

Feeding Families

Understanding Challenges and Perceptions of Food Insecure Households during COVID-19

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Purpose

Determine the level of food insecurity among the U.S. population and barriers that existed for food-insecure individuals during COVID-19.



Background

- Food insecurity impacts over 50 million people in the United States and is one of the nation's leading health and nutrition issues (Gundersen & Ziliak, 2015).
- COVID-19 led to increases in food insecurity rates.

Methods

- Quantitative methods
- Qualtrics online survey
- Quota sampling
- USDA six-item short-form module
- Sample included 1,004 people
- Data collected July 14 – August 19, 2021

Results

- Food insecurity rate among respondents was 31.3% ($n = 313$)
- Demographics of food insecure individuals
 - 65.8% White ($n = 206$), 24.3% Black ($n = 76$)
 - Younger in age, 38.3% ($n = 120$) were 25-34
 - 17.3% ($n = 54$) fell in \$100,000 to \$149,000 income range
 - 28.4% ($n = 89$) had a 4-year college degree
 - 52.4% ($n = 164$) Living in a subdivision in a town or city

Barriers of Food Insecure Individuals	<i>n</i> (%)
Extra money to help pay for food and/or bills	233 (74%)
More information about food assistance programs and/or food pantries	218 (70%)
More and/or different food in stores	207 (66%)
Increase benefits of existing food assistance programs (like SNAP or WIC)	205 (65%)
More trust in safety of food delivery	199 (64%)
More trust in safety of going to stores	198 (63%)
Different hours in meal programs and/or stores	190 (61%)
Help with administrative problems (e.g., applying for food assistance)	189 (60%)
Access to public transit and/or rides	177 (57%)