

Winchester Heights Food Insecurity Survey Study

Year 2 SAAHEC Cohort

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BACKGROUND and SIGNIFICANCE

Purpose = to address food insecurity in the WH community and “food desert”



About Winchester Heights (WH)

“The rural nature of WH is central to nearly every aspect of life in this colonia”

- Isolated, rural community in Cochise County, AZ ~ 15 miles north of Willcox
- Decreased access to resources → increase health risks
 - e.g. DM, HTN, respiratory illnesses, aging complications, mental health conditions, ...
- **Economics data** = limited yet likely poor performing
 - Median household income (2018)
 - Willcox = \$36,921
 - Cochise County = \$48,649
 - Arizona = \$56,213
 - USA = \$60,293
 - Poverty status
 - Willcox = 26.4%
 - Arizona = 16.1%.



METHODS

1. Development of the survey
2. Distribution of the survey
3. Analysis of survey results

Funding from:

- Community Food Bank of Southern Arizona grant funded the work of *promotores*
- SEAHEC and SAAHEC funded the work of AHEC Scholars

Winchester Heights Community Survey

Hello! We are SAAHEC/AHEC Scholars, a student group of health professionals from the University of Arizona, Arizona State University, and Northern Arizona University. Our group's goal is to decrease health problems and improve the quality of life for those living in southeastern Arizona. To achieve this, SAAHEC/AHEC, in partnership with the Winchester Heights Health Organization and the Community Food Bank of Southern Arizona, are asking you to complete a short survey that will estimate how much food is available and the cost of the food in your local community. The information we get from this survey is not for government use, but instead will be used by community organizers to decide what future projects are important to focus on to improve the food resources available to local citizens. Please note that all questions are optional.

Thank you so much for your time and consideration!

SAAHEC/AHEC Scholars

1. In the past six months, how often did you worry that your household would not have enough food?

- ☐ Never
☐ Rarely
☐ Sometimes
☐ Often

2. In the past six months, how often did you or someone in your household eat less due to cost or not being able to obtain food?

- ☐ Never
☐ Rarely
☐ Sometimes
☐ Often

*What were the circumstances surrounding these events (if applicable)? _____

3. In the past six months, what food group(s) have you at times not purchased based on their cost or difficulty in obtaining?

- ☐ Vegetables
☐ Fruit
☐ Grains/Pasta
☐ Meat
☐ Seafood
☐ Dairy products (cheeses, creams, etc)

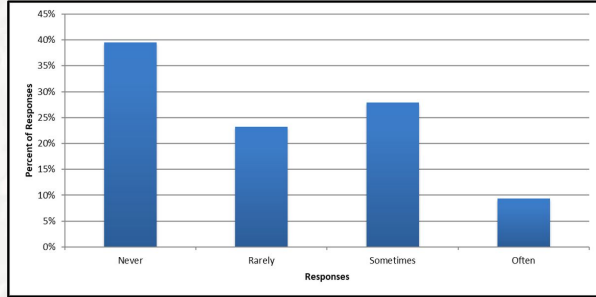
4. Please describe what a balanced and healthy meal means to you? _____

5. What places in or around Winchester Heights does your household utilize to access food? (Select all that apply)

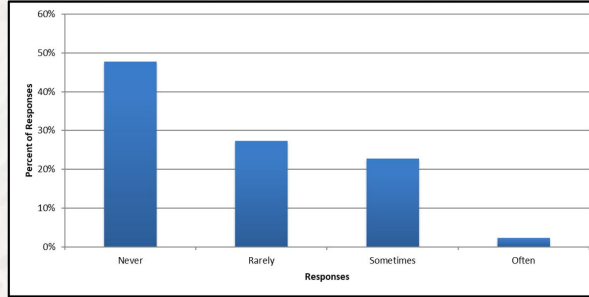
- ☐ Food trucks
☐ Food Pantry/Food Bank
☐ Governmental assistance/SNAP/WIC
☐ Community gardens
☐ Convenient stores
☐ Safeway
☐ Farmers Market
☐ Other _____

RESULTS

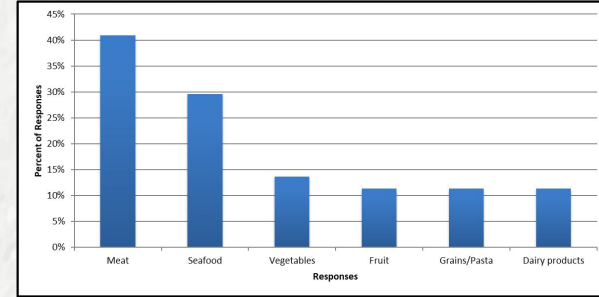
Q1 - “In the past six months, how often did you worry that your household would not have enough food?”



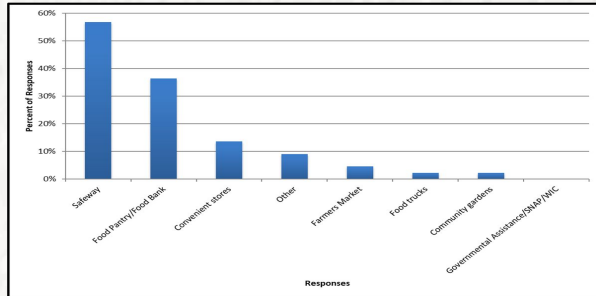
Q2 - “In the past six months, how often did you or someone in your household eat less due to cost or not being able to obtain food?”



