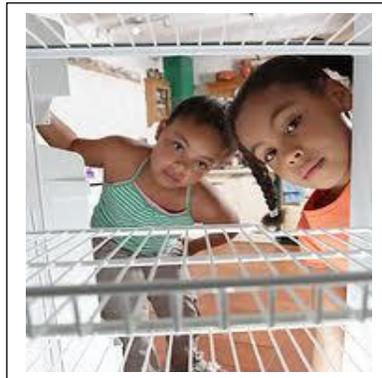




# Extent of Food Insecurity Among Iowa WIC Participants 2013

## IOWA WIC PROGRAM



## IOWA DEPARTMENT OF PUBLIC HEALTH

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## Summary

## Introduction:

One in seven US households cannot reliably afford food.(4) Data from *Household Food Security in the United States in 2012* (2) which included survey data from the entire year of 2012 found that 14.5 percent of households were food insecure at least some of the time during the year, including 5.7 percent with very low food security. Children were food-insecure in 10.0 percent of the households with children in 2012. (2) Additionally the typical food-secure household spent 26 percent more on food than the comparable food-insecure household. The 5.7 percent of the households that had very low food security translates to 7.0 million US households and in 2012, of these households 1.3 percent contained children (977,000 children). (2)

Food security is defined by the number of food-insecure conditions reported by one adult respondent in each household. Those conditions include being unable to afford balanced meals, cutting the size of meals because of too little money for food, or being hungry because of too little money for food. Households classified as having low food security have reported multiple indications of food access problems and reduced diet quality, but typically have reported few, if any, indications of reduced food intake. Those classified as having very low food security have reported multiple indications of reduced food intake and disrupted eating patterns due to inadequate resources for food. (2) Even when adequate resources are available, access to neighborhood grocery stores is often unavailable to low-income families. (1)

On average from 2010-2012 there were 1,231,000 households in Iowa. Of these households, 12.6% lived with some form of food insecurity. This represents approximately 155,106 households in Iowa. (2) This compares to an average of 1,243,000 households in Iowa from 2008-2010 where 12.1% (150,403 households) lived with some form of food insecurity.

In 2012, rates of food insecurity were higher than the national average for all households with children, and rates of very low food security was more prevalent than the national average for households with children headed by a single woman. (2) In the same year, Iowa had an estimated total of 719,511 households with children under 18 years of age and 153,832 households with children headed by a single woman.

The Iowa Special Supplemental Nutrition Program for Women, Infants, and Children, also known as WIC, is a nutrition assistance program. WIC is designed to assist low income, nutritionally at risk infants, children under the age of 5, pregnant women, breastfeeding women, and postpartum women up to 6 months after birth by providing healthy foods, nutrition education and referrals to other health care agencies. In Iowa, WIC provides services to approximately 65,876 participants each month.

The Iowa WIC program has completed food security surveys with the WIC participants in 1997, 2000, 2003, 2008, and 2011. Different processes have been used to administer this survey including providing a survey at their appointment and mailing surveys to their homes. In 2011, surveys were distributed randomly at every WIC clinic across the state. The 2011 survey resulted in 41% of respondents as food insecure, of those who were food insecure 24.4% had low food security, and 16.7% had very low food security.

## Methodology:

In 2013, the Iowa WIC program assessed the food security status of WIC participants using the same method used in 2008 and 2011. All questions had been validated by the U.S. Household Food Security Survey with one minor adjustment requested and approved by the USDA Economic Research Service. This adjustment resulted in the separation of one question into two. In 2008 the question, “In the last 12 months, did you or other members in your household ever cut the size of your meals or skip meals because there wasn’t enough money for food?” was separated. The separation resulted in one question addressing skipping meals and a second question addressing cutting meals. This process was continued for 2011 and 2013.

Surveys were distributed to local agencies representing 5% of their service population. This resulted in a total of 3,342 surveys provided for distribution. The agencies were instructed on how many surveys should be distributed at each clinic location. The surveys were then randomly offered to participants as they arrived at clinic for their appointment. Participating in the survey was completely voluntary for participants. Each agency distributed surveys until they were gone. All surveys were provided in both English and Spanish. Each agency then returned completed surveys, sealed in envelopes by the participants to the state WIC office marked with their agency number on the main envelope and clinic number on the individual envelopes for each clinic.

## Analysis:

Results were tabulated using the data entry service Knowledge Delivery Services. The Iowa Department of Public Health (IDPH) used the same process that was used in 2003, 2008, and 2011 to complete SPSS.

## Demographics:

Completed surveys (3,321) were returned to the state WIC office resulting in a return rate of 99%. Three of the 20 WIC agencies had fewer than 100 surveys returned. Females continue to be the primary respondents of the survey at 96%. Almost 54% of survey respondents reported having a high school education or less while a little more than 46% had some additional schooling or training beyond high school or are a college graduate. Respondents specified their race or ethnicity, almost 68.1% were white; 18.4% were Hispanic/Latino; and almost 9.1% were black/African American.

### *2013 Iowa WIC Survey Indicator Set for Classifying Household Food-Security Status Level*

1. “The food that we bought just didn’t last, and we didn’t have money to get more.” Was that often, sometimes, or never true for your household in the last 12 months?
2. “We couldn’t afford to eat balanced meals.” Was that often, sometimes, or never true for your household in the last 12 months?
3. In the last 12 months, did you or other members in your household ever cut the size of your meals because there wasn’t enough money for food?
4. In the last 12 months, did you or other members in your household ever skip meals because there wasn’t enough money for food?
5. In the last 12 months, did you ever eat less than you felt you should because there wasn’t enough money for food?
6. In the last 12 months, were you ever hungry but didn’t eat because there wasn’t enough money for food?

Employment status items indicated that in 16.4% of households no member of the household was employed which is a 2.8% decrease from 2011 survey results and a .6% decrease from 2008 survey results. Only one person was employed in 55% of households which is an increase from 53.6% of households in 2011 but still down .4% from 2008. Two people were employed in 25.7% of households which is an improvement from 24.6% in 2011 and 22.8% in 2008 but still lower than in 2003 when the rate of two household members being employed was 28.9%. When reporting income, almost 36% reported an income of less than \$10,000 which is the same as 2011 but still much higher than almost 31% in 2008. 71.4% of respondents reported an income of less than \$25,000 which is still up from 68% in 2008 but lower than the almost 75% reported in 2011.

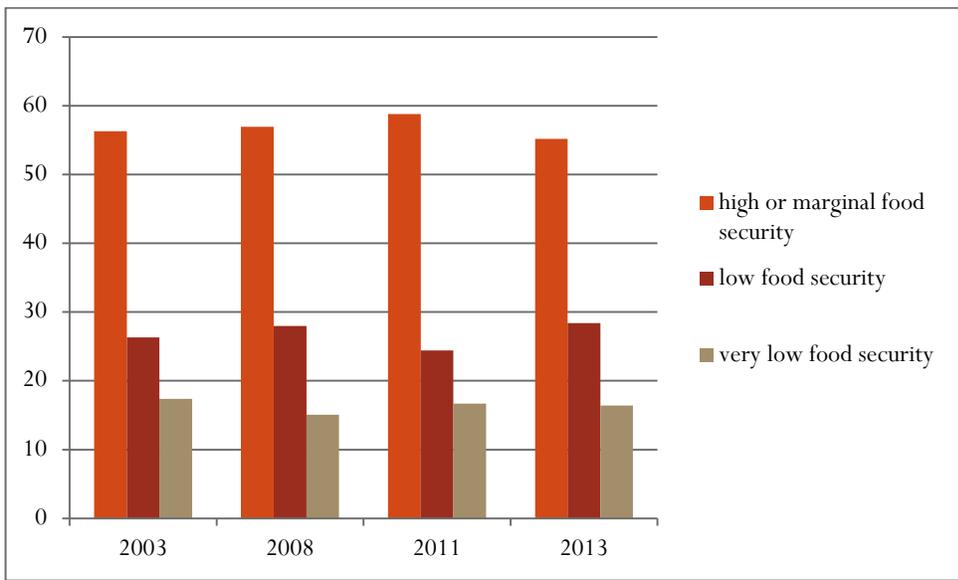
Similar indicators have been tracked with WIC participants across the nation. In December 2013, the WIC Participant and Program Characteristics 2012 (PC 2012) for the nation were released by the USDA Food and Nutrition Services. Data from this report provided that on average, family or economic unit income across all participant categories enrolled in the WIC program in April 2012 was \$16,482 which is a 2.4% increase since 2010. This small increase is consistent with broader economic data showing a slow rate of economic growth since 2010. Breastfeeding women report the highest average annualized income (\$17,958), while postpartum women report the lowest (\$14,749).

An interesting trend that has emerged since 2011 is regarding those participants who are making more than \$35,000. In 2003, 7.3% and in 2008 7.4% of participants reported an income greater than \$35,000. In 2011, that number jumped to 9.1% and continued to increase to 11.1% in 2013. We do not know the reason for the increase in participants at this economic level but it has been speculated that one reason could be the continued increase in costs for food is causing families to look for sources of assistance. The Consumer Price Index (CPI) is published by the Bureau of Labor Statistics (BLS) listing the general price changes for the U.S. economy. The measures are an average change in prices paid by urban consumers for a fixed market of goods and services including food. The CPI for food at home rose 1.3% in 2012 following a 6% increase in 2011.

