

Alaska Food Coalition



Sarra Khlifi, AFC Manager



Statewide group of roughly 120 non-profit, faith-based and state agencies, including:

- *Catholic Social Services*
- *Food Pantry of Wasilla*
- *Fairbanks Community Food Bank*
- *Willow United Methodist Church*
- *Bean's Café*
- *Bristol Bay Regional Food Bank*
- *Love INC*
- *Kenai Peninsula Food Bank*
- *Food Bank of Alaska*
- *Valdez Food Bank*
- *New Hope on the Last Frontier*
- *Yakutat Tlingit Tribe*
- *Kodiak Island Food Bank*
- *Wasilla Area Seniors*
- *Chuathbaluk Traditional Council*
- *Homer Community Food Bank*
- *United Way of Anchorage*
- *Southeast Alaska Food Bank*
- *APU Spring Creek Farm*
- *Cooperative Extension Service*
- *Calypso Farm and Ecology Center*
- *Alaska School Nutrition Association*
- *Covenant House Alaska*
- *Breadline Inc./Stone Soup Café*

What We Will Cover

- Food Insecurity definitions and data, causes and correlations
- Changing Face of Hunger – client demographics
- Programs available to address hunger in Alaska
- Food Insecurity and Health Factors

Food Insecurity and Hunger



□ **What Is Food Security?**

- ▣ Food security for a household means 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.
 - ▣ Assured ability to acquire acceptable foods in socially acceptable ways (that is, without resorting to emergency food supplies, scavenging, stealing, or other coping strategies).

□ **...and Food Insecurity?**

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

Defining Food Security



USDA's labels describe ranges of food security

□ Food Security

- High food security (old label=Food security): no reported indications of food-access problems or limitations.
- Marginal food security (old label=Food security): one or two reported indications—typically of anxiety over food sufficiency or shortage of food in the house. Little or no indication of changes in diets or food intake.

□ Food Insecurity

- Low food security (old label=Food insecurity without hunger): reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.
- Very low food security (old label=Food insecurity with hunger): Reports of multiple indications of disrupted eating patterns and reduced food intake.



Who is hungry in Alaska?

