

# FOOD INSECURITY & NUTRITION



## PHI PUBLIC HEALTH IMPORTANCE:

Proper nutrition is the cornerstone of good health and well-being throughout one's life. Nutrition involves the amount and types of food eaten and includes a variety of nutrients such as vitamins and minerals, fats, proteins, and carbohydrates, which together contribute to overall health. Poor nutrition and physical inactivity may lead to a person becoming overweight or obese. Even for individuals at a healthy weight, poor diet is associated with heart disease, hypertension, diabetes, osteoporosis, and certain types of cancer.

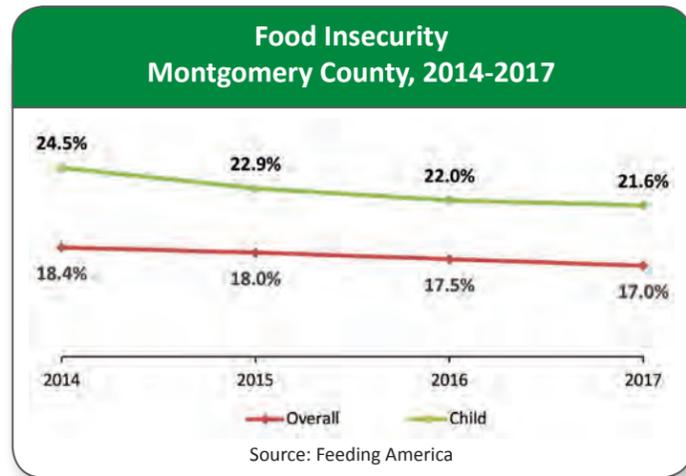
### Nutritional Habits Among Children\* Montgomery County and Surrounding Areas, 2017

- About 30% of children eat less than one serving of fruit and less than one serving of vegetables per day.

Source: Dayton Children's Hospital Community Health Needs Assessment \*0-11 years

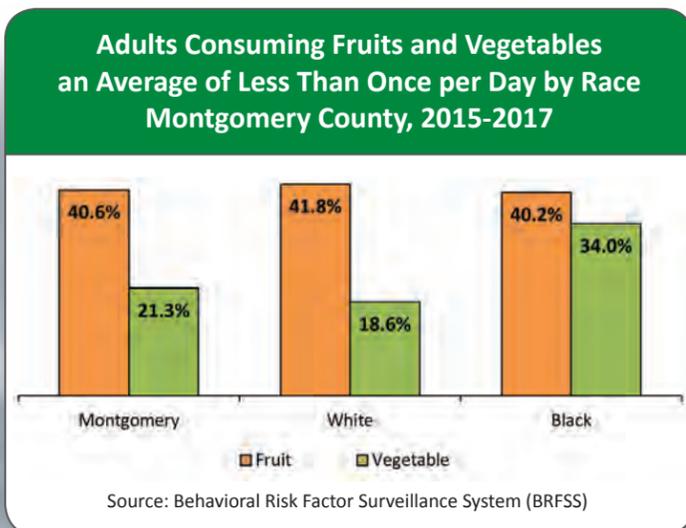
### Food Insecurity

The disruption of food intake or eating patterns because of lack of money or other resources.



#### KEY FINDING

- Food insecurity decreased between 2014 and 2017.



#### KEY FINDING as self-reported

- 41% of Montgomery County adults report eating fruit less than once per day, and 21% report eating vegetables less than once per day.

## Across the Nation<sup>1</sup>

	Montgomery	Ohio	United States
Overall Food Insecurity	17.0%	14.6%	12.6%
Food Insecurity Among Children	21.6%	19.6%	17.0%

<sup>1</sup>Feeding America, 2017

### Women, Infants, and Children (WIC) Program Montgomery County, 2017

Number of WIC Participants	9,200
Infants Receiving WIC	3,100
Percent of Women Who Received WIC During Pregnancy	31.8%
WIC Authorized Stores	42
WIC Authorized Pharmacies	3
<b>WIC Farmers' Market Nutrition Program (FMNP)</b>	
Maximum Vouchers available through FMNP	787
Farmers authorized to participate in FMNP	14

Source: WIC Program, PHDMC

### Supplemental Nutrition Assistance Programs (SNAP) Montgomery County, 2017

Active Participants	70,839
Percent of Population Enrolled in SNAP	13.3%
Percent of Population below 100% FPL Enrolled in SNAP	86.2%
Monthly Benefits Issued	\$9,200,220
Average Monthly Benefit Issued per Participant	\$129.88

Characteristics	Households Receiving SNAP	Households not Receiving SNAP
Households	14.6%	85.4%
With one or more people 60 yrs and over	26.4%	42.2%
With child(ren) under 18 yrs	46.7%	21.6%
With disabled individual(s)	50.6%	74.4%
Below poverty level	52.3%	47.7%
Median Household Income	\$16,269	\$54,988

Source: American Community Survey, U.S. Census

## SDOH SOCIAL DETERMINANTS OF HEALTH:

Food insecurity can be influenced by income, employment, race/ethnicity, and disability. These factors can also influence the ability to purchase healthier food options even when available. Children not receiving proper nutrition are at risk for developmental issues and chronic conditions such as obesity and Type 2 diabetes. When healthy food is scarce, government, charitable, and community-based programs can offer healthy foods to residents. These include programs like SNAP, WIC, and the NSLP as well as meal deliveries for the elderly, nutritional education, and efforts to increase outlets with healthy food for sale in communities without access to a grocery store.

### National School Lunch Program (NSLP) Montgomery County, 2017

Schools Enrolled in the NSLP	162
Free Lunch Eligible Students	48.3%
Reduced Price Lunch Eligible Students	4.4%
Free or Reduced Price Lunch Eligible Students	52.7%

Source: National School Lunch Program, Ohio Department of Education

