

# **Hunger Among California Women**

## **Findings from The California Women's Health Survey**

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# **Purpose of the CWHS**

**To collect, analyze and disseminate information to guide health and social services policy making in California state departments.**

# **Population Based Studies vs. Analysis of Administrative Data**

- **Population based studies allow us to gain information about people who are not in our programs, as well as those who are.**

# **Methods (1997-2000)**

- **Approx. 4,000 anonymous telephone interviews**
- **All women interviewers**
- **California women, age 18+**
- **Computer Assisted Telephone Interview (CATI)**
- **200 questions, 30 minutes**
- **Weighted in analysis to reflect the 1990 California population**
- **English and Spanish**

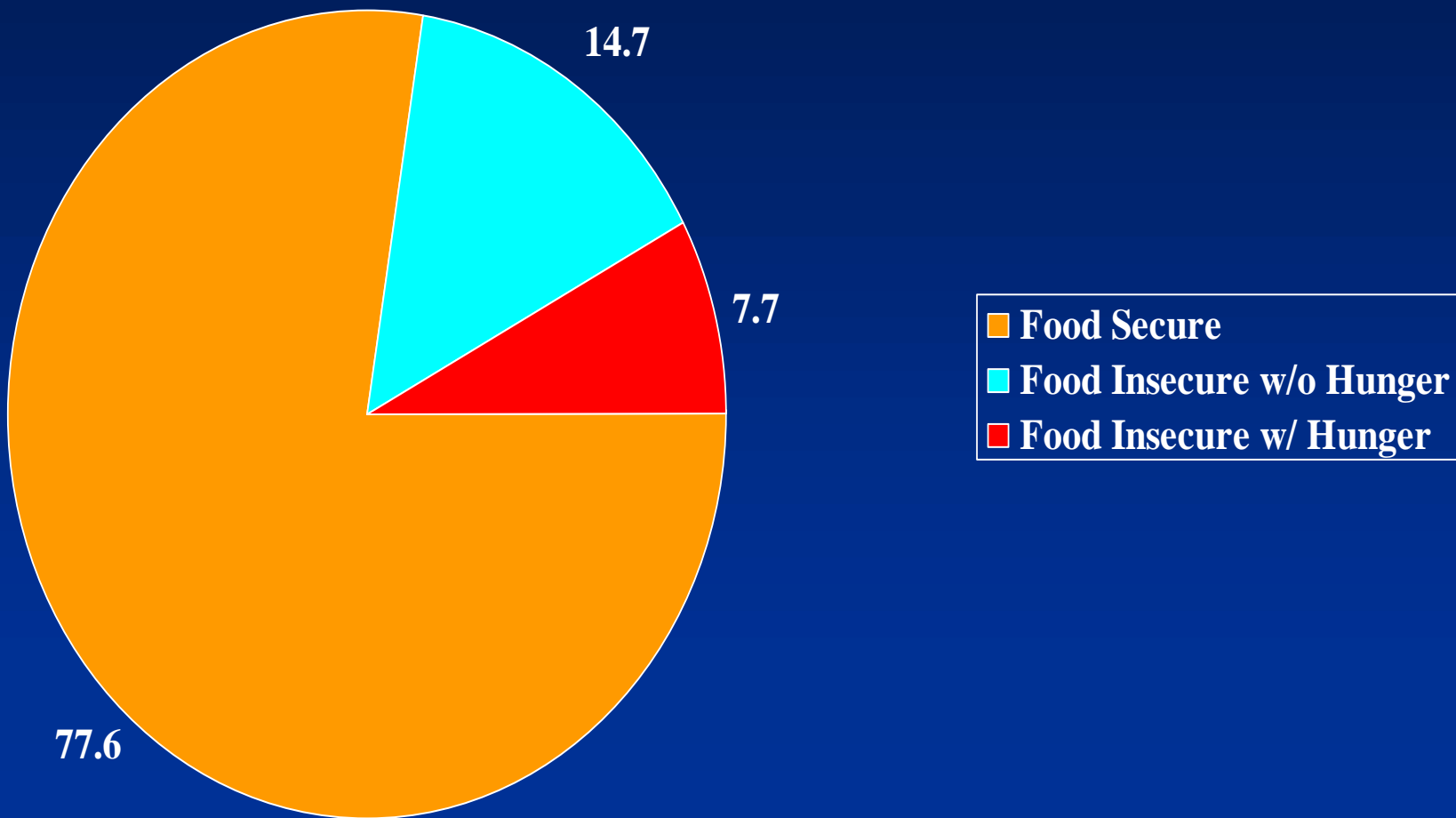
# Food Security Questions

- Questions adapted from USDA 6 question scale to apply specifically to women
- 0,1 Yes: Food Secure
- 2,3,4 Yes: Food Insecure w/o Hunger
- 5,6 Yes: Food Insecure w/ Hunger