104,750
Alaskans, or
14.2%, are
food insecure

37,590 or
20% of
Alaskan
children are
food insecure



Overall

Food Insecurity Rates

4-14%

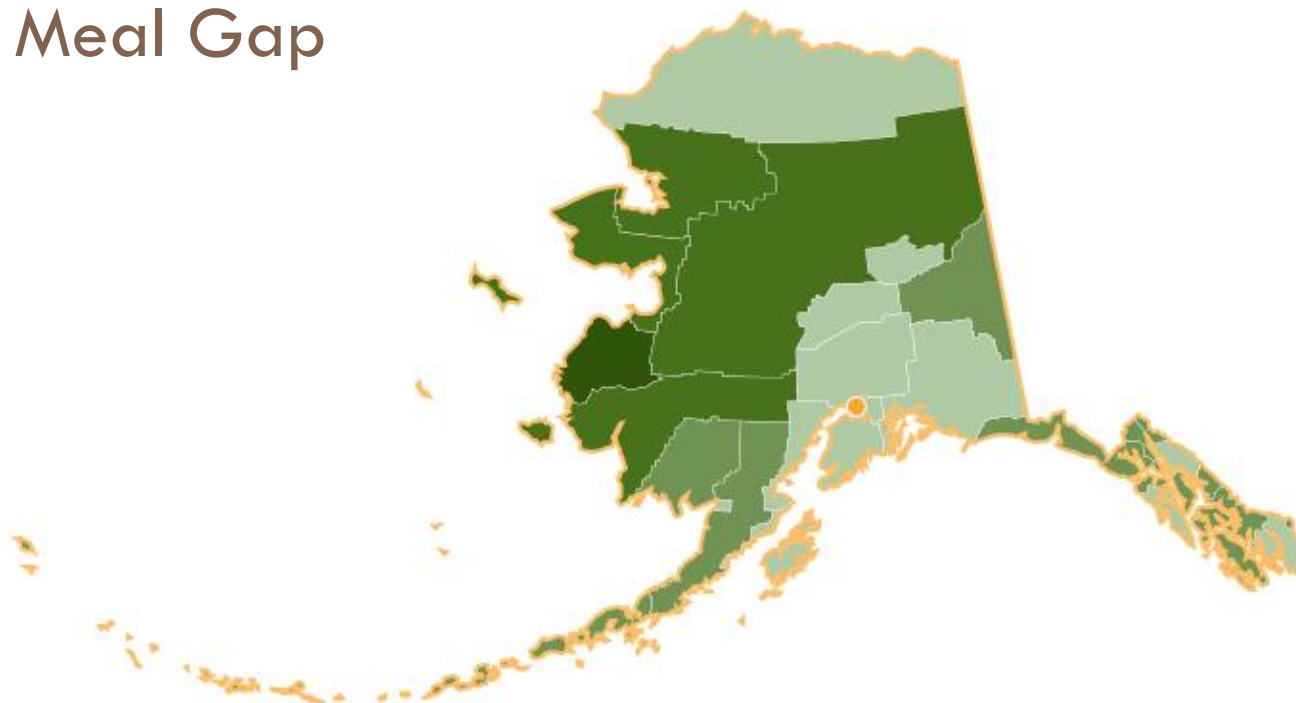
15-19%

20-24%

25-29%

30% +

Map the Meal Gap



County

2013

Overall

Alaska



FOOD INSECURE PEOPLE
104,750



FOOD INSECURITY RATE



ESTIMATED PROGRAM ELIGIBILITY AMONG FOOD INSECURE PEOPLE



40%

Above Other Nutrition Program threshold of 185% poverty

19%

Between 130%-185% poverty

41%

Below SNAP threshold 130% poverty

Child

Food Insecurity Rates

4-14%

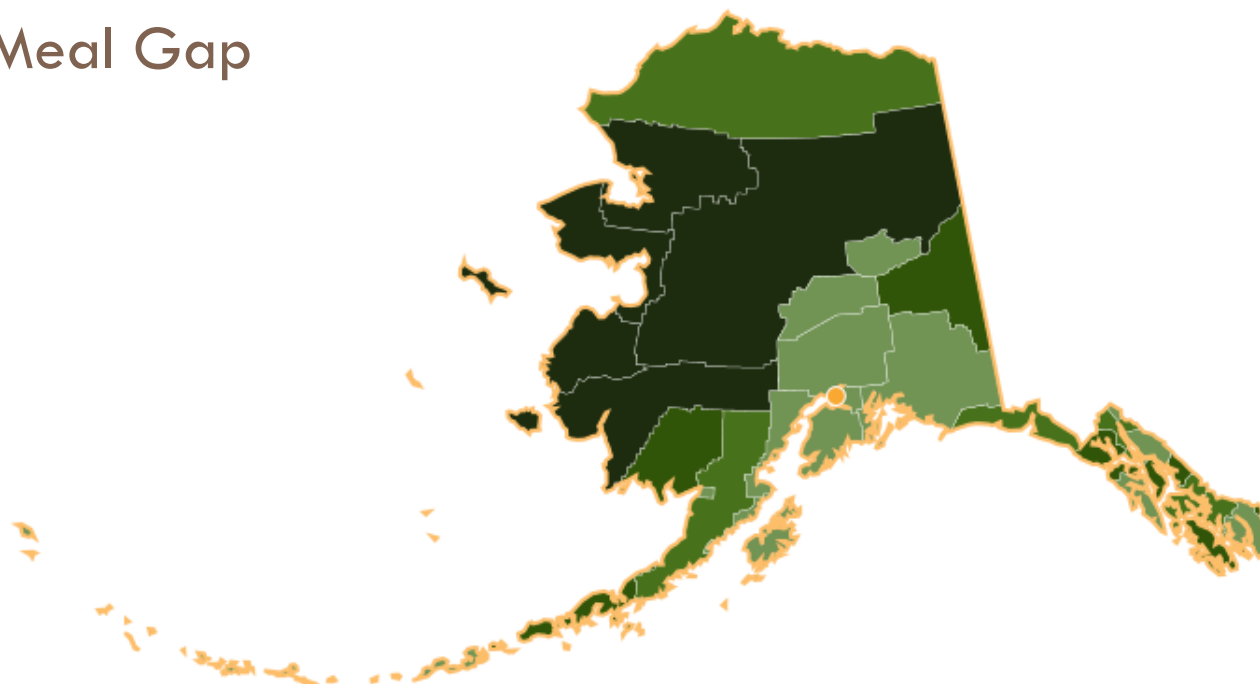
15-19%

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Map the Meal Gap



County

2013

Child

Alaska



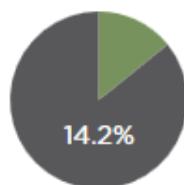
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FOOD INSECURE CHILDREN

37,590

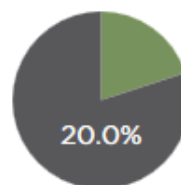


FOOD INSECURITY RATE
(OVERALL)



14.2%

FOOD INSECURITY RATE
(CHILD)



20.0%

ESTIMATED PROGRAM ELIGIBILITY AMONG FOOD INSECURE CHILDREN



40%

Likely ineligible for federal
nutrition programs
(incomes above 185% of
poverty)

60%

Income-eligible for nutrition
programs (incomes at or
below 185% of poverty)

2014 Hunger Study

- Aims to learn who is seeking food assistance – demographic information on current clients and certain information about programs offered in our network
- Best source of data on the details of who is hungry in Alaska
- Methods: Feeding America utilized USDA's definitions of food security and Economic Research Service questions



2014 Hunger Study – Changing Faces of Hunger

- Who Are We Serving? 1 in 5 Alaskans turn to our network for help each year. Including:
 - ▣ 155,000 Alaskans served annually
 - ▣ 32% children under 18
 - ▣ 13% seniors aged 60 and older
 - ▣ 23% of households include at least one veteran
 - ▣ 3% are currently serving in the military



Changing Face of Hunger



- **Many hungry people are part of the “working poor:”** 60% worked for pay in the last 12 months. Of those not working, 21% are retired and 69% cannot work due to disability.
- **What was once emergency is now chronic:** 66% of Alaskans using our partner food distribution network tell us that they expect to keep needing food help for the foreseeable future just so they can make ends meet every month.
- **Hunger and poverty often go hand in hand:** 53% of clients served have incomes that are at or below the federal poverty level (\$15,510 or less for household of two).

