

Nutrition Security Screening Tool

Tufts University, Kaiser Permanente, and Los Angeles Department of Public Health have developed a **2-item Nutrition Security Screener (NSS)**. The NSS includes a short preamble (below) to help characterize a common definition of healthy foods for the respondent, followed by two questions.

[Preamble] The next questions are about eating healthy foods – foods that support your health and well-being. Healthy foods include things like fruits, vegetables, whole grains, beans, nuts, yogurt, and fish. These foods can be fresh, frozen, or canned; and don't have to be organic. Less healthy foods can include foods that are highly processed, pre-packaged, and can be high in salt, starch, sugar, and/or unhealthy fats.

While the optimal scoring of the NSS requires more research, one possibility is to define low food security as responses of “somewhat hard” to question 1; and very low food security as responses of “hard” or “very hard.” Responses to question 2 could also be integrated into scoring of the NSS – more research is needed to validate best approaches.

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The next questions are about healthy foods - foods that support your health and well-being. These foods include, for example, fruits, vegetables, whole grains, beans, nuts, yogurt, and fish. These foods can be fresh, frozen, or canned; and don't have to be organic. Less healthy foods can include foods that are highly processed, packaged, and high in salt, starch, sugar, and unhealthy fats.

1. Thinking about the last 12 months, how hard was it for you or your household to regularly get and eat healthy foods?
 - a. Very hard [continue to q2]
 - b. Hard [continue to q2]
 - c. Somewhat hard [continue to q2]
 - d. Not very hard
 - e. Not hard at all
 - f. [voluntary response] Don't know [continue to q2]
 - g. [voluntary response] Refused [continue to q2]

2. People have different reasons for eating or not eating healthy foods. Please tell me which, if any, of the following reasons were true for you or your household in the last 12 months.

Answer options include often true, sometimes true, or never true [for electronic survey randomize statements below] [voluntary responses: Don't know, refused]

 - a. Healthy foods are too expensive
 - b. There aren't a lot of healthy food choices at the stores where I usually shop
 - c. Stores or food pantries with healthy foods are too far away or hard to reach
 - d. I don't have a car or other transportation to reach stores or food pantries that have healthy foods
 - e. I don't have enough time to shop for healthy foods
 - f. I don't have enough time to cook healthy foods
 - g. My cooking equipment or storage space is not enough to prepare healthy foods
 - h. I don't know how to cook healthy foods
 - i. I don't know which foods are considered healthy foods
 - j. I or my family don't like the taste of healthy foods
 - k. Some of the foods from my culture are hard to make healthy
 - l. I'm not sure I qualify for food assistance programs like food stamps (also known as SNAP or EBT) or WIC that help me buy healthy foods
 - m. I have mobility challenges or physical limitations that make it difficult for me to prepare and eat healthy foods.
 - n. Other - please specify: _____

Nutrition Security Screener: Written Survey, in Spanish

<p>I would like to ask you more about potential challenges around eating healthy foods --- foods that support your health and well-being. Healthy foods include things like fruits, vegetables, whole grains, beans, nuts, yogurt, and fish. These foods can be fresh, frozen, or canned; and don't have to be organic. Less healthy foods are foods highly processed, pre-packaged, and can be high in salt, starch, sugar, and/or unhealthy fats.</p>	<p>Me gustaría preguntarle más acerca de los posibles desafíos relacionados con el consumo de alimentos saludables --- alimentos que apoyan su salud y bienestar. Los alimentos saludables incluyen cosas como frutas, vegetales, granos enteros, frijoles, nueces, yogur y pescado. Estos alimentos pueden ser frescos, congelados o enlatados; y no tienen que ser orgánicos. Alimentos menos saludables son alimentos altamente procesados, pre-empacados y pueden tener un alto contenido en sal, almidón, azúcar o grasas no saludables.</p>
<p>If person lives alone:</p> <p>1. Thinking about the last 12 months, how hard was it for you to regularly obtain and eat nutritious foods that support your health and well-being?</p> <ul style="list-style-type: none"> a) Very hard b) Hard c) Somewhat hard d) Not very hard e) Not hard at all f) Don't know/prefer not to answer <p>If person lives with others:</p> <p>1. Thinking about the last 12 months, how hard was it for you to regularly obtain and eat nutritious foods that support your family's health and well-being?</p> <ul style="list-style-type: none"> a) Very hard b) Hard c) Somewhat hard d) Not very hard e) Not hard at all f) Don't know/prefer not to answer 	<p>Si una persona vive sola:</p> <p>1. Pensando en los últimos 12 meses, ¿qué tan difícil fue para usted obtener y comer regularmente alimentos nutritivos que apoyen su salud y bienestar?</p> <ul style="list-style-type: none"> a) Muy difícil b) Difícil c) Un poco difícil d) No muy difícil e) Para nada difícil f) No lo sé/prefiero no contestar <p>Si una persona vive con alguien más:</p> <p>1. Pensando en los últimos 12 meses, ¿qué tan difícil fue para usted obtener y comer regularmente alimentos nutritivos que apoyen la salud y el bienestar de su familia?</p> <ul style="list-style-type: none"> a) Muy difícil b) Difícil c) Un poco difícil d) No muy difícil e) Para nada difícil f) No lo sé/prefiero no contestar