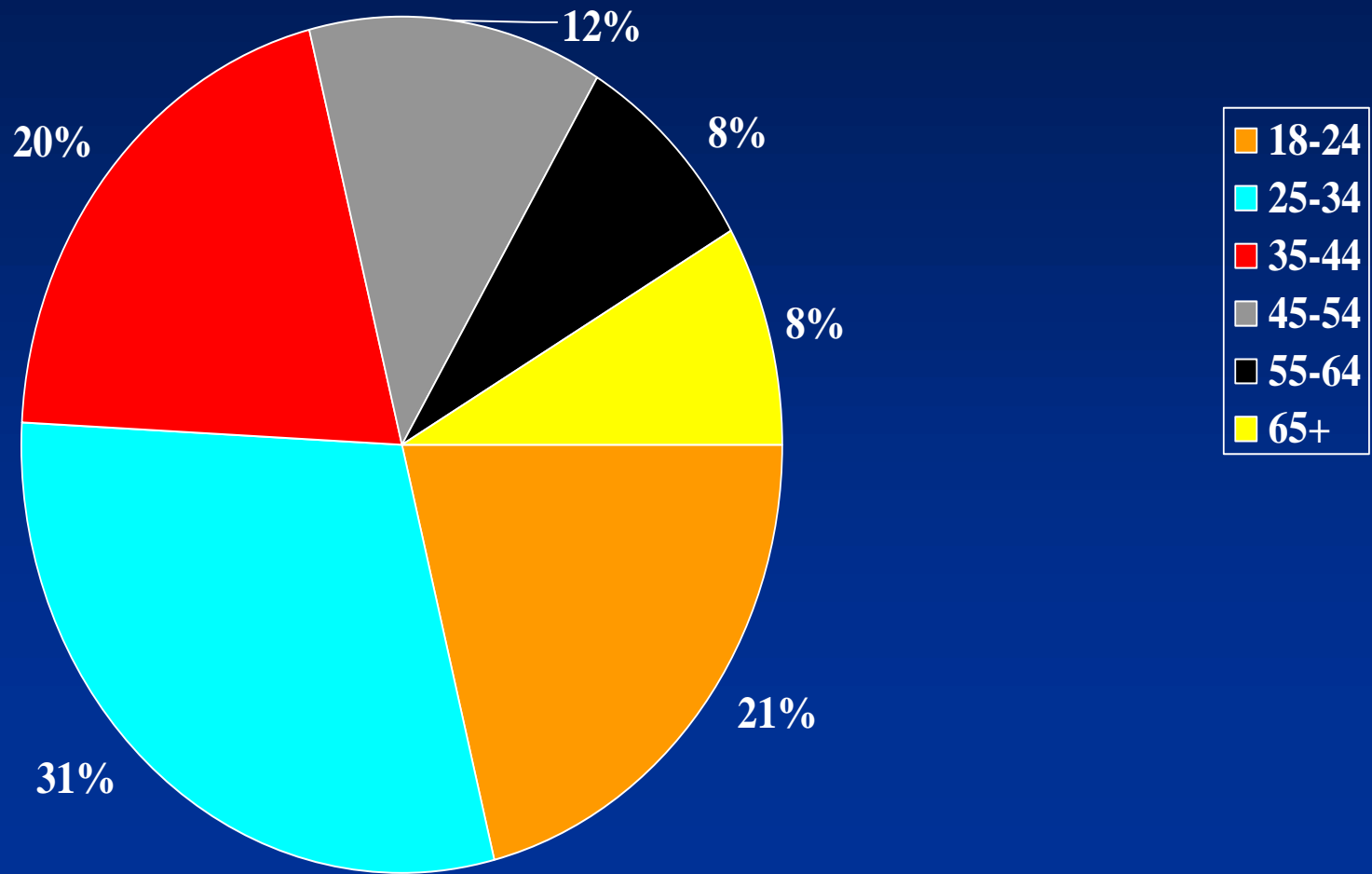
# Food Security Questions

- The food that I bought just didn't last, and I didn't have money to get more. Was that **OFTEN, SOMETIMES, or NEVER** true for you in the last 12 months?
- I couldn't afford to eat balanced meals. Was that **OFTEN, SOMETIMES, or NEVER** true for you in the last 12 months?
- In the last 12 months, did you ever cut the size of your meals or skip meals because there wasn't enough money for food?
- In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money to buy food?
- In the last 12 months, were you ever hungry but didn't eat because you couldn't afford enough food?
- During the last 12 months, did you ever eat less than you wanted or not eat at all so that some other member of your household would have enough to eat?

