



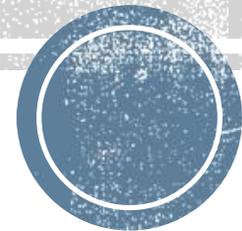
Exploring Food Insecurity in South County

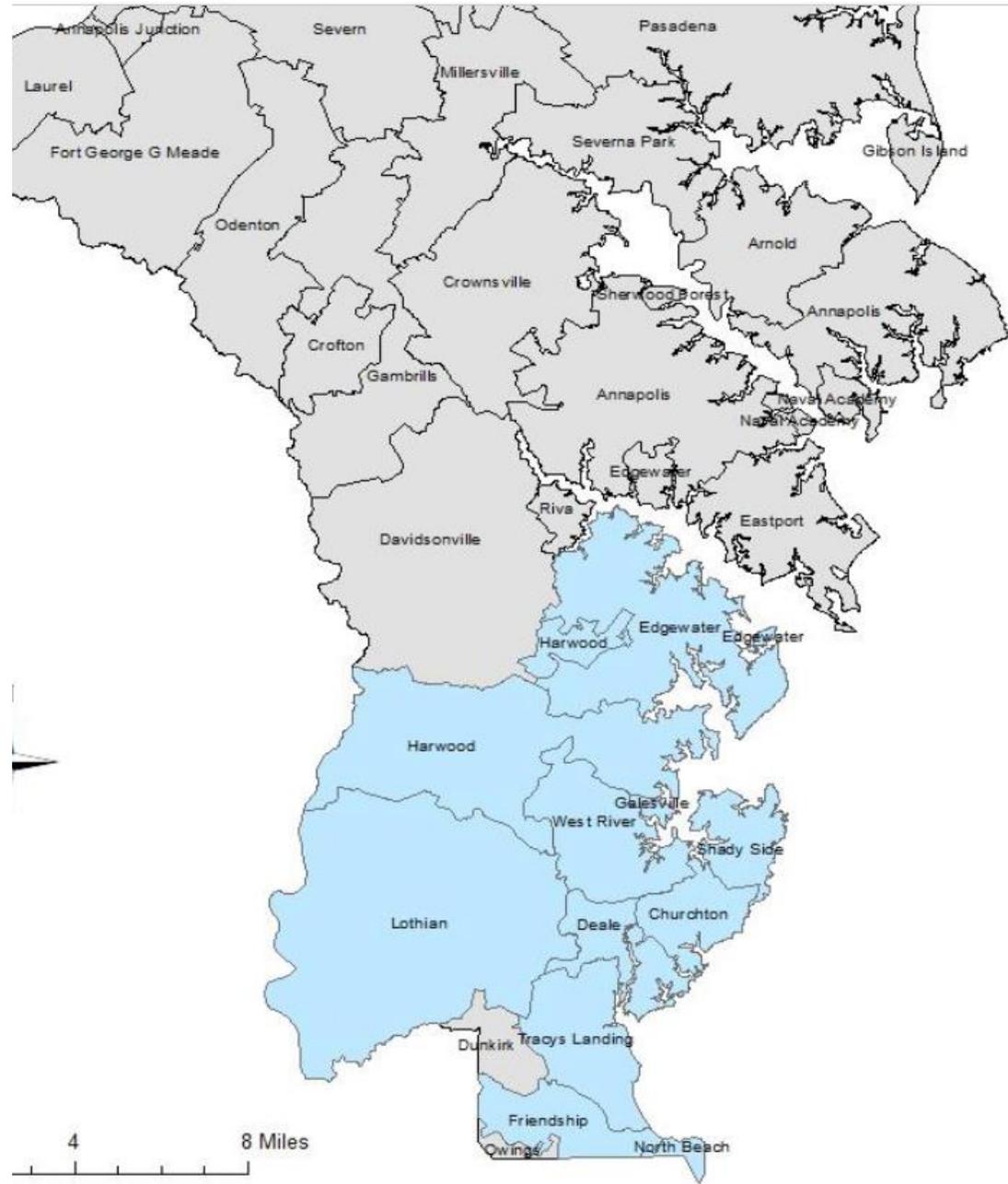
September 9, 2019

How big is the problem?

What is being done?

What more can be done?





Defining "South County":

- Lothian (20711)
- North Beach (20714)
- Churchton (20733)
- Deale (20751)
- Friendship (20758)
- Shady Side (20764)
- Galesville (20765)
- Harwood (20776)
- West River (20778)
- Tracy's Landing (20779)
- Edgewater (21037)

Exploring Food Insecurity in South County

Definitions



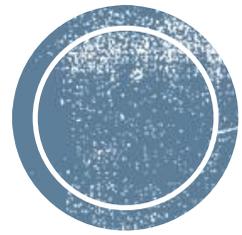
“Food security” is defined by the United States Department of Agriculture in two major categories:

Food secure – Households having access, at all times, to enough food for an active, healthy life for all household members. In 2018: 88.9 percent (114.9 million) of U.S. households were food secure throughout 2018.