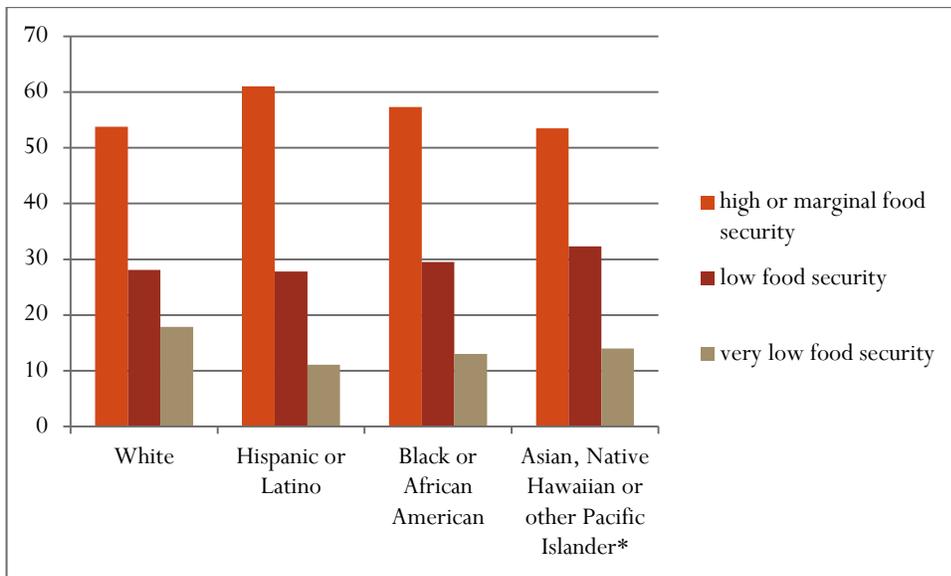
Food Item	Nov-11	Nov-12
Bread, white, per pound	\$1.40	\$1.42
Ground chuck, 100% beef, per pound	\$3.20	\$3.46
Chicken, fresh, whole, per pound	\$1.30	\$1.51
Eggs, grade A, large, per dozen	\$1.84	\$1.96
Milk, fresh, whole, fortified, per gallon	\$3.56	\$3.54
Orange juice, frozen concentrate, 12 oz. can per 16 oz.	\$2.79	\$2.60
Cheddar cheese, natural, per pound	\$5.63	\$5.83
Peanut butter, creamy, per pound	\$2.24	\$2.90

## Household Food Security

Food security is a basic need for all individuals but not always easily obtained. The measurement of food security was determined by the number of affirmative responses to the six food security questions asked. Low food security was determined if there was an affirmative response to two, three, or four of the questions. Very low food security resulted in an affirmative response to five or more of the questions. In 2003 and 2008 43% of respondents were determined to be food insecure and this number declined slightly to 41% in 2011 only to rebound to 44.8% in 2013. Of the nearly 45%; 28.4% were identified to have low food security and 16.4% with very low food security. The increase in the percent of WIC participants who are food insecure is seen in the percentage of those determined to have low food security; up 4% with a decrease of .3% in those determined to have very low food security.



The food security status of white, Hispanic or Latino, and Black or African American respondents was compared and 39-46% of respondents in all groups were found to be food insecure which is an increase compared to 2011 (35-42%). Over 28% of white respondents reported low food security and almost 18% had very low food security. Almost 27% of Hispanic or Latino respondents had low food security and 7.3% with very low food security. Of Black or African American respondents 29.5% had low food security and 13% with very low food security.



The extent of food insecurity in Iowa’s WIC population in 2013 increased after remaining relatively stable from 2003-2011. When comparing longitudinal data from 2003 to 2013, data indicates that there has been an increase in low food security while very low food security has decreased slightly. In total, the percentage of those with food insecurity in Iowa’s WIC population has increased.

### Participation in Food Assistance Programs

Participation in food assistance programs, other than WIC, by respondents continues to change with each survey. In 2003, 39% of respondents did not participate in any other food assistance programs, in 2011 this number decreased to 22%, and in 2013 increased again to 25%. Participation in the Food Assistance (SNAP) Program continued to make large increases from 2003 to 2011 (32%-62%). A decrease was seen in 2013 however with 54.5% of WIC participants reporting participation in the SNAP program. Since collecting food security data from Iowa WIC participants in 2003, usage of the food bank is at an all-time high of 9.1% which includes a significant increase from 2011 (6.4%).

### Conclusion

Similar to national data we are seeing a shift in the racial makeup of the Iowa WIC Program. Comparing 2011 data to 2013 we see a decrease in White/Caucasian participants from 72.4% to 68.1%. During the same time period, Hispanic/Latino participants have increased from 13.7% to 18.4%, Black African American from 6.9% to 9.1% and Asian/Pacific Islander from .9% to 2.2%. In an analysis of food security data for all races, every group saw approximately a 4% increase in food insecurity. The largest increase was among Hispanic/Latino and Black/African American families (4.2%).

The 2013 Iowa WIC survey showed many similar results to past surveys, but increases that correlate with the poor economic situations many are still facing. These results suggest that even with the majority of WIC families receiving another source of food assistance outside of WIC (75%), specifically increased Food Bank usage, the struggle to find enough food persists. The status of food insecurity in Iowa is also similar to national trends that show a sustained need for continued efforts in solving food security issues. One cannot minimize the importance of addressing this concern, due to the fact that high food insecurity rates have high individual and societal costs in terms of poor health and reduced well-being.

**Acknowledgements:** A special thanks goes to Simon Geletta at Knowledge Delivery Services for compiling the data related to the 2013 WIC Survey. Thank you also to Joann Muldoon for her data analysis assistance.

## References:

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# Iowa WIC Survey

## Encuesta de WIC para el estado de Iowa

Iowa Department of Public Health  
Bureau of Nutrition and Health Promotion  
August 2013

This survey will be used to improve the quality of WIC services for you and your family. All of your responses will be confidential, so please be honest in your answers. We do not need your name. Thank you for participating in the Iowa WIC survey!

### **Section 1 asks about you and your family.**

1. What is your gender?

- (1) Female
- (2) Male

2. What is your age?

- (1) Less than 20
- (2) 20-29
- (3) 30-39
- (4) 40 or more

3. Are you **(Check all that apply)**:

- (1) White
- (2) Hispanic or Latino
- (3) American Indian or Alaskan Native
- (4) Black/African American
- (5) Asian, Native Hawaiian or other Pacific Islander
- (6) Other

4. In your household, is there a **(Check all that apply)**:

- (1) Pregnant woman on WIC?
- (2) Breastfeeding woman on WIC?
- (3) Postpartum woman on WIC?
- (4) Infant on WIC (0-12 months old)?
- (5) Child on WIC (1-5 years old)?

5. Are you:

- (1) Single, never married, NOT living with another adult(s)
- (2) Single, never married, but living with another adult(s)
- (3) Married
- (4) Divorced
- (5) Separated
- (6) Widowed

6. What is your highest level of education completed?

- (1) 8<sup>th</sup> grade or less
- (2) 9<sup>th</sup> to 11<sup>th</sup> grade
- (3) High school diploma/GED
- (4) Some training/schooling beyond high school
- (6) College graduate or above

Esta encuesta se utilizará para mejorar la calidad de los servicios de WIC para usted y su familia. Todas sus respuestas serán confidenciales, por lo que le pedimos honestidad en las respuestas. No necesitamos su nombre. ¡Gracias por participar en la encuesta WIC de Iowa!

### **La sección 1 se refiere a usted y a su familia.**

1. ¿Cuál es su sexo?

- (1) Femenino
- (2) Masculino

2. ¿Cuál es su edad?

- (1) Menos de 20
- (2) 20-29
- (3) 30-39
- (4) 40 o más

3. Es usted de origen **(Marque todos los que correspondan)**:

- (1) blanco
- (2) hispano o latino
- (3) indígena americano o nativo de Alaska
- (4) negro/afroamericano
- (5) asiático, nativo de Hawai u otra isla del Pacífico
- (6) Otro

4. En su núcleo familiar, ¿hay **(marque todos los que correspondan)**:

- (1) mujeres embarazadas en WIC?
- (2) mujeres amamantando en WIC?
- (3) mujeres posparto en WIC?
- (4) niños en WIC (0-12 meses de edad)?
- (5) niños en WIC (1-5 años de edad)?

5. ¿Es?

- (1) Soltera, no se ha casado nunca, NO vive con otro(s) adulto(s)
- (2) Soltera, no se ha casado nunca, pero vive con otro(s) adulto(s)
- (3) Casada
- (4) Divorciada
- (5) Separada
- (6) Viuda

6. ¿Cuál es el nivel de educación más alto que ha completado?

- (1) 8<sup>o</sup> grado o menos
- (2) Escuela secundaria o superior
- (3) Diploma de enseñanza secundaria/Equivalencia de secundaria
- (4) Algo de capacitación/educación después de la secundaria
- (6) Graduado de universidad o más

7. How many people are there in your household at this time (including yourself)?

- (1) 1
- (2) 2
- (3) 3
- (4) 4
- (5) 5
- (6) 6
- (7) 7
- (8) 8
- (9) More than 8

8. How many adults in your household are employed at this time? (Including full time, part-time, seasonal, and self-employed).