# Food Insecurity Among California Women, 2000

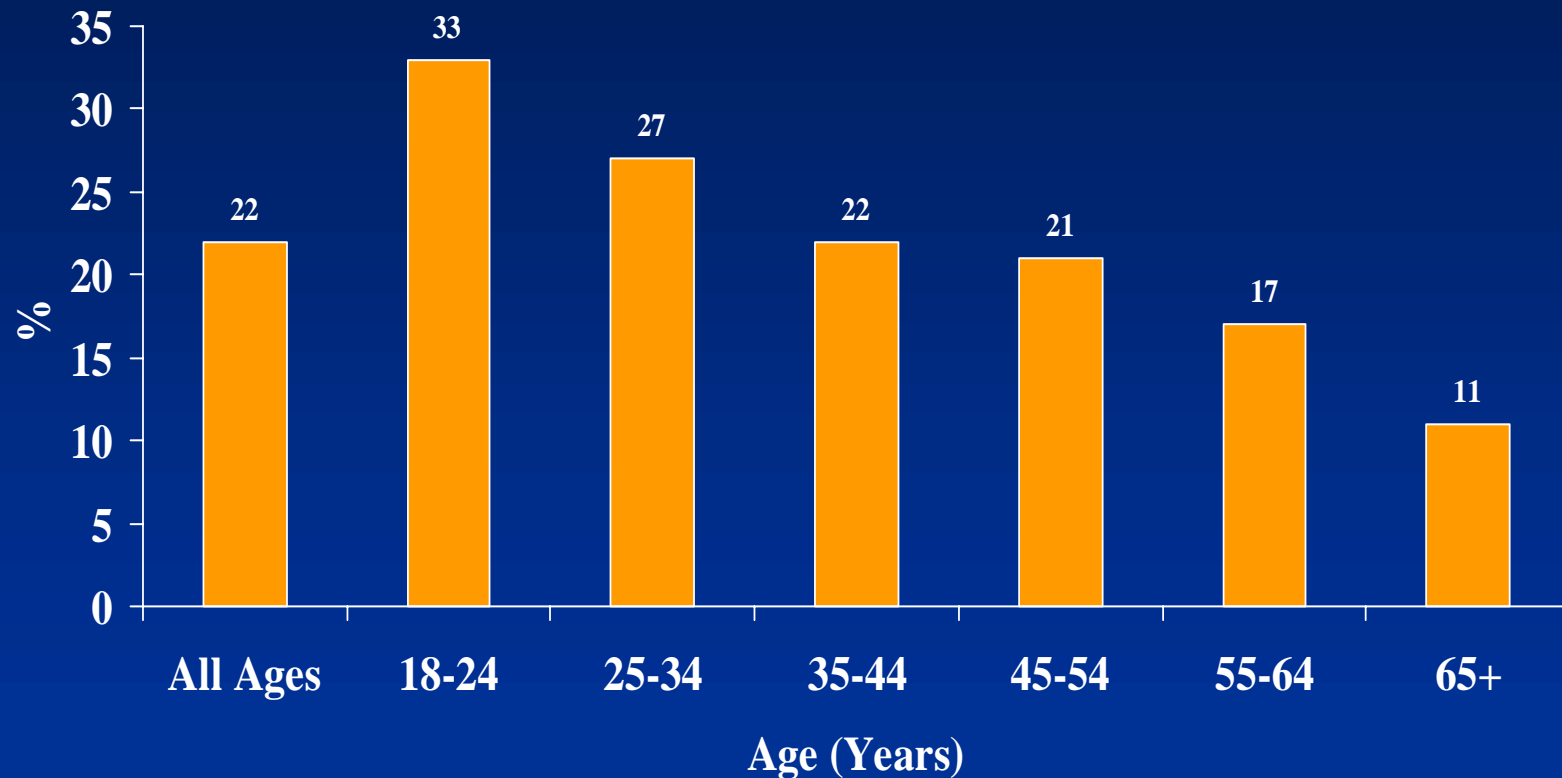


# Age Distribution of Food Insecure Women; California, 2000

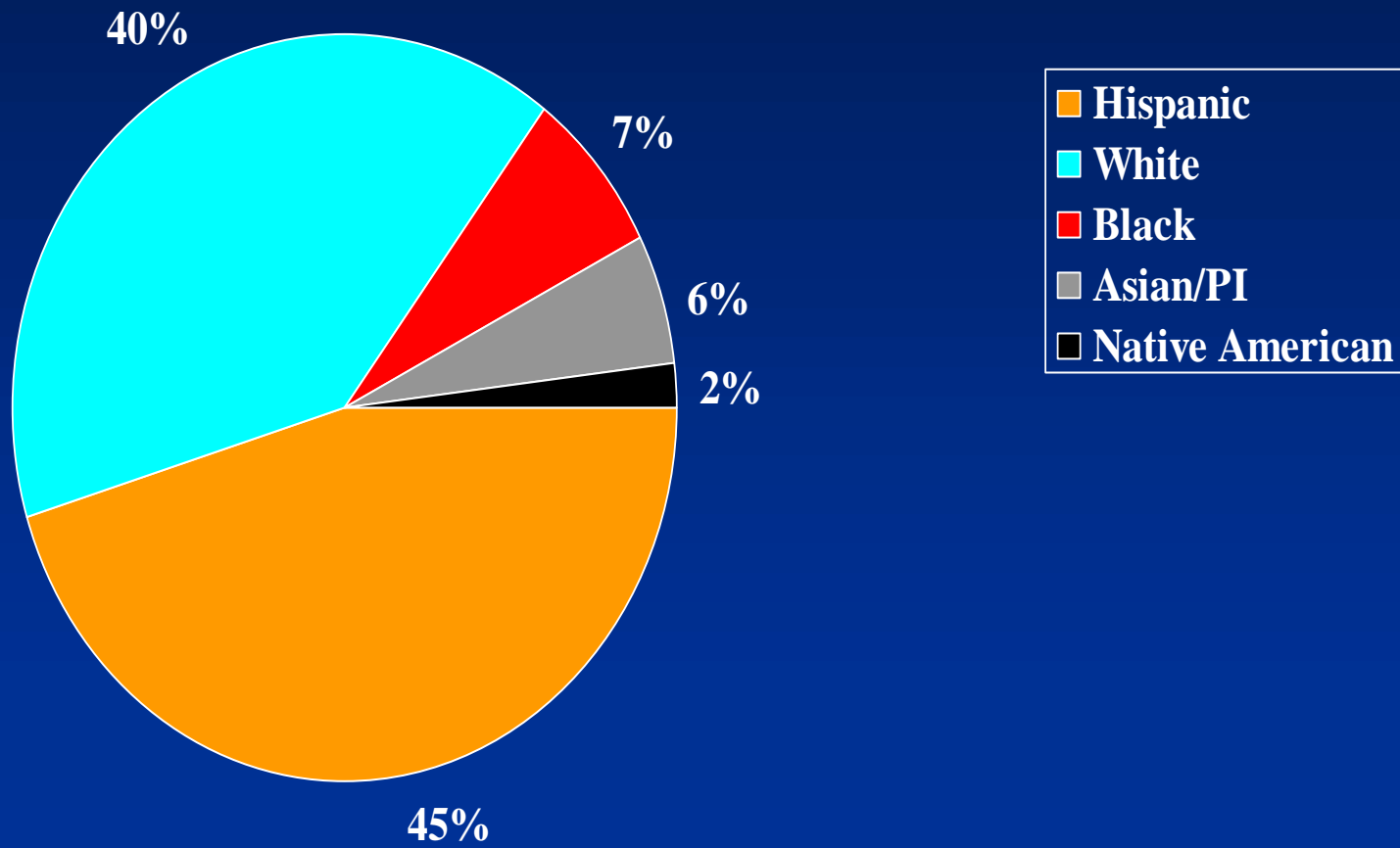




