



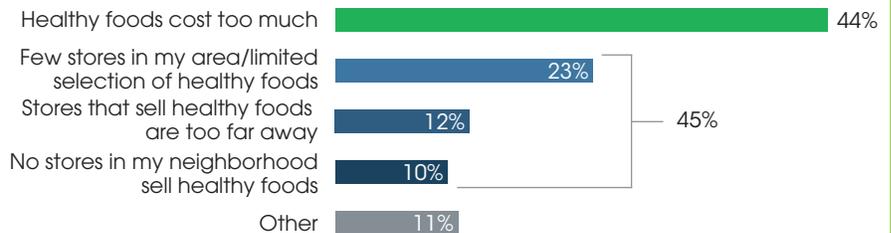
# Most Ohio adults say it's easy to buy healthy foods in their neighborhood

The **Ohio Health Issues Poll (OHIP)** is conducted every year to learn more about the health opinions, behaviors and status of adults in Ohio. A healthy diet is a significant contributor to good health. To eat a healthy diet, it is crucial that people have access to healthy food such as fruits and vegetables, whole grains and low-fat items. It can be more difficult to eat a healthy diet if these foods are not available nearby. In 2017, OHIP asked Ohio adults about the availability of healthy foods in their neighborhood.

**To what degree would you agree with the statement 'It is easy to purchase healthy foods in my neighborhood such as whole-grain foods, healthy options, and fruits and vegetables?'** \*



**The main reason these adults said it is difficult to purchase healthy foods in their neighborhood**



## WHAT DID OHIP FIND?

### 8 in 10 say it is easy to buy healthy food, varies by income

OHIP asked, "To what degree would you agree with the statement, 'It is easy to purchase healthy foods in my neighborhood such as whole-grain foods, low-fat options, and fruits and vegetables?'" A majority of Ohio adults (81%) agreed that it is easy to buy healthy foods in their neighborhood.

<sup>1</sup> In 2016, 200% FPG for a family of four was \$48,600

\* Percentages do not add to 100 percent because the responses "Neither agree nor disagree" and "Don't know" are not included.

Responses varied by income. Nearly 9 in 10 Ohio adults in households earning more than 200% of the Federal Poverty Guidelines<sup>1</sup> (87%) agreed. That compares with fewer than 8 in 10 adults in households earning 200% FPG or less (77%).

### Cost, distance a barrier for some

OHIP asked those adults who did not agree that it was easy to buy healthy foods in their

neighborhood, "What is the main reason it is difficult to purchase healthy foods in your neighborhood?" Cost (44%) or distance (45%) were most frequently cited as the main barrier to buying healthy foods.

### WHY DO WE ASK THESE QUESTIONS?

According to the Centers for Disease Control and Prevention

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(CDC), people who eat a healthy diet with generous amounts of fruits and vegetables are less likely to be overweight or obese and have a reduced risk of several chronic diseases, such as cardiovascular disease, high blood pressure, type 2 diabetes and some cancers.<sup>2</sup> But a healthy diet starts with access to healthy foods. These questions help us better understand who may not have access to healthy foods in Ohio, and for those who don't have access, what barriers need to be overcome.

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<sup>2</sup> Centers for Disease Control and Prevention. (2015). *Nutrition and Health are Closely Related*. Retrieved from <https://health.gov/dietaryguidelines/2015/guidelines/introduction/nutrition-and-health-are-closely-related/>.

## WHAT'S HAPPENING NOW

The Ohio Food Policy Network (OFPN) connects and supports 24 local food councils in Ohio. The goal of the network is to support the collaboration, advancement and development of food system infrastructure in Ohio. The network aims to build a "food system in Ohio that is sustainable, healthful, equitable, resilient and accessible."<sup>3</sup> For more information about the work being done by OFPN, visit <http://ohiofnp.org/>.

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<sup>3</sup> Ohio Food Policy Network. (2018). *Ohio Food Policy Network*. Retrieved from <http://ohiofnp.org/>.