

# **The Road to Food Security: Creating a Food and Resource Center in Stillwater**

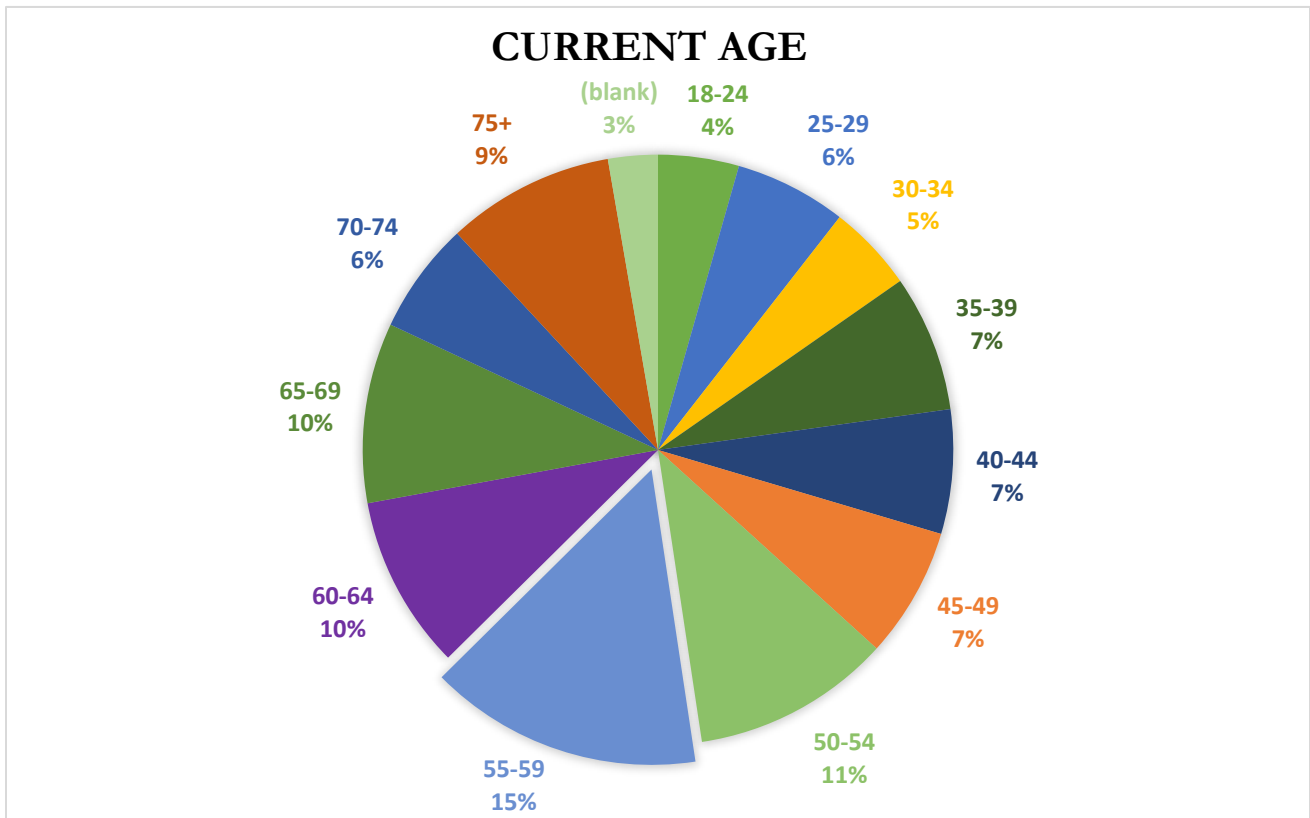
By:

**Katelyn McAdams**

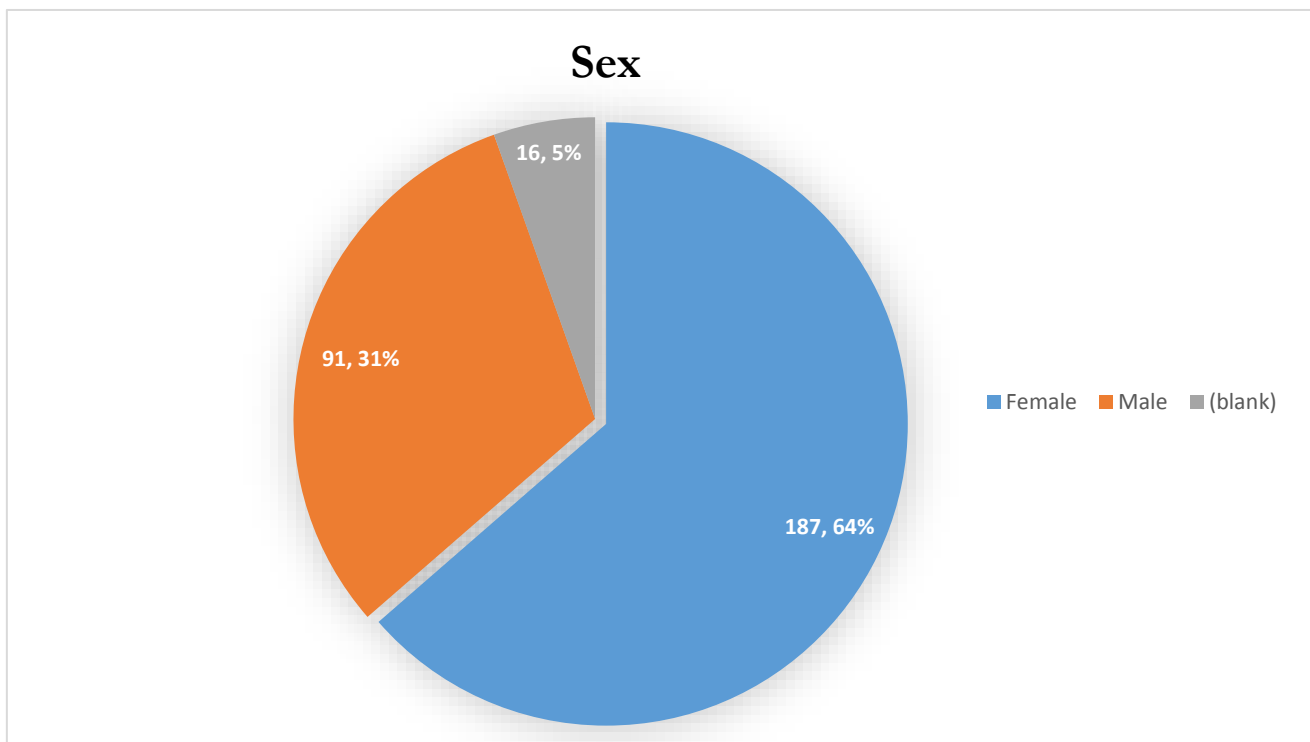
## **Data Report**

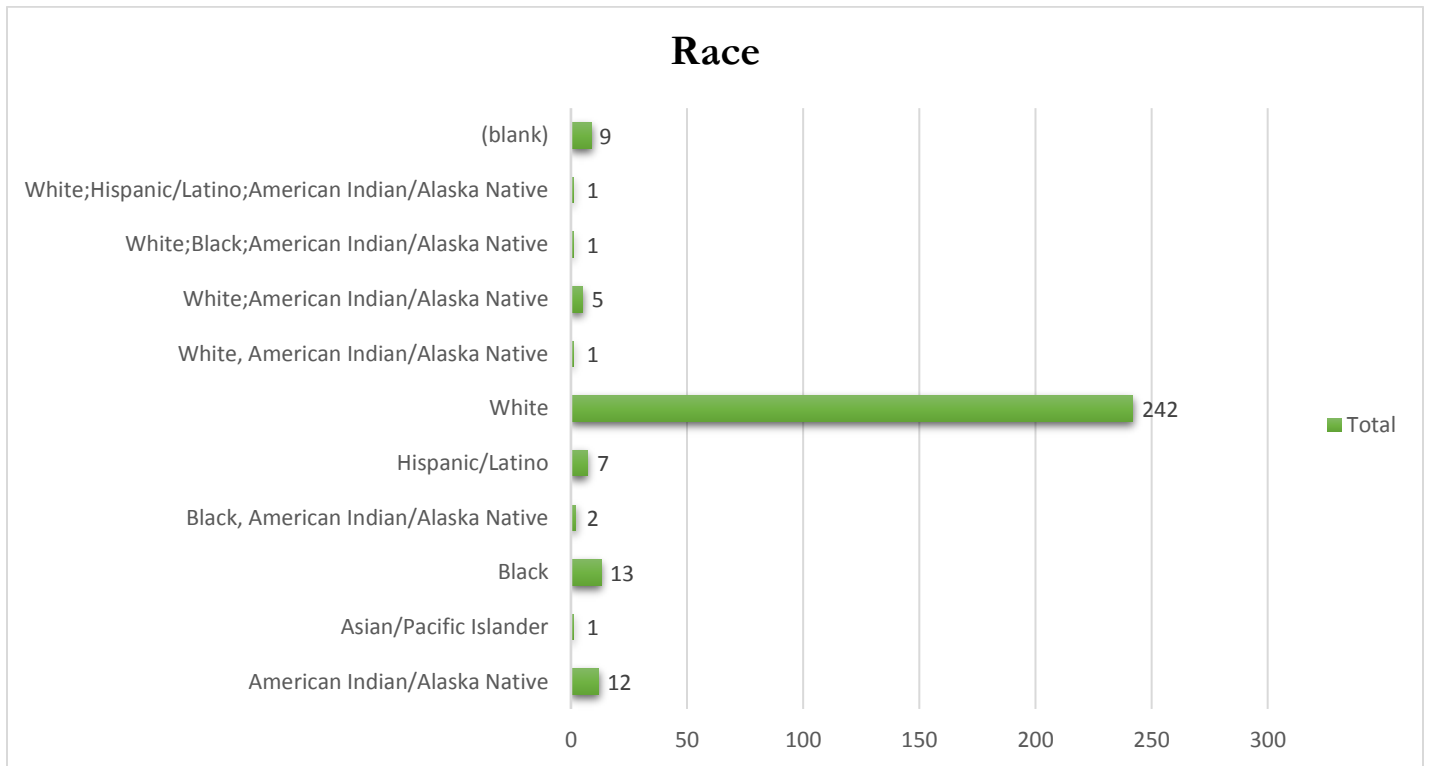
**July 2016**

\*blank=no response

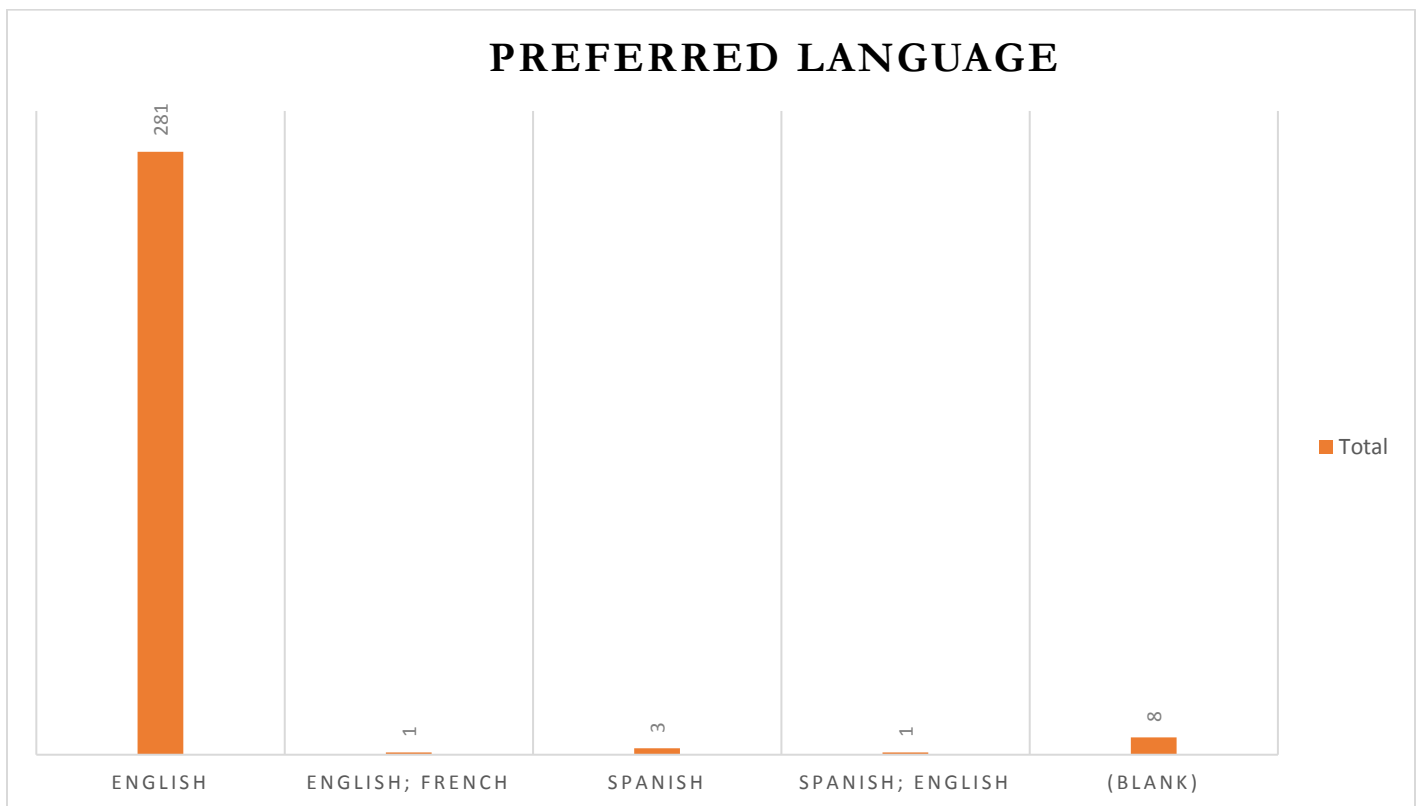


The most common age was 55-59 followed by 50-54 and then 60-64 & 65-69



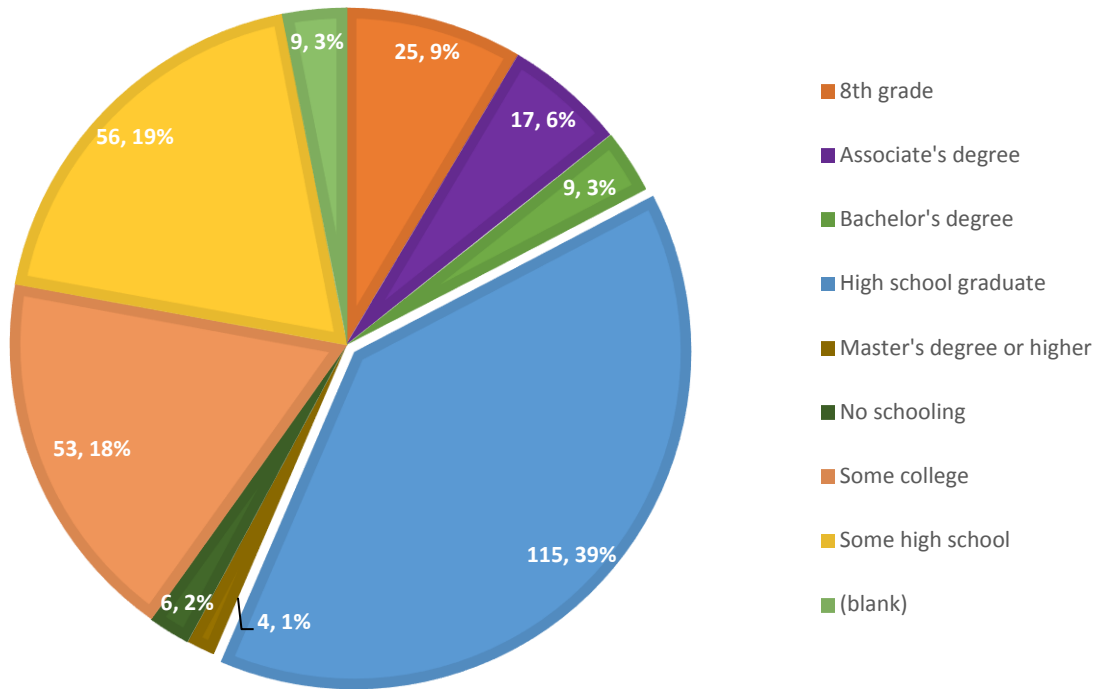


The most predominant race was white followed by African American & Native American



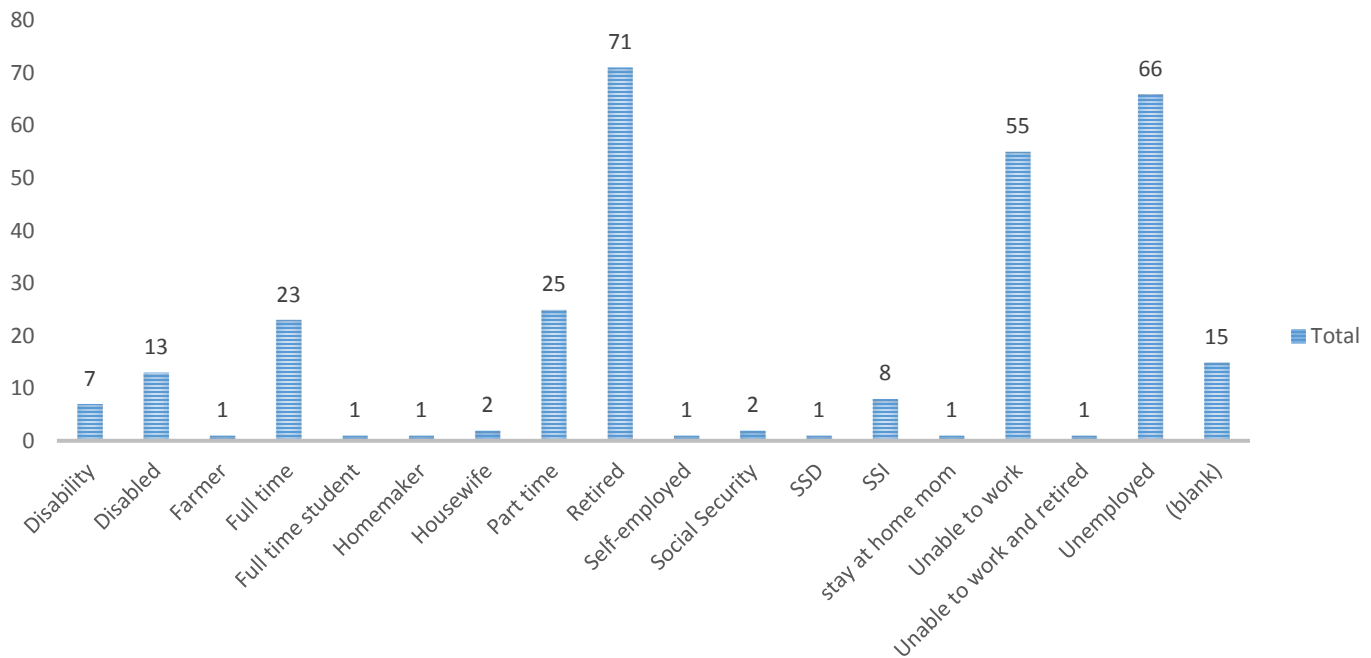
98% of the sample population prefers to speak English

### HIGHEST DEGREE OR LEVEL OF SCHOOLING COMPLETED

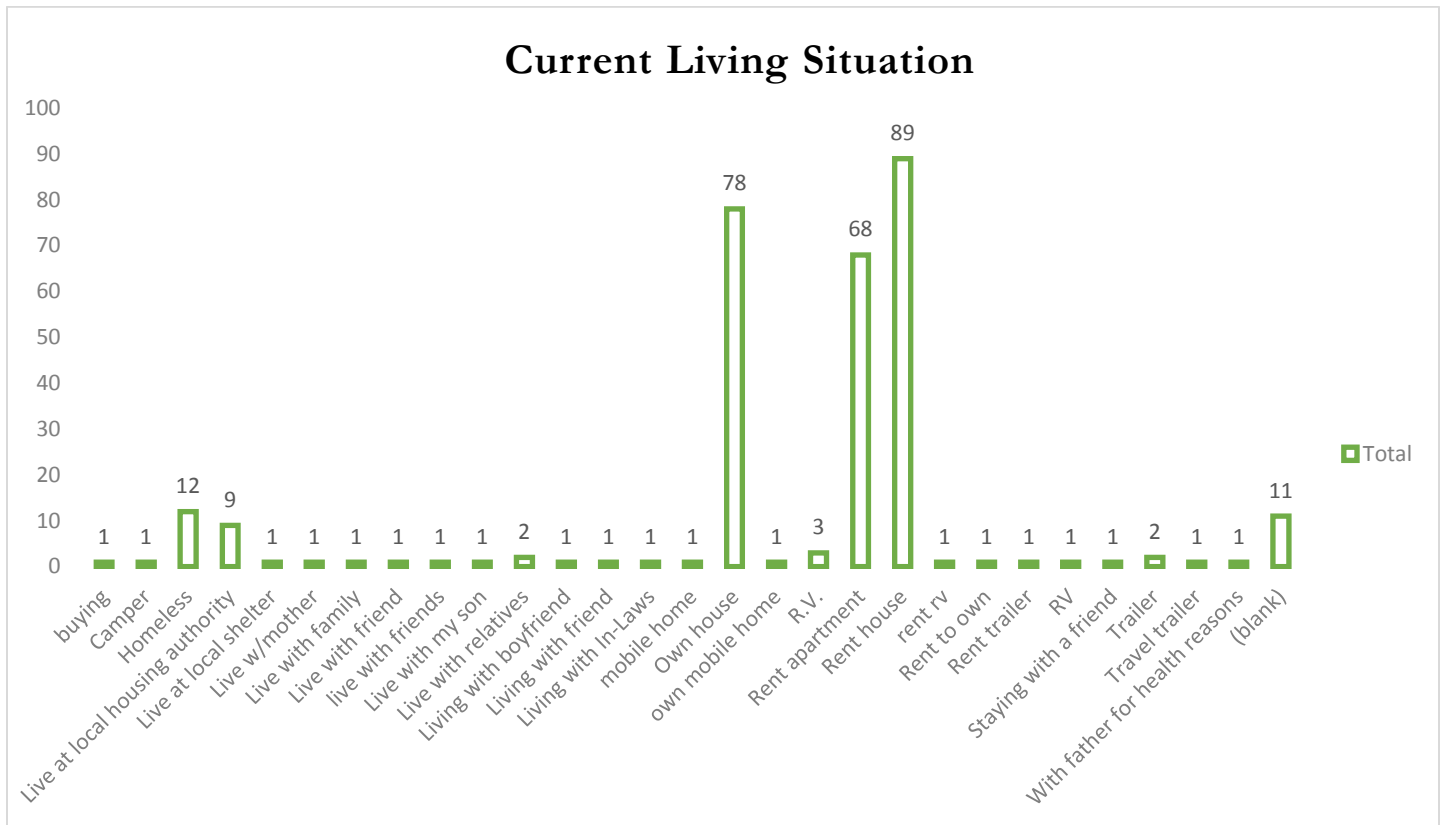


High school graduates, some high school, some college, 8<sup>th</sup> grade, associates degree

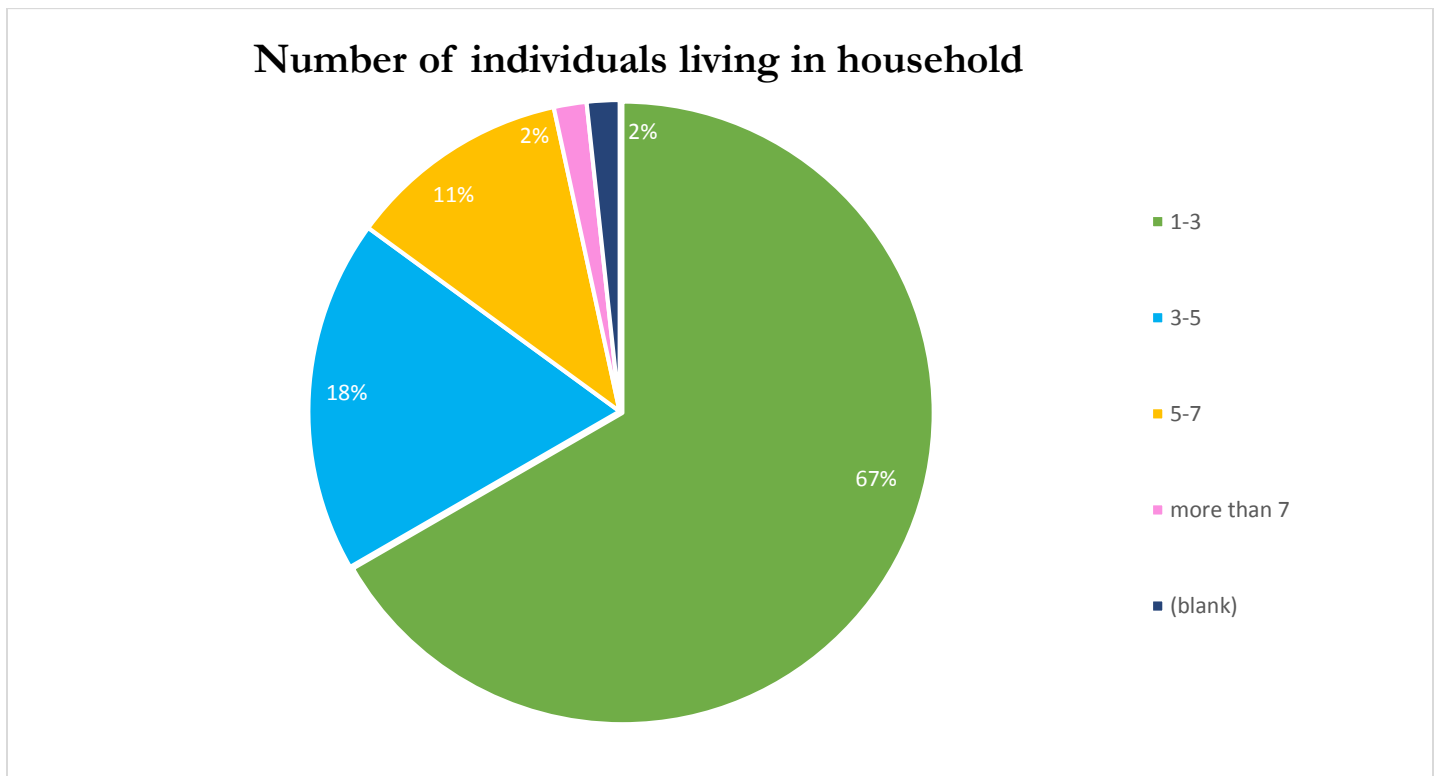
### CURRENT EMPLOYMENT STATUS



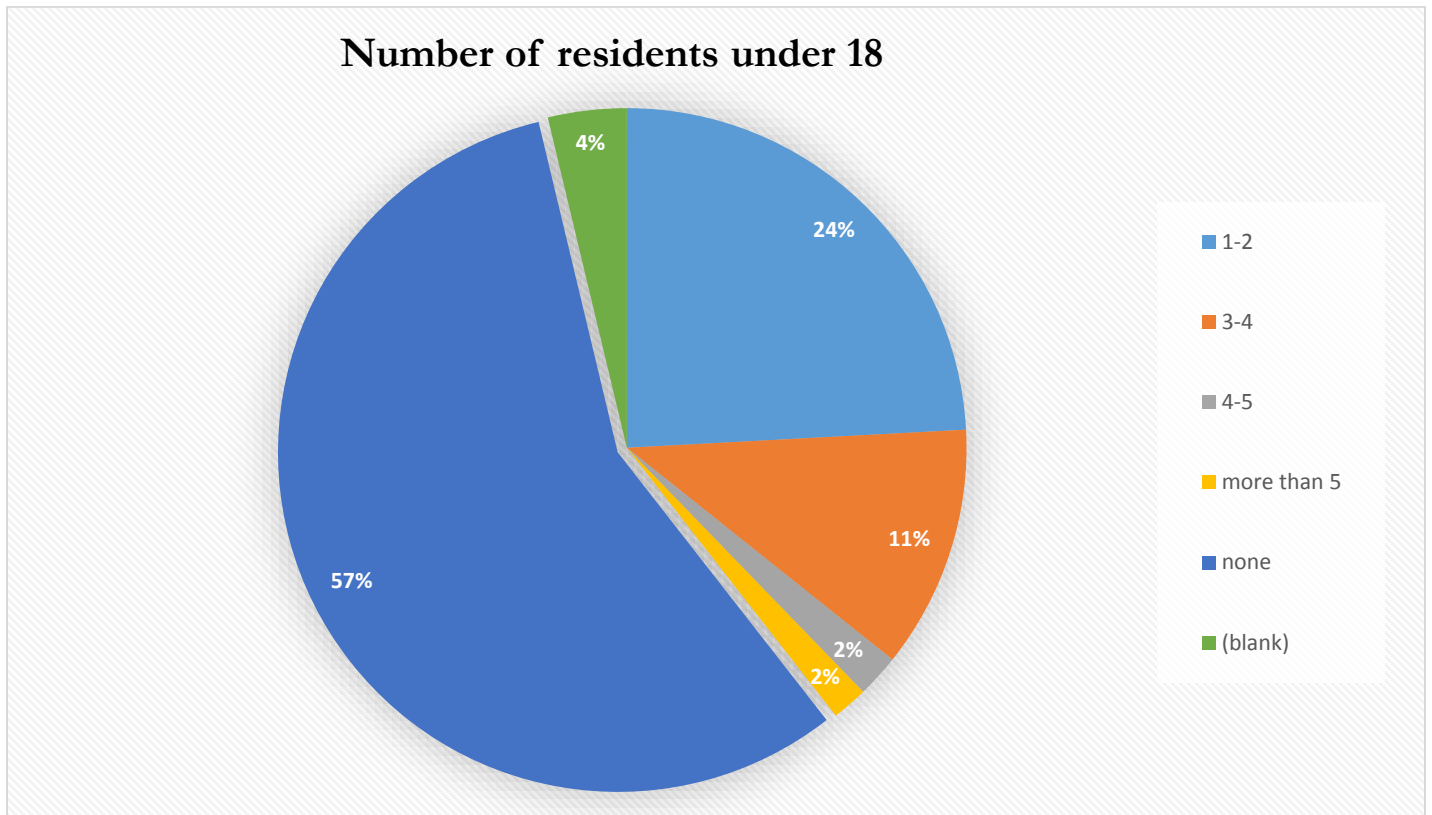
25% are retired, 22% are unemployed, 20% are unable to work & 9% work part time