- (1) None
- (2) 1
- (3) 2
- (4) 3
- (5) More than 3

9. How much income do you expect your household to get this year from all sources, including wages, social security, public assistance, and all other cash income?

- (1) \$0-\$4,999
- (2) \$5,000-\$9,999
- (3) \$10,000-\$14,999
- (4) \$15,000-\$24,999
- (5) \$25,000-\$34,999
- (6) \$35,000 and over

10. Which programs are you or anyone in your household using right now? **(Check all that apply)**

- (1) SNAP (Food Stamps)
- (2) Head Start or Early Head Start
- (3) Food Bank or Food Pantry
- (4) SHARE Food Program
- (5) Commodity Supplemental Food Program
- (6) School Lunch Program
- (7) School Breakfast Program
- (8) Child and Adult Care Food Program
- (9) Family Investment Program
- (10) We do not use any of these programs

7. ¿Cuántas personas hay en su núcleo familiar actualmente (incluyéndola a usted)?

- (1) 1
- (2) 2
- (3) 3
- (4) 4
- (5) 5
- (6) 6
- (7) 7
- (8) 8
- (9) Más de 8

8. ¿Cuántos adultos en su núcleo familiar están empleados en este momento? (incluyendo empleados de tiempo completo, parcial, zafral y empleados independientes).

- (1) Ninguno
- (2) 1
- (3) 2
- (4) 3
- (5) Más de 3

9. ¿Cuántos ingresos espera que obtenga su núcleo familiar de todas las fuentes, incluyendo salario, seguridad social, asistencia pública y demás ingresos en efectivo?

- (1) \$0-\$4,999
- (2) \$5,000-\$9,999
- (3) \$10,000-\$14,999
- (4) \$15,000-\$24,999
- (5) \$25,000-\$34,999
- (6) \$35,000 en adelante

10. ¿Qué programas están utilizando usted o cualquiera de las personas de su núcleo familiar actualmente? **(Marque todas las que correspondan)**

- (1) SNAP (cupones alimenticios)
- (2) Head Start o Early Head Start
- (3) Banco de alimentos (*Food Bank*) o despensa de alimentos (*Food Pantry*)
- (4) Programa de alimentos SHARE
- (5) Programa de alimentos complementarios (*Commodity Supplemental Food Program*)
- (6) Programa de almuerzos en la escuela
- (7) Programa de desayunos en la escuela
- (8) Programa alimentario de cuidados para niños y adultos
- (9) Programa de inversión familiar
- (10) No usamos ninguno de estos programas

**Section 2 asks about your household food supply in the last 12 months.**

11. "The food that we bought just didn't last, and we didn't have money to get more." Was that often, sometimes, or never true for your household in the last 12 months?

- (1) Often true
- (2) Sometimes true
- (3) Never true
- (4) I don't know

**La sección 2 se refiere al suministro de alimentos de su núcleo familiar en los últimos 12 meses.**

11. "Los alimentos que compramos no duraron y no teníamos dinero para comprar más". ¿Esto sucedió a menudo, a veces o nunca en su núcleo familiar en los últimos 12 meses?

- (1) Sucedió a menudo
- (2) Sucedió algunas veces
- (3) No sucedió nunca
- (4) No sé

12. "We couldn't afford to eat balanced meals." Was that often, sometimes, or never true for your household in the last 12 months?

- (1) Often true
- (2) Sometimes true
- (3) Never true
- (4) I don't know

13. In the last 12 months, did you or members in your household ever cut the size of your meals because there wasn't enough money for food?

- (1) Yes
- (2) No
- (3) I don't know

14. In the last 12 months, did you or members in your household ever skip meals because there wasn't enough money for food?

- (1) Yes
- (2) No
- (3) I don't know

15. In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?

- (1) Yes
- (2) No
- (3) I don't know

16. In the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food?

- (1) Yes
- (2) No
- (3) I don't know

**Section 3 asks about your nutrition education that you receive at WIC.**

17. Because of what I learned from WIC, I understand the importance of breastfeeding my baby.

- (1) Strongly agree
- (2) Agree
- (3) Disagree
- (4) Strongly disagree

18. WIC provides nutrition education in many ways. **Please check all the ways** you have received information from the WIC Program:

- (1) Talking with the nutritionist/nurse
- (2) Group discussions
- (3) Informational pamphlets or handouts
- (4) Newsletters
- (5) Information from [wichealth.org](http://wichealth.org)
- (6) Recipes
- (7) Facebook

12. "No teníamos dinero para comidas balanceadas" ¿Esto sucedió a menudo, a veces o nunca en su núcleo familiar en los últimos 12 meses?

- (1) Sucedió a menudo
- (2) Sucedió algunas veces
- (3) No sucedió nunca
- (4) No sé

13. En los últimos 12 meses, ¿usted o miembros de su núcleo familiar tuvieron que reducir el tamaño de sus comidas porque no había suficiente dinero para alimentos?

- (1) Sí
- (2) No
- (3) No sé

14. En los últimos 12 meses, ¿usted o miembros de su núcleo familiar tuvieron que omitir comidas porque no había suficiente dinero para alimentos?

- (1) Sí
- (2) No
- (3) No sé

15. En los últimos 12 meses, ¿usted o miembros de su núcleo familiar tuvieron que comer menos de lo que sentían que debían porque no había suficiente dinero para alimentos?

- (1) Sí
- (2) No
- (3) No sé

16. En los últimos 12 meses, ¿sintió hambre pero no comió porque no había suficiente dinero para comida?

- (1) Sí
- (2) No
- (3) No sé

**La sección 3 trata sobre la educación sobre nutrición que recibe en WIC**

17. Gracias a lo que aprendí en WIC, comprendo la importancia de amamantar a mi bebé.

- (1) Muy de acuerdo
- (2) De acuerdo
- (3) En desacuerdo
- (4) Muy en desacuerdo

18. WIC ofrece educación sobre nutrición de muchas maneras. **Marque todas las formas** en que ha recibido información del programa WIC:

- (1) Hablando con la nutricionista/enfermera
- (2) Conversaciones grupales
- (3) Panfletos y repartidos de información
- (4) Boletines
- (5) Información de [wichealth.org](http://wichealth.org)
- (6) Recetas
- (7) Facebook

19. Which of the ways that WIC provides nutrition education do you prefer? **Please choose three.**

- (1) Talking with the nutritionist/nurse
- (2) Group discussions
- (3) Informational pamphlets or handouts
- (4) Newsletters
- (5) Information from [wichealth.org](http://wichealth.org)
- (6) Recipes
- (7) Facebook

20. Because of what I learned from WIC, I buy more fruits and vegetables for my family.

- (1) Strongly agree
- (2) Agree
- (3) Disagree
- (4) Strongly disagree

**Section 4 will help us improve our services to you.**

21. How often do you use your \$6, \$10, or \$15 fruit and vegetable WIC check? **Please check one.**

- (1) I always use it
- (2) I sometimes use it
- (3) I rarely use it
- (4) I never use it

22. When using your fruit and vegetable WIC check, how much of the dollar amount do you use usually use? **Please check one.**

- (1) All of it
- (2) Most of it
- (3) Some of it
- (4) Little of it
- (5) I do not use my fruit and vegetable WIC check

23. If you did not answer that you used **all** or **most** of your fruit and vegetable WIC check in the previous question, why do you not use it?

24. In general, how would you rate the services you have received from WIC? **Please check one.**

- (1) Excellent
- (2) Good
- (3) Fair
- (4) Poor

25. Please write any comments or suggestions to help us serve you better.

19. ¿Cuáles de las formas en que WIC ofrece educación sobre nutrición prefiere? **Marque tres.**

- (1) Hablar con la nutricionista/enfermera
- (2) Conversaciones grupales
- (3) Panfletos y repartidos de información
- (4) Boletines
- (5) Información de [wichealth.org](http://wichealth.org)
- (6) Recetas
- (7) Facebook

20. Gracias a lo que aprendí de WIC, compro más frutas y verduras para mi familia.

- (1) Muy de acuerdo
- (2) De acuerdo
- (3) En desacuerdo
- (4) Muy en desacuerdo

**La sección 4 nos ayudará a mejorar los servicios que le proporcionamos.**

21. ¿Con qué frecuencia usa su cheque WIC para frutas y verduras por \$6, \$10 o \$15? **Marque uno.**

- (1) Lo uso siempre
- (2) Lo uso a veces
- (3) Lo uso pocas veces
- (4) No lo uso nunca

22. Cuando usa el cheque WIC para frutas y verduras, ¿cuánto gasta habitualmente del monto total? **Marque uno.**

- (1) Todo
- (2) La mayoría
- (3) Una parte
- (4) Un poco
- (5) No uso mi cheque WIC para frutas y verduras

23. Si no respondió que usa **todo** o la **mayor parte** de su cheque WIC para frutas y verduras en la pregunta anterior, ¿por qué no lo usa?

