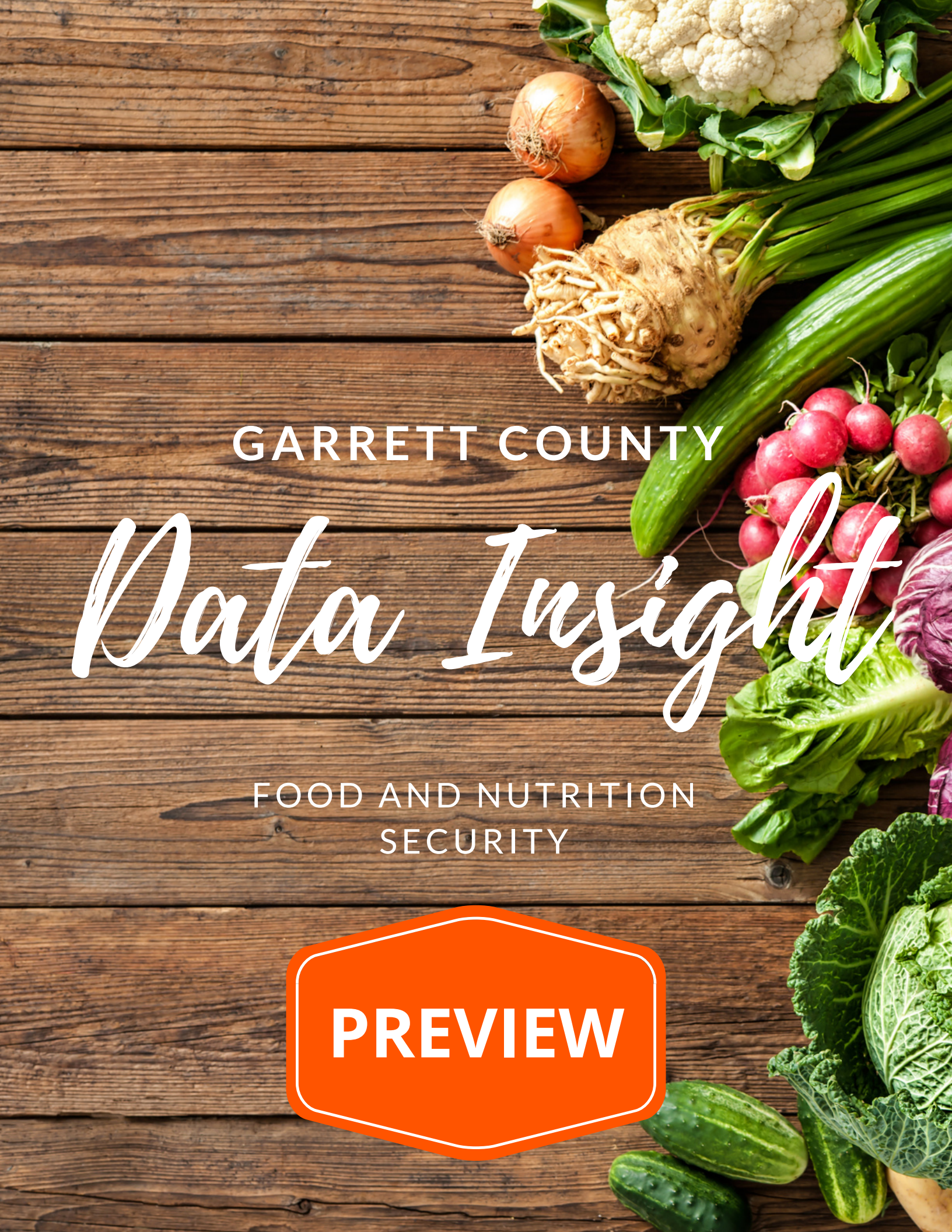

GARRETT COUNTY
Data Insight
FOOD AND NUTRITION SECURITY
PREVIEW

DATA INSIGHT

B: FOOD AND NUTRITION SECURITY

Community Story

To reduce the risk for chronic diseases and improve health, we are working together in Garrett County to help people get the recommended amounts of healthy foods like vegetables, fruits, and whole grains with the aim of getting essential nutrients like calcium and potassium.

Many strategies and interventions to help people choose healthy foods are underway and can help reduce the risk of chronic diseases and improve their overall health. People who eat too many foods that are high in saturated fat and added sugars are at an increased risk for obesity, heart disease, type 2 diabetes, and other health issues.

Some people don't have the information they need to choose healthy foods. Other people don't access to healthy foods or can't afford to buy enough food. The USDA defines food insecurity as lack of consistent access to enough food for every person in a household to live an active, healthy life. Hunger is the feeling someone has when they don't have enough food.

Our community checked the box broadly titled nutrition enough times that it landed as the second issue of concern. As we explore the issue, keep in mind the complexities presented and that we don't know from our broad health assessment data what specifically it is about nutrition that concerns people the most. Is it that they are hungry, food insecure, struggling with obesity, diagnosed with type 2 diabetes, or want to learn new recipes?

> ***Sources:***
> **1.** U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at DietaryGuidelines.gov.
> **2.** https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/
> **3.** U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. Healthy People 2030: Social determinants of health.

Data Story

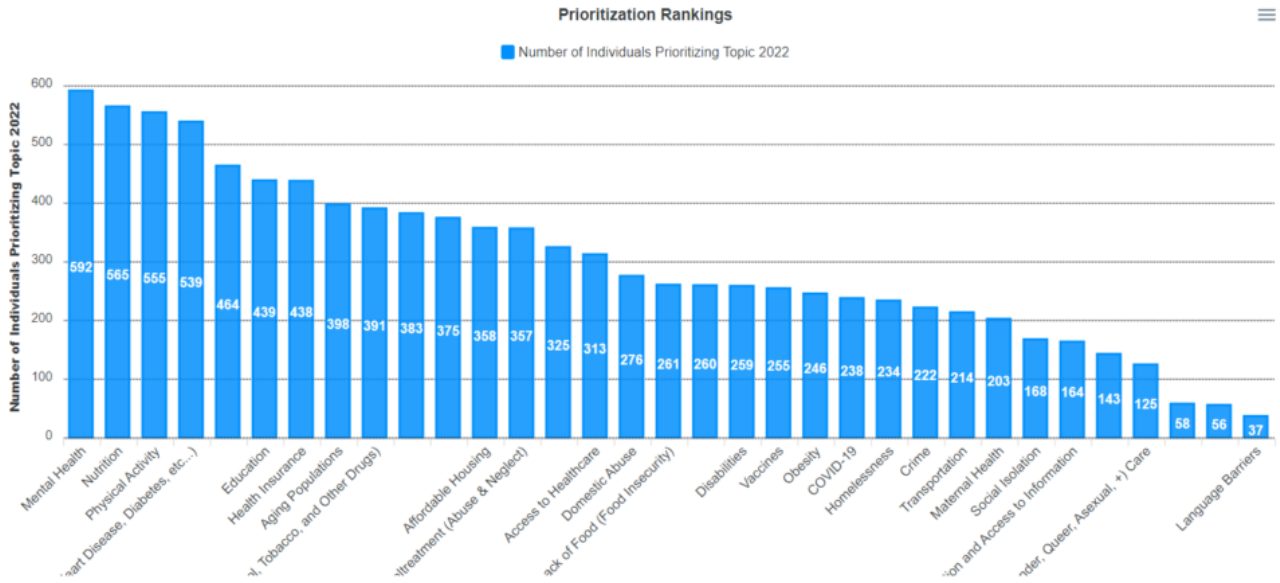
Telling a story about our data is vital to understanding the impact of programs, systems, and improvement efforts in our community. Here's the baseline data we have from our current Community Health Assessment regarding mental health. These datapoints are a collection of surveys

and research, and provide information for our community to comprehensively create strategies. These datapoints are not comparative outside of the individual survey instruments.

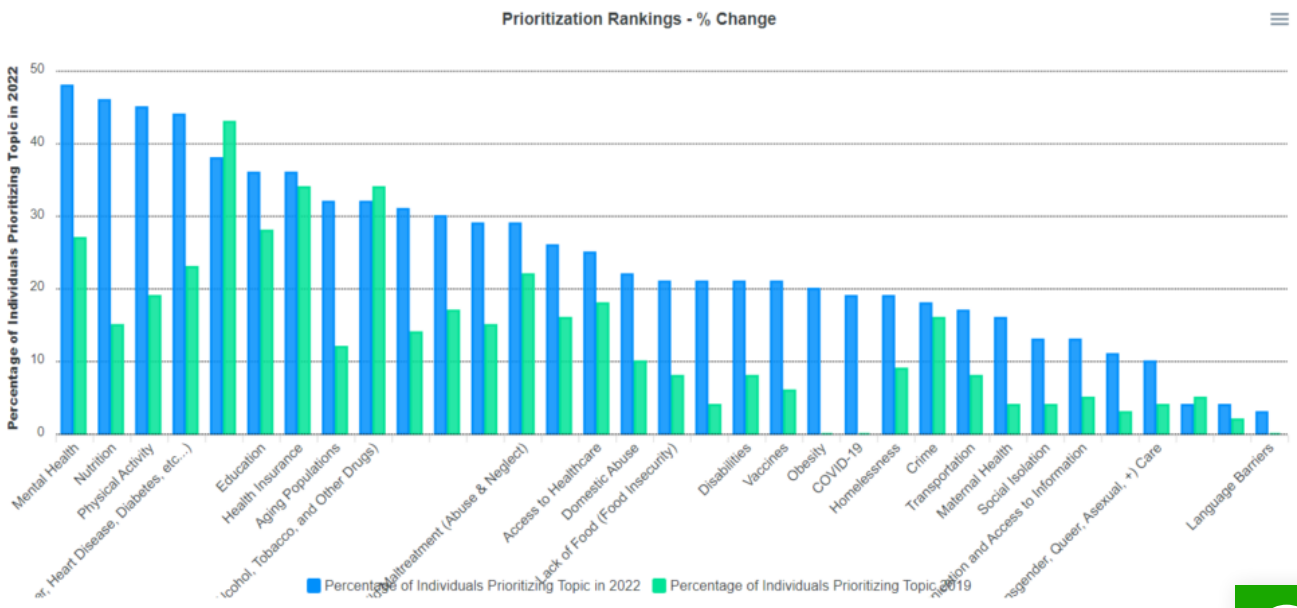
Below you'll find our own primary data sets and the secondary sources that help us know more about nutrition and food security in Garrett County. We have real-time data sets, so anyone in the community can see how a given program or intervention is performing and join in the effort on mygarrettcounty.com. Contact information is available for leadership in the area of nutrition, as well as a list of coalitions open to the public that address various issues related to nutrition and food security. Current community resources and relevant areas of interest are also included.

Here's the baseline data we have from our current Community Health Assessment regarding nutrition and food security. These data points are a collection of surveys and research to provide information for our community to comprehensively create strategies. These data points are not comparative outside of the individual survey instruments.

Assessment Data



> *A interative version of this graph, with additional data, is available at:*
> *https://charp.garrettcountyapps.com/*



> *A interative version of this graph, with additional data, is available at:*
> *https://charp.garrettcountyapps.com/*

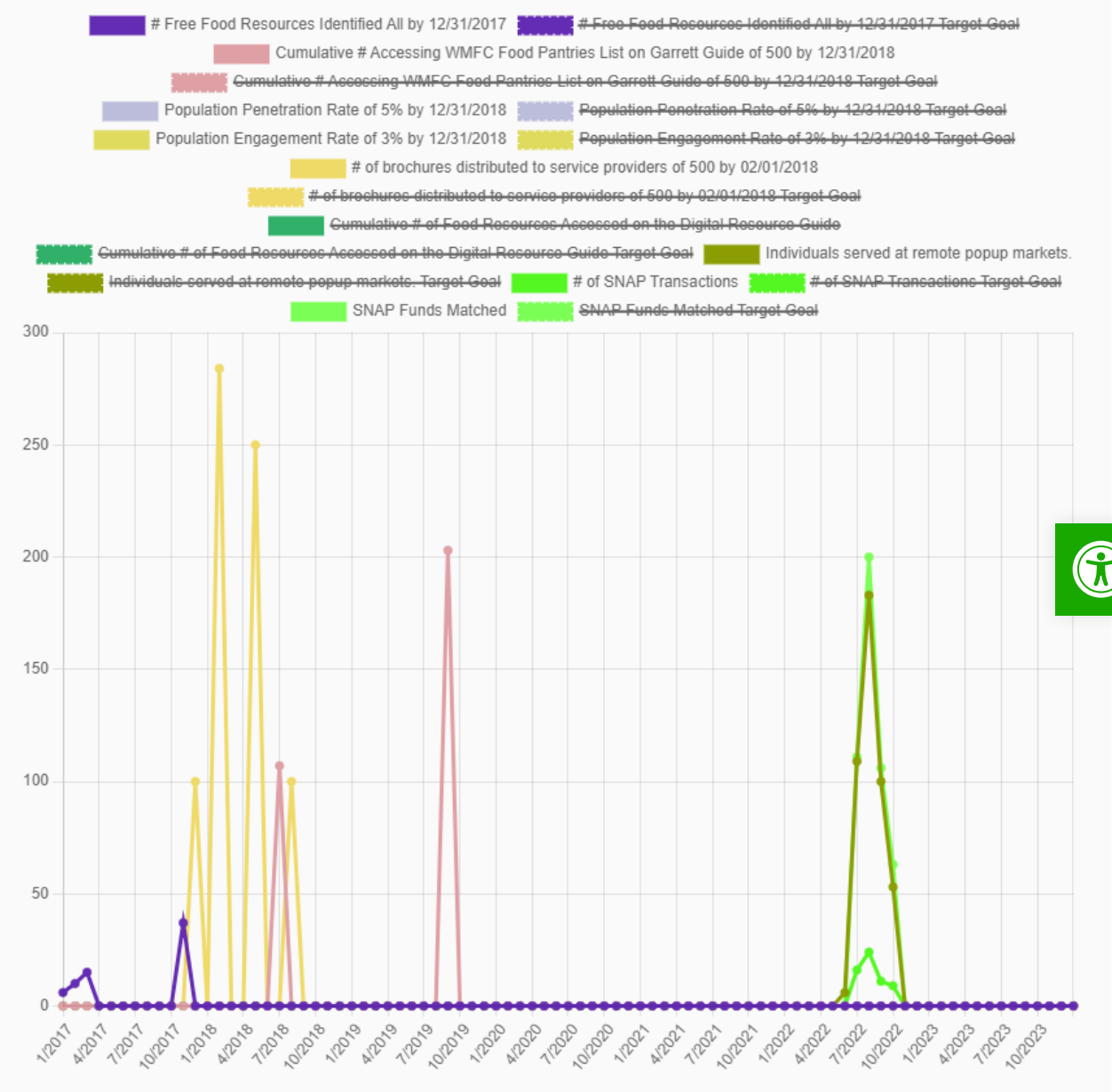
Focus groups were held in a guided conversation format about the top five issues people identified as their main concerns in our latest community prioritization survey. Below is the analysis of the focus group discussions conducted in June of 2022. To read the full analysis visit https://mygarrettcounty.com/cha2024/, and select the assessment narrative on page 10.

