

Hunger and Health: Federal Nutrition Programs in Rural Maryland



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An Initiative of the Food Research and Action Center

Food security is defined as having access to enough food for an active, healthy life.

- ▶ **Food insecurity** refers to the lack of access to enough food to fully meet basic needs at all times due to lack of financial resources.
- ▶ **Hunger** is the uneasy or painful sensation caused by a lack of food and a potential consequence of food insecurity



- ▶ 9.6 percent of Maryland households are considered to be **food insecure**
- ▶ 3.4 percents were living in households that were considered to have “**very low food security**”

Source: Nord et al., 2009

Food Hardship

“Have there been times in the past twelve months when you did not have enough money to buy food that you and your family needed?”

Maryland Food Hardship Rate, 2008-2009:

- ▶ Households: 15.3%
- ▶ Households with children: 19.7%

Food insecurity is a lifecycle issue that creates a “domino effect” of negative consequences:

- ▶ Low birth weight
- ▶ Obesity
- ▶ Mental health issues
- ▶ Dental health problems
- ▶ Poor education outcomes
- ▶ Long term economic costs

Child Poverty in Maryland

	Population under age 18 for whom poverty is determined	Below Poverty	Percent Below Poverty	Percent Point Change Since 2008	Percent Point Change Since 2007
Rural	65,847	9,806	14.9	1.3	3.9
Suburban	1,039,730	91,599	8.8	0.8	0.9
Central City	225,218	52,644	23.4	4.2	1.9

Levels of urbanization are defined as follows: rural consists of ACS geographic components “not in metropolitan or micropolitan statistical area” and “in micropolitan statistical area,” suburban includes “in metropolitan statistical area—not in principal city,” and central city includes “in metropolitan statistical area—in principal city.”

Data are based on 2009 American Community Survey estimates. For corresponding margins of error, refer to the U.S. Census American Community Survey.

Other factors leading to food insecurity:

- ▶ Costs of living, including housing and energy expenses
- ▶ Unemployment in the community or area
- ▶ Variation in household income and employment
- ▶ Circumstances creating needs for which households allocate resources – such as the needs of disabled family members
- ▶ Availability of affordable food
- ▶ Availability and utilization of food assistance programs and other safety nets

Federal Nutrition Programs

- ▶ School Meals
 - ▶ School Breakfast
 - ▶ School Lunch
- ▶ Out of School Meals and Snacks
 - ▶ Summer Meals
 - ▶ Afterschool Snacks
 - ▶ CACFP
- ▶ WIC
- ▶ Food Stamps



School Lunch

Congress created the NSLP after an investigation into the health of young men rejected in the World War II draft showed a connection between physical deficiencies and childhood malnutrition. In response, Congress enacted the 1946 National School Lunch Act as a "measure of national security, to safeguard the health and well-being of the Nation's children."



School Breakfast



The School Breakfast Program (SBP) was established by Congress—first as a pilot program in 1966 in areas where children had long bus rides to school and in

areas where many mothers were in the workforce, then as a permanent entitlement program in 1975 to assist schools in providing nutritious morning meals to the nation's children.

F&R Eligibility in Rural Counties

County	% Children eligible for Free & Reduced School Meals (2009-2010)
Allegany	50
Caroline	52
Dorchester	60
Garrett	48
Kent	45
St. Mary's	27
Talbot	34
Worcester	40
Somerset	64
MARYLAND	35

Summer and Afterschool

- Hunger does not take a vacation during the summer or afterschool.
- Federal nutrition programs provide funding for schools and other programs to provide meals during the summer and afterschool.
- Rural Challenge:
Transportation



Summer Meals Participation in Rural Counties

County	# Children Participating in Summer Meals (2009) per 100 in Free & Reduced School Meals (2008-2009)	Rank in State
Allegany	9.4	15
Caroline	3.7	21
Dorchester	13.8	8
Garrett	9.1	16
Kent	18.5	5
St. Mary's	7.8	18
Talbot	No eligible sites	N/A
Worcester	17.5	6
Somerset	37	2
MARYLAND	23.9	

Preschool and Child Care Settings

- CACFP was founded in 1968 to provide federal funds for healthy meals and snacks served in child care centers and family child care homes.
 - Expanded to support children in a variety of new settings including at-risk after-school programs and homeless, domestic violence and runaway shelters.
 - CACFP has been made available to adult day care centers serving chronically impaired adults or people over age 60.

