

# Priority: Nutrition Security

**Goal: Improve consistent and equitable access to healthy, affordable, safe, and culturally appropriate foods.**

## **What is Nutrition Security and Why is it Important?**

Consistent access to affordable, healthy food is an important factor in reducing hunger and preventing chronic disease, especially for vulnerable populations at high risk for nutrition-related health disparities. Nutritious food promotes healthy child development and aging and improves health outcomes across the lifespan. Geographic location, cost, time, and transportation all play a role in food accessibility and can contribute to households experiencing temporary or long-term periods of food insecurity. In 2021, approximately 3 in 4 (75.1%) of NYS adults rarely or never worried about accessing adequate food and 1 in 4 (24.9%) adults indicated that they were always, usually, or sometimes worried or stressed about having enough money to buy nutritious meals.<sup>88</sup> The United States Department of Agriculture (USDA) defines food security as having access, at all times, to enough food for an active, healthy life, while food insecurity is characterized by limited or uncertain access to adequate food due to limited economic resources.<sup>89</sup> The definition for nutrition security goes a step further, ensuring that all people have consistent and equitable access to healthy, safe, affordable foods essential to optimal health and well-being.<sup>90</sup>



Food insecurity disproportionately impacts certain populations. Based on a 2021 NYS survey, the prevalence of reported food insecurity was higher among Hispanic adults (44.0%), Black, non-Hispanic adults (33.1%), women (26.7%), adults with a household income less than \$25,000 (51.9%), those with less than a high school degree (49.7%), and those who were unemployed (46.5%).<sup>88</sup> Disparities are also seen in many low-income neighborhoods, rural and remote areas, and urban communities, often due to a lack of full-service supermarkets and a pervasiveness of corner shops and convenience stores that offer higher prices and less variety, as well as fast food or fast casual eateries that sell food high in calories, fat, and sodium.<sup>91</sup> Strategies to address food insecurity include expanding food access points, increasing child and adult enrollment in government nutrition programs, implementing strong nutrition standards in different settings (e.g., schools, emergency food programs, worksites, etc.), and championing innovative practices, such as produce prescription programs. By leveraging these strategies to address systems, policies, and structural barriers, NYS can reduce food insecurity and support individuals in achieving and maintaining a healthy lifestyle.

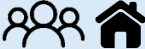







**SMART(IE) Objective:**







**3.0 Increase consistent household food security from 71.1% to 75.9%.**

**3.1 Increase food security in households with an annual total income of less than \$25,000 from 42% to 51.1%.**

Desired Outcome	Indicator	Data Source	Population	Baseline	Target
Increase household food security	Percentage of adults that were food secure in the past 12 months, aged 18 years and older	BRFSS	Households experiencing food insecurity	71.1% (2023)	75.9% (2030)
			<b>Subpopulation of Focus</b>	<b>Baseline</b>	<b>Target</b>
			Households with an annual income of less than \$25,000	42% (2023)	51.1% (2030)

Interventions	Population of Focus	Age Range	Intermediate Measures
 <p><b>Featured Intervention:</b> Conduct standardized screening of unmet Nutrition Security needs and provide referrals to state, local, and federal benefit programs and community-based, health-related social needs providers to address unmet needs. Examples include:</p> <ul style="list-style-type: none"> <li>• Emergency food programs/food pantries</li> <li>• Supplemental Nutrition Assistance Program (SNAP)</li> <li>• Women, Infants, and Children (WIC)</li> <li>• National School Lunch Program</li> <li>• School Breakfast Program</li> <li>• Summer Food Service Program</li> <li>• Meals on Wheels</li> <li>• Medically Tailored Meals</li> <li>• Food Prescription Programs<sup>92</sup></li> </ul> 	Everyone	All ages	<p>Number of health practices and facilities that screen for food insecurity and facilitate referrals to supportive services, percent of eligible individuals in New York participating in SNAP, percent of eligible individuals in New York participating in WIC</p> <p><a href="#">USDA Program Data Site: SNAP, WIC, School Lunch</a></p> <p><a href="#">NYS OTDA Monthly Caseload Statistics</a></p> <p><a href="#">Food and Nutrition Service Data Visualization</a></p>