24. En general, ¿cómo calificaría a los servicios que ha recibido de WIC? **Marque uno.**

- (1) Excelentes
- (2) Buenos
- (3) Regulares
- (4) Malos

25. Escriba cualquier comentario o sugerencia que tenga para ayudarnos a atenderla mejor.

## State Data

**Statewide Survey Data:****Table 1. Race/Ethnicity**

Race/Ethnicity	2013	2011	2008	2003
White	68.1	72.4%	70.9%	80.7%
Hispanic or Latino	18.4	13.7%	15.5%	12.4%
American Indian/Alaskan Native (<100 responses)	1.7	0.8%	1.1%	0.5%
Black/African American	9.1	6.9%	6.6%	3.0%
Asian, Native Hawaiian or other Pacific Islander (<100 responses)	2.2	0.9%	1.1%	2.4%
Other (<100 responses)	.5	0.3%	0.8%	0.9%

**Table 2. WIC Participants in Household**

WIC Participant Type in Household	2013	2011	2008	2000
Pregnant	13.8%	13.5%	14.5%	13.5%
Breastfeeding	9.2%	9.3%	9.4%	11.8%
Postpartum	9.7%	8%	9.0%	15.3%
Infant	39.0%	36.4%	37.9%	42.4%
Child	63.8%	67%	70.2%	69.6%
None		3.8%		

**Table 3. Family/Economic Unit Size**

(\* = &lt; 100 respondents)

Number of people in household	2013	2011	2008
1*	.9%	0.9%	1.2%
2	13%	13.6%	11.6%
3	25.3%	26.2%	26.2%
4	26.8%	27%	26.8%
5	18.1%	17.5%	17.9%
6	8.9%	8.9%	8.5%
7	3.8%	3.2%	3.5%
8*	2.0%	1.6%	1.2%
More than 8*	1.3%	0.9%	1.0%

**Table 4. Number of People Employed in Household**

(\* = &lt; 100 respondents)

People employed in household	2013	2011	2008	2003
None	16.4%	19.2%	17%	15.1%
1	55.0%	53.6%	55.4%	53.4%
2	25.7%	24.6%	22.8%	28.9%
3*	2.3%	2%	1.8%	1.9%
More than 3*	0.6%	0.6%	0.6%	0.7%

**Table 5. Household Income**

Household Income	2013	2011	2008	2003
\$0-4,999	23.3%	22.7%	18.2%	15.4%
\$5,000-9,999	12.6%	13.1%	12.6%	13.7%
\$10,000-14,999	13.9%	15.1%	13.9%	16.1%
\$15,000-24,999	21.6%	23.7%	23.2%	28.1%
\$25,000-34,999	17.5%	16.2%	16.9%	19.3%
\$>=35,000	11.1%	9.1%	7.4%	7.3%

**Table 6. Education Completed by Survey Respondent**

Highest grade level completed by respondent	2013	2011	2008	2003
< 8 <sup>th</sup> grade	5.2%	3.8%	4.8%	5.8%
9 <sup>th</sup> to 11 <sup>th</sup> grade	13.8%	14%	15.2%	12.4%
High school/GED	34.7%	33.6%	34.6%	34.8%
Technical	*28.0%	2.7%	3.0%	4.1%
Some college		27.9%	26.9%	27%
College graduate or more	18.3%	17.6%	13.0%	15.9%

\* In 2013 the wording was changed to “some training/schooling beyond high school.

**Table 7. Marital Status**

(\* = &lt; 100 respondents)

Marital status	2013	2011	2008	2003	2000
Never married, not living with other adults(s)	21.2%	23.4%	29.7%	18.3%	33.3%
Never married and living with other adult(s)	26.9%	23.3%	16.8%	15.8%	
Married	40.2%	42.1%	40.7%	57.9%	56.2%
Divorced	6.5%	7.2%	7.1%	5.7%	8.6%
Separated	4.8%	3%	2.2%	2%	
Widowed*	.4%	0.3%	0.3%	0.3%	0.4%
Missing					1.5%

**Table 8. Gender of Survey Respondents**

Gender	2013	2011	2008	2003	2000
Female	96.2%	96.2%	96.0%	97.8%	98.2%
Male	3.8%	3.8%	2.8%	2.2%	1.2%

**Table 9. Age of Survey Respondents**

Age	2013	2011	2008	2003	2000
<20 years	7.0%	7.3%	8.6%	7.3%	8.4%
20-29 years	56.0%	57%	59.1%	58.3%	54.6%
30-39 years	31.1%	29.5%	26.0%	27.7%	26.2%
>40 years	5.9%	6.1%	4.8%	6.7%	4.8%

**Table 10. Participation in Other Food Assistance Programs**

(\* = &lt; 100 respondents)

Other Programs	2013	2011	2008	2003	2000
Food Stamps	54.5%	62.1%	49.6%	32.4%	27%
HeadStart	9.3%	10.9%	10.8%	14.2%	11.6%
Food Bank	9.1%	6.4%	7.5%	5.9%	6.0%
SHARE*	.4%	0.3%		0.9%	1.2%
CSFP*	.6%	0.4%		0.7%	
School Lunch	29.1%	32.1%	25.5%	29.8%	
School Breakfast	14.3%	15.8%	13.0%	14.3%	
CACFP*	1.6%	2.2%		2.7%	
FIP	7.0%	10.6%	8.5%	10.6%	15.0%
Do Not Use	25.0%	22.2%		39.1%	32.9%

**Table 11. Quality of WIC Service**

Quality	2013	2011	2003	2000
Excellent	82.3%	77.7%	48.4%	49.3%
Good	16.3%	20.5%	43.1%	42.5%
Fair	1.2%	1.7%	8%	7%
Poor	.2%	0.1%	0.5%	0.8%

**Table 12. Understanding of Importance of Breastfeeding Due to WIC**

Answers	2013
Strongly Agree	51.0%
Agree	44.3%
Disagree	4.0%
Strongly Disagree	.7%

**Table 13. 2013-Nutrition Education in the WIC Program**

Education type	This is how I have received Nutrition education from WIC	This is how I prefer to Receive Nutrition education from WIC
Talking with CPA	86.1%	76.3%
Group Discussions	13.0%	8.2%
Pamphlets/Handouts	56.9%	44.9%
Newsletters	21.1%	21.9%
wichealth.org	13.7%	12.5%
Recipes	30.3%	29.0%
Facebook	8.2%	8.1%

**Table 14. Because of What I Learned from WIC, I Buy More Fruits & Vegetables for My Family**

Answers	2013
Strongly Agree	48.1%
Agree	47.2%
Disagree	4.2%
Strongly Disagree	.6%

**Table 15. How Often Do You Use Your CVV?**

Answers	2013
Always	91.7%
Sometimes	6.6%
Rarely	.6%
Never	1.1%

**Table 16. When You Use Your CVV, How Much of the Dollar Amount Do You Use?**  
(\* = < 100 respondents)

Answers	2013
All of It	82.4%
Most of It	14.8%
Some of It	1.7%
Little of It*	.3%
I Do Not Use It*	.8%

Cross Tabulation of Data Tables**Table 1. Program Use by Income level**

Q7. Program participation	Q19. Household Income (%)																	
	\$0-4,999	\$5K-9,999	\$10K-14,999	\$15K-24,999	\$25K-34,999	>\$35K												
SNAP	28.6	32	31.4	18	17.3	16.2	17.7	18.2	16.6	19.4	21.8	21.9	6.9	8.2	10.7	1.7	2.5	2.9
Head Start	23.1	30.7	29.6	16	16.7	16.8	14.7	17.6	15.5	22	22.6	20.6	14.7	7.7	13.4	4.3	4.8	3.7
Food Bank	31.2	30.6	30.3	15.8	13.7	16.6	15.4	15.1	18.0	18.4	23.7	21.9	12.4	12.8	10.2	2.6	4.1	2.8
School Lunch	13.3	18.3	18.8	12.5	12.2	12.2	13.4	15.7	15.1	25.9	25.2	26.0	22.3	19.6	17.9	7.4	8.6	9.7
School Breakfast	16	18.6	19.2	13.1	13.1	13.1	14.4	15.6	16.6	25.3	26.1	24.7	21.5	19.2	16.8	5.1	7.3	9.2
FIP	36.2	51.9	54.2	27.9	26.1	18.0	12	12.8	12.2	14	6.7	8.1	2.7	1.2	4.9	1.3	1.4	2.2
Do not use	9.9	10.9	11.6	8.3	7.8	8.2	10.6	8.9	9.6	26.1	26.6	19.8	24.6	26.9	27.4	12.6	18.1	23.0

**Table 2. Number of people in household and how often the CVV check is used**

(\* = &lt; 100 respondents)

CVV used	Always	Sometimes	Rarely	Never
# in HH				
1*	88.0	8.0	-	4.0
2	90.3	7.7	.9	.9
3	88.1	9.3	1.2	1.2
4	94.0	5.2	-	.7
5	92.7	5.6	.3	1.2
6	93.9	4.3	.7	1.0
7	92.9	4.3	.8	1.7
8*	91.5	5.0	1.6	1.6
9+*	97.5	2.5	-	-

**Table 3. Number of people in household and how much of the CVV gets used**

(\* = &lt; 100 respondents)

How Much of CVV is used	All	Most	Some	Little	None
<b># in HH</b>					
1*	69.2	26.9	-	-	3.8
2	80.2	15.8	2.9	.2	.7
3	78.6	17.7	2.2	.2	1.0
4	82.7	15.2	1.3	.2	.3
5	85.0	12.8	1.2	.1	.7
6	87.4	10.0	.7	.3	1.4
7	88.4	7.9	1.7	.8	.8
8*	91.5	5.0	1.6	-	1.6
9+*	74.3	23.0	2.5	-	-

