

Introduction:

As a leader in the fight against hunger for Galveston County since inception in 2010, the Galveston County Food Bank (GCFB) has embraced the mission to accommodate the needs of our residents. We as an organization care about our community and increasing rates of obesity, diabetes, and other diet related chronic diseases throughout the lifespan are continually rising, particularly in the low-income communities that we serve. Therefore, we see it as our role to be a part of the solution.

Food Insecurity and Chronic Disease:

Our food insecure population facing challenges of limited access to nutritious foods hinders health, growth, and learning, while disproportionately feeding chronic disease, lack of productivity, lost work, and income disparity. Food insecurity, or the lack of stable nutrition, is predictive of 10 chronic conditions including: hypertension, coronary artery disease, stroke, hepatitis, cancer, asthma, diabetes, arthritis, chronic obstructive pulmonary disease, and kidney disease.

Food Insecurity and Malnutrition:

Malnutrition can include a variety of conditions all related to poor nutrition, however not always involving a calorie deficit. Malnutrition is associated with several factors, including food insecurity. The annual economic burden of malnutrition in the United States is over \$155 billion with \$51 billion of that cost attributable to older adults, and almost half of older adults that go through the Emergency Department are either malnourished or at risk of malnutrition.

Statement:

To try and address these associations with malnutrition and chronic disease, GCFB has become more aware of the foods made available by the food bank, and is strategizing with local partner agencies, mobile food distribution host sites, as well as our own staff for Client Choice Market to increase the best foods available to the clients. These efforts will maximize the short-term crisis our clients find themselves in to alleviate problems faced beyond what food is on the shelf¹.

Nutrition Policy:

Through the years GCFB has touched more lives every year with food assistance and we continue to improve the ways in which we serve our community. Three key elements of a healthful lifestyle are balance, moderation, and variety of nutrient rich foods. Moving forward we are responsible for improving our procurement and policy standards to provide for these lifestyle components. We aim for 80% of what we distribute to fall into the categories below.

Foods to Encourage:

Fresh fruits and vegetables with nothing added

Frozen fruits and vegetables with nothing added

100% fruit or vegetable juice

Canned vegetables labeled low sodium or no salt added

Canned fruit packed in water or its own juice

Whole grain products (whole grain listed as first ingredient)

Brown rice

Eggs

Nuts, seeds, beans, lentils with nothing added

Lean protein meats

Low-fat flavored or unflavored dairy

References for this policy available upon request

¹See Appendix A & B for further information on health concerns and trends in our community

A: Galveston County statistics

Obesity:

Obesity rate for public health region 6 (PHR 6) including Galveston County: **40.5%***

Data collected in 2018

Obesity rate for Galveston County only: **31.3%***

Data collected in 2020 (U.S. News and World Report 2020)

***See Appendix B for comparison of obesity prevalence state-wide**

Leading Causes of Death:

1. Malignant neoplasms
2. **Diseases of the heart***
3. Cerebrovascular diseases
4. Accidents
5. Chronic lower respiratory diseases
6. Septicemia
7. **Diabetes***
8. Nephritis, nephrotic syndrome, and nephrosis
9. Chronic liver disease and cirrhosis
10. Alzheimer's disease

***conditions with dietary links**

Life Expectancy:

77.2 years

(U.S. News and World Report 2020)

Diabetes:

Prevalence: **9.2%***

***See Appendix B for comparison of diabetes prevalence state-wide**

Health Coverage:

Population with no health insurance: **15.7%***

(U.S. News and World Report 2020)

***See Appendix B for comparison of health coverage state-wide**

Food Availability:

Local food outlets per 100,000: **1.9**

(U.S. News and World Report 2020)

Population without access to a large grocery store: **39.6%**

(U.S. News and World Report 2020)

B: General Statistics on Texas health

Cholesterol:

Adults who have had their blood cholesterol checked and have been told it was high: **33%**

Data collected in 2017, n = 4,584

Adults who have had their blood cholesterol checked and have been told it was high making \$15,000/year or less: **34.8%**