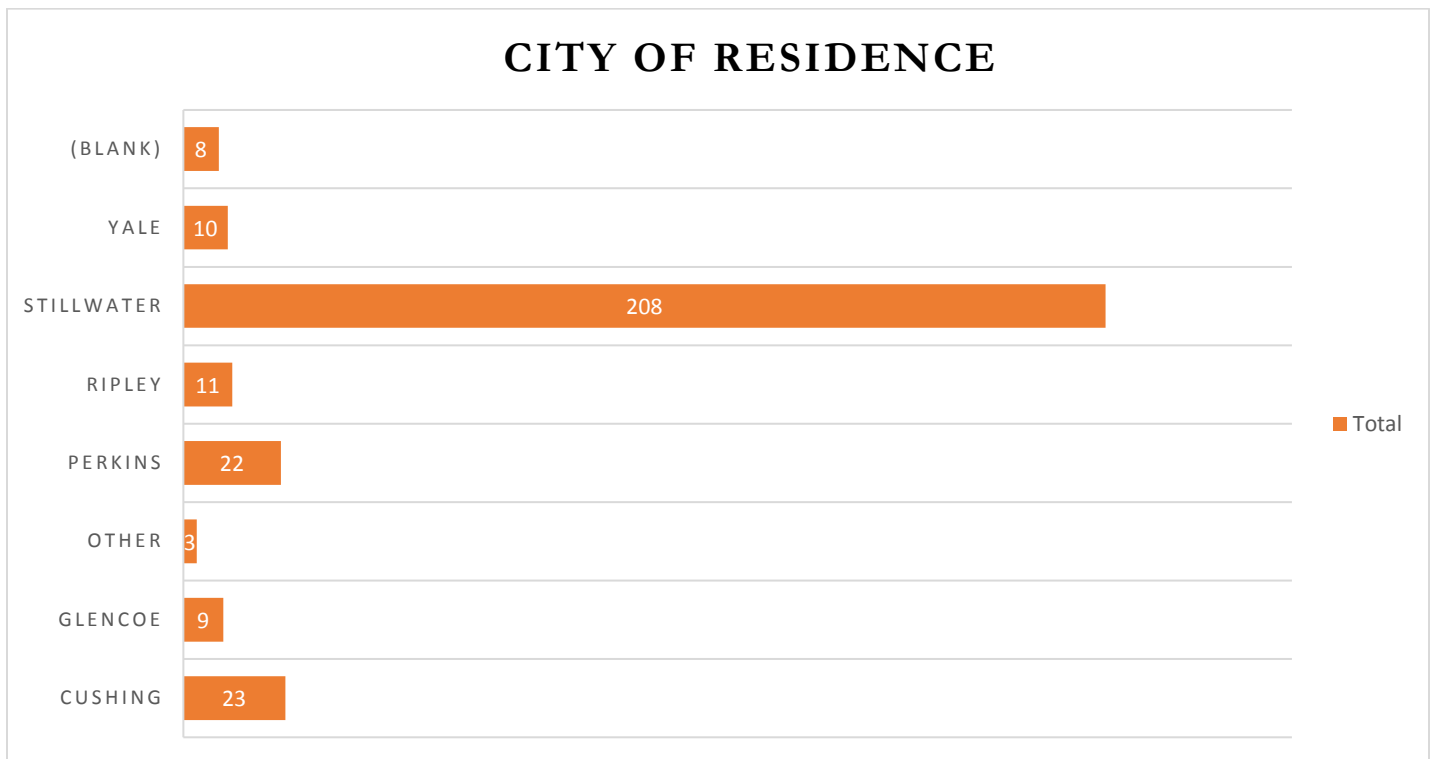
31% live in rent house, 28% own a house and 24% rent an apartment. 4% are homeless



Having 1-3 residents in a household was most common

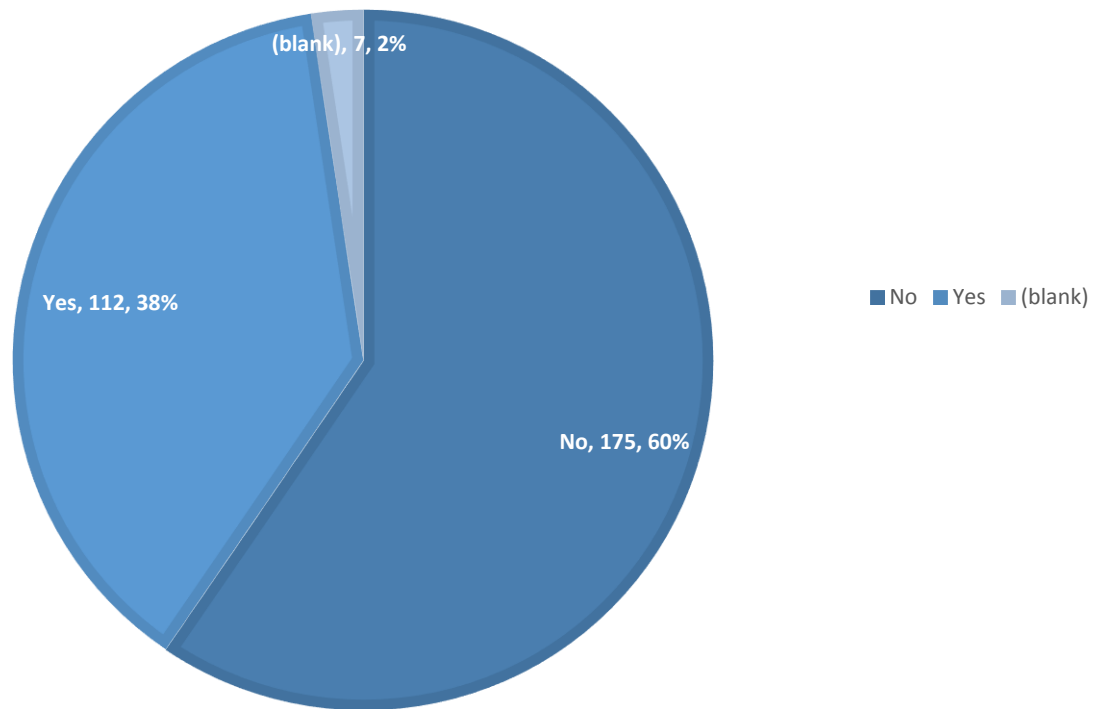


Most had no one under the age of 18 living in their house

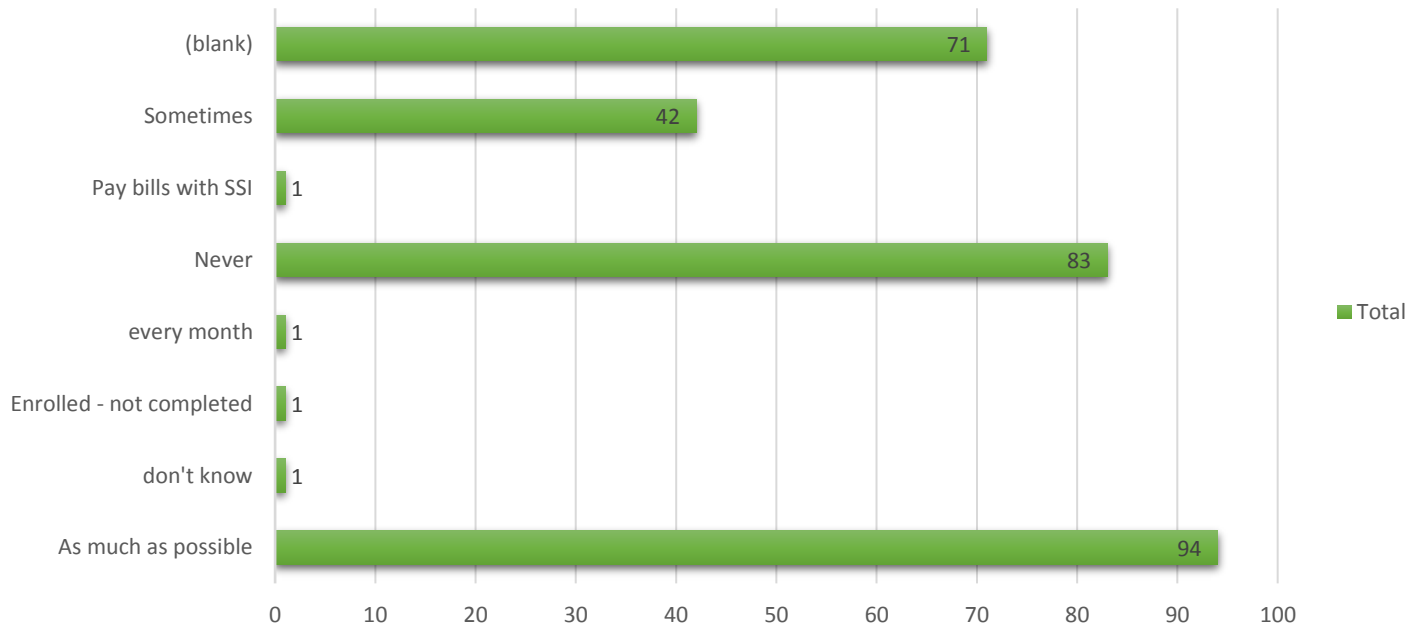


73% of sample reside in Stillwater, 8% live in Cushing, 8% in Perkins, 4% in Ripley, 4% in Yale and 3% in Glencoe

### CURRENTLY ENROLLED & RECEIVING SNAP BENEFITS

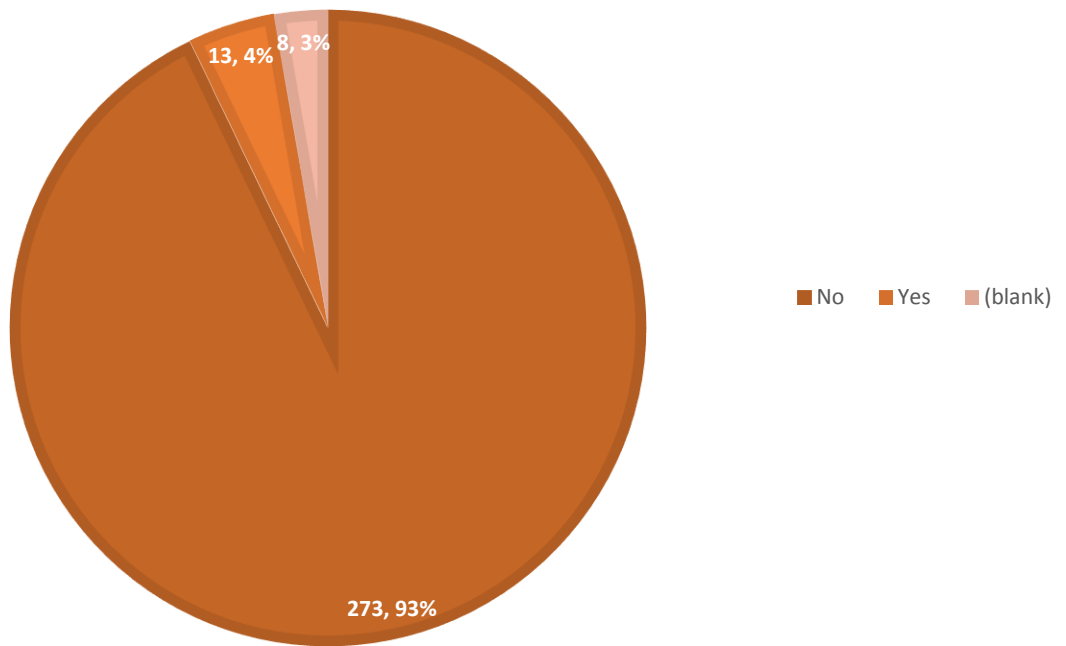


### How often SNAP benefits are being utilized

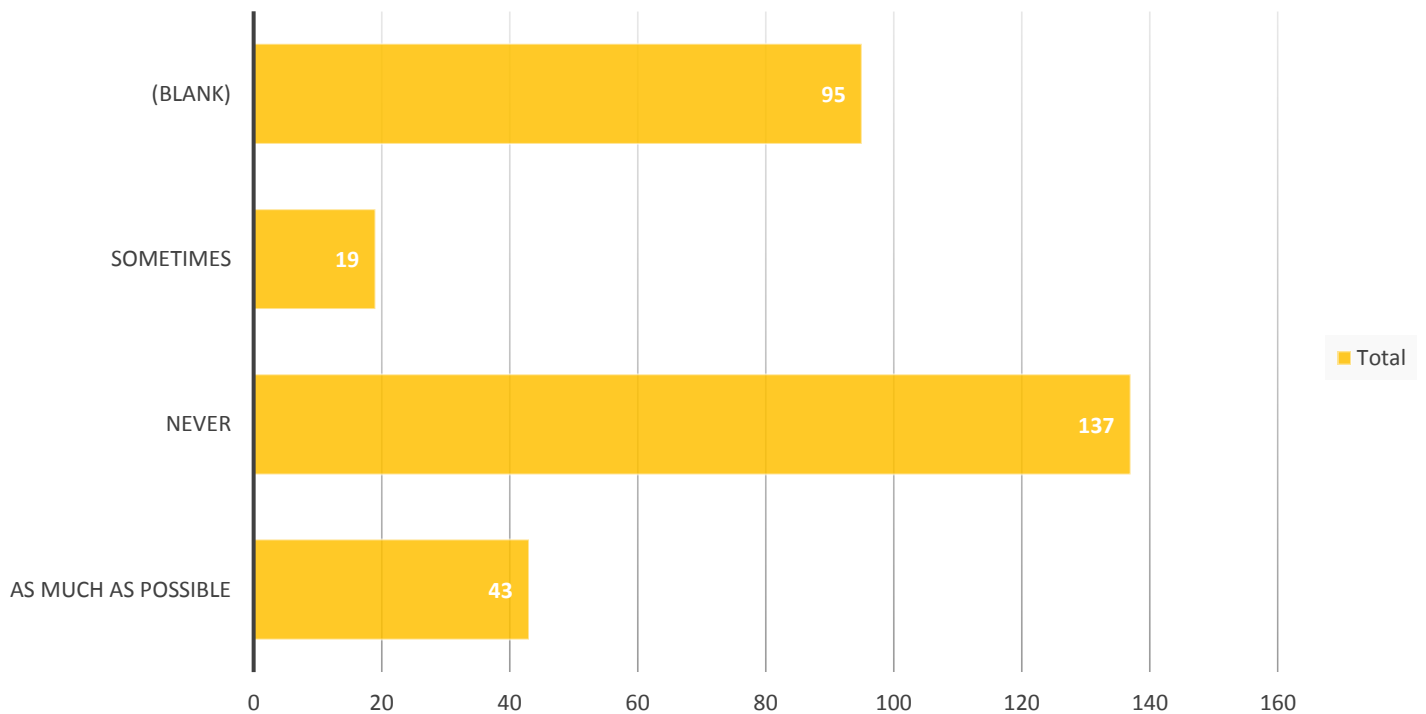


42% use their benefits as much as possible, 37% never use their benefits and 19% use the benefits sometimes

### CURRENTLY ENROLLED & RECEIVING WIC BENEFITS



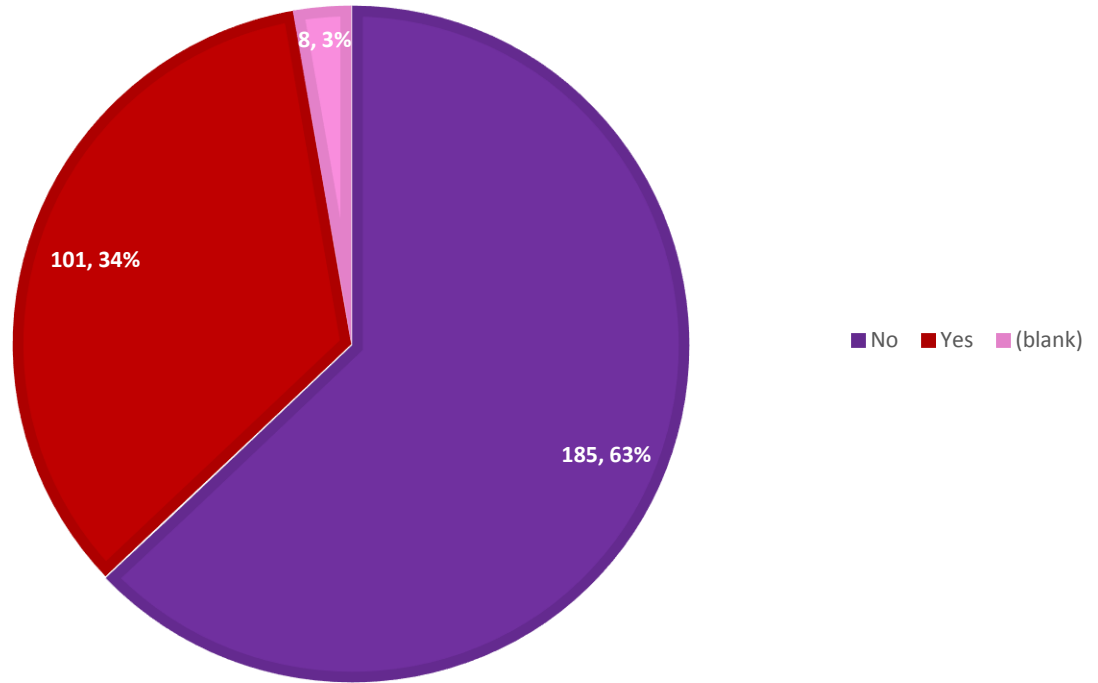
### How often WIC benefits are being utilized



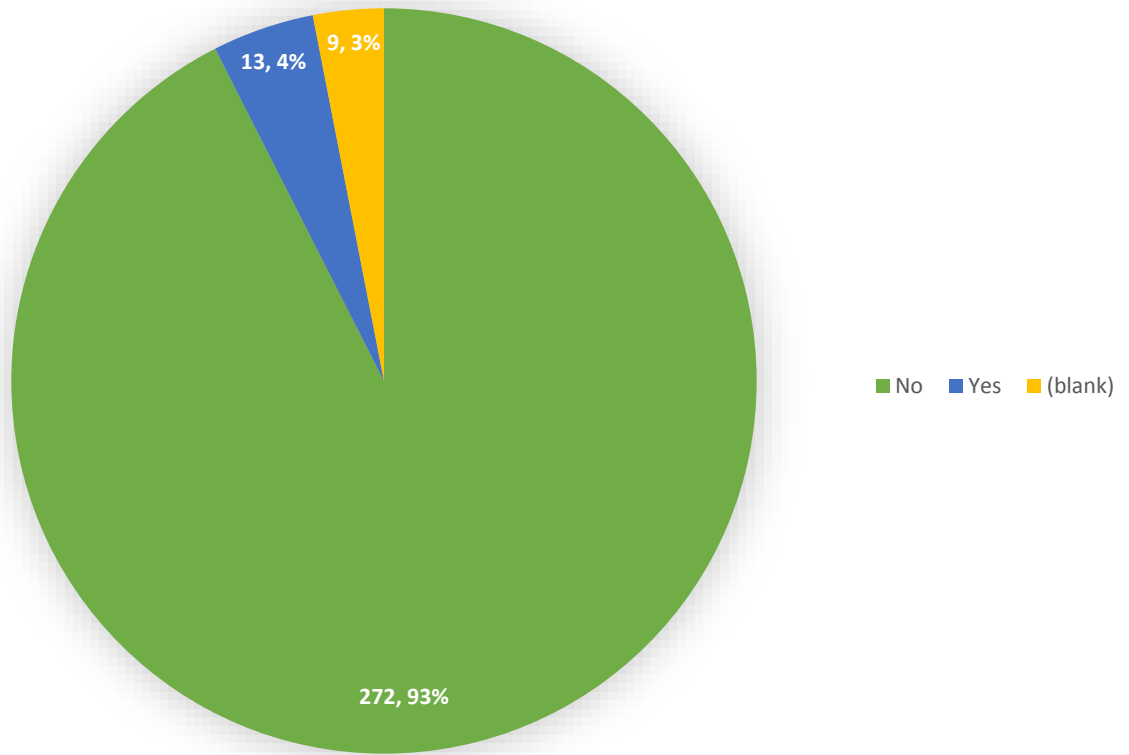
69% never use their benefits, 22% always use them and 10% use their benefits sometimes