## Food Security Data

**Food Security Data Tables****Food Security in the State**

Food Security Status	2013
Very Insecure	16.4
Food Insecure	28.4
Food Secure	55.2

Q1. Gender	Household Food Security (%)								
	High or marginal food security			Low food security			Very low food security		
	2008	2011	2013	2008	2011	2013	2008	2011	2013
Female	58	58.9	55.0	25.8	24.6	28.2	16.3	16.5	16.6
Male	59.5	56.8	56.8	28.6	20.7	32.8	11.9	22.5	10.4

Q2. Age	Household Food Security (%)								
	High or marginal food security			Low food security			Very low food security		
	2008	2011	2013	2008	2011	2013	2008	2011	2013
<20 years	63.3	63	53.9	22.3	18.5	26.9	14.4	18.5	19.1
20-29 years	57.7	58.4	54.2	25.8	25.3	28.2	16.5	16.4	17.4
30-39 years	55.6	58.8	56.6	27.9	25	29.0	16.5	16.2	14.3
>40 years	63	56.8	55.3	22.6	21.6	28.7	14.4	21.6	15.8

Q3. Race/Ethnicity	Household Food Security (%)											
	* = <100											
	High or marginal food security				Low food security				Very low food security			
	2003	2008	2011	2013	2003	2008	2011	2013	2003	2008	2011	2013
White	55.7	57.9	58	53.8	25.5	24.9	23.3	28.1	18.7	17.2	18.8	17.9
Hispanic or Latino	59.1	58.1	65.3	61.0	32	30.3	27.4	27.8	8.9	11.5	7.3	11.1
American Indian/Alaska Native	50	58.8*	45.5*	*45.6	28.6	26.5*	40.9*	*33.3	21.4	14.7*	13.6*	*21.0
Black/African American	53.8	59	61.7	57.3	26.4	26.7	25.4	29.5	19.8	14.3	12.9	13.0
Asian, Native Hawaiian or other Pacific Islander	63.9	62.5*	57.7*	*53.5	19.4	28.1*	26.9*	*32.3	16.7	9.4*	15.4*	*14.0
Other*		50.0	62.5	*50.0		28.6	12.5	*25.0		21.4	25.0	*25.0

Q6. Number of people in household	Household Food Security (%)											
	High or marginal food security				Low food security				Very low food security			
	2003	2008	2011	2013	2003	2008	2011	2013	2003	2008	2011	2013
1	45	44.7	51.9	23.3	25	28.9	25.9	53.3	30	26.3	22.2	23.3
2	50.2	59.7	53.2	49.8	30.2	23.7	28.1	31.6	19.6	16.6	18.7	18.5
3	54.1	56.3	56.4	53.4	25.3	26.8	25.7	29.0	20.7	16.9	18	17.4
4	58.4	57.6	63.6	56.3	26	26.6	21.4	27.4	15.6	15.8	14.9	16.1
5	59.5	60.3	57	57.6	24.9	25	25.9	26.8	15.6	14.6	17.1	15.4
6	54.8	63.2	60.6	56.0	27.8	23.4	26.3	27.8	17.4	13.4	13.1	16.1
7	53	54.7	70.2	57.2	32	24.5	16	27.4	15	20.8	13.8	15.3
8	70.5	56.8	57.4	63.0	18.2	24.3	17	24.6	11.4	18.9	25.5	12.3
More than 8	51.5	46.7	55.6	52.3	30.3	33.3	18.5	35.7	18.2	20	25.9	11.9

Q7. Participation in other programs	Household Food Security (%)											
	* = <100 respondents											
	High or marginal food security				Low food security				Very low food security			
	2003	2008	2011	2013	2003	2008	2011	2013	2003	2008	2011	2013
Food Stamps	51.2	56.2	56.5	50.7	27.8	25.5	25.1	29.1	21	18.3	18.4	20.1
Head Start	54	58.3	61.6	55.6	29.1	26.9	21.4	27.5	17	14.8	17	16.8
Food Bank	32	33.9	36.6	34.2	27.5	31.3	24.2	34.8	40.4	34.8	39.2	30.8
SHARE*	50	39.3	30	75.0	30.8	32.1	60	16.6	19.2	28.6	10	8.3
CSFP*	45.5	12.5	27.3	50.0	36.4	37.5	18.2	35.0	18.2	50	54.5	15.0
School Lunch	53.3	57.2	54.8	51.7	26.7	26.3	25.5	29.6	20	16.5	19.7	18.6
School Breakfast	51.3	53.1	52.8	48.9	26	28	24.3	30.1	22.7	18.9	22.8	20.8
CACFP*	58.8	47.4	54	48.0	25	42.1	25.4	38.4	16.3	10.5	20.6	13.4
FIP	55.3	56.3	60.5	48.0	23.8	22.6	22.7	30.9	20.9	21.1	16.8	21.0
Do not use	60.1	60.4	63.6	62.2	25.1	26.3	24	26.1	14.8	13.3	12.4	11.5

Q8. Number of people employed within household	Household Food Security (%)											
	* = <100 respondents											
	High or marginal food security				Low food security				Very low food security			
	2003	2008	2011	2013	2003	2008	'11	2013	2003	2008	2011	2013
None	55	54.7	57.7	55.1	24.3	24.9	24.6	28.4	20.8	20.4	17.6	16.4
1	53.9	57.7	57.1	53.7	27.8	26.7	25.9	29.6	18.2	15.6	17	16.5
2	60	61	63.4	55.1	24.7	24.1	21.1	27.6	15.3	14.9	15.5	17.2
3*	60.3	58.9	71.2	68.0	34.5	26.8	18.6	18.6	5.2	14.3	10.2	13.3
More than 3*	79.2	68	52.9	42.8	11.4	14.9	23.5	28.5	18.8	12.2	23.5	28.5

Q9. Education level of respondent	Household Food Security (%)									
	* = <100 respondents									
	High or marginal food security			Low food security				Very low food security		
	2008	2011	2013	2008	2011	2013	2008	2011	2013	
< 8 <sup>th</sup> grade	51	67	65.1	36.7	27.5	26.1	12.2	5.5	8.7	
9 <sup>th</sup> to 11 <sup>th</sup> grade	59.4	66.3	59.4	27	20	28.5	13.6	13.8	12.0	
High school/GED	60.6	61.8	55.0	23.8	21.6	28.6	15.5	16.6	16.3	
Technical/	56	55.1	51.1	27.5	26.9	27.5	16.5	17.9	21.3	
Some college	54.5	51.9		25.9	27.9		19.6	20.2		
College graduate	60.3	57.8	55.0	23.9	26.7	30.2	15.8	15.5	14.7	

\* In 2013 the wording was changed to "some training/schooling beyond high school."

Q10. Marital status of respondent	Household Food Security (%)											
	* = <100 respondents											
	High or marginal food security				Low food security				Very low food security			
	2003	2008	2011	2013	2003	2008	2011	2013	2003	2008	2011	2013
Never married, not with other adult(s)	56.2	60.7	61.6	51.8	26.3	23.6	24.1	30.5	17.5	15.7	14.2	17.6
Never married and with other adult(s)	47	53.1	57.6	52.3	30	27.7	22.6	28.0	23	19.1	19.8	19.5
Married	59.4	59.1	60.2	59.1	25.3	26.9	25.3	27.3	15.3	14	14.5	13.5
Divorced		55	52.5	53.5		22.9	24.6	28.1		22	23.2	18.3
Separated *		43.9	43.7	52.5		28.8	28.7	32.2		27.3	27.6	15.1
Widowed*		75	50	41.6		25.0	50	25.0		0	0	33.3

+ Not less than 100 in 2013

Q11. WIC participant types in household	Household Food Security (%)											
	High or marginal food security				Low food security				Very low food security			
	2003	2008	2011	2013	2003	2008	2011	2013	2003	2008	2011	2013
Pregnant	49.9	50.8	55.7	52.0	29.3	30	27	32.2	20.8	19.2	17.3	15.6
Breastfeeding	57	55.9	53.1	48.1	28	26.4	29.2	31.4	15.1	17.7	17.7	20.3
Postpartum	50.8	57.8	51.9	52.1	26	22.9	27	25.7	23.2	19.3	21	22.0
Infant	53.8	60.3	59.9	53.6	27	24.6	24.4	27.3	19.2	15.1	15.8	19.0
Child	58.2	57.9	60.1	56.1	25.9	26	23.5	28.6	15.9	16.1	16.5	15.2

Q19. Household income	Household Food Security (%)											
	High or marginal food security				Low food security				Very low food security			
	2003	2008	2011	2013	2003	2008	2011	2013	2003	2008	2011	2013
\$0-4,999	53.3	54.2	60.7	54.6	28	27.3	21.9	31.4	18.7	18.5	17.4	13.9
\$5,000-9,999	49.2	56	54.7	50.1	27.6	24.7	24.3	30.0	23.2	19.3	20.9	19.8
\$10K-14,999	46.6	51.9	51.9	53.3	29.5	26.5	31.1	23.3	23.9	21.6	17	23.3
\$15K-24,999	52.8	58.9	55.8	49.6	27.6	26.1	25	31.3	19.6	15	19.2	18.9
\$25K-34,999	64.1	60.7	57.6	52.1	23.6	26.4	26.9	32.1	12.3	13	15.6	15.7
>\$35K	78.4	71.8	74	66.6	17.8	17.6	14.8	21.8	3.8	10.6	11.2	11.5

