

# Addressing Food Insecurity in North Carolina

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# Agenda

- Define terms
- Identify resources
- Understand COVID's impact
- Debunk myths



# Food Insecurity

- the state of being without reliable access to a sufficient quantity of affordable, nutritious food

Source: dictionary

- the disruption of food intake or eating patterns because of the lack of money or other resources

Source: Healthy People 2030



# Food Desert

- A census tract that meets both low-income and low-access criteria including: 1. poverty rate is greater than or equal to 20 percent OR median family income does not exceed 80 percent statewide (rural/urban) or metro-area (urban) median family income; 2. a least 500 people or 33 percent of the population located more than 1 mile (urban) or 10 miles (rural) from the nearest supermarket or large grocery store

Source: USDA



# Food Swamp

- Areas with 4 or more corner stores within 0.25 miles of home or where the ratio of unhealthy to healthy food establishments exceeds 3.89

Source: Rose and colleagues





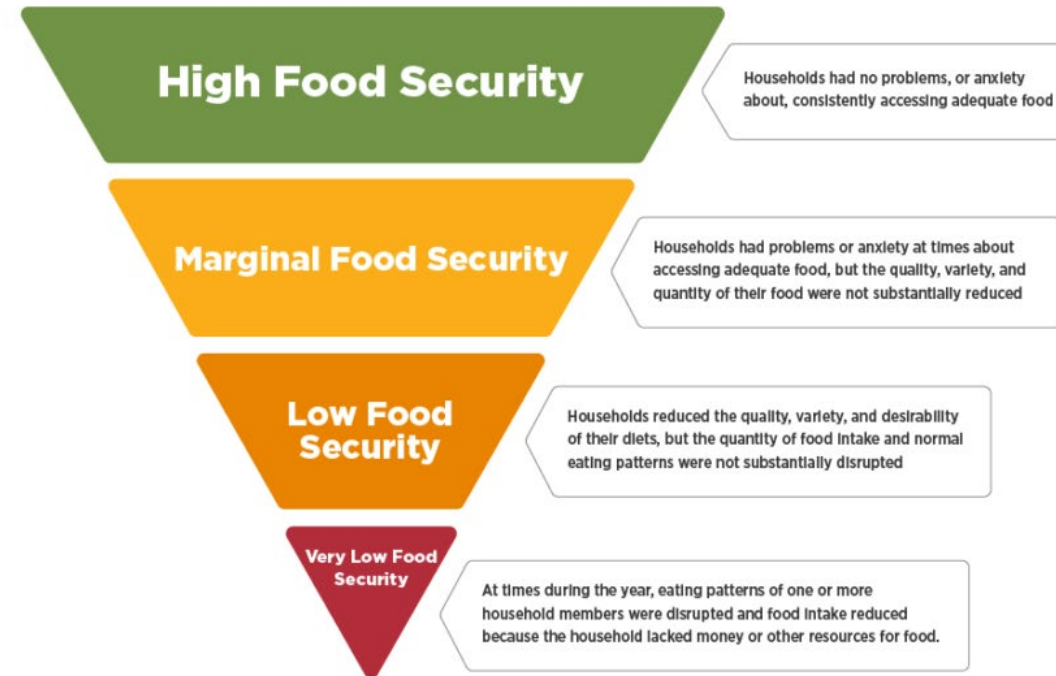
# Nationwide Impact

- Seniors – 5.2 million (2019)
- Children 13 million (2021)
- Rural – 2.2 million households
- African Americans – more than 3 times than white households (2020)
- Latinx – 2.5 times more than white households