Focus Group Analysis

Nutrition as a priority was ranked second. Three years ago, it was ranked 14th – that's a 207% increase reported in consumer surveys. Focus group discussions centered around food insecurities and a lack of adequate nutrition in common food choices. Certain shortages at grocery stores during 2020 had a lasting impact on many. People were genuinely concerned about the future as it relates to food access. Senior citizens and younger school-aged children were frequently referenced as examples of groups impacted. These may be two of the most vulnerable demographics for hunger, and data may be difficult to obtain to delve deeper into this issue. Other themes discussed were challenges with our short growing season and needing to figure out what to do with fresh produce when there's an abundance. Barriers of expense and expertise to canning, freezing, and storing food were also discussed. Many felt they didn't have the time to eat healthy meals or prepare food. Simple recipes the whole family would enjoy was a common request in the focus groups. Meal planning and the idea of food as medicine were proposed as possible solutions to enhancing nutrition to save time. Another community member had the idea of hosting a "long table" where community members bring dishes and everyone tries something new and takes home the recipe. Farmer's co-ops and fresh markets, when in season, are accessible to some, but there are still gaps in remote communities, so expanding those programs could be helpful.

Food Council

https://mygarrettcounty.com/groups/social-determinants-of-health/raw-data/


Free Food Resources Identified All by 12/31/2017
Free Food Resources Identified All by 12/31/2017 Target Goal
Cumulative # Accessing WMFC Food Pantries List on Garrett Guide of 500 by 12/31/2018
Cumulative # Accessing WMFC Food Pantries List on Garrett Guide of 500 by 12/31/2018 Target Goal
Population Penetration Rate of 5% by 12/31/2018
Population Penetration Rate of 5% by 12/31/2018 Target Goal
Population Engagement Rate of 3% by 12/31/2018
Population Engagement Rate of 3% by 12/31/2018 Target Goal
# of brochures distributed to service providers of 500 by 02/01/2018
# of brochures distributed to service providers of 500 by 02/01/2018 Target Goal
Cumulative # of Food Resources Accessed on the Digital Resource Guide
Cumulative # of Food Resources Accessed on the Digital Resource Guide Target Goal
Individuals served at remote popup markets.
Individuals served at remote popup markets. Target Goal
# of SNAP Transactions
# of SNAP Transactions Target Goal
SNAP Funds Matched
SNAP Funds Matched Target Goal
300
250
200
150
100
50
0
1/2017
4/2017
7/2017
10/2017
1/2018
4/2018
7/2018
10/2018
1/2019
4/2019
7/2019
10/2019
1/2020
4/2020
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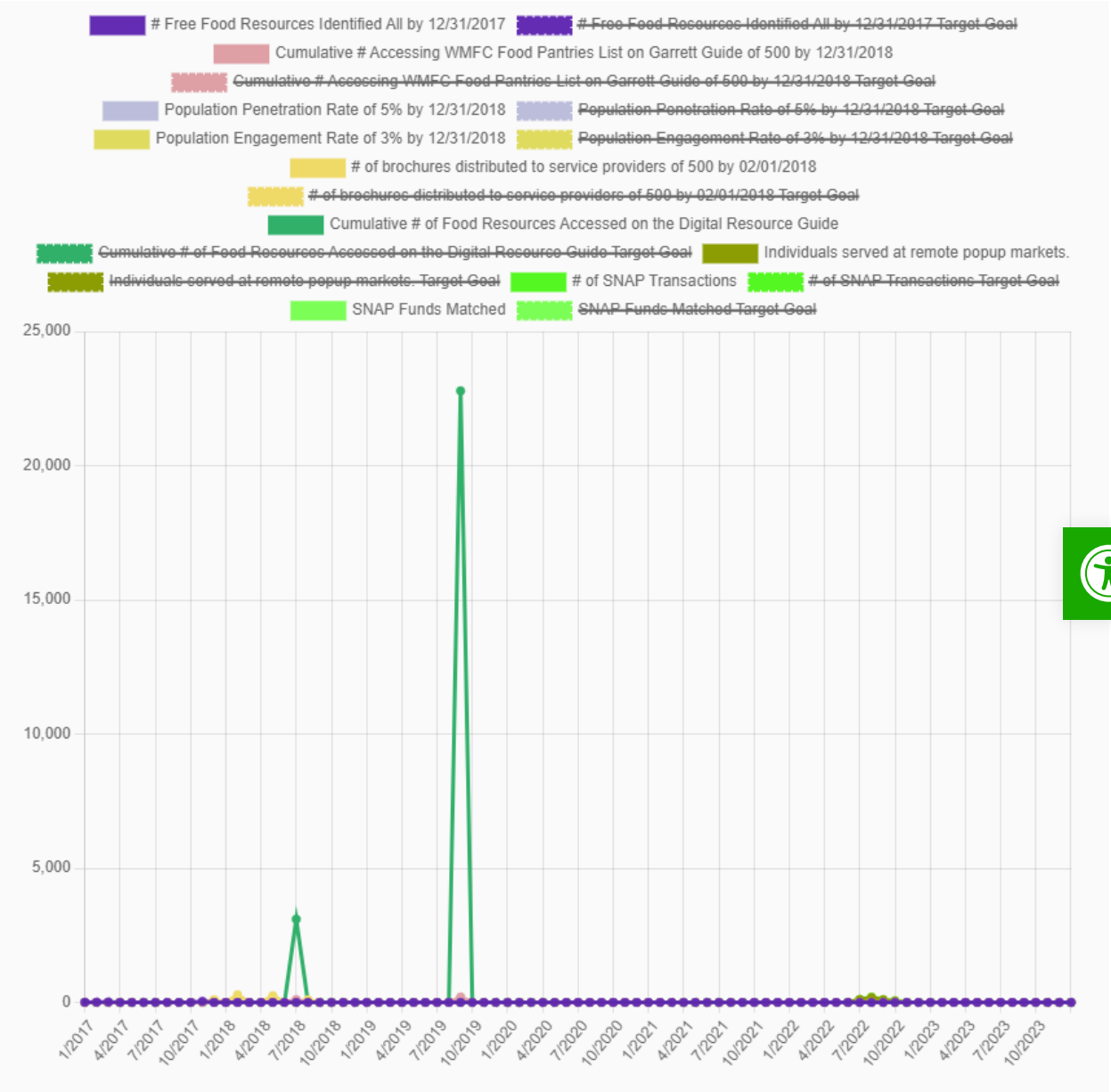
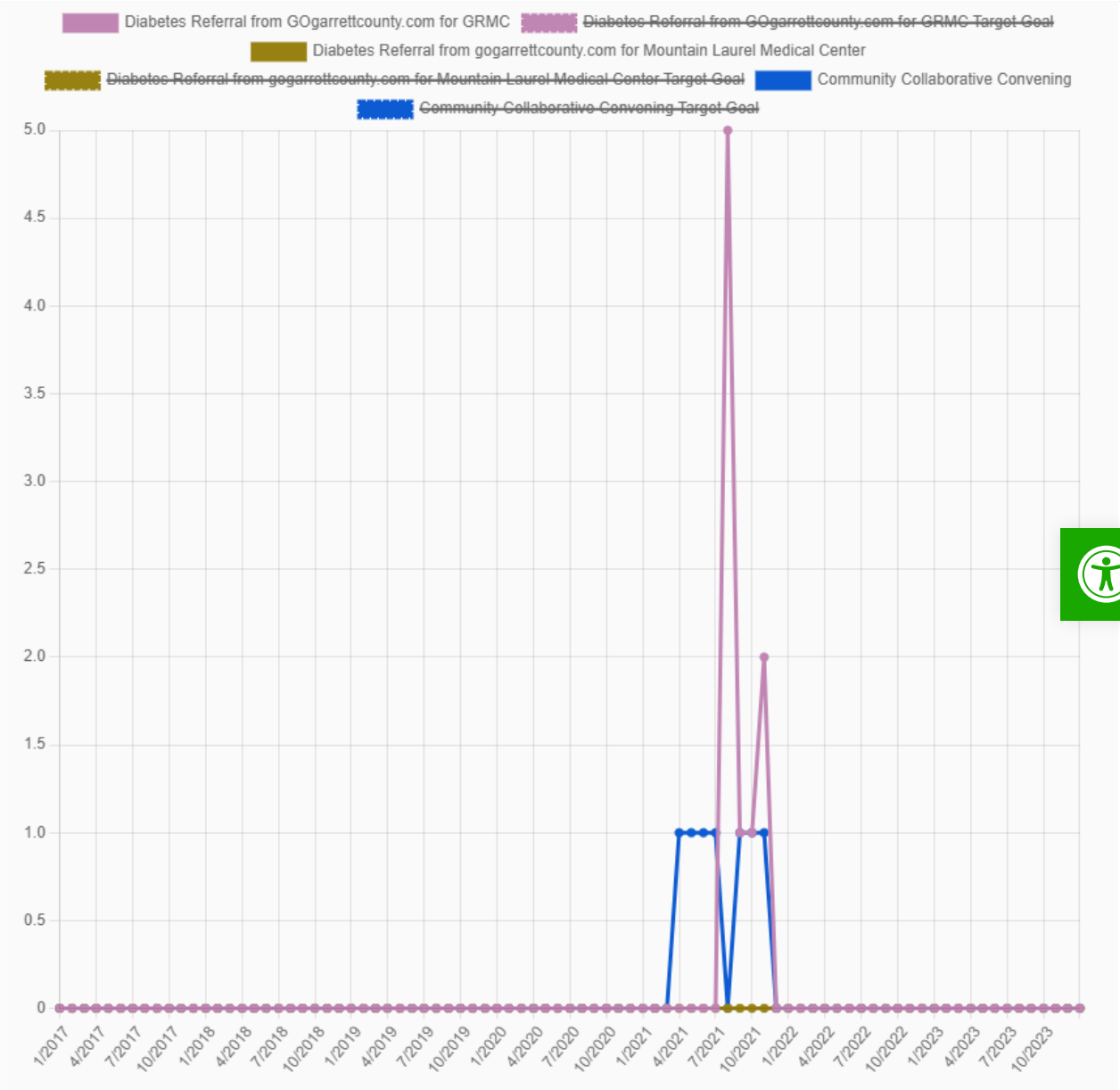
7/2023
10/2023



