



## Population Health Trust August Newsletter

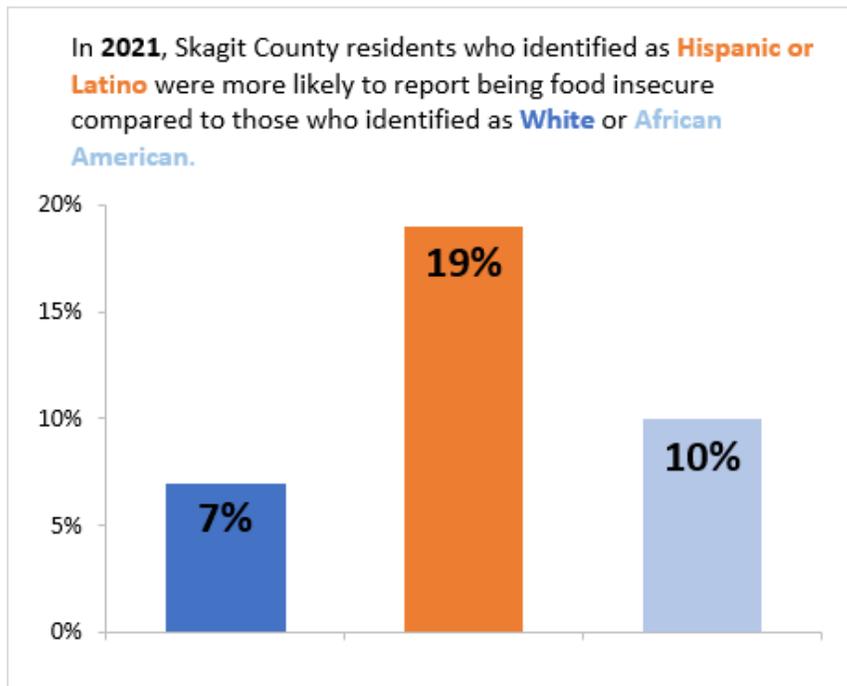
*Community Advisory Board to the Skagit County Board of Health*

**August 31, 2023**

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Summer has flown by! For many, the end of August means a return to school. Whether you are a parent or not, kids are an important part of our community and ensuring they have access to nutritious food is vital to their development. Unfortunately, 16% of children in Skagit County are experiencing food insecurity. Given this, kids have been a population of focus in our food security work.

In addition to children, the PHT identified seniors, indigenous people, and individuals experiencing developmental disabilities as populations of special focus. These groups often experience unique challenges in accessing resources and programs. In 2021, Skagit County residents who identified as Hispanic or Latino were more likely to report being food insecure compared to those who identified as White or African American. [1]



To better understand their needs, we facilitated a series of focus groups this month. Focus group participants desired a stronger, more collaborative food system that provided access to local and nutritious food. Areas of improvement suggested were connecting people to available resources and coordination among those service providers. It can be challenging to navigate what is available, especially for those that do not speak English, or have recently arrived in the area.

If we are to achieve our vision that, *Skagit County has a resilient local food system that provides equitable access to nutritious, sustainable, and culturally appropriate food for all*, we need to ensure that we are listening to those most impacted by the issue, identifying ways to connect them to relevant resources, and working to meet their unique needs.

## Skagit County Food Security Data Report

To learn more about food security in Skagit County, read our new [Skagit County Food Security Data Report](#).



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Thank you for your partnership in keeping Skagit County healthy!



The Population Health Trust was founded in 2015 and is the Community Advisory Board to the Skagit County Board of Health. For more information, check out our [website](#).

### **Population Health Trust**

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### **References**

1. Gundersen, C., A. Dewey, E. Engelhard, M. Strayer & L. Lapinski. Map the Meal Gap 2021: A Report on County and Congressional District Food Insecurity and County Food Cost in the United States in 2018. Feeding America, 2022.