18.b If patient answered very hard, hard, or somewhat hard to previous question:

People have different reasons for eating or not eating healthy foods. Please tell me which, if any, of the following reasons were true for you or your household in the last 12 months.

Answer options include often true, sometimes true, or never true [for electronic survey randomize statements below] [voluntary responses: Don't know, refused]

1. Healthy foods are too expensive
2. There aren't a lot of healthy food choices at the stores where I usually shop
3. Stores or food pantries with healthy foods are too far away or hard to reach
4. I don't have a car or other transportation to reach stores or food pantries that have healthy foods
5. I don't have enough time to shop for healthy foods
6. I don't have enough time to cook healthy foods
7. My cooking equipment or storage space is not enough to prepare healthy foods
8. I don't know how to cook healthy foods
9. I don't know which foods are considered healthy foods
10. I or my family don't always like the taste of healthy foods
11. Some of the foods from my culture are hard to make healthy

18.b Si un paciente respondió muy difícil, difícil o algo difícil a la pregunta previa:

Las personas tienen diferentes razones para comer o no comer alimentos saludables. Dígame cuál de las siguientes razones fue cierta para usted o su hogar en los últimos 12 meses.

Las opciones de respuesta incluyen a menudo cierto, a veces cierto o nunca cierto [para las declaraciones aleatorias de la encuesta electrónica a continuación] [respuestas voluntarias: No sé, no quiero contestar]

1. Los alimentos nutritivos son muy caros
2. No hay muchas opciones de alimentos saludables en las tiendas donde usualmente compro
3. Las tiendas o bodegas con alimentos saludables están demasiado lejos o son difíciles para llegar
4. No tengo coche u otro medio de transporte para llegar a las tiendas o bodegas que tienen comida saludable
5. No tengo suficiente tiempo para comprar comida saludable
6. No tengo suficiente tiempo para cocinar comida saludable
7. Mis utensilios de cocina o espacio de almacenamiento no son suficientes para preparar comida saludable
8. No sé cómo cocinar comida saludable
9. No sé qué tipo de alimentos se consideran saludables

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- 12. I'm not sure I qualify for food assistance programs like food stamps (also known as SNAP, CalFresh, or EBT) or WIC that help me buy healthy foods
- 13. I have mobility challenges or physical limitations that make it difficult for me to prepare and eat healthy foods.
- 14. Other - please specify: _____

- 10. A mí o a mi familia no siempre nos gusta el sabor de los alimentos saludables
- 11. Algunos de los alimentos de mi cultura son difíciles de hacer saludables
- 12. No estoy seguro si califico para programas de asistencia alimentaria como cupones de alimentos (también conocidos como SNAP, CalFresh o EBT) o Mujeres, Bebés y Niños (WIC) que me ayudan a comprar comida saludable
- 13. Tengo limitaciones físicas o de movilidad que me dificultan preparar y comer alimentos saludables
- 14. Otro: especifique:
