

Challenges In Access



Rural West Virginians are likely to have **limited access to transportation.**

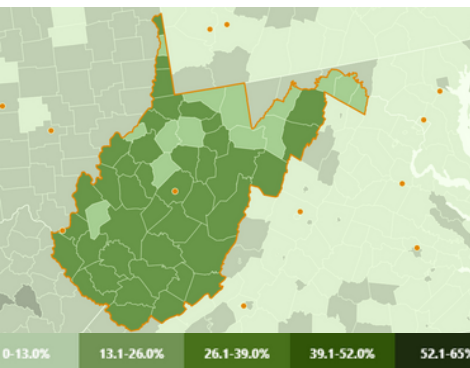


Over 40 counties in West Virginia that are **food deserts.**

Most **Community members** live over **20 miles** from a grocery store.



Who Is Affected



Most recent data suggests that in **2022** over **59%** of the state fell below the **SNAP income threshold** by 200%.

West Virginia Food Insecurity Hurts Older Adults Health

Sydney Williams



Nutritional Deficiencies

Almost **half** of the older population **experience malnutrition.**

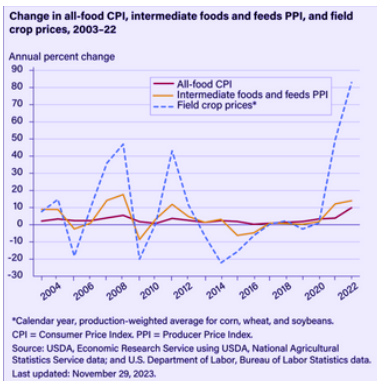
Most **common deficiencies** include **protein, vitamin, and mineral** deficiencies.



Not meeting nutritional requirements can lead **muscular skeletal, metabolic, renal, and cardiac problems.**

Prevalence Over Time

Cost of crops and farm grown food have reached **record highs** that haven't been seen in the last 18 years.



This drives people away from **healthy eating** and places a **heavy reliance** on foods with **lower nutritional value.**

Health Declines

Poor nutrition can lead to bone health and **osteoporosis** due to a **lack of vitamins and minerals** in the diet.



Obesity and diabetes management are prevalent issue associated with **poor access and quality food.**



Financial stress causes decisions between **buying groceries or getting needed medications.**



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