

Food Insecurity: Emory Urban
Health Initiative's Steps Toward
Addressing Underlying Factors
and Potential Solutions



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Emory Urban Health Initiative

Mission: To provide health disparities education and advocacy, build collaborative partnerships, and develop best practice models with low-wealth communities and those who work with them to advance equity in health and well-being.

Food insecurity is higher in Lower income, women headed, and non-white households with children

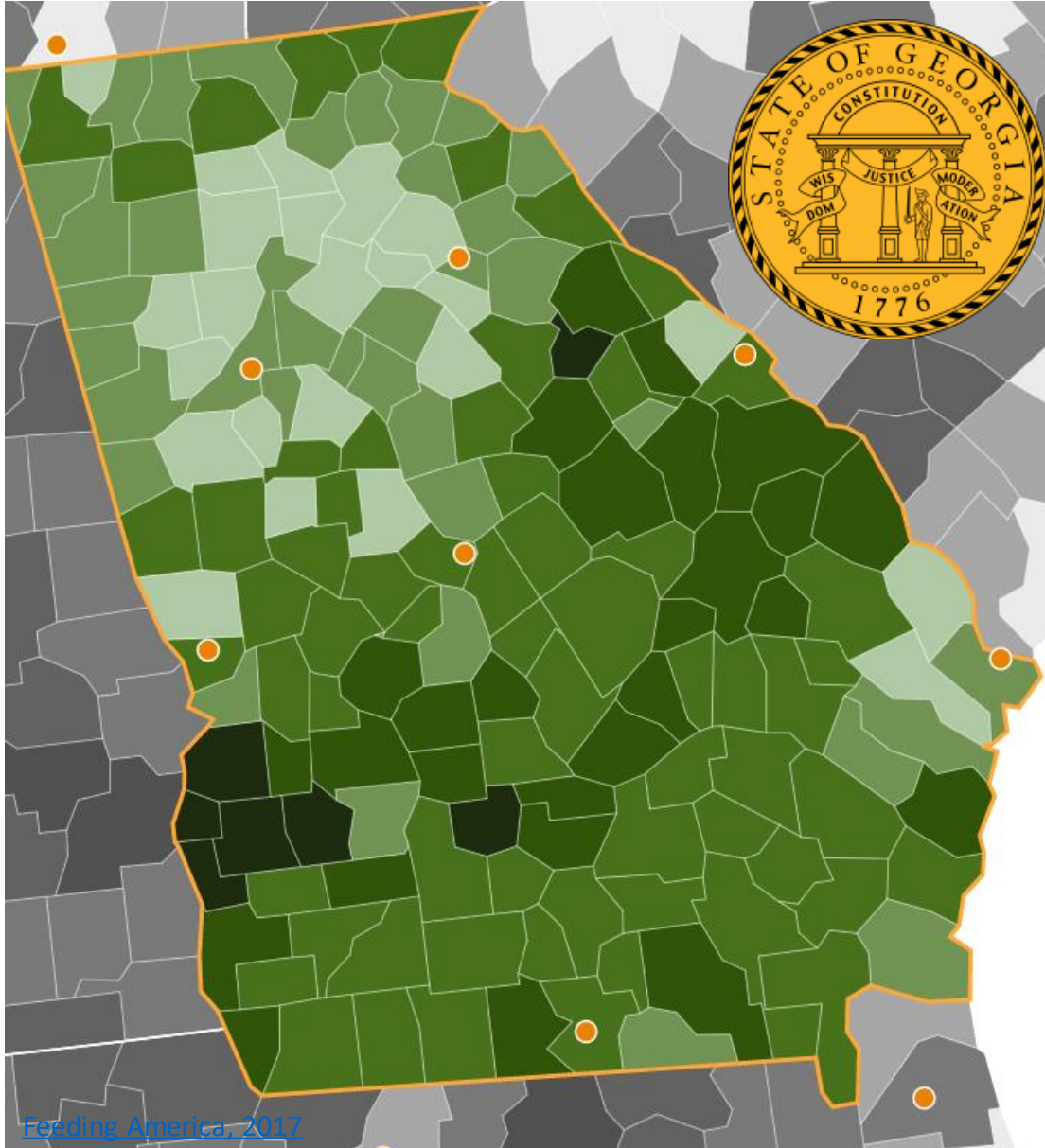
FIS in households with income to poverty ratio > 1.85 = 5.7% compared to >31% for those with IPR < 1.85

