Increasing Access to Healthy Food in Appalachian Ohio

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Greetings from Athens!

Ohio University
- School of Applied Health Sciences and Wellness
- Athens, Ohio
• Distressed County (FY 2013)
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).
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.

Source: Anderson 1990
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.
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.  
  - **9.1%** (10.9 million) households had low food security.
  - **5.4%** (6.4 million) households had very low food security.  
    - 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

- Food-secure households: 85.3%
- Households with low food security: 9.0%
- Households with very low food security: 5.7%

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


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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.

Those with less severe food insecurity...

- 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
Geographic Distribution

Prevalence of food insecurity, average 2005-2007


Prevalence of food insecurity, average 2008-10

Source: Calculated by ERS based on Current Population Survey Food Security Supplemental data.
Chesterhill Produce Auction  www.ruralaction.org
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/
Interventions/Projects

• Video of Fruit Tree Planting
  – http://www.youtube.com/watch?v=jOV5i-La13A&noredirect=1
Thanks!