

# Thinking Big: Innovative Approaches to Food Access in Rural Communities

*Amanda Corbett, MPH*

*University of Minnesota Rural Health Research Center*

Rural Health-Economic Development Nexus Workshop

April 27, 2018

The Walsh Center  
for Rural Health Analysis

NORC AT THE UNIVERSITY OF CHICAGO



UNIVERSITY OF MINNESOTA  
RURAL HEALTH  
RESEARCH CENTER

# Rural Health Outreach Tracking and Evaluation Program

- University of Minnesota Rural Health Research Center
  - Ira Moscovice, PhD, Mayo Professor
  - Amanda Corbett, MPH, Research Fellow
- NORC Walsh Center for Rural Health Analysis
  - Alana Knudson, PhD, Co-Director
  - Michael Meit, MA, MPH, Co-Director
- Funded by Federal Office of Rural Health Policy (FORHP)

# RHIhub Community Health Gateway

<https://www.ruralhealthinfo.org/toolkits>



[Updates & Alerts](#) | [About RHIhub](#) | [Contact Us](#) [f](#) [t](#) [v](#)

Online Library -

Topics & States -

Community Health Gateway -

Tools for Success -

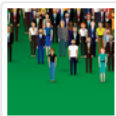
RHIhub Publications & Updates -

[Rural Health](#) > [Community Health Gateway](#)

## Evidence-Based Toolkits for Rural Community Health

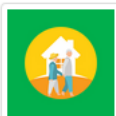
Step-by-step guides to help you build effective community health. Resources and examples are drawn from evidence-based and promising programs. By learning from programs that are known to be effective, you can make the best use of limited funding and resources.

### Rural Community Health Toolkit



Start here for a guide to building rural community health programs to address any type of health issue. Learn how to identify community needs, find evidence-based models, plan and implement your program, evaluate results, and much more.

### Aging in Place Toolkit



Explore program models and approaches to support rural aging in place.

### Access to Care for Rural People with Disabilities Toolkit



Learn about approaches rural communities can use to improve access to care for people with disabilities.

### Care Coordination Toolkit



Find models and program

### Community Health Workers Toolkit

## ABOUT THE EVIDENCE-BASED TOOLKITS

The Rural Community Health Gateway's evidence-based toolkits showcase program approaches that you can adapt to fit your community and the people you serve, allowing you to:

- Research approaches to community health programs
- Discover what works and why
- Learn about common obstacles
- Connect with program experts
- Evaluate your program to show impact

These toolkits are made available through the NORC Walsh Center for Rural Health Analysis and the University of Minnesota Rural Health Research Center in collaboration with the Rural Health Information Hub. Funding is provided by the Federal Office of Rural Health Policy (FORHP), Health Resources and Services Administration.



# How does healthy food access impact health?

***Food access** is not simply a health issue but also a community development and equity issue. For this reason, access to healthy, affordable, and culturally appropriate food is a key component not only in a healthy, sustainable local food system, but also in a healthy, sustainable community.*

-American Planning Association, 2012<sup>5</sup>

Community members should have access to

1. Nutritionally adequate, culturally appropriate, affordable food;
2. Sufficient income to purchase healthy food; and
3. Reside in reasonable proximity and have means to travel to a food source offering such food

# Food deserts

**Food deserts** are census tracts where at least 500 people or 33% of the population do not have a supermarket or large grocery store with affordable, healthy food within a reasonable distance

*Urban: more than one mile*

*Rural: more than ten miles*

- USDA ERS, 2009<sup>16</sup>

- Individuals residing in food deserts often rely on food retailers that offer limited varieties of fresh produce, low-fat dairy, whole grains, and other healthy options.
  - Long-term, consistent diets of poor quality food options can lead to obesity and other diet-related diseases.

In 2010, 2.1 million (8.4%) rural Americans who were low income lived in food deserts.

# Food security

***Food security** exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life.*

-1996 World Food Summit

- Food insecurity is strongly associated with chronic disease and poor health.
  - Long-term food insecurity can affect learning, development, productivity, physical and mental health, and family life.

In 2016, 2.7 million (15%) of rural American households were food insecure.

