



2021 Food Insecurity Survey

FOOD For Lane County

Table of contents:

Introduction	1
Lane County: 2020 Census Data	2
Survey Participants Demographics: Age, Gender, Race	3
Survey Participants by Location	4
Housing	5
Unhoused	6
Household Characteristics:	7
* Language	
* Chronic Health Conditions	
* Education	
Household Income/Employment	8
Food Insecurity in Lane County	9
Very Food Insecure Households	10
Food Insecurity by Race	11
Food Insecurity by Gender	12
Food Insecurity by Age	13
Language Barriers	14
Lack of Childcare	15
Students and Food Insecurity	16
Mental Health	17
Disability	18
Financial/Food Assistance	19
Food Assistance/Barriers	20
Self-reported needs	21
Food for Thought: conclusions	22

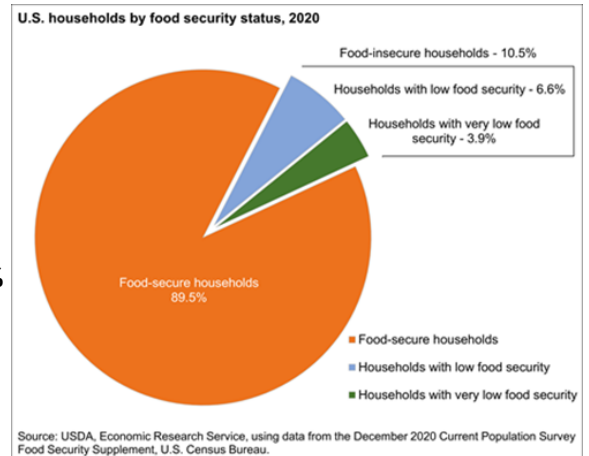
INTRODUCTION

According to the 2020 Census report, **10.5% of US households (13.8 million) were food insecure at some time during 2020.**

This number includes:

- **Low food security households (6.6 %):** obtained enough food through food assistance programs or eating less varied diets.
- **Very low food security households (3.9%):** food intake was reduced at times during the year due to lack of resources.

All these percentages were unchanged since 2019, but significantly lower than in **2010, when the percentage of food insecure households was 14.8%** (17.2 million) and the percentage of **very low food secure households was 5.4.**



SURVEY

In April 2021, FOOD For Lane County (FFLC) hosted its first online community-wide survey to learn more about the Lane County community, and to better partner and collaborate in alleviating hunger.

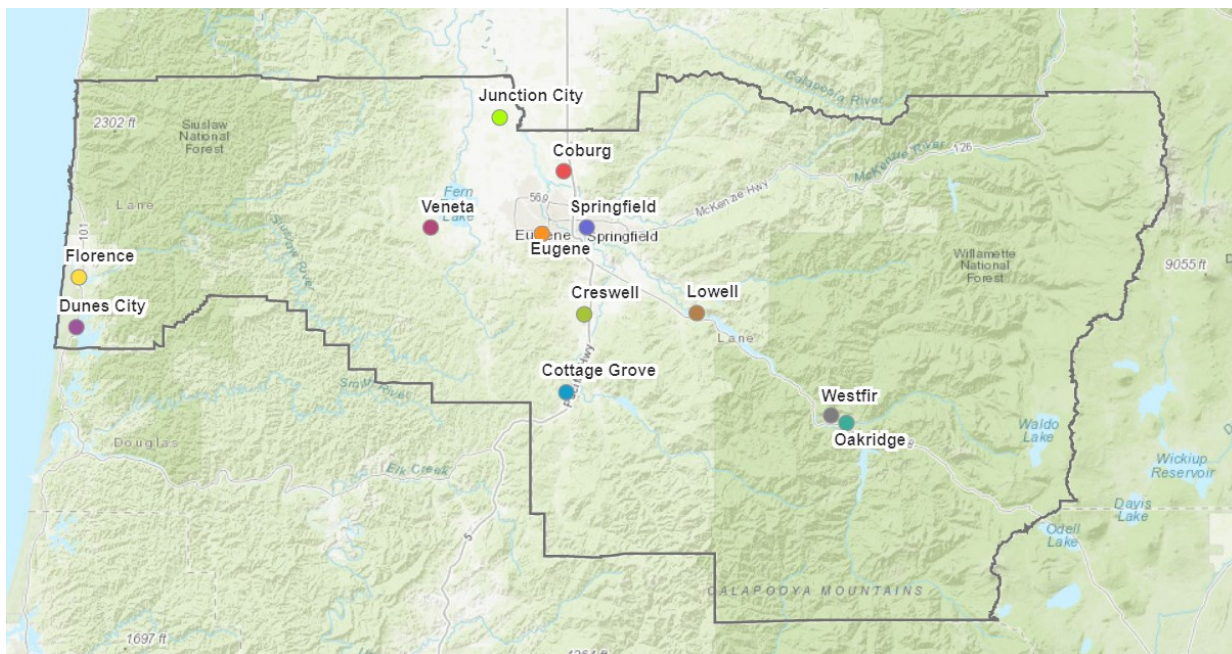
The survey was based on the “Hunger Factors” survey, done biannually at food pantries around the state of Oregon since the mid-1990s. In 2021 the survey was launched online in Lane County, with 2,059 responses. **Once duplicates were removed, the survey yielded 1,977 individual responses.**

This survey was sent out community wide, with promotional assistance from University of Oregon campus groups. This may explain why a high percentage **(56%) of responses come from students**. Because responses don’t necessarily reflect an accurate makeup of Lane County residents, we understand that this is a small sample that doesn’t tell the story for the whole county. Rather, **it tells the story about who responded: some accessed food assistance programs and benefitted from them, a few accessed assistance in the past and no longer needed help, and others needed help getting food but were not accessing supports.** Survey results provide many interesting takeaways that will help FFLC, our partners and supporters to get food to those who need it most.

Non-scientific survey results are from self-selected participation and cannot be generalized.



