

CoreConnectionsNetwork

A significant number of households served by the Feeding America network have members living with a chronic disease like diabetes (33% of households) or hypertension (58% of households), and are regularly confronted with challenges related to food insecurity, healthcare expenditures, rising costs of living, and difficulty finding employment. Individuals living with competing demands experience high levels of toxic stress.*

Houston Food Bank's Core Connections Network is an 8-week health and wellness educational program that will empower individuals with the knowledge and skills to actively embrace healthy choices and break cycles that prevent them from managing their chronic condition.

The most fundamental part of Core Connections Network is its curriculum. Partner agencies will invite clients who are struggling to manage their chronic condition to participate. Coaches from the agency will be trained to facilitate CCN classes. Together, HFB and partner agencies track clients' knowledge and ability to manage ongoing health conditions as they gain new skills.

CCN health and wellness classes covers these topics:



Action Planning



Chronic Condition
Self-Management



Coping and Stress
Management



Nutrition



Staying Active

In counties with high food insecurity*



1 in 5 people
have a disability



1 in 7 people
have diabetes



1 in 4 people
have poor health

Each participant receives access to nutritious foods throughout the program to support healthful eating habits.



Nutritious Foods

+



Health and Wellness
Education

=



Improved Chronic
Disease Management

"When you are financially stressed or do not feel well, you may not be able to undertake grocery shopping, preparing meals and having healthy snacks. What we eat has a lot to do with how we feel, how much energy we have, and in some cases, how we manage our lives." - Curriculum excerpt

For more information email healthpro@houstonfoodbank.org

*"Health Implications of Food Insecurity" Feeding America, 2016, www.feedingamerica.org/research/map-the-meal-gap/2016/2016-map-the-meal-gap-health-implications.pdf.