FOOD INSECURITY IN NORTH CAROLINA

THE PROBLEM

The USDA defines food security as: “access by all members at all times to enough food for an active, healthy life.”

Food security includes, at a minimum:
- The ready availability of nutritionally adequate and safe foods
- The assured ability to acquire acceptable foods in socially acceptable ways (without resorting to emergency food supplies, scavenging, stealing, or other coping strategies)

HOW DOES THIS AFFECT NORTH CAROLINA?

North Carolina’s 7 food banks served 1.1 million people in 2013

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
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<tbody>
<tr>
<td>75%</td>
<td>Forced to choose between paying for food and paying for utilities</td>
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<tr>
<td>61%</td>
<td>Forced to choose between paying for food and paying for housing</td>
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<tr>
<td>73%</td>
<td>Forced to choose between paying for food and paying for medicine</td>
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Food insecurity is linked to obesity, chronic diseases, and overall poor health

THE SOLUTIONS

Allocate resources to support food security as outlined in the Healthy Corner Store Initiative, HB387
- Fund existing small food retailers to increase access to nutrient-dense foods, improving overall health and reducing public medical care costs
- Assist corner stores with purchasing equipment and training employees to carry out this mission

Support innovative programs to combat food insecurity and promote a healthier North Carolina
- Healthy school breakfast and lunch programs – such as HB891, HB892, HB893, HB603
- Other examples include food shuttles, community gardens, local food production, nutrition education

Direct DHHS to expand research investigating the link between food insecurity and health outcomes in North Carolina and the role of community-based interventions

All North Carolinians deserve access to healthy food.

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