LANE COUNTY DEMOGRAPHICS



The Portland State University Population Research Center [compared population changes between the 2010 census and the 2020 census](#) and observed the following:

- The **county's population increased by 8.9%, to 382,971**.
- The percentage of **children under 18 decreased** from 19.8% to 18.1%.
- **Housing occupancy increased** by 7.3%, to 94.2% (156,594), and the average **household size** increased slightly to 2.36.
- The **population has become more diverse**, with marked increases in those that identified as *two or more races* (122%), and *some other race* (362% increase). The **Hispanic population** increased from 7.44% to 9.86%.

		2010		2020		Change	
POPULATION	Total population	351,715	100.00%	382,971	100.00%	31,256	8.89%
	in households	343,185	97.57%	369,810	96.56%	26,625	7.76%
	under 18	69,689	19.81%	69,494	18.15%	-195	-0.28%
	18 and older	282,026	80.19%	313,477	81.85%	31,451	11.15%
HOUSING							
	Housing Units	156,112	44.39%	166,226	43.40%	10,114	6.48%
	average household size	2.35	0.00%	2.36	0.00%	0.01	0.43%
RACE/ ETHNICITY	Not Hispanic						
	Am. Indian/Alaska Native	3,418	0.97%	3,355	0.88%	-63	-1.84%
	Asian	8,169	2.32%	9,404	2.46%	1,235	15.12%
	Black/African American	3,102	0.88%	4,352	1.14%	1,250	40.30%
	Native Hawaiian/Pac. Islander	732	0.21%	947	0.25%	215	29.37%
	Some other race	514	0.15%	2,377	0.62%	1,863	362.45%
	White	297,808	84.67%	298,507	77.95%	699	0.23%
	Two or more races	11,805	3.36%	26,249	6.85%	14,444	122.35%
	Hispanic	26,167	7.44%	37,780	9.86%	11,613	44.38%

Non-scientific survey results are from self-selected participation and cannot be generalized.



SURVEY PARTICIPANTS: DEMOGRAPHICS

SURVEY DATA:

1,977 people from 27 locations in Lane County participated in the survey.

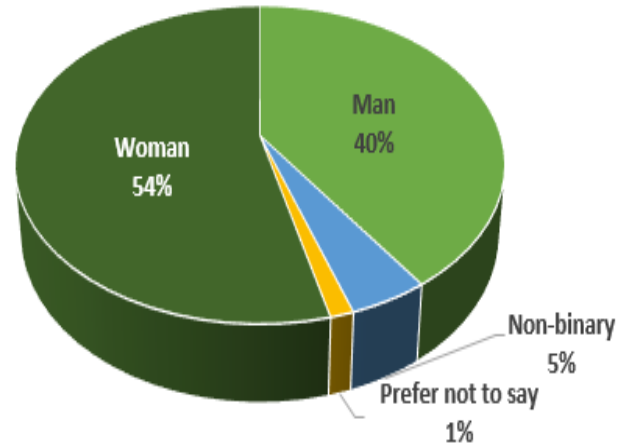
Gender:

- 1,065 women
- 798 men
- 88 non-binary (and 26 who preferred not to identify)

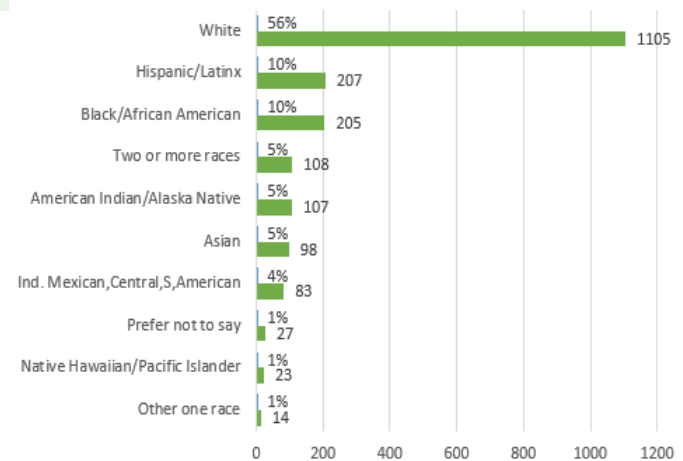
Most of the participants are in the **20-44 age group**, and **1,100 (56%)** are **students**.

In terms of race identification, as a percentage of the population and compared to the 2020 Census data, **some minority groups are over-represented**, especially Black/African American, American Indian, Asian, and Native Hawaiian/Pacific islander. Two or more races encompasses those that selected more than one race but who are non-Hispanic.

