

## Howard County Community Food & Nutrition Security Survey Report

### Overview

- Purpose: To assess food insecurity rates and needs among under-resourced populations in Howard County to inform interventions to reduce food and nutrition insecurity among residents
- Survey Design: The 24-question survey was designed using the two-item Hunger Vital Sign™ screening tool and questions from partners of the Howard County Food Security Committee
- Languages: English, Spanish, French, Mandarin, Korean

### Process

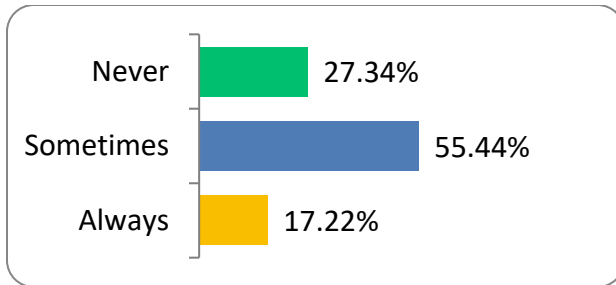
- Timeframe: October 2022 – January 2023
- Partners:
  - Columbia Community Care
  - LindaBen Foundation
  - Early Childhood Centers of Community Action Council of Howard County
  - Women, Infant and Children Program
  - Others
- Number of Responses: 406

### Food Insecurity Rates

- Overall: 78.62%
- By Race/Ethnicity:
  - Whites: 49.06%
  - Asians: 68.75%
  - Blacks: 80.56%
  - Hispanics: 91.41%
- By Language spoken at home:
  - English only: 63.12%
  - Spanish only: 96.84%
  - Bilinguals: 87.76%

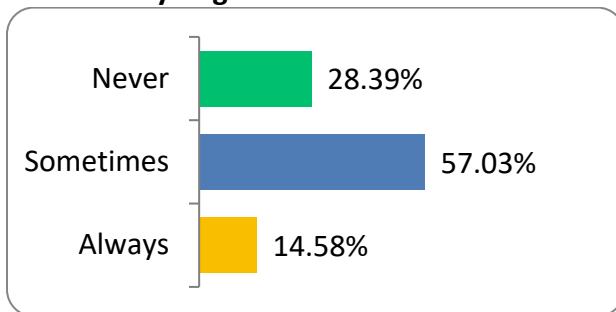
## DATA BY QUESTIONS

**Q1: Within the past 12 months, how often did you worry whether your food would run out before you got money to buy more?**



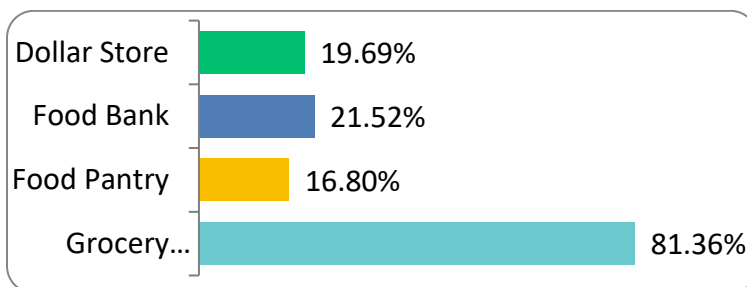
ANSWER CHOICES	RESPONSES	
Never	27.34%	108
Sometimes	55.44%	219
Always	17.22%	68
<b>TOTAL</b>		<b>395</b>

**Q2: Within the past 12 months, how often did the food you bought just didn't last and you didn't have money to get more?**



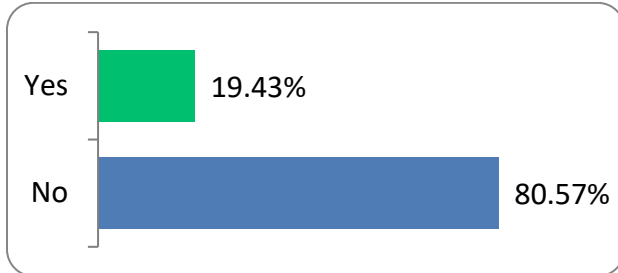
ANSWER CHOICES	RESPONSES	
Never	28.39%	111
Sometimes	57.03%	223
Always	14.58%	57
<b>TOTAL</b>		<b>391</b>

