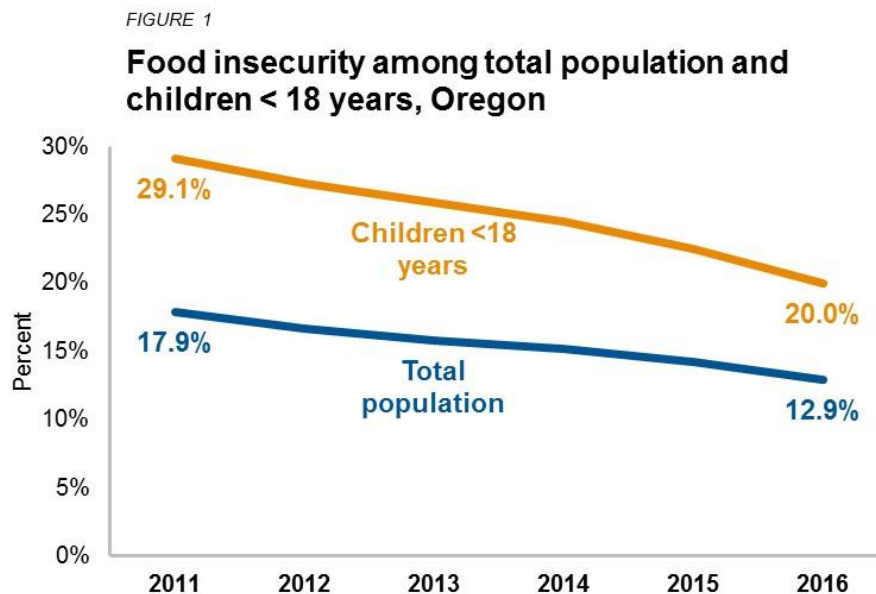


Social Determinants of Health

Food insecurity

Access to adequate healthy food and the resources to buy that food consistently throughout a month is critical to good lifelong health. Food insecurity influences health status in several ways. Food insecure adults are more likely to have poor or fair health, diabetes, hypertension, high cholesterol, heart disease and obesity. Children in food insecure households are more likely to have poor health, behavior problems, worse development outcomes and be less ready to learn in school.

Food insecurity among the total Oregon population and among children less than 18 years old has decreased since 2011 (Figure 1). But Oregon still ranks poorly against other states. In 2015, Oregon was 13th among the 50 states for food insecurity among children and 21st for the total population.

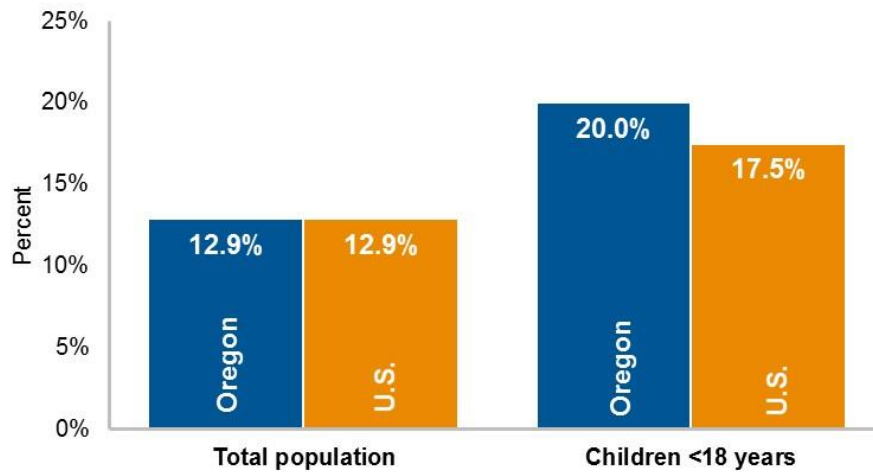


Source: Map the Meal Gap, Feeding America

One in eight Oregonians and one in five children in Oregon are food insecure (Figure 2). Our food insecurity rate is highest in rural communities, communities of color, households with children and among renters. Single mothers in Oregon have historically had higher food insecurity rates than single mothers in the rest of the country.

FIGURE 2

Food insecurity among total population and children < 18 years, Oregon and U.S., 2016



Source: Map the Meal Gap, Feeding America

Food and nutrition assistance programs are a key support for low-income families and individuals. Over one million Oregonians rely the Supplemental Nutrition Assistance Program (SNAP) and other assistance to feed their families. 53% of kids in Oregon are eligible for free and reduced-price school meals. 52% of women living outside of Oregon’s metro/urban areas used the Special Supplemental Program for Women, Infants and Children (WIC) during their pregnancy.

Additional Resources: [Household Food Security in the United States in 2016](#); [Map the Meal Gap](#)

About the Data: Data source is [Map the Meal Gap](#), Feeding America.

Food insecurity is defined as limited or uncertain availability of nutritionally adequate and safe foods, or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.

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[Oregon State Health Profile](#)

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