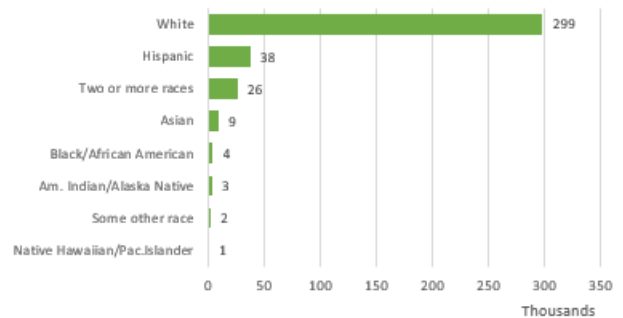
Gender Identification



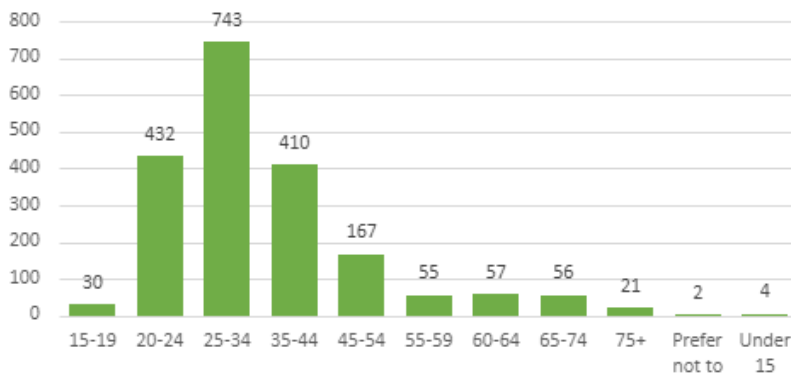
Race



Lane County 2020 Census

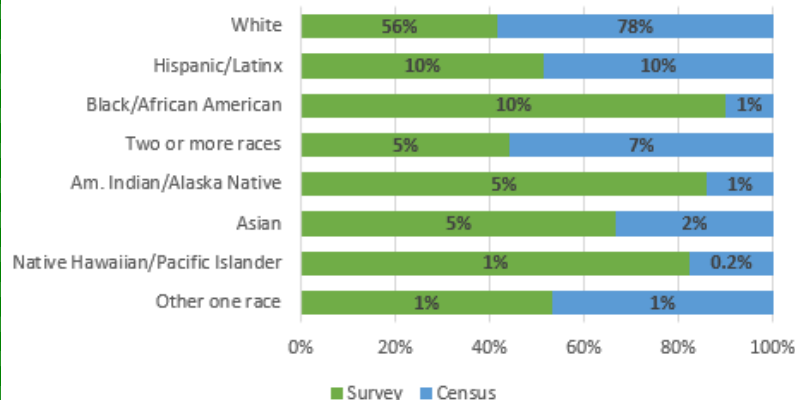


Age



In the bottom graph, in order to compare our data with the Census numbers, we included the **Indigenous Mexican** identification with the Hispanics, but will study them as a separate group.

Survey/Census Race



Lane County has become more diverse. Between 2010 and 2020, the percentage of the population who are minorities went from 15% to 22%.

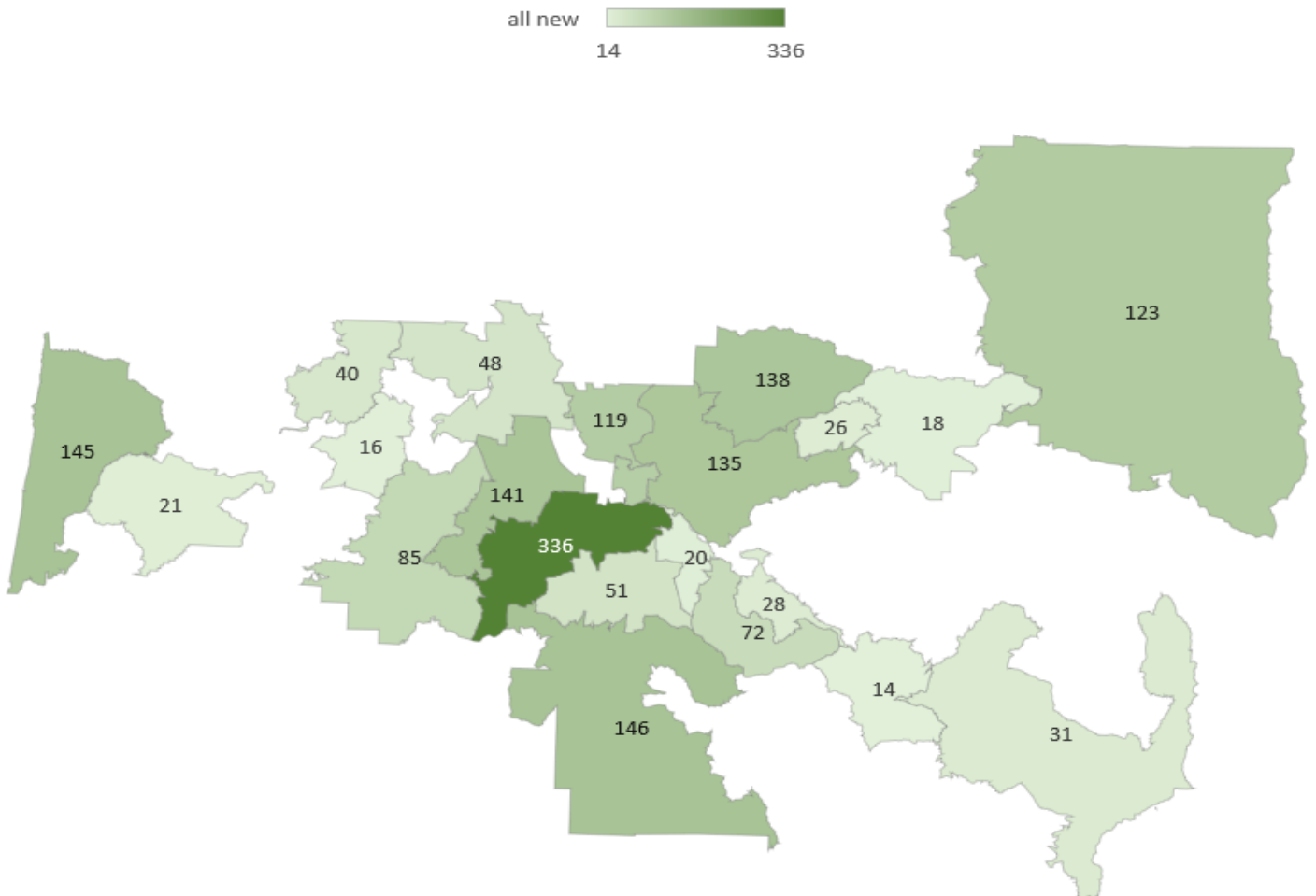
SURVEY PARTICIPANTS BY LOCATION

*1,977
participants
responded
and were from
26 locations in
Lane County,
from Florence
to Blue River*

Location	Number of
Bethel	141
Blue River	123
Cedar Flats	135
Coburg	119
Cottage Grove	146
Creswell	51
Crow/Lorraine	85
Dexter	72
Eugene	336
Florence	145
Junction City	48
Leaburg	26
Lowell	28

Location	Number of
Mapleton	21
Marcola	138
McKenzie Bridge	25
Noti	16
Oakridge	31
Pleasant Hill	20
Rainbow	16
Springfield	114
Thurston	21
Triangle Lake	40
Veneta	48
Vida	18
West Fir	14

Survey Participants by Location



HOUSING

698 respondents were **home-owners**, 613 **rented**, 166 lived in **Assisted living/Supported Housing**, and 161 lived in **Group Housing** (residence halls, etc.)

