

# PREVALENCE OF FOOD AND NUTRITION INSECURITY AMONG CANCER PATIENTS AT AMERICAN CANCER SOCIETY HOPE LODGE®

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## BACKGROUND

- The ACS Hope Lodge offers a free place to stay for cancer patients and their caregivers when treatment is far from home
- Many Hope Lodge guests struggle with financial hardship, including resources for and access to healthy food
- Estimates of food insecurity among cancer survivors range from 4% - 86%, depending on the population;<sup>1</sup> 13.5% of households in the US experienced food insecurity in 2023<sup>2</sup>
- The **aim of this project** was to systematically screen Hope Lodge guests for food and nutrition insecurity to document the prevalence among guests

## METHODS

- Beginning in April 2024, guests checking in to 10 Hope Lodges were asked to complete a food and nutrition insecurity screener
- Food insecurity was assessed using the two-item Hunger Vital Sign<sup>TM</sup> and nutrition insecurity was assessed using the one-item screener developed by the Center for Nutrition and Health Impact<sup>3,4</sup>
- Guests who screened positive for food and/or nutrition insecurity were provided a \$100 Instacart Fresh Funds voucher for use at their discretion
- Upon check-out, guests who received the voucher were asked to complete a satisfaction survey

## RESULTS

Figure 1. ACS Hope Lodge locations screening for food/nutrition insecurity



Figure 3. Prevalence of food/nutrition insecurity at ACS Hope Lodges

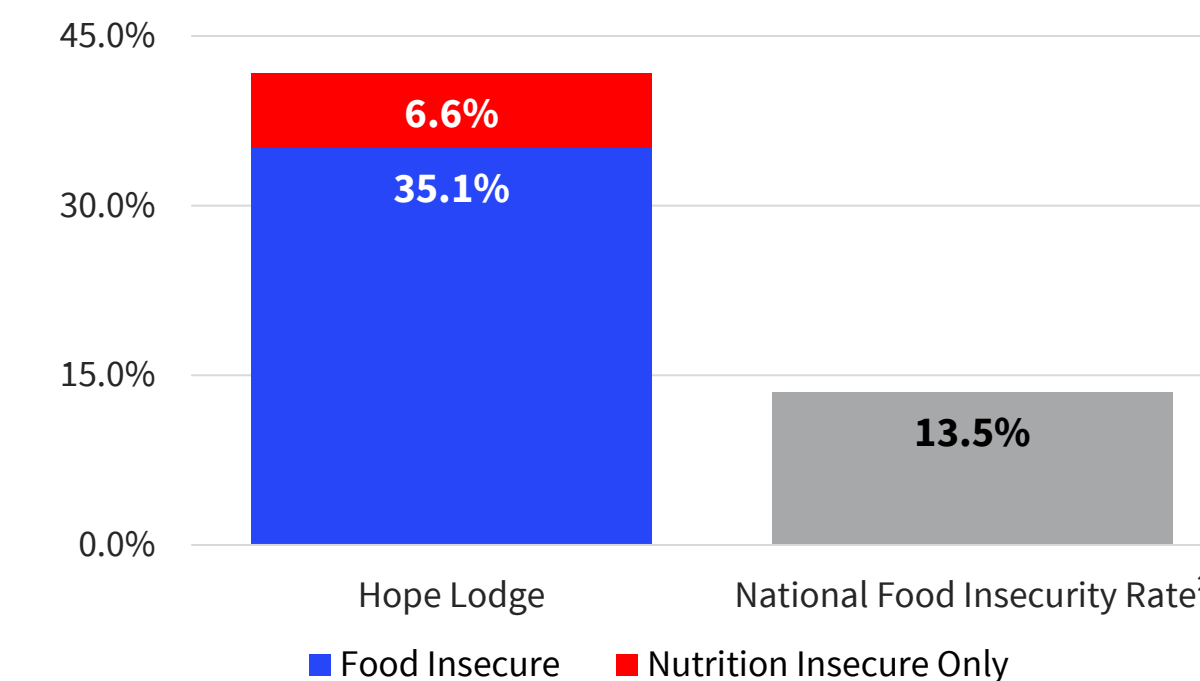


Figure 2. Guests screened for food/nutrition insecurity at ACS Hope Lodge

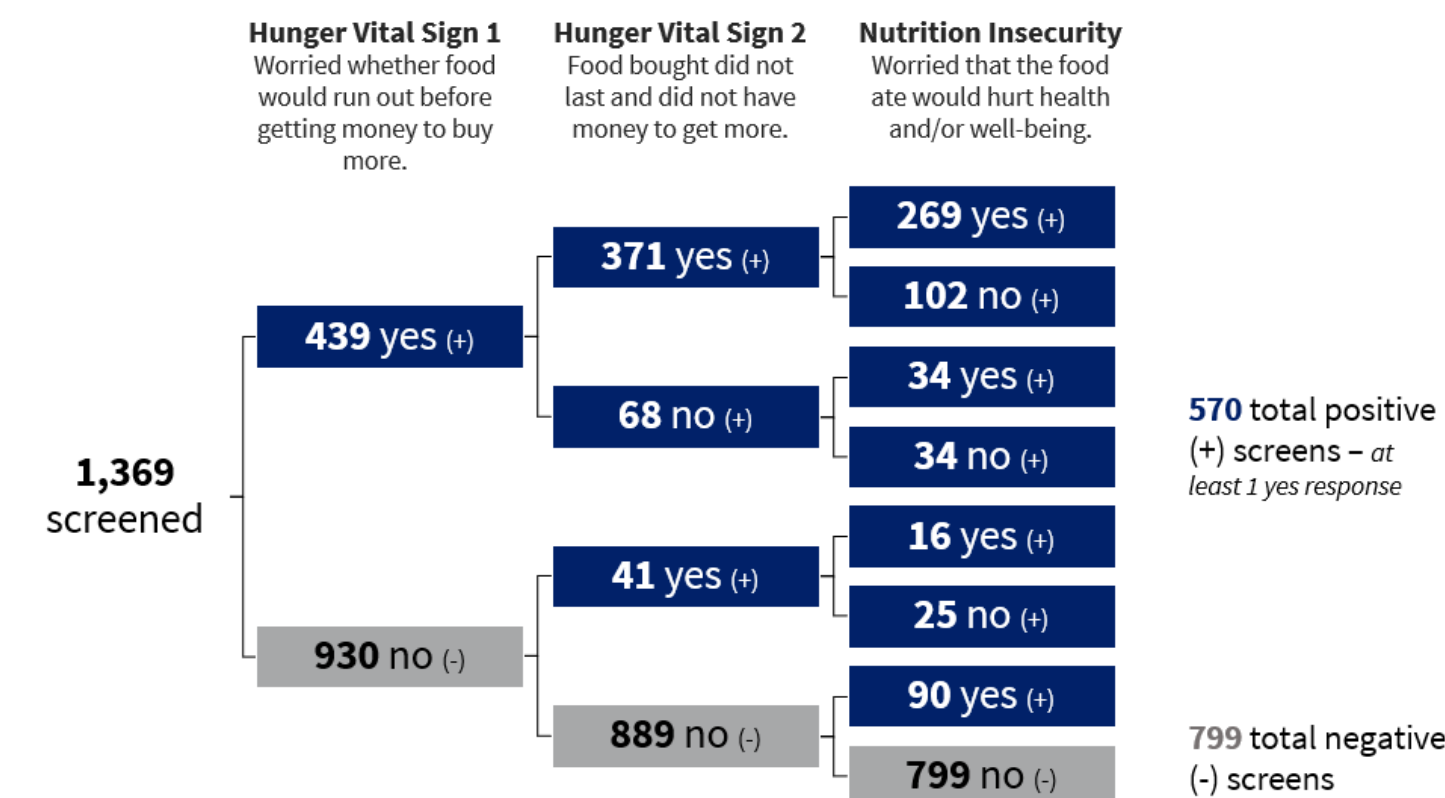
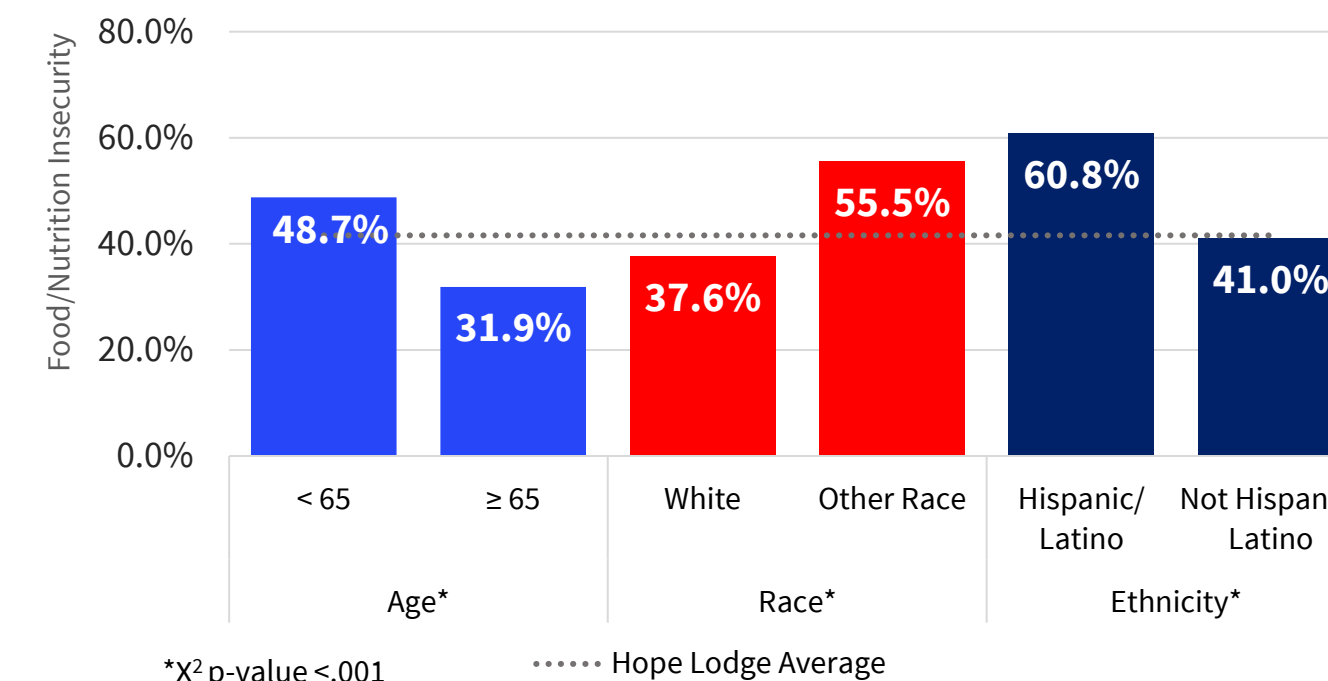