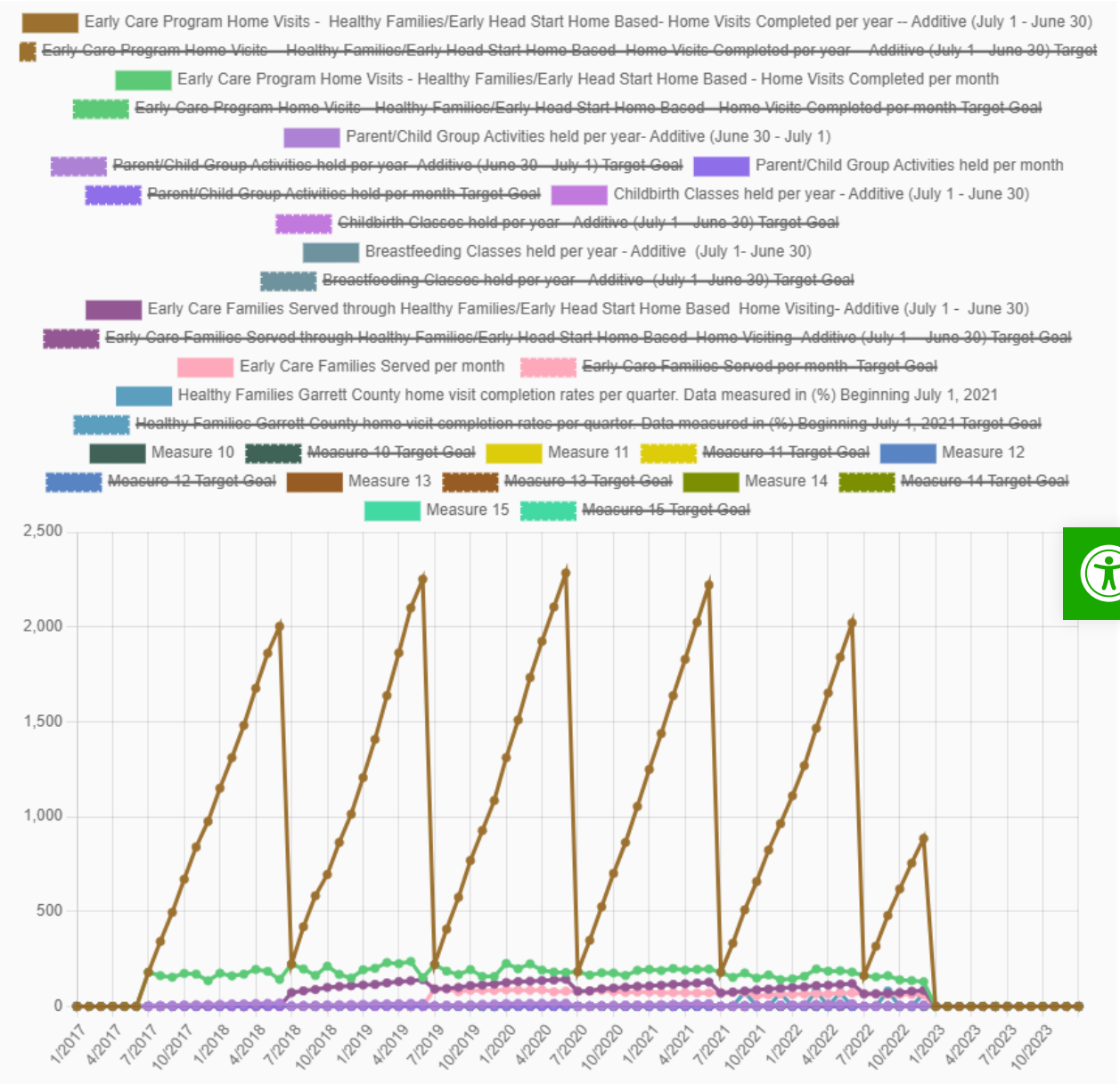
Ad Hoc Committee on Diabetes

https://mygarrettcounty.com/groups/ad-hoc-committee-on-diabetes/raw-data/



Early Care Programs System of Care

https://mygarrettcounty.com/groups/early-care-programs-system-of-care/raw-data/


Early Care Program Home Visits - Healthy Families/Early Head Start Home Based- Home Visits Completed per year -- Additive (July 1 - June 30)
Early Care Program Home Visits - Healthy Families/Early Head Start Home Based - Home Visits Completed per year -- Additive (July 1 - June 30) Target
Early Care Program Home Visits - Healthy Families/Early Head Start Home Based - Home Visits Completed per month
Early Care Program Home Visits - Healthy Families/Early Head Start Home Based - Home Visits Completed per month Target Goal
Parent/Child Group Activities held per year- Additive (June 30 - July 1)
Parent/Child Group Activities held per year- Additive (June 30 - July 1) Target Goal
Parent/Child Group Activities held per month
Parent/Child Group Activities held per month Target Goal
Childbirth Classes held per year - Additive (July 1 - June 30)
Childbirth Classes held per year - Additive (July 1 - June 30) Target Goal
Breastfeeding Classes held per year - Additive (July 1- June 30)
Breastfeeding Classes held per year - Additive (July 1- June 30) Target Goal
Early Care Families Served through Healthy Families/Early Head Start Home Based Home Visiting- Additive (July 1 - June 30)
Early Care Families Served through Healthy Families/Early Head Start Home Based Home Visiting- Additive (July 1 - June 30) Target Goal
Early Care Families Served per month
Early Care Families Served per month Target Goal
Healthy Families Garrett County home visit completion rates per quarter. Data measured in (%) Beginning July 1, 2021
Healthy Families Garrett County home visit completion rates per quarter. Data measured in (%) Beginning July 1, 2021 Target Goal
Measure 10
Measure 10 Target Goal
Measure 11
Measure 11 Target Goal
Measure 12
Measure 12 Target Goal
Measure 13
Measure 13 Target Goal
Measure 14
Measure 14 Target Goal
Measure 15
Measure 15 Target Goal
2,500
2,000
1,500
1,000
500
0
1/2017
4/2017
7/2017
10/2017
1/2018
4/2018
7/2018
10/2018
1/2019
4/2019
7/2019
10/2019
1/2020
4/2020
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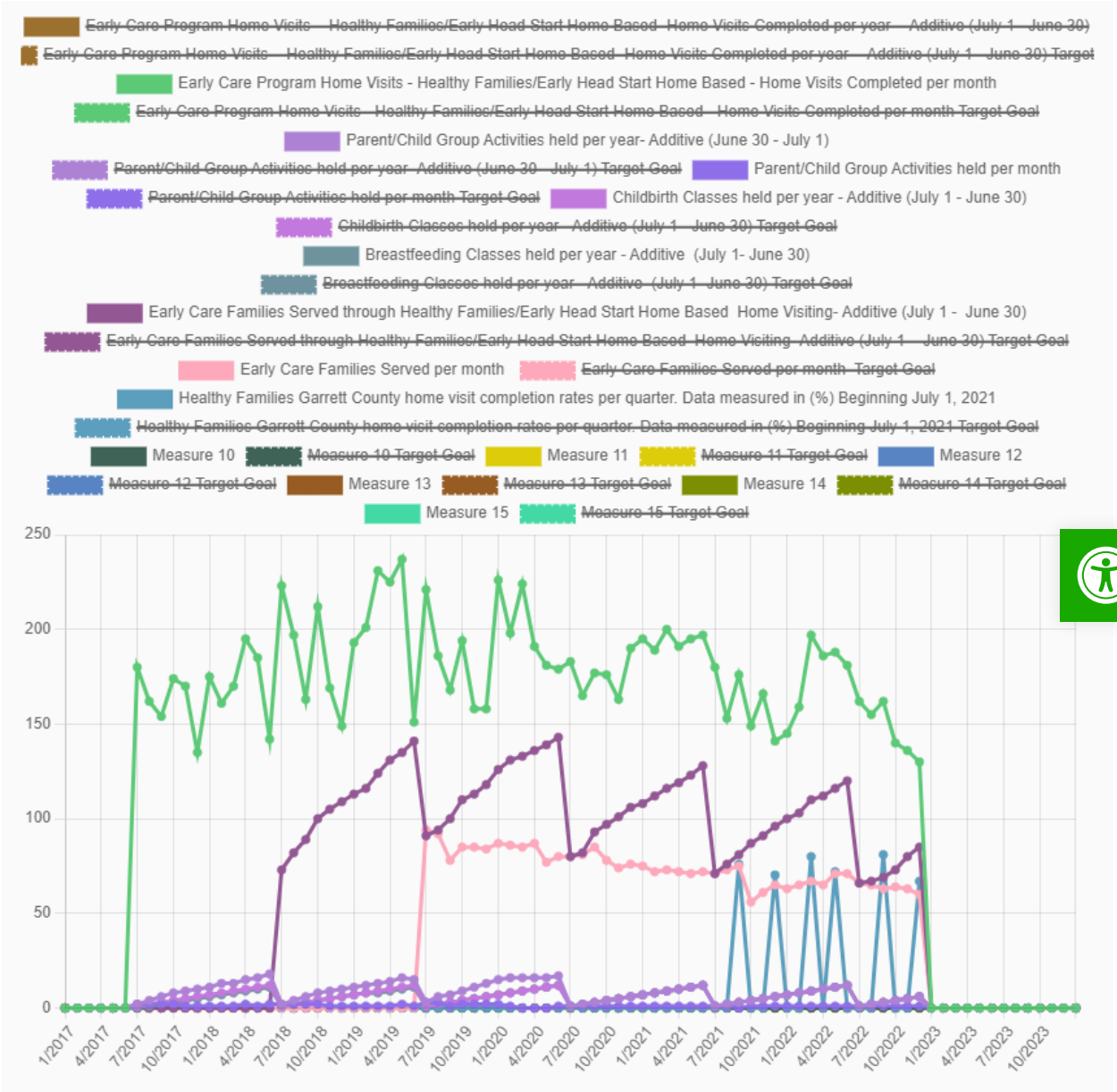
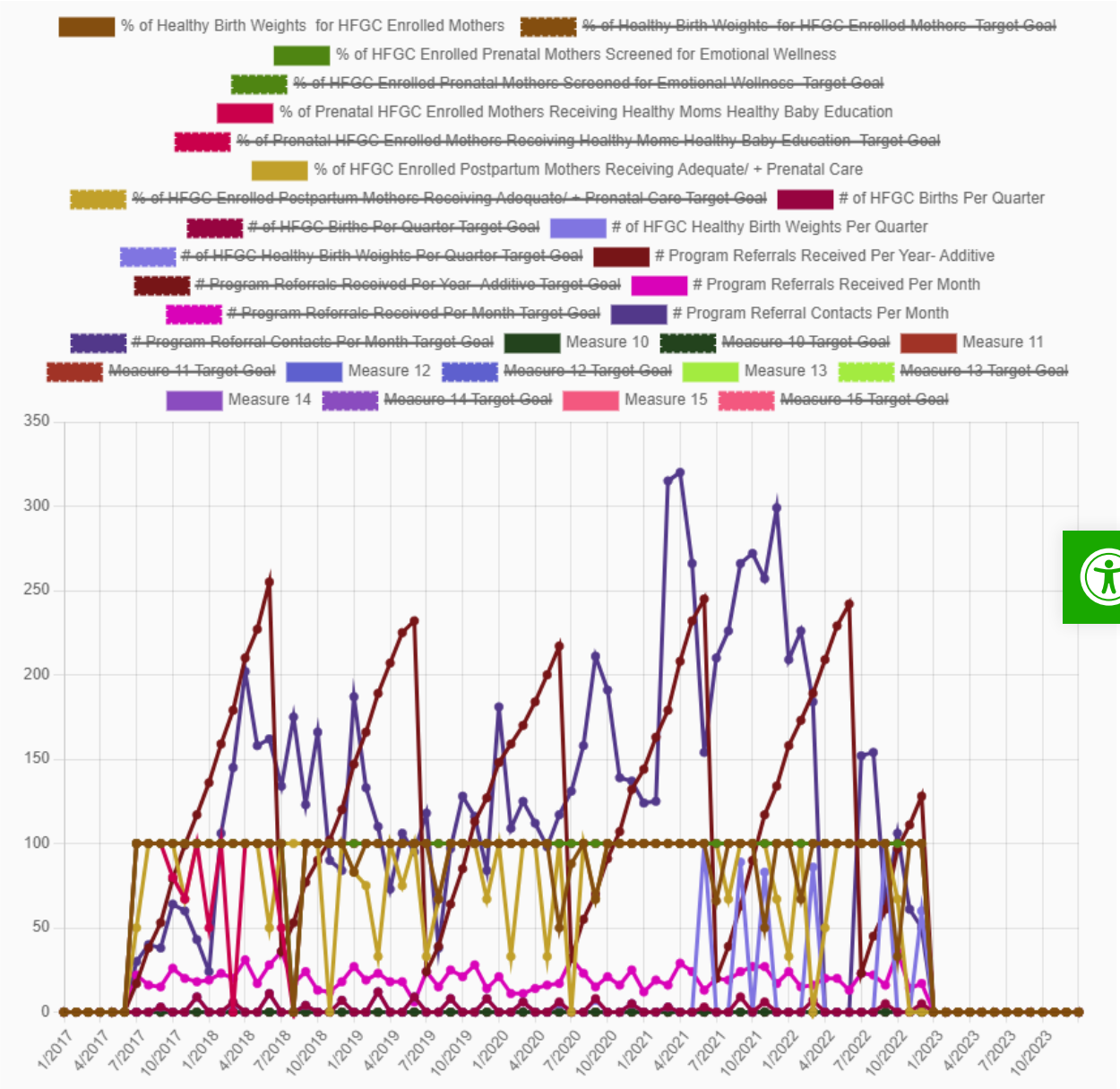


