Healthy Food for All: Addressing disparities in food access and availability

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Outline

• Define food security, social determinants of health and health equity
• Explore food security in Wisconsin through an equity lens
• Identify healthy food policies
Definitions

• **Food Security**
  – Access by **all** people at **all** times to enough food for an active, healthy life and includes at a minimum:
    • The ready availability of nutritionally adequate and safe foods and
    • The assured ability to acquire acceptable food in socially acceptable ways

• **Food Insecurity**
  – Limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in **socially acceptable ways**.
Definitions

Community Food Security
“A condition in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance, social justice, and democratic decision-making.”

Hamm & Bellows, 2003
Social Determinants of Health

“Conditions in the social, physical, and economic environment in which people are born, live, work, and age. They consist of policies, programs, and institutions and other aspects of the social structure, including the government and private sectors, as well as community factors.”

Healthy People 2020: Opportunities to address social determinants of health in the US. Objectives for 2020, July 11, 2010.
Social Determinants of Health

- Economic and social opportunities and resources
  - Policies to promote economic development, reduce poverty, and reduce racial segregation
  - Policies to promote child and youth development and education, infancy through college

- Living and working conditions in homes and communities
  - Policies to promote healthier homes, neighborhoods, schools, and workplaces

- Medical care
- Personal behavior
Addressing Inequity Requires Closing Gaps in Social Determinants
Who is at risk for food insecurity?

- Groups at higher-than-average risk of food insecurity nationally:
  - Households with incomes below FPL
  - Single headed households with children
  - Black households
  - Hispanic households
- Poverty is the most important predictor of food insecurity...and yet
  - More than half of poor households are not food insecure
  - More than half of food insecure households are not poor
Food insecurity in Wisconsin and nationwide 2012-2013

Food insecurity in Wisconsin is significantly below the national average
But, this masks substantial variation within the state

Slide prepared by Judi Bartfeld, UW Madison
Food hardships during 2011-12

Source: Wisconsin Food Security Project, foodsecurity.wisc.edu
Map the Meal Gap – Predicted Child Food Insecurity (2015)
Households at highest risk of food insecurity in Wisconsin (2010-13)

Judi Bartfeld, UW Madison and UW-Extension
High-risk households in Wisconsin and nationwide, 2010-2013

Food insecurity is less prevalent in Wisconsin than nationwide

…but among many vulnerable groups, food insecurity is actually as prevalent, or more prevalent, in Wisconsin than nationwide

Judi Bartfeld, UW Madison and UW-Extension
Before you can eat healthy, you have to get healthy food into communities, and then on to tables.
Putting healthy food on the table
The Wisconsin Food Security Project provides localized information about the food security infrastructure in Wisconsin. The project promotes food security by helping planners and policymakers identify strengths and gaps in their communities, and by helping service providers and individuals and families to locate food-related resources.

Getting Started

Overview
An overview of the features of this website.

Charts
Create custom charts showing change over time or illustrating relationships among local characteristics.

Mapping
Create custom maps.

Profiles
Create a custom profile for a county, municipality, or school district.

Download Data
Download data for multiple locations into a spreadsheet.

Documentation
All available instructions and documentation, including detailed information about all of the data on the site.

Mapping the food security infrastructure

www.foodsecurity.wisc.edu
Wood County – Population < 185% Federal Poverty Level + FM Accepting FoodShare

Source: Wisconsin Food Security Project, foodsecurity.wisc.edu
USDA Food Research Atlas – Port Washington, WI

Strengthening the food security infrastructure

**Economic wellbeing**
- More jobs and better wages
- Affordable housing initiatives
- Ensuring access to income safety net programs
- Subsidizing competing costs (childcare, home heating, etc.)

**Federal food & nutrition assistance programs**
- SNAP outreach
- Breakfast in schools
- Better breakfast programs in schools
- Sponsors for summer food programs
- Incentivize healthy food purchases with SNAP/WIC benefits

**Accessible and affordable food system**
- Bring supermarkets or other affordable outlets to food deserts
- Work to get healthier foods in stores
- Farmers markets in low income areas
- Incentivize healthy food purchases at food retail
- Minimum stocking standards at retail outlets
- Improve transit options

**Emergency food operations**
- Expanded hours at pantries
- Located where most needed
- More/healthier foods
- Link pantries to gardens and growers
- Mobile pantries
Healthy food policies

• City of Madison – low-interest loans to incentivize/attract retailers to low-income neighborhoods.
• NYC - Health Bucks. $2 for every $5 spent in SNAP at farmers’ markets.
• Siler City, NC – Integrated Healthy Food Access into Pedestrian Planning
• Prince George County, MD – Equity Focused Policy Council.
Resources for Policy Makers

• Data:
  – Wisconsin Food Security Project
  – Community Commons
  – USDA Food Research Atlas
  – Community Health Rankings

• Model Policies & Toolkits:
  – Healthy Food Policy Project
  – Policy Link Healthy Food Access Portal
  – ChangeLab Solutions Healthier Food Environment
  – County Health Rankings – What Works for Health Database
  – Center for Livable Future Food Policy Networks
Questions?

Thank you!!

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