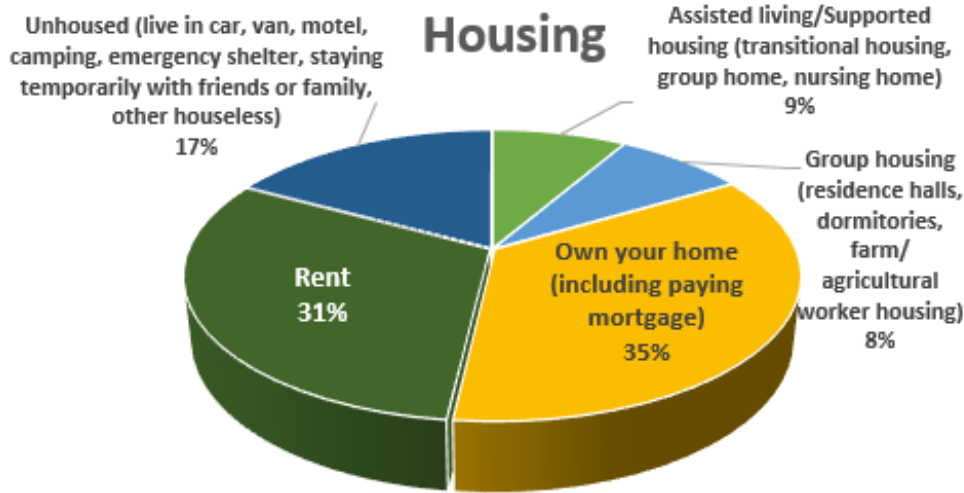
339 were **unhoused** (lived in car, van, motel, shelter, staying temporarily with friends, etc.).

Most households consisted of **2 adults** (27%), 3 adults (16%), or 4 or more adults (16%).

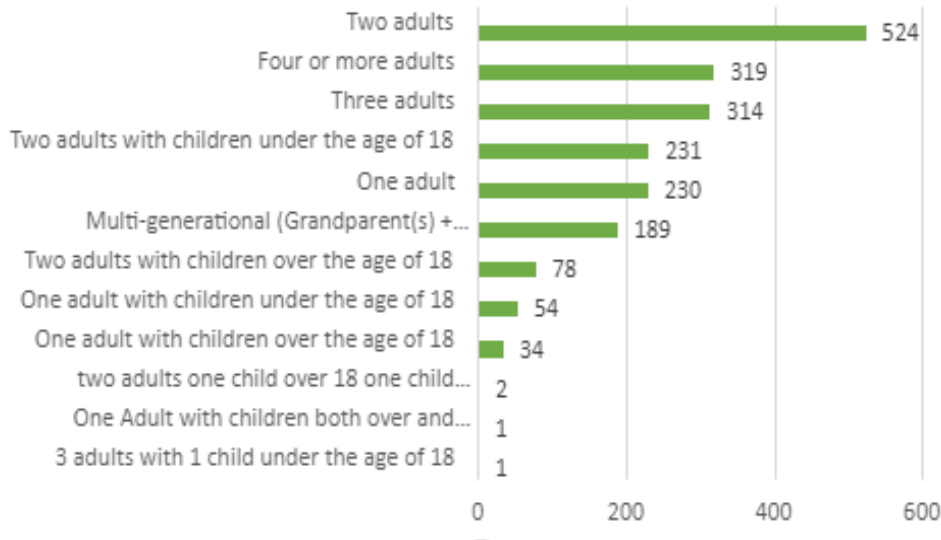
1,167 (59%) households had **children**, and 46% had one or more **seniors** (65+) living in them.

189 households were **multi-generational** (grandparents-parents-children).

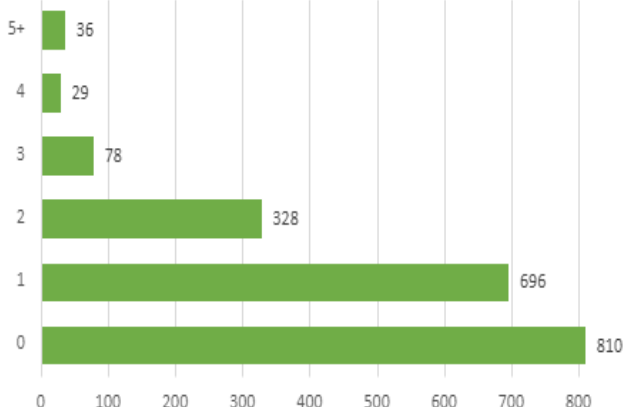
535 (26%) had been **evicted** or received an eviction notice in the previous 12 months.



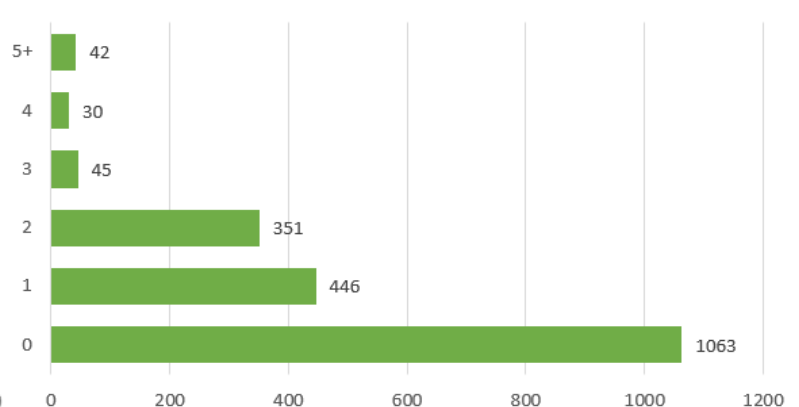
Household composition



Households with children 0-18



Households with seniors, 65+



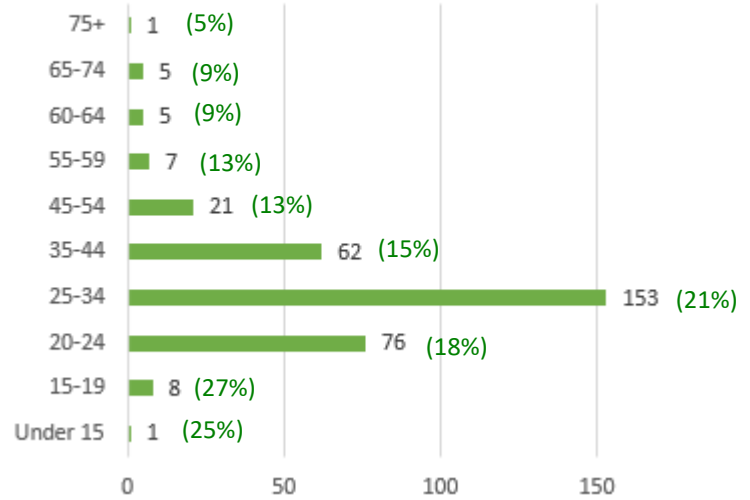
These are the answers reported in the survey. We have observed discrepancies between answers to the questions *Household composition* and *Number of children* in the household.