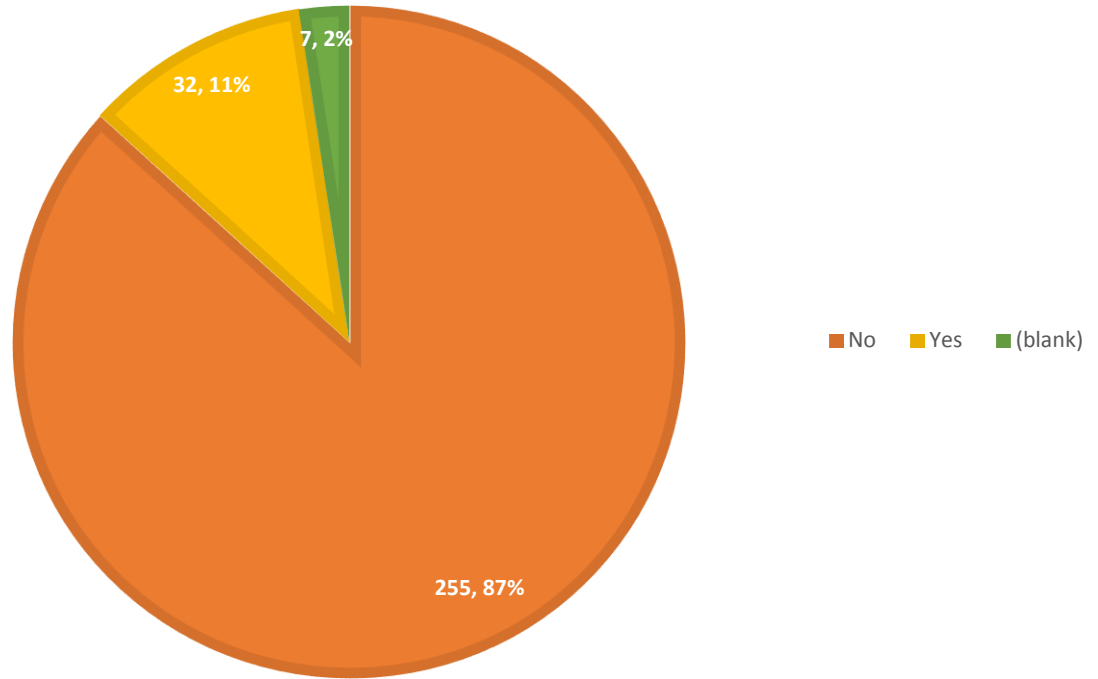
### TOBACCO AND/OR E-CIG USE



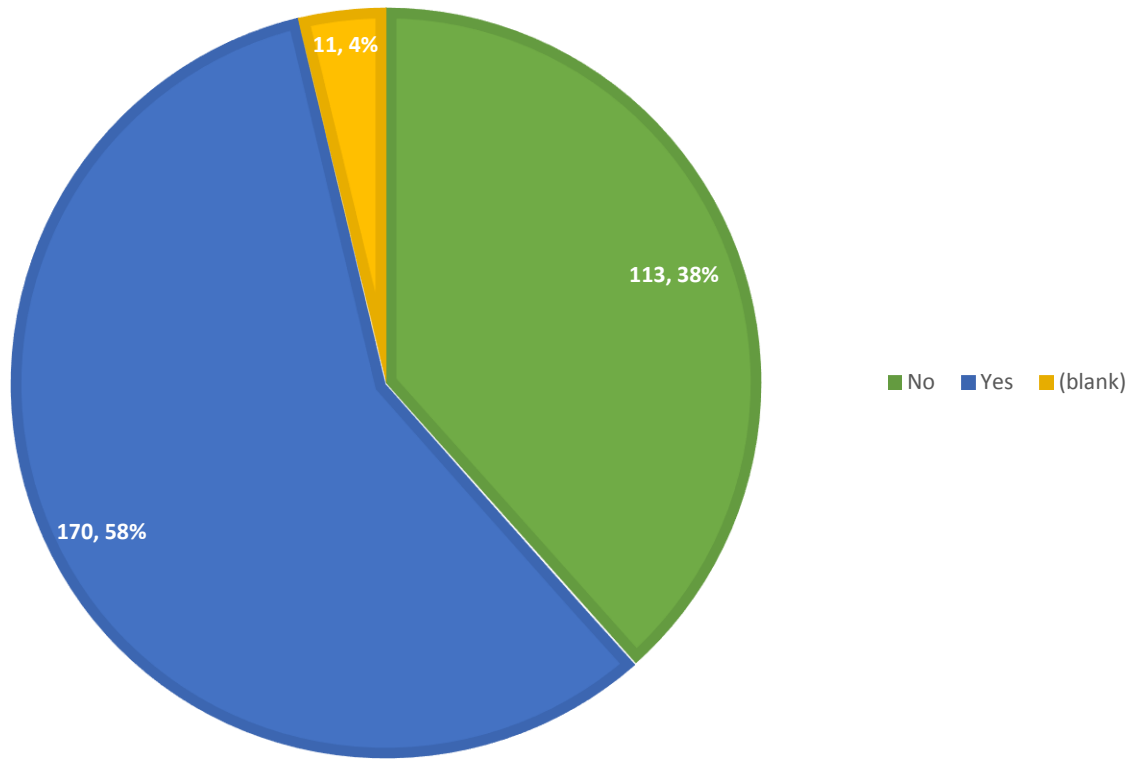
### Smokeless Tobacco Useage

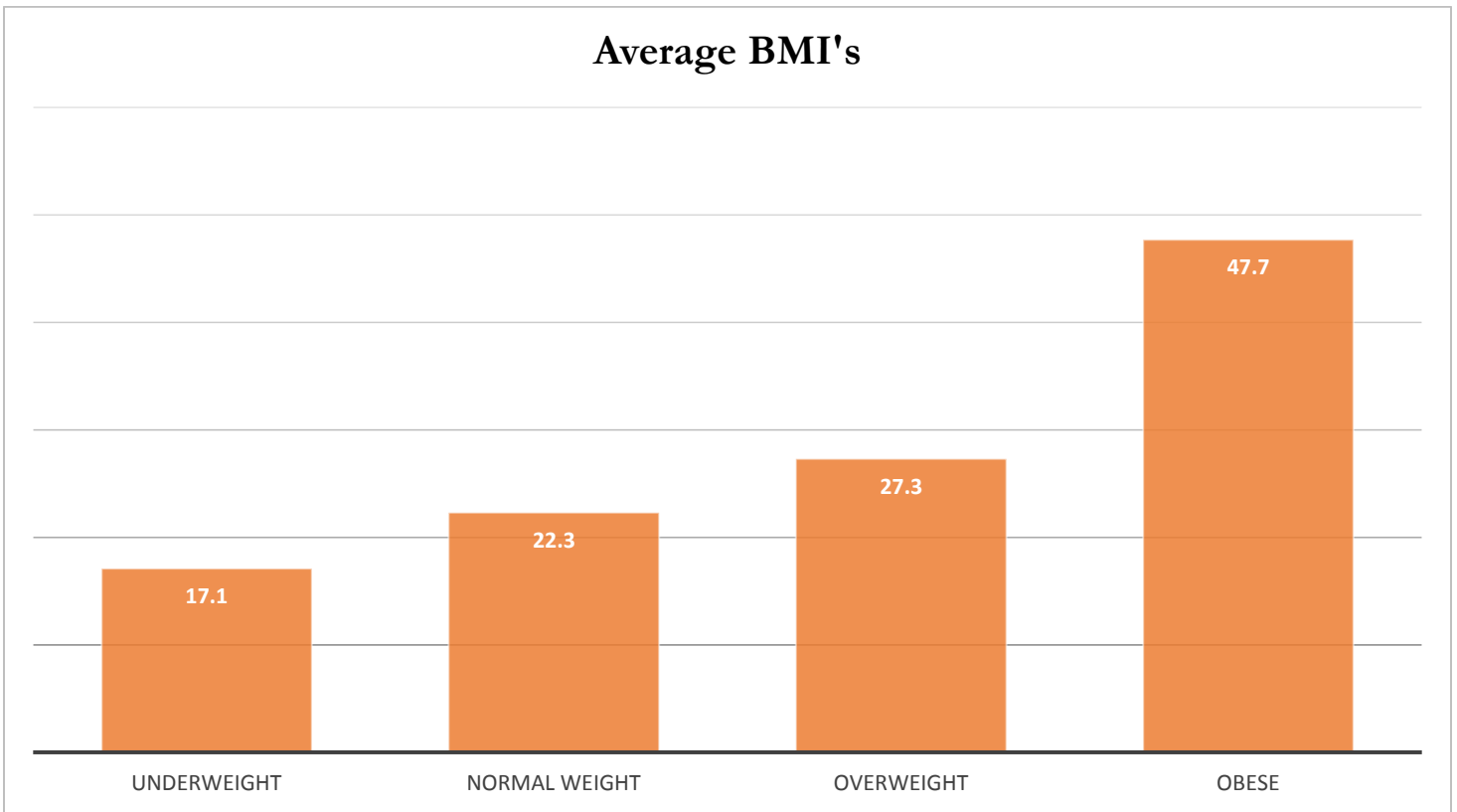


### ALCOHOL CONSUMPTION

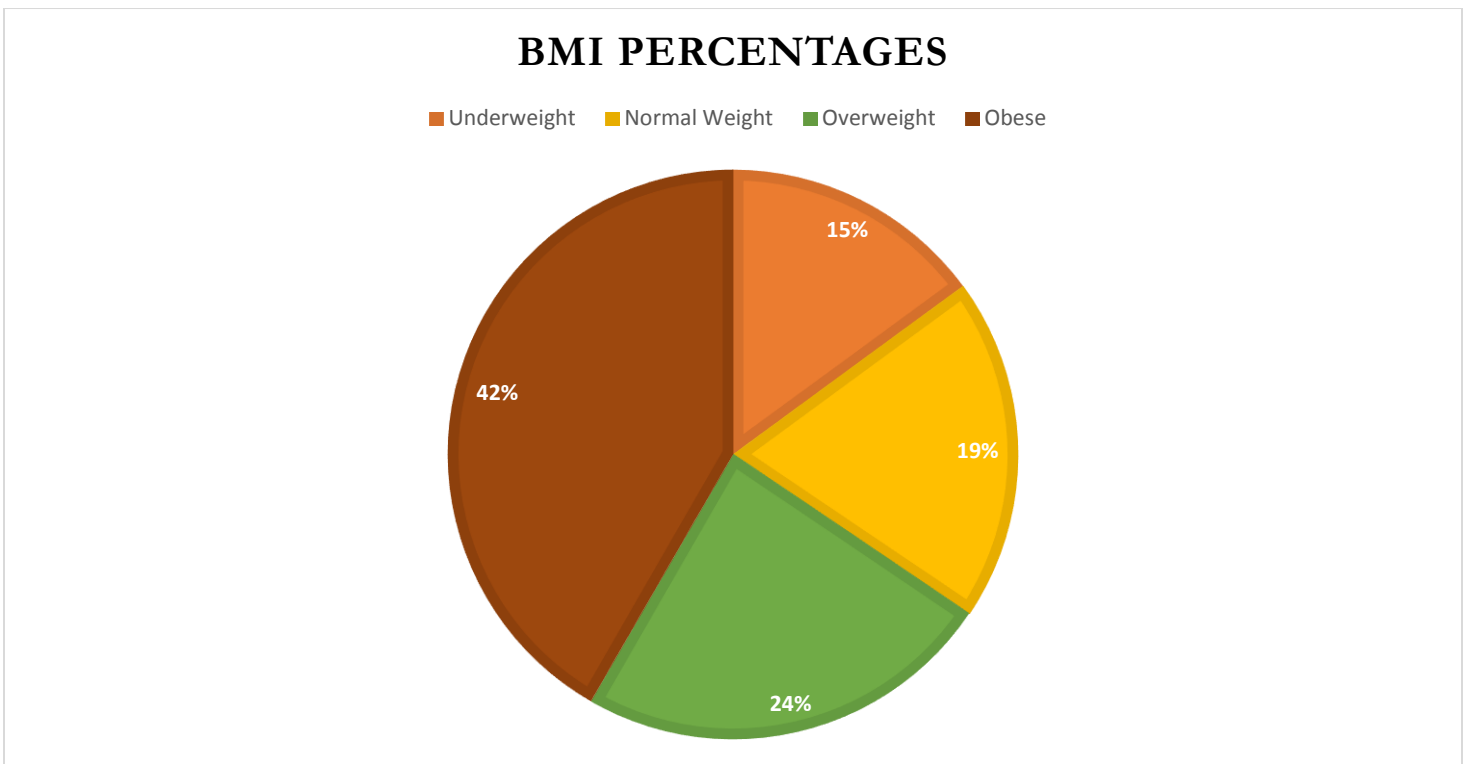


### EXERCISE RATES

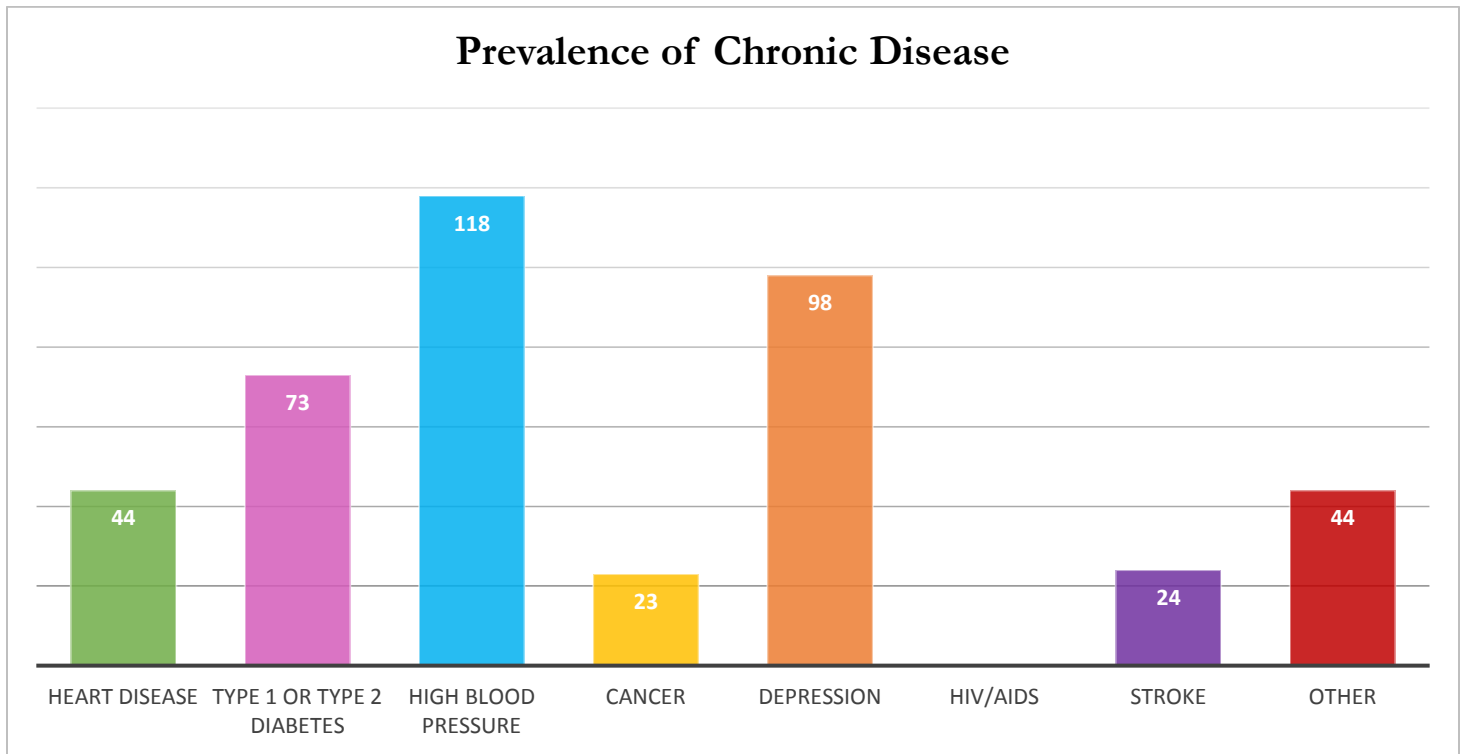




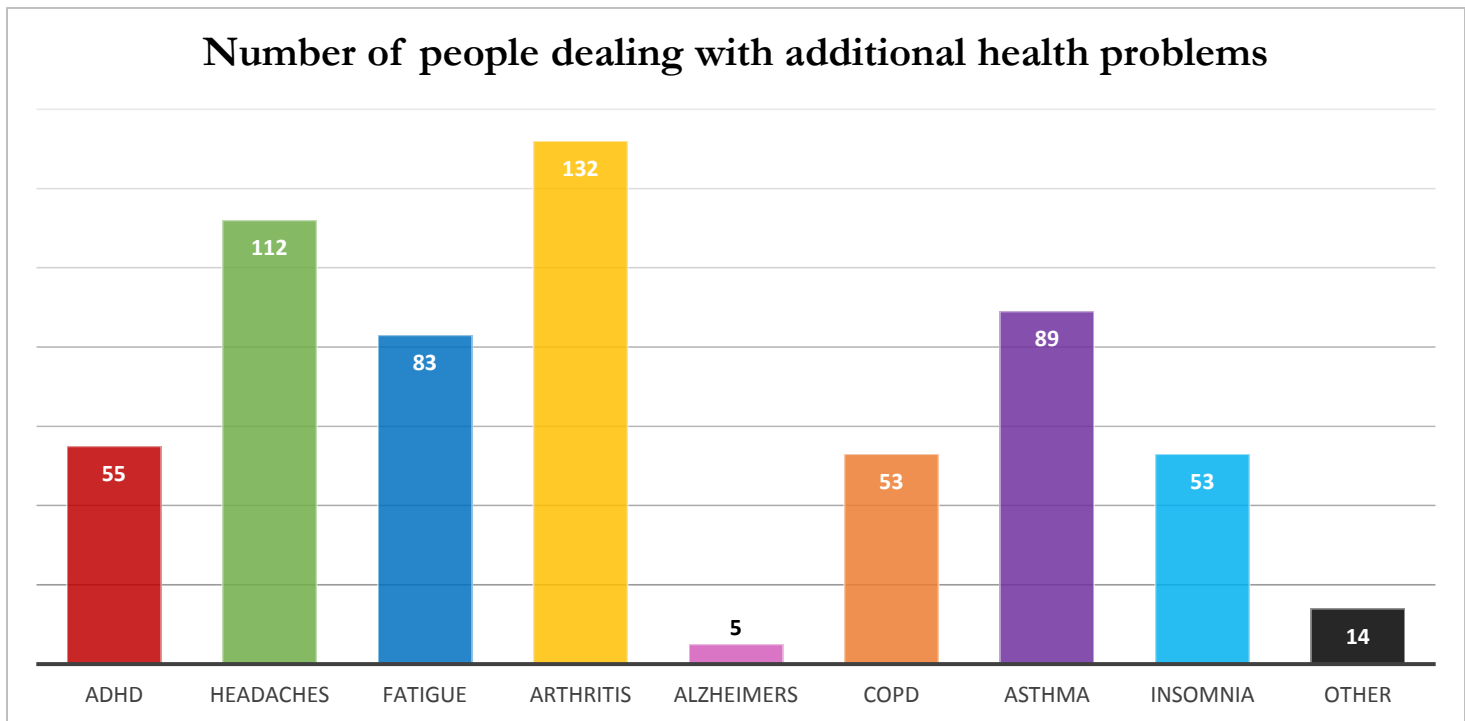
5 people underweight, 67 at a normal weight, 86 were overweight & 123 were obese  
N=210



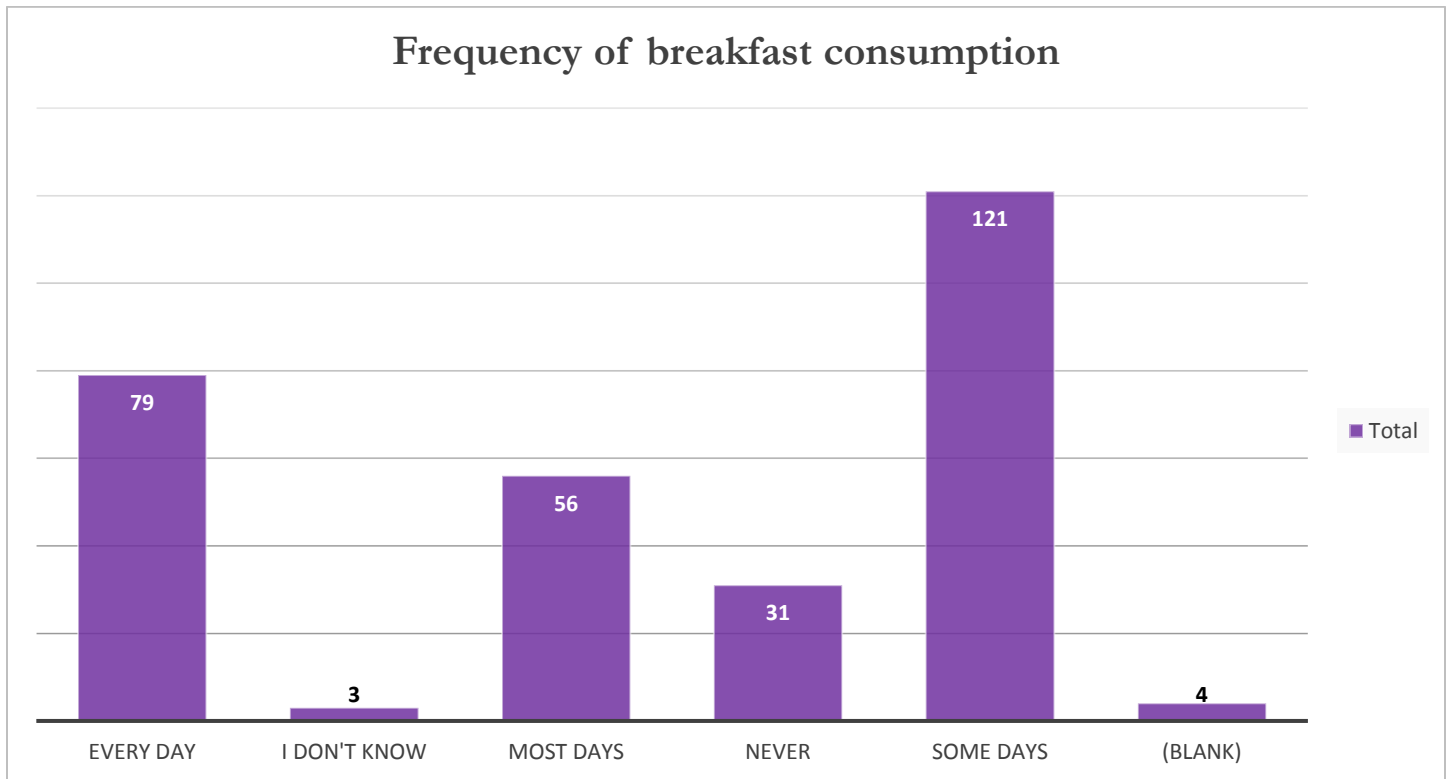
Most individuals fell in to the obese or overweight category



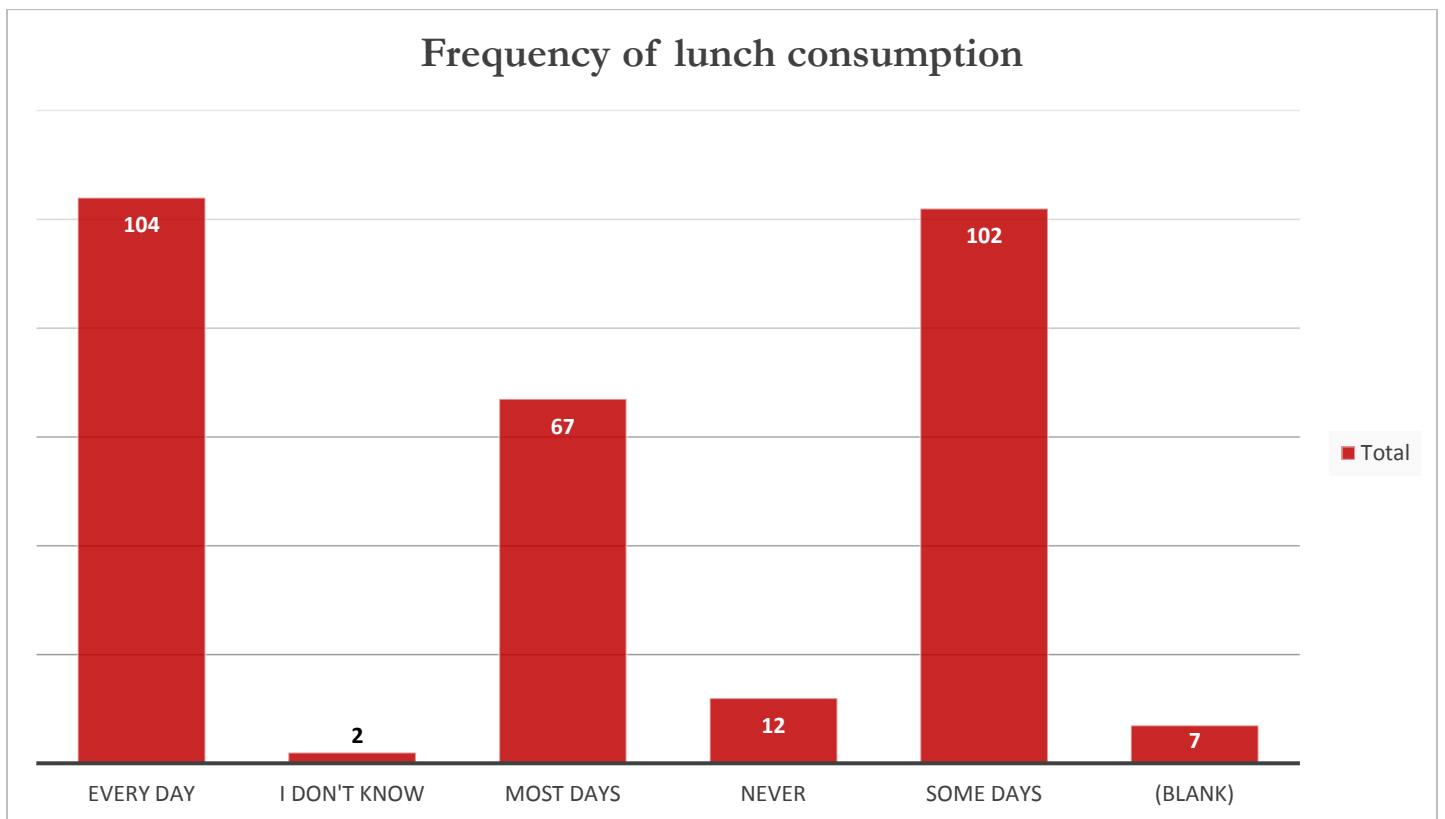
21% have heart disease, 34% have diabetes, 55% have high blood pressure, 11% have or have had cancer, 46% have depression, 0% have HIV/AIDS, 11% have had a stroke, and 21% suffer from another chronic disease.  
 N=213



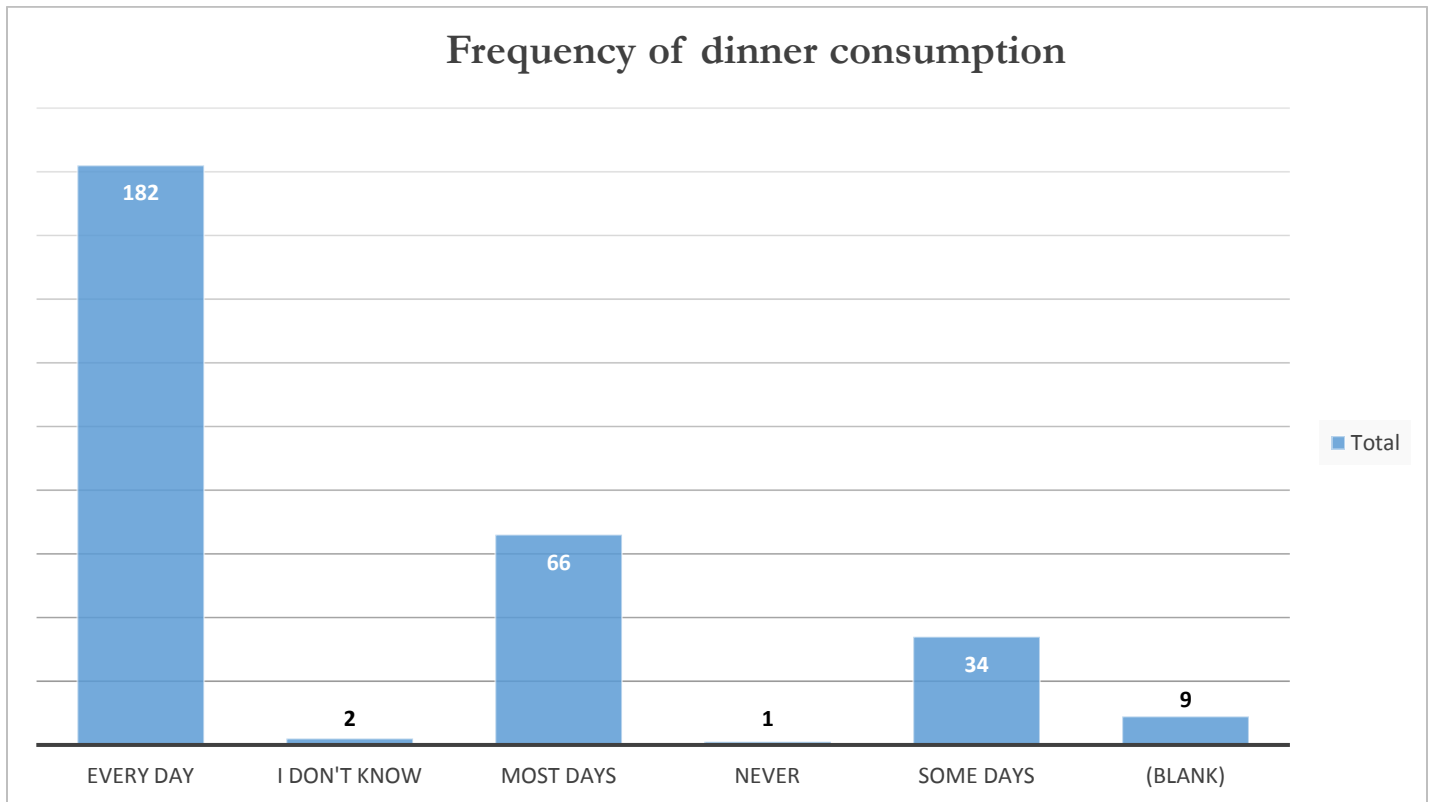
25% have ADHD, 51% have headaches, 38% suffer from fatigue, 61% have arthritis, 2% have Alzheimer's, 24% have COPD, 41% have asthma, 24% have insomnia and 6% have other additional health problems.  
 N=218