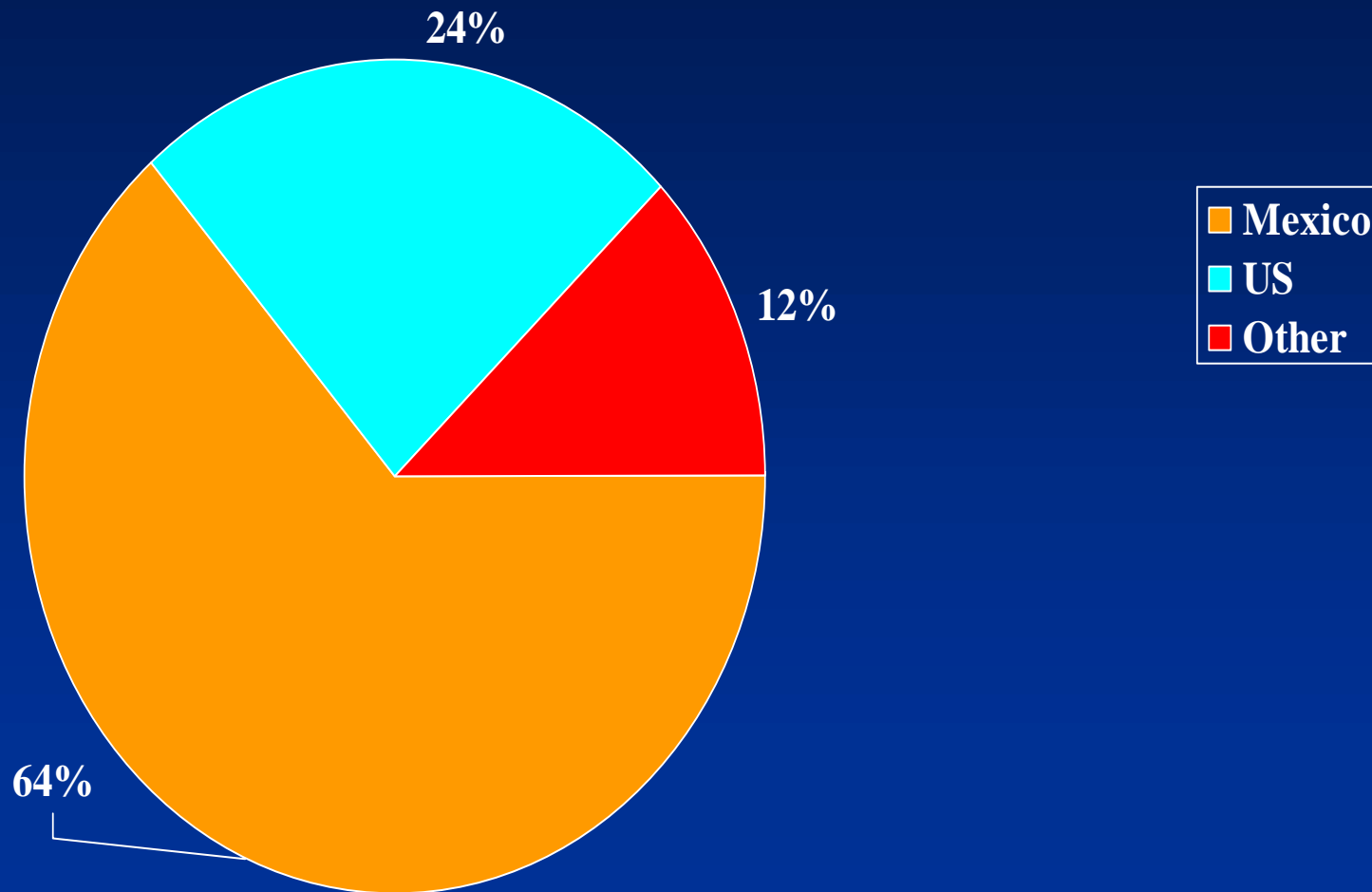
## Prevalence of Food Insecurity Among Women, by Age; California, 2000



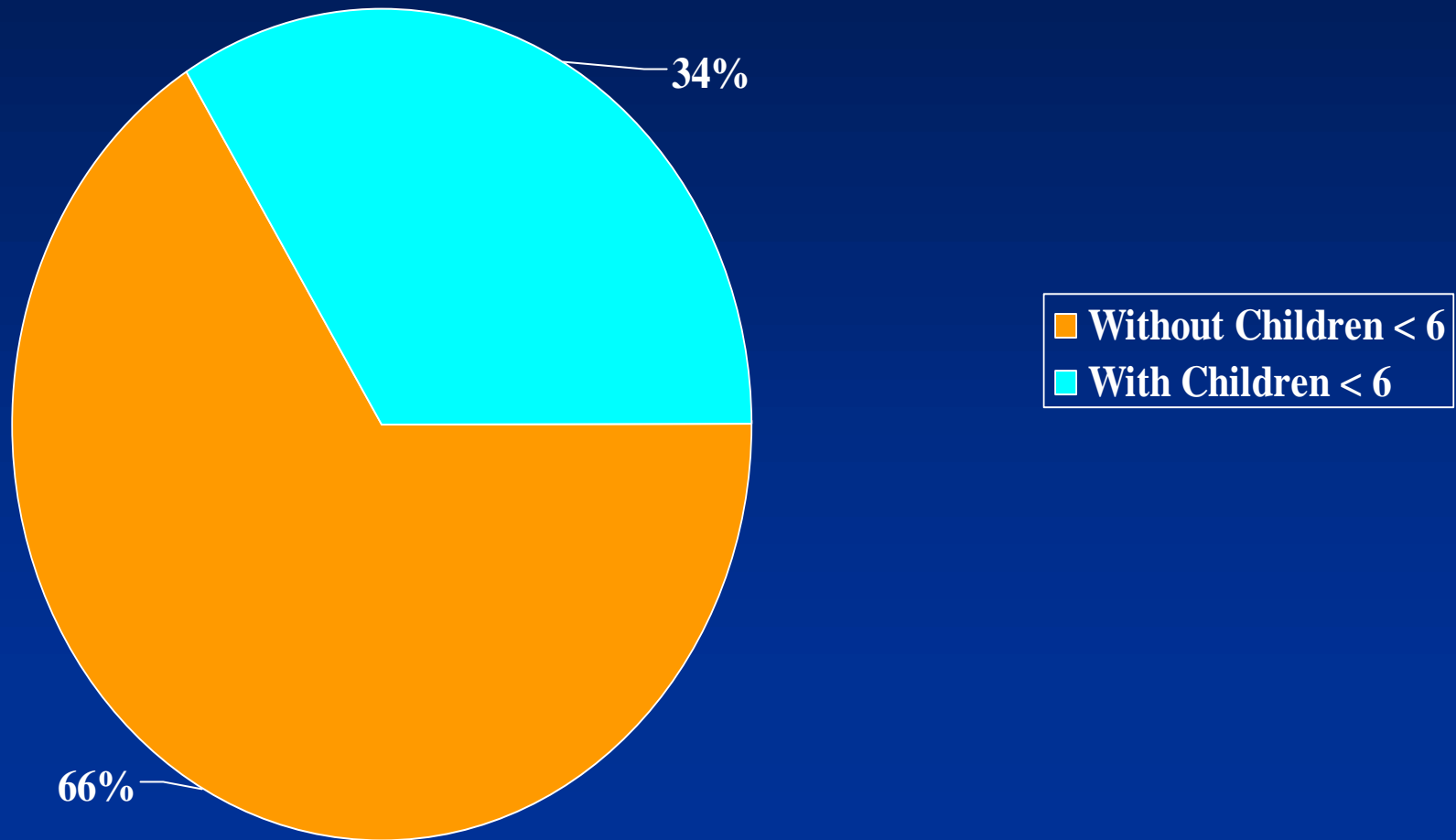
# Race/Ethnic Distribution of Food Insecure Women; California, 2000