Non-scientific survey results are from self-selected participation and cannot be generalized.



HOUSING: UNHOUSED

Unhoused/Age



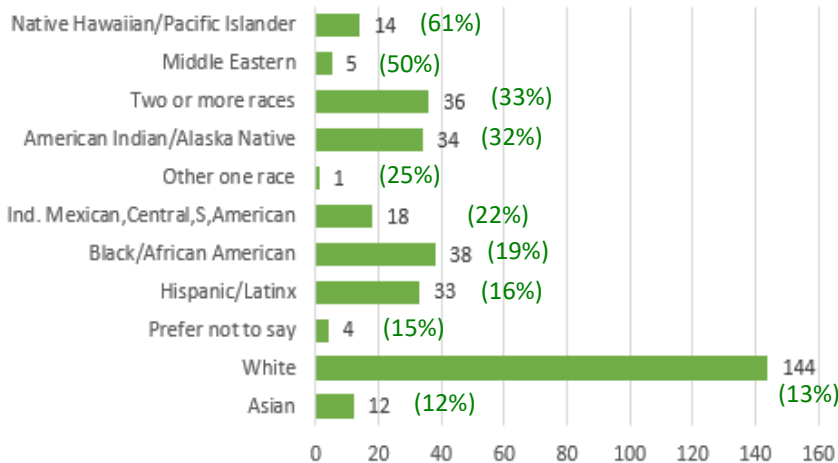
339 (17%) of the people in the survey are **unhoused**.

The percentage of people in the survey who identified as **non-binary**, who are unhoused, is 2.7 times higher than for men and almost four times higher than for women.

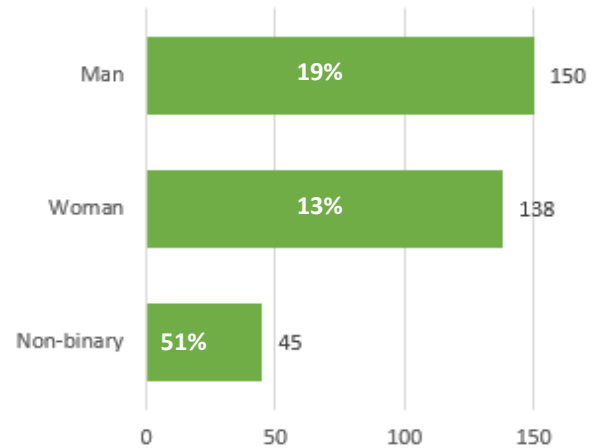
Most of the unhoused are in the **25-34 age group** (153). 8 of the 30 participants in the **15-19 age group** are unhoused.

In our survey, 14 of the 23 participants who identified as **Native Hawaiian** and 5 of the 10 who identified as **Middle Eastern** are unhoused.

