

# CCFP 2021-2022 Category Datasheet



food & nutrition

Fairfax's food insecurity rate has been on the decline since 2011. Despite this historic low, Fairfax County has the highest number of food insecure individuals in Virginia -- 67,190 of its 1.1 million residents (6%). Of food insecure children, about half live in households that exceed income eligibility requirements for federal nutrition assistance.<sup>1</sup>

**Outcome Statement:** To have reliable and consistent access to sufficient, affordable, and nutritious food. To have access to information and education about healthy and nutritious food and the opportunity to develop the knowledge and resources to practice healthy eating.

For 8th, 10th, and 12th grade students, the incidence of hunger due to lack of food in the home varied by race/ethnicity, ranging from 3.5% of White students to 13.8% of Hispanic students. Similar students were found among White students and Hispanic students in 6th grade.<sup>4</sup>

Fewer than one-fourth of Fairfax County 8th, 10th, and 12th grade students (22.7%) indicated that they ate fruits and vegetables at least five times per day in the week prior to the [2018 Youth] survey. This represents a decreasing trend in consumption of fruits and vegetables since 2014 across all races. For black 8th, 10th, and 12th grade students, only one in five reported that they eat fruits and vegetables at least five times a day.<sup>2</sup>

The lowest rating for availability of affordable quality food are reported by respondents ages 55-59 (62%) and by Hispanic respondents (63%).<sup>3</sup>

The cost to purchase healthy and nutritious foods remains a major barrier to healthy eating among people struggling with poverty and food insecurity.<sup>5</sup>

According to data collected by Fairfax County Health Department Food Insecure clients, in addition to cost, other barriers to food access include transportation, time, childcare, children's health, and/or mother's health.

Sources:

1. Live Healthy Fairfax 2017 Community Health Needs Assessment
2. Fairfax County 2017-2018 Youth Survey Data
3. Fairfax County 2019 50+ Community Survey Data
4. Fairfax County 2017-2018 Youth Survey Data
5. Live Healthy Fairfax 2017 Community Health Needs Assessment