Women, Infants & Children (WIC)

- WIC is a preventive program for low-income pregnant women, new mothers, infants and children.
- The creation of WIC in 1974 was one response to the realization that hunger and poverty were widespread in this country and that inadequate nutrition poses real dangers to pregnant women, new mothers, infants and children.



WIC Participation in Rural Counties

County	# Cases (July 2010)	1 year % change
Allegany	2,071	-7.5
Caroline/Dorchester/Talbot	3,278	-1.9
Garrett	933	-11.1
Kent/ <i>Queen Anne's</i>	1,283	-9.6
St. Mary's/ <i>Calvert/Charles</i>	6,150	-2.3
Somerset/Worcester/ <i>Wicomico</i>	5,487	-6.5
MARYLAND	146,798	-2.4

Supplemental Nutrition Assistance Program (SNAP/FSP)

- The Food Supplement program provides a basic safety net to millions of people across the country.
- Provides monthly benefits to low-income families through the EBT system that they can use to purchase food items.



SNAP/FSP (Food Stamp) Tips

- Apply in person or **on-line:**
www.marylandsail.org
- Request a phone interview

Sail Version: 3.0.0.1 - Windows Internet Explorer provided by DHR
https://www.marylandsail.org/Application/Application.aspx

DHR
Maryland's Human Services Agency

MARYLAND DEPARTMENT OF HUMAN RESOURCES

Application

You Are At: [programs](#) [basic info](#) [household members](#) [household details](#) [insurance](#) [questions](#) [confirmation](#) [signature](#) [complete](#)

Your Control ID : S816603643
This number helps us identify you. Print this page or write this number down. You must put this number on everything you send to your local office. That helps us keep your information together. If you leave the screens and come back later you will need this number.

First Name: MI: Last Name: Suffix:

* Full Name Is Required

Where do you live? I have no address

** We must have a way to contact you. Please fill out the mailing address section with your contact, counselor or shelter address and telephone number. If you do not have that information you will not be able to apply on SAIL and must go to your local department to file your application. You can find the nearest location by clicking on Local Social Service Offices on the SAIL home page. If you cannot do any of these things call 1-800-332-6347 for help. **

Mailing Address

Street *

Apt.

City *

State * Zip code *

County *

* Required Fields

Authorized Representative
You may choose a person who knows your situation to apply for you. You may also choose a person to get your benefits through your Independence Card. This person can use your benefits the same way you do. If you choose someone to help you, give us the following information about the person and check what you want this person to do.

How many individual representatives do you want to enter?

