

# Increasing Access to Healthy Food in Appalachian Ohio



David H. Holben, PhD, RD, LD  
Professor  
Director, Didactic Program in Dietetics  
Ohio University, Athens, Ohio

# Greetings from Athens!

## Ohio University

- School of Applied Health Sciences and Wellness
- Athens, Ohio

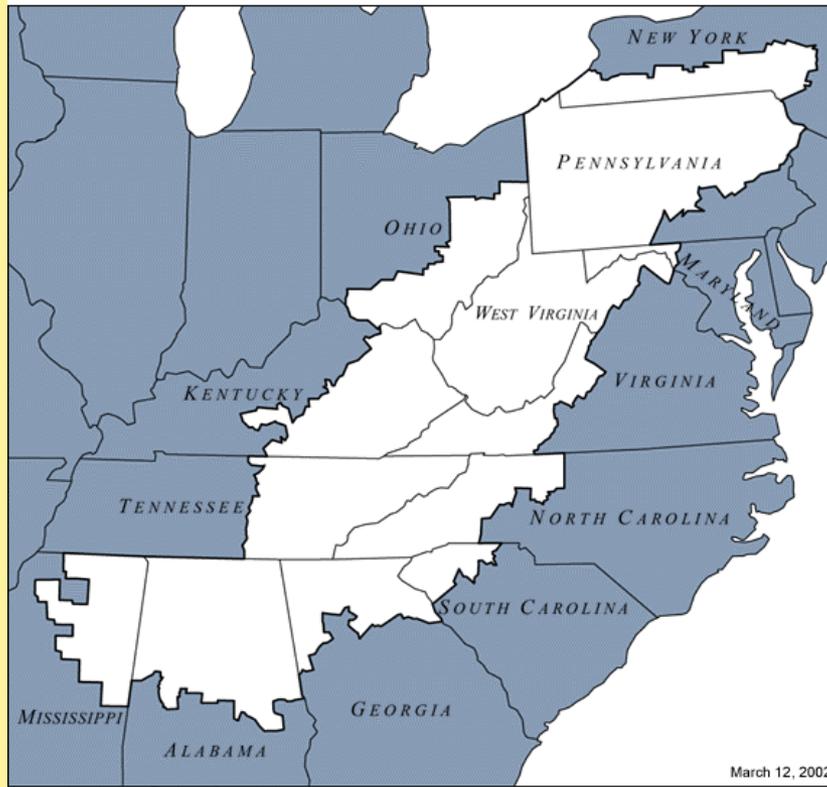


# Appalachia

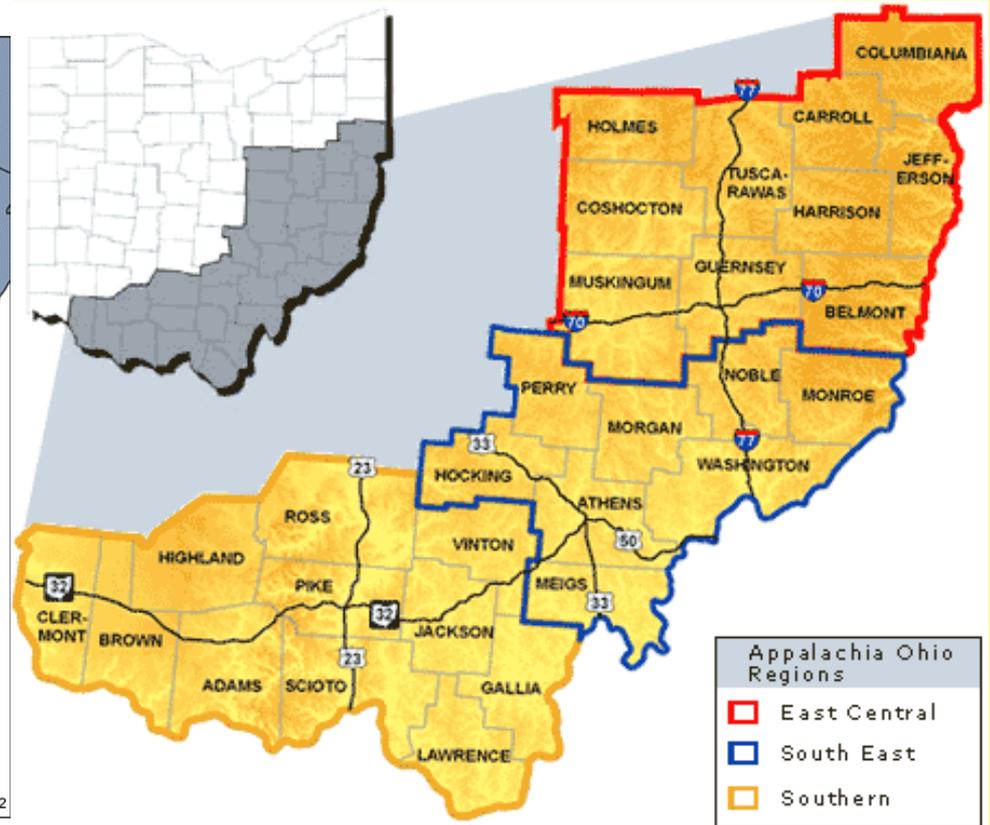
[www.arc.gov](http://www.arc.gov); [www.firstohio.com](http://www.firstohio.com)

- Distressed County (FY 2013)

The Appalachian Region