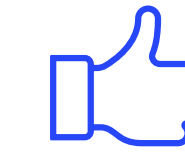
Figure 4. Prevalence of food/nutrition insecurity at ACS Hope Lodges among key demographic groups



## CONCLUSION

This is the first assessment of food and nutrition insecurity among ACS Hope Lodge guests. The high prevalence of food and/or nutrition insecurity - far higher than the national food insecurity rate of 13.5% - reinforces the critical need for interventions that provide access to healthy food for people with cancer. Guests who received the grocery voucher and responded to the satisfaction survey reported that it helped reduce their overall stress level, helped reduce worry about being able to afford groceries, helped them eat a healthy diet, and made it easier to keep up their strength or better tolerate their treatment.

## GUEST FEEDBACK

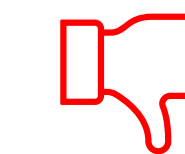


“I have no idea how we would have made it through without the funds that were provided to us.”

“I was so grateful for the free groceries. I am currently off work because of my illness and money for groceries was such a blessing.”

“As a cancer patient, it has been so important just to keep up my strength and to make sure that my caregiver is taken care of as well.”

“I found this to be very beneficial and I liked the convenience of not having to leave the lodge.”



“The only problem I had was figuring out how to connect to the store you choose.”

“Had some problems with charges to my card when I still had fresh funds available.”

“Staff had to put orders in because [guests] struggle with technology. Physical gift cards to [brick and mortar store] are preferred.”

## REFERENCES

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