Changing Faces of Hunger

□ **Hunger impacts health:**

- ▣ 26% of households report at least one member with diabetes
- ▣ 47% include someone with high blood pressure

□ **Rising costs in health care create hardship for hungry Alaskans:**

- ▣ 34% have no health insurance of any kind
- ▣ 56% of households report having unpaid medical bills.



Changing Faces of Hunger



- **Hungry Alaskans are faced with difficult choices:** A majority of client households report having to choose between paying for food and paying for medical care (56%), housing (53%), transportation (64%), and utilities (59%).



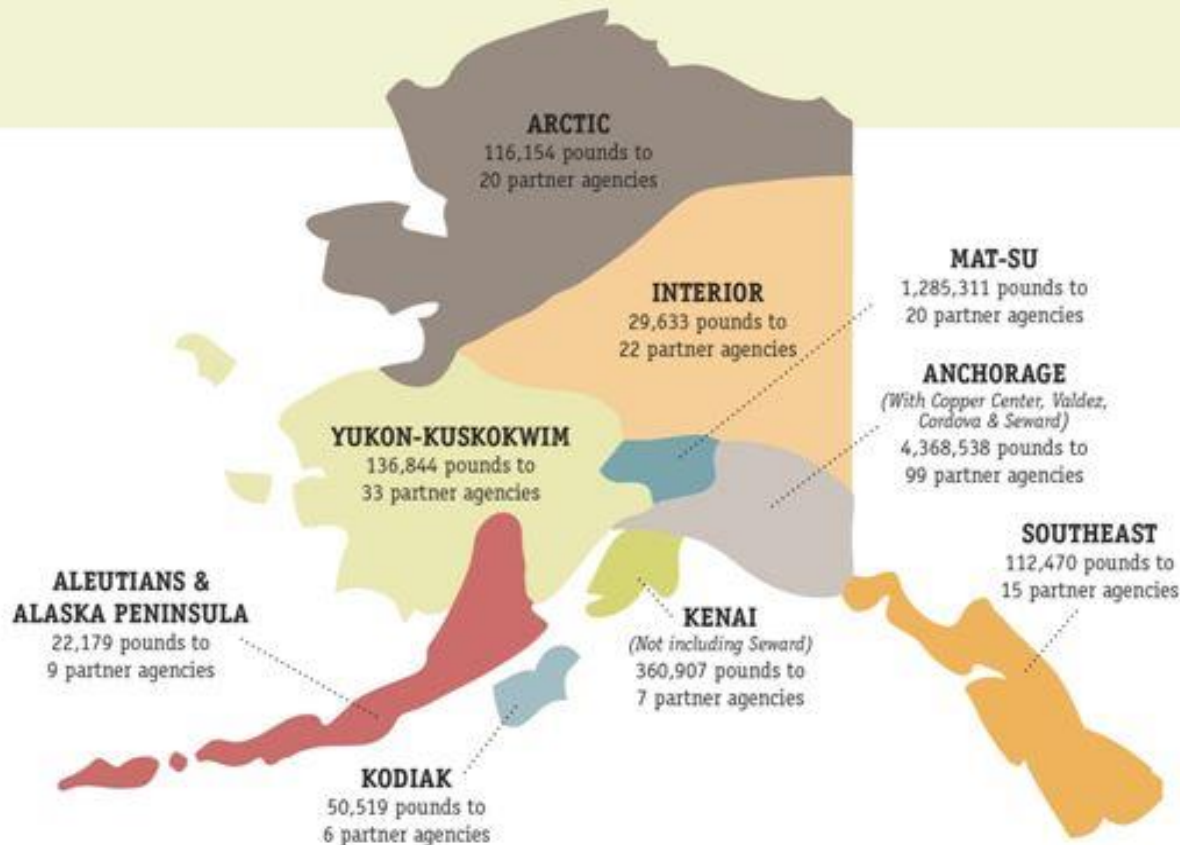
- **Families in need adopt coping strategies,** such as eating food past expiration date (71%), purchasing processed, unhealthy, but cheap food (81%) or food in dented or damaged packages (57%), and receiving help from family or friends (54%).