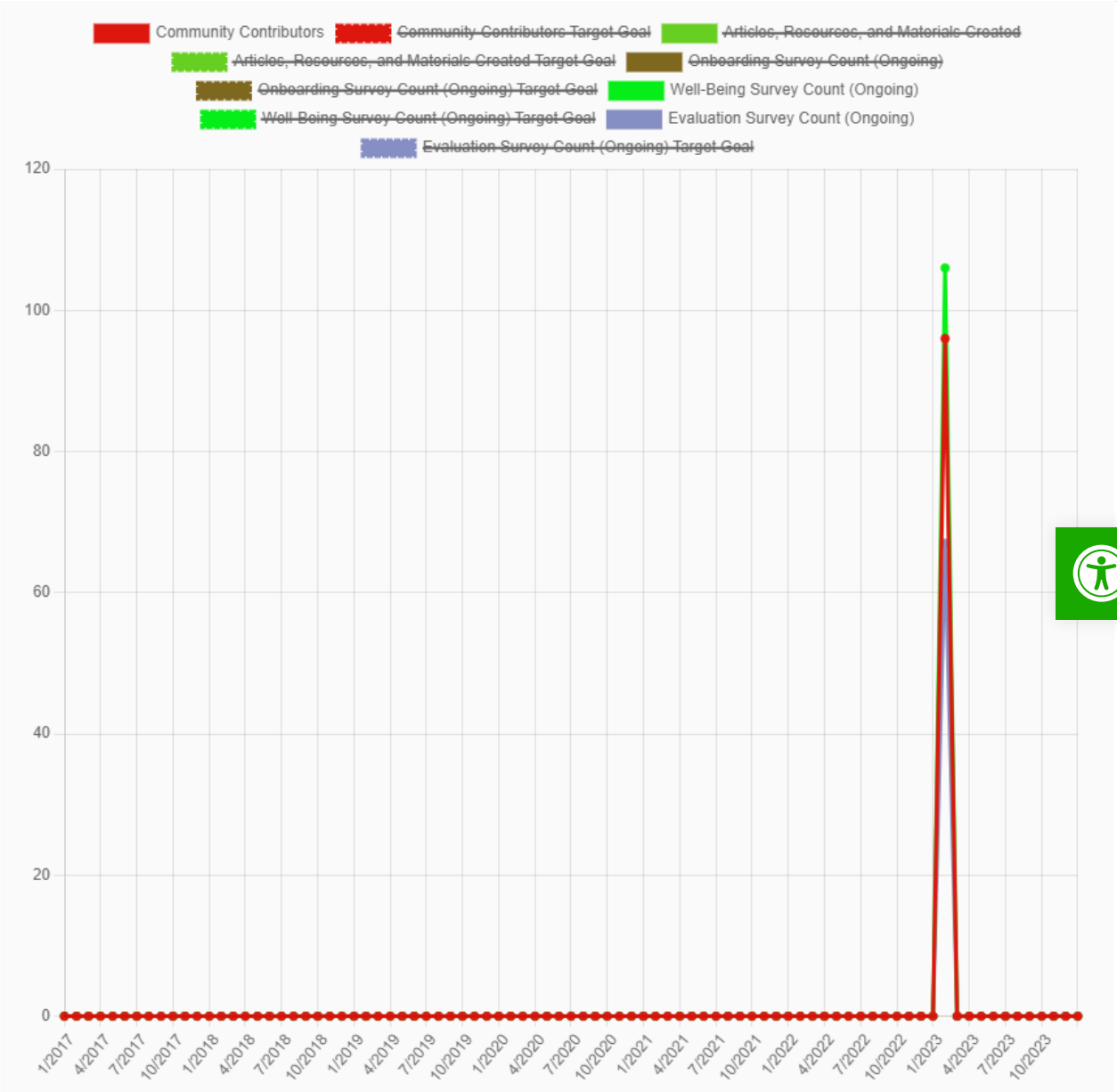
Improving Healthy Birth Weights

https://mygarrettcounty.com/groups/improving-health-birth-weights/raw-data/



Go! Garrett County

https://mygarrettcounty.com/groups/go-gc/raw-data/


Community Contributors
Community Contributors Target Goal
Articles, Resources, and Materials Created
Articles, Resources, and Materials Created Target Goal
Onboarding Survey Count (Ongoing)
Onboarding Survey Count (Ongoing) Target Goal
Well-Being Survey Count (Ongoing)
Well-Being Survey Count (Ongoing) Target Goal
Evaluation Survey Count (Ongoing)
Evaluation Survey Count (Ongoing) Target Goal
120
100
80
60
40
20
0
1/2017
4/2017
7/2017
10/2017
1/2018
4/2018
7/2018
10/2018
1/2019
4/2019
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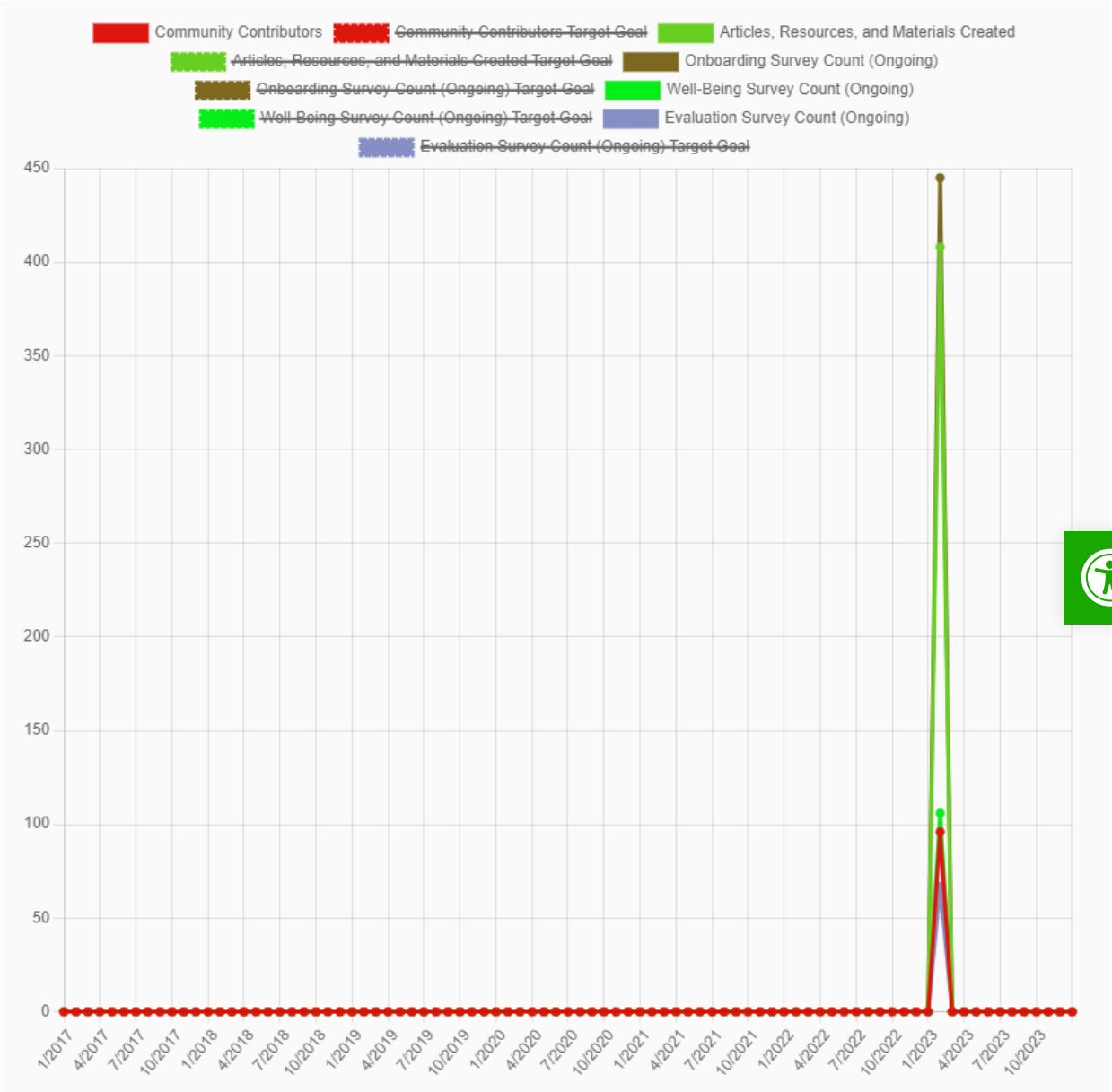
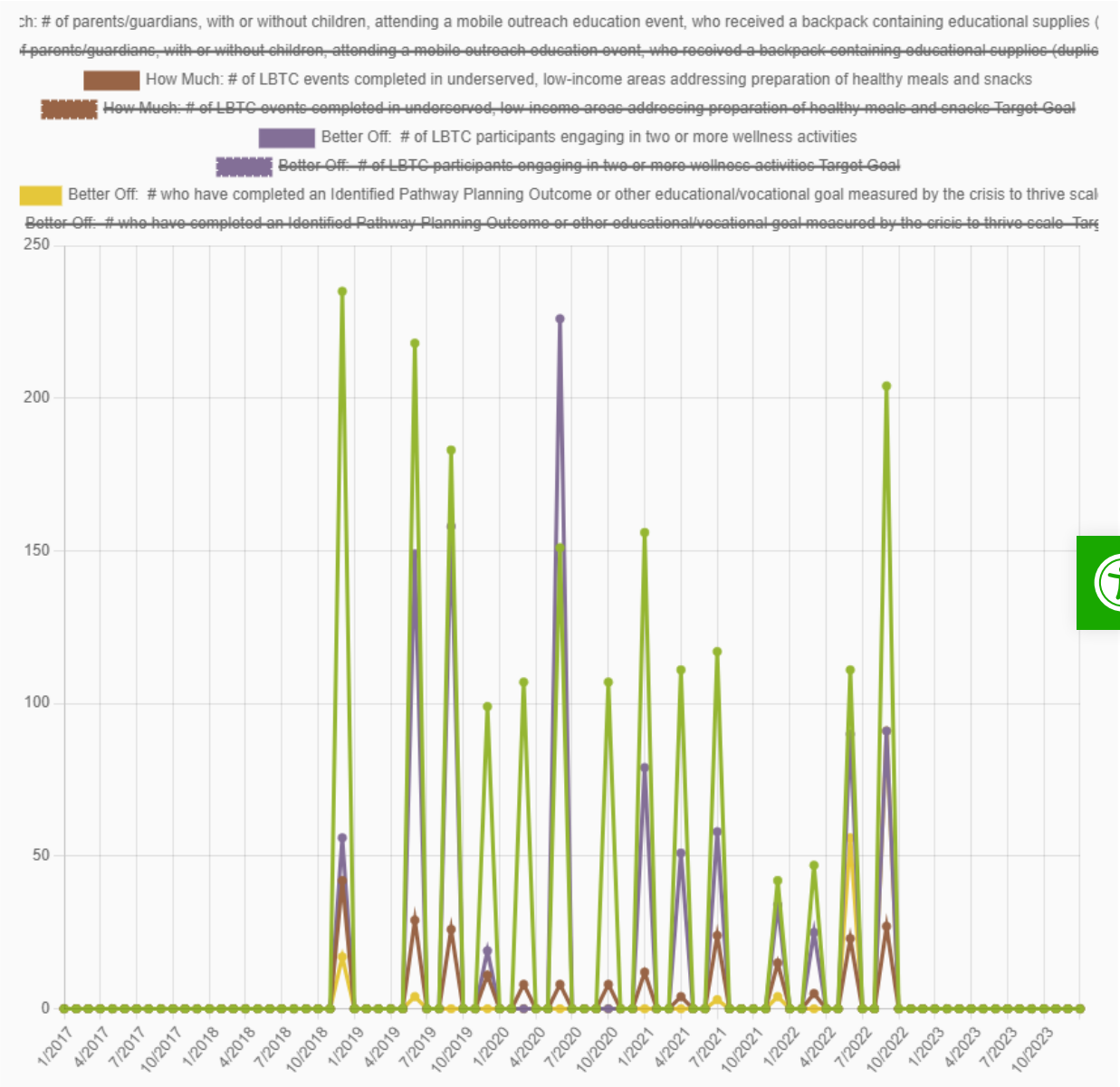