Source: Appalachian Regional Commission





# Objective

- To assist participants in conceiving ideas for increasing access to healthy foods in their respective communities.
  - Sustainable Food System
  - Food Security
  - Examples of community programs increasing access to healthy foods in an Appalachian Ohio community.



# The Local Food System

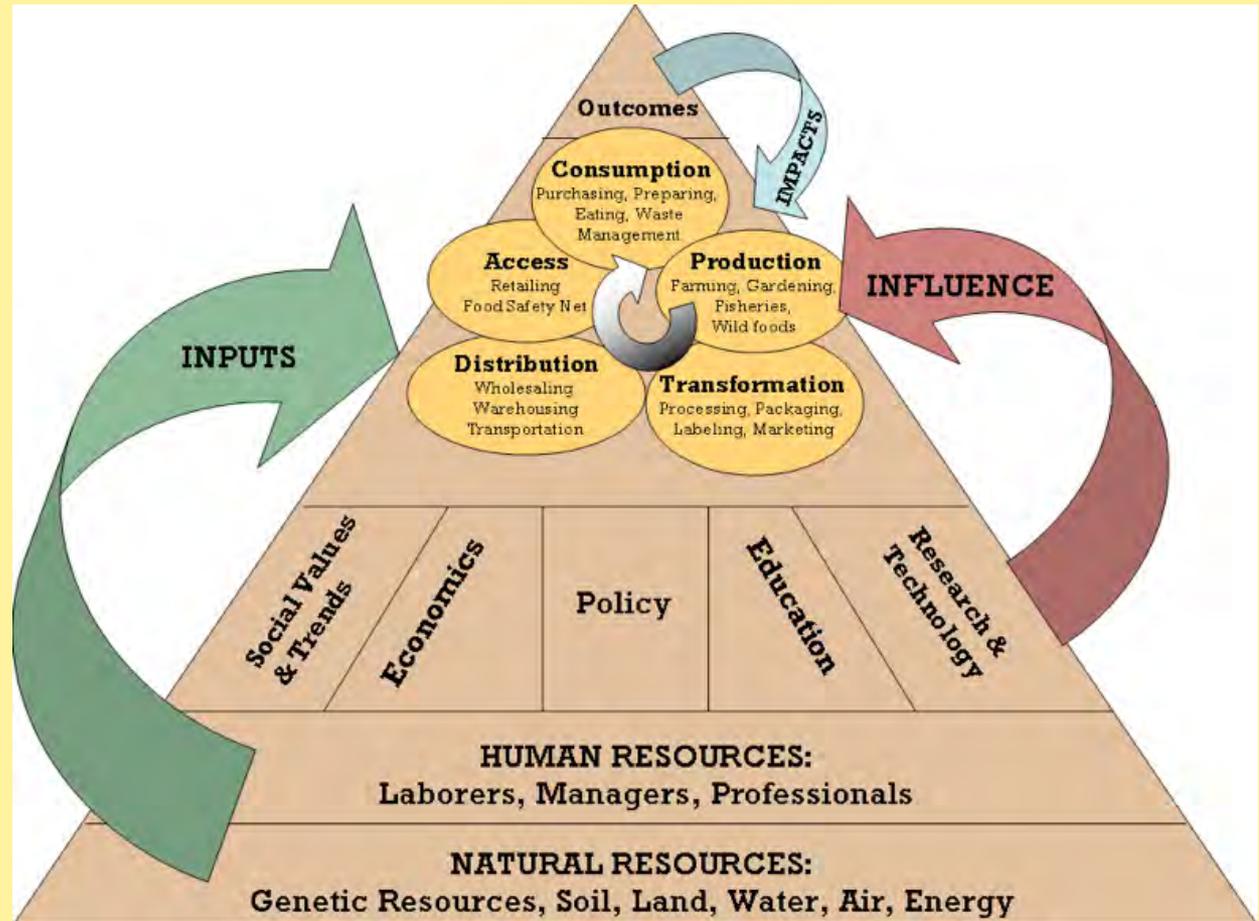
- Developing resiliency within the food system is critical for ensuring a future food supply that protects both human and environmental health (Tagtow and Harmon, 2009).