Food Bank of Alaska

FOOD BANK
of ALASKA

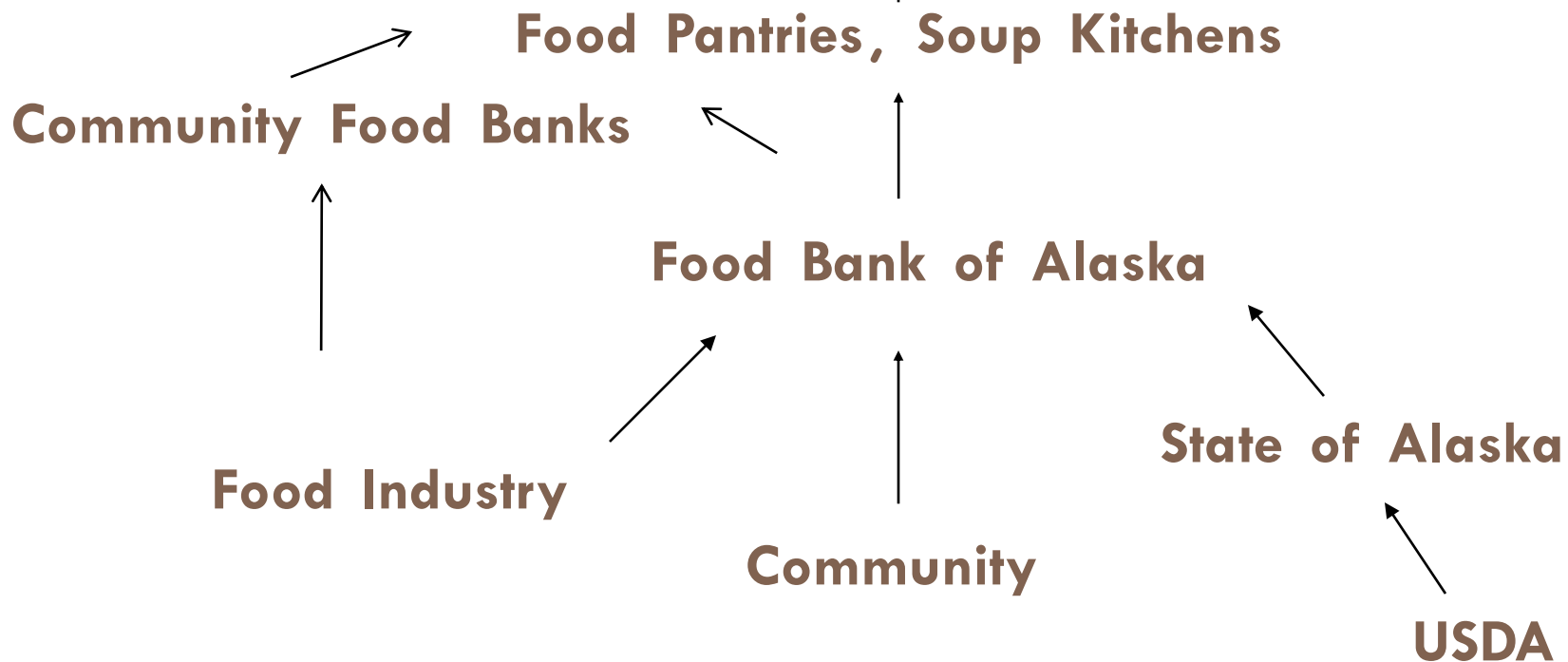


6.5 MILLION POUNDS OF FOOD DISTRIBUTED



FBA distributed **6.8 million pounds of food** – roughly **5.7 million meals** - in FY15 through the charitable food network around Alaska.

Charitable Anti-Hunger System



Agencies in our Network

- Meal Programs make up 19.5% of network and Grocery programs make up 80.5%
- 50% are faith based
- 64% of agencies report employing paid staff



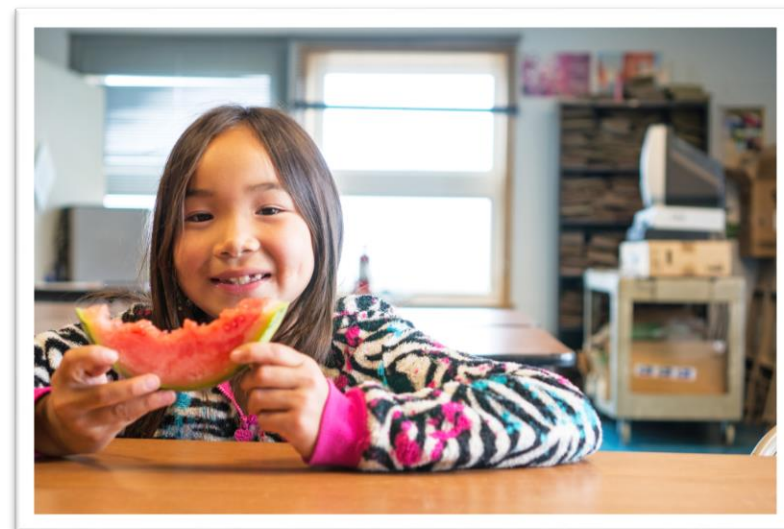
Food Assistance Programs



- ❑ Supplemental Nutrition Assistance Program (SNAP)
- ❑ Women, Infants and Children Program (WIC)
- ❑ Free or Reduced School Lunch or Breakfast Program (NSLP)
- ❑ Child and Adult Care Food Program (CACFP)
- ❑ Expanded Food and Nutrition Education

Food Assistance Programs: How Families Get Help

- **School Meals** -- About 50% of all school children in Alaska qualify for free or reduced price meals (total enrolled is roughly 115,000)
- **Two USDA programs**
 - ▣ Child and Adult Care Food Program (CACFP)
 - ▣ Summer Food Service Program
- Child Nutrition Programs are important to low-income children's health and well-being



