,Madoka Fujitani,Hiroto Takahashi Eri Yoshida, Fumihiro Saitoh



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

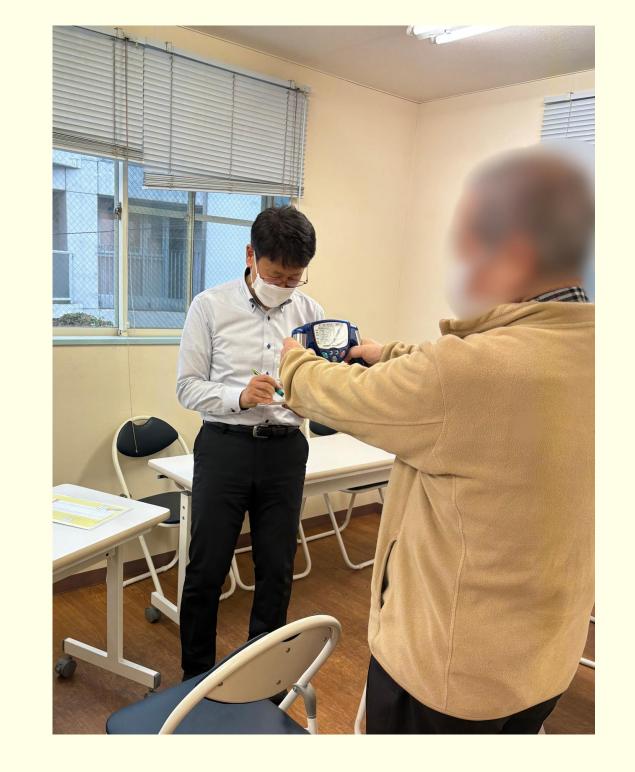
11 times held

47 staff members participated

160 users of the consaultation







[The Case Examples / Health Checks]

case1

Some people had blood pressure above 200

C Doctor recommended receiving medicine immediately.



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





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]



"I am having difficulties in living, but it is case4 difficult to consult with the welfare office"



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



Even if they did not consult on the spot, case6 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

1) Regular involvement of medical professionals improved contributes to health literacy.

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

3 Through 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.