**Q3: Where do you typically get your food? Check all that apply.**



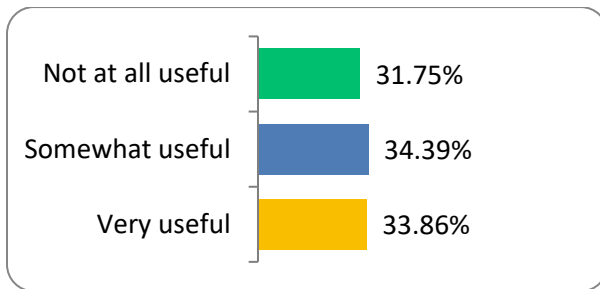
ANSWER CHOICES	RESPONSES	
Dollar Store	19.69%	75
Food Bank	21.52%	82
Food Pantry	16.80%	64
Grocery store	81.36%	310
<b>TOTAL</b>		<b>531</b>

### Q4: Do you use grocery delivery services?



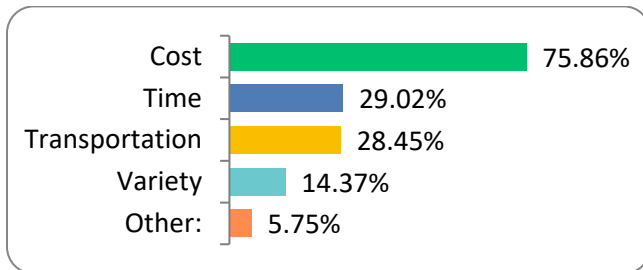
ANSWER CHOICES	RESPONSES	
Yes	19.43%	68
No	80.57%	282
<b>TOTAL</b>		<b>350</b>

### Q5: If you answered "Yes" to the previous question, how useful are the grocery delivery services?



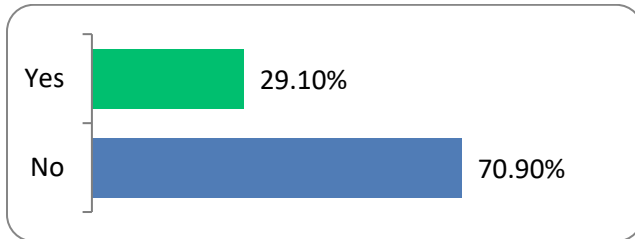
ANSWER CHOICES	RESPONSES	
Not at all useful	31.75%	60
Somewhat useful	34.39%	65
Very useful	33.86%	64
<b>TOTAL</b>		<b>189</b>

### Q6: Which of the following are barriers to accessing food? Check all that apply.



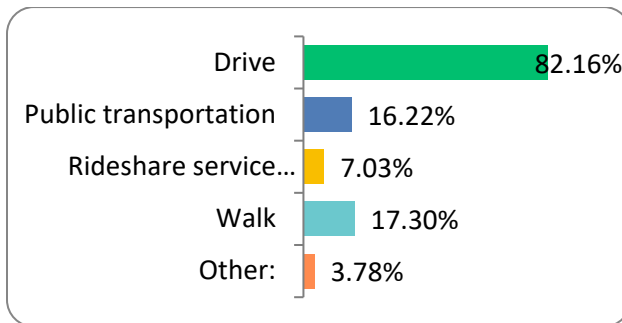
ANSWER CHOICES	RESPONSES	
Cost	75.86%	264
Time	29.02%	101
Transportation	28.45%	99
Variety	14.37%	50
Other:	5.75%	20
<b>TOTAL</b>		<b>534</b>

### Q7: Do you know all the places to get free and/or low-cost food in your community?



ANSWER CHOICES	RESPONSES
Yes	29.10% 110
No	70.90% 268
<b>TOTAL</b>	<b>378</b>

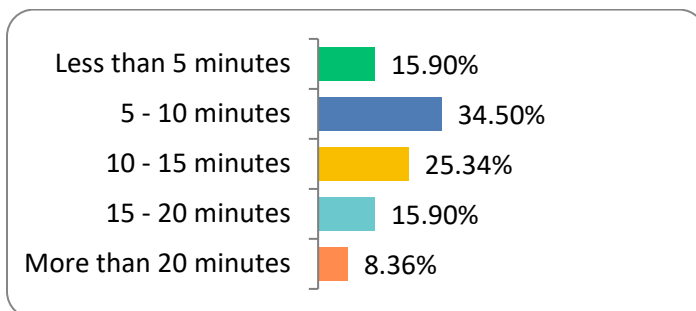
### Q8: How do you usually travel to get your food? Check all that apply.