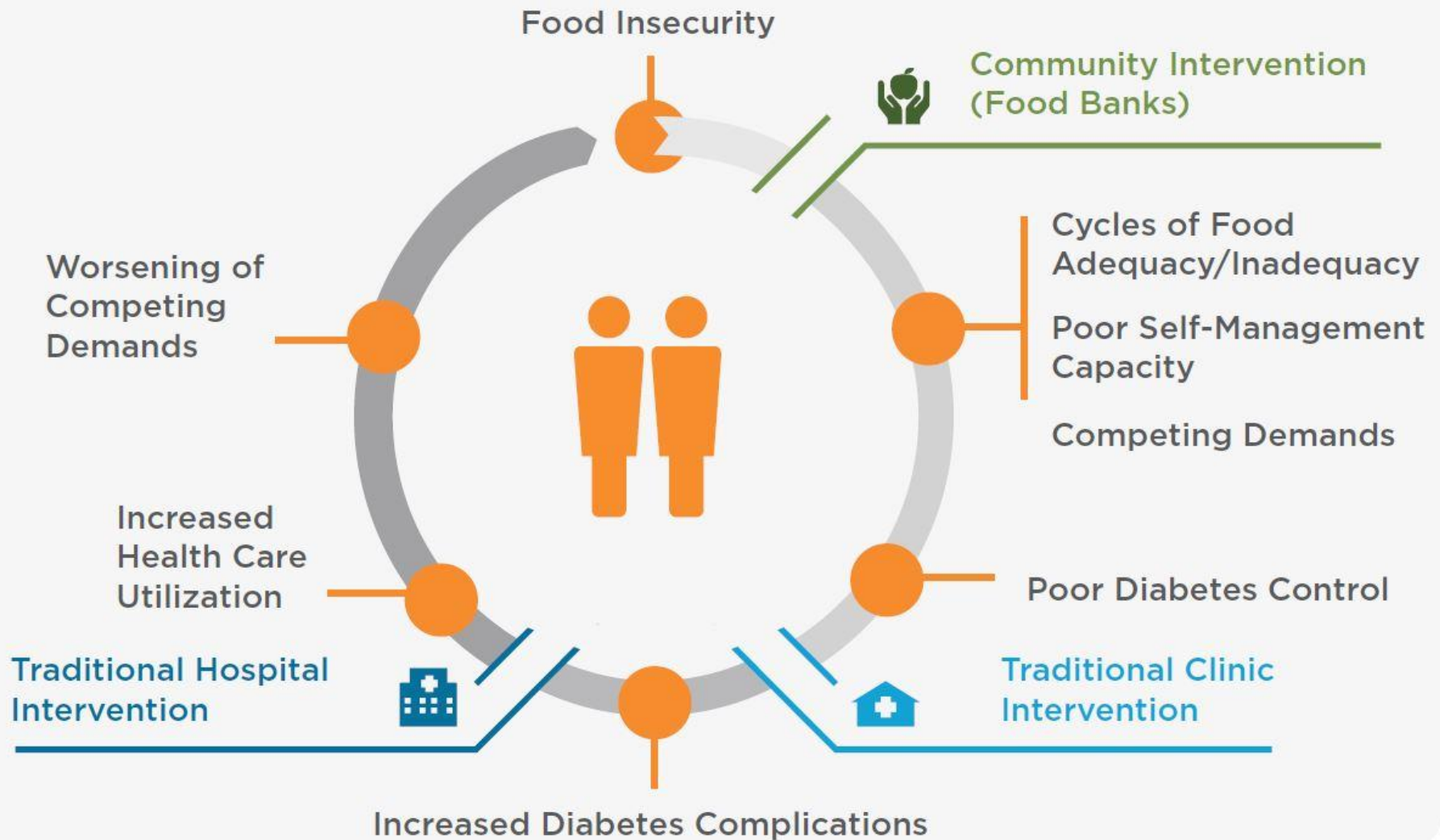
Food Distribution on Indian Reservations (FDPIR)



- Provides a once a month allotment of USDA foods to eligible low-income households living in Alaska villages with fewer than 10,000 people.
- Administered by ANTHC
- Households cannot participate in FDPIR and SNAP (Food Stamps) at the same time
- There are currently 19 FDPIR distribution agencies in rural Alaska



CYCLE OF FOOD INSECURITY & CHRONIC DISEASE: DIABETES



Food Insecurity and Obesity-Related Access Issues

Lack of access to healthy affordable foods

Shift toward energy dense foods that provide maximum calories at least cost, in large part due to added sugar and fat.