FIS in Black HH = 23%
FIS in Hispanic HH = 17%
FIS in white HH = 10.7%

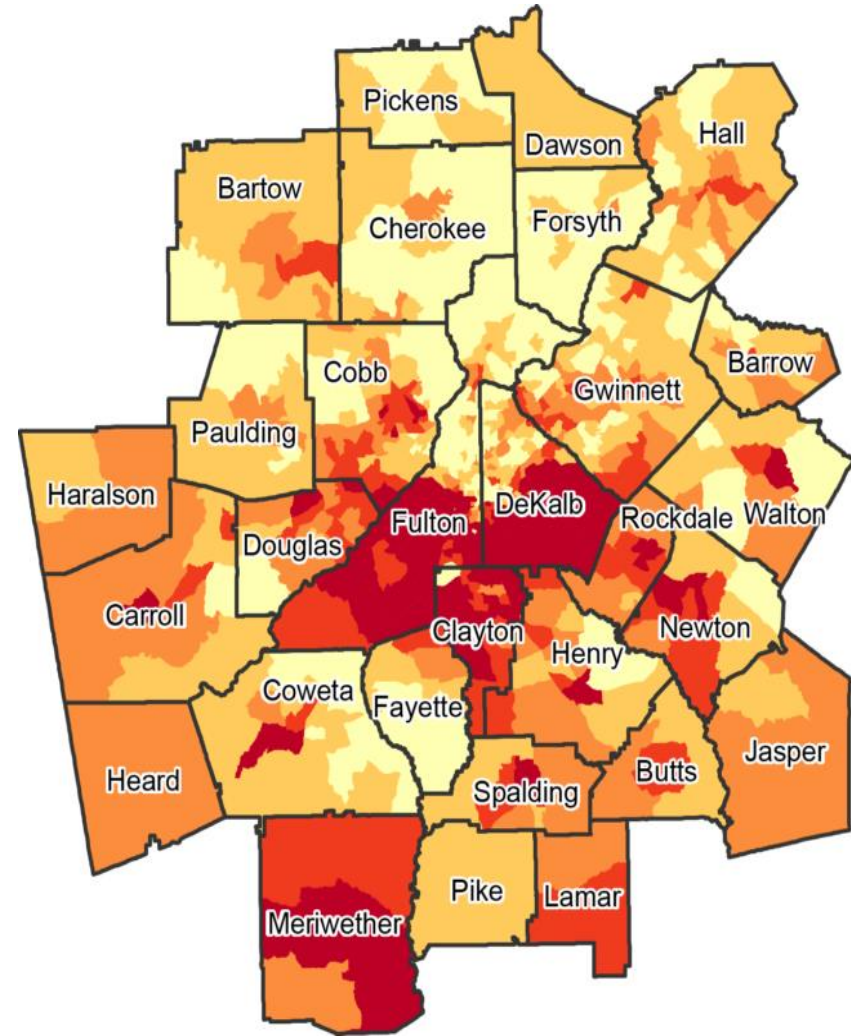
FIS in families with children = 16.5%
FIS in families with female headed HH = 28.7% compared to 7.5% in partnered HH