# Chronic Health Disparities in Rural Areas

**Rural residents show higher rates of chronic diseases and conditions related to food access than their urban counterparts**

	Rural	Urban
Adult Obesity in 2008 <sup>17</sup>	41%	32%
High Blood Pressure in 2013 <sup>15</sup>	38%	33%
High Cholesterol in 2013 <sup>15</sup>	42%	39%
Diabetes in 2013 <sup>15</sup>	12%	10%
Heart Disease in 2014-2015 <sup>15</sup>	13%	10%
Lived with a Disability in 2010-2014 <sup>11</sup>	18%	12%

Children residing in rural areas have a 26% greater odds of being obese than their urban counterparts.<sup>7</sup>

# Demographic, Economic, and Social Disparities in Rural Areas

**Rural residents demonstrate higher rates of demographic, social, and economic disparities than the national average.**

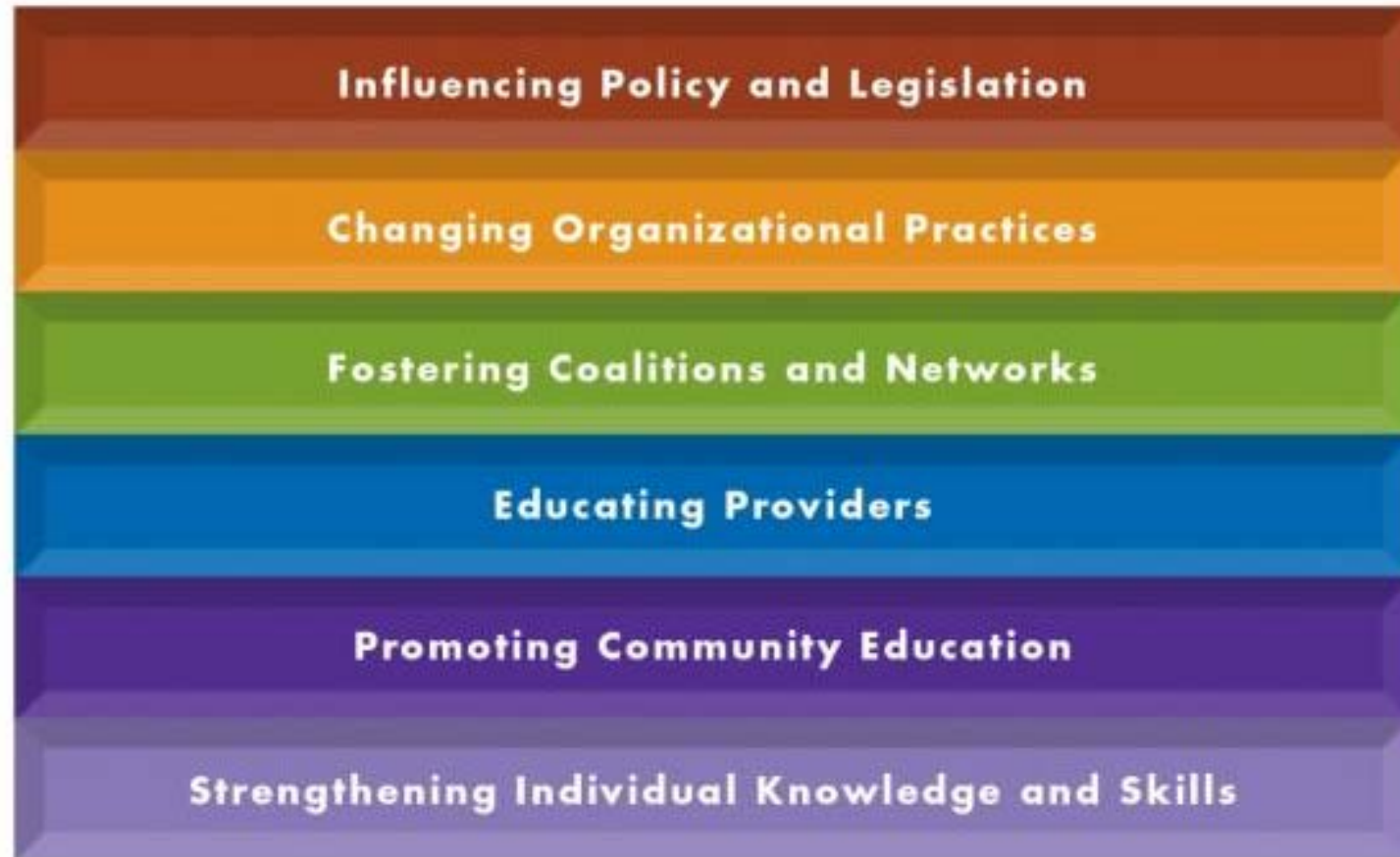
	Rural	Urban
Completed High School in 2015 <sup>10</sup>	85%	83% (nat'l)
Completed Four-Year Degree in 2015 <sup>10</sup>	19%	33%
Lived in Poverty in 2015 <sup>4</sup>	17%	14%
Aged 65+ in 2016 <sup>13</sup>	18%	15%
Used Public Transportation in 2015 <sup>1</sup>	3%	21%
No Home Internet Access in 2016 <sup>14</sup>	37%	27%