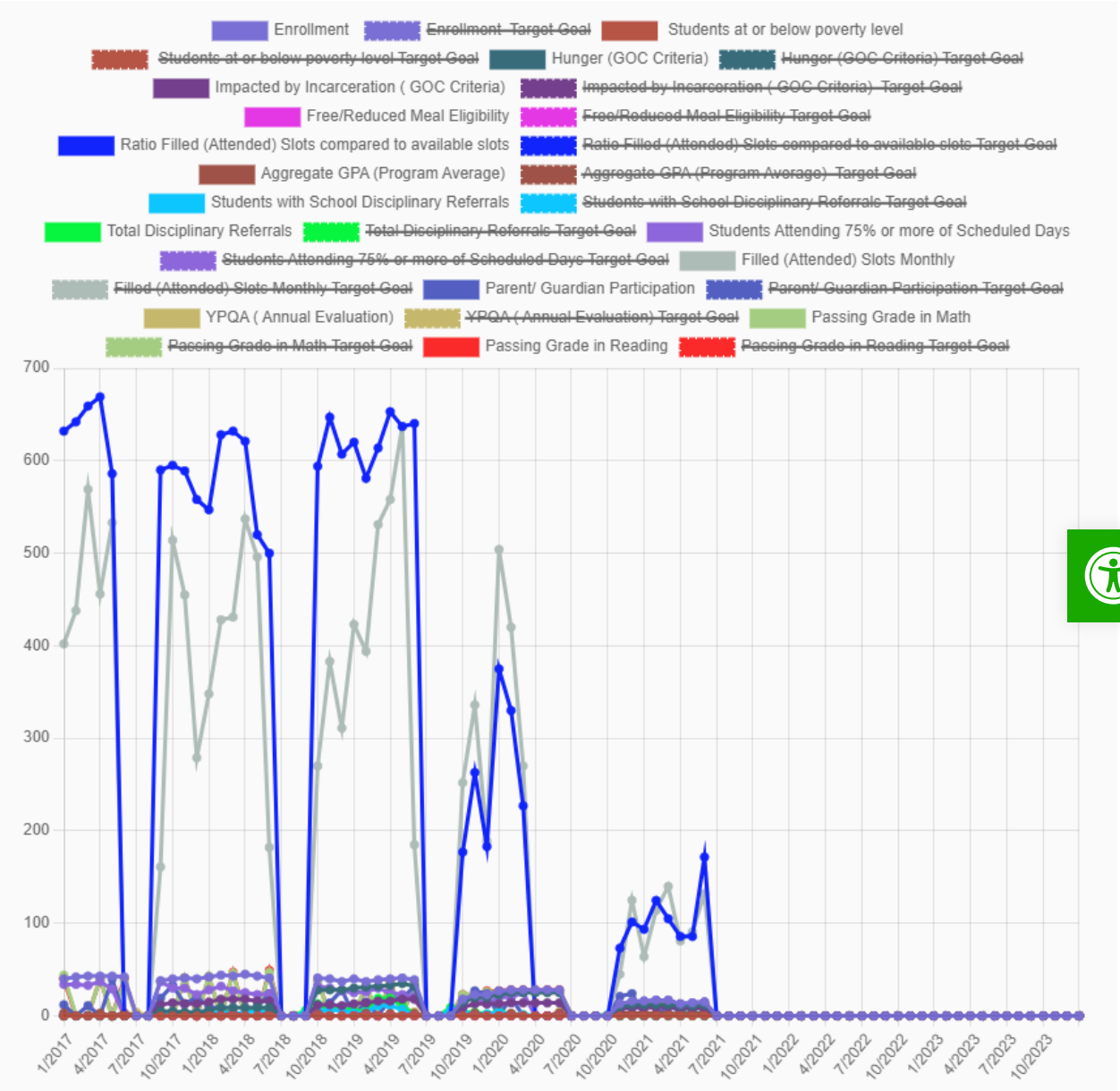
Learning Beyond the Classroom

https://mygarrettcounty.com/groups/learning-beyond-the-classroom/raw-data/



Partners After School @ Oakland

https://mygarrettcounty.com/groups/partners-after-school-oakland/raw-data/


Enrollment
~~Enrollment Target Goal~~
Students at or below poverty level
~~Students at or below poverty level Target Goal~~
Hunger (GOC Criteria)
~~Hunger (GOC Criteria) Target Goal~~
Impacted by Incarceration (GOC Criteria)
~~Impacted by Incarceration (GOC Criteria) Target Goal~~
Free/Reduced Meal Eligibility
~~Free/Reduced Meal Eligibility Target Goal~~
Ratio Filled (Attended) Slots compared to available slots
~~Ratio Filled (Attended) Slots compared to available slots Target Goal~~
Aggregate GPA (Program Average)
~~Aggregate GPA (Program Average) Target Goal~~
Students with School Disciplinary Referrals
~~Students with School Disciplinary Referrals Target Goal~~
Total Disciplinary Referrals
~~Total Disciplinary Referrals Target Goal~~
Students Attending 75% or more of Scheduled Days
~~Students Attending 75% or more of Scheduled Days Target Goal~~
Filled (Attended) Slots Monthly
~~Filled (Attended) Slots Monthly Target Goal~~
Parent/ Guardian Participation
~~Parent/ Guardian Participation Target Goal~~
YPQA (Annual Evaluation)
~~YPQA (Annual Evaluation) Target Goal~~
Passing Grade in Math
~~Passing Grade in Math Target Goal~~
Passing Grade in Reading
~~Passing Grade in Reading Target Goal~~
700
600
500
400
300
200
100
0
1/2017
4/2017
7/2017
10/2017
1/2018
4/2018
7/2018
10/2018
1/2019
4/2019
7/2019
10/2019
1/2020
4/2020
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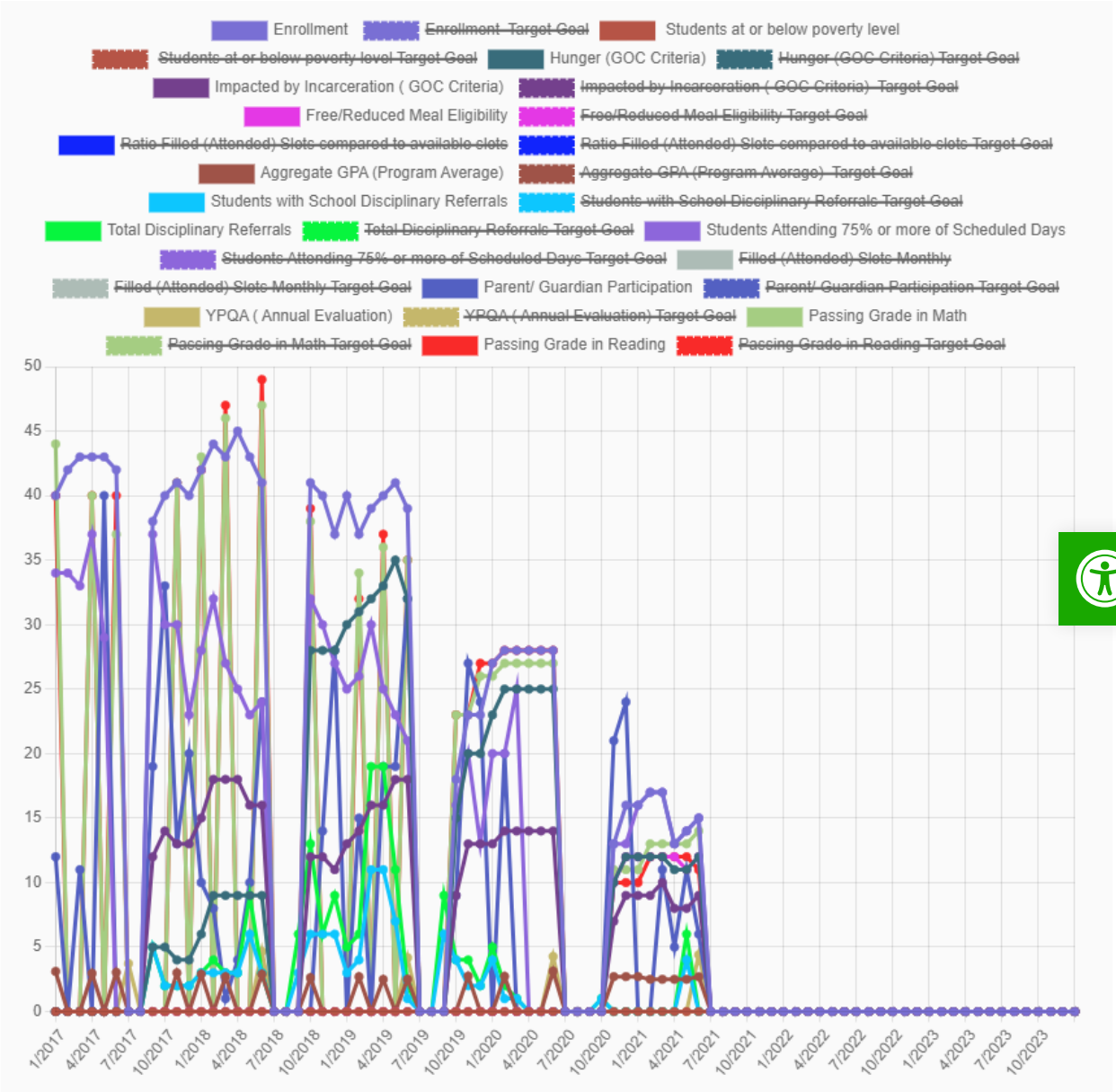
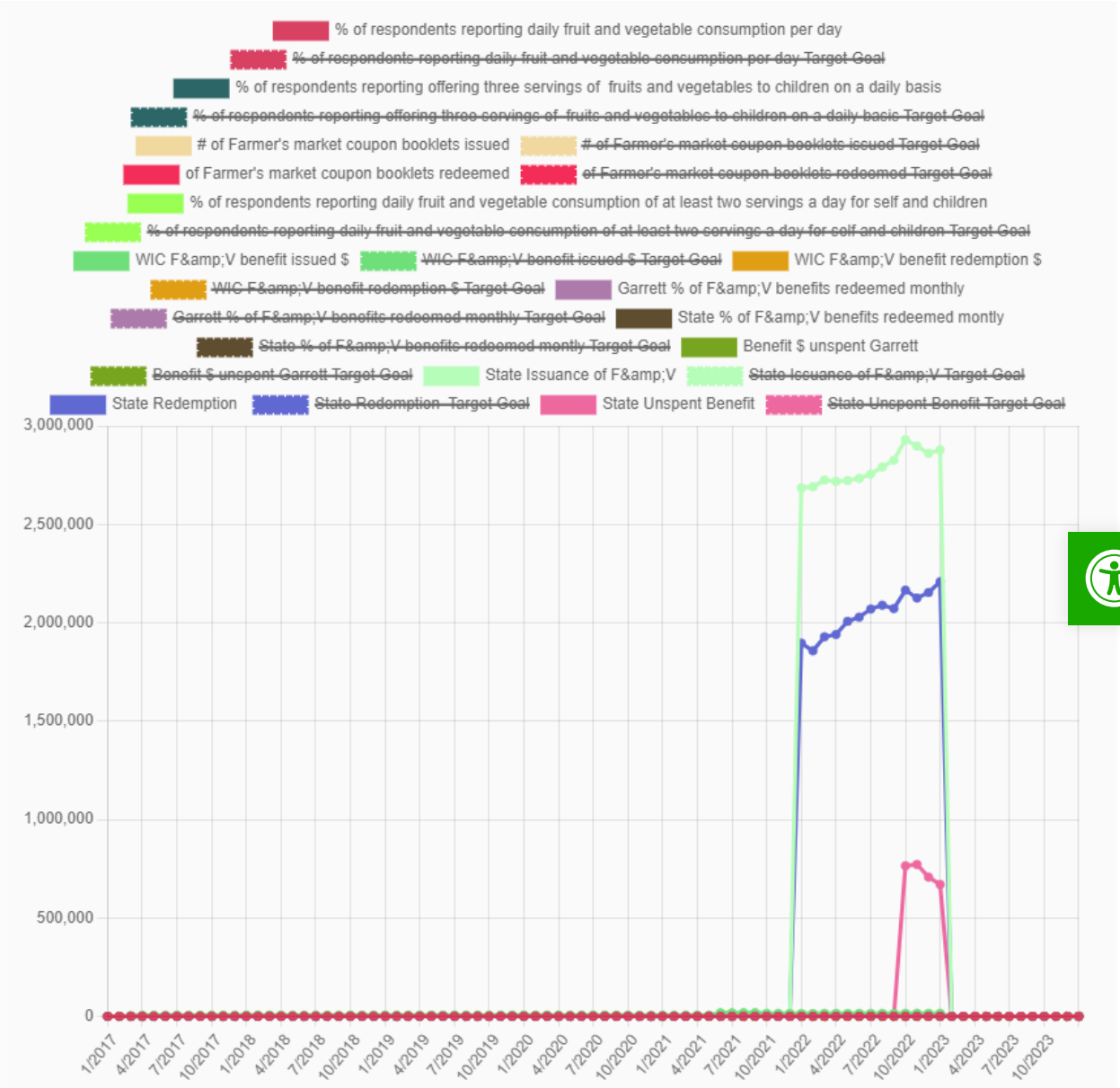


WIC Nutrition Increases Fruit and Vegetable Consumption

https://mygarrettcounty.com/groups/wic-nutrition-increases-fruit-and-vegetable-consumption-1738748979/raw-data/


% of respondents reporting daily fruit and vegetable consumption per day
% of respondents reporting daily fruit and vegetable consumption per day Target Goal
% of respondents reporting offering three servings of fruits and vegetables to children on a daily basis
% of respondents reporting offering three servings of fruits and vegetables to children on a daily basis Target Goal
# of Farmer's market coupon booklets issued
# of Farmer's market coupon booklets issued Target Goal
of Farmer's market coupon booklets redeemed
of Farmer's market coupon booklets redeemed Target Goal
% of respondents reporting daily fruit and vegetable consumption of at least two servings a day for self and children
% of respondents reporting daily fruit and vegetable consumption of at least two servings a day for self and children Target Goal
WIC F&V benefit issued $
WIC F&V benefit issued $ Target Goal
WIC F&V benefit redemption $
WIC F&V benefit redemption $ Target Goal
Garrett % of F&V benefits redeemed monthly
Garrett % of F&V benefits redeemed monthly Target Goal
State % of F&V benefits redeemed montly
State % of F&V benefits redeemed montly Target Goal
Benefit $ unspent Garrett
Benefit $ unspent Garrett Target Goal
State Issuance of F&V
State Issuance of F&V Target Goal
State Redemption
State Redemption Target Goal
State Unspent Benefit
State Unspent Benefit Target Goal
3,000,000
2,500,000
2,000,000
1,500,000
1,000,000
500,000
0
1/2017
4/2017
7/2017
10/2017
1/2018
4/2018
7/2018
10/2018
1/2019
4/2019
7/2019
10/2019
1/2020
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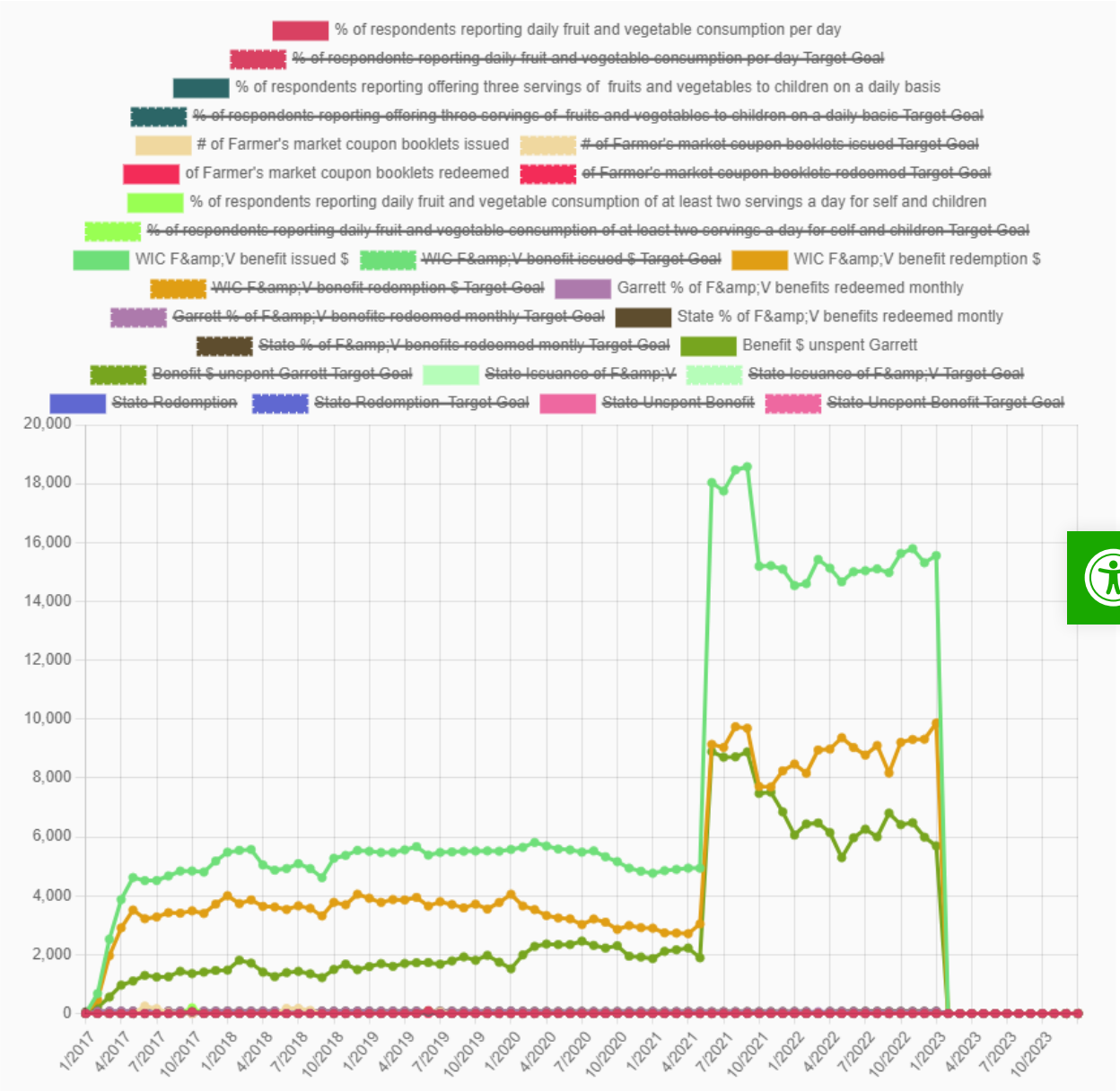
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% of respondents reporting daily fruit and vegetable consumption per day Target Goal
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# of Farmer's market coupon booklets issued
# of Farmer's market coupon booklets issued Target Goal
of Farmer's market coupon booklets redeemed
of Farmer's market coupon booklets redeemed Target Goal
% of respondents reporting daily fruit and vegetable consumption of at least two servings a day for self and children
% of respondents reporting daily fruit and vegetable consumption of at least two servings a day for self and children Target Goal
WIC F&V benefit issued $
WIC F&V benefit issued $ Target Goal
WIC F&V benefit redemption $
WIC F&V benefit redemption $ Target Goal
Garrett % of F&V benefits redeemed monthly
Garrett % of F&V benefits redeemed monthly Target Goal
State % of F&V benefits redeemed montly
State % of F&V benefits redeemed montly Target Goal
Benefit $ unspent Garrett
Benefit $ unspent Garrett Target Goal
State Issuance of F&V
State Issuance of F&V Target Goal
State Redemption
State Redemption Target Goal
State Unspent Benefit
State Unspent Benefit Target Goal
20,000
18,000
16,000
14,000
12,000
10,000
8,000
6,000
4,000
2,000
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1/2017
4/2017
7/2017
10/2017
1/2018
4/2018
7/2018
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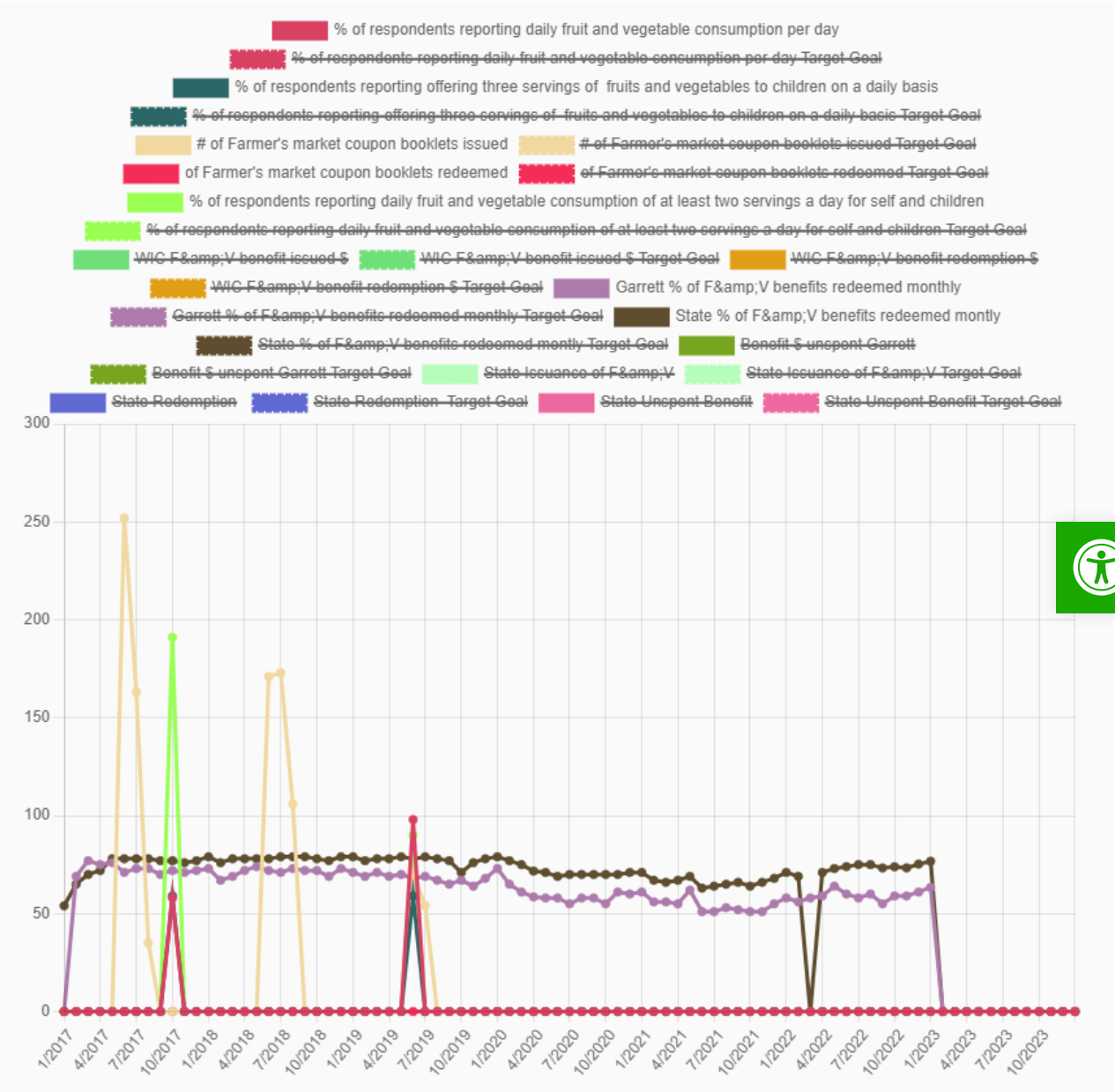