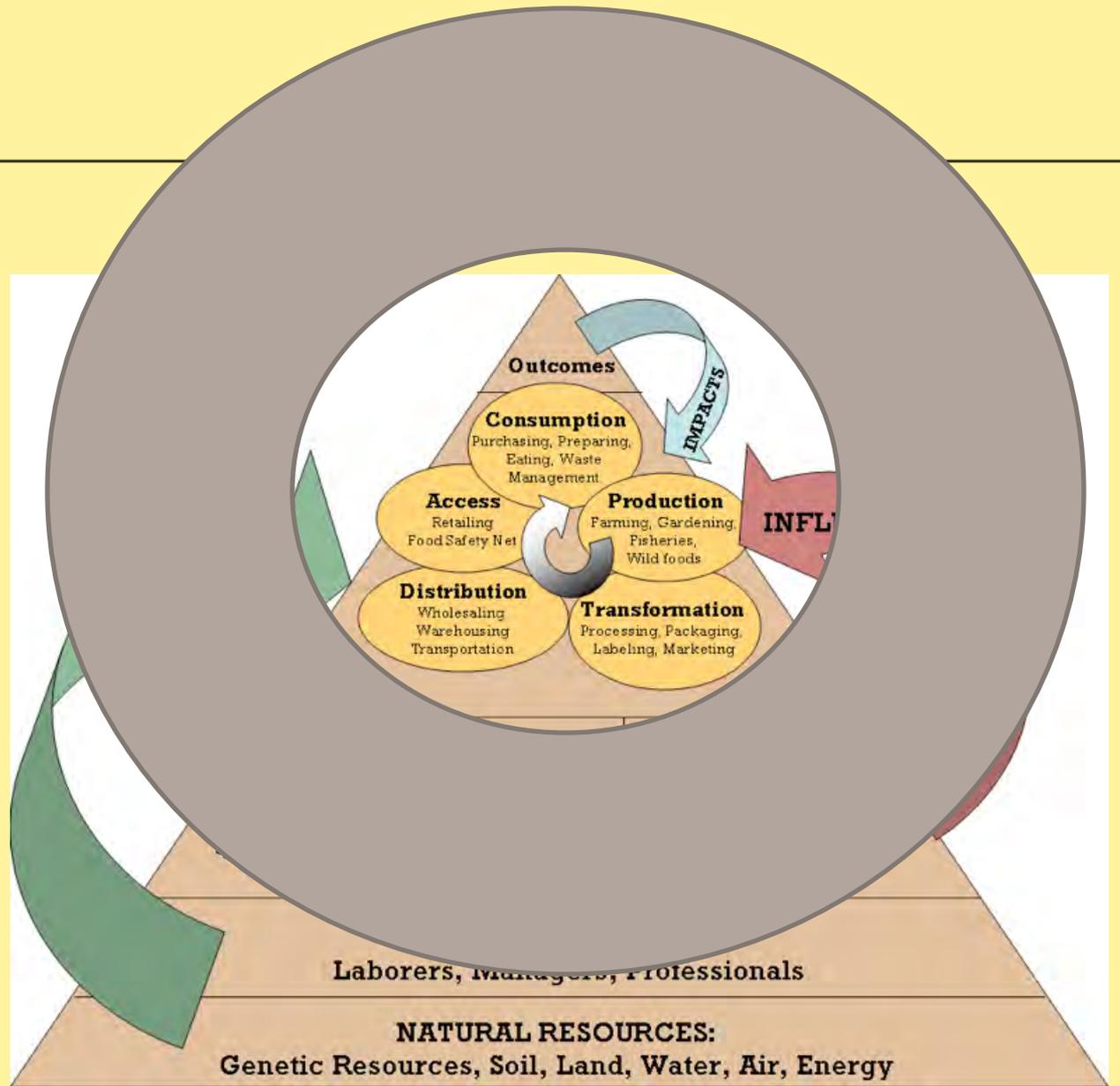
# Sustainable Food Systems Model

[www.eatright.org](http://www.eatright.org)

Model is built on the foundation of human, natural, and economic capital.

Inputs must be ecologically sound, socially acceptable, and economically viable.







# Food Access = Food Security

- An essential, universal dimension of household and personal well-being.
- All people at all times have access to enough food for an active, healthy life.
- This includes the ready availability of nutritionally-adequate, safe foods and the assured ability to acquire them in socially acceptable ways.



# Food insecurity is evident when...

...families or individuals:

- Lack access to food.
- Depend on food assistance programs.
- Skip meals.