Overall population rates in rural America decreased by 1.8% between 2000 and 2010<sup>8</sup>  
Immigrant and refugee population rates in rural America increased by 2.6% between 2000 and 2010<sup>7</sup>



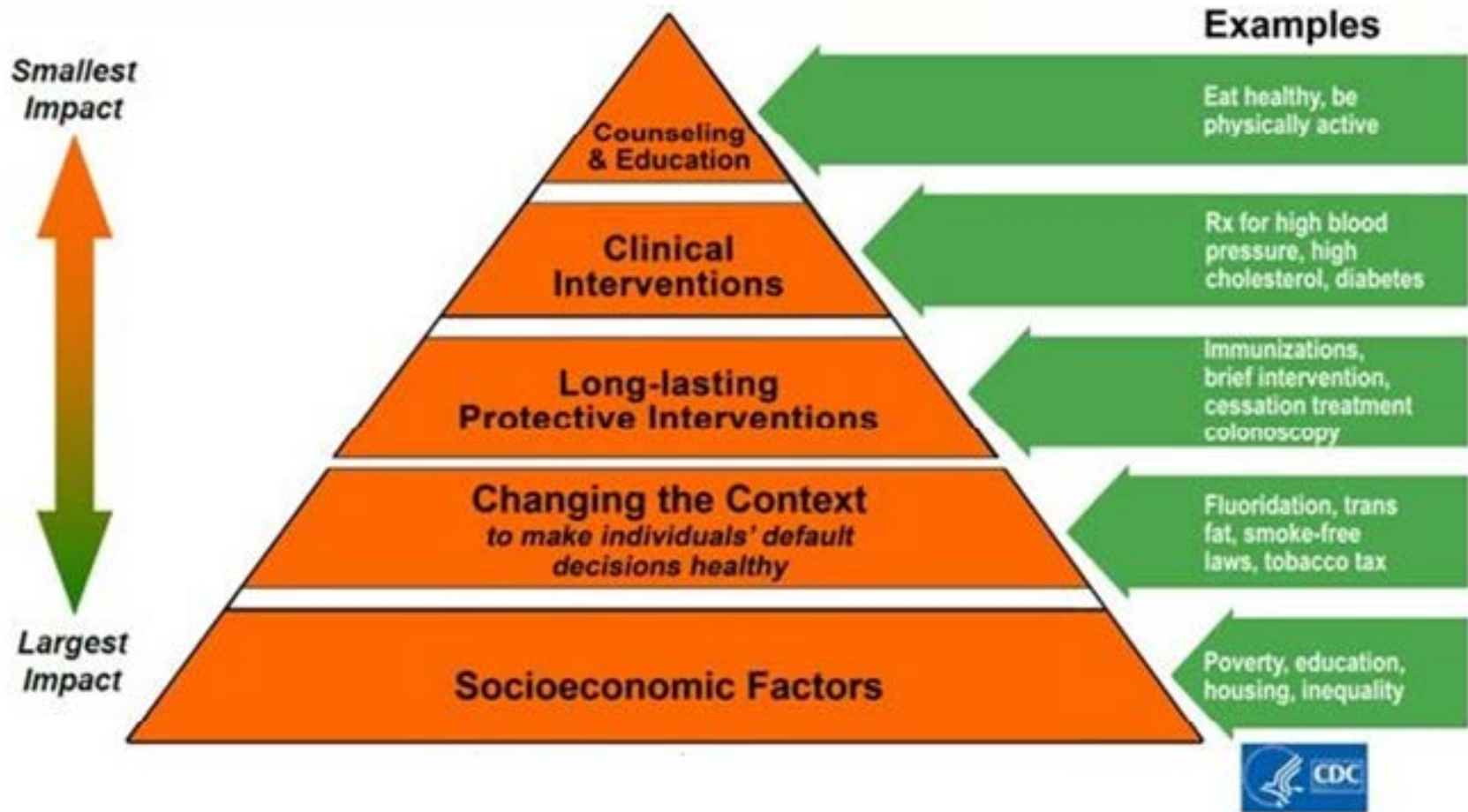
# Prevention Institute

## *Spectrum of Prevention*



# CDC Health Impact Pyramid

## *Factors that Affect Health*



# Healthy Monadnock

<https://healthymonadnock.org>

The banner features a dark background with silhouettes of people. In the top left is the Healthy Monadnock logo, which includes a stylized heart and apple icon. In the top right are social media icons for Instagram, Facebook, Twitter, Pinterest, and YouTube, along with a blue button labeled #HealthyMonadnock. Below these are navigation links: Get Involved, About, Resources, and Contact. The main text reads "BECOMING THE NATION'S Healthiest Community" in a mix of bold sans-serif and elegant script fonts. At the bottom, a paragraph describes the initiative's goal to foster a positive health culture in the region.

**Healthy**  
**MONADNOCK**

#HealthyMonadnock

Get Involved About Resources Contact

**BECOMING THE NATION'S**  
*Healthiest Community*

Healthy Monadnock is a community engagement initiative designed to foster and sustain a positive culture of health throughout Cheshire County and the Monadnock region.

# Growing Change

<http://www.growingchange.org>



[HOME](#) [WHO](#) [WHAT](#) [HOW](#) [WHERE](#) [GALLERY](#) [PARTNERS](#) [NEWS](#) [GET INVOLVED](#) [PRIVACY POLICY](#)



# Rural Food Access Toolkit

<https://www.ruralhealthinfo.org/toolkits/food-access>



Rural Health Information Hub

[Updates & Alerts](#) | [About RHIhub](#) | [Contact Us](#)   

Online Library -

Topics & States -

Community Health Gateway -

Tools for Success -

RHIhub Publications & Updates -

↓ **IN THIS TOOLKIT**

**Modules**

- 1: Introduction
- 2: Program Models
- 3: Program Clearinghouse
- 4: Implementation
- 5: Evaluation
- 6: Sustainability
- 7: Dissemination
- About This Toolkit