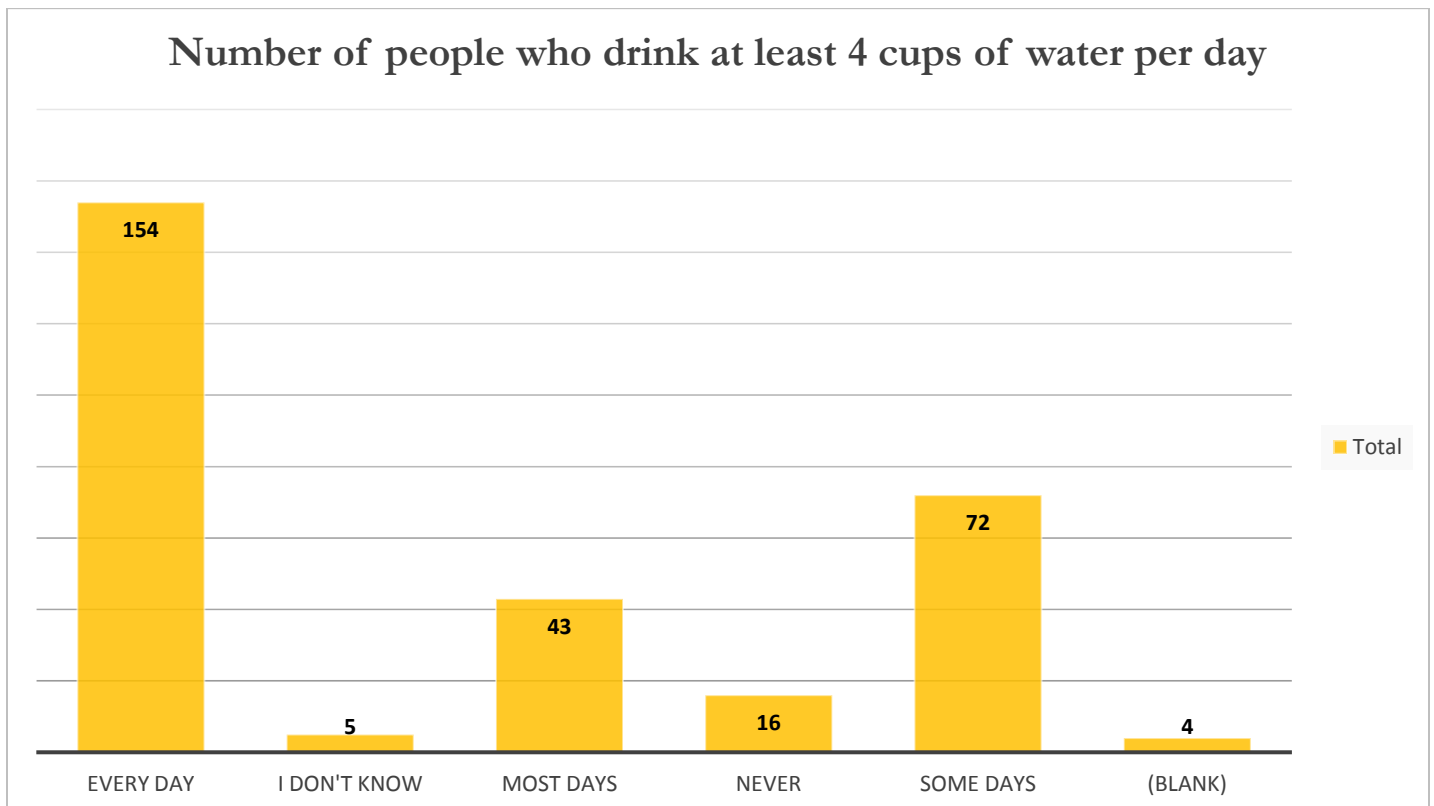
27% eat breakfast every day, 1% don't know, 19% eat it most days, 11% never eat it and 42% eat it daily



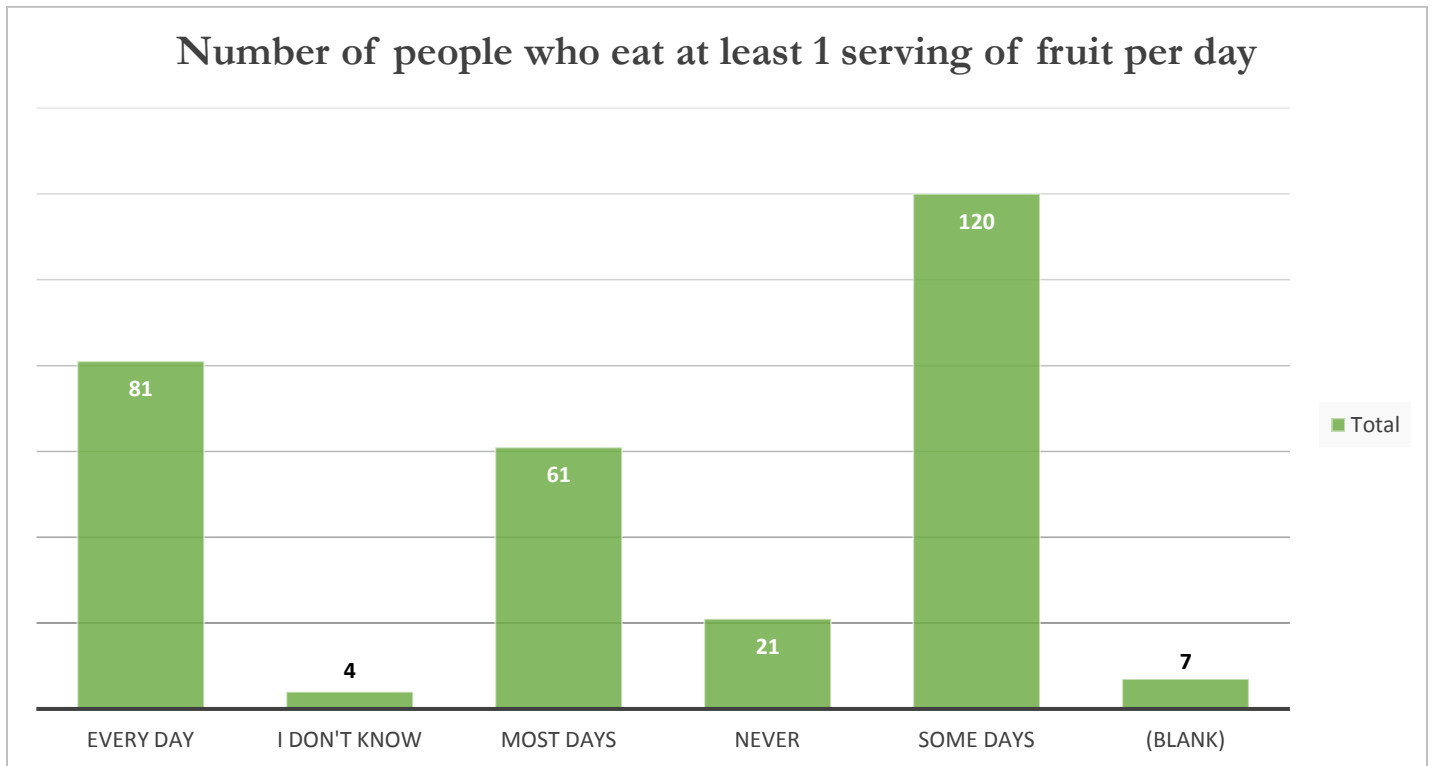
36% eat it every day, 1% don't know, 23% eat it most days, 4% never eat it and 37% eat it some days



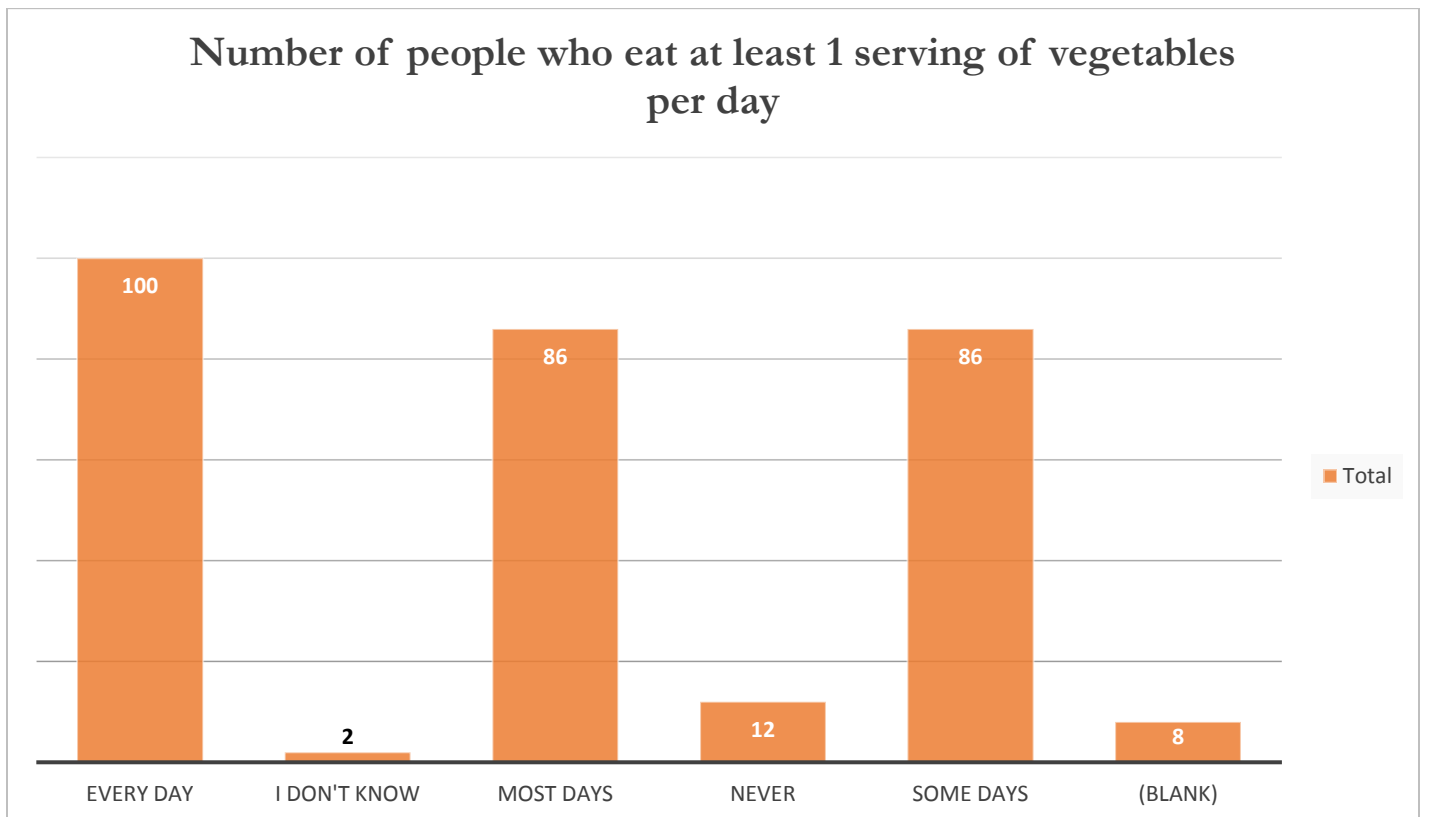
64% eat it every day, 1% don't know, 23% eat it most days, <1% never eat it and 12% eat it some days



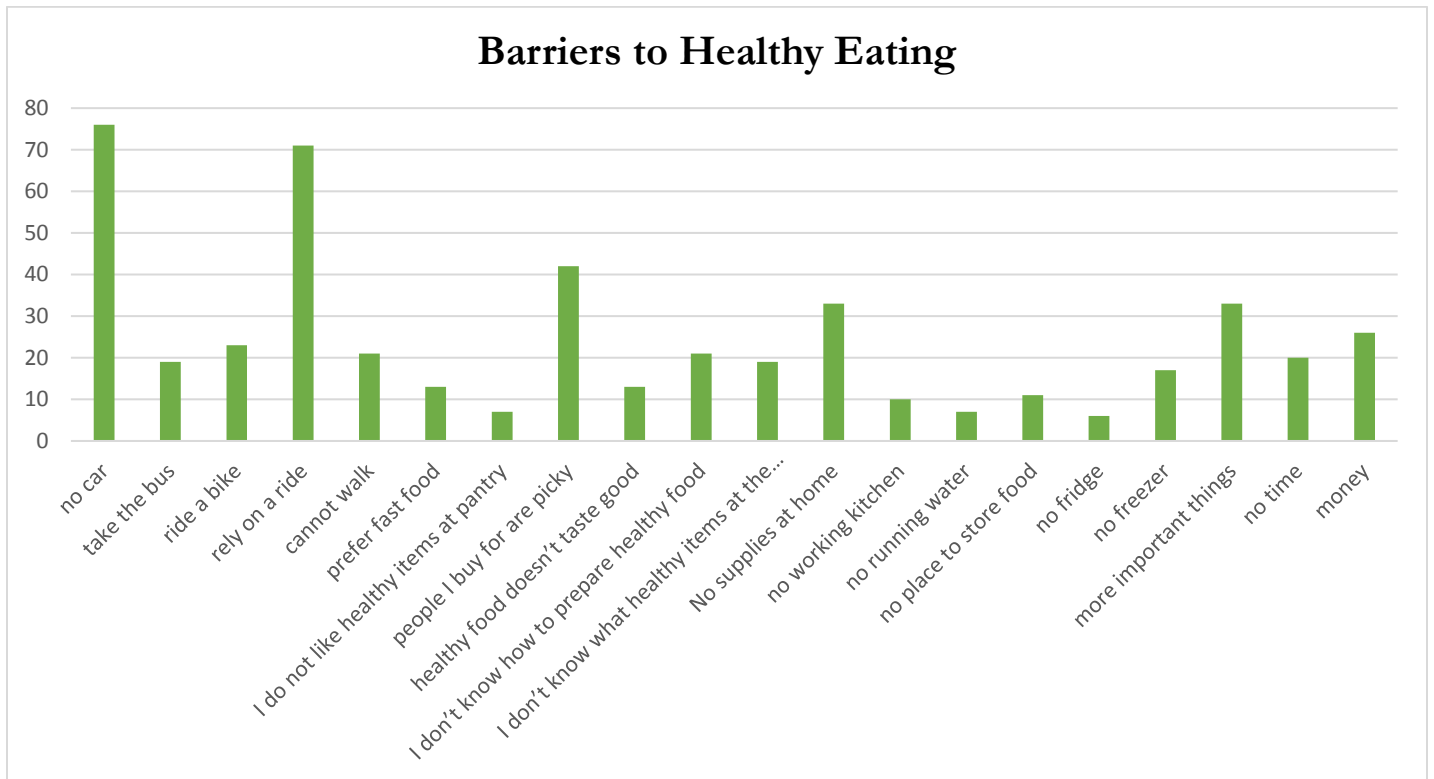
53% drink it every day, 2% don't know, 15% drink it most days, 6% never drink it and 25% drink it some days



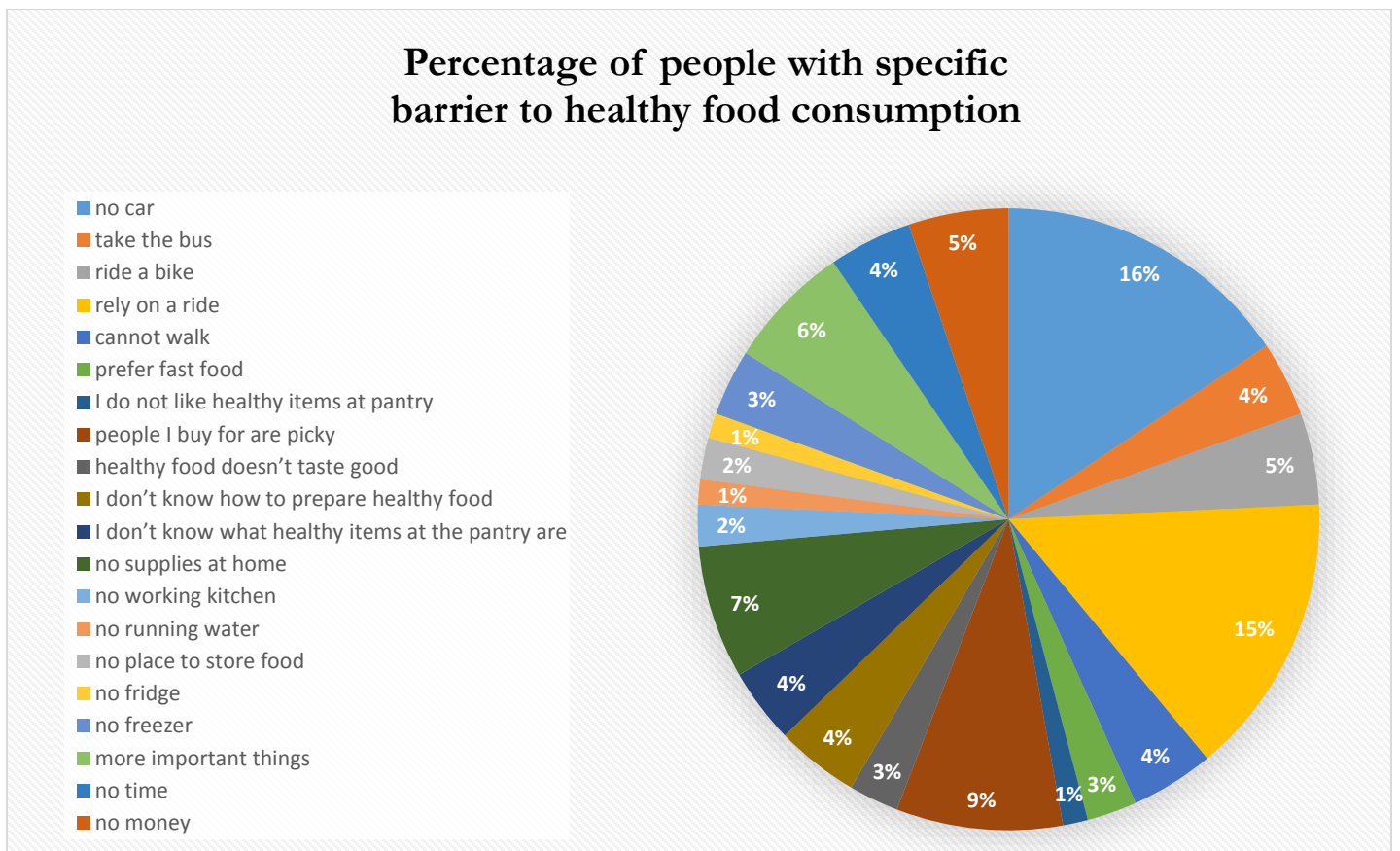
28% eat it every day, 1% don't know, 21% eat them most days, 7% never eat them and 42% eat them some days



35% eat them every day, <1% don't know, 30% eat them most days, 4% never eat them and 30% eat them some days

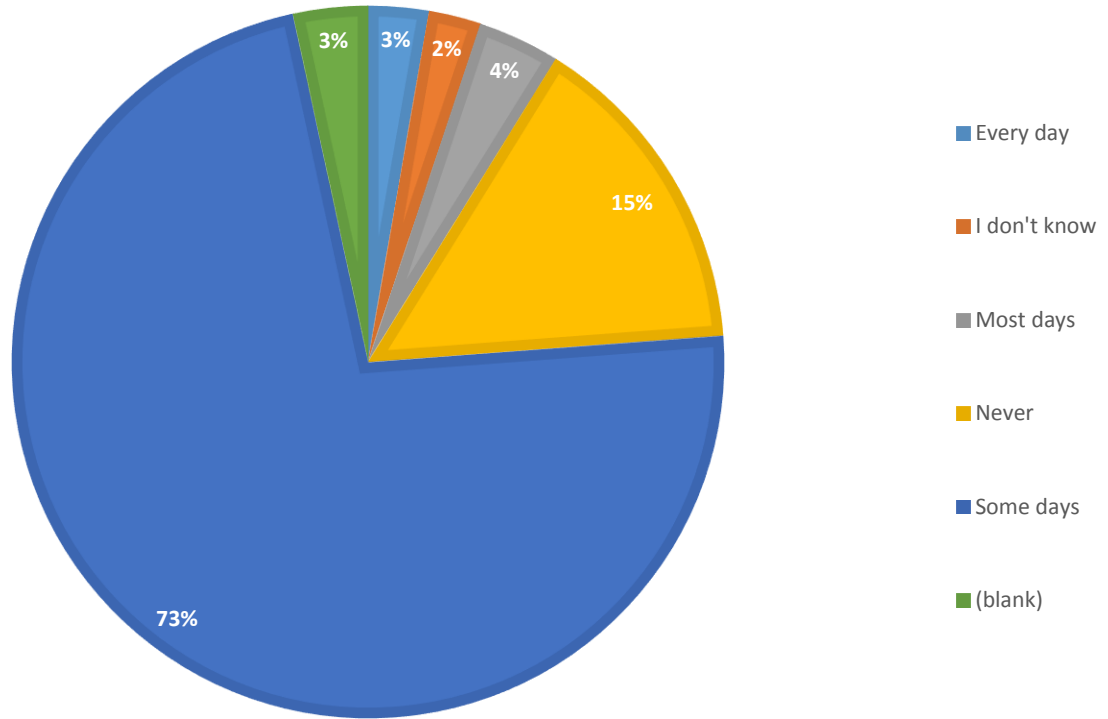


Most common are no car, have to rely on a ride, people are picking and no supplies at home

