

Introduction

Abstract

Many people in Florida do not have the adequate means to attain healthy food or food at all and use and/or rely on supplemental nutrition intervention programs offered in their communities. People utilizing these resources tend to be low-income, live in areas of high poverty, and/or do not have access to private transportation. Not having adequate resources to nutritious food can cause or exacerbate many nutrition-related diseases that plague many communities.

Aims of the Research

This research is a quantitative assessment of poverty status, food accessibility, nutrition education programs, and food use programs designed to reach low-income populations in Florida. This research is important because it quantifies the available assistance to limited resource populations in these areas. This information can be used to determine if there are enough and/or adequate supplemental programs providing nutritional education and food assistance to these limited resource populations.

Research Questions

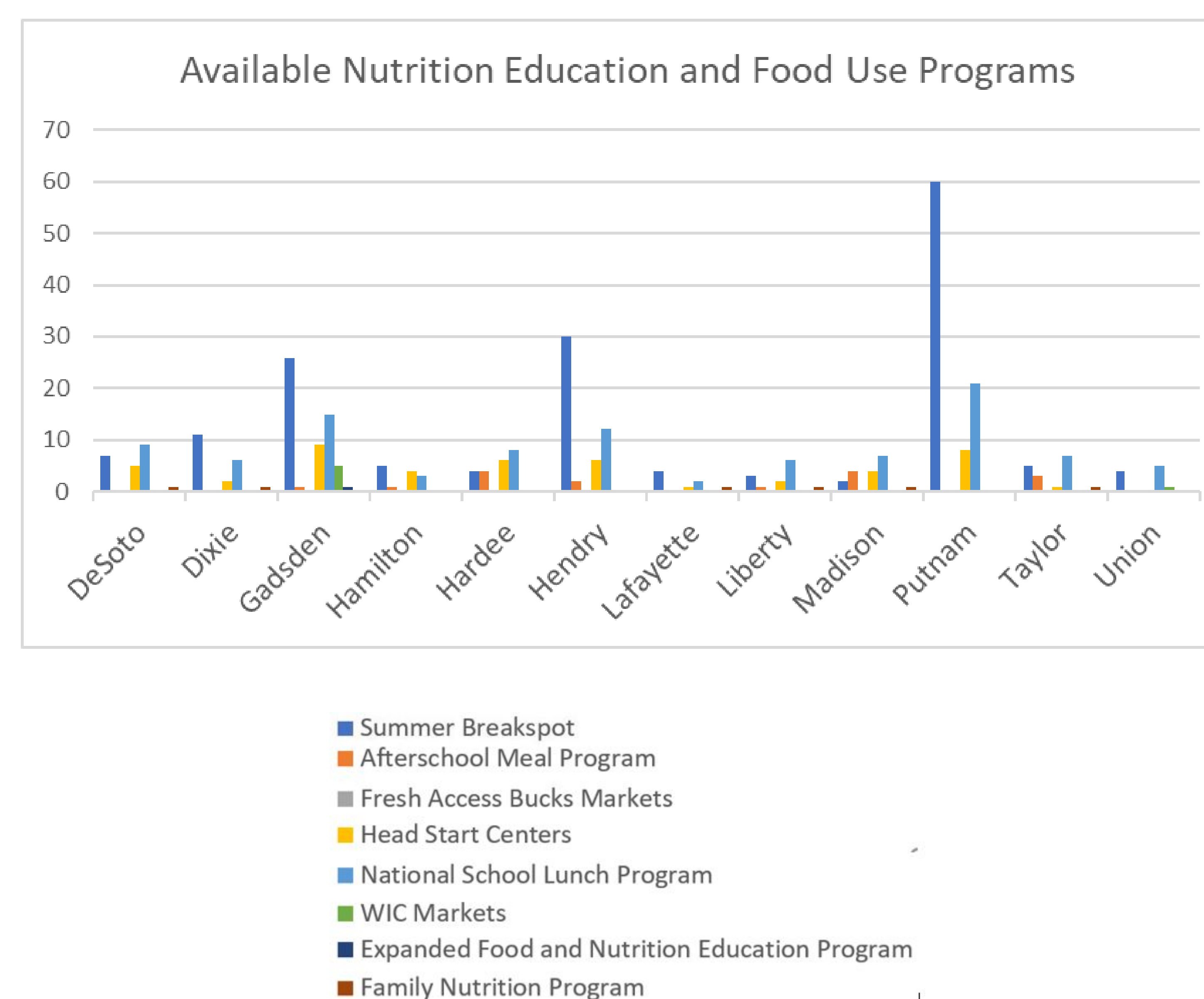
Among the counties of high poverty in Florida, what nutrition education programs and food use programs are available?

Are the food use and nutrition education programs offered effective in their desired outcomes?

Participants

The study sample includes the following counties: DeSoto, Dixie, Gadsden, Hamilton, Hardee, Hendry, Lafayette, Liberty, Madison, Putnam, Taylor, and Union. The variables in the study include income, population estimates, and the number of nutrition intervention programs.

Results



Discussion

- Limited number of nutrition education programs available in these high poverty counties
- Nationally, the nutrition education (EFNEP and FNP) programs have proven to be effective in their desired outcomes.
- Some of the food use and supplemental food programs are effective in their desired outcomes.

Results

Research Design and Data Analysis

This is a secondary-analysis of publicly accessible data. The data sources include but are not limited to: the US Census Bureau, USDA Food Nutrition Service, Florida Department of Health. US Department of Health and Human Services, Florida Department of Agriculture and Consumer Services, and the Economic Research Service. This data was then compiled into a data sheet map in Excel. In efforts to analyze the quantitative data, the Statistical Package for Social Sciences (SPSS 21.0) software was used. The quantitative data was analyzed through the use of descriptive statistics and then reported for demographical information and geographical areas.

Key Reference

Florida's Roadmap To Living Healthy. (n.d.). Retrieved from <https://roadmaptohealth.fdacs.gov/>.

Food Access Research Atlas. (n.d.). Retrieved from <https://www.ers.usda.gov/data-products/food-access-research-atlas/documentation/>.

U.S. Census Bureau QuickFacts. (n.d.). Retrieved from <https://www.census.gov/quickfacts/fact/table>.

University of Florida/IFAS. (2018, June 22). Family Nutrition Program (FNP). Retrieved from <http://sfyl.ifas.ufl.edu/orange/family-nutrition-program-snap-ed/>

University of Florida/IFAS. (2018, November). About EFNEP. Retrieved from <https://efnep.ifas.ufl.edu/about>

The research reported here was supported by the Institute of Education Sciences, U.S. Department of Education, through Grant R305B170017 to Florida State University. The opinions expressed are those of the authors and do not represent views of the Institute or the U.S. Department of Education.