FIS in principal cities or rural areas ~ 16% compared to <13% for other areas

Food Insecurity in Georgia



Feeding America, 2017

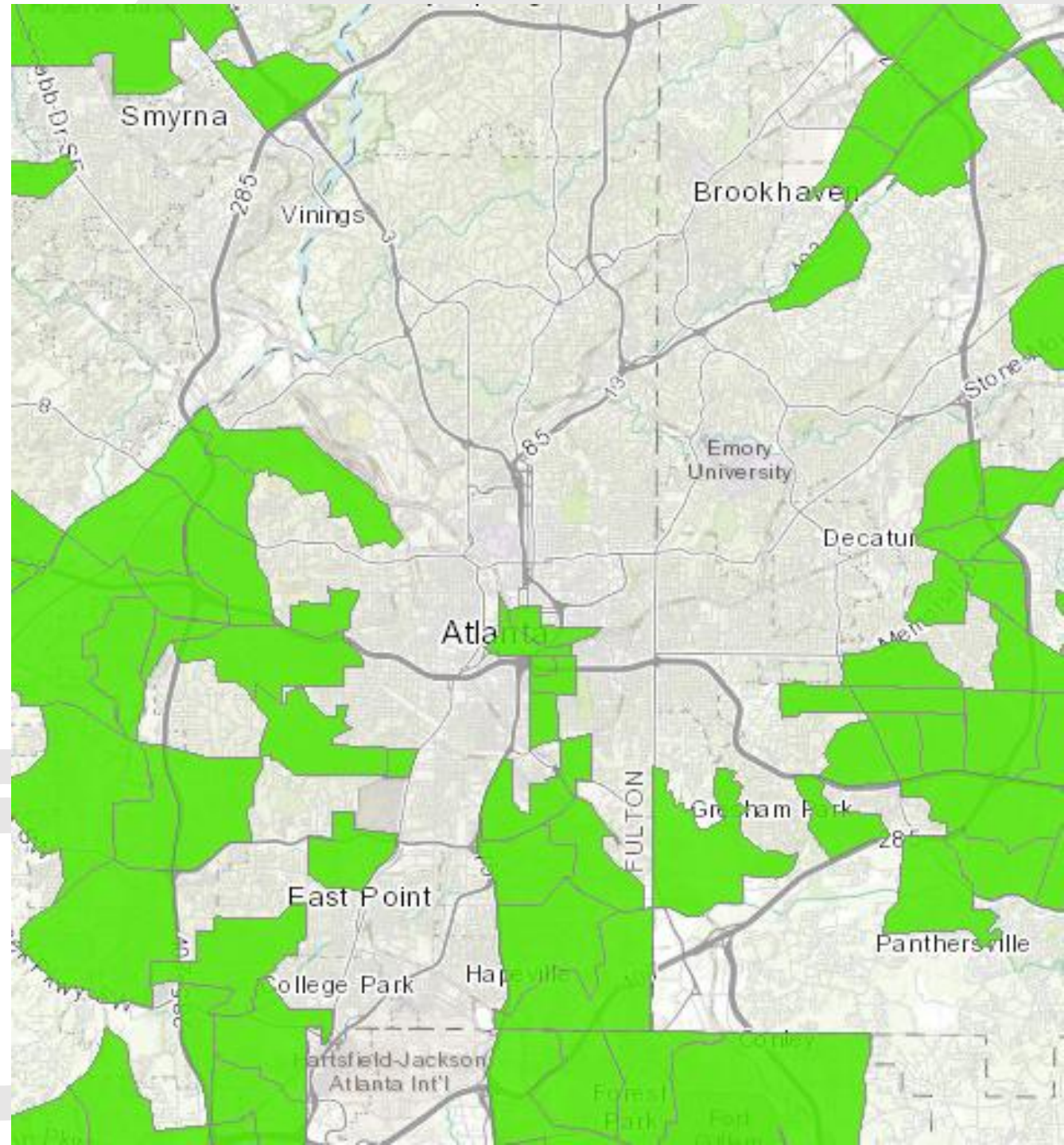


Shannon, Jerry. "Mapping Food Insecurity in Metro Atlanta." *Atlanta Studies*. June 20, 2017. <https://doi.org/10.18737/atls20170620>

FOR TOO MANY FAMILIES WITH CHILDREN, CHOICE IS A MYTH



People walking with food shopping in Atlanta (Westside) Photograph: Audra Melton / Atlanta Magazine; March 2014



Food Desert Definition

- [CDC Definition](#): “areas that lack **access** to affordable fruits, vegetables, whole grains, low-fat milk, and other foods that make up the full range of a healthy diet.”
 - Access can be impaired or limited by several factors, such as income, location, time, and the ability to travel to a store.
- The specific guidelines for what determines a food desert can vary. The [United States Department of Agriculture \(USDA\)](#) notes that measurements and definitions of food deserts often take into account common factors.

Accessibility: How many healthy food sources there are in one area, or how far away the closest healthy food source

Individual barriers: A person’s own unique restrictions that may prevent them from accessing healthy food, such as not enough time in their schedule or lack of necessary funds to purchase food

Neighborhood indicators: Determining factors such as reliable and abundant public transportation, or if average neighborhood incomes are near or below the poverty line

Emory Urban Health Initiative (UHI)



Retail and Healthy Eating

- Retail interventions in brick and mortar stores increase sales of FV, healthy food options (ie. Lower fat milk, whole-grains, low sodium), specifically promoted healthy foods

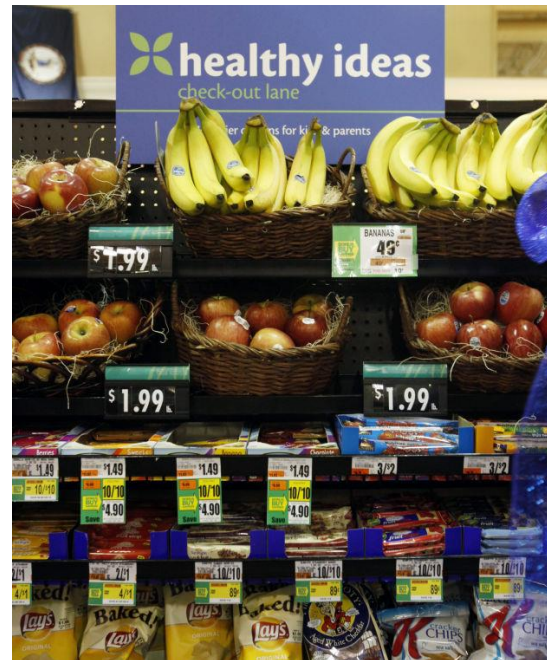
Information (passive vs active)
Availability and Placement
Affordability



Food is high in things you should be cutting down on. Fine to have occasionally.

