19% of the state’s population lives in the Appalachian Region. It represents 8% of the entire Appalachian population.

**Food Insecurity**

**Food Insecure Population**

286,980

**Food Insecurity Rate**

- App. NC: 14.2%
- NC Overall: 12.9%
- App. Region: 13.0%
- USA: 11.5%

**Percentage Point Change in Food Insecurity Rate from 2010-2020**

- App. NC: -2.7
- NC Overall: -4.8
- App. Region: -2.2
- USA: -3.8

**Food Insecure Children**

75,520

** Childhood Food Insecurity Rate**

- App. NC: 18.7%
- NC Overall: 18.8%
- App. Region: 16.4%
- USA: 16.8%

**SNAP**

**Number of Households Receiving SNAP**

92,851

**Percent of Households Receiving SNAP**

- App. NC: 11.3%
- NC Overall: 12.0%
- App. Region: 13.3%
- USA: 11.4%

**Percent of Households Below Poverty Line Receiving SNAP**

- App. NC: 40.0%
- NC Overall: 42.3%
- App. Region: 46.9%
- USA: 41.6%

The percent of households below poverty line that receive SNAP benefits is an indicator of the extent to which households that are likely eligible for SNAP are receiving those benefits. A higher percentage indicates that more households are accessing SNAP benefits they are eligible for, while a lower percentage indicates that likely-eligible people are not accessing those benefits, suggesting that more robust or effective outreach efforts could maximize benefit utilization.

**SNAP Retailers Per 1,000 SNAP Households**

- App. NC: 20.6
- NC Overall: 18.9
- App. Region: 18.5
- USA: 18.1

*Total population numbers are 1-year estimates for 2020, while all other numbers, including Food Insecure Population, are based on five-year estimates for 2016-2020. Therefore, percentage calculations may not perfectly align.