

Resources to Address Food Insecurity in Ohio

CAPSULE







CONTRIBUTING AUTHORS: Karen R. Bailey, MS, RDN, LD, CDCES, Ohio University; Jennifer Gilmore, BSN, RN, University of Toledo; Hollie Goodell, RN, Ohio University; Mary Beth Vonder Muelen, RN, CCRC, University of Cincinnati; Colin Crowe, MD, Case Western Reserve University, on behalf of Team Best Practices

Food insecurity refers to the inability to afford enough food for an active, healthy life.¹ Over 14% of people in Ohio face food insecurity, and nearly 7% have limited access to healthy food options.² Food insecurity has been associated with a higher risk of diet-related diseases and cardiovascular risk factors.¹

A focus on improving self-efficacy and related skills can help people build resilience to manage food insecurity.³ It is important to address social drivers of health and connect patients with needed resources during clinical visits to improve health equity and patient outcomes.

Community organizations, such as food banks and other food distributors, play a key role in addressing food insecurity, especially for patients with specific health conditions, such as type 2 diabetes.⁴⁻⁶

Table 1. Community Resources to Address Food Insecurity

 <p>Ohio Association of Food Banks A curated list of local food banks and nutrition resources across the state: ohiofoodbanks.org</p>	 <p>2-1-1 A confidential, non-emergency helpline connecting people with local resources, including food assistance: 211.org</p>
 <p>FreeFood Searchable list of food pantries and food banks by state, including a comprehensive list for Ohio: freefood.org/s/ohio</p>	 <p>County Health Departments Information on food resources in areas without a local food bank or 2-1-1 service: odh.ohio.gov/find-local-health-districts</p>
 <p>Food Finder A mobile app that helps individuals locate free food resources nearby: foodfinder.us</p>	 <p>Agencies on Aging Support and food resource information, especially in counties without food banks or 2-1-1: careohio.org/list10_ohio_Aging_Services_senior_centers.htm</p>

References

- Seligman HK, Laroia BA, Kushel MB. Food insecurity is associated with chronic disease among low-income NHANES participants. Erratum in J Nutr. 2011;141(3):542. J Nutr. 2010;140(2):304-310. doi:10.3945/jn.109.112573.
- Dewey A, Harris V, Hake M, and Engelhard, E. Feeding America. Map the Meal Gap 2024: An Analysis of County and Congressional District Food Insecurity and County Food Cost in the United States in 2022. <https://www.feedingamerica.org/sites/default/files/2024-05/MMG%202024%20Executive%20Summary%20%281%29.pdf>. Published May 2024. Accessed May 9, 2024.
- Begley A, Paynter E, Butcher LM, Dhaliwal SS. Examining the association between food literacy and food insecurity. Nutrients. 2019;11(2):445. doi:10.3390/nu11020445.
- Short E, Sharma J, Thompson DI, et al. Food assistance use among food bank clients affected by type 2 diabetes. J Nutr Educ Behav. 2022;54(4):288-298. doi:10.1016/j.jneb.2021.11.001.
- Ippolito MM, Lyles CR, Prendergast K, et al. Food insecurity and diabetes self-management among food pantry clients. Public Health Nutr. 2017;20(1):183-189. doi:10.1017/S1368980016001786.
- Wetherill MS, Williams MB, White KC, Seligman HK. Characteristics of households of people with diabetes accessing US food pantries: implications for diabetes self-management education and support. Diabetes Educ. 2019;45(4):397-407. doi:10.1177/0145721719857547.

The Ohio Cardiovascular and Diabetes Health Collaborative is funded by the Ohio Department of Medicaid and administered by the Ohio Colleges of Medicine Government Resource Center. The views expressed in this document are solely those of the authors and do not represent the views of the state of Ohio or federal Medicaid programs.

For more information head to [Cardi-OH.org](https://cardi-oh.org).

© 2025 Cardi-OH