Done

- Maximize deductions
- Stay connected

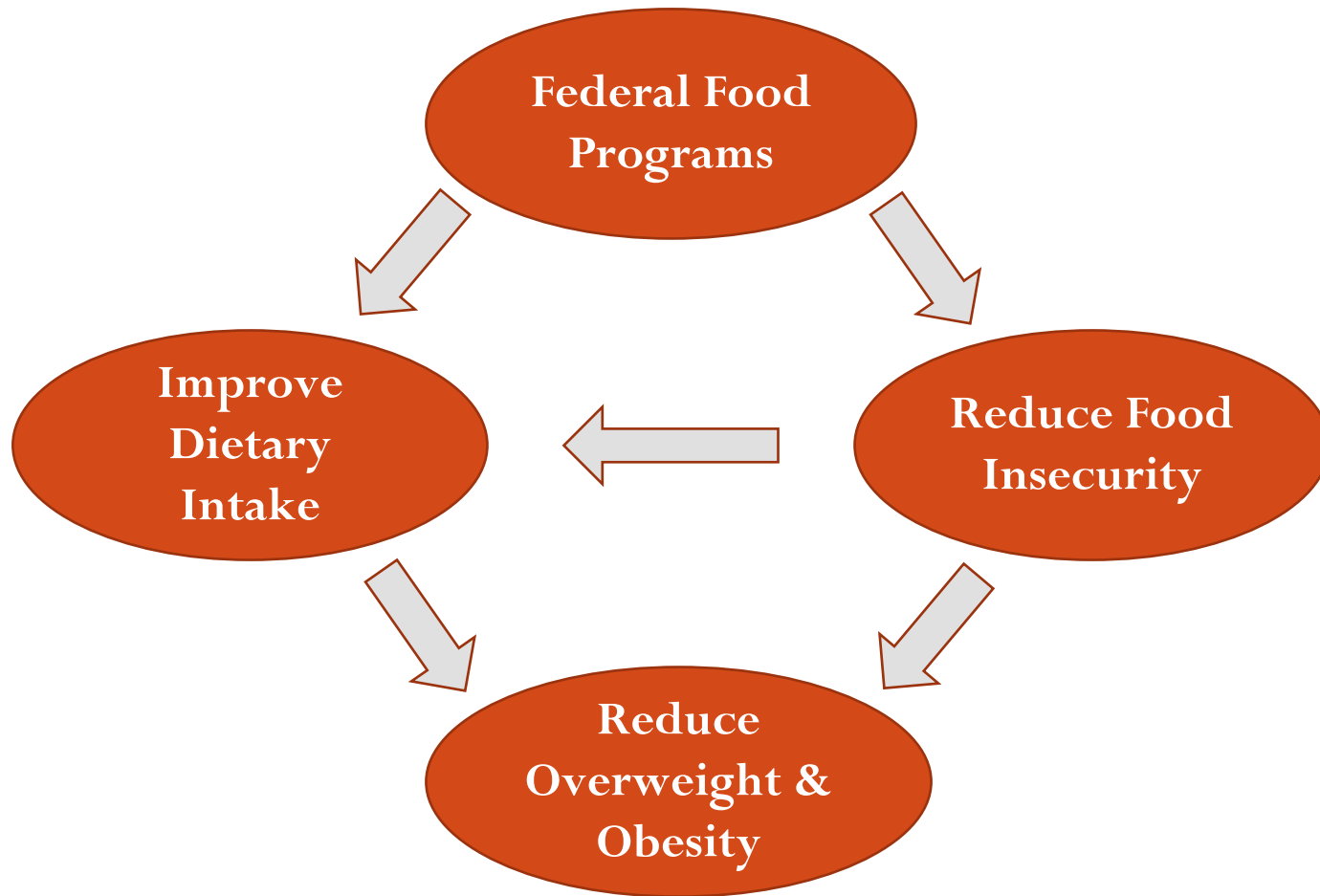
Food Stamp Participation in Rural Counties

County	# Individuals Receiving Food Stamps (July 2010)	5 Year % Increase
Allegany	12,182	52.1
Caroline	5,130	124.0
Dorchester	7,524	83.5
Garrett	3,955	51.8
Kent	2,452	106.2
St. Mary's	10,855	103.4
Talbot	3,129	66.9
Worcester	5,648	75.8
Somerset	4,754	47.8
MARYLAND	588,726	101.0

Overweight & Obesity: Challenges Associated with Poverty

- Limited resources
- Lack of access to healthy, affordable foods
- Fewer opportunities for physical activity
- Cycles of food deprivation and overeating
- High levels of stress
- Greater exposure to obesity-related marketing
- Limited access to health care

Role of the Federal Nutrition Programs in Obesity Prevention



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Maryland Hunger Solutions

Ending hunger and promoting well-being

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The logo for the Food Research and Action Center (FRAC) consists of the letters "FRAC" in a large, white, sans-serif font. The letters are set against a blue rectangular background that features a faint, light-colored globe graphic. The globe shows the continents and is partially obscured by the text.

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