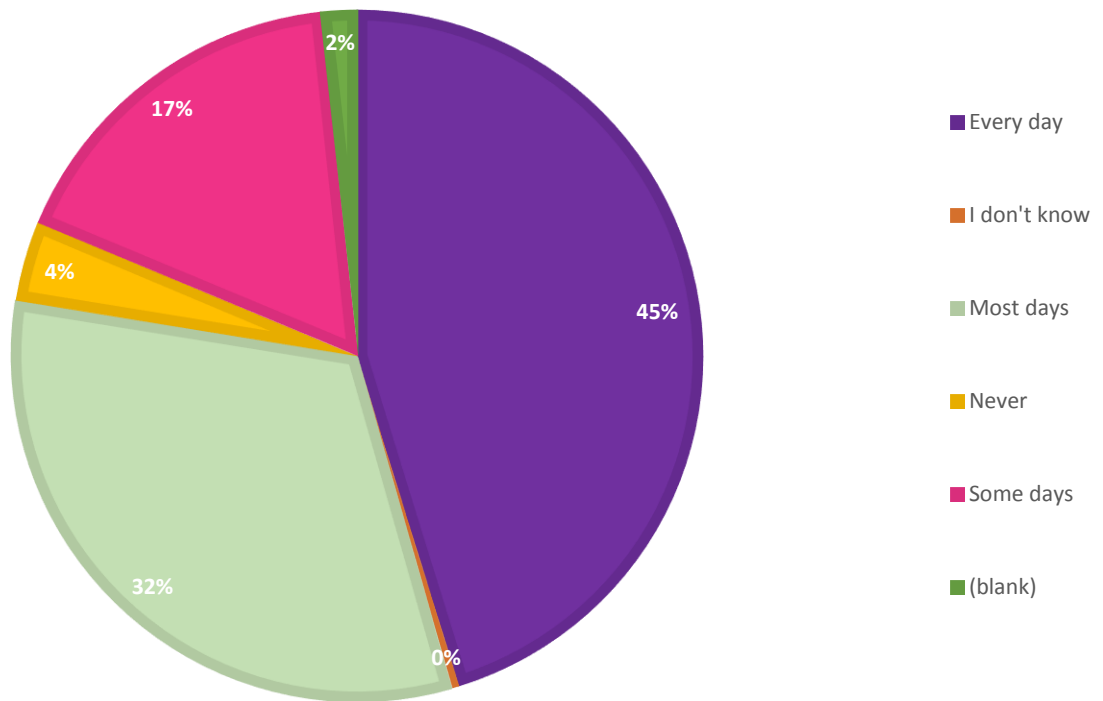




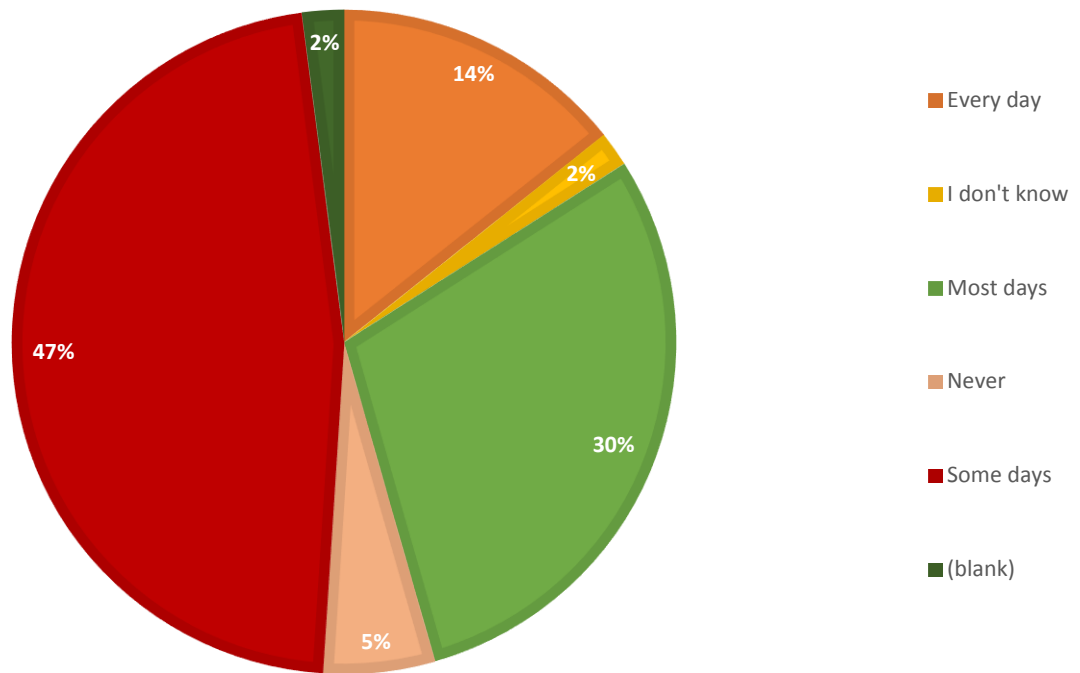
### FREQUENCY OF FAST FOOD CONSUMPTION



### HOW OFTEN MEALS ARE PREPARED AT HOME

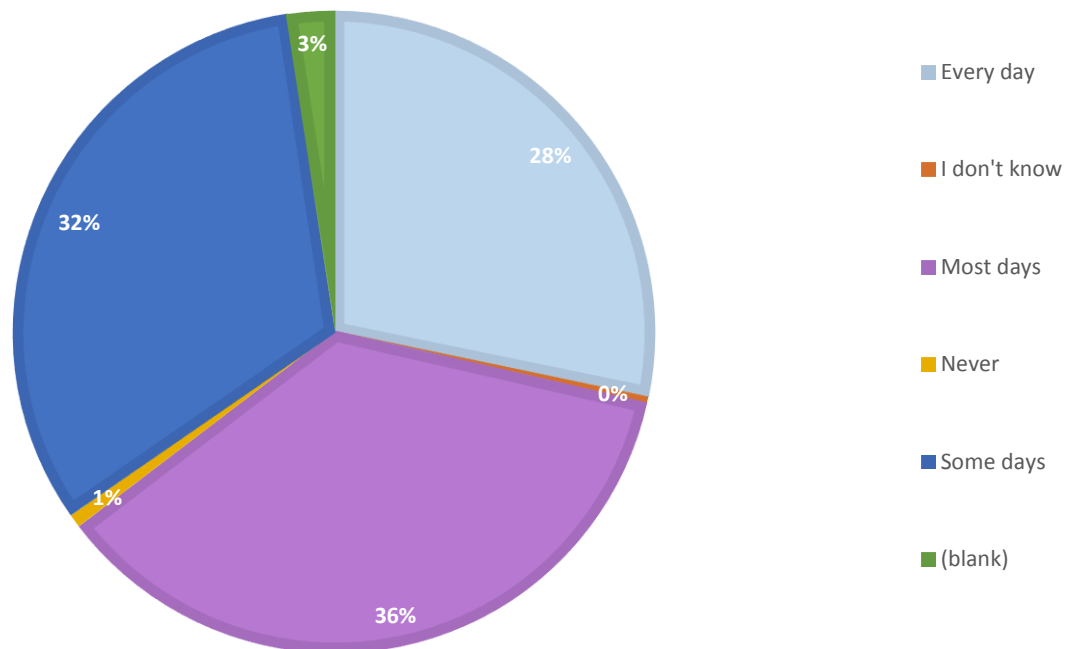


### HOW OFTEN PEOPLE HAVE ALL THEY NEED TO PREPARE A HEALTHY MEAL AT HOME

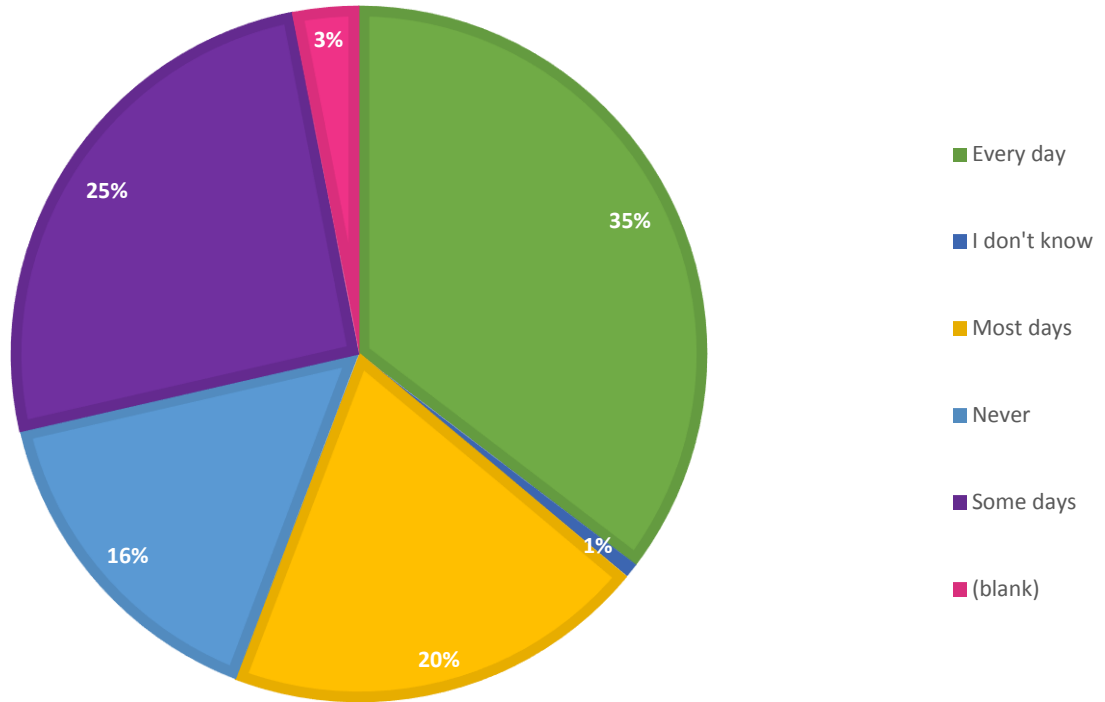


Over half of the sample population doesn't feel like they have what they need to prepare a healthy meal at home on a regular basis

### HOW OFTEN PEOPLE ARE PLEASED WITH WHAT THEY ARE EATING

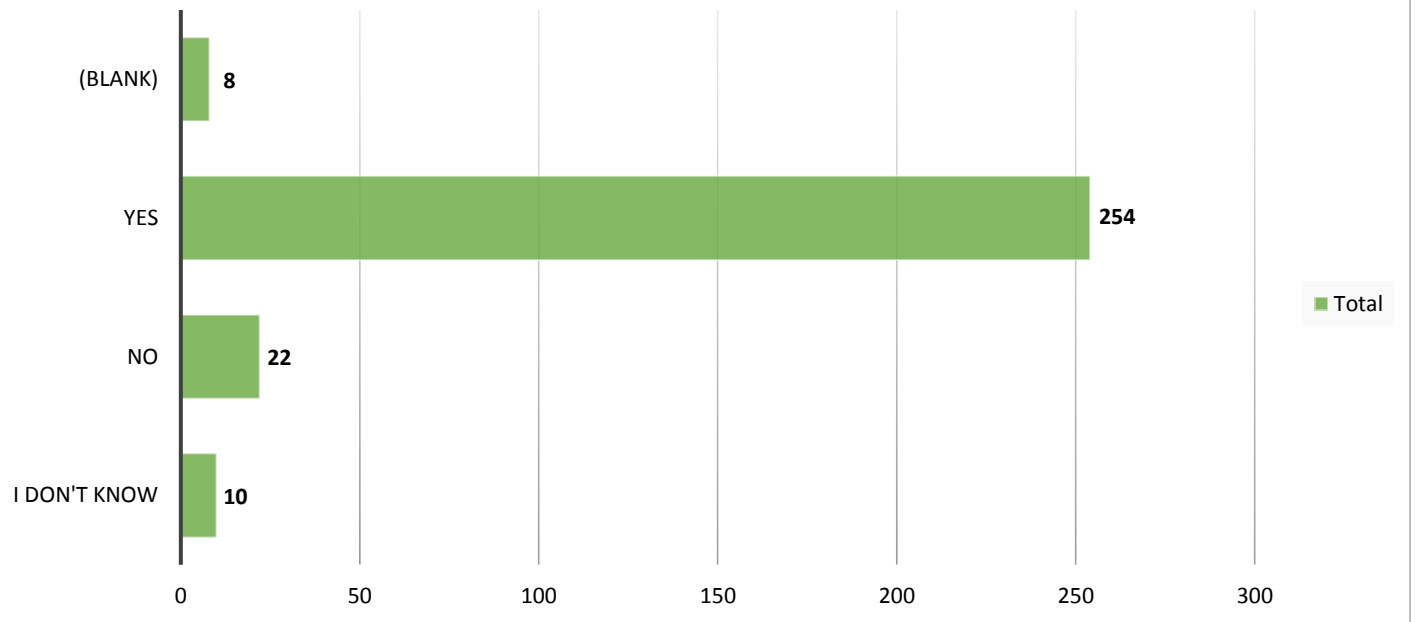


### HOW OFTEN PEOPLE EAT MEALS AS A FAMILY

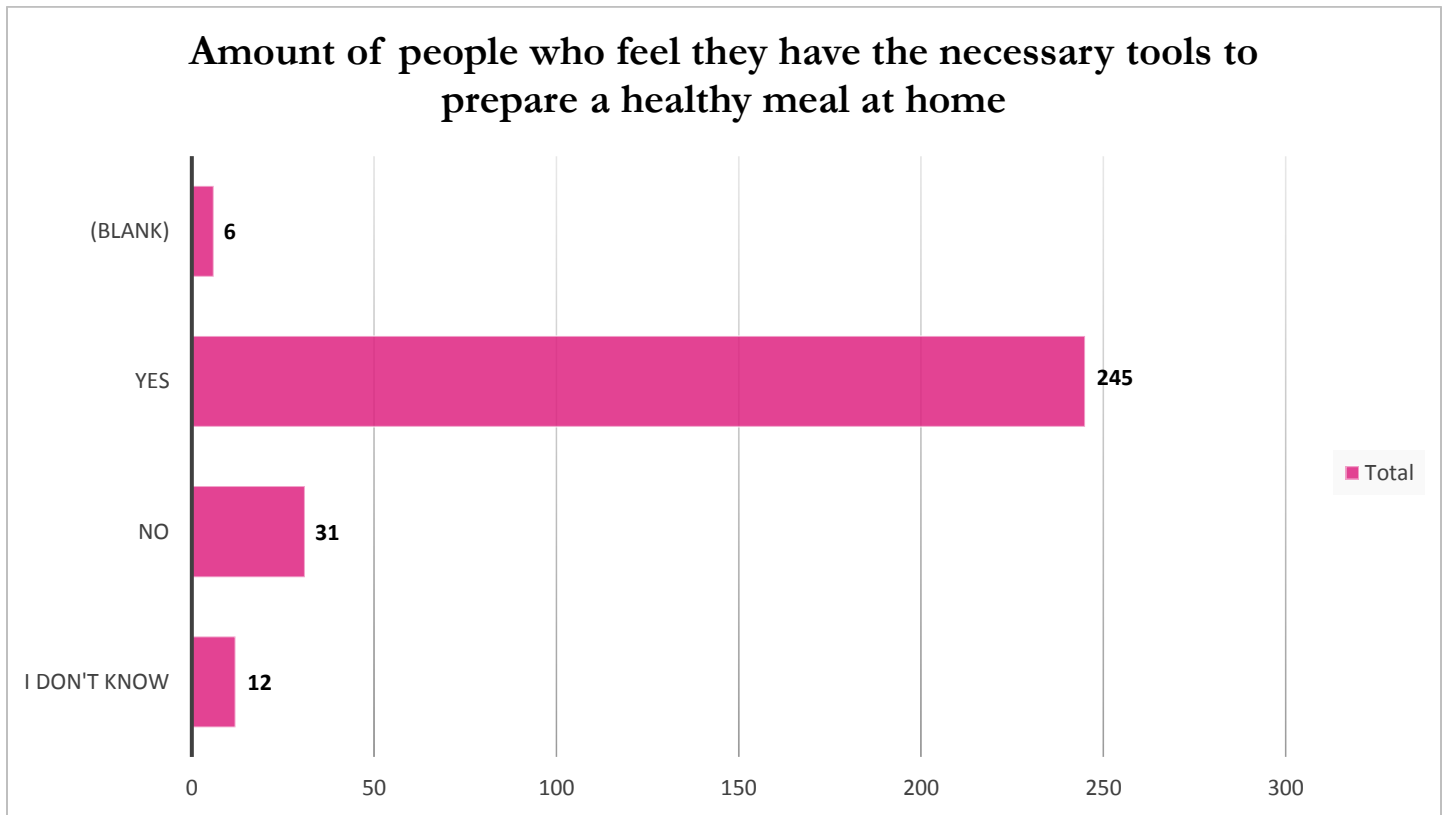


41% do not eat meals with their family on a consistent basis

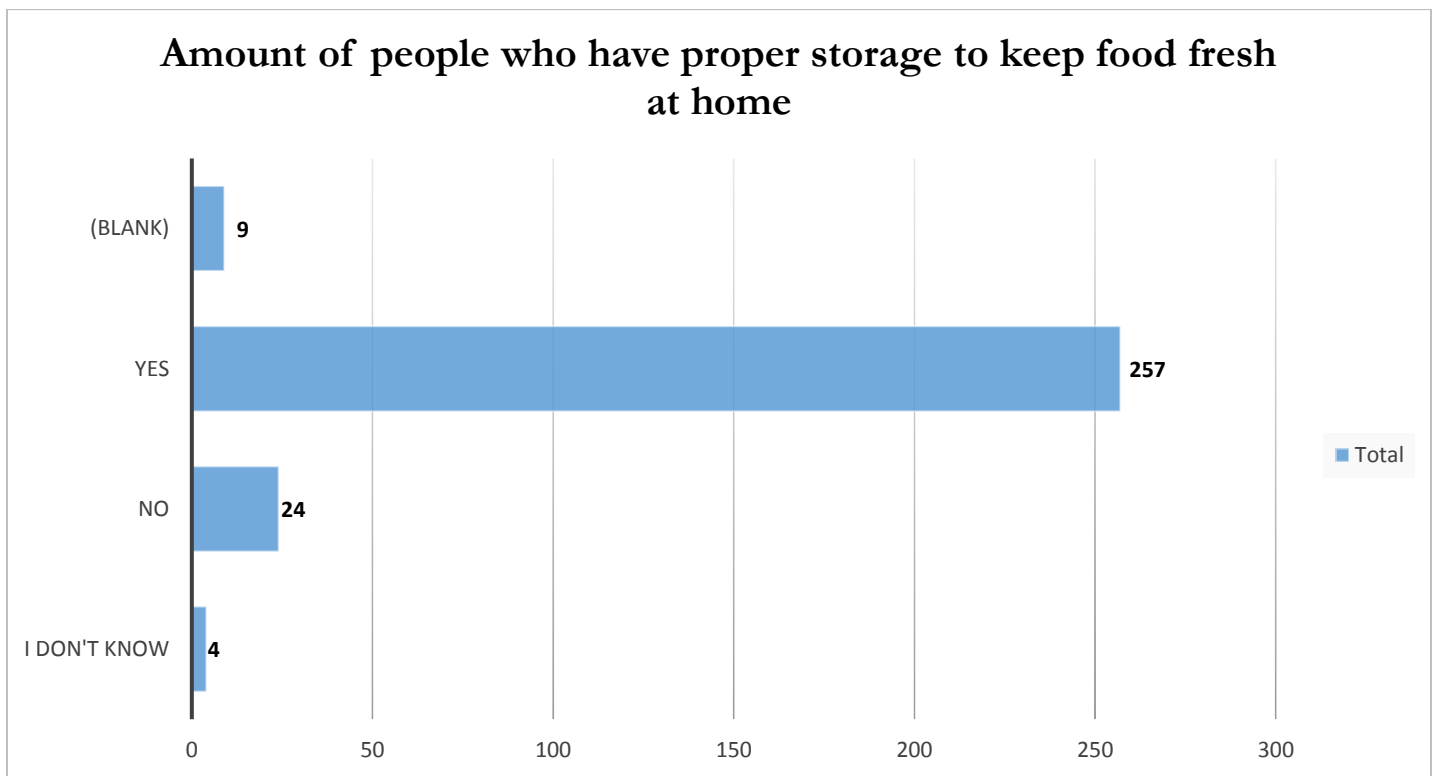
### Amount of people who feel they have adequate skills to prepare a healthy meal at home



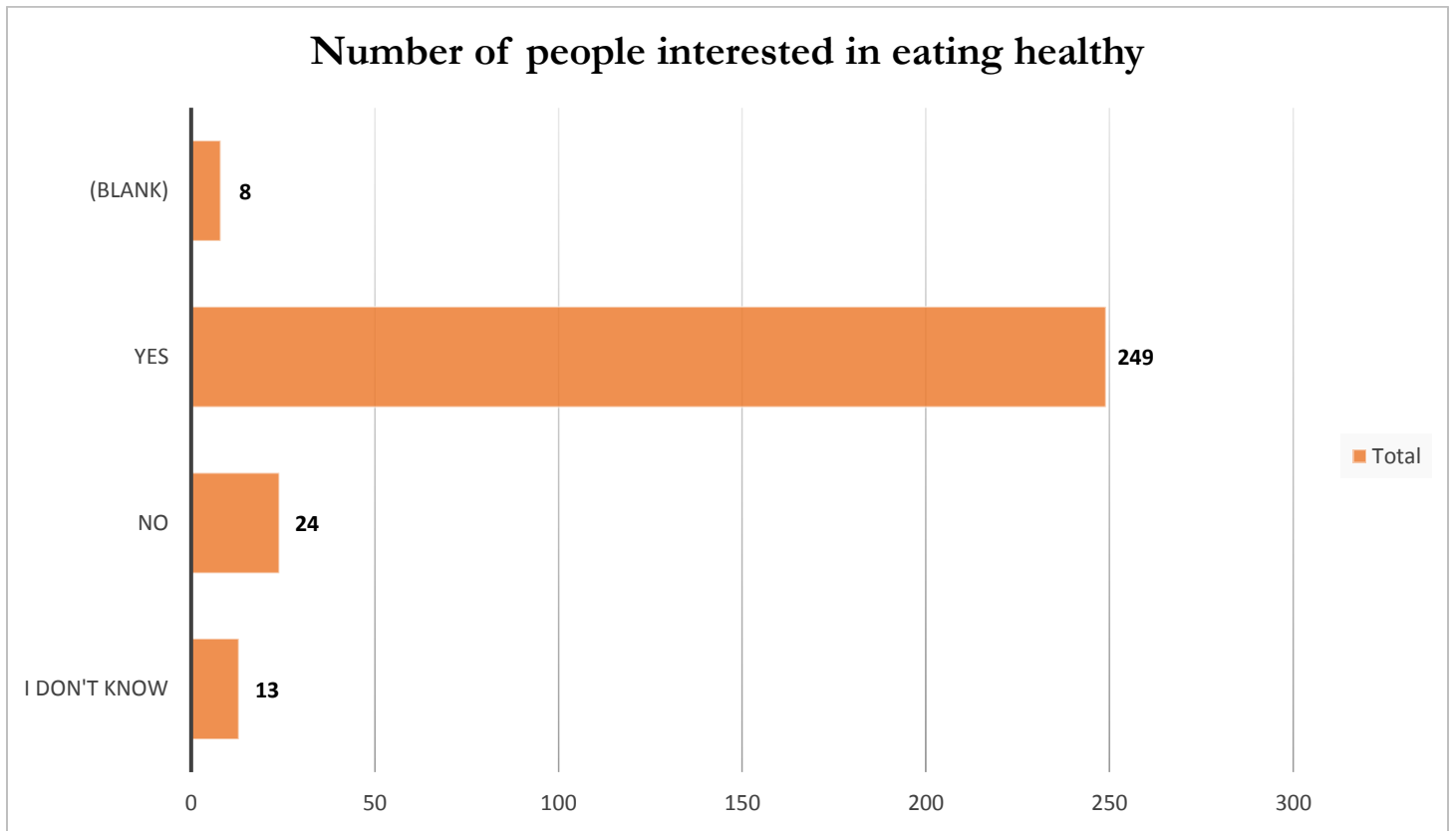
89% feel that they have adequate skills but 11% do not



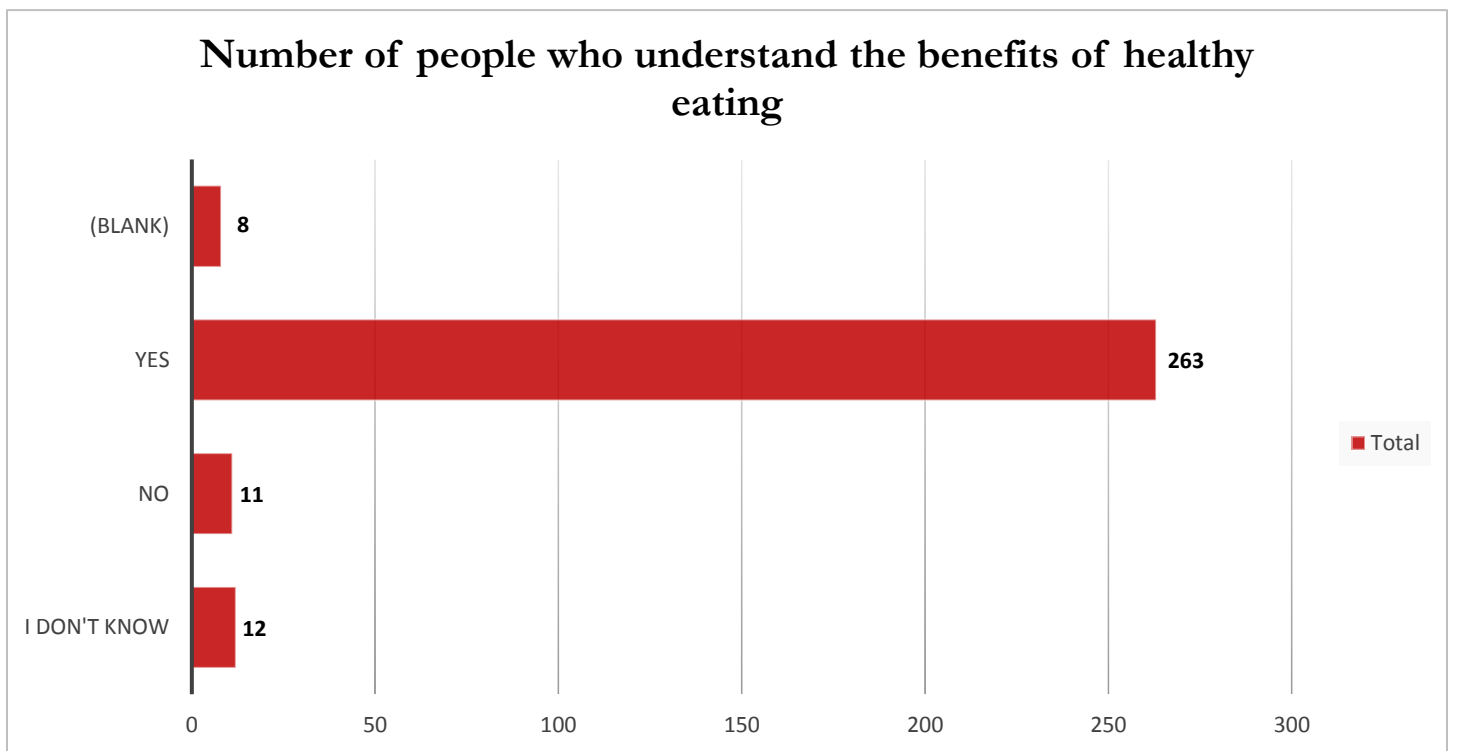
85% believe they have all necessary tools but 15% do not



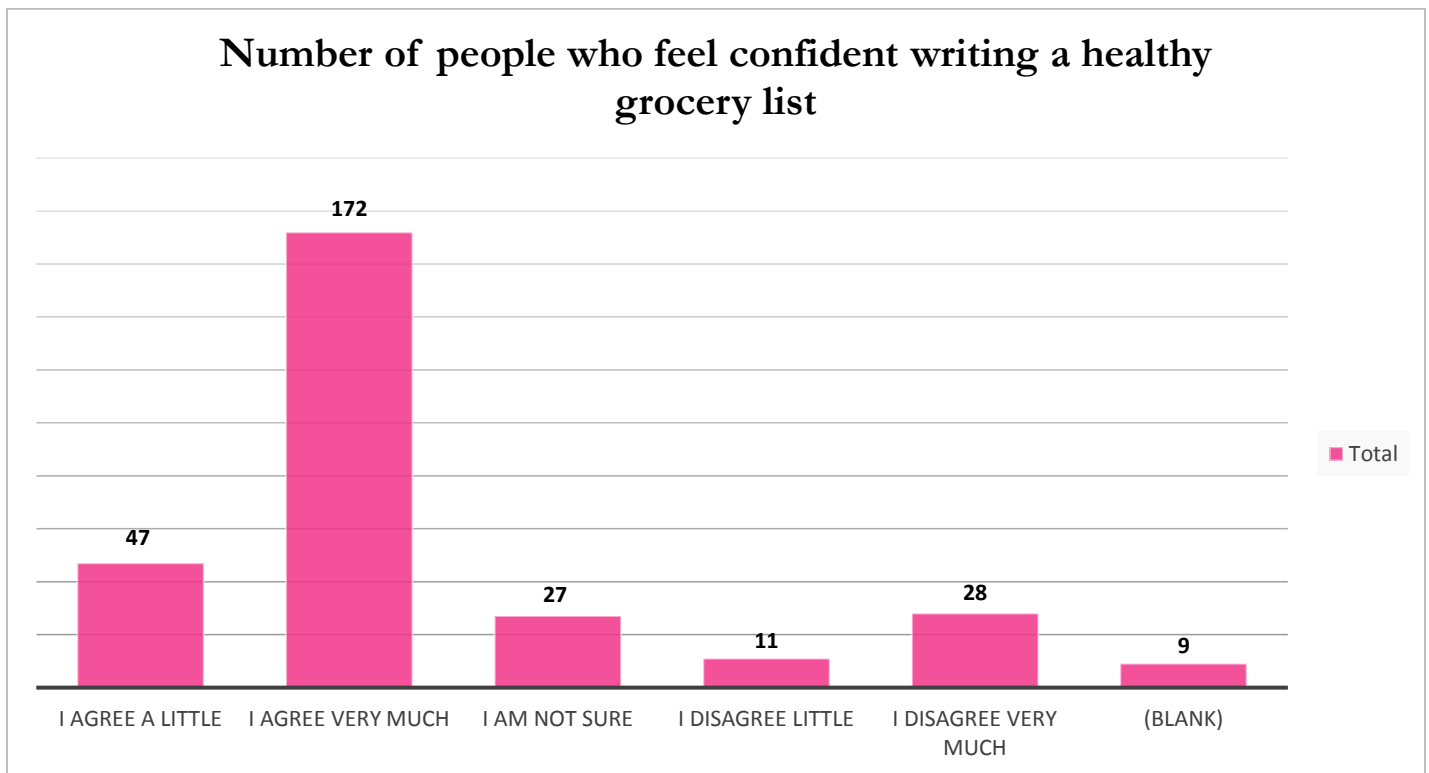
90% feel that they have proper storage but 10% do not