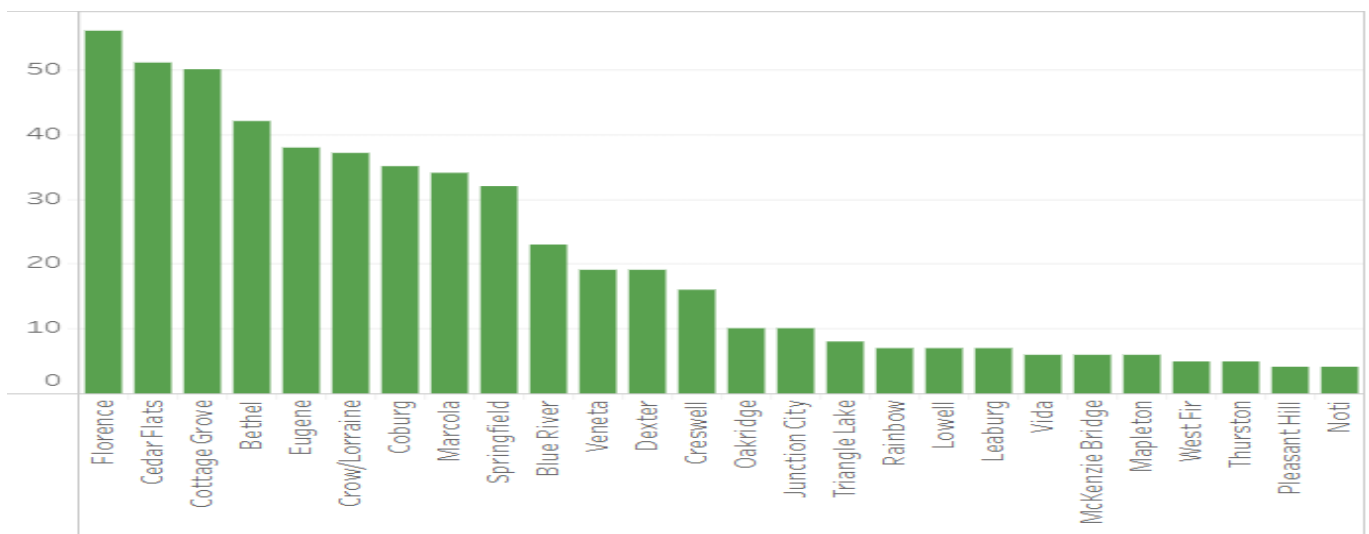
Unhoused/Race



Gender

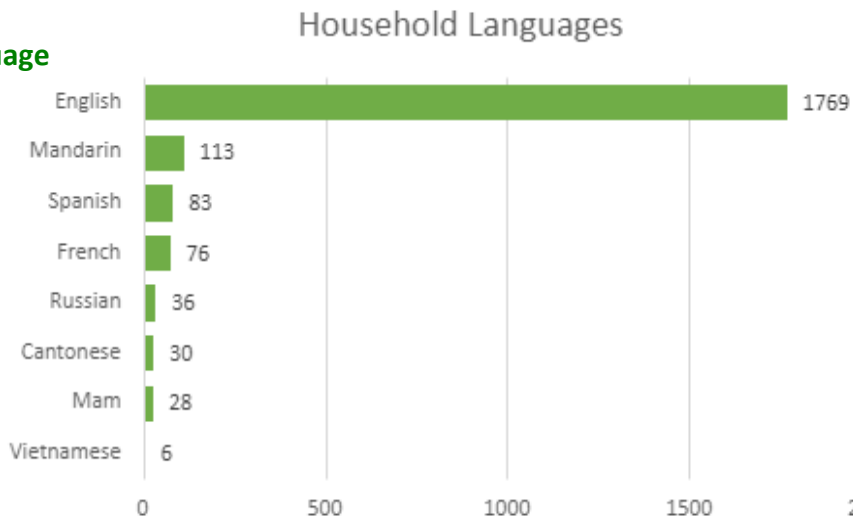


Evictions in the previous 12 months per town



HOUSEHOLD CHARACTERISTICS

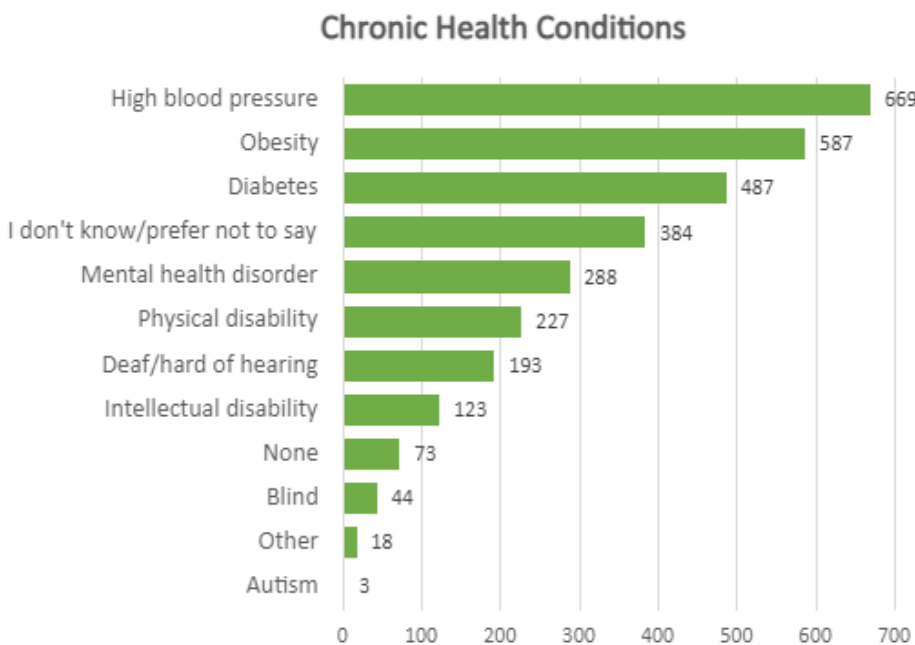
Language



89% of the households **speak English at home**, or English and a **second language**:

- Mandarin (5.7%)
- Spanish (4.2%)
- French (3.8%)
- Russian (1.8%)
- Cantonese (1.5%)
- Mam (1.4%)
- Vietnamese (0.3%)

Health conditions



There are 208 (11%) households that **do not speak English at home**. Of note:

- * In Cedar Flats, 15 households speak *Mandarin*
- * In Florence, 12 households speak *French*
- * In Coburg, 9 households speak *Mandarin*
- * In Marcola, 8 households speak *French*

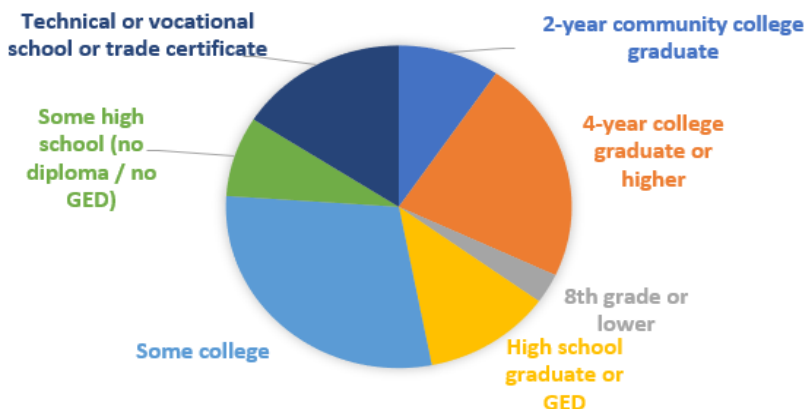
96% of the households reported one or more **chronic health conditions**.

The most prevalent were: **high blood pressure** (34%), **obesity** (30%) and **diabetes** (25%).

15% of the households reported **mental health disorders**, and 11% reported **physical disability**.

