

HealthySteps Ensures Families' Basic Needs are Met



SEE HOW HEALTHYSTEPS SUPPORTS SARAH'S FAMILY

Becky brings her daughter Sarah to her 12-month well-child visit. Lately, Becky worries everyday about having enough food to feed Sarah and her two older children. She feels isolated and overwhelmed...

Without HealthySteps, Sarah Does Not Experience Optimal Health and Well-Being

Becky and Sarah arrive for their visit. The practice does not screen for basic social needs or caregiver well-being. Becky worries about being labeled a bad parent and doesn't tell the pediatrician about her problems.



The pediatrician is not aware that the family is struggling or that mom is feeling so overwhelmed. Neither Becky's functioning or Sarah's social-emotional development are discussed during the 15-minute well-child visit.

When Sarah is enrolled in preschool, her caregivers report concerns about her behavior, peer relationships, and school readiness skills.



Sarah does not experience optimal health and well-being. Sarah is fussy and irritable often. She struggles to regulate her emotions, play, and learn.



Becky expends almost all her energy every day on meeting the basic needs of her family. Becky has little capacity left to engage Sarah in parent-child activities that promote brain development, social-emotional health, and attachment.

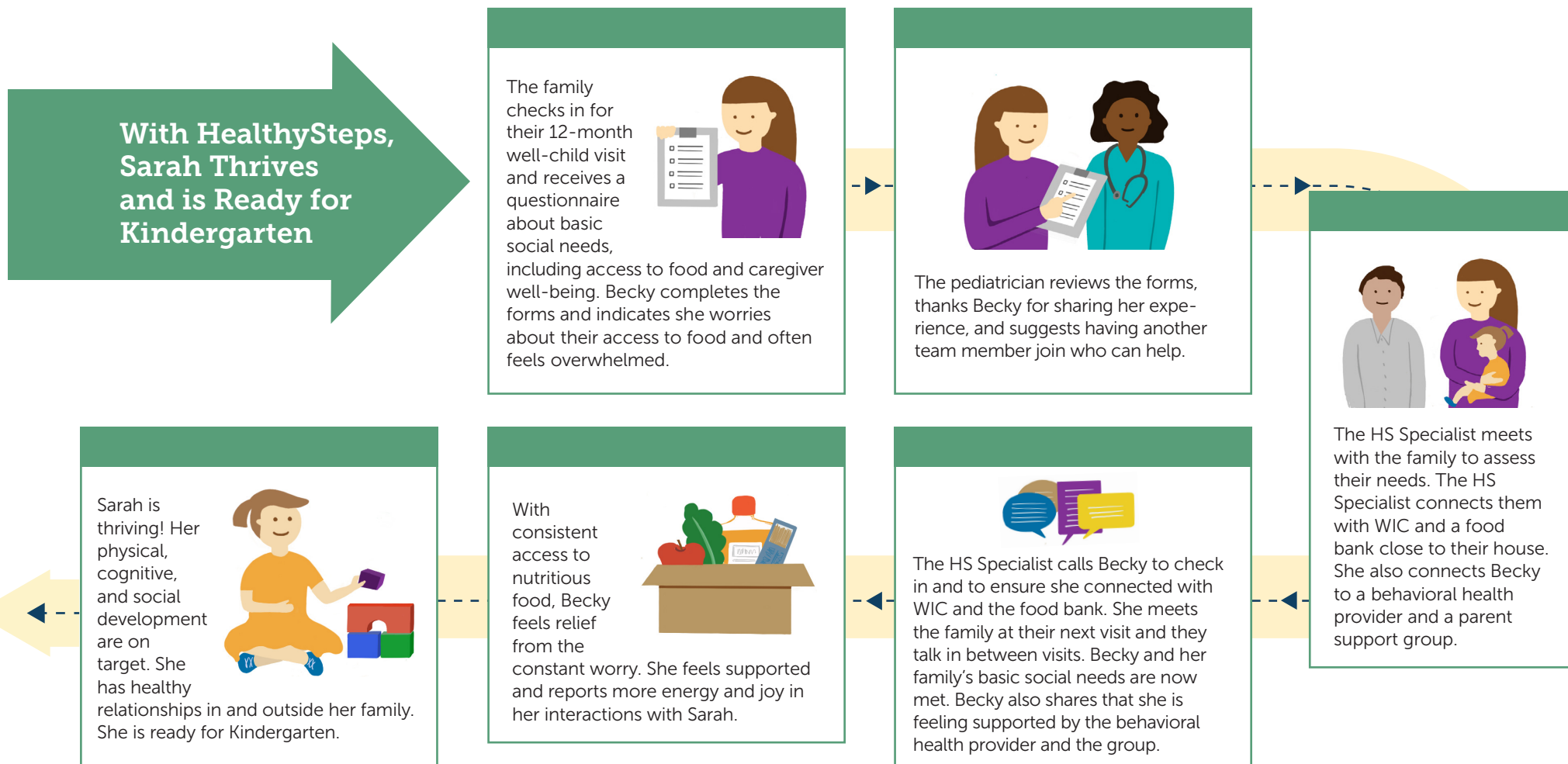


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Food insecurity is a health-related unmet social need that can harm a child's health, development, and well-being and it increases caregiver stress.¹ According to the American Academy of Pediatrics (AAP) and the Food Research & Action Center, 1 in 7 children experience food insecurity and hunger, meaning their families have limited or uncertain access to food. The COVID-19 pandemic increased food insecurity to as high as 1 in 4 children.²

The AAP recommends that pediatricians screen families for food insecurity and connect them to needed community resources. HealthySteps requires universal screening of families with children ages 0-3 for family needs, including food insecurity, and connects families to community resources.

Explore HealthySteps outcomes at healthysteps.org/the-evidence.



1 "Promoting Food Security for All Children." PEDIATRICS, vol. 136, no. 5, 2015, pp. e1431-38. Crossref, doi:10.1542/peds.2015-3301.

2 Ashbrook, JD, LLM, Alexandra, et al. "Screen and Intervene: A Toolkit for Pediatricians to Address Food Insecurity." Food Research & Action Center, American Academy of Pediatrics, Jan. 2021, frac.org/wp-content/uploads/FRAC_AAP_Toolkit_2021.