

Food sufficiency

PRAMS asks, “During the past 12 months, which one of the following statements best describes the food eaten by you and your family?” Response options are: (1) Enough food to eat (2) Sometimes not enough food to eat (3) Often not enough food to eat.

Food security means more than mere sufficiency. In addition, it means that food is nutritious, and one does not have to scavenge, steal or worry about their supply.¹

Public health importance

In 2003, 11.2% of all Americans experienced food insecurity. The Healthy People 2010 goal is to increase food security to 94%.² As expected, food insecurity correlates with poverty.³ Among women, insecurity is also paradoxically associated with overweight/obesity and nutrient depletion.⁴ Biomedical research links nutrient deficiencies to poor pregnancy outcomes such as miscarriage, prematurity, intrauterine growth restriction and infection.^{5, 6}

NM PRAMS findings

In 2002, 86% of new mothers reported that their families had enough to eat (Table 72 / Figure 41). Seventy-three percent of women with no payer of delivery compared to 97% of women with insurance reported food sufficiency (Table 73). Seventy-nine percent of women with less than

high school education had enough to eat versus 93% of women with more than high school education. Non-Hispanic white women (93%) were more likely to report that their families had enough to eat than Hispanics (83%) or Native Americans (82%). Twenty percent of those receiving public assistance did not have enough to eat.

Action in NM

NMDOH Public Health offices refer eligible people for food stamps to local Income Support Division offices.

The NM Human Services Department is working to expand food stamp enrollment.

NM WIC offers nutritional support and supplementation to families of prenatal, pregnant and post-partum clients whose family income is at or below 185% of federal poverty level. In 2003, the program added farmer’s market certificates for fresh vegetables and fruits.

Resources

NM DOH Public Health Offices:
 District 1, Santa Fe: 505-827-3560
 District 2, Espanola: 505-753-2794
 District 3, Las Cruces: 505-528-5156
 District 4, Lovington: 505-396-2853

Figure 41

Percent of mothers who said their family had enough food to eat, by year of infant’s birth

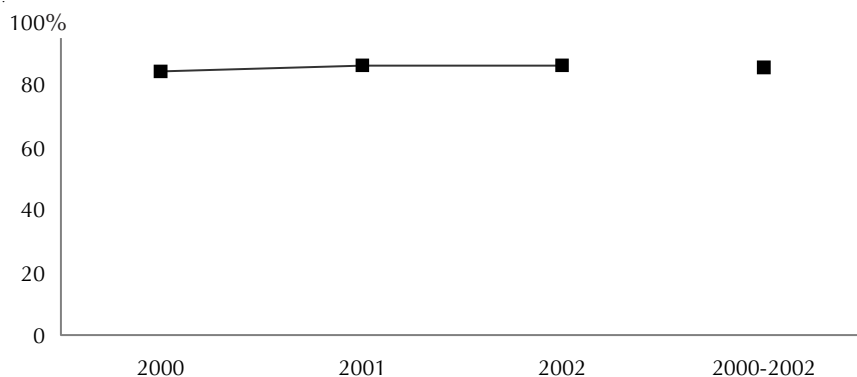


Table 72

% whose family had enough food		
Year	%	±
2000	84.1	1.9
2001	86.0	1.9
2002	86.0	1.8
2000-2002	85.4	1.1

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References

¹ Original definitions from the Life Sciences Research Office can be found in: Andersen, SA ed. Core indicators of nutritional state for difficult to sample populations. J Nutr 1990;120:1557S-1600S.
² US Department of Health and Human Services. Healthy People 2010 Conference Edition. Washington DC: January 2000. <http://www.healthypeople.gov>
³ Sullivan AF, Choiv E. Hunger and food insecurity in the fifty states: 1998-2000. Waltham, MD: Food Security Institute, Center on Hunger and Poverty, Heller Graduate School for Social Policy and Management, Brandeis University, 2002. <http://www.centeronhunger.org/FSI/research.htm> accessed on 2/24/2005.

⁴ Townsend M, Peerson J, Love B, Aschrwebweg C, and Murphy S. Food insecurity is positively related to overweight in women. J Nutr 2001;131:1738-1745.
⁵ Bhutta ZA, Jackson AA, Lumbiganov P, eds. Nutrition as a preventive strategy against adverse maternal pregnancy outcomes. J Nutr 2003;133:1589S-91S.
⁶ Jackson AA, Robinson SM. Dietary guidelines for pregnancy: a review of current evidence. Public Health Nutr 2001;4:625-30.

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NM PRAMS, years 2001-2002. "Lower" and "Upper" refer to the error margin of the 95% confidence interval; a strikethrough indicates a large margin and the need to use the data with caution. Number of respondents=3161, population=52072. Sample and weighted numbers, methods and variable definitions are in Appendix. Map of NM districts on Page 8.

Table 73

By maternal characteristic	Percent of mothers whose family had enough to eat during the past 12 months													
	0	10	20	30	40	50	60	70	80	90	100	%	Lower	Upper
All NM mothers												86.0	84.7	87.3
Age														
15-17												81.8	75.6	88.0
18-19												81.1	76.2	86.1
20-24												83.9	81.4	86.4
25-34												88.9	87.1	90.7
35 +												88.0	84.3	91.6
Ethnicity														
Non-Hispanic White												92.5	90.7	94.2
Native American												82.6	78.9	86.3
Hispanic White												82.1	80.1	84.2
Education														
Less than high school												79.0	76.0	82.0
High school												84.1	81.6	86.5
More than high school												93.1	91.6	94.5
Marital status														
Married												90.1	88.7	91.6
Not married												81.3	79.1	83.5
Any previous live birth														
No												87.6	85.6	89.7
Yes												85.0	83.3	86.7
Residence														
Central: District 1 urban												87.9	85.4	90.3
Northeast: District 2												87.5	85.0	90.0
Southwest: District 3												81.9	78.9	85.0
Southeast: District 4												86.4	83.8	89.0
Northwest: District 1 rural												83.9	80.8	87.0
Public assistance														
No												87.9	86.5	89.3
Yes												79.9	76.8	83.1
Payer of delivery														
IHS w/wo Medicaid/insurance												82.3	76.6	88.1
Medicaid w/wo insurance; no IHS												81.4	79.4	83.4
Insurance only												96.6	95.4	97.8
None												73.4	67.5	79.3