Supplemental Primary Data

> **Garrett County Pandemic Health Assessment**
> https://mygarrettcounty.com/cha2024/

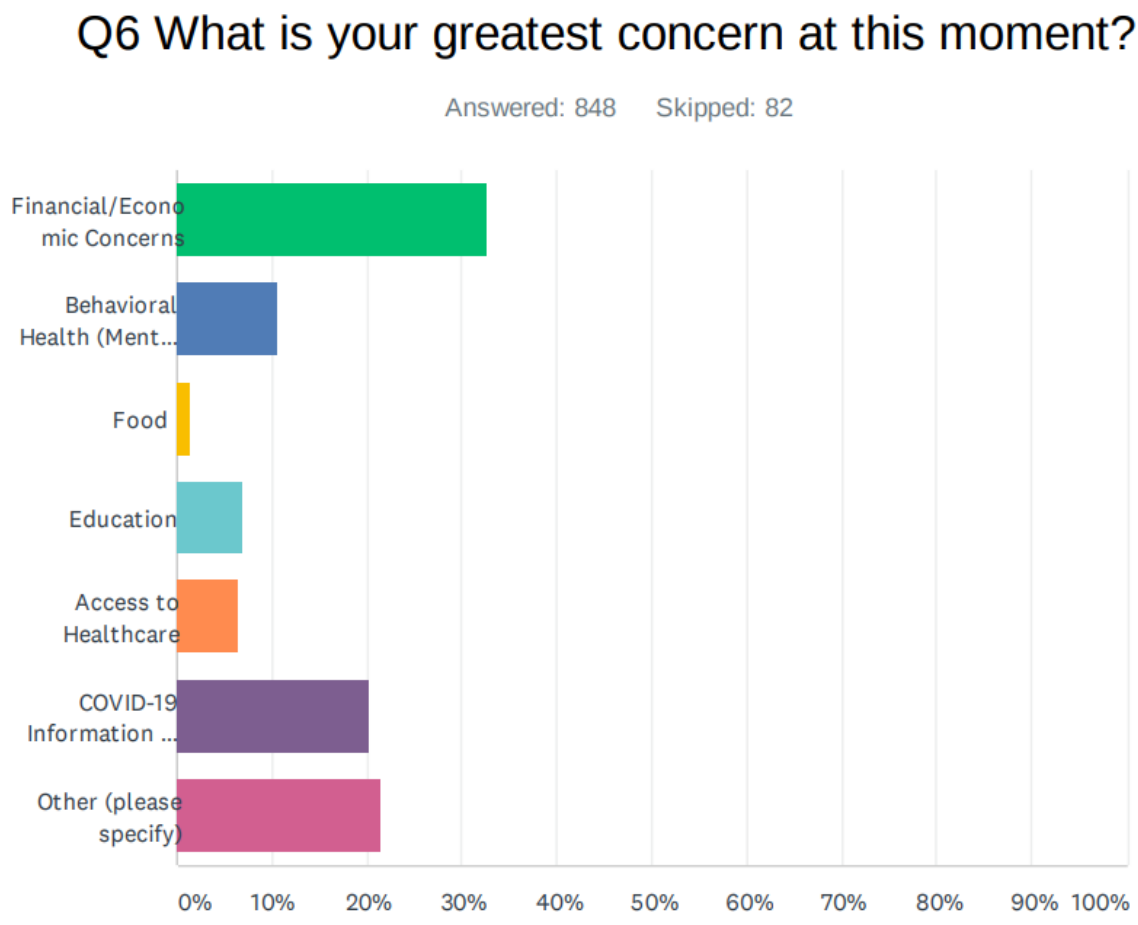
When the United States went into lockdown, various agencies supported vulnerable populations and food insecurity needs. The Office of Population Health, Innovation, & Informatics helped to manage interagency coordination through the Health Planning Council via a baseline survey. The intent was to utilize the data to begin coordinating local systems.

What's unique about this survey is that within an hour of launching the survey we had over 1000 responses. This was a time when our community faced much uncertainty. We needed data

specifically about food resources to set up collection sites. During this time, the survey method worked well for public health to have the data to take action.

Q6 What is your greatest concern at this moment?

COVID-19 April Survey - Point In Time Assessment Survey #2



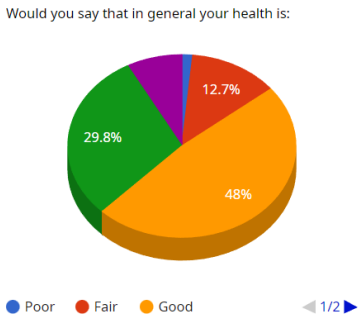
ANSWER CHOICES	RESPONSES	
Financial/Economic Concerns	32.55%	276
Behavioral Health (Mental Health, Anxiety, Substance Abuse/Misuse, etc...)	10.73%	91
Food	1.42%	12
Education	6.96%	59
Access to Healthcare	6.49%	55
COVID-19 Information and Testing	20.28%	172
Other (please specify)	21.58%	183
TOTAL		848

> **Well-Being Dataset: Go! Garrett County**
> https://mygarrettcounty.com/cha2024/ + Additional Data Collected

Originally funded by Maryland's Community Health Resource Commission, Go! Garrett County.com is an innovative way to provide engagement and education while promoting local resources, and acting as the only data the county has collected about belonging. The longitudinal surveying on the website creates a knowledge base we are using to tailor specific programs to prevent and manage chronic diseases in Garrett County. In evaluation, **only 7.35% of participants did not report any improvement** in their overall well-being as a result of participation in this initial community-wide program. These datasets provide additional supporting evidence that non-medical interventions can improve well-being. Additional datasets from this program, including statistically significant databases of geospatial burden of chronic diseases and BMI distribution are also available for further evaluation, if funding allows.

Would you say that in general your health is:

Trends



Data

Options	Count
Poor	7
Fair	58
Good	219
Very Good	136
Excellent	36
Options	Count

Trends

Data

Which category best describes your diet right now

Trends

Data

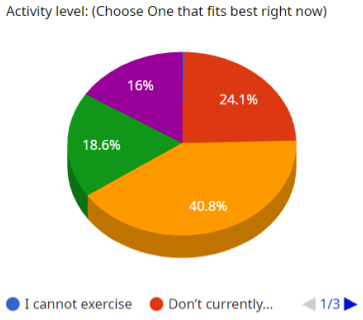
Options	Count
Poor	37
Fair	119
Good	196
Very Good	88
Excellent	16
Options	Count

Trends

Data

Activity level: (Choose One that fits best right now)

Trends



Data

Options	Count
I cannot exercise	2
Don't currently have an exercise routine	110
I'm active but don't have a dedicated exercise routine	186
Exercise at least 3 days per week	85
Exercise at least 5 days per week	73
Options	Count

Trends

Data

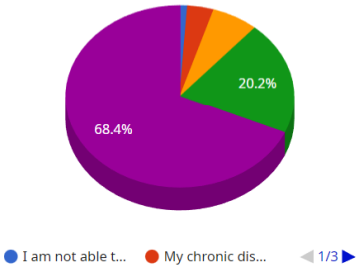
Which categories best describe you:

Trends

Data

Options	Count
I am not able to effectively manage my chronic	

Which categories best describe you:

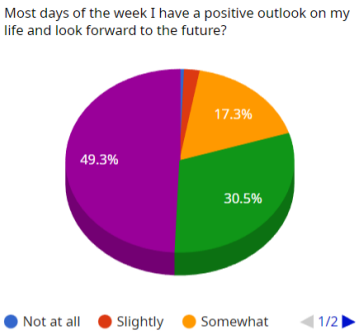


I am not able to effectively manage my chronic disease(s)	5
My chronic disease(s) are very difficult to manage	17
I have been diagnosed with pre-diabetes or another chronic disease and could use some help with management	30
I effectively manage my chronic disease(s).	92
I do not currently have any known chronic diseases (heart disease, diabetes, cancer, etc)	312
Options	Count

Trends | Data

Most days of the week I have a positive outlook on my life and look forward to the future?

Trends | Data

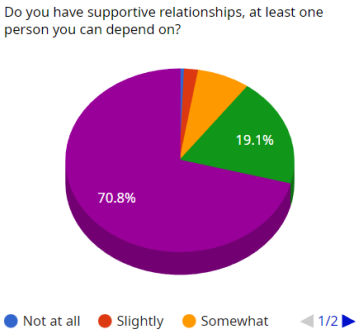


Options	Count
Not at all	3
Slightly	10
Somewhat	79
Quite a bit	139
Most of the time	225
Options	Count

Trends | Data

Do you have supportive relationships, at least one person you can depend on?

Trends | Data

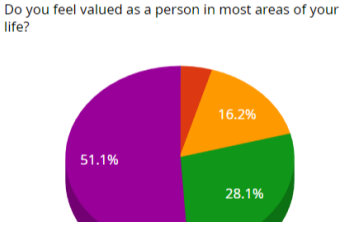


Options	Count
Not at all	3
Slightly	9
Somewhat	34
Quite a bit	87
Most of the time	323
Options	Count

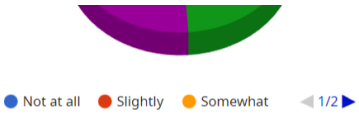
Trends | Data

Do you feel valued as a person in most areas of your life?

Trends | Data



Options	Count
Not at all	1
Slightly	20
Somewhat	74
Quite a bit	128

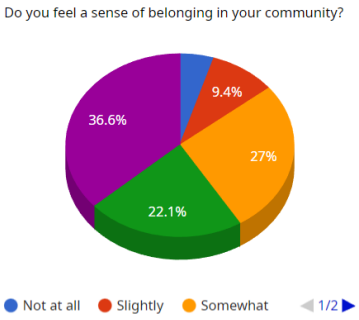


Options	Count
Most of the time	233

Trends Data

Do you feel a sense of belonging in your community?

Trends Data

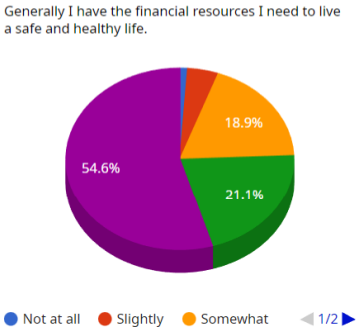


Options	Count
Not at all	22
Slightly	43
Somewhat	123
Quite a bit	101
Most of the time	167
Options	Count

Trends Data

Generally I have the financial resources I need to live a safe and healthy life.