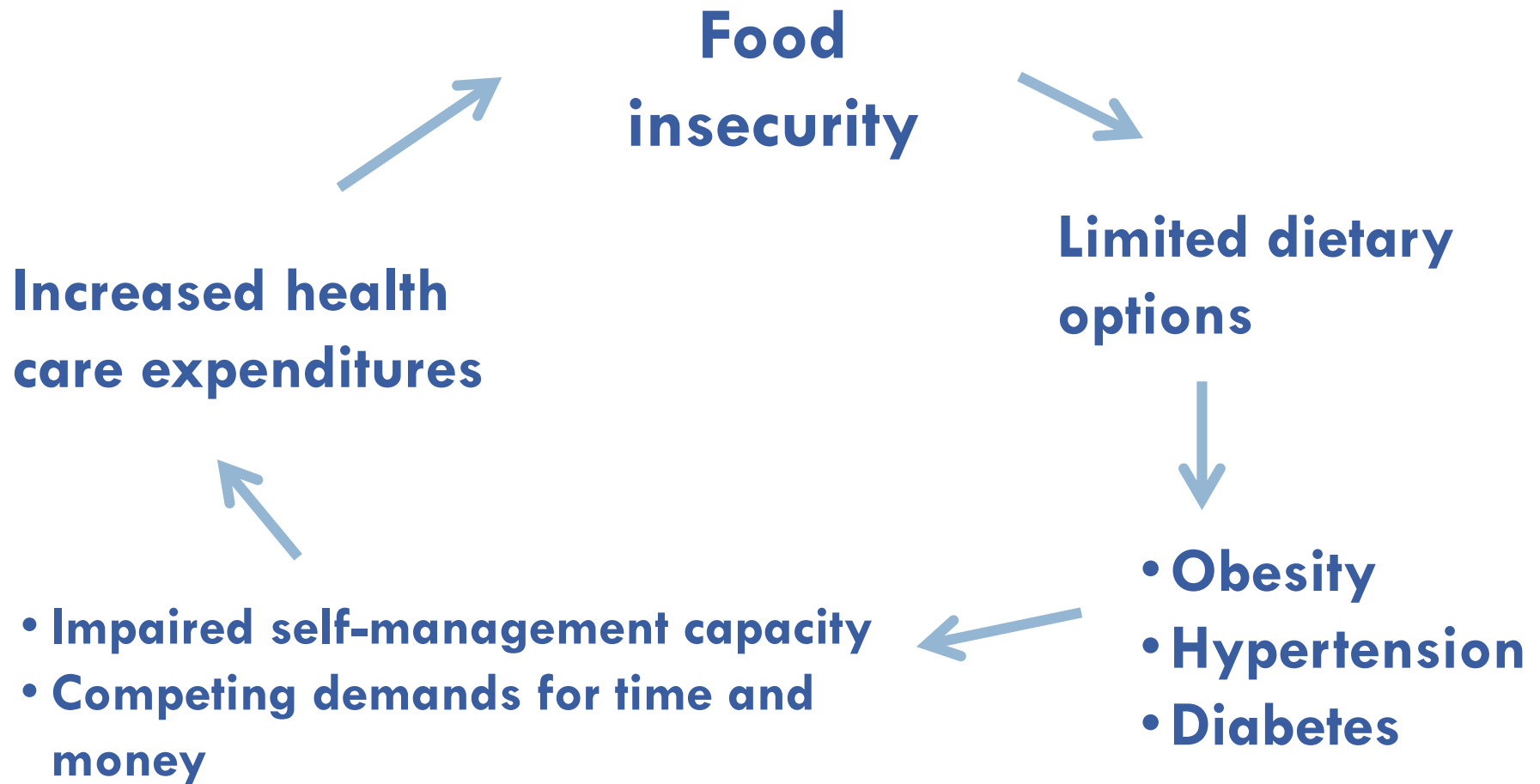
Lack of access to physical activity resources

Parks, green spaces, bike paths, and recreational facilities.

Crime, traffic, and unsafe neighborhoods.

