Healthy Food Access: Health Outcomes
Overview

1. Obesity
2. Food Insecurity
3. Food Deserts
Obesity Trends* Among U.S. Adults
BRFSS, 1985

(*BMI ≥ 30, or ~ 30 lbs overweight for 5’ 4” person)

Source: Behavioral Risk Factor Surveillance System, CDC.
Obesity Trends* Among U.S. Adults
BRFSS, 1990
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)

Source: Behavioral Risk Factor Surveillance System, CDC.
Obesity Trends* Among U.S. Adults
BRFSS, 1995

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)

Source: Behavioral Risk Factor Surveillance System, CDC.
Obesity Trends* Among U.S. Adults
BRFSS, 2000
(*BMI ≥30, or ~30 lbs. overweight for 5’4” person)

Source: Behavioral Risk Factor Surveillance System, CDC.
Obesity Trends* Among U.S. Adults
BRFSS, 2005
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)

Source: Behavioral Risk Factor Surveillance System, CDC.
Obesity Trends* Among U.S. Adults
BRFSS, 2010
(*BMI ≥30, or ~30 lbs. overweight for 5’ 4” person)

Source: Behavioral Risk Factor Surveillance System, CDC.
Obesity Trends* Among U.S. Adults

BRFSS, 2016

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)

Source: Behavioral Risk Factor Surveillance System
Indiana #7 in Obesity

3 out of every 5 Overweight/obese

66.4%

Information from the ISDH Division of Nutrition and Physical Activity
Can obesity and food insecurity co-exist?

Yes!
Food Insecurity
Food
Deserts
Editorial Cartoon by Rob Rogers, Pittsburgh Post-Gazette copyright 2012
How is obesity tied to food access?
Corner or convenience stores
Full-service grocery stores
Fast Food Access
Cheap food
Unhealthy Advertisement
The Importance of Policy, System, and Environment Work

Negative Health Outcome

Improve the Individual Through Direct Education

Improve the Environment Through PSE Work

Limited access to fresh produce

Lack of parks and other safe outdoor spaces

Lack of affordable healthy food options

Environmental health hazards

Poverty and unemployment

Limited sidewalks, bike trails, or transportation
Opportunities for Environmental Changes

- Farmers Markets
- CSAs
- Food Hubs
- Community Gardens
- Healthy Corner Stores
- Full Service Grocery Stores