Trends Data

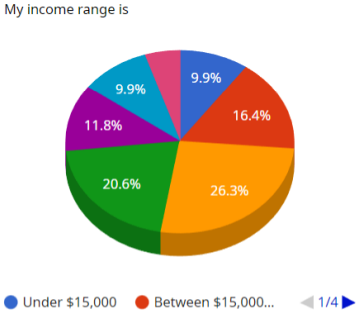


Options	Count
Not at all	5
Slightly	20
Somewhat	86
Quite a bit	96
Most of the time	249
Options	Count

Trends Data

My income range is

Trends Data

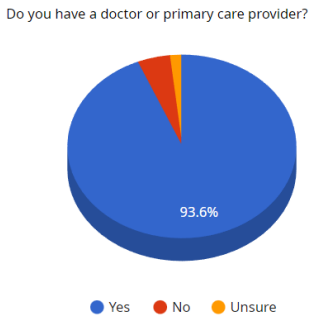


Options	Count
Under $15,000	45
Between $15,000 and $29,999	75
Between $30,000 and $49,999	120
Between $50,000 and $74,999	94
Between $75,000 and $99,999	54
Between $100,000 and $150,000	45
Over $150,000	23
Options	Count

Trends Data

Do you have a doctor or primary care provider?

Trends | Data



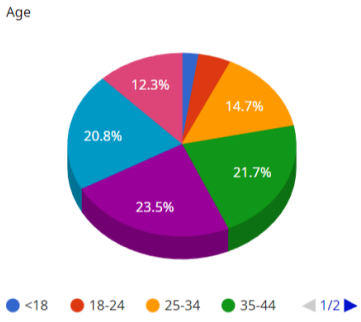
Options	Count
Yes	427
No	21
Unsure	8

Options | Count

Trends | Data

Age

Trends | Data



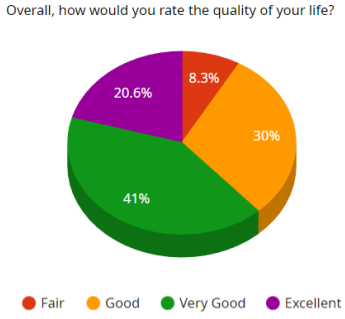
Options	Count
<18	11
18-24	21
25-34	67
35-44	99
45-54	107
55-64	95
65+	56

Options | Count

Trends | Data

Overall, how would you rate the quality of your life?

Trends | Data



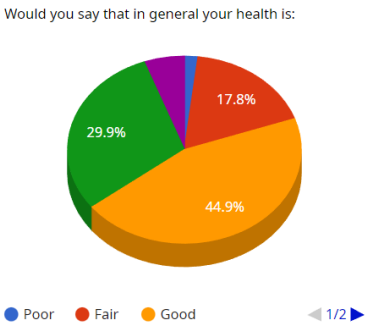
Options	Count
Poor	0
Fair	38
Good	137
Very Good	187
Excellent	94

Options | Count

Trends | Data

Would you say that in general your health is:

Trends | Data



Options	Count
Poor	2
Fair	19
Good	48
Very Good	32
Excellent	6
Options	Count

Trends | Data

What would help you level up your nutrition game the most?

Trends | Data

Options	Count
A Buddy/ Accountability	13
Meal Planning	27
Meal Preparation	13
Nutrient-Rich Grab & Go Snacks	16
Healthier Menu Options at Local Restaurants	11
Cutting Back on High-Calorie Items (Soda, Chips, etc...)	24
Other (Please Specify)	3
Options	Count

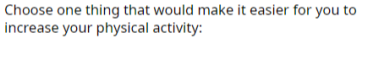
Trends | Data

Other (Please Specify)

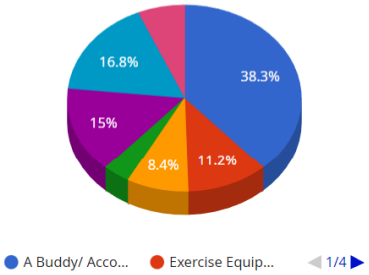
Entry	Name	Date
Money for better fresh food items for a meal plan & to walk more.	Anonymous	July 6, 2021 2:35 pm
Inexpensive food items.	Anonymous	August 6, 2021 10:04 pm
Cost of food	Anonymous	August 6, 2021 10:20 pm
Entry	Name	Date

Choose one thing that would make it easier for you to increase your physical activity:

Trends | Data



Options	Count
A Buddy/ Accountability	41



Options	Count
Exercise Equipment	12
Accessible and Safe Trails	9
Group Classes	4
Individualized Personal Training	16
Virtual Options	18
Other (Please Specify)	7

Trends | Data

Other (Please Specify)

Entry	Name	Date
free membership at a gym	Anonymous	July 6, 2021 12:30 pm
Fitness centers that had childcare, or Drop-in Daycares.	Anonymous	August 29, 2021 2:44 pm
I have 2 kids under 2 and it has made finding the time/energy to exercise difficult for me. I have a treadmill in my basement I used to use almost daily but I have severely slacked off over the last couple years and I can feel the difference:(	Anonymous	August 30, 2021 2:45 am
There are plenty of options available..	Anonymous	January 25, 2022 1:50 am
I need a knee replaced so I'm limited.	Anonymous	July 30, 2022 6:58 pm
Motivation and less pain	Anonymous	October 13, 2022 7:18 pm
TIME	Anonymous	January 19, 2023 8:42 pm

Entry | Name | Date

Are you aware of the following community resources? (Check all that apply.)

Trends | Data

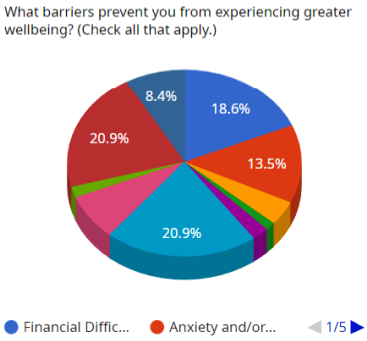
Options	Count
Community Food Pantries and Meals	79
Local Trail Systems & Parks	92
Informal Community Groups: Walking, Biking, etc...	47
Community Classes: Yoga, Exercise, etc...	62
National Diabetes Prevention Program (Garrett Regional Medical Center)	53
Diabetes Self-Management Education – Glucose to Goal (Mountain Laurel Medical Center)	40
Behavioral Health Provider Guide	48

Options | Count

Trends | Data

What barriers prevent you from experiencing greater wellbeing? (Check all that apply.)

Trends



Data

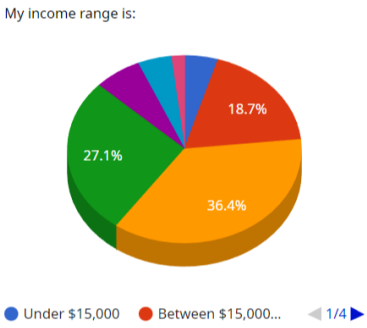
Options	Count
Financial Difficulties and/or Constraints	40
Anxiety and/or Depression	29
Disability and/or Mobility	9
Transportation	3
Stigma and Discrimination	5
Family Responsibilities	45
Lack of Social Connectedness	17
Relationship and/or Significant Other	4
Work Schedule	45
I Don't Have Any Barriers to Overcome	18
Options	Count

Trends

Data

My income range is:

Trends



Data

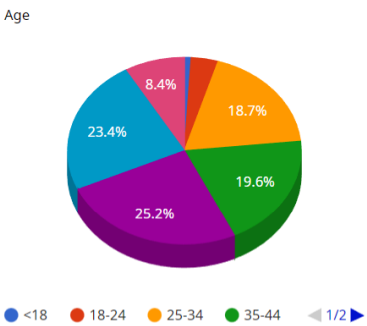
Options	Count
Under $15,000	5
Between $15,000 and $29,999	20
Between $30,000 and $49,999	39
Between $50,000 and $74,999	29
Between $75,000 and $99,999	7
Between $100,000 and $150,000	5
Over $150,000	2
Options	Count

Trends

Data

Age

Trends



Data

Options	Count
<18	1
18-24	4
25-34	20
35-44	21
45-54	27
55-64	25
65+	9
Options	Count

Trends

Data

Garrett County Public Schools Data

View on Maryland Public Schools' Website: https://bit.ly/4437ZBx

Primary Fiscal Year 2022 Data From the Garrett County Health Department's Health Education & Outreach Unit:

26 Diet Consults Completed

792 Elementary / Middle School Students Completed Healthy Eating Challenges w/ Play Hard Clean

178 Healthy Eating Challenges Completed by High School Students

37% of Adults Reported Improved Knowledge of Healthy Eating as a Result of Education

53% of Youth Reported Improved Knowledge of Healthy Eating as a Result of Education

Primary Data from the Garrett County Department of Social Services:

1) Total Count of Participants receiving SNAP in July for each year from 2017-2022:

July 2017 – Unavailable

July 2018 – Unavailable

July 2019 – Unavailable

July 2020 – Unavailable

July 2021 – 2351 CASES

July 2022 – 2172 CASES

2) Total count of participants receiving SNAP:

Jan 2023 – 4640 clients total (2277 CASES/HOUSEHOLDS)

Feb 2023 – 4630 clients total (2295 CASES/HOUSEHOLDS)

April – September Data:

Unique Cases (Households)

April 2271, May 2245, June 2258, July 2219, August 2211, September 2208

# of Issuances (Individuals)

April 4585, May 4557, June 4586, July 4555, August 4560, September 4545

3) The total dollar amount awarded in 2022:

$12,618,534.31

4) The average dollar amount participants lost due to the ending of SNAP Covid funds:
Feb 2023 Issuance $1,146,434.33/2295 CASES = $499.54 per CASE/month of 2/23
Mar 2023 Issuance – *Unknown at this time*
5) How DSS staff is helping families prepare for the reduction in benefits:
– GCDSS Website and Facebook pages
– Staff at monthly outreach locations – libraries, senior centers
– Staff invited by CAC to all Senior apartment buildings in March for question/answer session
– Flyers sent to community partners
– Available in person, by phone/email to answer questions and explain personal benefit changes
6) What community supports/coordination would help your clients the most as it relates to food security
We need a place where GC citizens can pick up weekly groceries – mostly staples. I had a gentleman come in, he had called the House of Hope and was referred to a food bank. He w[illegible] told that weekly pickup was not available due to supply. This is where community available supplies would go a long way – especially in support of the aging population on a fixed income.

Additional Notes of Importance:
MA Unwinding – Public Health Emergency ends May 11; we have not been able to close any MA cases during this time, except of in 5 instances (move, death, better coverage, etc.)
– In preparation for this, redetermination dates have been extended to the date of their original start date (total of 12 cohorts for each month of the year).
– MDH will return to standard redetermination mailings for the first of 12 cohorts in April 2023.
– The first disenrollments for participants of the first cohort who no longer qualify for coverage will occur on May 31st. The first day without Medicaid coverage for these beneficiaries will be June 1, 2023.
– The unwinding process will continue over12 months with the remaining cohorts. This is done to spread out the number of coverage end dates over that time.
– This plan is posted on the MDH website: https://health.maryland.gov/mmcp/Pages/2023-MMAC-Meeting-Materials.asp

Secondary Data

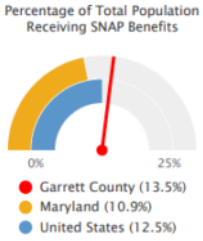
A substantial amount of secondary data on nutrition and food insecurity is available in the 2022-2024 Garrett County & Surrounding Region Community Health Assessment (https://mygarrettcounty.com/cha2024/) and accompanying supplemental data reports. Highlights from this combined document are included below:

SNAP Benefits

SNAP Benefits - Population Receiving SNAP (SAIPE)

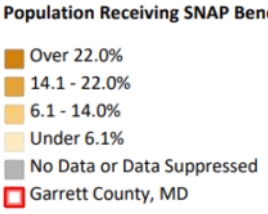
The Supplemental Nutrition Assistance Program, or SNAP, is a federal program that provides nutrition benefits to low-income individuals and families that are used at stores to purchase food. This indicator reports the average percentage of the population receiving SNAP benefits during the month of July during the most recent report year.

Report Area	Total Population	Population Receiving SNAP Benefits	Population Receiving SNAP Benefits, Percent
Garrett County, MD	29,261.00	3,961	13.5%
Maryland	6,024,891.00	654,256	10.9%
United States	325,147,121.00	40,771,688	12.5%



Note: This indicator is compared to the state average.
Data Source: US Census Bureau, Small Area Income and Poverty Estimates. 2017. Source geography: County

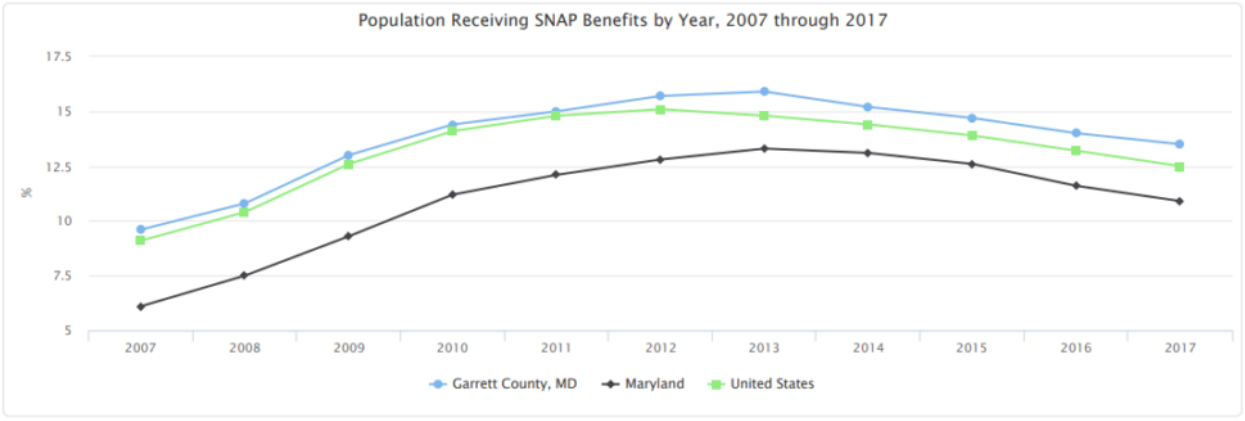
View larger map



Population Receiving SNAP Benefits by Year, 2007 through 2017

The table below reports local, state, and National trends in SNAP participation rates.