ANSWER CHOICES	RESPONSES
Drive	82.16% 304
Public transportation	16.22% 60
Rideshare service (Uber, Lyft, etc.)	7.03% 26
Walk	17.30% 64
Other:	3.78% 14
<b>TOTAL</b>	<b>468</b>

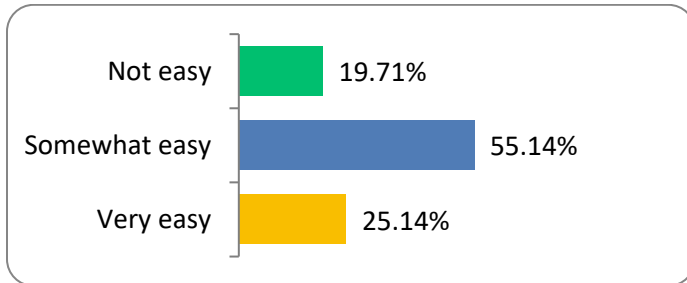
*Other responses: taxi, food bank delivery, ride by friend*

### Q9: Not including restaurants, how long does it typically take to get to your closest food place?



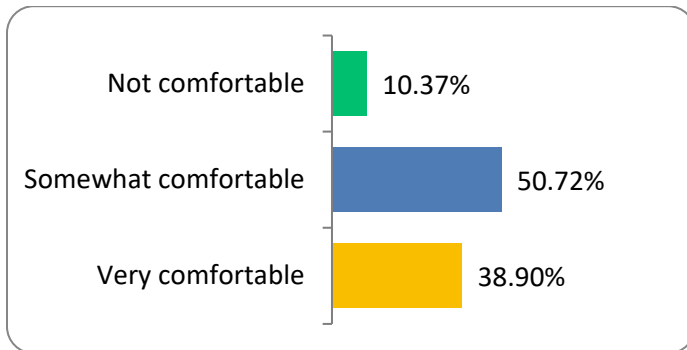
ANSWER CHOICES	RESPONSES
Less than 5 minutes	15.90% 59
5 - 10 minutes	34.50% 128
10 - 15 minutes	25.34% 94
15 - 20 minutes	15.90% 59
More than 20 minutes	8.36% 31
<b>TOTAL</b>	<b>371</b>

### Q10: How easy is it to prepare healthy meals?



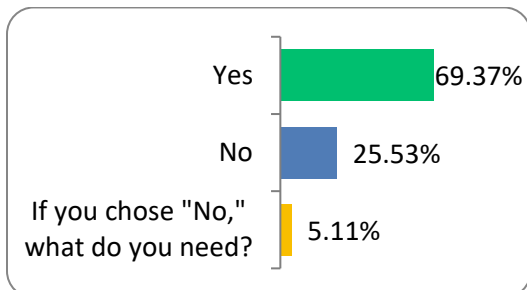
ANSWER CHOIC	RESPONSES
Not easy	19.71% 69
Somewhat easy	55.14% 193
Very easy	25.14% 88
<b>TOTAL</b>	<b>350</b>

### Q11: How comfortable are you in your ability to prepare healthy meals from the available food items?



ANSWER CHOICES	RESPONSES
Not comfortable	10.37% 36
Somewhat comfortable	50.72% 176
Very comfortable	38.90% 135
<b>TOTAL</b>	<b>347</b>

### Q12: Do the available food items meet your religious, personal and/or medical needs?



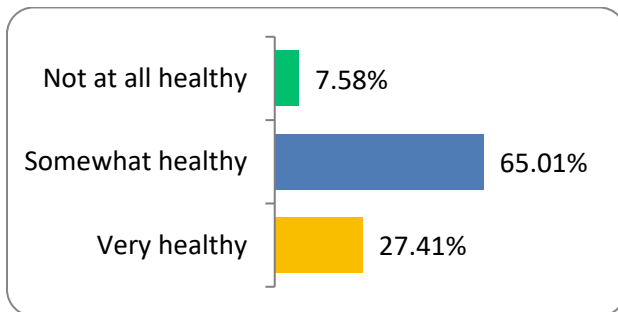
ANSWER CHOICES	RESPONSES
Yes	69.37% 231
No	25.53% 85
If you chose "No," what do you need?	5.11% 17
<b>TOTAL</b>	<b>333</b>

