

Kentuckians' Experiences with Buying Healthy Foods



Results From The Health Foundation of Greater Cincinnati and the Foundation for a Healthy Kentucky



The U.S. Department of Agriculture defines food security as having “access at all times to enough food for an active, healthy life for all household members.” In Kentucky, nearly 1 in 7 households (13%) lack food security.¹

To learn more about Kentuckians' ability to get healthy foods for their families, the Foundation for a Healthy Kentucky and The Health Foundation of Greater Cincinnati included questions about food access on the most recent *Kentucky Health Issues Poll*.

Healthy Foods are Difficult for Many to Get

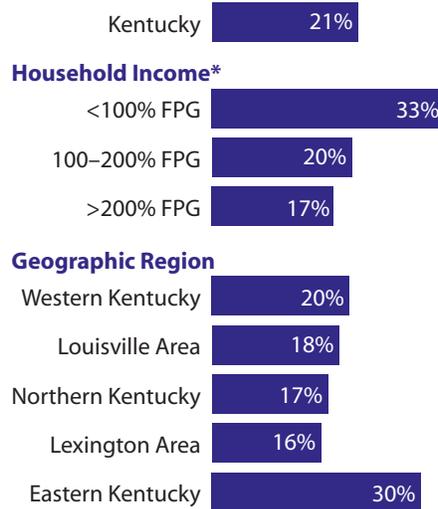
While the majority of Kentuckians have access to fresh produce in their communities, 1 in 5 Kentucky adults (21%) said it is not easy to get affordable fresh fruits and vegetables where they live. Adults living in households earning less than 100% of the federal poverty guidelines (FPG; 33%)² and adults living in Eastern Kentucky (30%) had more difficulty getting fresh produce than other demographic groups.

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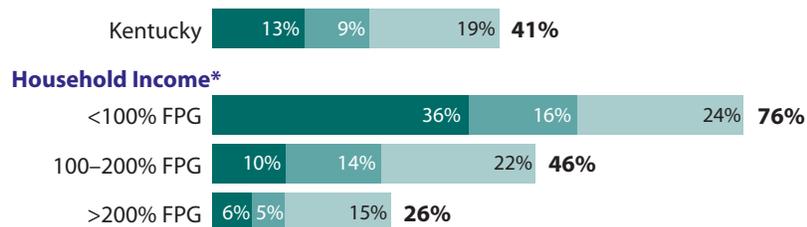
¹ Nord, Mark, Alisha Coleman-Jensen, Margaret Andrews, and Steven Carlson. *Household Food Security in the United States, 2009*. ERR-108, U.S. Department of Agriculture, Econ. Res. Serv. November 2010. Available at: www.ers.usda.gov/publications/err108/.

² In 2009, 100% FPG was an annual income of \$22,050 for a family of 4.

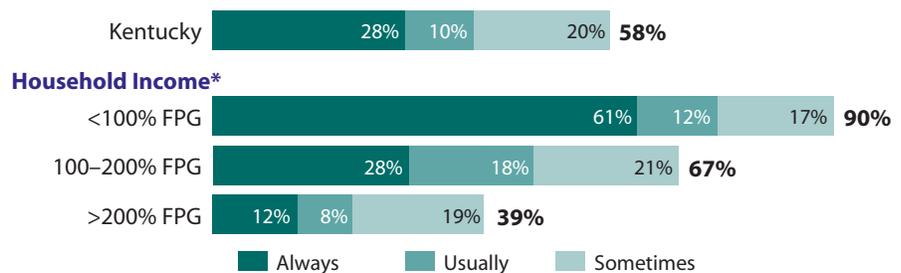
Kentuckians reporting it is not easy to get affordable fresh fruits and vegetables in the city or area where they live



How often in the last 12 months would you say you were worried or stressed about having enough money to buy nutritious meals? (Graph presents only the percentage of respondents who said they were “always,” “usually,” or “sometimes” stressed.)



How often in the last 12 months would you say you were worried or stressed about having enough money to pay your rent or mortgage? (Graph presents only the percentage of respondents who said they were “always,” “usually,” or “sometimes” stressed.)



* In 2009, 100% of the federal poverty guidelines (FPG) was an annual income of \$22,050 and 200% FPG was an annual income of \$44,100, both for a family of 4.

These findings unless otherwise noted are from the 2010 *Kentucky Health Issues Poll*, funded by the Foundation for a Healthy Kentucky and The Health Foundation of Greater Cincinnati. The *Kentucky Health Issues Poll* was conducted December 3–22 and 27–28, 2010, by the Institute for Policy Research at the University of Cincinnati. A random sample of 1,677 adults from throughout Kentucky was interviewed by telephone. This included 1,469 landline interviews and 208 cell phone interviews with people who did not have a landline telephone. In 95 of 100 cases, the statewide estimates will be accurate to ±2.4%. In addition to sampling error, there are other sources of variation inherent in public opinion studies, such as non-response, question wording, or context effects that can introduce error or bias. For more information about the *Kentucky Health Issues Poll*, please visit www.healthy-ky.org or www.healthfoundation.org/khip.html.

Affording Nutritious Meals is a Source of Stress for Kentuckians

The economic downturn has forced many Kentucky families to cut back. Many worry about meeting their family's most basic needs, like shelter and food.

While not as frequent a source of stress as paying one's rent or mortgage, having enough money to buy nutritious meals worried many Kentuckians. About 4 in 10 Kentuckians (41%) indicated they were sometimes, usually, or always stressed about having enough money to buy nutritious meals. Household income again related to stress, with 3 in 4 adults living below 100% FPG (76%) reporting being stressed

about having enough money to buy nutritious meals. This is compared to about 1 in 2 adults living between 100–200% FPG (46%) and 1 in 4 adults living above 200% FPG (26%).

Nearly 6 in 10 Kentucky adults (58%) reported being sometimes, usually, or always stressed about having enough money to pay their rent or mortgage. Concern was strongly related to household income, with 9 in 10 Kentucky adults living below 100% FPG (90%) reporting being sometimes, usually, or always stressed. This is compared to 2 in 3 Kentucky adults living between 100–200% FPG (67%) and 4 in 10 Kentucky adults living above 200% FPG (39%).