Food isn't high or low in bad nutrients, so an OK choice most of the time.

The more green lights, the healthier the choice.





Corner store initiatives: How do they work?



Physical Changes

- Change interior
- Change exterior
- Install new shelving / refrigeration
- Increase shelf space allocated to healthy items
- Partnerships often required to affect pricing

Community Garden in Grocery Store Parking Lot



Sprouting Readers (Read To Me)



Senior Nutrition and Exercise Programs

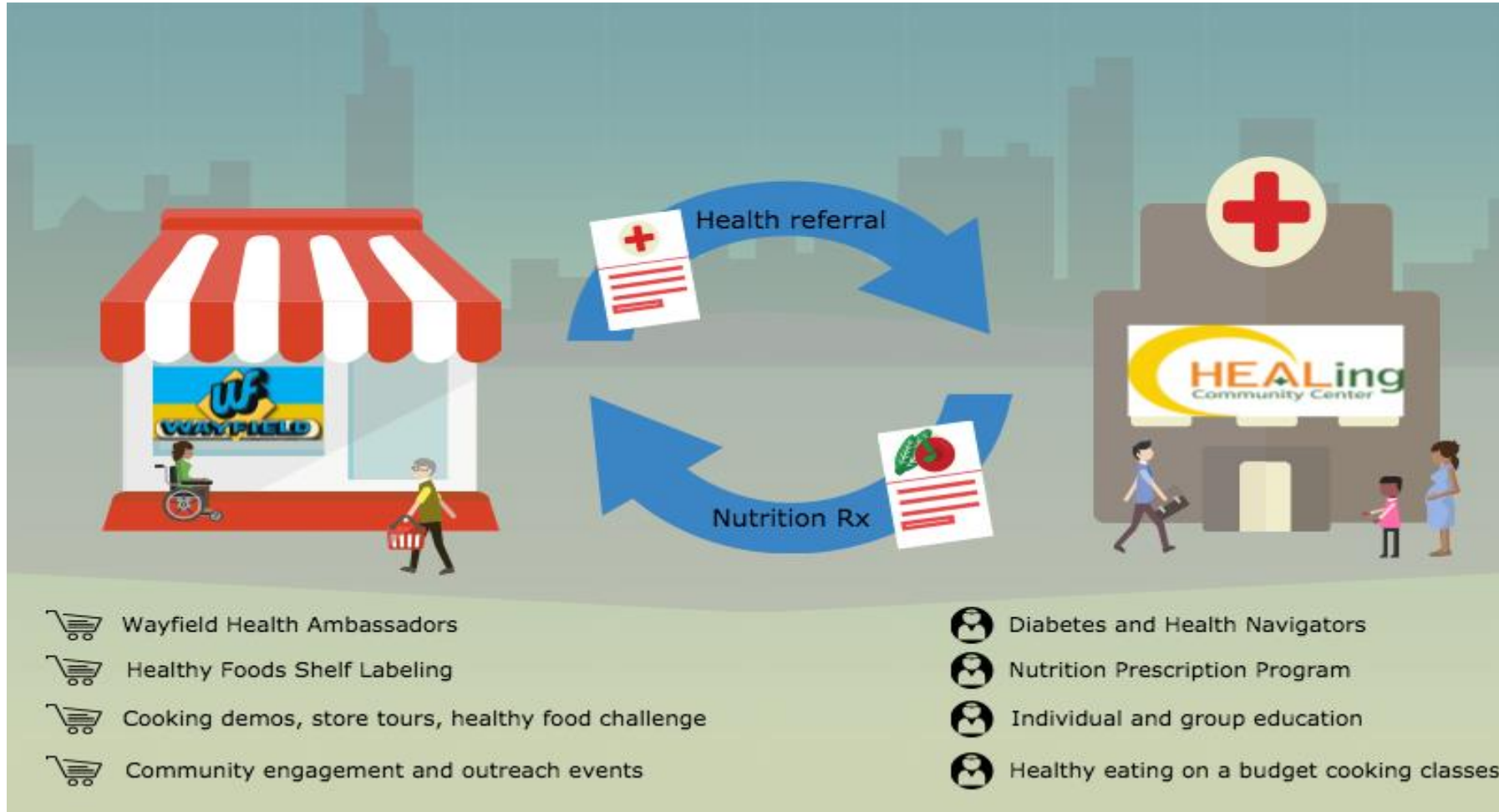


UHI Transportation Ministry



EMORY
UNIVERSITY

Healthy Way (Healthy Retail Atlanta)



*"Never Doubt That A Small Group Of Thoughtful
Committed Citizens Can Change The World: Indeed It's The
Only Thing That Ever Has."*

Margaret Mead

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