## FOOD NEEDS

- Kosher; Halal; vegetarian; plant-based meats
- Diabetes support; high cholesterol; Vitamin D deficiency; vitamins
- Gluten-free
- Fruits, greens
- Baby formula
- Detergent

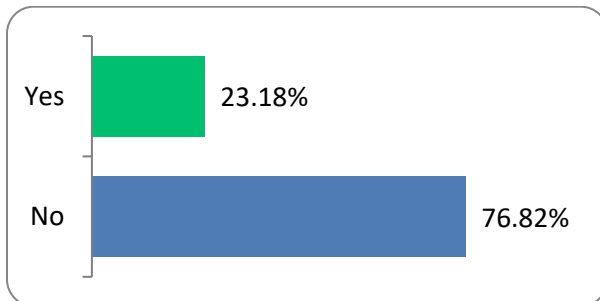
“After making rent and utility payments, we have little money to buy food, so sometimes we can't buy everything we need.” – Translated from Spanish

### Q13: In your opinion, how healthy is the food that you eat?



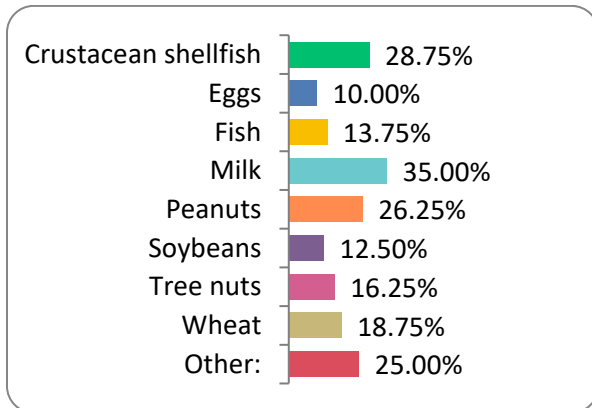
ANSWER CHOICES	RESPONSES	
Not at all healthy	7.58%	26
Somewhat healthy	65.01%	223
Very healthy	27.41%	94
<b>TOTAL</b>		<b>343</b>

### Q14: Do you or anyone in your household have food allergies?



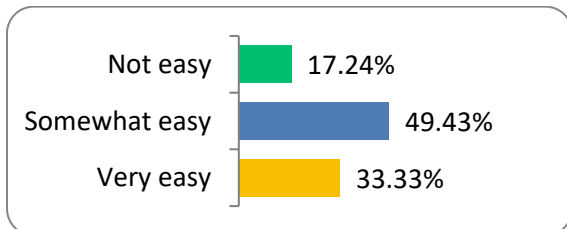
ANSWER CHOICES	RESPONSES	
Yes	23.18%	83
No	76.82%	275
<b>TOTAL</b>		<b>358</b>

**Q15: If you answered "Yes" to the previous question, which food allergy do you or your family members have? Check all that apply.**



ANSWER CHOICES	RESPONSES	
Crustacean shellfish	28.75%	23
Eggs	10.0%	8
Fish	13.75%	11
Milk	35.00%	28
Peanuts	26.25%	21
Soybeans	12.50%	10
Tree nuts	16.25%	13
Wheat	18.75%	15
Other:	25.00%	20
<b>TOTAL</b>		<b>149</b>

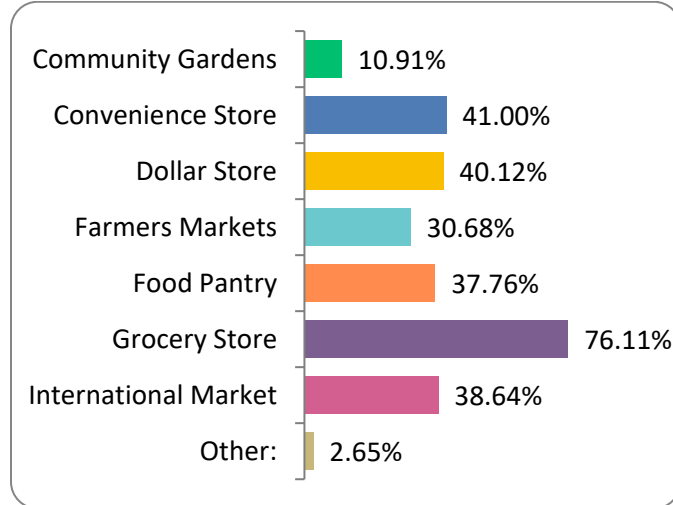
**Q16: How easy is it to get food without the item (s) selected in the previous question?**



