

FOOD INSECURITY & OTHER RURAL HEALTH DISPARITIES



Individuals will understand the differences in health status among rural vs urban residents and the factors that may contribute to these health disparities. Individuals will also make the connections between food insecurity and health disparities.

ACTION ITEMS

- Screening patients for food insecurity
- Referring patients to medically tailored meal services and nutrition services in their communities
- Networking with community members in rural communities so they feel safe to refer patients to clinics



KEY DEFINITIONS

- Food Insecurity: the state of being without reliable access to a sufficient quantity of affordable, nutritious food
- Rural Health Disparities: Rural risk factors for health disparities include geographic isolation, lower socioeconomic status, higher rates of health risk behaviors, limited access to healthcare specialists and subspecialists, and limited job opportunities
- Inequality Factors: Rural residents are less likely to have employer-provided health insurance coverage, access to healthy food options, lack of resources for physical activity

ADDITIONAL RESOURCES

- Rural Population Health and Aging: Toward a Multilevel and Multidimensional Research Agenda for the 2020s
- Health Disparities: Let's start with Hunger