Healthy Food Access & Healthy Weight Across the Socio-Ecological Model

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Objectives

Define food insecurity.

Describe the relationship between food insecurity and obesity, nutrition-related chronic disease.

List common barriers to adequate food access at multiple levels of the SEM.
What is Food Insecurity?

_lack of consistent access to enough nutritious and safe food to support an active, healthy life_
Defining Food Insecurity

**Food Security**
- High food security
- Marginal food security

**Food Insecurity**
- Low food security
- Very low food security
U.S. households by food security status, 2018

Food-secure households—88.9%

Food-insecure households—11.1%
  Households with low food security—6.8%
  Households with very low food security—4.3%

Food Insecurity in US

Estimated Percent of Food Insecure Households

- 2011: 15%
- 2012: 14.5%
- 2013: 14%
- 2014: 13.5%
- 2015: 13%
- 2016: 12.5%
- 2017: 12%
- 2018: 11.5%
Racial/Ethnic Disparities in Food Insecurity

![Graph showing estimated percent of food insecure households from 2011 to 2018 for different racial/ethnic groups: All households, Black, non-Hispanic, Hispanic, White, non-Hispanic, Other, non-Hispanic.](image-url)
Food Insecurity by Household Size

- 9.9%
- 27.8%
- 13.9%
Food Insecurity by Region

11.1%

12.0%
Food Insecurity by Region

- 13.2%
- 8.9%
- 12.7%
Food Pantry Usage

46.5 million Americans
The Connections Between Food Insecurity & Obesity
Cycle of Food Insecurity & Chronic Disease

Adapted from Seligman and Schillinger, New England Journal of Medicine, 2010.
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The Connections Between Food Insecurity & Obesity

Social disadvantage
The Connections Between Food Insecurity & Obesity

Food Insecurity → Poor Dietary Quality & Limited Variety → Obesity
What is Healthful Food Access?
Socio-Ecological Model

Adapted from the McLeroy and colleagues' SEM (1988).
Barriers to Healthful Food Access

Adapted from the McLeroy and colleagues' SEM (1988).
Barriers to Healthful Food Access

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Barriers to Healthful Food Access

- Family food preferences
- Household budget priorities

Adapted from the McLeroy and colleagues' SEM (1988).
Barriers to Healthful Food Access

Adapted from the McLeroy and colleagues' SEM (1988).

Access to healthful foods at:
- Food banks/pantries
- Schools
- Worksites
Barriers to Healthful Food Access

- Food deserts/food swamps
- Public transportation
- Affordability

Adapted from the McLeroy and colleagues’ SEM (1988).
Barriers to Healthful Food Access

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- Access/eligibility to nutrition assistance programs
- Marketing of unhealthy foods
- Cultural norms related to eating
Promoting Healthful Food Access

SNAP-Ed and EFNEP Programs

Local Fresh Food Pantry

Community-Based Programs

Policy

Community

Organizational

Interpersonal

Intrapersonal

Adapted from the McLeroy and colleagues' SEM (1988).

National Food Pantry Initiatives

Healthy Food Retail Intervention

Adapted from the McLeroy and colleagues' SEM (1988).
References


Questions?

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