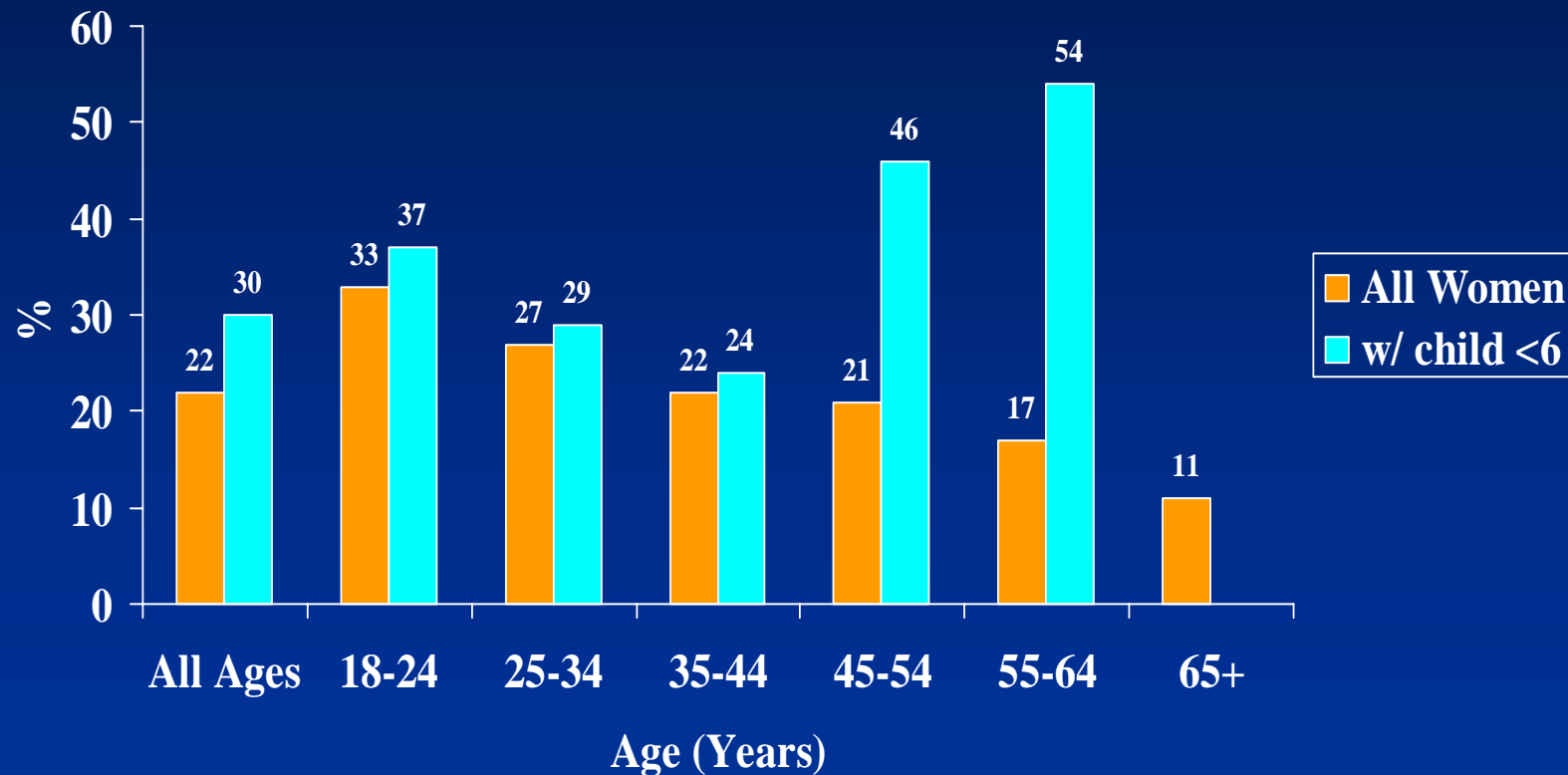
# Country of Birth of Food Insecure Latinas; California, 2000