- Substitute nutritious foods with less expensive alternatives.
- Seek assistance from soup kitchens and food pantries.

# Food Security in the United States

Sources: ERR-125; [ers.usda.gov](http://ers.usda.gov)



## Most recent data....

- 85.5% of American households (101.5 million) were food secure throughout calendar year 2010.
- 14.5% (17.2 million) households were food insecure. {Unchanged from 2009}
  - 9.1% (10.9 million) households had low food security.
  - 5.4% (6.4 million) households had very low food security. {Down from 2009}
  - These households were uncertain of having, or unable to acquire, enough food due to insufficient money or other resources.



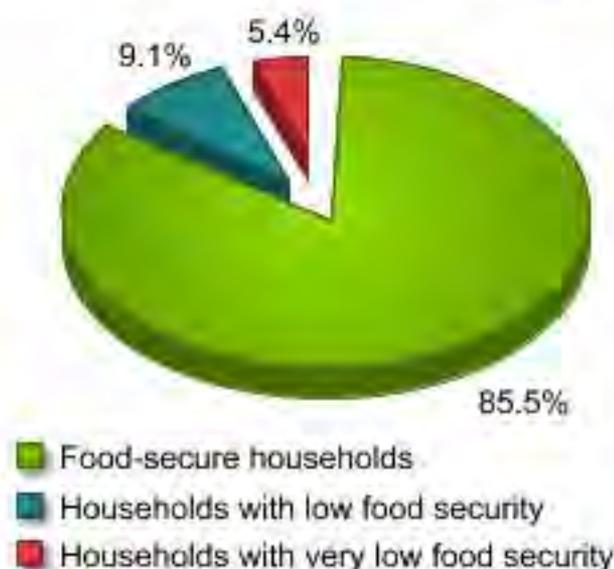
**Food security status of U.S. households, 2009**



