

# Health Area Focuses of the Month



January 2025

## FOOD INSECURITY

**Objective:** To alleviate food insecurity among residents of Durham and the surrounding areas.

The 2021 Behavioral Risk Factor Surveillance Survey revealed that only 10% of residents in Region Five of North Carolina, which includes Durham County, consumed fruits, vegetables, or beans at least five times a day. Children are particularly affected by food insecurity, with 1 in 6 going hungry on a daily basis in NC. BIPOC communities face these issues particularly acutely; prior to the pandemic, 1 in 4 Latino residents and 1 in 6 Black residents reported skipping meals or reducing their food intake due to financial constraints. The pandemic has further intensified these disparities. Limited access to nutritious foods adversely affects health; racial disparities in type two diabetes mirror those disparities prevalent in food insecurity in Durham county.

Durham County Department of Public Health. (2023). 2023 Durham County Community Health Assessment. <https://www.dcopublichealth.org/home/showpublisheddocument/41671/638614762539770000>.  
School Meals for All NC. (2023). School Meals for All in NC. <https://schoolmealsforallnc.org/wp-content/uploads/2023/04/SMFANC-Basics.pdf>.  
Durham County. (n.d.). Durham County Food Security. <https://www.dconc.gov/county-departments/departments-a-e/cooperative-extension/food-security>.

## CHC'S CONTRIBUTIONS

### Free Food Distributions

CHC collaborates with local farmers, community organizations, and the food bank to provide high-quality food to Durham and its surrounding areas.

Distributions take place **every third Thursday of the month**, located at:

#### CHC Office

308 Crutchfield Street, Suite D  
Durham, NC 27704

### School Meals for All NC

CHC works with School Meals for All NC (SMFANC) to raise awareness and support for access to breakfast and lunch in schools at no cost to alleviate food insecurity in children.

Show your support by signing the support letter here and selecting "Community Health Coalition" under the Additional Information section:

<https://schoolmealsforallnc.org/letter-of-support/>

### Want to get involved?

We are looking for volunteers to help with packaging and distributing food.

To sign up, visit:

[https://x.gldn.io/e/Community\\_Health\\_Coalition](https://x.gldn.io/e/Community_Health_Coalition)



**QUESTIONS?  
CALL 919-470-8680**



Improving the Health of Durham & NC Communities since 1989

**Learn more about our programs at [CHealthC.org](https://CHealthC.org)**