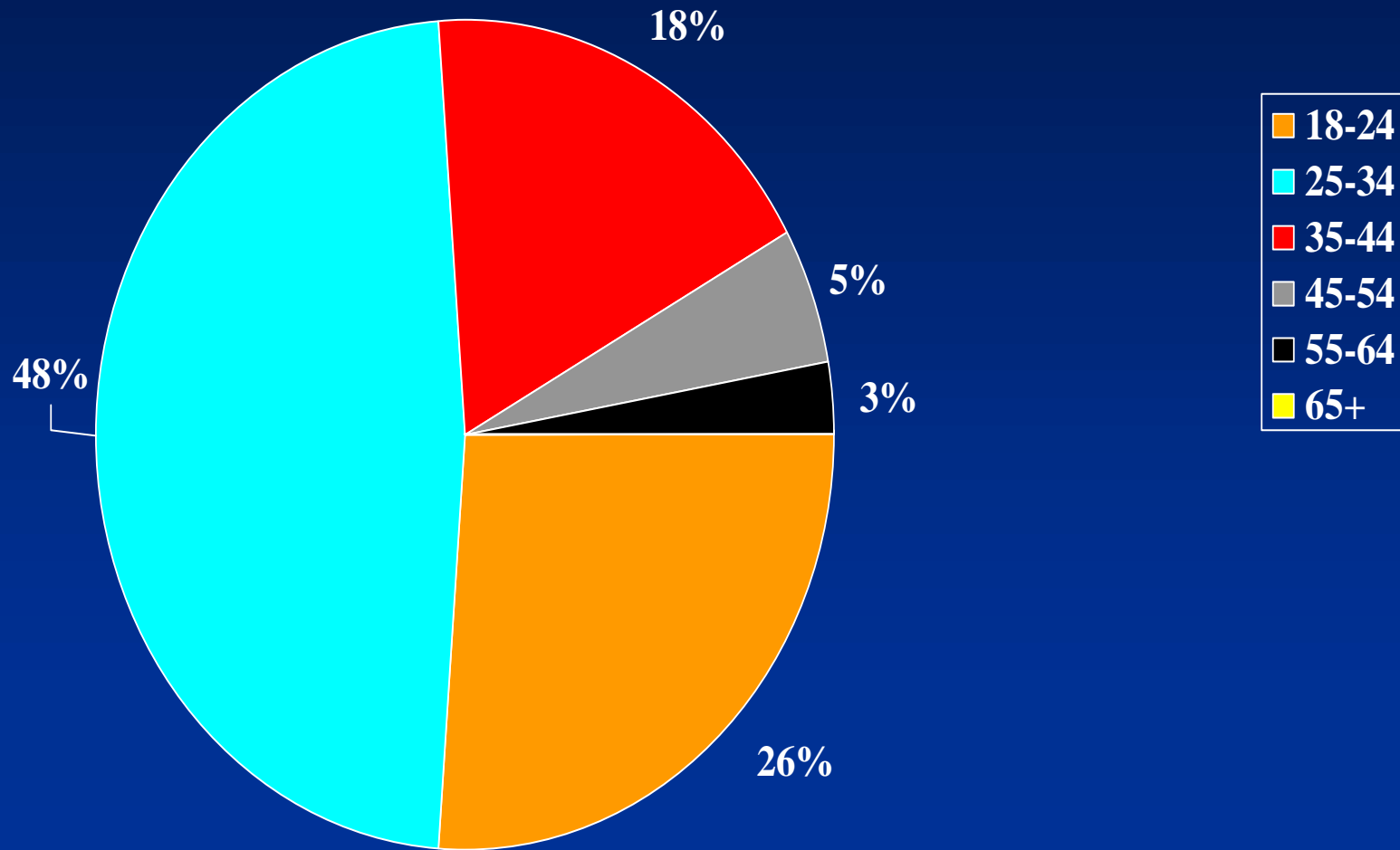
# Presence of Young Children in Households w/ Food Insecure Women; California, 2000



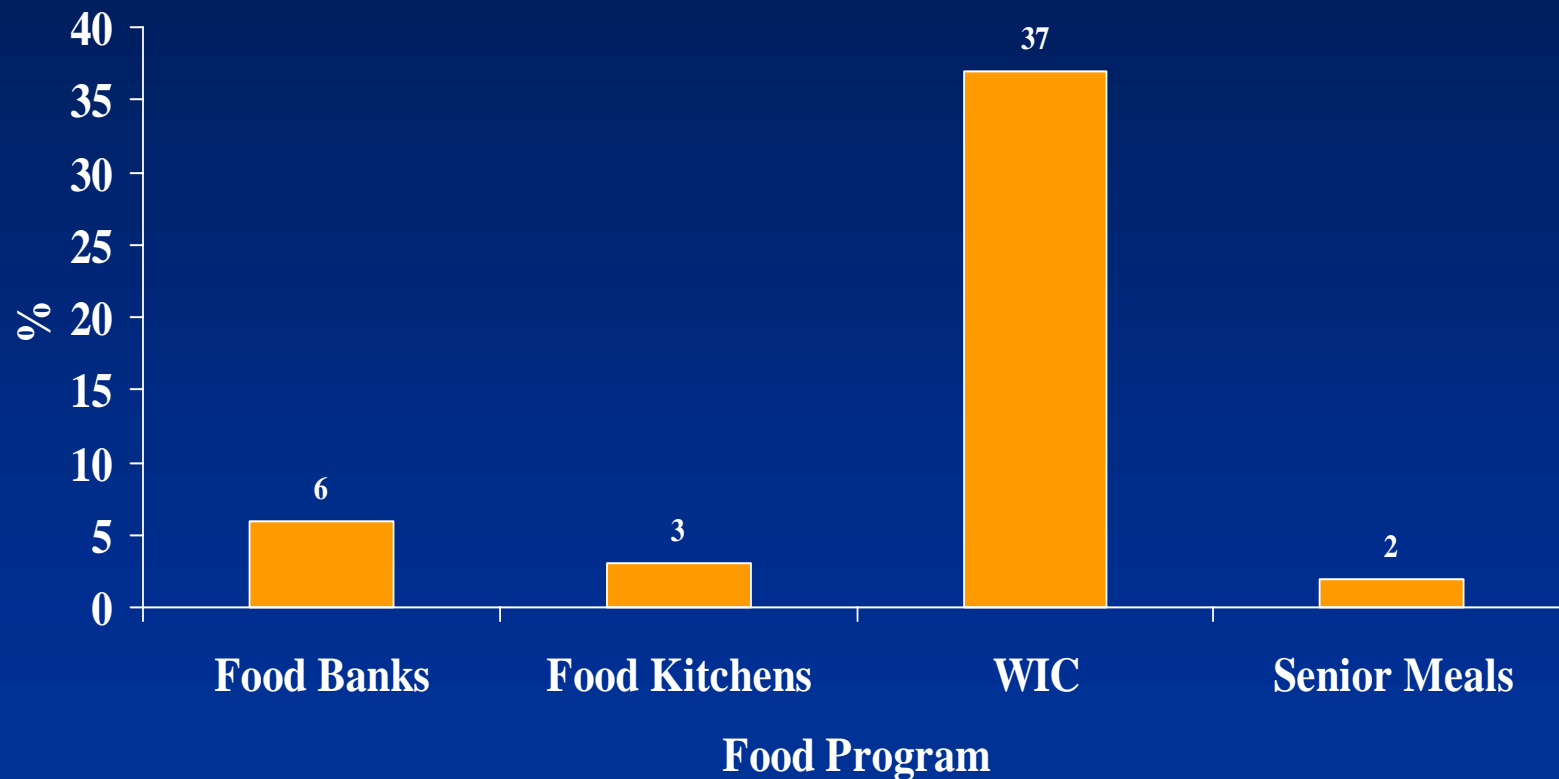
# Prevalence of Food Insecurity Among Women, by Age and Presence of Young Children; California, 2000