Q22. Rate of WIC service	Household Food Security (%)								
	* = <100 respondents								
	High or marginal food security			Low food security			Very low food security		
	2008	2011	2013	2008	2011	2013	2008	2011	2013
Excellent	59.5	60	54.9	25	23.9	29.0	15.5	16.2	16.0
Good	55	55.9	52.8	27.5	25.3	27.3	17.4	18.8	19.8
Fair*	42.4	41.7	35.1	37.3	31.3	32.4	20.3	27.1	32.4
Poor*	100	0	85.7	0	100	-	0	0	14.2

**Table 1. How often CVV check is used**

(\* = &lt; than 100 respondents)

Answers	High or marginal food security	Low food security	Very low food security
Always	54.4	28.7	16.8
Sometimes	54.5	28.7	16.7
Rarely*	55.0	35.0	10.0
Never*	58.8	23.5	17.6

**Table 2. When You Use Your CVV, How Much of the Dollar Amount Do You Use?**

(\* = &lt; than 100 respondents)

Answers	High or marginal food security	Low food security	Very low food security
All of It	54.7	27.9	17.2
Most of It	52.9	31.5	15.5
Some of It*	55.5	35.1	9.2
Little of It*	55.5	33.3	11.1
I Do Not Use It*	65.3	15.3	19.2

**Table 3. How nutrition education is preferred**

Answers	High or marginal food security	Low food security	Very low food security
Talk with CPA	53.0	28.9	17.9
Group Discussion	46.8	33.9	19.1
Handouts	52.8	28.6	18.5
Newsletters	53.9	30.8	15.2
Wichealth.org	57.6	25.9	16.4
Recipes	50.8	29.3	19.7
Facebook	50.7	30.7	18.5

**Table 4. Buy more f/v because of WIC**  
(\* = < than 100 respondents)

Answers	High or marginal food security	Low food security	Very low food security
Strongly Agree	53.0	28.3	18.6
Agree	54.6	29.9	15.4
Disagree	66.1	19.2	14.6
Strongly Disagree*	44.4	33.3	22.2





# Extent of Food Insecurity Among Iowa WIC Participants 2013

## IOWA WIC PROGRAM AGENCY REPORT



## IOWA DEPARTMENT OF PUBLIC HEALTH

Patricia J. Hildebrand MS, RD, LD & Nikki Davenport RD, LD



# Extent of Food Insecurity Among Iowa WIC Participants 2013

## IOWA WIC PROGRAM agency report

### Agency Data:

#### Food Security and the <Insert Agency Name> WIC Program

For most Iowans the worry about finding their next meal or feeding their family generally never crosses their mind, but for a certain population this is a constant struggle and concern. On average from 2010-2012 there were 1,231,000 households in Iowa. Of these, 12.6% lived with some form of food insecurity. This represents approximately 155,106 households in Iowa. (2) In 2012, the State Data Center at the State Library of Iowa reported 1,227,048 households. Applying the same 12.6% would indicate 154,608 households with some form of food insecurity. (4)

In 2012, rates of food insecurity were higher than the national average for all households with children, rates of very low food security was more prevalent than the national average for households with children headed by a single woman. (2) In the same year, Iowa had an estimated total of 719,511 households with children under 18 years of age and 153,832 households with children headed by a single woman.

The Iowa Special Supplemental Nutrition Program for Women, Infants, and Children, also known as WIC, is a nutrition assistance program. WIC is designed to assist low income, nutritionally at risk infants, children under the age of 5, pregnant women, breastfeeding women, and postpartum women up to 6 months after birth by providing healthy foods, nutrition education and referrals to other health care agencies. In Iowa, WIC provides services to approximately 65,876 participants each month. <Insert Agency Name> provides WIC services to approximately <insert active participation #> each month in the following counties: <insert county names>.

### Demographics

Females continue to be the primary respondents of the survey with more than <#> percent from <insert agency name> answering the survey. Employment status resulted in <#> percent of households with no members employed, <#> percent with 1 person employed and <#>

2013 Iowa WIC Survey  
Indicator Set for Classifying  
Household Food-Security Status  
Level

1. “The food that we bought just didn’t last, and we didn’t have money to get more.” Was that often, sometimes, or never true for your household in the last 12 months?
2. “We couldn’t afford to eat balanced meals.” Was that often, sometimes, or never true for your household in the last 12 months?
3. In the last 12 months, did you or other members in your household ever cut the size of your meals because there wasn’t enough money for food?
4. In the last 12 months, did you or other members in your household ever skip meals because there wasn’t enough money for food?
5. In the last 12 months, did you ever eat less than you felt you should because there wasn’t enough money for food?
6. In the last 12 months, were you ever hungry but didn’t eat because there wasn’t enough money for food?

percent with 2 people in the household employed. When reporting income, almost <#> percent reported an income of less than \$10,000 and almost <#> percent reported a household income of less than \$25,000. Almost <#> of survey respondents reported having a high school education or less while almost <#> percent had technical or college level education. Race or ethnicity of the respondents was made up of almost <#> percent being white; almost <#> percent reported Hispanic/Latino; and almost <#> percent were Black/African American.

### **Household Food Security**

More than <#> percent of the respondents were food insecure, <#> percent with low food security, and <#> percent with very low food security. Approximately <#> percent of respondents were food secure. <Insert graph of food security rates for local agency.>

### **Conclusion**

Similar to national data we are seeing a shift in the racial makeup of the Iowa WIC Program. Comparing 2011 data to 2013 we see a decrease in White/Caucasian participants from 72.4% to 68.1%. During the same time period, Hispanic/Latino participants have increased from 13.7% to 18.4%, Black African American from 6.9% to 9.1% and Asian/Pacific Islander from .9% to 2.2%. In an analysis of food security data for all races, every group saw approximately a 4% increase in food insecurity. The largest increase was among Hispanic/Latino and Black/African American families (4.2%).

The 2013 Iowa WIC survey showed many similar results to past surveys, but increases that correlate with the poor economic situations many are still facing. These results suggest that even with the majority of WIC families receiving another source of food assistance outside of WIC (75%), specifically increased Food Bank usage, the struggle to find enough food persists. The status of food insecurity in Iowa is also similar to national trends that show a sustained need for continued efforts in solving food security issues. One cannot minimize the importance of addressing this concern, due to the fact that high food insecurity rates have high individual and societal costs in terms of poor health and reduced well-being.

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3. Seligman, Hilary K., Ann Bolger, David Guzman, Andrea Lopez and Kirsten Bibbins-Domingo. *Exhaustion of Food Budgets At Month's End And Hospital Admissions For Hypoglycemia*. Health Aff January 2014 vol. 33 no. 1 116-123.
4. United States Census, U.S. Department of Commerce, *American Community Survey*, Summary file data and Documentation, 2012 ACS 1-Year Estimates.

**Table 1. Household Food Security (%)**

(\* = &lt;100 respondents)

Agency	High or marginal food security	Low food security	Very low food security
31	50.7	30.3	18.9
33	64.0	20.0	16.0
34	51.9	29.5	18.5
35	47.3	41.9	10.7
36	47.8	26.8	25.3
37*	57.1	32.6	10.2
38	62.6	25.7	11.5
39	66.0	28.0	6.0
41	51.1	28.1	20.70
42	62.0	28.0	10.0
43	52.8	29.0	18.1
45	52.3	29.6	17.9
46	61.1	22.3	16.5
47	61.7	24.3	13.9
48*	68.3	20.4	11.2
49	51.8	26.9	21.2
50	50.4	28.7	20.7
51	45.8	33.8	20.3
52	64.5	24.1	11.3
53	62.3	26.7	10.8

**Table 2. Race/Ethnicity (%)**

(\* = &lt;100 respondents)

Agency	White	Hispanic/Latino	Black/African American	Asian	Other or N/A	American Indian/Alaskan Native
31	46.7	32.0	14.9	3.7	1.2	1.2
33	81.0	15.0	1.0	2.0	-	1.0
34	74.8	7.4	14.5	.8	.4	1.7
35	74.0	4.2	16.8	1.2	.6	3.0
36	60.9	13.6	21.4	1.9	.4	1.4
37*	84.6	9.1	3.0	1.0	1.0	1.0
38	61.4	27.3	2.2	4.8	.7	3.3
39	64.0	33.0	2.0	-	-	1.0
41	86.6	7.4	2.9	1.4	-	1.4
42	86.0	11.0	-	2.0	-	1.0
43	68.8	12.2	16.3	1.6	.4	.4
45	70.5	19.7	9.0	-	-	.5
46	84.2	10.7	4.1	.8	-	-
47	64.3	26.0	2.6	5.2	-	1.7
48*	76.5	20.4	2.0	1.0	-	-
49	48.3	38.0	3.2	1.9	1.2	7.0
50	74.2	16.8	4.9	1.9	-	1.9
51	54.8	16.5	20.3	5.2	.7	2.2
52	85.8	11.3	.7	-	-	2.1
53	96.0	1.9	-	.9	-	.9