[Rural Health](#) > [Community Health Gateway](#) > [Evidence-Based Toolkits](#) > [Rural Food Access Toolkit](#)

## Rural Food Access Toolkit



Welcome to the Rural Food Access Toolkit. This toolkit compiles evidence-based and promising models and resources to support organizations implementing food access programs in rural communities across the United States.

The modules in the toolkit contain resources and information focused on developing, implementing, evaluating, and sustaining rural food access and food security programs. There are more resources on general community health strategies available in the [Rural Community Health Toolkit](#).

 **RHIhub This Week**

Sign-up to receive our [weekly newsletter](#):

**SHARE THIS PAGE**

 [Facebook](#)

 [Twitter](#)

 [LinkedIn](#)

 [Email](#)



# Rural Health Networks and Coalitions Toolkit

<https://www.ruralhealthinfo.org/toolkits/networks>



[Updates & Alerts](#) | [About RHIhub](#) | [Contact Us](#) [f](#) [t](#) [v](#)

Search

Online Library -

Topics & States -

Community Health Gateway -

Tools for Success -

RHIhub Publications & Updates -

## ↓ IN THIS TOOLKIT Modules

1: Networks Introduction

2: Program Models

3: Program Clearinghouse

4: Implementation Considerations

5: Evaluation Considerations

6: Sustainability

7: Dissemination

About This Toolkit


[Rural Health](#) > [Community Health Gateway](#) > [Evidence-Based Toolkits](#) > [Rural Health Networks and Coalitions Toolkit](#)

## Rural Health Networks and Coalitions Toolkit



Welcome to the Rural Health Networks and Coalitions Toolkit! The purpose of this toolkit is to provide resources, strategies and examples to communities who are considering developing a new or expanding an existing health network or coalition.

This toolkit consists of seven modules. Each module contains useful information and links that connect you to resources and materials that can help in creating or expanding your program. General resources on community health strategies are available in RHIhub's Rural Community Health Toolkit.