Report Area	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Garrett County, MD	9.6%	10.8%	13.0%	14.4%	15.0%	15.7%	15.9%	15.2%	14.7%	14.0%	13.5%
Maryland	6.1%	7.5%	9.3%	11.2%	12.1%	12.8%	13.3%	13.1%	12.6%	11.6%	10.9%
United States	9.1%	10.4%	12.6%	14.1%	14.8%	15.1%	14.8%	14.4%	13.9%	13.2%	12.5%

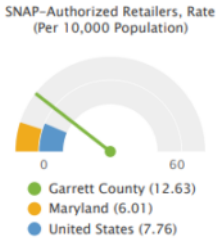


SNAP Authorized Stores

Food Environment - SNAP-Authorized Food Stores

This indicator reports the number of SNAP-authorized food stores as a rate per 10,000 population. SNAP-authorized stores include grocery stores as well as supercenters, specialty food stores, and convenience stores that are authorized to accept SNAP (Supplemental Nutrition Assistance Program) benefits. The report area contains 38 total SNAP-Authorized Retailers with a rate of 12.63.

Report Area	Total Population (2010)	Total SNAP-Authorized Retailers	SNAP-Authorized Retailers, Rate per 10,000 Population
Garrett County, MD	30,097	38	12.63
Maryland	5,773,552	3,469	6.01
United States	312,383,875	242,299	7.76



Note: This indicator is compared to the state average.
Data Source: US Department of Agriculture, Food and Nutrition Service, USDA - SNAP Retailer Locator. Additional data analysis by CARES. 2019. Source geography: Tract

View larger map

SNAP-Authorized Retailers Access, Rate per 10,000 Population by Tract, USDA 2019

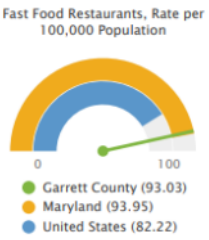
- Over 12.0
- 6.1 - 12.0
- Under 6.0
- No SNAP-Authorized Retailers
- No Population or No Data
- Garrett County, MD

Fast Food Restaurants

Food Environment - Fast Food Restaurants

This indicator reports the number of fast food restaurants per 100,000 population. The prevalence of fast food restaurants provides a measure of both access to healthy food and environmental influences on dietary behaviors. Fast food restaurants are defined as limited-service establishments primarily engaged in providing food services (except snack and nonalcoholic beverage bars) where patrons generally order or select items and pay before eating.

Report Area	Total Population (2010)	Number of Establishments	Establishments, Rate per 100,000 Population
Garrett County, MD	30,097	28	93.03
Maryland	5,773,552	5,424	93.95
United States	308,745,538	253,841	82.22

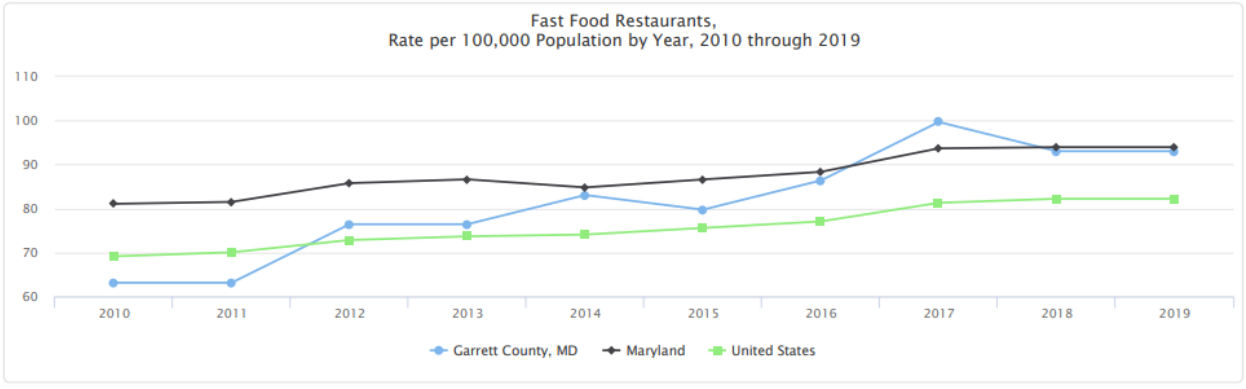


Note: This indicator is compared to the state average.
Data Source: US Census Bureau, County Business Patterns. Additional data analysis by CARES. 2019. Source geography: County

View larger map

Fast Food Restaurants, Rate per 100,000 Population by Year, 2010 through 2019

Report Area	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Garrett County, MD	63.13	63.13	76.42	76.42	83.06	79.74	86.39	99.68	93.03	93.03
Maryland	81.08	81.51	85.77	86.64	84.8	86.6	88.33	93.67	93.95	93.95
United States	69.14	70.04	72.84	73.68	74.07	75.59	77.06	81.3	82.22	82.22



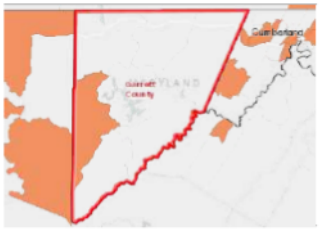
Food Deserts

Food Environment - Food Desert Census Tracts

This indicator reports the number of neighborhoods in the report area that are within food deserts. The USDA Food Access Research Atlas defines a food desert as any neighborhood that lacks healthy food sources due to income level, distance to supermarkets, or vehicle access. The report area has a population of 6,186 living in food deserts and a total of 1 census tracts classified as food deserts by the USDA.

Report Area	Total Population (2010)	Food Desert Census Tracts	Other Census Tracts	Food Desert Population	Other Population
Garrett County, MD	30,097	1	6	6,186	23,911
Maryland	5,773,552	131	1,259	552,017	1,646,357
United States	308,745,538	9,293	63,238	39,074,974	81,328,997

Data Source: US Department of Agriculture, Economic Research Service, USDA - Food Access Research Atlas. 2019. Source geography: Tract



View larger map

Food Desert Census Tracts, 1 Mi. / 10 Mi. by Tract, USDA - FARA 2019

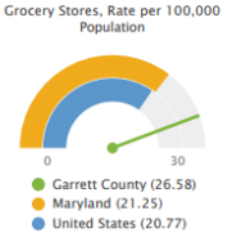
- Food Desert
- Not a Food Desert
- No Data
- Garrett County, MD

Grocery Stores

Food Environment - Grocery Stores

Healthy dietary behaviors are supported by access to healthy foods, and Grocery Stores are a major provider of these foods. There are 8 grocery establishments in the report area, a rate of 26.58 per 100,000 population. Grocery stores are defined as supermarkets and smaller grocery stores primarily engaged in retailing a general line of food, such as canned and frozen foods; fresh fruits and vegetables; and fresh and prepared meats, fish, and poultry. Delicatessen-type establishments are also included. Convenience stores and large general merchandise stores that also retail food, such as supercenters and warehouse club stores, are excluded.

Report Area	Total Population (2010)	Number of Establishments	Establishments, Rate per 100,000 Population
Garrett County, MD	30,097	8	26.58
Maryland	5,773,552	1,227	21.25
United States	308,745,538	64,132	20.77

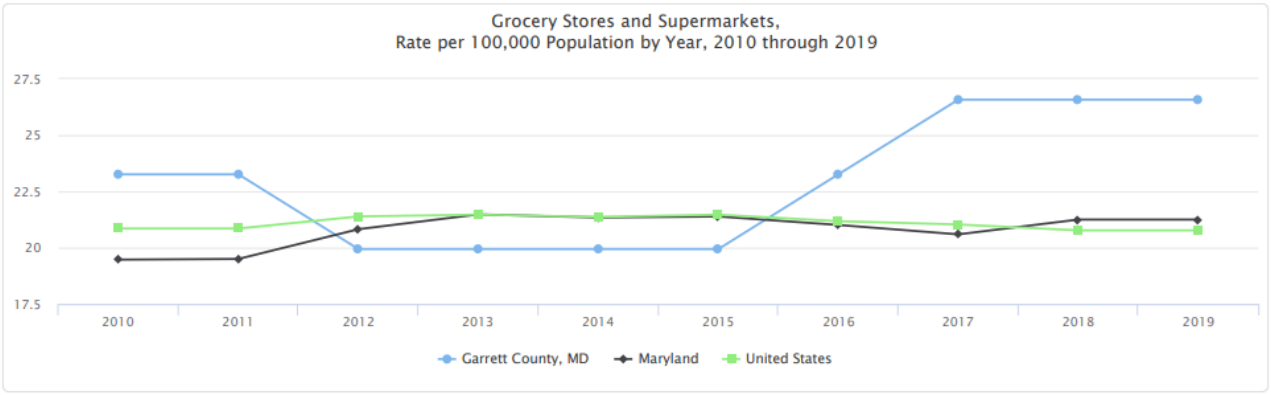


Note: This indicator is compared to the state average.
Data Source: US Census Bureau, County Business Patterns. Additional data analysis by CARES. 2019. Source geography: County

View larger map

Grocery Stores and Supermarkets, Rate per 100,000 Population by Year, 2010 through 2019

Report Area	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Garrett County, MD	23.26	23.26	19.94	19.94	19.94	19.94	23.26	26.58	26.58	26.58
Maryland	19.47	19.5	20.82	21.48	21.34	21.39	21.01	20.59	21.25	21.25
United States	20.85	20.85	21.39	21.47	21.37	21.47	21.18	21.03	20.77	20.77



Take Action

Leading Systems Change

Health Strategist, Shelley Argabrite and her team at the Garrett County Health Department are leading the charge to create infrastructure in the form of a nonprofit with a multisector board which will aid in the ease of resource coordination to address food and nutrition security in Garrett County. Partners from the University of Maryland Extension, Garrett Growers, and Garrett County Government are integral partners in the effort.

This collaboration is made possible through funding from the Center for Chronic Disease Prevention and Control at the Maryland Department of Health. For the second year, the grant award, State Partnerships Improving Nutrition & Equity (SPINE), will support community collaborations through the Health Planning Council to promote food and nutrition security and stand up sustainable efforts.

Additional partners from the Western Maryland Food Council, Garrett County Farm Bureau, Mountain Fresh Farmers Markets, and others are sharing their thoughts. We've voted on a name for the nonprofit, Appalachian Farm & Food Alliance, Inc.

To be a part of these meaningful efforts to make Garrett County hunger-free, visit mygarrettcounty.com and join the Food Council action group found here, https://mygarrettcounty.com/groups/social-determinants-of-health/. Follow the progress with real-time data reporting and get updates to stay informed.

UPDATE: Community Non-Profit

Appalachian Farm & Food Alliance, Inc was formed June 5, 2023.

- Chair – Willie Lantz
- Vice Chair – Shelley Argabrite
- Treasurer – Melissa Bolyard
- Secretary – Cheryl DeBerry

In addition to the initial funding received from the Maryland Department of Health SPINE award with collaboration from the Garrett County Health Department's Population Health, Innovation, and Informatics Unit to establish the Appalachian Farm and Food Alliance, Inc. (AFFA). Additional funding has been received for AFFA through the Maryland Department of Health SPINE program to update, print, and publish the food resource brochure, titled Hungry as well as create educational materials to promote healthy cooking.

More new partnerships are forming:

An MOU was signed establishing a collaborative partnership between the Montgomery County Food Council, Western Maryland Food Council, and Appalachian Farm and Food

Alliance to support a community of practice of local food councils throughout Maryland with an award of $20,000 given to the Appalachian Farm and Food Alliance, Inc.

New Funding Award: September 2023

The Center for Chronic Disease Prevention and Control (Center) at the Maryland Department of Health awarded funding to the Garrett County Local Health Department for the Community Supported Agriculture (CSA) LHD Project.

The Garrett County Harvest Hub is a new program created by the Garrett County Health Department's Population Health, Innovation, and Informatics Unit to increase access to Community Supported Agriculture (CSA) opportunities, expand and educate local farmers on SNAP, and improve SNAP recipients' utilization of local food systems and fresh foods to prevent and reduce chronic diseases.

Community Services & Links

Food Resources Brochure
https://louddoc.com/gcfood

Garrett County Resource Guide
https://mygarrettcounty.com/garrett-county-resource-guide/

Go! Garrett County (w/ Garrett Growers Veggie Boxes)
https://gogarrettcounty.com/

Garrett County Community Food Network
https://garrettcountyfood.com/

Garrett County Harvest Hub Action Group
https://mygarrettcounty.com/groups/garrett-county-harvest-hub/

Materials & Media

> **MDH Awards Funding to GC Health Planning Council to Increase Food Security**
> https://garretthealth.org/mdh-awards-funding-to-gc-health-planning-council-to-increase-food-security/

> **High School Students Prepare Local Food to Improve Wellness**
> https://garretthealth.org/high-school-students-prepare-local-food-to-improve-wellness/

References & Resources

Related Garrett County Action Groups:

Food Council Action Group
https://mygarrettcounty.com/groups/social-determinants-of-health/

Point(s) of Contact:

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Cheryl DeBerry
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Department of Technology & Communications (DoTCom)
301-334-6968
www.garrettcounty.org/broadband

Current Coalitions or Monthly Meetings

Health Planning Council

Campaigns & Awareness Months

Garrett County Food Access & Infrastructure Initiative
https://gogarrettcounty.com/garrett-county-food-access-infrastructure-initiative/

Go! Garrett County
https://gogarrettcounty.com/

Supplemental Reports:

2023 Maryland Hunger Profiles
https://www.mdhungersolutions.org/wp-content/uploads/2023/09/2023-MD-HUNGER-PROFILES.pdf

Written and coordinated by the Population Health, Innovation, & Informatics Unit at the Garrett County Health Department. This health planning, improvement, and strategy division continues to foster a community of collaboration in Garrett County, Maryland. Join us at MyGarrettCounty.com!

Insight Partners

> **Currently Participating Partners:**
> *This section coming April 2023!*

*Interested? Email **shelley.argabrite@maryland.gov** to find out how to participate in this insight and get connected with Action Groups on MyGarrettCounty.com working on strategies related to this insight!*

Updated October 2023

Coordinated by the Garrett County Health Department's Population Health, Innovation, & Informatics Unit under the direction of Garrett County Health Planner & Health Strategist Shelley Argabrite, MA

GARRETT COUNTY
HEALTH DEPARTMENT

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