**Table 3. Family Size – Number of people in household (%)**

(\* = &lt;100 respondents)

Agency	1	2	3	4	5	6	7	8	>8
31	.8	13.7	22.5	27.2	18.1	10.1	2.9	3.1	1.2
33*	1.0	13.1	31.3	23.2	16.1	7.0	4.0	4.0	-
34	.8	15.6	24.5	27.6	17.4	8.9	2.6	1.3	.8
35	1.7	21.5	25.7	27.5	11.3	2.9	6.5	.5	1.7
36	.9	12.3	27.5	30.5	10.3	12.3	2.4	.9	2.4
37*	-	11.2	30.6	30.6	15.3	6.1	5.1	-	1.0
38	2.2	13.2	23.1	28.7	16.6	8.3	4.9	.7	1.8
39*	-	3.0	18.1	20.2	35.3	16.1	2.0	3.0	2.0
41	1.4	11.8	27.4	17.7	24.4	5.9	5.9	4.4	.7
42*	-	7.1	29.5	24.4	16.3	12.2	4.0	2.0	4.0
43	2.0	15.8	25.0	27.9	20.0	5.8	2.0	1.2	-
45	-	11.3	27.0	26.4	19.4	10.2	3.7	1.6	-
46	.8	17.6	20.1	27.7	23.5	5.8	1.6	1.6	.8
47	1.7	7.0	28.9	22.8	22.8	10.5	4.3	1.7	-
48*	-	13.5	27.0	21.8	17.7	11.4	4.1	3.1	1.0
49	-	14.6	22.5	24.6	20.9	6.2	7.3	1.5	2.0
50	-	8.0	34.0	35.0	11.0	7.0	1.0	3.0	1.0
51	.7	14.2	27.8	21.0	17.2	9.7	3.7	4.5	.7
52	.7	5.6	22.6	34.7	17.0	14.1	3.5	.7	.7
53	-	16.8	22.7	26.7	17.8	6.9	3.9	.9	3.9

**Table 4. Number employed in household (%)**  
 (\* = <100 respondents)

Agency	None	1	2	3	More than 3
31	14.5	60.8	21.3	2.3	.8
33*	12.2	56.1	28.5	3.0	-
34	13.9	53.8	28.2	3.5	.4
35	24.5	53.8	20.3	1.1	-
36	23.1	53.2	20.6	2.4	.4
37*	18.5	49.4	29.8	2.0	-
38	18.3	54.9	24.0	2.2	.3
39*	4.1	55.6	36.0	-	4.1
41	14.9	44.7	38.8	.7	.7
42*	12.1	47.4	36.3	4.0	-
43	19.6	49.7	28.0	2.0	.4
45	18.4	60.3	20.1	1.0	-
46	15.8	49.1	32.5	2.5	-
47	11.4	57.0	26.3	3.5	1.7
48*	14.7	65.2	16.8	2.1	1.0
49	13.7	64.0	17.9	3.7	.5
50*	21.2	48.4	25.2	2.0	3.0
51	16.6	56.0	25.7	.7	.7
52	18.1	46.3	31.8	3.6	-
53	12.8	57.4	27.7	1.9	-

**Table 5. Household income (%)**

(\* = &lt;100 respondents)

Agency	\$0-4,999	\$5,000-9,999	\$10,000-14,999	\$15,000-24,999	\$25,000-34,999	>=\$35,000
31	24.7	12.8	10.4	21.9	17.6	12.3
33*	24.7	7.5	10.7	13.9	30.1	12.9
34	22.8	13.5	15.4	19.6	17.2	11.2
35	27.0	9.4	13.2	19.4	22.6	8.1
36	31.4	15.7	11.6	19.7	14.2	7.1
37*	27.3	11.5	11.5	25.2	15.7	8.4
38	27.1	9.8	14.4	18.9	16.8	12.7
39*	13.9	5.8	11.6	18.6	24.4	25.5
41	22.3	13.0	14.6	23.8	13.8	12.3
42*	14.1	6.5	18.4	31.5	21.7	7.6
43	18.0	13.6	16.2	25.5	14.5	11.8
45	24.7	17.2	15.5	23.5	13.7	5.1
46	25.4	13.1	8.7	21.0	19.2	12.2
47	23.5	9.4	13.2	18.8	21.6	13.2
48*	18.8	17.6	16.4	17.6	21.1	8.2
49	22.9	14.3	18.3	22.4	12.0	9.7
50*	29.3	16.3	17.3	16.3	16.3	4.3
51	21.2	12.5	15.7	23.6	13.3	13.3
52	16.6	9.5	16.6	23.8	20.6	12.6
53*	14.4	15.4	10.3	25.7	18.5	15.4

**Table 6. Education completed by survey respondents (%)**

(\* = &lt;100 respondents)

Agency	<=8 <sup>th</sup> grade	9 <sup>th</sup> – 11 <sup>th</sup> grade	High School or GED	Some college/training after HS	>=College
31	8.7	15.4	33.0	24.4	18.2
33	3.0	14.0	37.0	27.0	19.0
34	1.3	14.0	37.4	26.8	20.2
35	.6	18.6	10.3	18.0	22.2
36	1.4	17.6	33.3	32.3	15.1
37*	2.0	19.3	43.8	23.4	11.2
38	8.6	13.1	31.0	31.0	16.1
39	11.0	21.0	28.0	23.0	17.0
41	3.7	10.5	35.3	27.8	22.5
42*	6.0	3.0	38.3	31.3	21.2
43	3.2	9.8	25.1	34.1	27.5
45	7.9	12.2	31.9	32.4	15.4
46	3.3	13.2	34.7	21.4	27.2
47	7.0	17.6	28.3	34.5	12.3
48*	9.1	16.3	40.8	24.4	9.1
49	7.2	11.9	41.1	29.6	9.8
50*	7.0	14.1	38.3	24.2	16.1
51	3.0	12.7	30.8	26.3	27.0
52	2.8	12.7	39.0	26.2	19.1
53	-	5.9	42.5	38.6	12.8

**Table 7. Marital status**

(\* = &lt;100 respondents)

Agency	Never married, not with other adult(s)	Never married and with other adult(s)	Married	Divorced	Separated	Widowed
31	23.8	23.6	39.3	6.1	6.7	.2
33*	12.2	31.6	50.0	4.0	1.0	1.0
34	25.2	32.3	32.7	3.5	5.7	.4
35	37.7	33.1	19.8	4.8	2.4	-
36	31.2	28.7	29.7	3.9	6.3	-
37*	20.4	27.5	42.8	5.1	4.0	-
38	17.3	22.6	44.1	9.0	6.7	-
39*	10.2	20.4	64.2	4.0	-	1.0
41	18.0	28.5	39.0	9.7	4.5	-
42	9.0	27.0	52.0	9.0	3.0	-
43	23.6	26.1	38.5	9.1	2.0	.4
45	19.6	26.0	40.9	8.5	4.7	-
46	16.5	27.2	43.8	6.6	4.1	1.6
47	12.6	28.8	46.8	6.3	5.4	-
48*	16.3	23.4	43.8	8.1	7.1	1.0
49	27.0	25.0	32.8	7.8	6.2	1.0
50	17.8	31.6	34.6	9.9	5.9	-
51	17.2	28.5	48.1	2.2	2.2	1.5
52	12.8	32.8	42.8	6.4	5.0	-
53	21.7	17.8	53.4	2.9	3.9	-

**Table 8. Gender of survey respondents (%)**

(\* = &lt;100 respondents)

Agency	Female	Male
31	96.0	3.9
33*	97.9	2.0
34	96.9	3.0
35	96.9	3.0
36	99.5	.4
37*	97.9	2.0
38	96.2	3.7
39*	93.8	6.1
41	94.8	5.1
42	99.0	1.0
43	97.1	2.8
45	95.7	4.2
46	94.2	5.7
47	96.5	3.4
48*	90.7	9.2
49	97.3	2.6
50*	94.8	5.1
51	93.2	6.7
52	95.0	5.0
53	96.0	3.9

**Table 9. Age of survey respondents (%)**

(\* = &lt;100 respondents)

Agency	< 20 years	20-29 years	30-39 years	> = 40 years
31	6.0	52.6	33.6	7.7
33	12.0	55.0	28.0	5.0
34	6.6	65.1	23.3	4.8
35	10.2	49.3	37.3	3.0
36	7.3	58.3	27.4	6.8
37*	13.2	60.2	22.4	4.0
38	5.9	51.8	37.3	4.8
39	8.0	41.0	42.0	9.0
41	5.9	58.5	30.3	5.1
42*	1.0	55.5	37.3	6.0
43	4.9	59.0	32.3	3.6
45	6.9	55.3	31.9	5.8
46	6.6	61.9	28.0	3.3
47	5.2	54.7	34.7	5.2
48*	10.4	52.0	31.2	6.2
49	7.2	58.5	26.9	7.2
50	5.0	58.0	31.0	6.0
51	6.0	55.6	31.5	6.7
52	9.9	58.1	25.5	6.3
53	5.9	60.3	23.7	9.9

**Table 10. Quality of WIC Services**

(\* = &lt;100 respondents)