Interventions	Population of Focus	Age Range	Intermediate Measures
 <p><b>Featured Intervention:</b> Expand or create access points to get affordable, high quality, nutritious food. Examples include:</p> <ul style="list-style-type: none"> <li>• Emergency food programs/food pantries</li> <li>• Farmers’ markets</li> <li>• Colleges/schools</li> <li>• Community-based organizations</li> <li>• Mobile fruit and vegetable markets</li> <li>• Online grocery purchasing pilots/programs for SNAP and WIC</li> <li>• Community gardens</li> <li>• Food hubs</li> <li>• Community supported agriculture</li> <li>• Hospitals</li> <li>• Healthy corner/convenience stores<sup>93-96</sup></li> </ul> 	Adults	Ages 18+	<p>Number of supermarkets, corner stores, and retail food stores in underserved communities/regions, number of farm stands and farmers' markets, number of emergency food programs, number of food cooperatives and community gardens</p> <p><a href="#">Food Access Research Atlas</a></p> <p><a href="#">Retail Food Stores - data.ny.gov</a></p>
 <p>Promote student participation in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) through innovative strategies, such as Healthy School Meals for All, Community Eligibility, Provision 2, alternative breakfast models, and restricting sales of competitive foods.<sup>97-103</sup></p> 	Children, adolescents	Ages 5-18	<p>Average daily student participation in the NSLP, average daily student participation in the SBP</p> <p><a href="#">Food and Nutrition Service Data Visualization</a></p> <p><a href="#">NYSED Child Nutrition Management System</a></p>
 <p>Implement values-based food procurement practices, such as increasing food purchases from NYS farms and from minority and women-owned businesses, to create a more equitable, accountable, and transparent food system.<sup>104,105</sup></p> 	Adults	Ages 18+	<p>Amount of money spent on food from minority and women-owned business enterprises (M/WBE), amount of money spent on food items that were either grown, processed, manufactured, or distributed by business enterprises located within New York State</p> <p><a href="#">NYC Food Policy Purchasing</a></p>
 <p>Implement nutrition standards and food service guidelines for meals and snacks served in facilities, worksites, and institutions (e.g., vending machine options, meals served in cafeterias, etc.).<sup>106-108</sup></p> 	Adults	Ages 18+	<p>Number of hospitals that implement nutrition standards for meals and snacks served</p>

Interventions	Population of Focus	Age Range	Intermediate Measures
 <p>Promote and support enrollment in nutrition programs that improve the quality of meals and snacks served in early learning and childcare settings (e.g., Child and Adult Care Food Program, Eat Well Play Hard in Child Care Settings, Farm to Early Care and Education).<sup>109</sup></p> 	Children	Ages 0-4	<p>Number of early care and education sites that implement nutrition policies and practices</p> <p><a href="#">Child and Adult Care Food Program Participation</a></p> <p><a href="#">The Nutrition and Physical Activity Self-Assessment for Child Care (NAPSACC)</a></p>
 <p>Expand Food as Medicine approaches across the lifespan, especially for populations at a higher risk of nutrition-related health disparities (e.g., medically tailored meals and groceries, produce prescription programs, etc.).<sup>110</sup></p> 	Individuals with complex, nutrition-sensitive chronic diseases and high health care utilization	All ages	Number of health care facilities and health insurance plans that self-report implementing a Food as Medicine initiative/program
 <p>Promote and expand the availability of fruit and vegetable incentive programs.<sup>111-115</sup></p> 	Everyone	Ages 18+	<p>Number of programs that adopt policies and practices to increase consumption of fruits and vegetables</p> <p><a href="#">How to Run a Nutrition Incentive Network-PAGE 34, 47, APPENDICES</a></p>
 <p>Implement healthy food and nutrition guidelines (e.g., Healthy Eating Research (HER) Guidelines, Hunger Prevention and Nutrition Assistance Program (HPNAP) nutrition standards) to improve the quality of foods offered within the charitable food system (e.g., food banks, food pantries, community kitchens, emergency shelters, etc.).<sup>116-117</sup></p> 	People who access emergency food relief organizations (EFROs)	Ages 18+	<p>Number of HPNAP sites</p> <p><a href="#">Health Data NY: HPNAP Sites</a></p>
 <p>Implement periodic community needs assessments to prioritize the development of nutrition programs in high-risk areas.<sup>118-120</sup></p> 	Everyone	All ages	Track data collected and collection methods for need assessments
 <p>Promote Farm to School networks and edible school gardens to increase access to fruits and vegetables in schools.<sup>121</sup></p> 	Children, adolescents	Ages 5-18	Number of schools that have edible school gardens, number of schools that received food from NYS farms

## Lead Partner Agencies and Organizations

### NYS Department of Health

- Division of Nutrition
- Hunger Prevention Nutrition Assistance Program (HPNAP)
- Women, Infants, and Children (WIC)
- Child and Adult Care Food Program (CACFP)
- Eat Well Play Hard (EWPH)
- State Physical Activity and Nutrition Programs

### NYS Education Department

- Division of Child Nutrition
- National School Lunch Program
- School Breakfast Program
- Summer Food Service Program
- Afterschool Snack Program
- Farm to School
- Special Milk Program
- Fresh Fruit and Vegetable Program

### NYS Office of Temporary and Disability Assistance

- Supplemental Nutrition Assistance Program (SNAP)
- Summer EBT
- SNAP-Ed
- Restaurant Meals Program
- Double Up Food Bucks
- NY Fresh Connect Checks

### NYS Office for the Aging

- Community Dining
- Home-delivered meals
- Senior Farmers' Market Nutrition Program
- Local offices for the aging

### NYS Department of Agriculture and Markets

- Council on Hunger and Food Policy NYC Department of Health and Mental Hygiene
- NYC Health and Hospitals Corporation
- GrowNYC
- The Alliance for a Hunger Free New York
- Cornell Cooperative Extension

## Implementation Resources

[Patrick Leahy Farm to School Grant Program](#)

[NYS Department of Agriculture and Markets Farm-to-School](#)

[Cornell Cooperative Extension](#)

[The Alliance for a Hunger Free New York](#)

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