Lack of access to reliable transportation

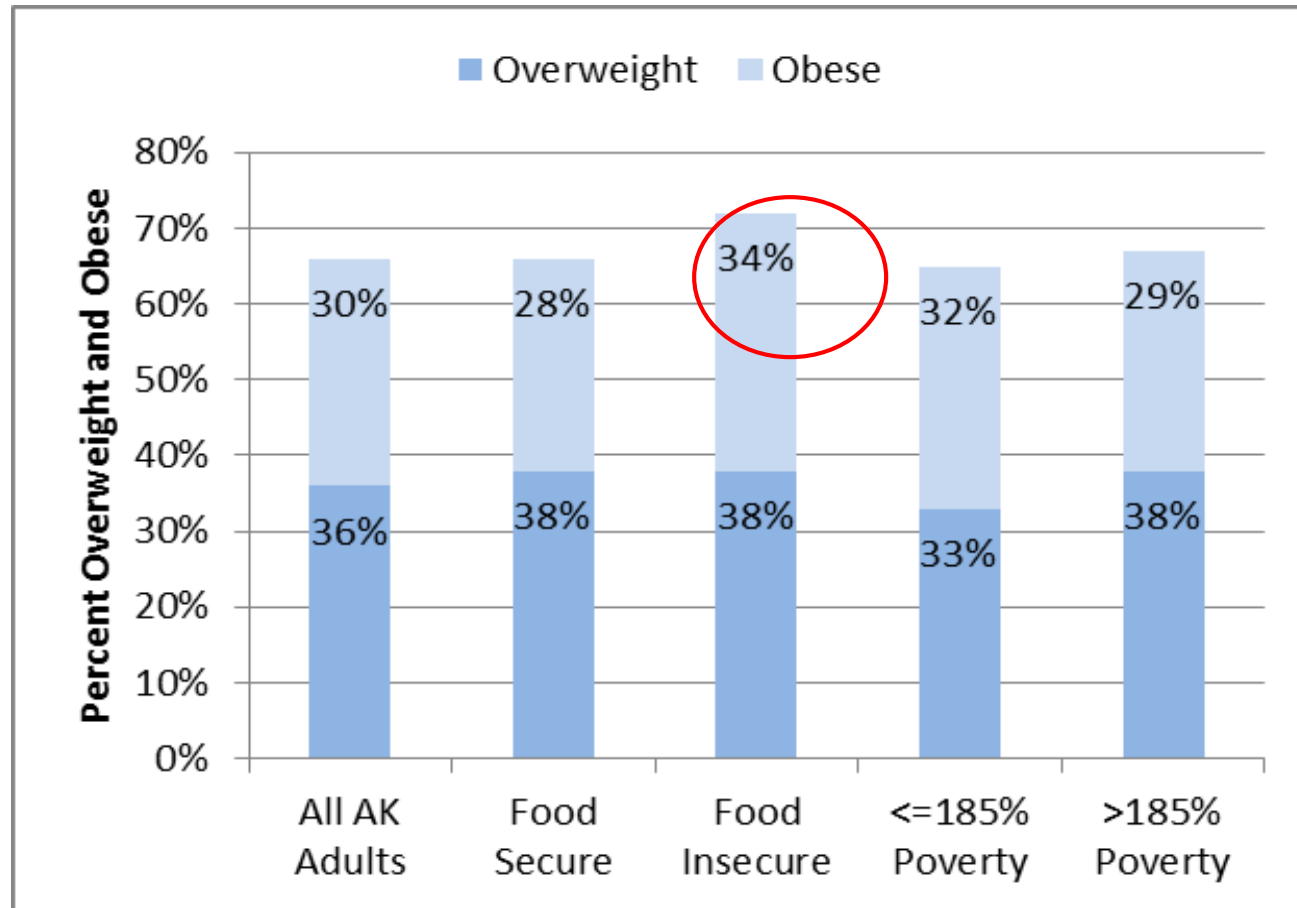
Food Insecurity and Chronic Disease



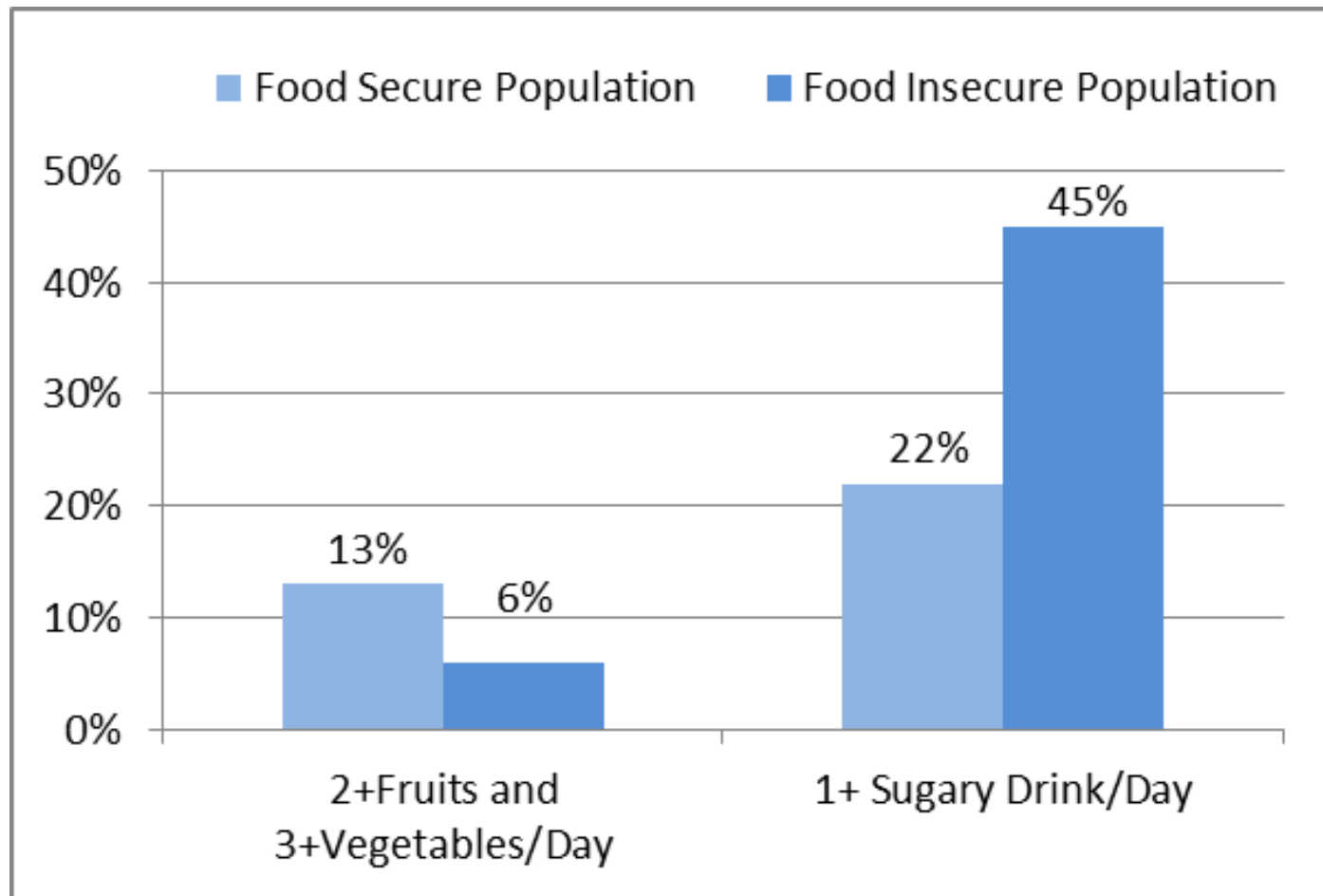
Seligman HK, Davis TC, Schillinger D, Wolf MS., **Food insecurity is associated with hypoglycemia and poor diabetes self-management in a low-income sample with diabetes.** J Health Care Poor Underserved. 2010 Nov;21(4):1227-33. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3004431/pdf/nihms-251752.pdf>

Seligman HK, Schillinger D. **Hunger and socioeconomic disparities in chronic disease.** N Engl J Med. 2010 Jul 1;363(1):6-9.