Source: Feeding America



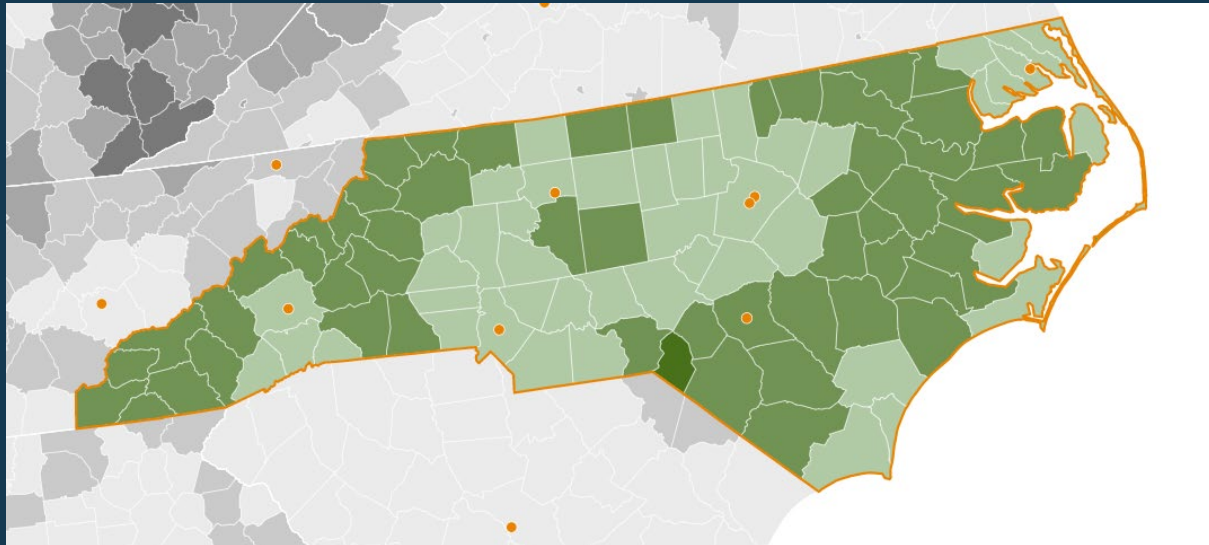
# Ranges of Food Security



Source: Adapted from the USDA Economic Research Service.

# Food Insecurity in North Carolina

- [Hunger & Poverty in North Carolina | Map the Meal Gap \(feedingamerica.org\)](https://feedingamerica.org)





# Food and Nutrition Services (FNS)

Eligibility – Low-income families

Provisions – Monthly allotments of food and nutrition services benefits via Electronic Benefit Transfer cards (EBT)

Impact – Helps eligible low-income households buy the food they need for a nutritionally adequate diet



# Women, Infants, and Children (WIC)

## Eligibility

- Pregnant women
- Postpartum women up to 6 months postpartum
- Breastfeeding mothers up to one year postpartum
- Infants and children up to their fifth birthday
- Families whose income is less than 185% FPL or are enrolled in Medicaid, FNS
- Fathers, guardians, caretakers, and foster parents



# WIC Provisions

- Nutrition education and counseling
- Breastfeeding promotion and support
- Free breast pumps for all participants
- Nutritious supplemental foods



# Expanded Food and Nutrition Education Program (EFNEP)

Eligibility – limited resource families and youth

Impact – improves food choices, improves nutrition practices, stretch food dollars, handle food more safely, increase physical activity



# Community Gardens

- Moderate-sized plots of land that community members cultivate and maintain to grow vegetables
- Have a specific purpose for the items grown in the garden go to a specific cause
- A way to jumpstart community health projects



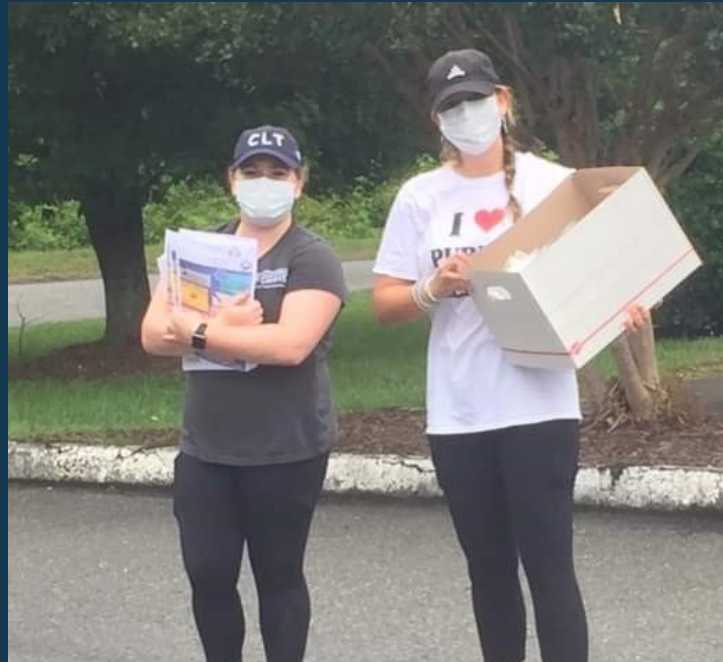


# Benefits of Community Gardens

- They CAN promote Healthy Lifestyles
- They are good for the environment
- They CAN be a great way to engage community members
- They CAN beautify neighborhoods

# COVID-19's Impact

<https://youtu.be/ZnQhAB5jHds>



# Myths

- Hunger is not a problem in the United States.
- Food insecurity only impacts certain groups of people.
- Food insecurity can be solved through food alone.
- People who work don't need food stamps.

# Your Charge

- Research services and programs in your community
- Educate and connect community residents to services and programs
- Challenge myths





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# Contact Information

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