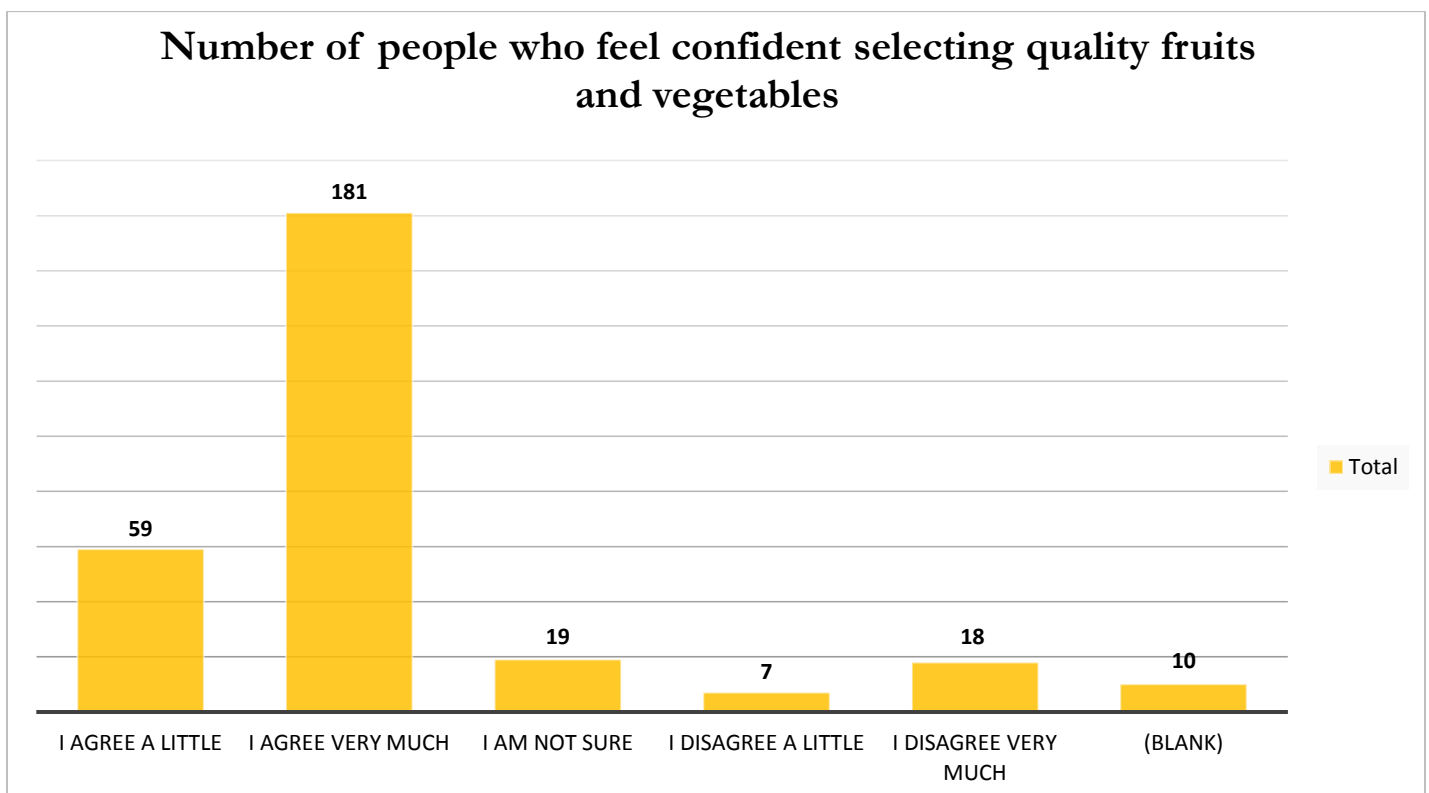
86% are interested in eating healthy and 13% are not



92% understand the benefits and 8% do not

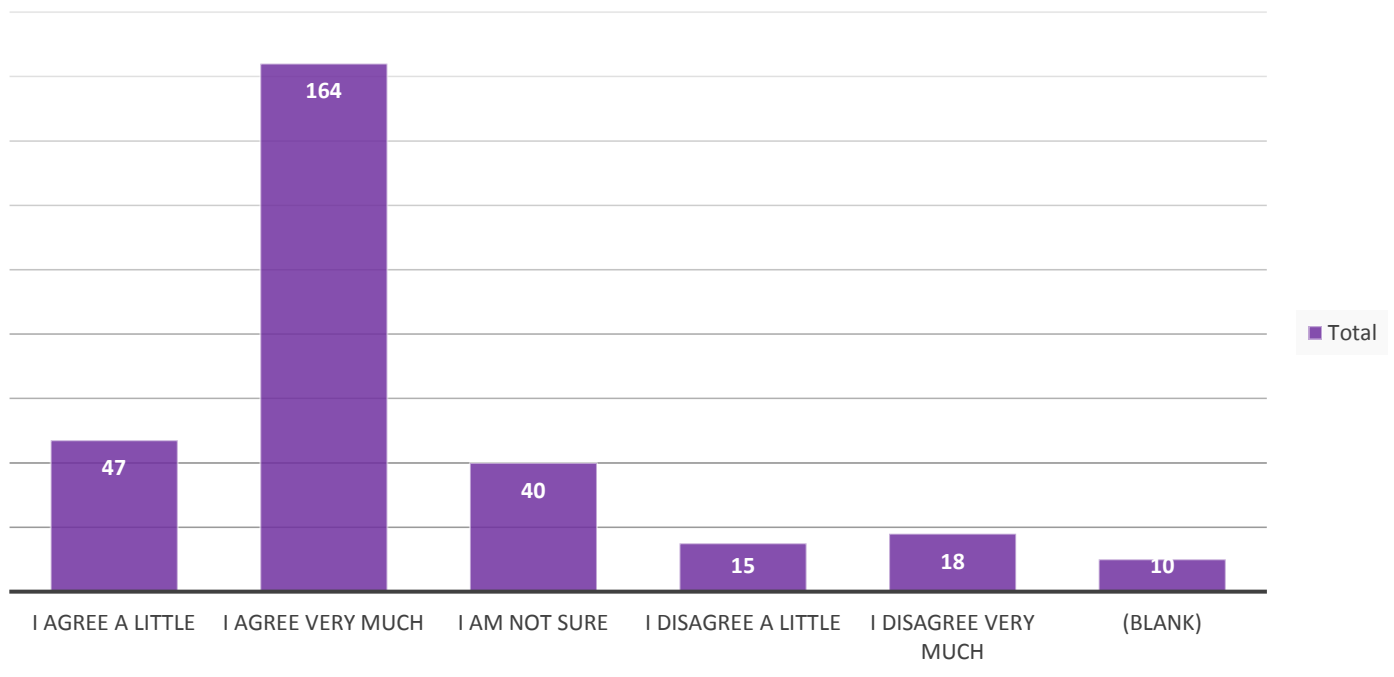


77% (60% confidently) believe they could write a grocery list while 23% do not (10% definitely not)



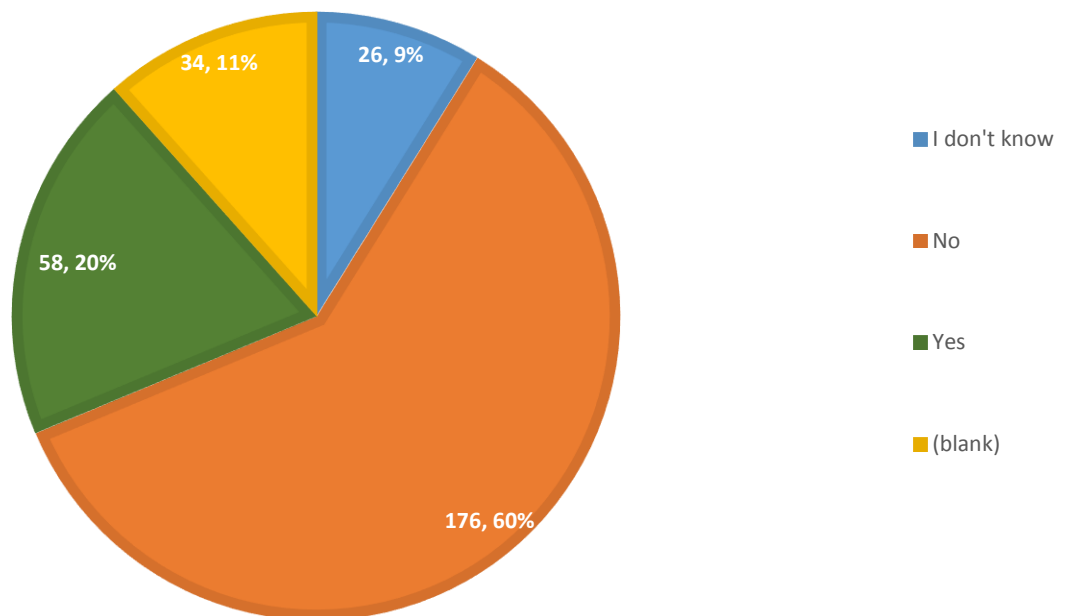
85% (64% confidently) believe they can select quality produce while 15% do not (6% definitely not)

### Number of people who feel comfortable reading a nutrition label

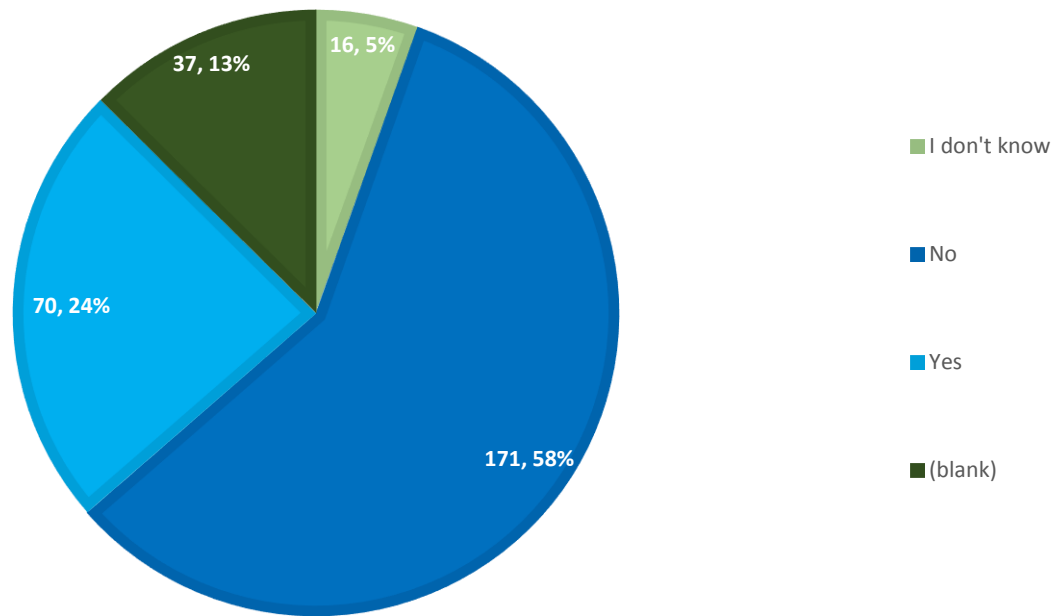


74% (58% confidently) feel comfortable reading a label while 26% do not (6% definitely not)

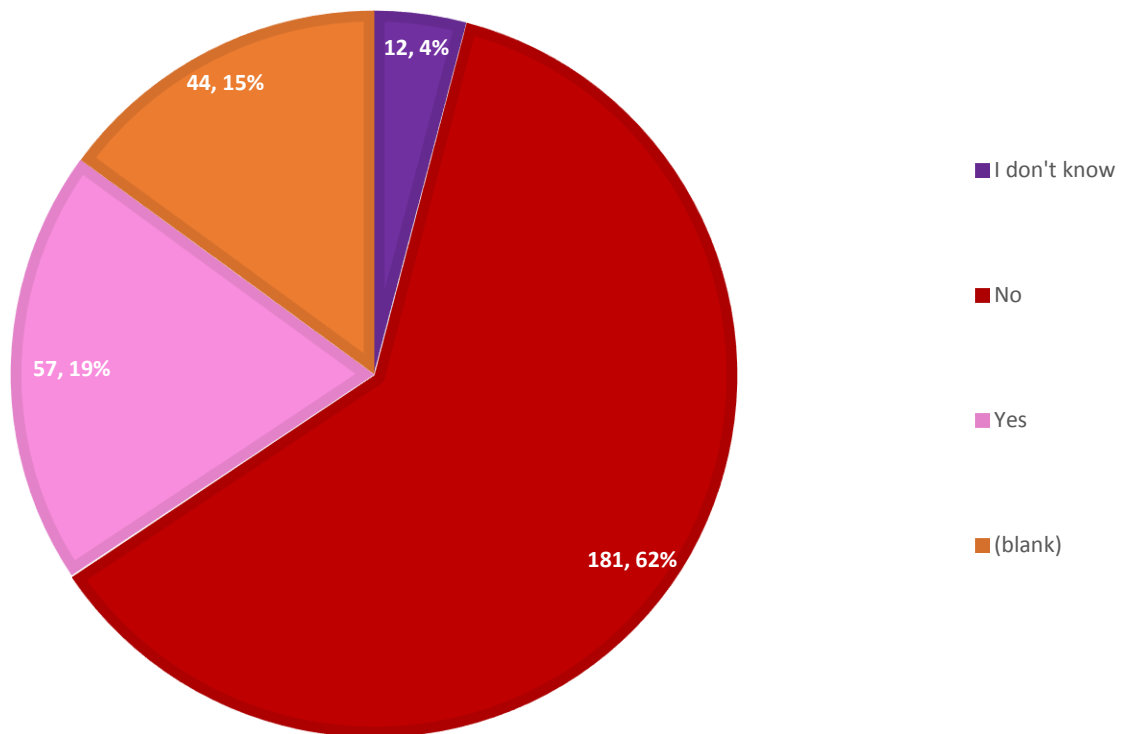
### NUMBER OF PEOPLE WHO LIKE HELP FINDING SECURE HOUSING



### NUMBER OF PEOPLE WHO WOULD LIKE HELP FINDING EMPLOYMENT

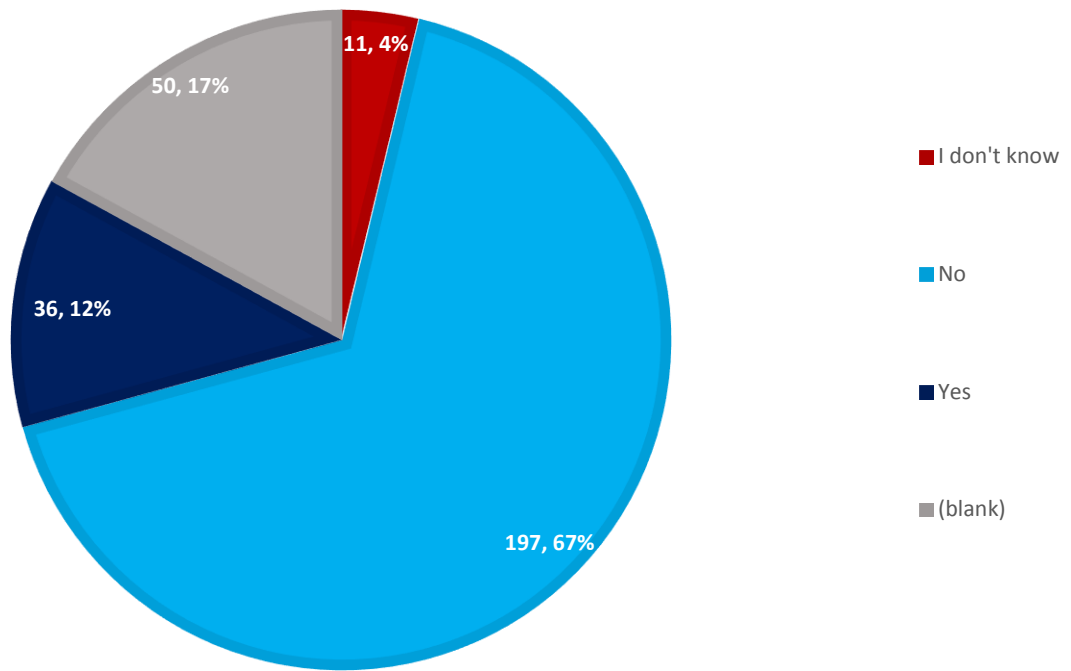


### NUMBER OF PEOPLE WHO WOULD LIKE HELP WITH TRANSPORTATION

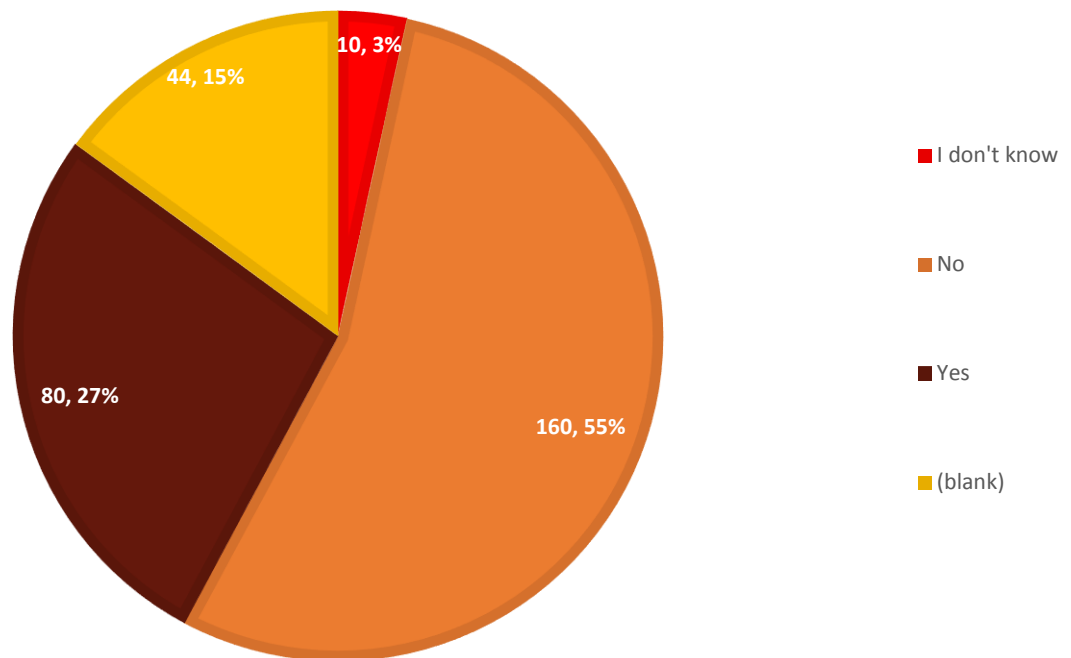




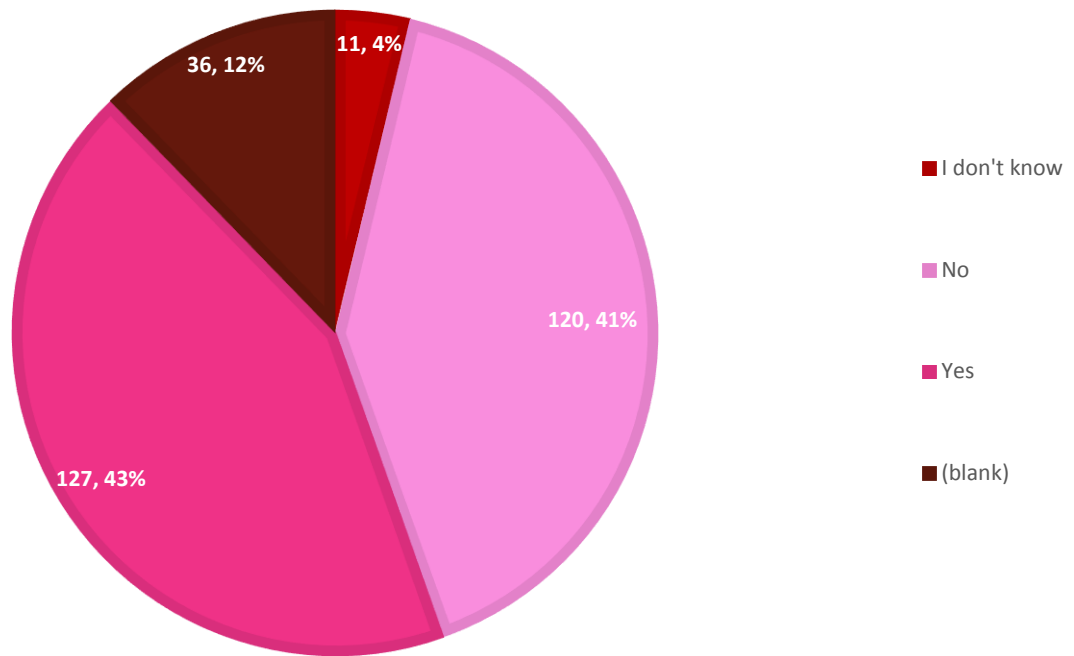
### NUMBER OF PEOPLE WHO WOULD LIKE HELP OBTAINING IDENTIFICATION



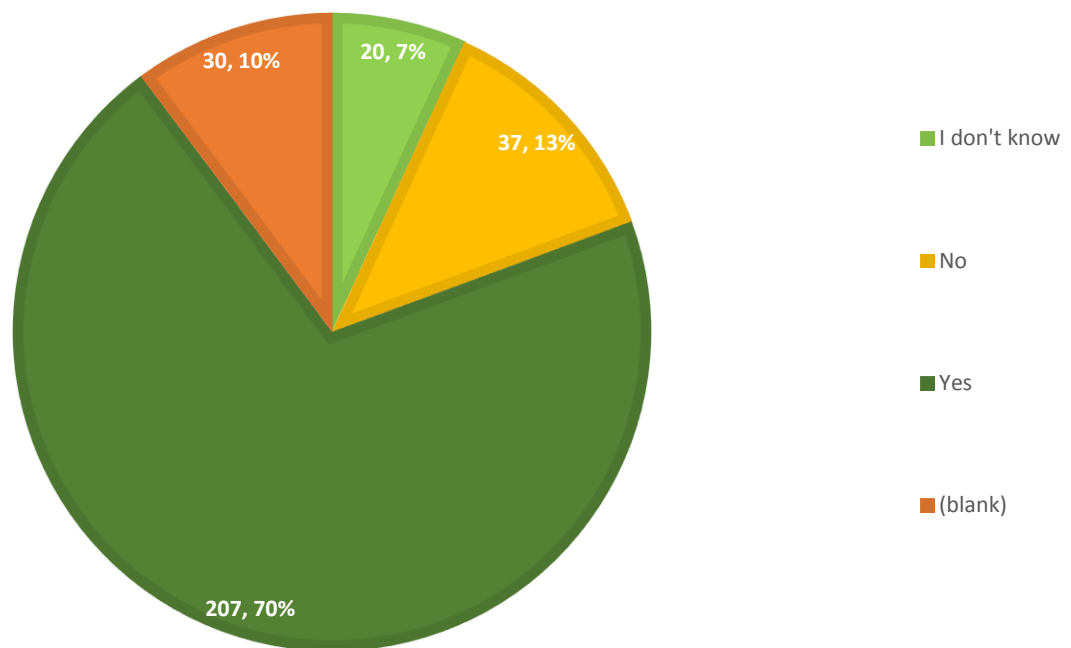
### NUMBER OF PEOPLE WHO WOULD LIKE HELP GETTING ACCESS TO HEALTHCARE



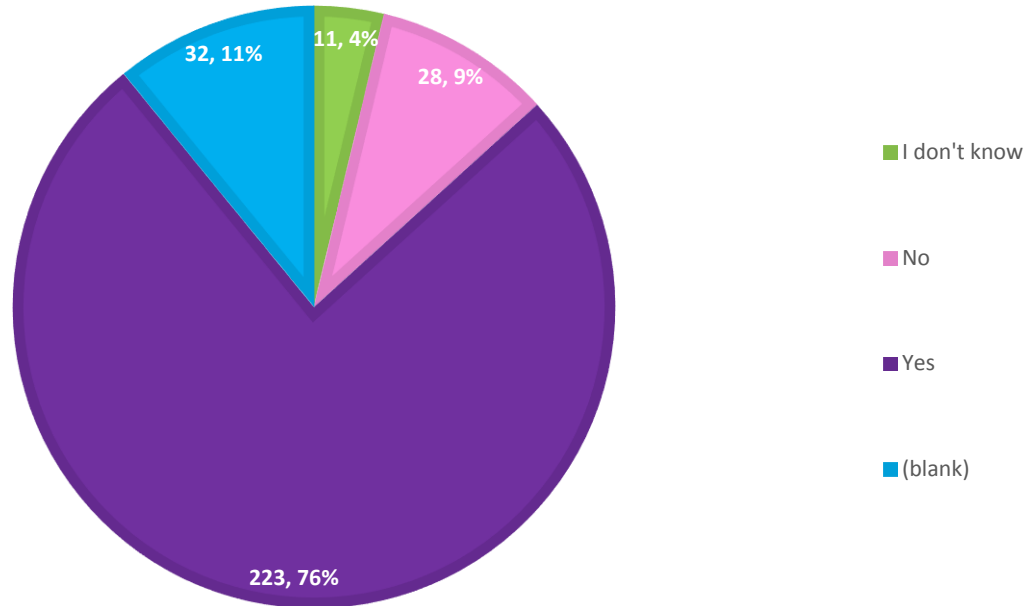
### NUMBER OF PEOPLE WHO WOULD LIKE HELP WITH BASIC NEEDS



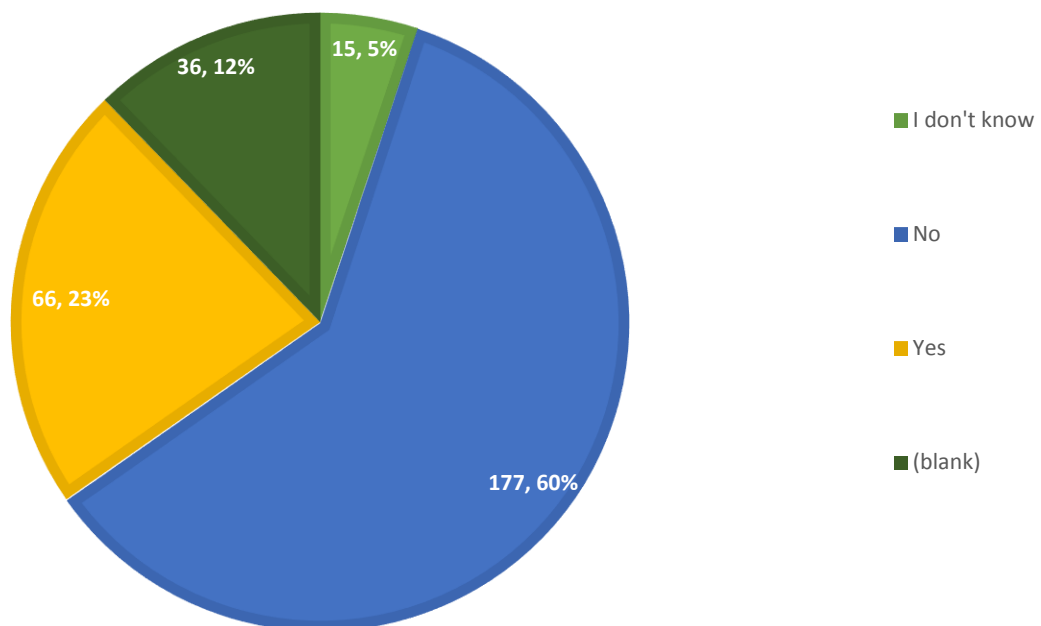
### NUMBER OF PEOPLE WHO WOULD LIKE THE PANTRY TO OFFER MORE FRESH FRUITS AND VEGETABLES