Food insecure – Households which, at times during the year, were uncertain of having, or unable to acquire, enough food to meet the needs of their members because they had insufficient money or other resources for food.

11 percent (14.3 million) of U.S. households were food insecure at some time during 2018.





How big is the problem?



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- **Poverty is the primary factor influencing food insecurity**

- 37 million Americans struggle with hunger, the same as the number of people officially living in poverty.*

- **Poverty is reflected in the number of households receiving benefits:**

Supplemental Nutrition Assistance
Program (SNAP)

Free and Reduced-Price Meals (FARMS)

*Source: Feeding America <https://www.feedingamerica.org/hunger-in-america/facts>

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How big is the problem?





- The South County data for households receiving SNAP benefits and the percentage of students enrolled in FARMS has been updated since the time of this presentation.

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How big is the problem?





- **An additional factor contributing to food insecurity is Low Food Access.**
 - The Maryland Department of Health defines low food access to be households at least $\frac{1}{2}$ mile from the nearest supermarket, supercenter or grocery store.
 - Having no vehicle also influences access to food.

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How big is the problem?



How big is the problem?

- South Anne Arundel County has hi rates of poverty
AND low food access
- Plus especially vulnerable populations:
 - Seniors
 - Children
 - Rural Communities
 - African American Communities
 - Latino Communities



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How big is the problem?





Add in some of the effects of food insecurity

- Serious health complications, especially when people facing hunger are forced to choose between spending money on food and medicine or medical care
- Damage to a child's ability to grow and learn
- Difficult decisions for seniors, often living on fixed incomes

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How big is the problem?



Specific health effects



DID YOU KNOW?

Lack of access to healthy foods can contribute to a poor diet and can lead to higher levels of obesity, diabetes and heart disease.

- In Anne Arundel County, approximately 283,000 residents (65% of population) over 18 years are overweight or obese and 39,000 residents (9.1% of population) over 18 years have diabetes³. An estimated 17.3% of children and adolescents ages 2 to 19 years are obese and another 15.1% are overweight⁴.
- The chart below shows the prevalence of chronic obesity-related health conditions among adults (18 years and over), Anne Arundel County, 2014³.

Health Condition	Prevalence %	Estimated Population
Elevated cholesterol level*	37.1 %	159,344
High blood pressure*	33.0%	141,735
Diabetes	9.1%	39,097
Suffered heart attack	3.6%	15,684
Suffered stroke	1.8%	7,994
Angina or coronary disease	3.0%	12,915

Source: BRFSS, 2013*-2014

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How big is the problem?

Source: Anne Arundel County Public Schools
<http://aacpschools.org/nutrition/wp-content/uploads/2017/07/Anne-Arundel-County-Food-Environment-Facts.pdf>



And long-term impacts

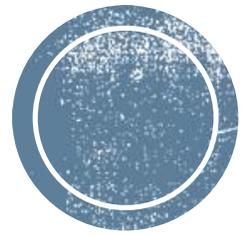
A Conceptual Framework: Cycle of Food Insecurity & Chronic Disease



Adapted: Seligman HK, Schillinger D. N Engl J Med. 2010;363:6-9.

Source: Hunger+Health/Feeding America <https://hungerandhealth.feedingamerica.org/understand-food-insecurity/>





What is being done?



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Federal, State and County:

A Plethora of Programs. BUT...

- Many require in-person sign-up...in Annapolis or Edgewater
- Most require transportation
- Most require ability to read, write or access the internet

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What is being done?



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- **Anne Arundel County Food Bank**

- **Maryland Food Bank plus donations**

- **FDA food plus donations**

- **Member Agencies in South County:**

All Hallows Church
Food Pantry –
Edgewater

Riva Trace Baptist Church
Food Pantry–
Davidsonville

Our Lady of Perpetual Help
Food Pantry –
Edgewater

South County
Assistance Network
(SCAN) Food Pantry –
located at Saint James
Church, Lothian





- **Many national and regional non-governmental programs address hunger**
 - Feeding America
 - No Kid Hungry
 - Generosity Feeds
 - Food Research and Action Center

- **Many local programs focus on agriculture and hunger**
 - Fair Farms Maryland
 - Wholesome Wave

- **New programs focus on Food Systems and sustainability**
 - Johns Hopkins Center for a Livable Future
 - Crossroads Community Food Network

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What is being done?