Agency	Excellent	Good	Fair	Poor
31	76.8	21.6	1.2	.2
33*	81.0	17.8	1.0	-
34	82.2	15.8	1.4	.4
35	91.4	8.5	-	-
36	81.7	16.2	2.0	-
37*	80.2	19.7	-	-
38	79.2	19.2	1.2	.4
39*	89.4	9.4	1.0	-
41	90.1	9.8	-	-
42*	76.5	22.4	1.0	-
43	89.2	10.3	.4	-
45	84.3	13.4	1.6	.5
46	83.7	15.3	.8	-
47	73.2	25.8	.8	-
48*	77.9	19.7	2.3	-
49	73.1	23.6	3.1	-
50*	87.8	8.0	3.0	1.0
51	83.3	15.8	-	.7
52	84.4	14.0	.7	.7
53	93.0	7.0	-	-

**Table 11. Participation in other food assistance programs**

(\* = &lt;100 respondents)

Agency	Food Stamps	Head Start	Food Bank	SHARE	CSFP	School Lunch	School Breakfast	CACFP	FIP	Do Not Use
31	50.5	7.0	6.4	.6	1.4	27.4	11.2	2.2	6.2	25.5
33	41.0	9.0	11.0	1.0	-	22.0	11.0	-	4.0	37.0
34	58.5	5.2	10.5	-	-	24.2	13.2	-	7.0	24.2
35	71.8	10.7	11.9	-	-	30.5	16.1	1.7	20.9	21.5
36	70.2	4.8	5.8	-	-	32.1	22.4	1.4	9.7	18.0
37*	63.2	11.2	9.1	-	-	25.5	17.3	2.0	2.0	24.4
38	52.6	8.9	8.2	-	.3	27.6	12.6	2.9	8.9	24.2
39	29.0	9.0	8.0	-	1.0	34.0	16.0	1.0	1.0	40.0
41	46.6	5.9	13.3	-	-	31.8	12.5	.7	2.2	31.8
42	53.0	16.0	21.0	2.0	1.0	32.0	16.0	1.0	4.0	27.0
43	54.4	12.5	12.5	.4	.8	28.6	15.3	.4	6.4	27.0
45	61.9	9.5	6.8	-	.5	30.6	15.3	2.6	8.4	16.4
46	45.4	10.7	4.1	.8	-	25.6	12.3	1.6	6.6	33.0
47	46.9	14.7	6.9	.8	2.6	29.5	15.6	.8	4.3	28.6
48*	51.5	12.3	5.1	1.0	-	32.6	18.3	1.0	8.1	15.3
49	58.0	12.4	7.2	-	1.0	36.7	15.5	-	5.6	19.1
50	60.3	10.8	9.9	-	-	26.7	14.8	1.9	6.9	18.8
51	51.1	5.2	20.3	.7	.7	25.5	11.2	1.5	10.5	30.8
52	55.3	8.5	4.2	-	-	31.2	9.9	2.1	2.8	21.9
53	50.4	12.8	5.9	.9	.9	28.7	13.8	4.9	4.9	27.7

**Table 12. WIC participant type in household**

(\* = &lt;100 respondents)

Agency	Pregnant	Breastfeeding	Postpartum	Infant	Child
31	10.6	10.8	7.6	43.8	62.7
33	17.0	9.0	8.0	37.0	62.0
34	14.5	8.3	8.3	40.9	62.9
35	25.1	5.3	8.9	33.5	62.8
36	14.2	9.7	10.7	33.1	66.8
37*	12.2	2.0	8.1	46.9	60.2
38	17.1	10.0	9.3	34.4	62.4
39	13.0	13.0	5.0	35.0	71.0
41	14.0	11.1	11.8	43.7	61.4
42	15.0	8.0	9.0	36.0	69.0
43	13.7	9.6	10.0	35.4	66.5
45	12.6	11.1	12.1	47.0	58.7
46	11.5	10.7	6.6	39.6	59.5
47	13.0	8.6	6.9	33.0	65.2
48*	14.2	7.1	12.2	36.7	67.3
49	10.8	7.7	12.4	39.3	64.2
50	13.8	10.8	6.9	39.6	67.3
51	15.7	14.2	14.2	41.3	57.1
52	12.7	4.2	14.1	37.5	68.0
53	6.9	4.9	11.8	39.6	67.3

**Table 13. Of all the ways WIC provides NE what does the client prefer?**

(\* = &lt;100 respondents)

Agency	Talking 1:1	Group Discussion	Handouts	Newsletter	Wichealth .org	Recipes	FaceBook
31	75.2	20.8	43.3	17.0	9.1	24.1	5.6
33*	80.0	8.0	53.0	24.0	8.0	43.4*	4.0
34	81.0	2.6	48.4	19.9	7.9	22.0	5.7
35	80.2	5.9	34.7	17.9	11.3	20.3	9.5
36	75.6	13.6	40.9	22.9	15.1	37.0	6.8
37*	83.6*	5.1*	47.9*	16.3*	16.3*	23.4*	16.3*
38	76.1	4.4	45.8	20.5	13.0	27.9	10.4
39	67.0	7.0	37.0	25.0	26.0	24.0	9.0
41	71.8	.7	42.9	24.4	22.9	23.7	8.8
42*	74.0	8.0*	49.0	45.0	9.0	24.0	6.0
43	75.0	4.0	44.3	28.6	11.6	35.0	8.8
45	73.5	6.8	53.4	24.8	16.4	31.3	10.1
46	75.2	1.6	42.1	20.0	8.2	17.3	9.9
47	77.3	13.9	41.7	23.4	22.6	23.4	7.8
48*	66.3*	9.1*	40.8*	15.3*	10.2*	24.4*	9.1*
49	83.4	5.6	41.9	21.7	12.9	31.6	9.8
50	79.2	6.9	47.5	18.8	7.0	44.5	8.9
51	72.9	8.2	42.8	21.0	9.7	24.8	6.0
52	70.2	3.5	51.0	18.4	10.6	39.7	7.8
53	86.1	1.9	53.4	25.7	9.9	50.4	6.9

**Table 1. Food Security**

Food security	Rural	Urban
High or Marginal Food Security	60.1	52.7
Low Food Security	25.9	29.5
Very Low Food Security	13.9	17.6

**Table 2. Gender**

Gender	Rural	Urban
Female	95.5	96.5
Male	4.4	3.4

**Table 3. Age**

Age	Rural	Urban
< 20	7.2	6.8
20-29	55.9	56.0
30-39	30.8	31.2
> 40	5.9	5.8

**Table 4. Race/Ethnicity**

Race/Ethnicity	Rural	Urban
White	79.8	62.3
Hispanic	14.9	20.0
Amer Ind/Alaskan Nat	1.0	2.0
Black/African Amer	2.3	12.3
Asian/Nat Hawaiian/PI	1.6	2.4
Other	0.0	.6

**Table 5. Participant Type**

Participant Type	Rural	Urban
Pregnant	13.0	14.1
Breastfeeding	8.6	9.4
Postpartum	8.6	10.1
Infant	38.8	39.1
Child	64.8	63.3

**Table 6. Marital Status**

Marital Status	Rural	Urban
Never Married, Not living with other adult	15.5	23.9
Never Married, Living with other adult	26.5	27.0
Married	46.7	37.1
Divorced	6.7	6.3
Separated	3.9	5.2
Widowed	.4	.3

**Table 7. Education level**

Education level	Rural	Urban
< 8 <sup>th</sup> grade	5.1	5.2
9 <sup>th</sup> to 11 <sup>th</sup>	13.4	13.9
HS Grad/GED	36.5	33.8
Some	27.5	28.1
College/schooling beyond highschool		
College Grad or above	17.2	18.8

**Table 8. Number of People in the Household**

# in HH	Rural	Urban
1	.5	1.0
2	11.0	13.9
3	26.9	24.4
4	24.8	27.6
5	20.3	17.1
6	8.7	8.9
7	3.6	3.8
8	2.4	1.7
9+	1.4	1.2

**Table 9. Adults in the Household Who are Employed**

Participant Type	Rural	Urban
None	13.8	17.6
1	52.7	56.0
2	30.1	23.4
3	2.1	2.3
More than 3	1.0	.4

**Table 10. Income level**

Income level	Rural	Urban
< \$5k	21.6	24.0
\$5k-\$9,999	11.7	12.9
\$10k-\$14,999	13.2	14.2
\$15k-\$24,999	21.4	21.7
\$25k-\$34,999	20.0	16.3
\$35k+	12.0	10.6

**Table 11. Currently Using Other Programs**

Usage of Other Programs	Rural	Urban
SNAP	48.5	57.3
Head Start/EHS	11.1	8.4
Food Bank	9.4	8.8
SHARE	.6	.2
CSFP	.5	.6
School Lunch	28.9	29.1
School Breakfast	14.6	14.0
CACFP	1.4	1.5
FIP	4.3	8.2
No other program used	28.6	23.2

**Table 12. Prefers to Receive Nutrition Education Via**

Prefers to receive NE via	Rural	Urban
Talk with CPA	75.9	76.4
Group Discussions	6.0	9.1
Pamphlets/Hand Outs	45.3	44.6
Newsletters	23.7	21.0
Wichealth.org	14.3	11.5
Recipes	29.4	28.7
Facebook	8.6	7.8

**Table 13. WIC Service Rating**

WIC Service Rating	Rural	Urban
Excellent	83.4	81.7
Good	15.4	16.7
Fair	.9	1.2
Poor	0.0	.2