The Road to Food Security: Creating a Food and Resource Center in Stillwater

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Data Report
July 2016
*blank=no response

**CURRENT AGE**

The most common age was 55-59 followed by 50-54 and then 60-64 & 65-69

**Sex**

- Female: 187, 64%
- Male: 91, 31%
- (blank): 16, 5%
The most predominant race was white followed by African American & Native American.

98% of the sample population prefers to speak English.
High school graduates, some high school, some college, 8th grade, associates degree

25% are retired, 22% are unemployed, 20% are unable to work & 9% work part time
31% live in rent house, 28% own a house and 24% rent an apartment. 4% are homeless.

Having 1-3 residents in a household was most common.
Most had no one under the age of 18 living in their house.

**CITY OF RESIDENCE**

<table>
<thead>
<tr>
<th>City</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Blank)</td>
<td>8</td>
</tr>
<tr>
<td>Yale</td>
<td>10</td>
</tr>
<tr>
<td>Stillwater</td>
<td>208</td>
</tr>
<tr>
<td>Ripley</td>
<td>11</td>
</tr>
<tr>
<td>Perkins</td>
<td>22</td>
</tr>
<tr>
<td>Other</td>
<td>9</td>
</tr>
<tr>
<td>Glencoe</td>
<td>9</td>
</tr>
<tr>
<td>Cushing</td>
<td>23</td>
</tr>
</tbody>
</table>

73% of sample reside in Stillwater, 8% live in Cushing, 8% in Perkins, 4% in Ripley, 4% in Yale and 3% in Glencoe.
42% use their benefits as much as possible, 37% never use their benefits and 19% use the benefits sometimes.
69% never use their benefits, 22% always use them and 10% use their benefits sometimes.
TOBACCO AND/OR E-CIG USE

- No: 185, 63%
- Yes: 101, 34%
- (blank): 8, 3%

Smokeless Tobacco Useage

- No: 272, 93%
- Yes: 13, 4%
- (blank): 9, 3%
5 people underweight, 67 at a normal weight, 86 were overweight & 123 were obese
N=210

Most individuals fell into the obese or overweight category
21% have heart disease, 34% have diabetes, 55% have high blood pressure, 11% have or have had cancer, 46% have depression, 0% have HIV/AIDS, 11% have had a stroke, and 21% suffer from another chronic disease. 
N=213

25% have ADHD, 51% have headaches, 38% suffer from fatigue, 61% have arthritis, 2% have Alzheimer’s, 24% have COPD, 41% have asthma, 24% have insomnia and 6% have other additional health problems. 
N=218
27% eat breakfast every day, 1% don’t know, 19% eat it most days, 11% never eat it and 42% eat it daily.

36% eat it every day, 1% don’t know, 23% eat it most days, 4% never eat it and 37% eat it some days.
64% eat it every day, 1% don’t know, 23% eat it most days, <1% never eat it and 12% eat it some days

53% drink it every day, 2% don’t know, 15% drink it most days, 6% never drink it and 25% drink it some days
28% eat it every day, 1% don’t know, 21% eat them most days, 7% never eat them and 42% eat them some days

35% eat them every day, <1% don’t know, 30% eat them most days, 4% never eat them and 30% eat them some days
Most common are no car, have to rely on a ride, people are picking and no supplies at home
**FREQUENCY OF FAST FOOD CONSUMPTION**

- Every day: 73%
- I don't know: 3%
- Most days: 3%
- Never: 2%
- Some days: 3%
- (blank): 15%

**HOW OFTEN MEALS ARE PREPARED AT HOME**

- Every day: 45%
- I don't know: 2%
- Most days: 32%
- Never: 4%
- Some days: 17%
- (blank): 0%
Over half of the sample population doesn’t feel like they have what they need to prepare a healthy meal at home on a regular basis.
41% do not eat meals with their family on a consistent basis

Amount of people who feel they have adequate skills to prepare a healthy meal at home

89% feel that they have adequate skills but 11% do not
85% believe they have all necessary tools but 15% do not.