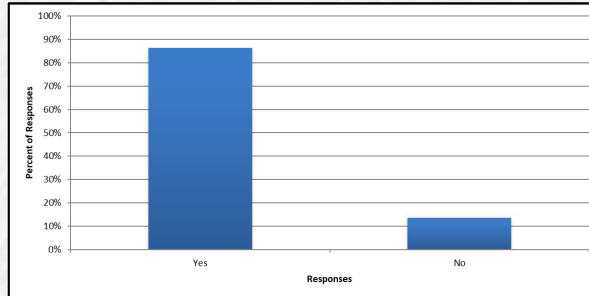
Q3 - “In the past six months, what food group(s) have you at times not purchased based on their cost or difficulty in obtaining?”



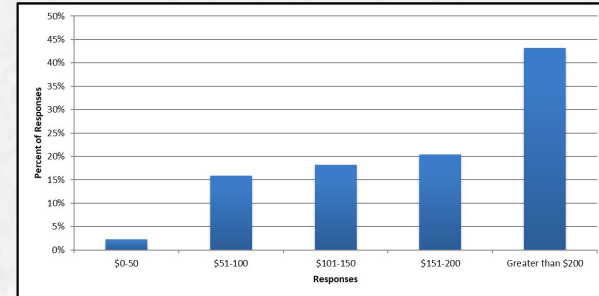
Q5 - “What places in or around WH does your household utilize to access food?”



Q6 - “Are the foods that your household prefers to cook available and affordable at local stores?”



Q7 - “On average, what is your weekly food budget for your household?”



RESULTS

Q4 - “Please describe what a balanced and healthy meal means to you.”

- A vegetarian meal
- Do not eat ready-made meals
- Meat and Vegetables
- a complete meal
- a lot of
- balance fats and sugar or eat healthy
- variety of types and colors
- eat a little bit of everything
- eat full with some vegetables
- less fat and sugar
- eating meat and rice and tortillas
- eating nutritious
- eating vegetables, chicken, fish
- eggs, cheese, corn, orange
- fish, rice, vegetables
- fruits and meats
- grains, vegetables, fruits, chicken
- junk food
- kids like it
- non-greasy food with cooked vegetables
- nutritious growth for children
- very important for our health

Q8 - “What information regarding healthy meal prep or food resources would be beneficial to your household? Examples?”

- Easy Recipes
- prepared at home
- do not eat on the street
- measures would save money
- Know better cuisine
- quick, healthy, and delicious meals
- Vegetables, fruits, fish, chicken
- cheap/economical
- don't eat junk food
- easy-to-prepare meals
- eating healthier
- fruits and vegetables
- how to prepare rich meals
- Well balanced meals
- less carbs is better
- nutritious and economical meals
- preparing my food at home
- vegetables, fish, fruits, chicken, meat
- I have knowledge of nutritious food
- very little information to prepare

DISCUSSION

- Food scarcity in WH is cause for concern
- Food pantry essential to community
- Refrigeration would be beneficial
- COVID-19 impacts



Barriers and Limitations

- Demographic location of survey respondents
- Use of promotores

Future Recommendations

- Education
- Dissemination of findings
- Research neighboring towns on food scarcity and necessity of food pantries

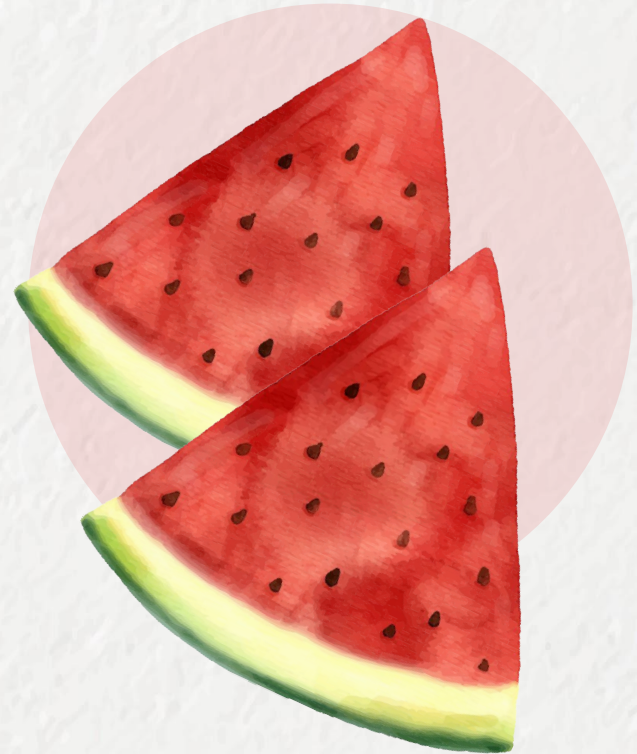


Conclusion

Food insecurity appears present to a certain degree in most respondents.

Causative factors for food insecurity:

- Employment status
- Cost of certain food groups
- Travel distance to closest grocery store
- Availability at preferred stores
- Race and geographic location



References

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