ANSWER CHOICES	RESPONSES	
Not easy	17.24%	15
Somewhat easy	49.43%	43
Very easy	33.33%	29
<b>TOTAL</b>		<b>87</b>

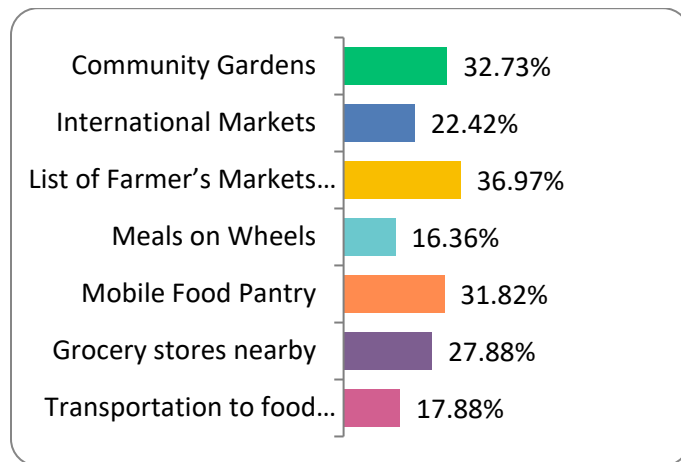
*Items are more expensive and hassle to get; many items have canola or soy – hard to get without; label says items are gluten-free, but it is enough to make a person sick; non-dairy is not always in stock. Direct quote from Spanish: “The price is higher in these products so sometimes milk is simply not consumed until it can be bought.”*

**Q17: What food services are currently available in your community? Check all that apply.**



ANSWER CHOICES	RESPONSES	
Community Gardens	10.91%	37
Convenience Store	41.00%	139
Dollar Store	40.12%	136
Farmers Markets	30.68%	104
Food Pantry	37.76%	128
Grocery Store	76.11%	258
International Market	38.64%	131
Other:	2.65%	9
<b>TOTAL</b>		<b>942</b>

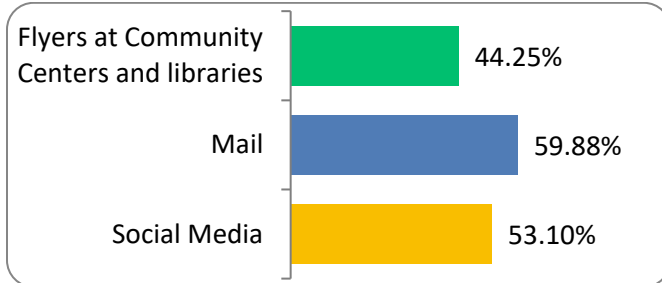
**Q18: What is needed in your community to help you access healthy food? Check all that apply.**



ANSWER CHOICES	RESPONSES	
Community Gardens	32.73%	108
International Markets	22.42%	74
List of Farmer's Market nearby	36.97%	122
Meals on Wheels	16.36%	54
Mobile Food Pantry	31.82%	105
Grocery stores nearby	27.88%	92
Transportation to food stores	17.88%	59
<b>TOTAL</b>		<b>614</b>



**Q19: How can we get information about food services to you? Check all that apply.**

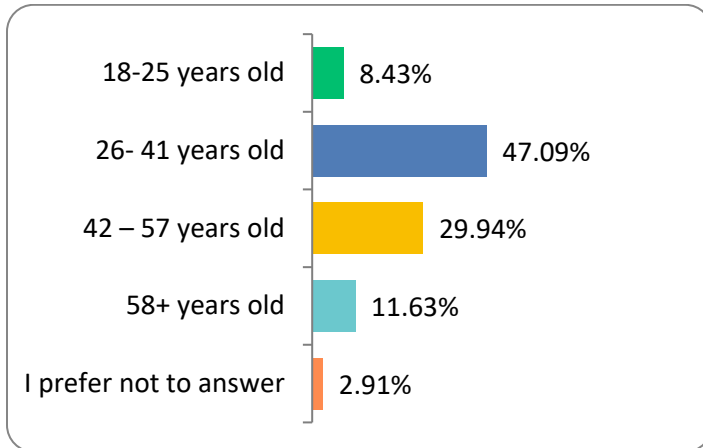


ANSWER CHOICES	RESPONSES	
Flyers at Community Centers and libraries	44.25%	150
Mail	59.88%	203
Social Media	53.10%	180
<b>TOTAL</b>		<b>533</b>