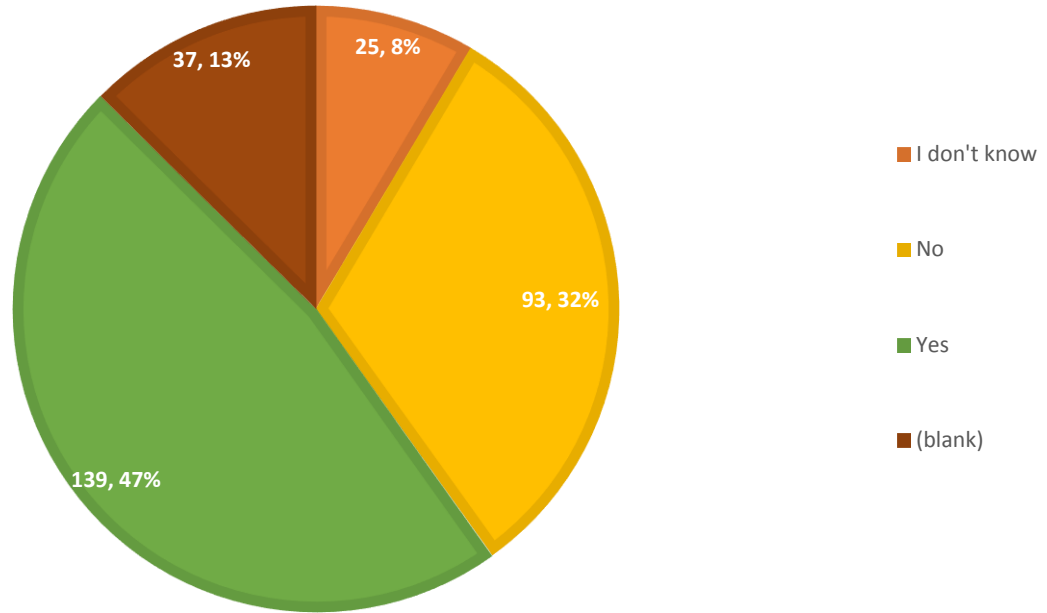
### NUMBER OF PEOPLE WHO SAY THEY WOULD EAT MORE FRESH FRUITS AND VEGETABLES IF THEY WERE AVAILABLE



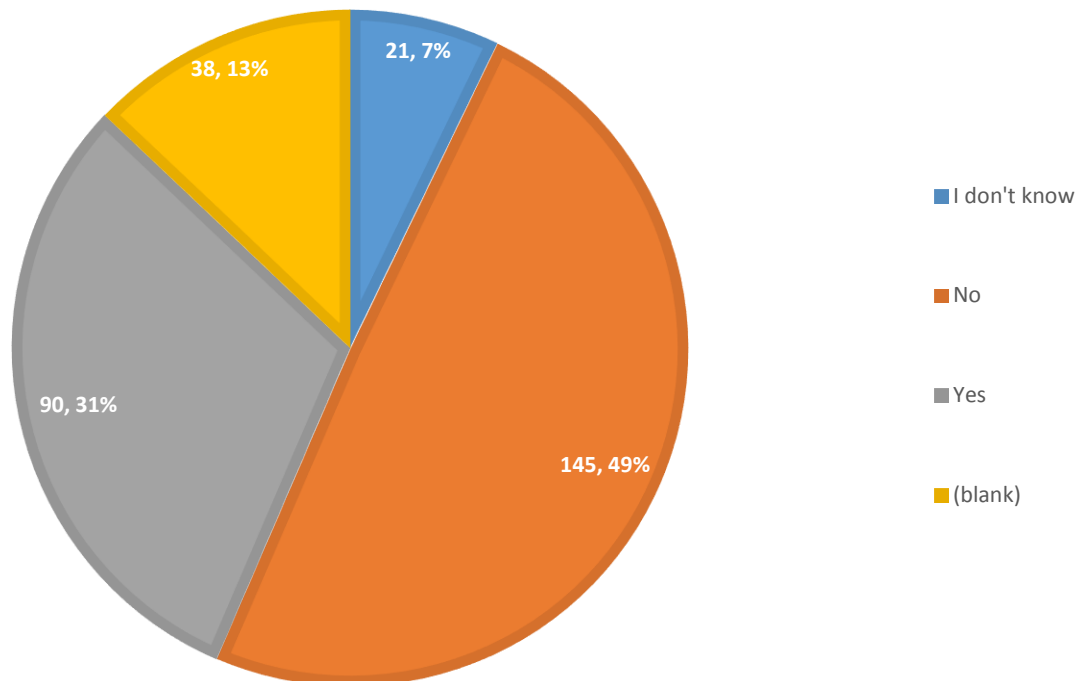
### NUMBER OF PEOPLE WHO WOULD LIKE TO LEARN HOW TO WRITE A HEALTHY GROCERY LIST



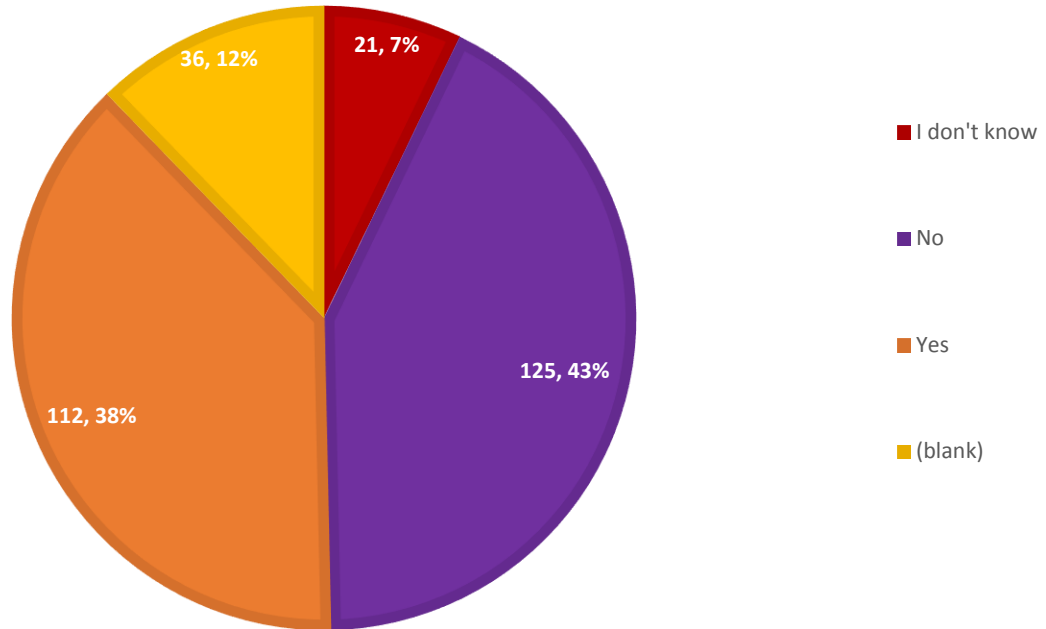
### NUMBER OF PEOPLE WHO SAY IT WOULD BE HELPFUL TO HAVE HEALTHY ITEMS MARKED IN THE PANTRY



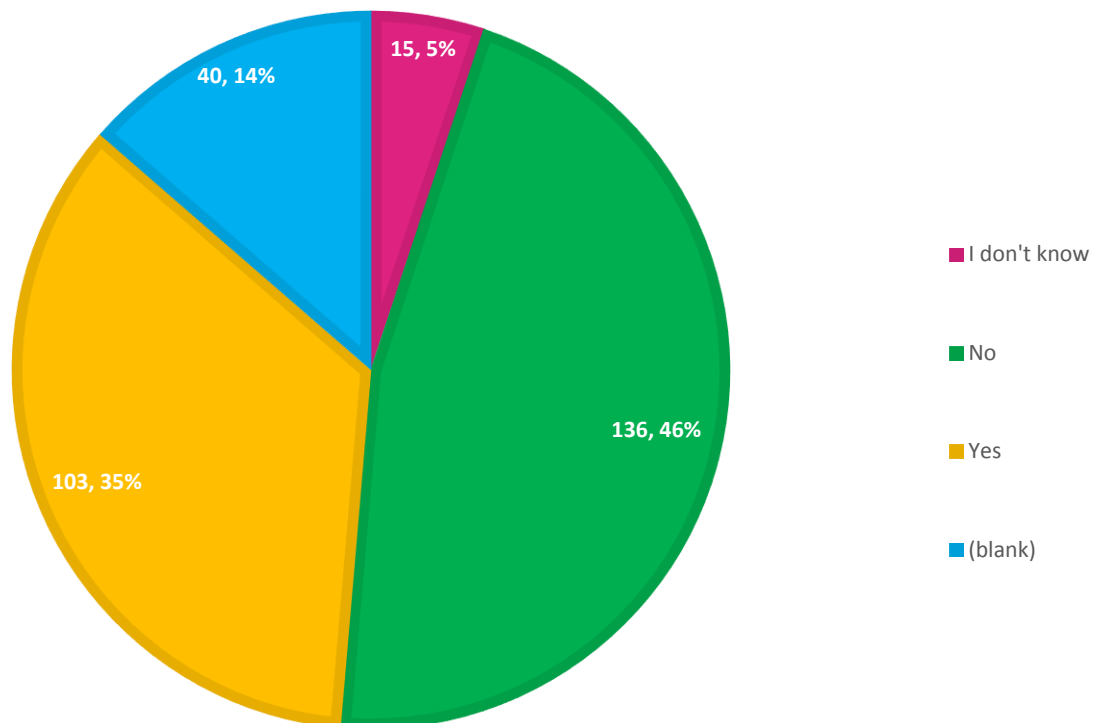
### NUMBER OF PEOPLE WHO WOULD LIKE TO LEARN ABOUT WHY EATING HEALTHY IS IMPORTANT



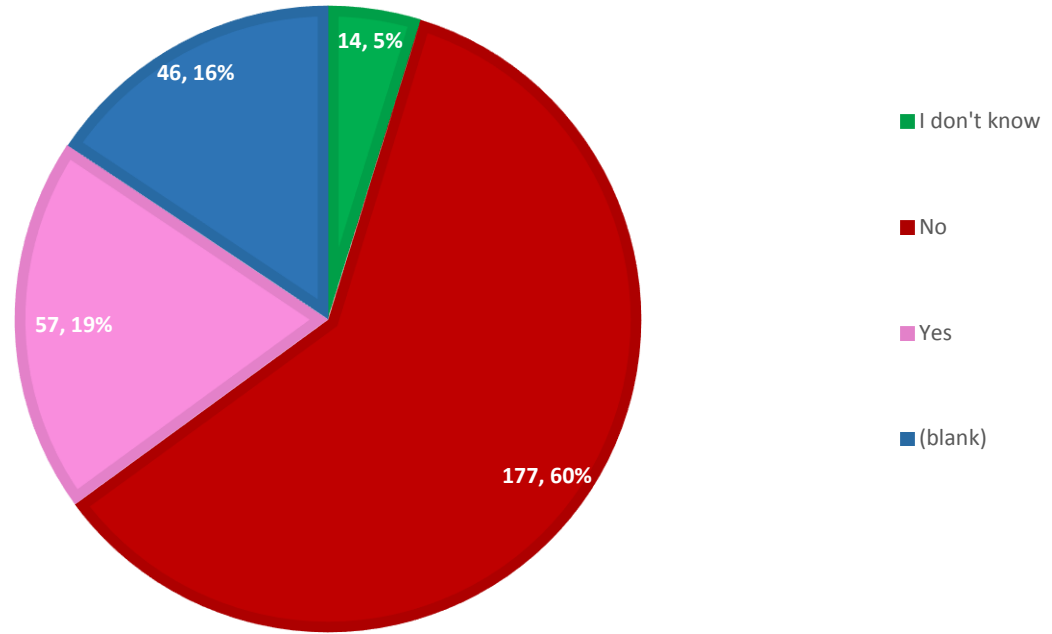
### NUMBER OF PEOPLE WHO WOULD LIKE TO LEARN HOW HEALTHY EATING CAN HELP WITH A CHRONIC DISEASE



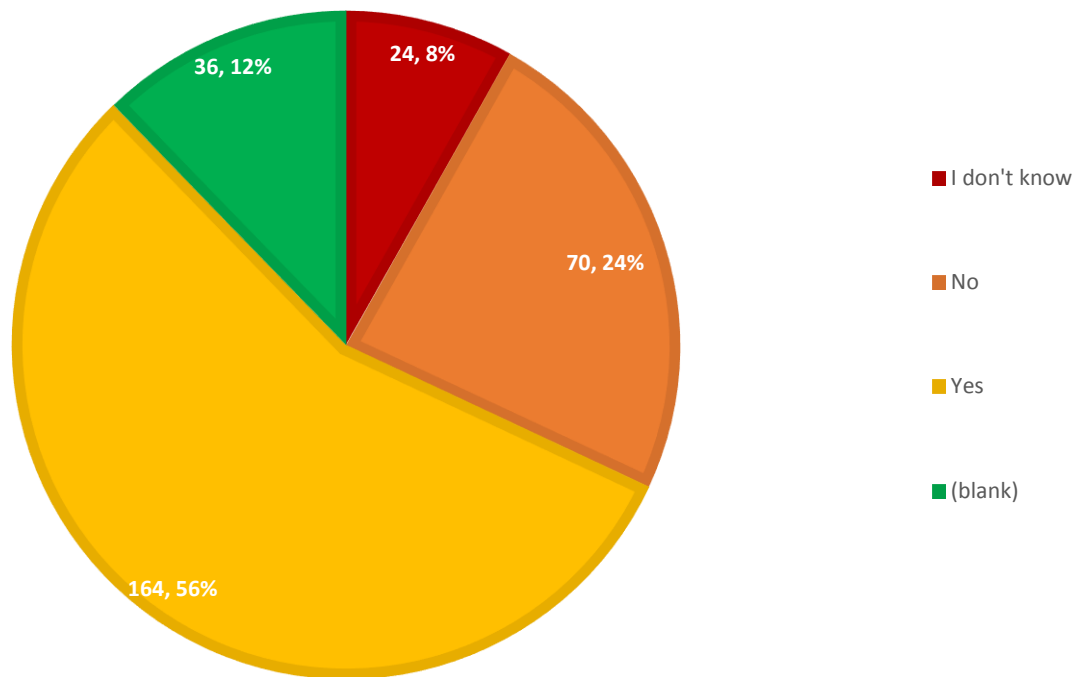
### NUMBER OF PEOPLE WHO WOULD LIKE HELP BECOMING MORE PHYSICALLY ACTIVE



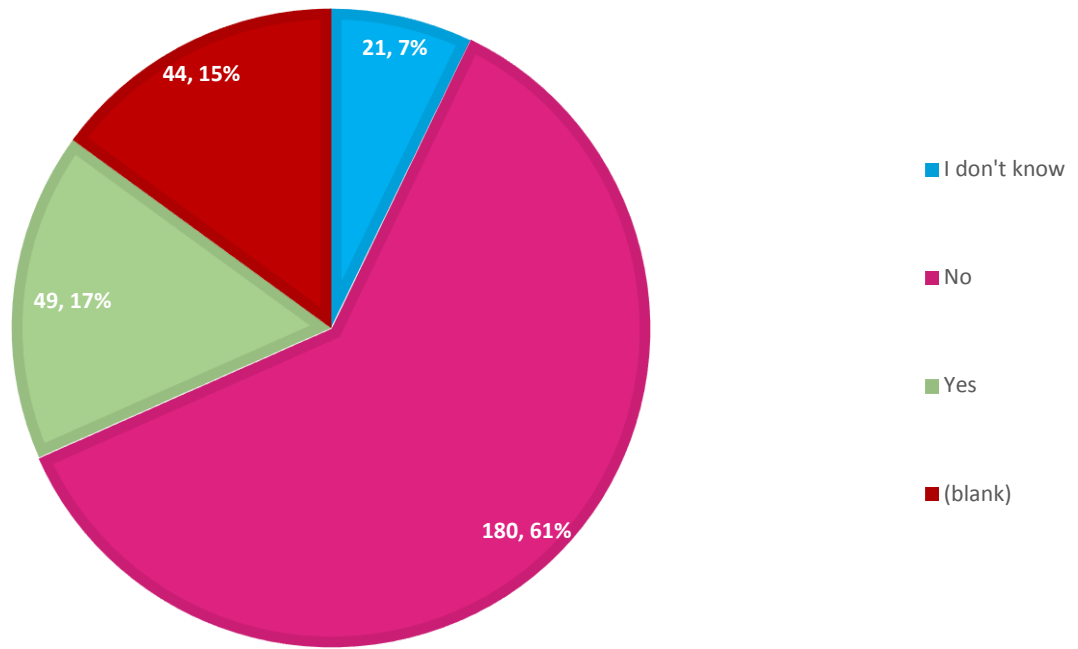
### NUMBER OF PEOPLE WHO WOULD LIKE TO LEARN HOW TO STOP USING TOBACCO PRODUCTS



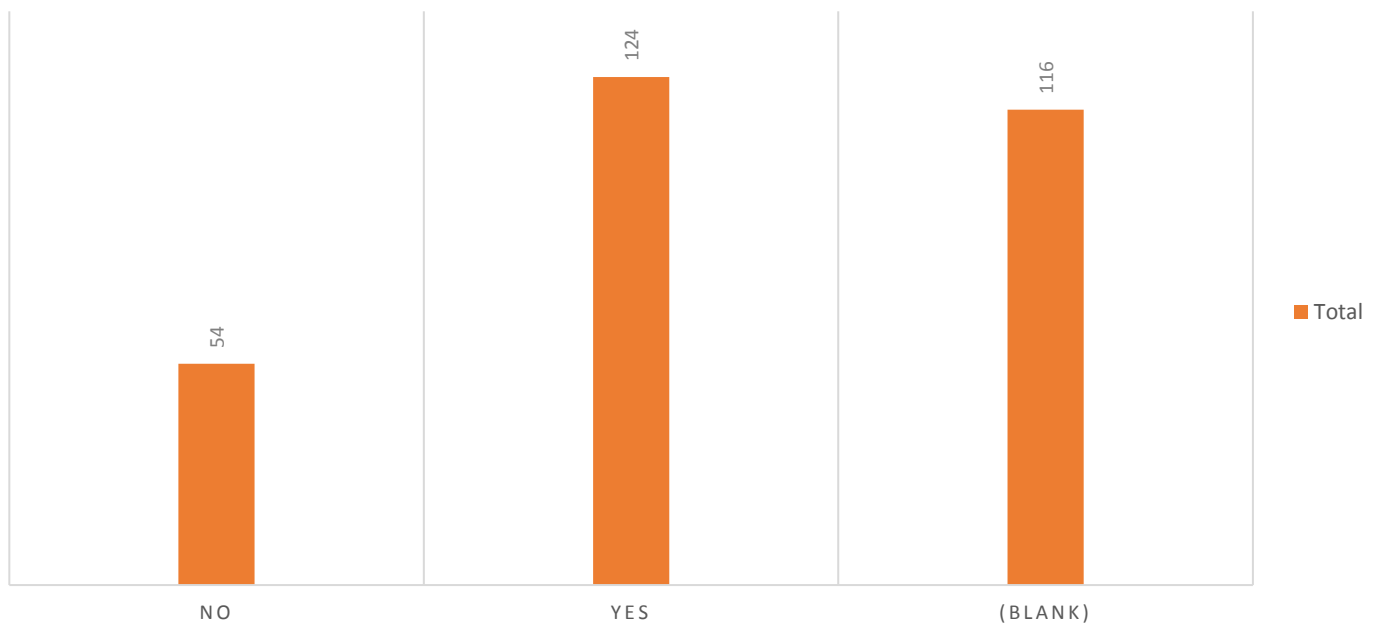
### NUMBER OF PEOPLE WHO WOULD LIKE THE NEW FRC TO HAVE A COMMUNITY GARDEN



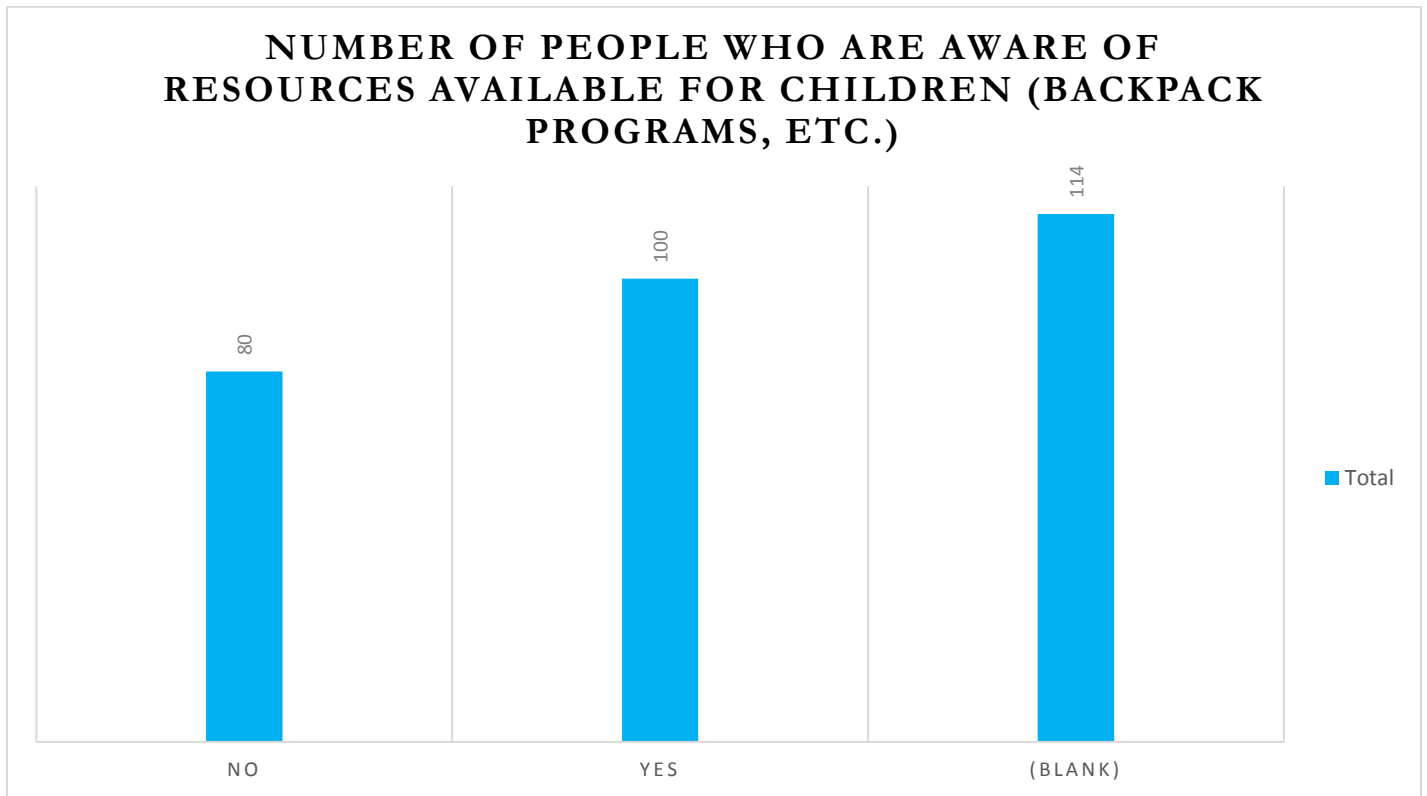
### NUMBER OF PEOPLE WHO WOULD LIKE TO TALK TO SOMEONE ABOUT MENTAL HEALTH RESOURCES