**Note:** Food-insecure households include those with low food security and very low food security.

Source: Calculated by ERS using data from the December 2009 Current Population Survey Food Security Supplement.

**Food security status of U.S. households, 2010**

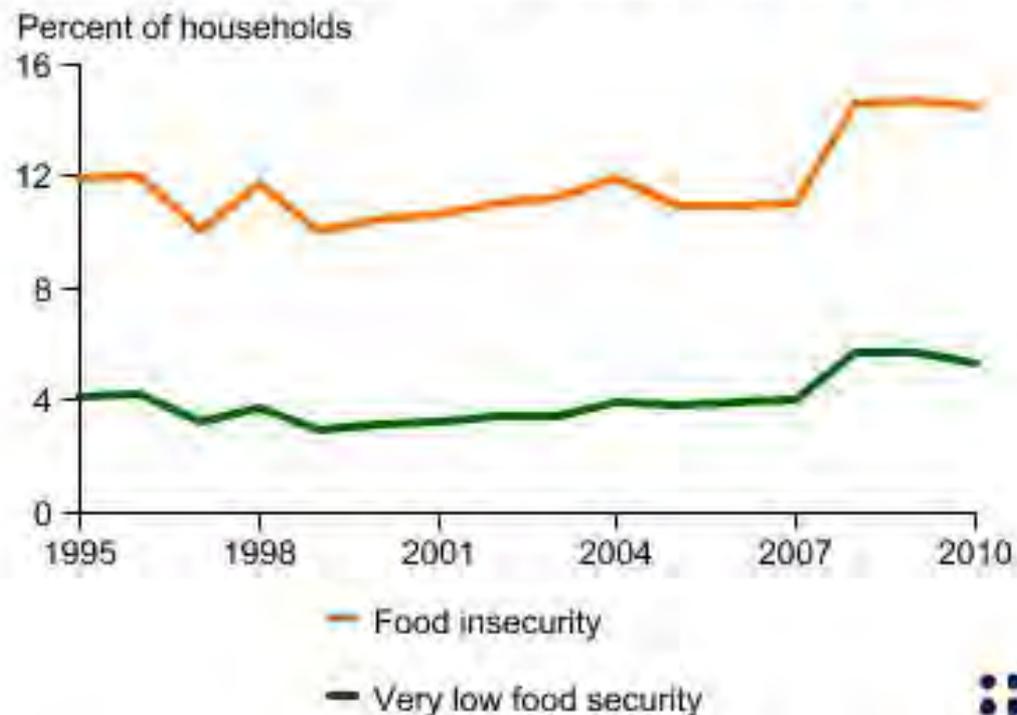


**Note:** Food-insecure households include those with low food security and very low food security.

Source: Calculated by ERS using data from the December 2010 Current Population Survey Food Security Supplement.



## Trends in prevalence rates of food insecurity and very low food security in U.S. households, 1995-2010



Prevalence rates for 1996 and 1997 were adjusted for the estimated effects of differences in data collection screening protocols used in those years.

Source: Calculated by ERS based on Current Population Survey Food Security Supplement data.



# Those with less severe food insecurity...

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- Used a variety of coping strategies.
  - Eating less varied diets.
  - Participating in Federal food assistance programs.
  - Getting emergency food from community food pantries.