**OTHER COMMUNITY NEEDS**

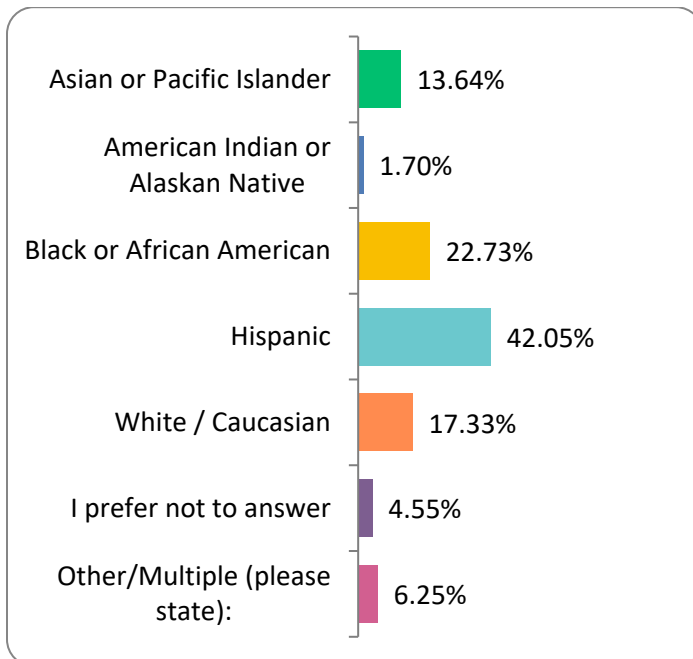
- **Affordable housing/living;** shelters for homeless
- Job training; skills training; youth services; English classes
- Childcare; Head Start
- **Physical activities; free kids places; playgrounds; STEM activities; family centers**
- Transportation; walking access to grocery stores
- Utilities: electricity, water bills
- Single mom support
- School lunches: free for all students and those who take home on weekends; grab meals aren't enough on short school days
- Convenience stores
- Lists and schedules for food pantries
- Free healthcare; free clinic
- Diapers
- Bilingual information
- Resources to grow vegetable garden

## Q22: What is your age?



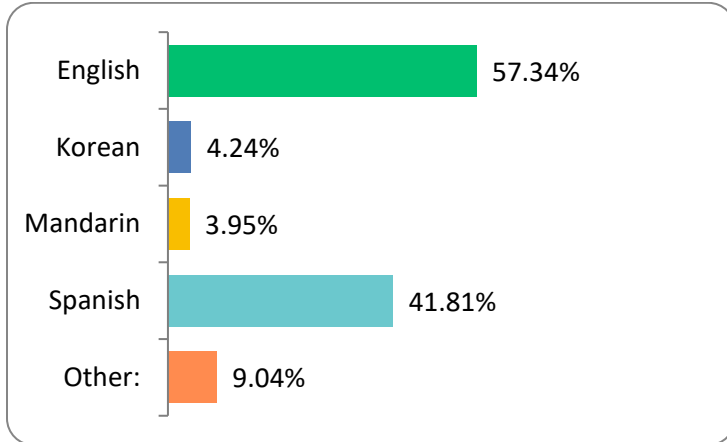
ANSWER CHOICES	RESPONSES	
18-25 years old	8.43%	29
26-41 years old	47.09%	162
42-57 years old	29.94%	103
58+ years old	11.63%	40
I prefer not to answer	2.91%	10
<b>TOTAL</b>		<b>344</b>

## Q23: What is your race and ethnicity? Check all that apply.



ANSWER CHOICES	RESPONSES	
Asian or Pacific Islander	13.64%	48
American Indian or Alaskan Native	1.70%	6
Black or African American	22.73%	80
Hispanic	42.05%	148
White / Caucasian	17.33%	61
I prefer not to answer	4.55%	16
Other/Multiple (please state):	6.25%	22
<b>TOTAL</b>		<b>381</b>