 **RHIhub This Week**

Sign-up to receive our [weekly newsletter](#):

[Subscribe](#)

## SHARE THIS PAGE

[f](#) [Facebook](#)

[t](#) [Twitter](#)

[in](#) [LinkedIn](#)

[✉](#) [Email](#)

# References

1. Anderson M for Pew Research Center. *Who relies on public transit in the US*. April 2016. Available at: <http://www.pewresearch.org/fact-tank/2016/04/07/who-relies-on-public-transit-in-the-u-s/> (Accessed 04/19/2018)
2. Coleman-Jensen A, et al. *Household Food Security in the United States in 2016*, ERR-237, U.S. Department of Agriculture, Economic Research Service, September 2017.
3. Dutko P, et al. *Characteristics and Influential Factors of Food Deserts*, ERR-140, U.S. Department of Agriculture, Economic Research Service, August 2012.
4. Farrigan T for USDA ERS. *Rural Poverty & Well-Being*. April 2018. Available at: <https://www.ers.usda.gov/topics/rural-economy-population/rural-poverty-well-being/#demographics> (Accessed 04/19/2018)
5. Hodgson K for American Planning Association. *Planning for Food Access and Community-Based Food Systems: A National Scan and Evaluation of Local Comprehensive and Sustainability Plans*. Nov 2012
6. Jones CA, et al. *Health Status and Health Care Access of Farm and Rural Populations*, EIB-57, U.S. Dept. of Agri., Econ. Res. Serv. August 2009.
7. Johnson JA and Johnson AM. *Urban-rural differences in childhood and adolescent obesity in the United States: a systematic review and meta-analysis*. Child Obes 11(3): 233-241, June 2015.
8. Lichter DT. *Immigration and the New Racial Diversity. Population Distribution and Change: 2000 to 2010 in Rural America*. Rural Sociol 77(1):3-35, March 2012.
9. Mackun P and Wilson S. *Population Distribution and Change: 2000 to 2010*. 2010 Census Briefs. C2010BR-01 2010. March 2011.
10. Marre A for USDA ERS. *Rural Education*. April 2017. Available at: <https://www.ers.usda.gov/topics/rural-economy-population/employment-education/rural-education.aspx> (Accessed 04/19/2018)
11. Myers A, et al. *Rural Matters: The Geography of Disability in Rural America*. Missoula, MT: The University of Montana Rural Institute for Inclusive Communities. July 2016
12. National Organization of State Offices of Rural Health and Association of State and Territorial Health Officials. *Social Determinants of Health: A Quick Reference Guide for State Office of Rural Health and State and Territorial Health Officials*. September 2017.
13. Paluso N, et al. *Residential settings and healthcare use of the rural "oldest-old" Medicare population*. Portland, ME: University of Southern Maine, Muskie School of Public Service, Maine Rural Health Research Center; March 2018. PB-69.
14. Perrin A for Pew Research Center. *Digital Gap Between Rural and Nonrural America Persists*. May 2017. Available at: <http://www.pewresearch.org/fact-tank/2017/05/19/digital-gap-between-rural-and-nonrural-america-persists/> (Accessed 04/19/2018)
15. RHIhub. *Chronic Disease in Rural America*. 2017. Available at: <https://www.ruralhealthinfo.org/topics/chronic-disease>. (Accessed 04/19/2018)
16. Ver Plog M, et al. *Access to Affordable and Nutritious Food: Measuring and Understanding Food Deserts and their Consequences. Report to Congress*, U.S. Department of Agriculture, Economic Research Service, June 2009.
17. Wen M, et al. *Rural-Urban Disparities in Obesity Prevalence Among Working Age Adults in the United States: Exploring the Mechanisms*. Am J Health Prom 32(2): 400-108, 2018.

# Questions?

**Amanda Corbett**  
**Research Fellow**  
**University of Minnesota**  
**Rural Health Research Center**  
**[corbe007@umn.edu](mailto:corbe007@umn.edu)**  
**612-626-8401**



# Thank You!

The Walsh Center   
for Rural Health Analysis

---

NORC AT THE UNIVERSITY OF CHICAGO



UNIVERSITY OF MINNESOTA  
**RURAL HEALTH**  
**RESEARCH CENTER**