**SUPPLEMENTAL DIGITAL CONTENT**

For

Combating Food Insecurity: Addressing Health Beyond an Empty Pantry

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**ABSTRACT:** Individuals and food insecure households who rely on food banks have a higher likelihood of chronic health conditions. A study of the *Action Family Program* at a faith-based community center demonstrated how nurses can impact food bank recipients’ health measures through health promotion interventions. Providing healthier food options with the weekly food distribution box, cooking demonstrations, health screenings, and health education resulted in reduced weight, and decreased systolic and diastolic blood pressure measurements.

**KEY WORDS:** community health; faith community; food bank; food insecurity; health education; health promotion; nursing; Pender’s Health Promotion Model

Paired Sample *t* Tests Pre- and Post Means for Weight, Systolic and Diastolic Blood Pressure, BMI, and Heart Rate

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Paired Sample Tests** |  |  |  |  |
|  | Paired Differences | t | df | Sig. (2tailed) | Cohen’s *d* |
| Mean | Std. Dev. | Std. Error Mean | 95% Confidence Interval of the Difference |
| Lower | Upper |
| Pair 1 | Wt. 1 – WT. 12 | 6.364 | 10.08 | 1.503 | 3.336 | 9.3928 | 4.236 | 44 | 0.005 | 0.637 |
| Pair 2 | Systolic 1 – Systolic 12 | 6.644 | 15.84 | 2.362 | 1.885 | 11.404 | 2.813 | 44 | 0.007 | 0.450 |
| Pair 3 | Diastolic 1 – Diastolic 12 | 3.044 | 9.613 | 1.433 | 0.156 | 5.932 | 2.125 | 44 | 0.039 | 0.51 |
| Pair 4 | BMI 1 – BMI 12 | 0.982 | 1.767 | 0.263 | 0.451 | 1.5129 | 3.730 | 44 | 0.001 | 0.567 |
| Pair 5 | HR 1- HR 12 | -1.38 | 11.81 | 1.76 | -4.926 | 2.17 | -0.783 | 44 | 0.438 | -0.118 |