Winchester Heights
Food Insecurity
Survey Study
Year 2 SAAHEC Cohort

Swati Chandra, Carly Eads, Mariana Felix, Cynthia Flores, Rebeca Gonzalez, Francisco Javier Romo, Danielle Swets, Daniel Tellez

Advisor - Dr. Michelle Morgan
BACKGROUND and SIGNIFICANCE

Purpose = to address food insecurity in the WH community and “food desert”
### About Winchester Heights (WH)

*The rural nature of WH is central to nearly every aspect of life in this colonia*

- Isolated, rural community in Cochise County, AZ ~ 15 miles north of Willcox

- Decreased access to resources → increase health risks
  - e.g. DM, HTN, respiratory illnesses, aging complications, mental health conditions, ...

- **Economics data** = limited yet likely poor performing
  - Median household income (2018)
    - Willcox = $36,921
    - Cochise County = $48,649
    - Arizona = $56,213
    - USA = $60,293
  - Poverty status
    - Willcox = 26.4%
    - Arizona = 16.1%.
Funding from:

- Community Food Bank of Southern Arizona grant funded the work of promotores
- SEAHEC and SAAHEC funded the work of AHEC Scholars

METHODS

1. Development of the survey

2. Distribution of the survey

3. Analysis of survey results
RESULTS

Q1 - “In the past six months, how often did you worry that your household would not have enough food?”

Q2 - “In the past six months, how often did you or someone in your household eat less due to cost or not being able to obtain food?”

Q3 - “In the past six months, what food group(s) have you at times not purchased based on their cost or difficulty in obtaining?”

Q5 - “What places in or around WH does your household utilize to access food?”

Q6 - “Are the foods that your household prefers to cook available and affordable at local stores?”

Q7 - “On average, what is your weekly food budget for your household?”
Q4 - “Please describe what a balanced and healthy meal means to you.”

- A vegetarian meal
- Do not eat ready-made meals
- Meat and Vegetables
- a complete meal
- a lot of
- balance fats and sugar or eat healthy
- variety of types and colors
- eat a little bit of everything
- eat full with some vegetables
- less fat and sugar
- eating meat and rice and tortillas
- eating nutritious
- eating vegetables, chicken, fish
eggs, cheese, corn, orange
- fish, rice, vegetables
- fruits and meats
- grains, vegetables, fruits, chicken
- junk food
- kids like it
- non-greasy food with cooked vegetables
- nutritious growth for children
- very important for our health

Q8 - “What information regarding healthy meal prep or food resources would be beneficial to your household? Examples?”

- Easy Recipes
- prepared at home
- do not eat on the street
- measures would save money
- Know better cuisine
- quick, healthy, and delicious meals
- Vegetables, fruits, fish, chicken
- cheap/economical
- don’t eat junk food
- easy-to-prepare meals
- eating healthier
- fruits and vegetables
- how to prepare rich meals
- Well balanced meals
- less carbs is better
- nutritious and economical meals
- preparing my food at home
- vegetables, fish, fruits, chicken, meat
- I have knowledge of nutritious food
- very little information to prepare
DISCUSSION

- Food scarcity in WH is cause for concern
- Food pantry essential to community
- Refrigeration would be beneficial
- COVID-19 impacts
Barriers and Limitations

- Demographic location of survey respondents
- Use of promotores

Future Recommendations

- Education
- Dissemination of findings
- Research neighboring towns on food scarcity and necessity of food pantries
Conclusion

Food insecurity appears present to a certain degree in most respondents.

**Causative factors for food insecurity:**

- Employment status
- Cost of certain food groups
- Travel distance to closest grocery store
- Availability at preferred stores
- Race and geographic location
References


Kelly, C., Hulme, C., Farragher, T., & Clarke, G. (2016). Are differences in travel time or distance to healthcare for adults in global north countries associated with an impact on health outcomes? a systematic review. BMJ Open, 6(11), e013059. https://doi.org/10.1136/bmjopen-2016-013059


Special Thanks

SAAHEC Faculty Mentor - Michelle Morgan

SAAHEC Staff - Nancy Johnson, Felipe Perez, Desiree Rose, Kristen Natonie, Yolanda Perez, Suzette Pesqueira

SEAHEC Faculty Mentor - Amy Devine

SEAHEC Staff - Gail Emrick, Erin Sol, Linda Cifuentes, & Brenda Sanchez