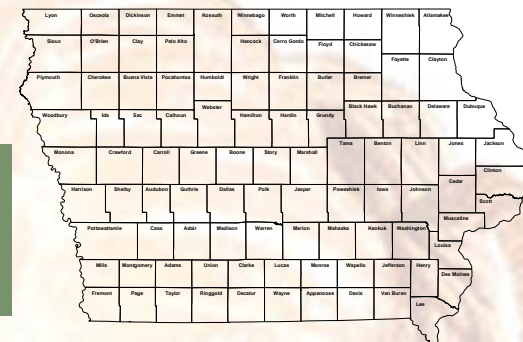


# Iowa Food Security, Insecurity, and Hunger



243,000 Iowans do not have access at all times to enough food for an active, healthy life.

[www.extension.iastate.edu/hunger](http://www.extension.iastate.edu/hunger)



Iowa families and the communities they live in are working together to solve the problems of individual, household and community food insecurity and hunger. Food insecurity affects health, worker productivity, growth and development of children, sense of well-being and quality of life.

## Why Construct a Community Food Security Profile?

Many decisions that affect a community's food security are made at the local level. Increasingly the emphasis is being placed on the importance of objective, data-based information as a basis for policy or programming decisions.

A community food security profile can help:

- Evaluate program effectiveness
- Justify existing programs
- Motivate creation of new programs
- Assist in leveraging public and private dollars by informing community residents and business, civic, and government leaders
- Build awareness of the extent of a problem
- Set goals (e.g. who to target)
- Develop intervention strategies (e.g. types of programs or outreach)
- Complement local health department assessments

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## How Can You Build a Community Food Security Profile of Your Community?

Go to: [www.extension.iastate.edu/hunger](http://www.extension.iastate.edu/hunger)



Web site resources include:

- USDA Community Food Security Assessment Tool Kit (includes indicators for household and community food assessment, focus group, and survey methodologies)
- Poverty and Food Needs Profiles of Iowa Counties [Adobe Acrobat]
- Create a Custom Survey of Food Insecurity
- Survey Local Food Prices
- Iowa WIC survey in English and Spanish
- Help conducting a community survey
- Iowa Food Policy Conference, September 5, 2003 Community Profiles workshop PowerPoint presentation
- Iowa Food Policy Conference, September 5, 2003 Iowa Food Pantry and Focus Group Findings PowerPoint presentation
- More data on Iowa communities, Social and Economic Trend Analysis (SETA)



**Food security** is defined as "access by all people at all times to enough food for an active, healthy life and includes at minimum: a) the ready availability of nutritionally adequate and safe foods, and b) the assured ability to acquire acceptable foods in socially acceptable ways (e.g. without resorting to emergency food supplies, scavenging, stealing, and other coping strategies" ([Life Sciences Research Office, 1990](#))

**Food insecurity** occurs when there is limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.

**Hunger** is the "uneasy or painful sensation caused by the lack of food or recurrent and involuntary lack of access to food" ([Life Sciences Research Office, 1990](#))

**Community food insecurity** occurs when there are inadequate resources from which people can purchase foods in sufficient quantity or variety at affordable prices. Further, community food security is affected when there are no local food production resources available to community members and inadequate food assistance to help low-income people purchase foods at retail markets. This suggests social, institutional, and economic factors within a community affect the quality and quantity of available foods and their affordability. (USDA, 2002)