**Public Health Importance:**

Proper nutrition is the cornerstone of good health and well-being throughout one’s life. Nutrition involves the amount and types of food eaten and includes a variety of nutrients such as vitamins and minerals, fats, proteins, and carbohydrates, which together contribute to overall health. Poor nutrition and physical inactivity may lead to a person becoming overweight or obese. Even for individuals at a healthy weight, poor diet is associated with heart disease, hypertension, diabetes, osteoporosis, and certain types of cancer.

**Social Determinants of Health:**

Food insecurity can be influenced by income, employment, race/ethnicity, and disability. These factors can also influence the ability to purchase healthier food options even when available. Children not receiving proper nutrition are at risk for developmental issues and chronic conditions such as obesity and Type 2 diabetes. When healthy food is scarce, government, charitable, and community-based programs can offer healthy foods to residents. These include programs like SNAP, WIC, and the NSLP as well as meal deliveries for the elderly, nutritional education, and efforts to increase outlets with healthy food for sale in communities without access to a grocery store.

**Across the Nation**

<table>
<thead>
<tr>
<th></th>
<th>Montgomery</th>
<th>Ohio</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall Food Insecurity</td>
<td>17.0%</td>
<td>14.6%</td>
<td>12.6%</td>
</tr>
<tr>
<td>Food Insecurity Among Children</td>
<td>21.6%</td>
<td>19.6%</td>
<td>17.0%</td>
</tr>
</tbody>
</table>

*Feeding America, 2017*

**Chronic Disease Risks & Outcomes**

**Food Insecurity:**

A lack of consistent access to enough food for an active, healthy life due to a lack of available financial resources for food.

**Nutritional Habits Among Children**, Montgomery County and Surrounding Areas, 2017

- About 30% of children eat less than one serving of fruit and less than one serving of vegetables per day.

**Food Insecurity Montgomery County, 2014-2017**

<table>
<thead>
<tr>
<th>Year</th>
<th>Overall</th>
<th>Child</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>18.4%</td>
<td>16.8%</td>
</tr>
<tr>
<td>2015</td>
<td>18.0%</td>
<td>17.8%</td>
</tr>
<tr>
<td>2016</td>
<td>22.0%</td>
<td>17.0%</td>
</tr>
</tbody>
</table>
| 2017 | 21.6%   | *Feeding America, 2017*

**Food Insecurity Montgomery County, 2015-2017**

<table>
<thead>
<tr>
<th>Year</th>
<th>Overall</th>
<th>Child</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>41.8%</td>
<td>34.0%</td>
</tr>
<tr>
<td>2016</td>
<td>40.2%</td>
<td>34.0%</td>
</tr>
<tr>
<td>2017</td>
<td>40.2%</td>
<td>34.0%</td>
</tr>
</tbody>
</table>

Source: Montgomery County WIC Program

**Women, Infants, and Children (WIC) Program Montgomery County, 2018**

- Number of (WIC) Participants: 9,200
- Infants Receiving WIC: 3,100
- Women Who Gave Birth in 2018: 31.8%
- WIC Authorized Stores: 42
- WIC Authorized Pharmacies: 3
- WIC Farmers’ Market Nutrition Program: 787
- Farms Authorized to Participate in FMNP: 14

Source: Feeding America

**National School Lunch Program (NSLP)**

- Schools Enrolled in the National School Lunch Program: 162
- Free Lunch Eligible Students: 48.3%
- Reduced Price Lunch Eligible Students: 4.4%
- Free or Reduced-Price Lunch Eligible Students: 52.7%

Source: National School Lunch Program, Ohio Department of Education

**Supplemental Nutrition Assistance Program (SNAP)**

- Active Participants: 68,076
- Percent of Population Enrolled in (SNAP): 12.8%
- Percent of Population Below 100% of the Federal Poverty Level enrolled in SNAP: 80.5%
- Total Annual Amount of Benefits Issued: $17,135,759
- Average Monthly Benefits Issued per Participant: $251.72

Source: Supplemental Nutrition Assistance Program, Economic Research Service, USDA

**KEY FINDING**

- Food insecurity decreased between 2014 and 2017.
- About 30% of children eat less than one serving of fruit and less than one serving of vegetables per day.
- 41% of Montgomery County adults report eating fruit less than once per day, and 21% report eating vegetables less than once per day.

**Source:** Dayton Children’s Hospital Community Health Needs Assessment

*0-11 years

**Source:** Montgomery County Health Department