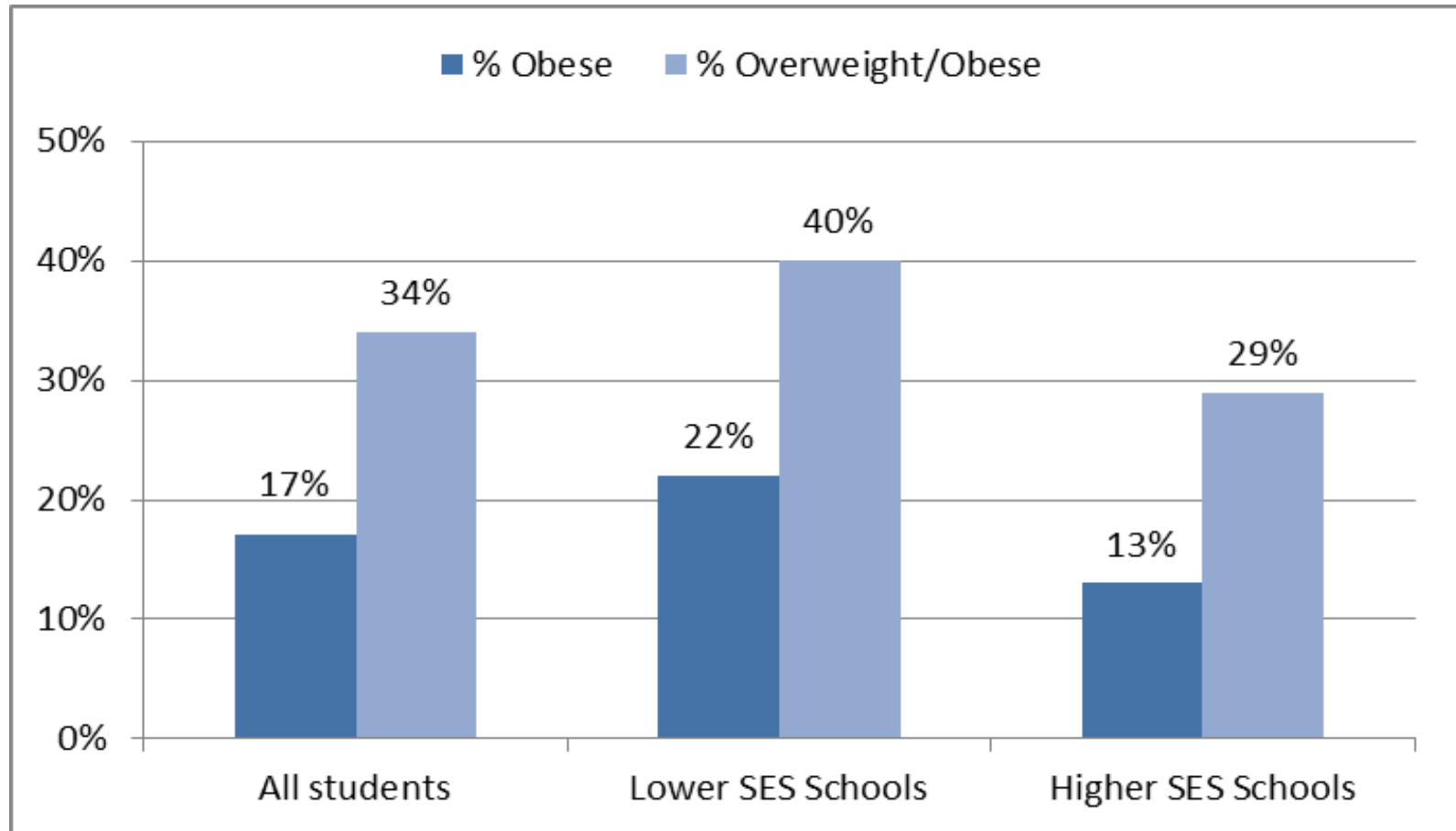
Weight Status by Food Security and Income in Alaska Adults, 2013 (BRFSS)



Consumption of Fruits, Vegetables and Sugary Drinks by Food Secure and Food Insecure Alaska Adults, 2013 (BRFSS)



Prevalence of Overweight and Obesity in ASD & MSBSD Student,s Grades K, 1, 3, 4, & 7, by School Socioeconomic Status (SES)*, 2013-14 School Year



Education is not the problem

- Lots of awareness of nutritional compromises involved in being poor, using pantries
 - ▣ Lots of starch, processed foods, canned foods, little protein
 - ▣ Some dairy and produce but often spoiled
- Strong desire for fresh and “local” food (especially outside Anc)
 - ▣ **Harvested** in Alaska
 - Grown * Hunted
 - Gathered * Fished
 - ▣ Extensive literature documenting nutritional benefits of Alaskan wild foods as well as cultivated produce



SO WHAT?

QUESTIONS?

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