**Q24: What language(s) do you speak at home? Check all that apply.**



ANSWER CHOICES	RESPONSES	
English	57.34%	203
Korean	4.24%	15
Mandarin	3.95%	14
Spanish	41.81%	148
Other:	9.04%	32
<b>TOTAL</b>		<b>412</b>



## DATA BY ZIP CODES

Zip Code	City	Food Insecurity Rate	Services in Community (Top four)	Community Needs (Top four)
21045	Columbia	86.11%	<ul style="list-style-type: none"> <li>Grocery store</li> <li>Dollar store</li> <li>Intl. market</li> <li>Food pantry</li> </ul>	<ul style="list-style-type: none"> <li>List of farmer's markets nearby</li> <li>Intl. markets</li> <li>Mobile food pantry</li> <li>Community gardens</li> </ul>
21075	Elkridge	77.97%	<ul style="list-style-type: none"> <li>Grocery store</li> <li>Dollar store</li> <li>Convenience store</li> <li>Intl. market</li> </ul>	<ul style="list-style-type: none"> <li>List of farmer's markets nearby</li> <li>Community gardens</li> <li>Mobile food pantry</li> <li>Grocery stores nearby</li> </ul>
20723	Laurel	82.14%	<ul style="list-style-type: none"> <li>Grocery store</li> <li>Intl. market</li> <li>Convenience store</li> <li>Food pantry</li> </ul>	<ul style="list-style-type: none"> <li>Community gardens</li> <li>Mobile food pantry</li> <li>List of farmer's markets nearby</li> <li>Grocery stores nearby</li> </ul>
21044	Columbia	66.07%	<ul style="list-style-type: none"> <li>Grocery store</li> <li>Convenience store</li> <li>Intl. market</li> <li>Dollar store/ food pantry</li> </ul>	<ul style="list-style-type: none"> <li>List of farmer's markets nearby</li> <li>Mobile food pantry</li> <li>Transp. to food stores</li> <li>Community gardens</li> </ul>
20794	Jessup	88.89%	<ul style="list-style-type: none"> <li>Grocery store</li> <li>Convenience store</li> <li>Dollar store</li> <li>Intl. market</li> </ul>	<ul style="list-style-type: none"> <li>List of farmer's markets nearby</li> <li>Mobile food pantry</li> <li>Community gardens</li> <li>Meals on Wheels</li> </ul>
21043	Ellicott City	70.00%	<ul style="list-style-type: none"> <li>Grocery store</li> <li>Intl. market</li> <li>Convenience store/ Dollar store/ Food Pantry</li> </ul>	<ul style="list-style-type: none"> <li>Community gardens</li> <li>Mobile food pantry</li> <li>List of farmer's markets nearby</li> <li>Grocery stores nearby</li> </ul>
21046	Columbia	66.67%	<ul style="list-style-type: none"> <li>Grocery store</li> <li>Convenience store</li> <li>Food pantry</li> <li>Farmers Markets</li> </ul>	<ul style="list-style-type: none"> <li>List of farmer's markets nearby</li> <li>Mobile food pantry</li> <li>Meals on Wheels</li> <li>Grocery stores nearby</li> </ul>

## VILLAGES

Village	Community Needs (Most Common)
Long Reach	<ul style="list-style-type: none"><li>• List of farmer's markets nearby</li><li>• Mobile food pantry</li></ul>
Oakland Mills	<ul style="list-style-type: none"><li>• Mobile food pantry</li><li>• International markets/ Grocery stores nearby</li></ul>
Owen Brown	<ul style="list-style-type: none"><li>• Community gardens/ List of farmer's markets nearby/ Mobile food pantry</li></ul>
Kings Contrivance	<ul style="list-style-type: none"><li>• List of farmer's markets nearby</li></ul>
Wilde Lake	<ul style="list-style-type: none"><li>• List of farmer's markets nearby</li><li>• Grocery stores nearby</li></ul>
Harpers Choice	<ul style="list-style-type: none"><li>• Community gardens/ List of farmer's markets nearby/ Meals on Wheels/ Transp. to food stores</li></ul>
Hickory Ridge	<ul style="list-style-type: none"><li>• Community gardens</li><li>• Mobile food pantry</li></ul>