Data collected in 2017, n = 531

Cardiovascular Disease:

Ever told you had angina or coronary heart disease:

2011: **4.1%**

n = 1,028

2018: **3.8%**

n = 729

Ever told you had angina or coronary heart disease making \$15,000/year or less:

2011: **6.1%**

n = 210

2018: **5.7%**

n = 103

Ever been told you had a heart attack (myocardial infarction):

2011: **4.1%**

n = 967

2018: **5%**

n = 711

Ever been told you had a heart attack (myocardial infarction) making \$15,000/year or less:

2011: **7.5%**

n = 231

2018: **8.2%**

n = 103

Ever been told you had a stroke:

2011: **2.7%**

n = 626

2018: **3.7%**

n = 545

Ever been told you had a stroke making \$15,000/year or less:

2011: **4.8%**

n = 152

2018: **4.5%**

n = 97

Diabetes:

Ever been told that you have diabetes:

2011: **10.2%**

n = 2,062

2018: **12.6%**

n = 1,743

Ever been told that you have diabetes making \$15,000/year or less:

2011: **15.3%**

n = 418

2018: **21.7%**

n = 248

Kidney Disease:

Ever been told that you have kidney disease: **3.7%**

Data collected in 2018, n = 505

Ever been told that you have kidney disease making \$15,000/year or less: **6.6%**

Data collected in 2018, n = 71

Fruits and Vegetables:

Adults who consume fruit less than one time per day: **39.4%**

Data collected 2017, n = 4,255

Adults who consume fruit less than one time per day making \$15,000/year or less: **47.8%**

Data collected 2017, n = 661

Adults who consume vegetables less than one time per day: **21.9%**

Data collected 2017, n = 2,131

Adults who consume vegetables less than one time per day making \$15,000/year or less: **34.2%**

Data collected 2017, n = 392

Health Coverage:

Adults who have no form of health coverage:

2011: **29.8%**

n = 2,679

2018: **22.9%**

n = 1,742

Adults who have no form of health coverage making \$15,000/year or less:

2011: **54%**

n = 699

2018: **44.6%**

n = 310

Hypertension:

Ever been told that you have high blood pressure:

2011: **31.3%**

n = 6,289

2017: **32.5%**

n = 5,299

Ever been told that you have high blood pressure making \$15,000/year or less:

2011: **32.9%**

n = 637

2017: **39.4%**

n = 687

Obesity:

Obesity amongst adults ≥ 18 years old:

2011: **30.3%**

2018: **35%**

Obesity amongst high school students:

2013: **15.7%**

2017: **18.6%**

Obesity overall:

2011: **30.4%**

n = 4,061

2018: **34.8%**

n = 3,465

Obesity overall making \$15,000/year or less:

2011: **35.9%**

n = 657

2018: **33.6%**

Exercise:

1 in 4 people do not exercise

References:

1. Holben DH, Marshall MB. Position of the Academy of Nutrition and Dietetics: Food Insecurity in the United States. *Journal of the Academy of Nutrition and Dietetics*. 2017;117(12):1991-2002. doi:10.1016/j.jand.2017.09.027.
2. Foods to Encourage Background. *Hunger and Health*. hungerandhealth.feedingamerica.org/resource/foods-to-encourage-background/.
3. Texas Department of State Health Services. Obesity Data. Texas Department of State Health Services. 2020. www.dshs.texas.gov/Obesity/Data/.
4. Explore Galveston County's Health. *U.S. News & World Report*. 2020. www.usnews.com/news/healthiest-communities/texas/galveston-county.
5. Robbins, ER. A Secondary Analysis of County Health Statistics for the Galveston County of Texas Report. *UTMB Health SHARED Home*. 2015. utmb-ir.tdl.org/handle/2152.3/657. 2015.12.01.

Malnutrition paragraph reference:

<https://pilotfeasibilitystudies.biomedcentral.com/articles/10.1186/s40814-020-00576-3>