# Age Distribution of Food Insecure Women Living w/ Children < 6 yrs.; California, 2000



## Use of Food Support Services Among Food Insecure Women; California, 2000

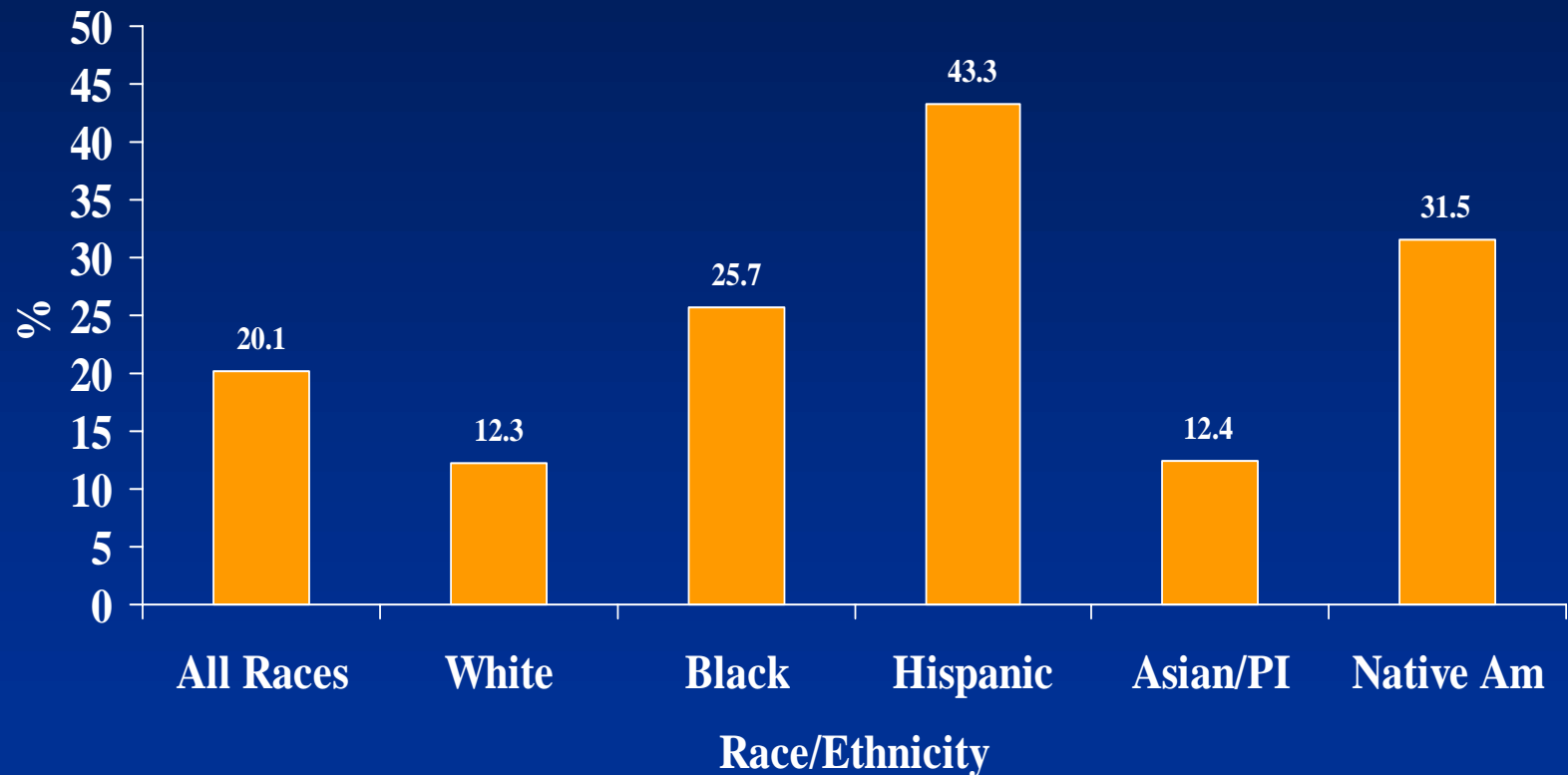


# Summary

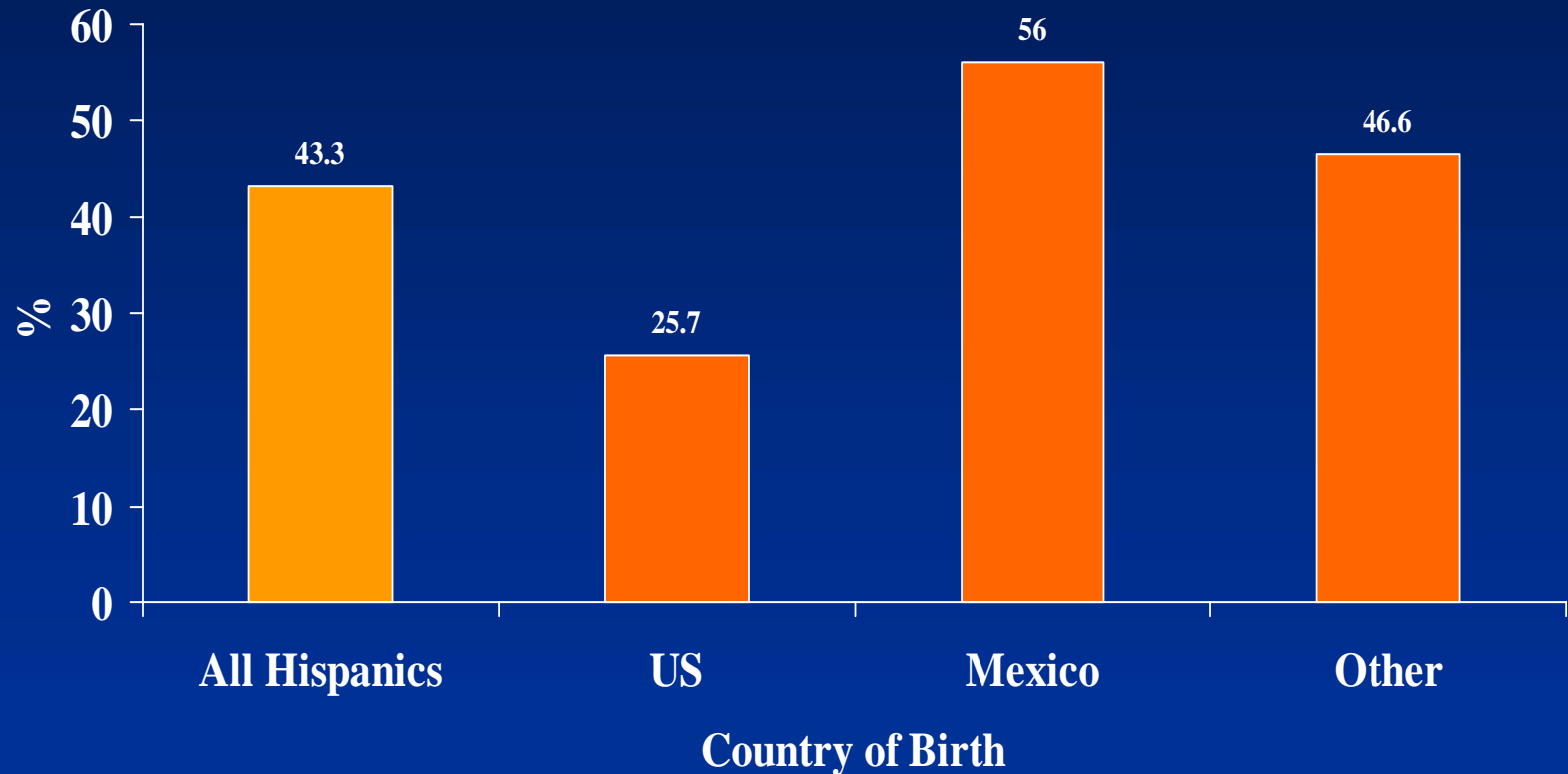
- By USDA definition, 22.4% of California women are food insecure. Of all California women, 7.7% are food insecure w/ hunger.
- Among California Latinas born in Mexico, 64.3% are food insecure.
- Although in general, risk for being food insecure declines w/ age, among women living in households w/ young children, risk is highest among women 45-64 years old.
- While very few food insecure women reported using food banks, food kitchens, or senior meals, 37% of food insecure women reported using WIC



