

Summary of USPSTF **Final** Recommendation

Screening for Food Insecurity

March 2025



What does the USPSTF recommend?

**For children, adolescents, and adults:**

The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of screening for food insecurity on health outcomes in the primary care setting.



To whom does this recommendation apply?

This recommendation applies to all children, adolescents, and adults.



What's new?

This is a new USPSTF topic.



How to implement this recommendation?

- There is insufficient evidence to recommend for or against screening for food insecurity in the primary care setting. This is neither a recommendation for nor against screening.
- The USPSTF review only examined evidence on interventions conducted in or in patients recruited from US health care settings. The USPSTF recognizes that food insecurity could be addressed in other settings outside of primary care.
- Clinicians should use their clinical judgment regarding whether to screen for food insecurity. Clinicians should also be aware of the risk factors for food insecurity and listen to patient concerns.



What additional information should clinicians know about this recommendation?

- It is estimated that 12.8% of households in the US experienced food insecurity in 2022 and nearly one-third of households with incomes below the federal poverty threshold are food insecure.
- The USPSTF found adequate evidence on the accuracy of screening tools to detect food insecurity. However, there was limited direct evidence on the effect of screening for food insecurity in the health care setting on health outcomes.
- The USPSTF found limited evidence on health care-related interventions addressing food insecurity and changes in food security or intermediate or health outcomes.



Why is this recommendation and topic important?

- Living in a household with food insecurity is associated with numerous health conditions. In children, this includes obesity, asthma, mental health conditions, and worse oral health. In adults, it has been linked with obesity, diabetes, and cardiovascular disease, among others.
- According to data from the USDA, in 2022, 20% of Hispanic households, 22% of non-Hispanic Black households, and 9% of White households experienced food insecurity.



Where to read the full recommendation statement?

Visit the [USPSTF](#) website or the [JAMA](#) website to read the full recommendation statement. This includes more details on the rationale of the recommendation, including benefits and harms; supporting evidence; and recommendations of others.