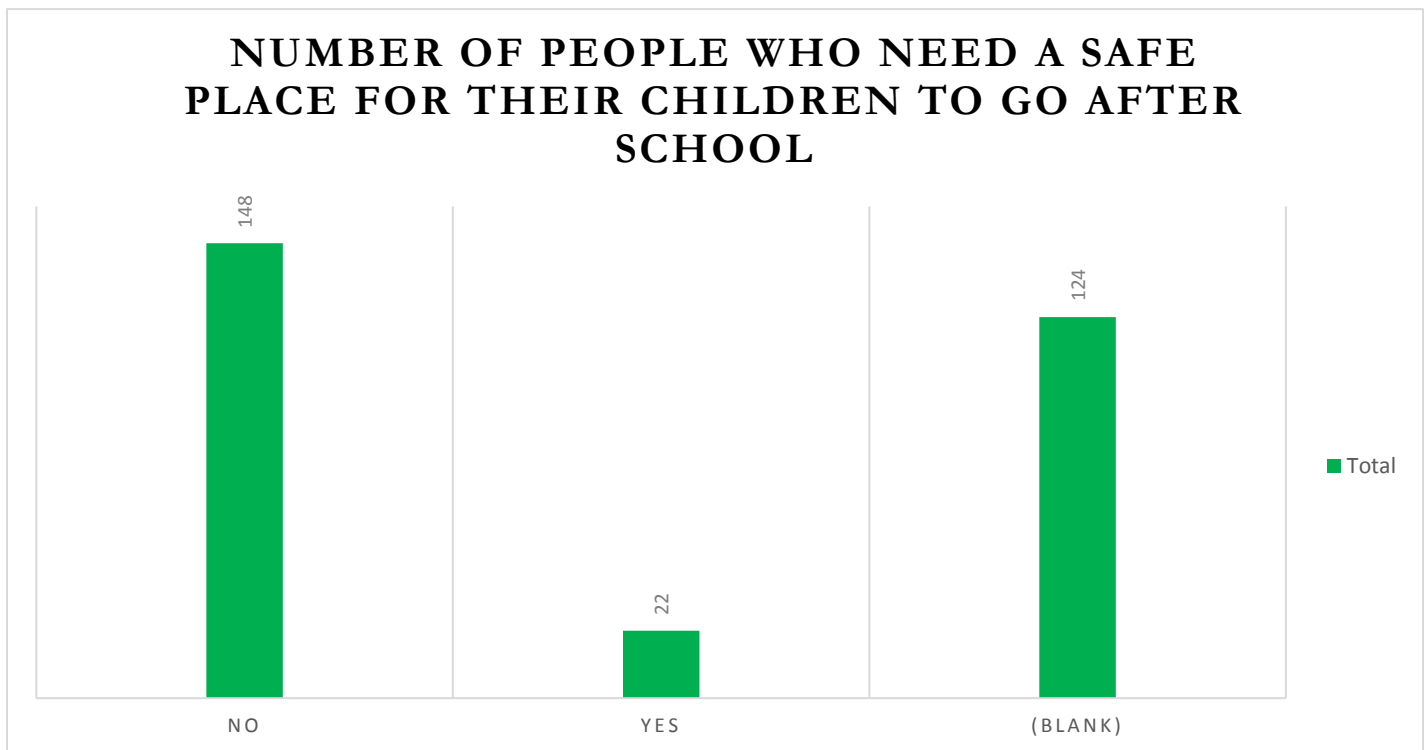
### NUMBER OF PEOPLE WHO HAVE ENOUGH FOOD FOR THEIR KIDS ON THE WEEKENDS



70% said they do have enough food while 30% said they do not

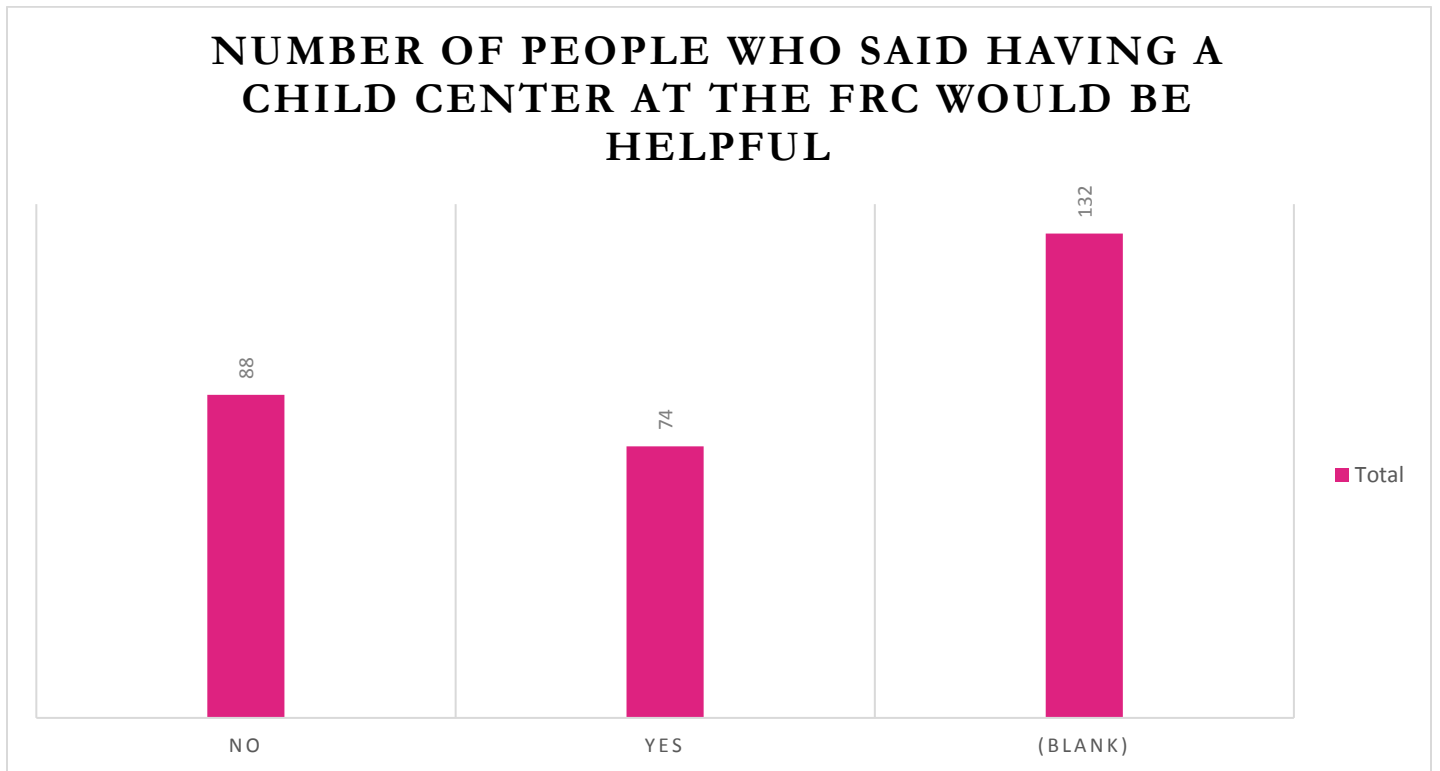


56% said they are aware of the program while 44% said they are unaware

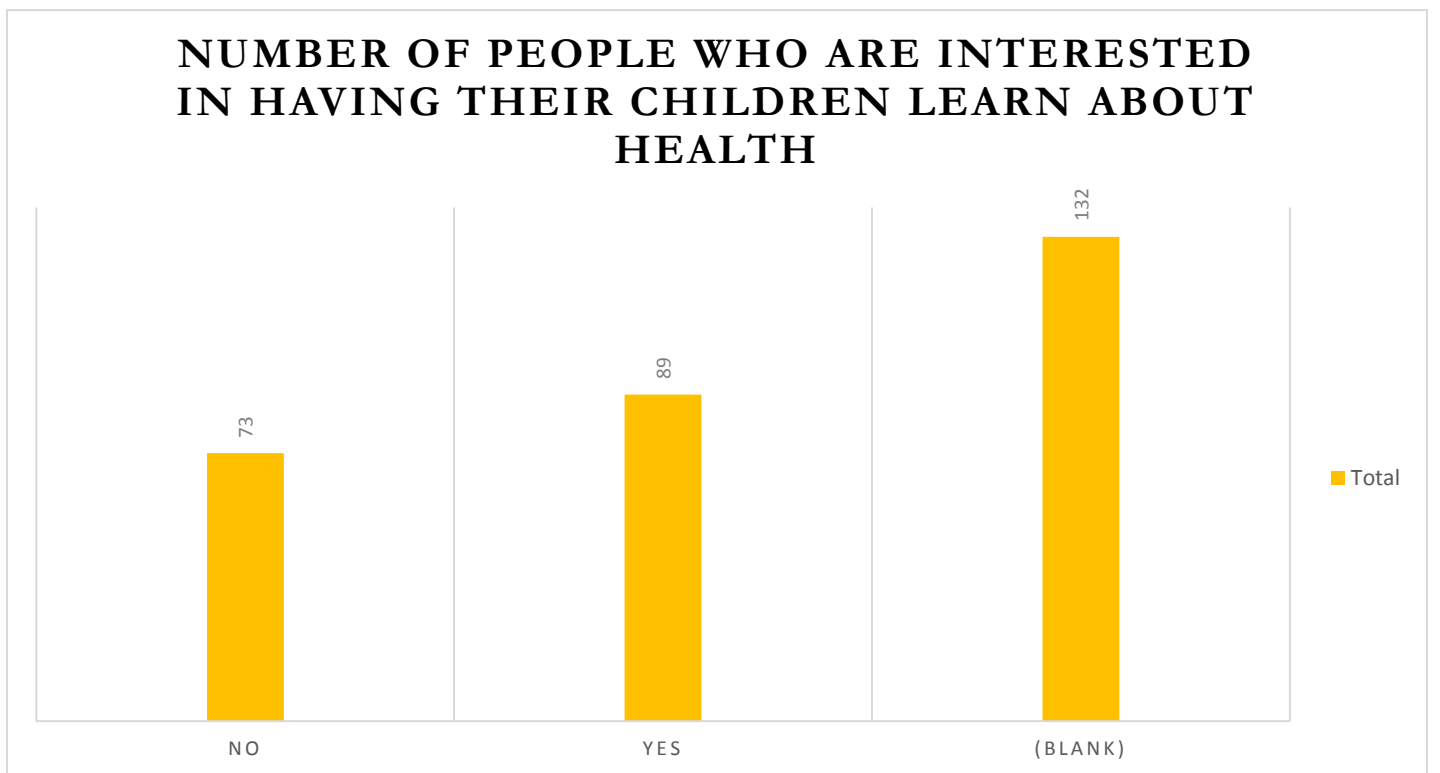


13% said they do need a place for their children to go while 87% said they do not

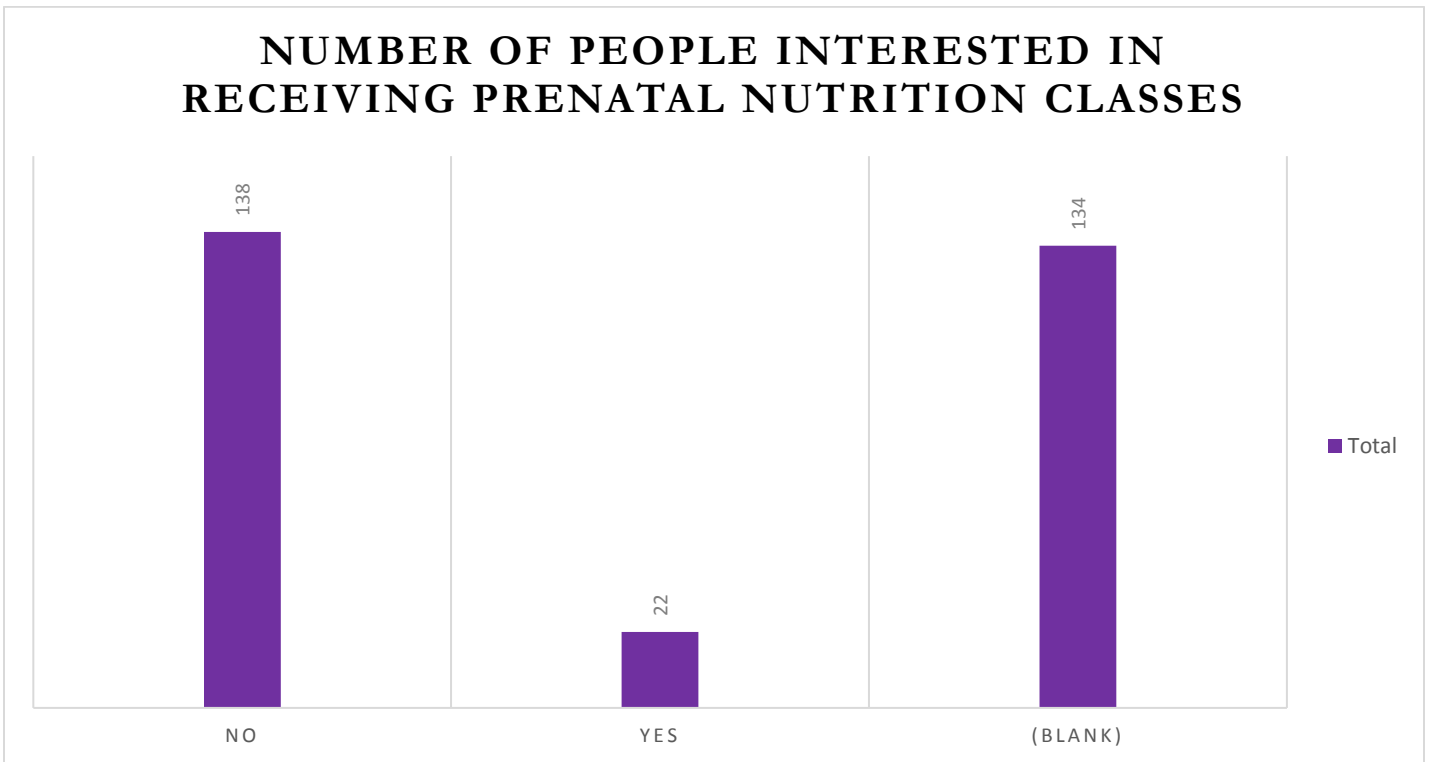




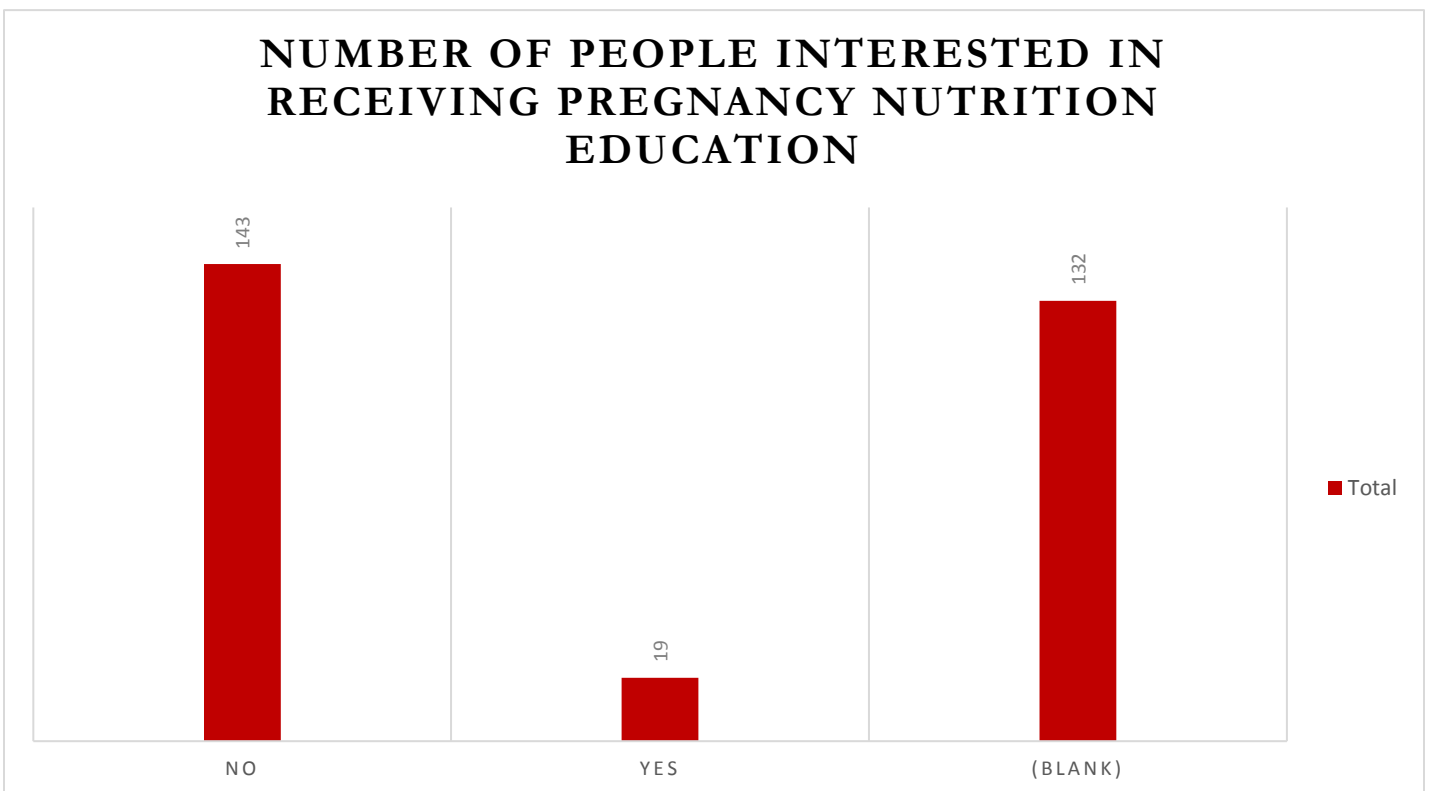
46% said a child center would be helpful and 54% said it would not be



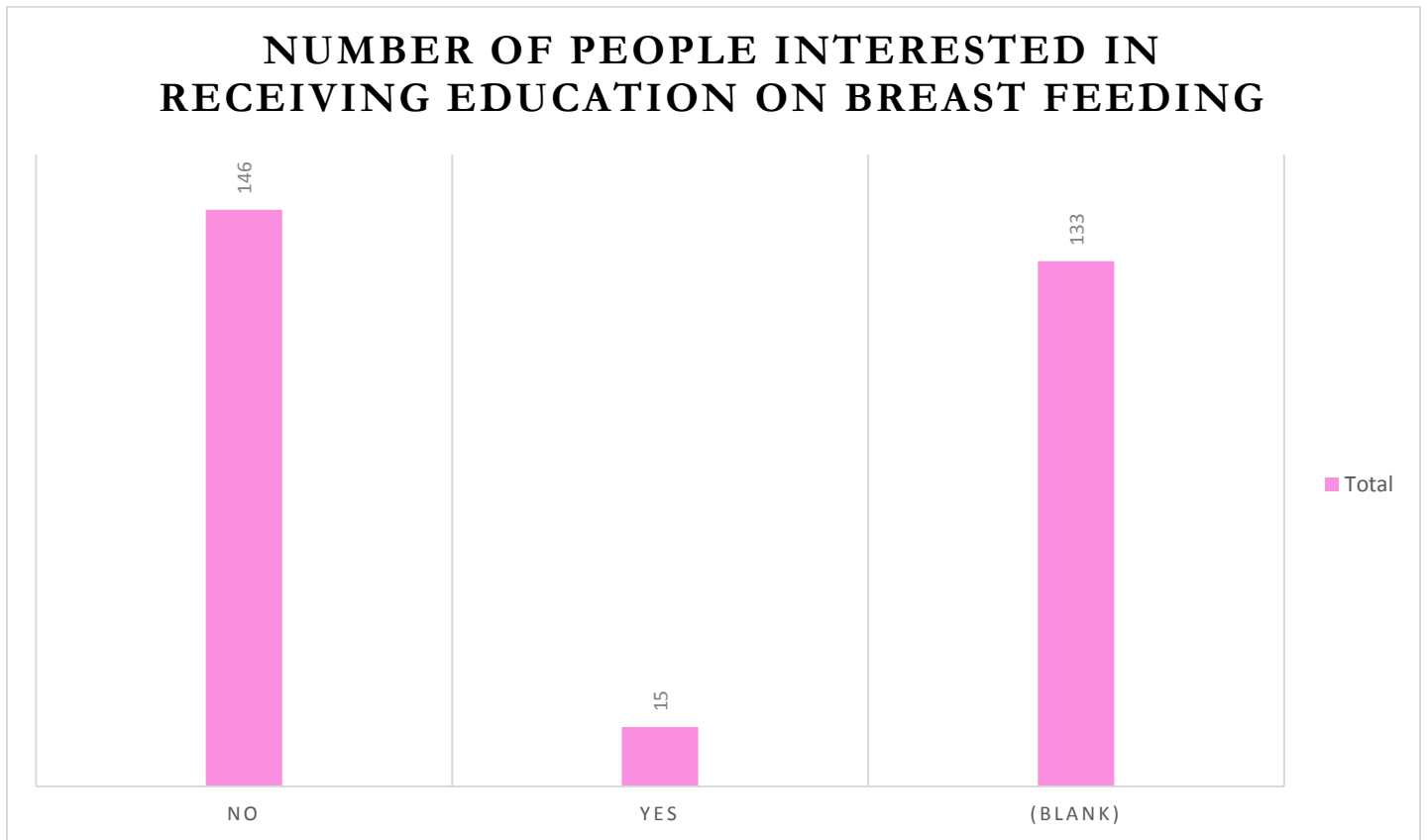
55% said they are interested in having their children learn about health while 45% they are not



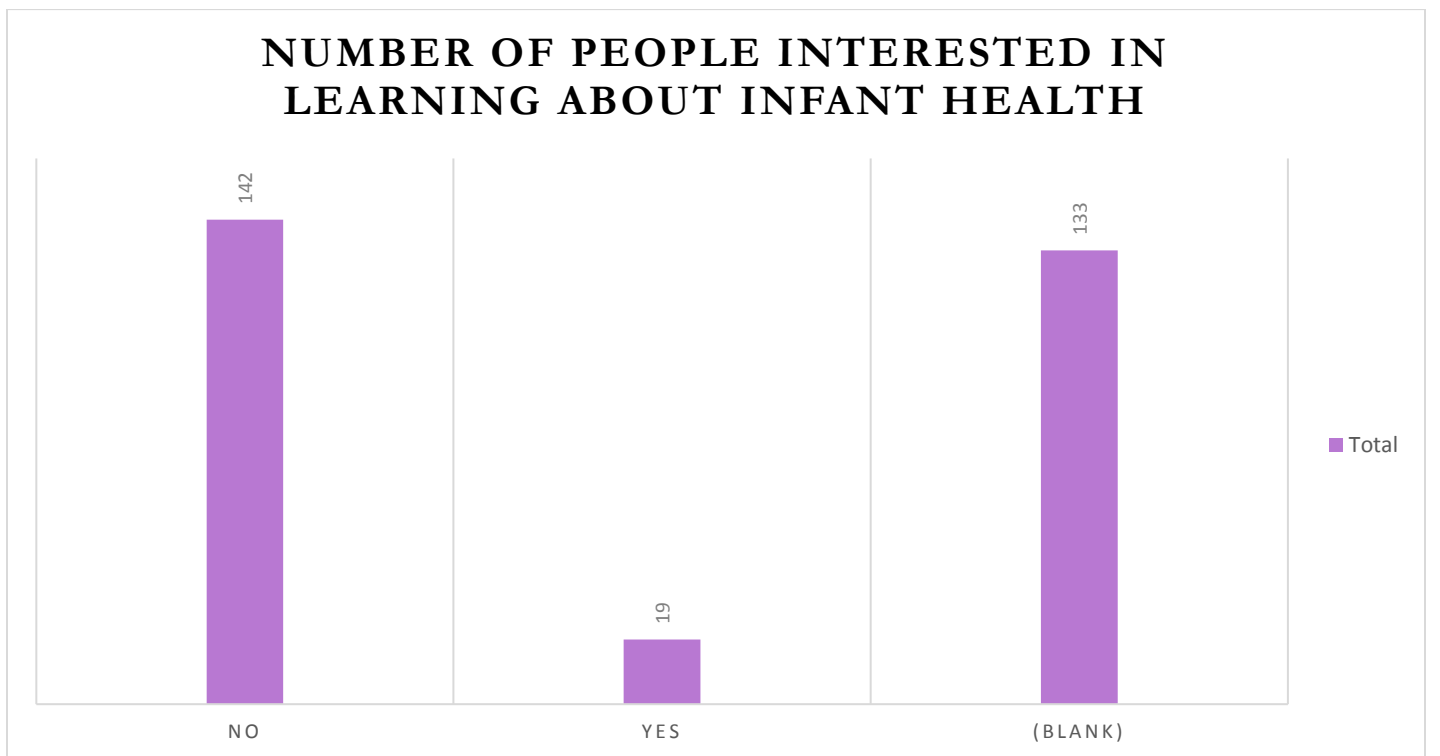
14% said they are interested in receiving these classes while 86% said they are not



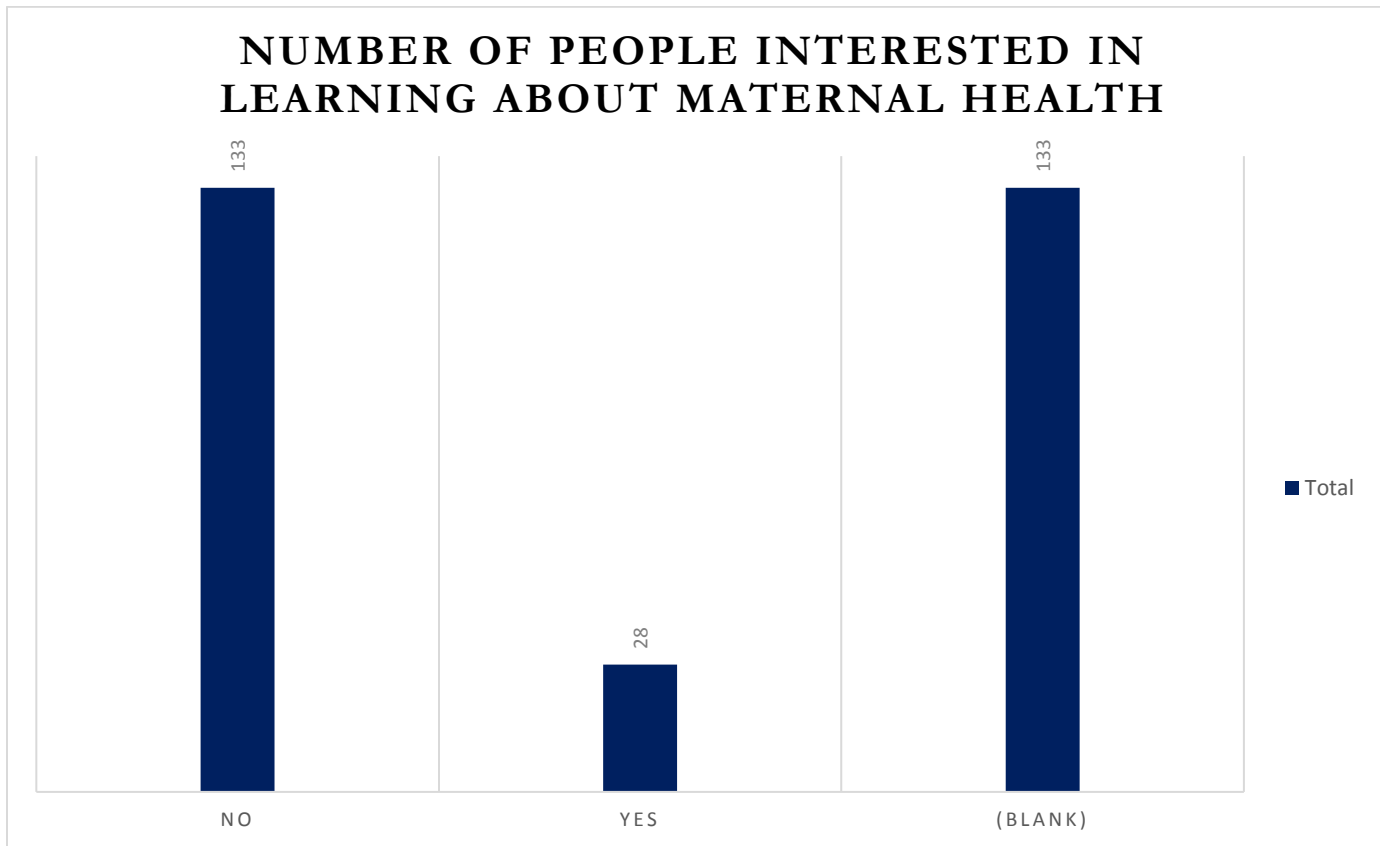
12% said they are interested in pregnancy education while 88% said they are not



9% said they are interested in breast feeding education while 91% said they are not



12% said they are interested in learning about infant health while 88% said they are not



17% said they are interested in learning about maternal health while 83% said they were not