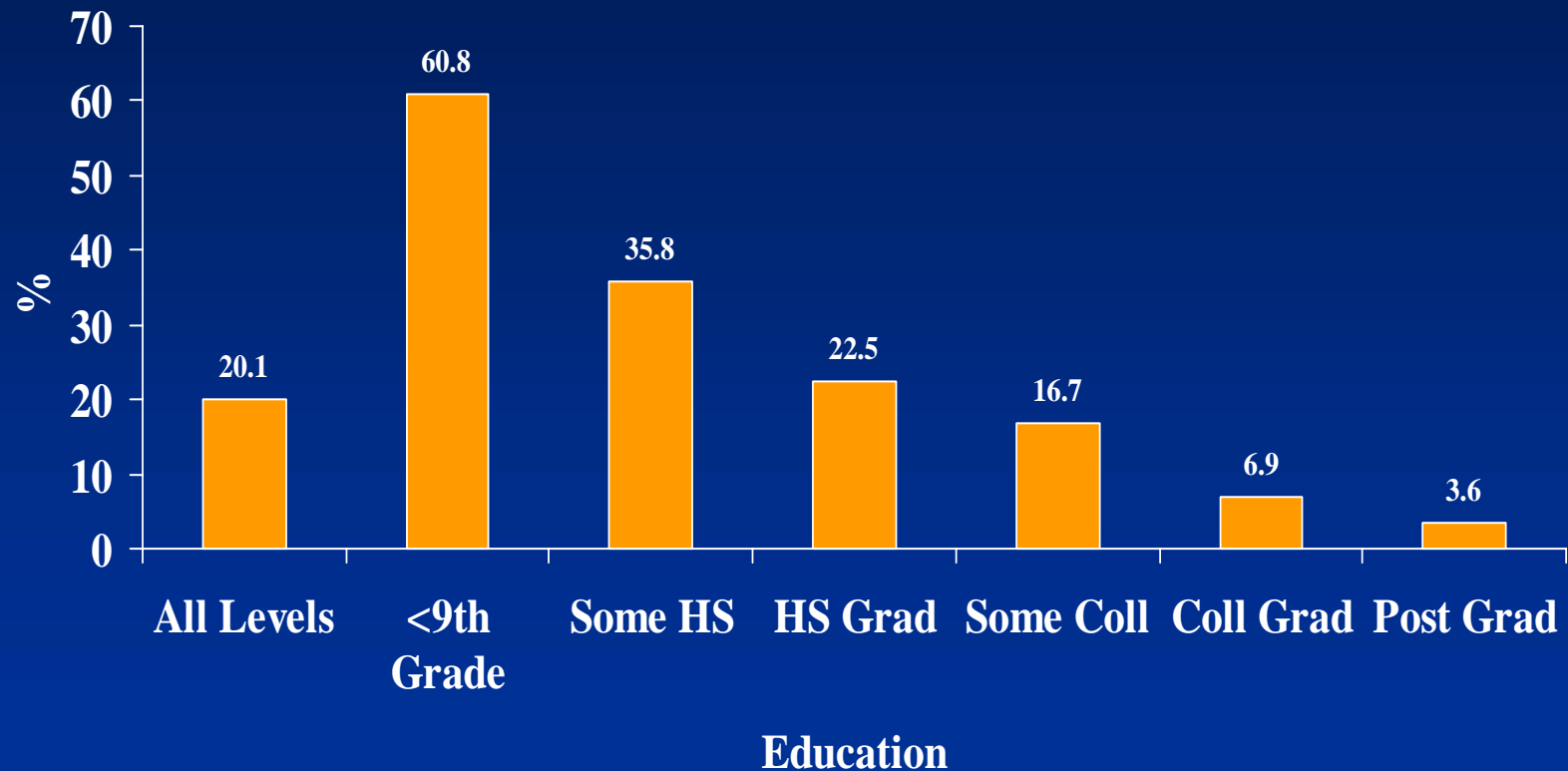
## Prevalence of Food Insecurity Among Women, by Race/Ethnicity; California, 1999



## Prevalence of Food Insecurity Among Hispanic Women, by Country of Birth; California, 1999



# Prevalence of Food Insecurity Among Women, by Education; California, 1999



# Distribution of Food Insecure Women, by Race Ethnicity; California, 1999

