

The Impact of Economic Stability on Physical Wellbeing

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PICO ?

If residents of low socioeconomic status have better access to grocery stores and information on the importance of nutrition, will this make a difference in communities with food insecurity and poor individual health?

Introduction: Food insufficiency is when there is an inadequacy in the amount of food intake because of the lack of money or resources. Three percent of all households with children, and 7.5% of low-income families with children experienced food insufficiency (Casey et al., 2001)

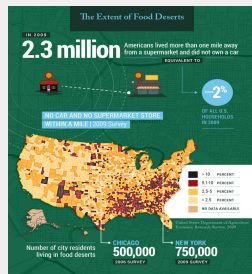
Background:

- **Food desert:** geographic areas where people's' access to affordable, healthy food is limited or nonexistent due to absence of grocery stores within convenient traveling distance
- Inaccessibility and increased food prices = families are choosing unhealthy, more affordable options such as fast food

Interventions:

1. **Implementation of local farmers markets and/or permanent grocery stores with fresh produce**
 - **Why?** People's choices about what to eat are severely limited by options available to them and what they can afford (FEP, 2021).
 - This intervention will help improve the physical health of local residents by making fresh produce more accessible distance wise and financially. Disparities in access to fresh produce...in food deserts are associated with residents' dietary intake, rates of obesity and chronic disease (Ramirez, et al. 2017).
2. **Community wide nutrition and physical/mental wellness programs**
 - **Why?** Do residents of low socioeconomic status always have the best access to healthcare? Nutritious food? Safe living areas? Education? Educating these communities about the importance of physical/mental health will enhance awareness towards how we can work together to live healthier lifestyles
 - The interventions on nutrition education increase the family's capacity to improve access to and consumption of food (Moron, 2006).

In 2009, 2.3 Americans lived > 1 mile away from a supermarket and did not own a car (USDA ERS, 2009).



References:

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Results: Economic instability is directly linked to low food security, negative health effects, and children doing poorly in school. Addressing unemployment rates and implementing nutrition assistance programs will reduce food insecurity, hunger, and help children do better in schools.