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Factors Affecting the Nutritional Status of Chittenden Emergency Food Shelf Clients

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Discussion

These results provide further insight into the barriers to accessing healthy diets faced by the clients of the Chittenden County Emergency Food Shelf. The limitations of our study included a sample size split between those at the free breakfast meal and afternoon grocery pickup. The results were based on a 24-hour food recall. Nutritional and risk factor differences may exist between the afternoon grocery pickup clients (for example, they tended to have more secure housing compared to the free breakfast meal clients) biasing the results towards the null. Our sample sizes for each group were too small to analyze independently. The 24-hour food recall is not necessarily representative of the clients’ average daily intake.

We hypothesized that having stable, body mass index, the sharing of foods with dependents, skipping meals and enrollment in the Food Stamp Program. The results of our study will inform the Food Shelf about the nutritional needs of clients with dependents.

Furthermore, the majority of the clients were overweight and this group was much less likely to meet the daily requirement for vegetables. We recommend that the Chittenden Emergency Food Shelf consider how best to meet the nutritional needs of clients with dependents.

Methods

A survey was developed for clients of the Chittenden Emergency Food Shelf in Burlington, Vermont. The survey included a 24-hour food recall as well as demographic, living conditions, access to food aid, and health literacy questions. Interviews were conducted on-site, both at the morning breakfast meal and the afternoon grocery distribution. The results of our study were used to improve programs and potentially be used to improve programs.

Introduction

Each year approximately one tenth of Americans are living with food insecurity. "Food insecurity is defined as having limited or uncertain availability of nutritionally adequate and safe foods or ability to acquire foods in socially acceptable ways" [1]. Inadequate nutrition is associated with an increased risk of obesity, poor health, and depression in adults [2]. Surprisingly, not all who experience food insecurity are hungry or receiving insufficient calories. However, many of those calories are coming from inexpensive foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods may help fuel the connection between poverty and obesity [4]. In contrast, healthier foods such as fruits and vegetables require more availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3]. This convenience, availability, affordability and the desirable taste of such foods such as potato chips, donuts, and soft drinks; foods high in calories but poor in nutrient content [3].