90% feel that they have proper storage but 10% do not.
86% are interested in eating healthy and 13% are not

92% understand the benefits and 8% do not
77% (60% confidently) believe they could write a grocery list while 23% do not (10% definitely not)

85% (64% confidently) believe they can select quality produce while 15% do not (6% definitely not)
74% (58% confidently) feel comfortable reading a label while 26% do not (6% definitely not)

**NUMBER OF PEOPLE WHO LIKE HELP FINDING SECURE HOUSING**

- Yes: 176, 60%
- No: 58, 20%
- I don't know: 34, 11%
- (blank): 26, 9%

I AM NOT SURE
I DISAGREE A LITTLE
I DISAGREE VERY MUCH
NUMBER OF PEOPLE WHO WOULD LIKE HELP FINDING EMPLOYMENT

- Yes: 171 (58%)
- No: 70 (24%)
- I don't know: 37 (13%)
- (blank): 16 (5%)

NUMBER OF PEOPLE WHO WOULD LIKE HELP WITH TRANSPORTATION

- Yes: 181 (62%)
- No: 57 (19%)
- I don't know: 44 (15%)
- (blank): 12 (4%)
NUMBER OF PEOPLE WHO WOULD LIKE HELP OBTAINING IDENTIFICATION

- 197, 67% (No)
- 50, 17% (Yes)
- 36, 12% (Blank)
- 11, 4% (I don't know)

NUMBER OF PEOPLE WHO WOULD LIKE HELP GETTING ACCESS TO HEALTHCARE

- 160, 55% (No)
- 80, 27% (Yes)
- 44, 15% (Blank)
- 10, 3% (I don't know)
NUMBER OF PEOPLE WHO WOULD LIKE HELP WITH BASIC NEEDS

- 127, 43%
- 120, 41%
- 36, 12%
- 11, 4%
- I don't know
- No
- Yes
- (blank)

NUMBER OF PEOPLE WHO WOULD LIKE THE PANTRY TO OFFER MORE FRESH FRUITS AND VEGETABLES

- 207, 70%
- 37, 13%
- 20, 7%
- 30, 10%
- I don't know
- No
- Yes
- (blank)
NUMBER OF PEOPLE WHO SAY THEY WOULD EAT MORE FRESH FRUITS AND VEGETABLES IF THEY WERE AVAILABLE

- I don't know: 223, 76%
- No: 32, 11%
- Yes: 11, 4%
- (blank): 28, 9%

NUMBER OF PEOPLE WHO WOULD LIKE TO LEARN HOW TO WRITE A HEALTHY GROCERY LIST

- I don't know: 66, 23%
- No: 177, 60%
- Yes: 36, 12%
- (blank): 15, 5%
NUMBER OF PEOPLE WHO SAY IT WOULD BE HELPFUL TO HAVE HEALTHY ITEMS MARKED IN THE PANTRY

- Yes: 139, 47%
- No: 93, 32%
- Blank: 25, 8%
- I don't know: 37, 13%

NUMBER OF PEOPLE WHO WOULD LIKE TO LEARN ABOUT WHY EATING HEALTHY IS IMPORTANT

- Yes: 145, 49%
- No: 90, 31%
- Blank: 21, 7%
- I don't know: 38, 13%
NUMBER OF PEOPLE WHO WOULD LIKE TO LEARN HOW HEALTHY EATING CAN HELP WITH A CHRONIC DISEASE

- No: 125 (43%)
- Yes: 112 (38%)
- (blank): 36 (12%)
- I don't know: 21 (7%)

NUMBER OF PEOPLE WHO WOULD LIKE HELP BECOMING MORE PHYSICALLY ACTIVE

- No: 136 (46%)
- Yes: 103 (35%)
- (blank): 40 (14%)
- I don't know: 15 (5%)
NUMBER OF PEOPLE WHO WOULD LIKE TO LEARN HOW TO STOP USING TOBACCO PRODUCTS

- 177, 60%: Yes
- 57, 19%: No
- 46, 16%: I don't know
- 14, 5%: (blank)

NUMBER OF PEOPLE WHO WOULD LIKE THE NEW FRC TO HAVE A COMMUNITY GARDEN

- 164, 56%: Yes
- 70, 24%: No
- 36, 12%: I don't know
- 24, 8%: (blank)
70% said they do have enough food while 30% said they do not
56% said they are aware of the program while 44% said they are unaware.

13% said they do need a place for their children to go while 87% said they do not.
46% said a child center would be helpful and 54% said it would not be.

55% said they are interested in having their children learn about health while 45% they are not.
14% said they are interested in receiving these classes while 86% said they are not.

12% said they are interested in pregnancy education while 88% said they are not.
9% said they are interested in breast feeding education while 91% said they are not

12% said they are interested in learning about infant health while 88% said they are not
17% said they are interested in learning about maternal health while 83% said they were not