

## Health | Status

2009 Update

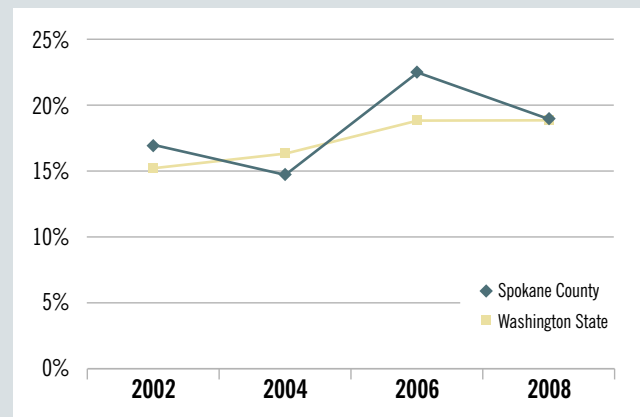
This indicator is 1 of 44 Spokane Counts indicators found at [www.srhd.org/SpokaneCounts](http://www.srhd.org/SpokaneCounts)

### Food Insecurity (youth)

Food insecurity is measured by individuals in grades 8, 10, or 12 who reported that at least once in the last year they or their family had to cut meal size or skip meals because there wasn't enough money for food. Food insecurity is associated with poorer self-reported health status and lower intake of fruits and vegetables<sup>1</sup>. Poor eating habits in childhood may continue into adulthood contributing to declines in health<sup>2</sup>.

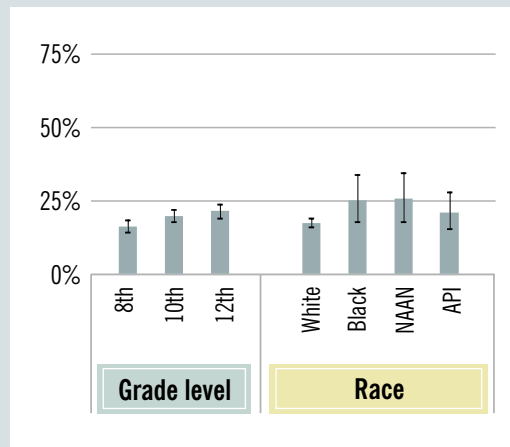
In Spokane County, approximately 1 in 5 adolescents experienced food insecurity in 2008. The proportion of youth reporting food insecurity significantly increased from 2002 to 2008. The proportion of adolescents with food insecurity in Spokane County was similar to that of Washington State in 2008.

#### Youth Food Insecurity



Source: Washington State Healthy Youth Survey

#### Demographic Disparities in Youth Food Insecurity, Spokane County, 2008



Source: Washington State Healthy Youth Survey  
NAAN=Native American/Alaska Native, API=Asian/Pacific Islander

There was no difference in food insecurity by sex.

#### Among Spokane County youth in 2008:

- Food insecurity increased as grade increased; and
- Compared to Whites, Blacks and Native Americans/Alaska Natives were more likely to experience food insecurity than were Whites.

## Indicator: Food Insecurity (youth)

Percent

(95% Confidence Interval)

	2002	2004	2006	2008	
<b>Total</b>	Spokane County	16.9% (15.2, 18.8)	14.7% (13.1, 16.5)	22.4% (20.8, 24.2)	18.9% (17.6, 20.1)
	Washington State	15.2% (14.4, 16.0)	16.3% (15.2, 17.4)	18.8% (17.9, 19.8)	18.8% (17.9, 19.7)
<b>Grade Level</b>	8th grade	17.3% (14.4, 20.5)	15.1% (12.5, 18.2)	19.6% (17.1, 22.5)	16.2% (14.4, 18.2)
	10th grade	25.8% (20.7, 31.6)	14.0% (11.3, 17.1)	24.2% (21.5, 27.1)	19.6% (17.5, 21.8)
	12th grade	18.8% (14.8, 23.6)	15.1% (12.3, 18.5)	23.7% (20.4, 27.3)	21.2% (18.8, 23.8)
<b>Sex</b>	Male	17.5% (15.1, 20.2)	14.7% (12.4, 17.4)	24.6% (22.1, 27.2)	19.3% (17.5, 21.2)
	Female	16.1% (13.9, 18.6)	14.6% (12.4, 17.0)	20.6% (18.4, 22.9)	18.4% (16.7, 20.1)
<b>Race</b>	White		14.2% (12.4, 16.1)	20.2% (18.4, 22.2)	17.3% (15.9, 18.7)
	Black		14.9% (6.7, 30.0)	46.0% (32.1, 60.6)	24.9% (17.7, 33.9)
	Native American/Alaska Native		23.5% (14.5, 35.7)	30.9% (20.2, 44.1)	25.2% (17.7, 34.6)
	Asian/Pacific Islander		9.9% (5.1, 18.3)	29.3% (20.8, 39.4)	20.7% (15.1, 27.8)

**NOTE:** National data not available.

Source: Washington State Healthy Youth Survey



January 2010

Spokane Regional Health District | Disease Prevention and Response, Community Health Assessment  
1101 W. College, Room 360 | Spokane, WA 99201 | DIRECT 509.323.2853 FAX 509.232.1706 TDD 509.324.1464

1. Centers for Disease Control and Prevention. Self-Reported Concern About Food Security Eight States, 1996-1998. *MMWR*. October 20, 2000 / 49(41);933-6.

2. Federal Interagency Forum on Child and Family Statistics. *America's Children: Key National Indicators of Well-Being, 2000*. Federal Interagency Forum on Child and Family Statistics, Washington, DC: U.S. Government Printing Office.