# Households At Risk

- Income < 185% of poverty level
- Female-headed with children
- Male-headed with children
- Black or Hispanic
- Living in central cities or rural areas
- Living in south or west



# Athens Farmers Market

[www.athensfarmersmarket.org](http://www.athensfarmersmarket.org)



# Chesterhill Produce Auction

[www.ruralaction.org](http://www.ruralaction.org)



# Community Resources





# Interventions/Projects

- Produce Delivery Programs
  - CSA
  - Farmers
  - Food Pantries
- Fruit Tree Planting and Map
  - Neighborhoods
  - Businesses
  - Policymakers
  - Canada Fulbright Program

# Interventions/Projects

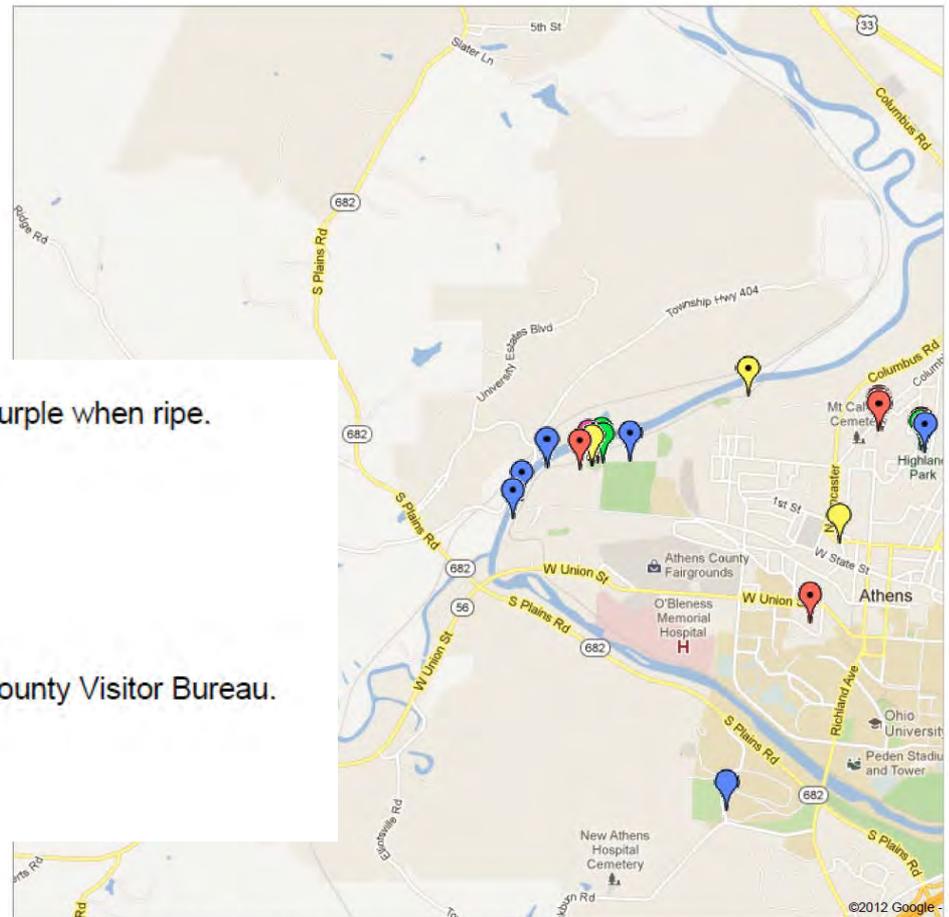
- Map
  - <http://athensfruittrees.blogspot.com/>



**Mulberry Tree**  
Ripens in June. Berries are purple when ripe.



**Mulberry Tree**  
Ripens in June  
Located next to the Athens County Visitor Bureau.



**Fruit Trees in Athens, Ohio**  
Fruit trees located on city property of Athens, Ohio.



# Interventions/Projects

- Video of Fruit Tree Planting
  - <http://www.youtube.com/watch?v=jOV5i-La13A&noredirect=1>

Thanks!