Education

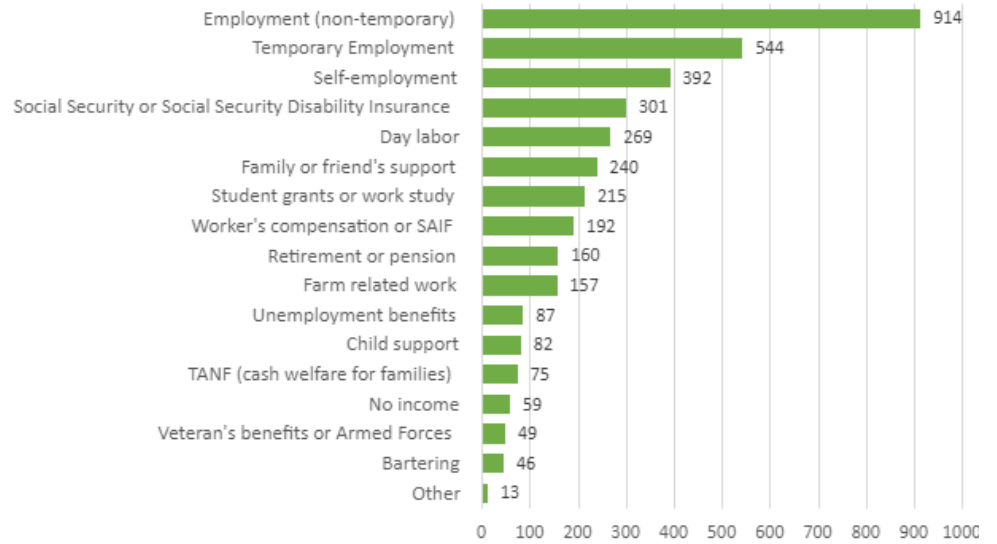
WHAT IS THE HIGHEST GRADE



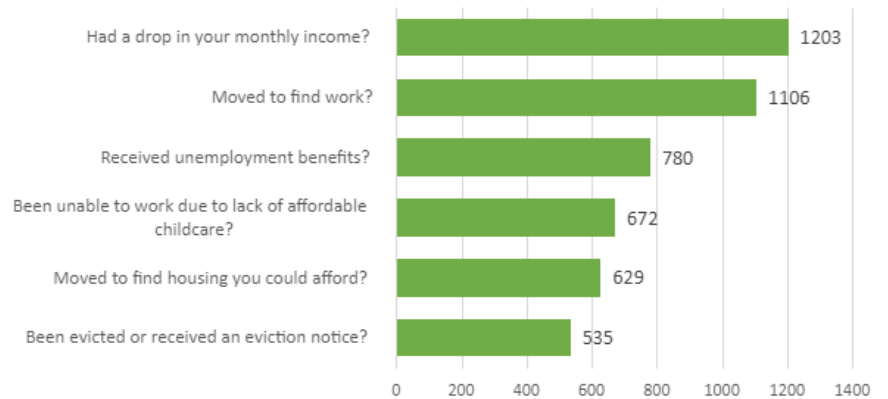


HOUSEHOLD INCOME

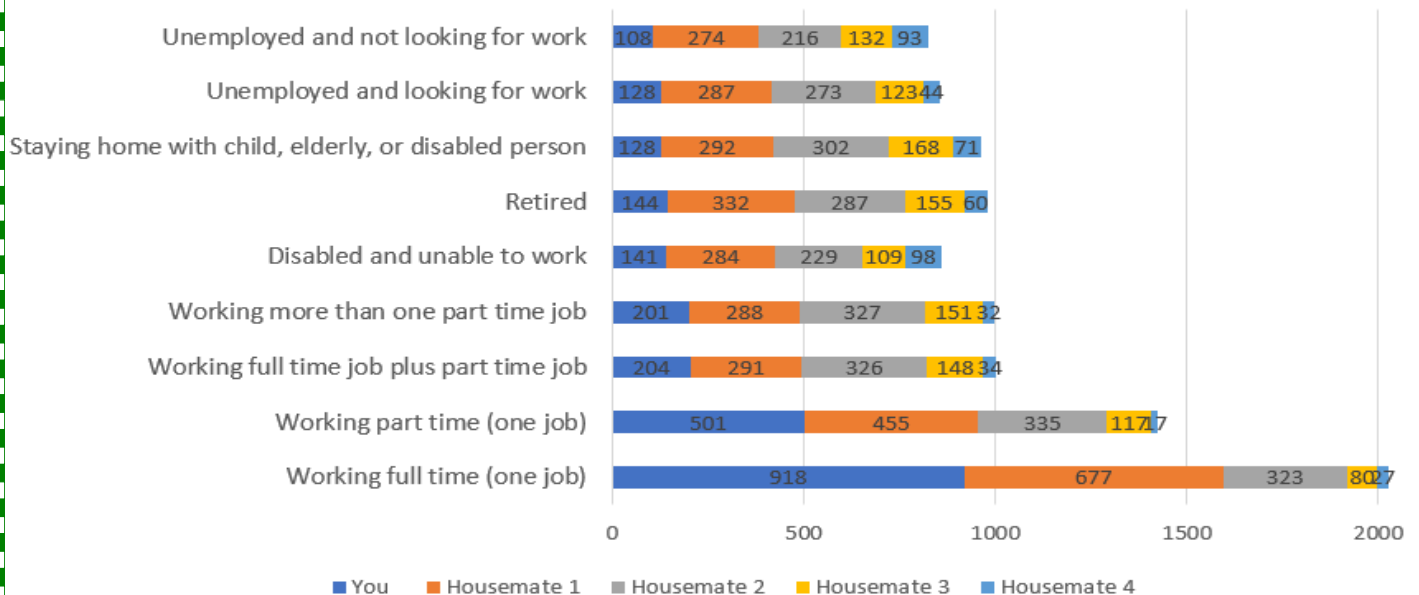
Income sources



In the past 12 months, have you or another adult household member:



Household employment



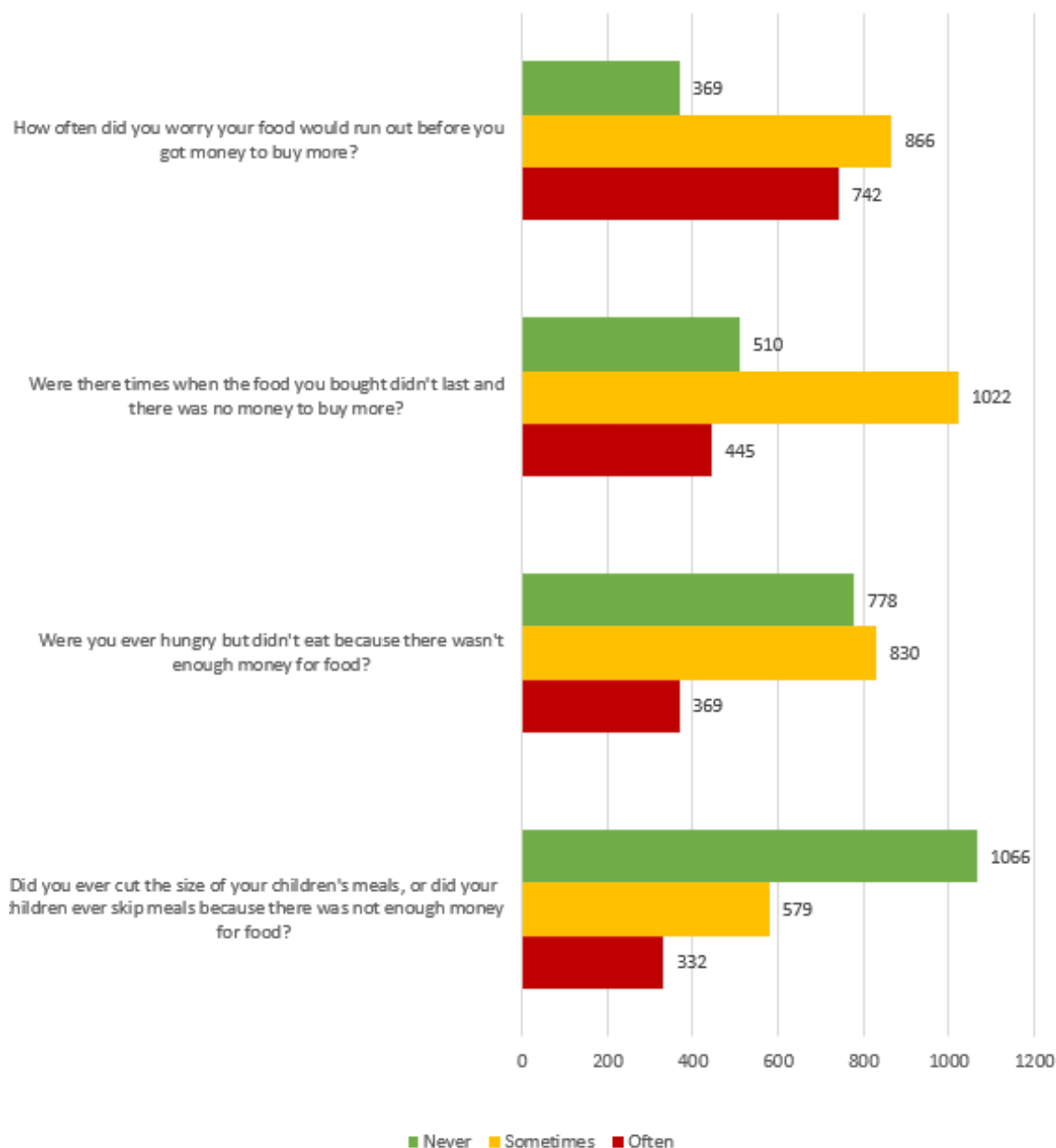


FOOD INSECURITY IN LANE COUNTY

We assessed the levels of food insecurity with these four questions, and we are considering the question **“How often did you worry your food would run out before you got money to buy more?”** the baseline for food insecurity.

Of the 1,977 people who participated in the survey, **81% reported that they worried that food would run out** before they had money to buy more: 742 (38%) often and 866 (44%) only sometimes.

In the past 12 months,



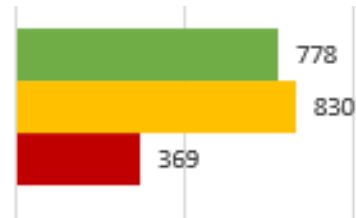


SURVEY RESULTS: VERY FOOD INSECURE HOUSEHOLDS

In the past 12 months:

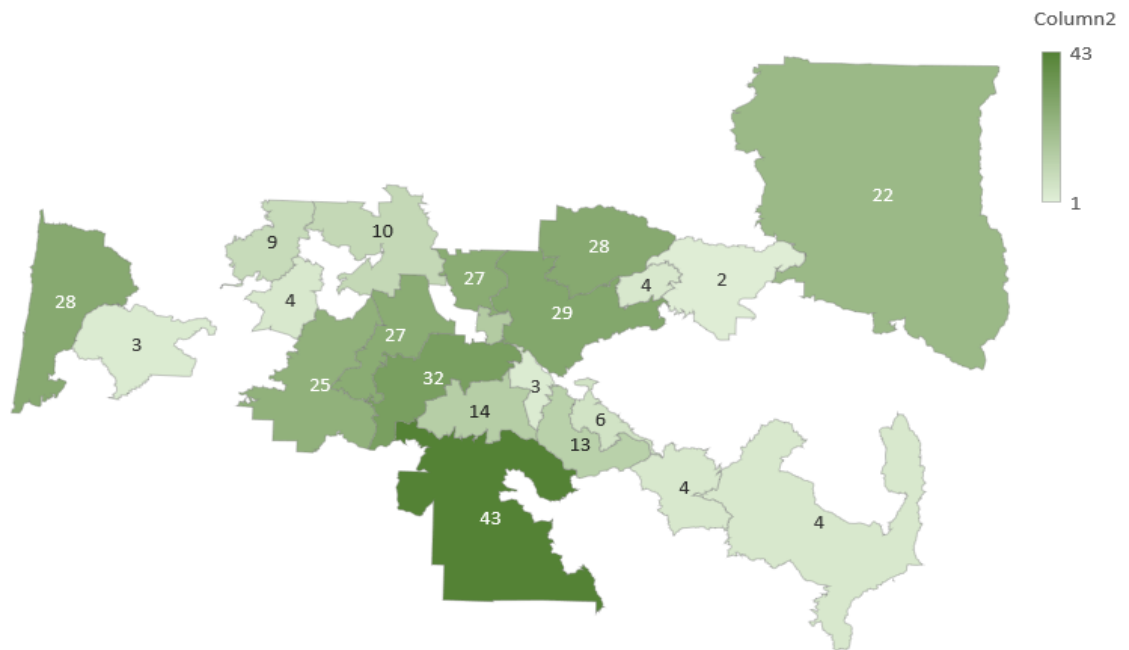
■ Never ■ Sometimes ■ Often

Were you ever hungry but didn't eat because there wasn't enough money for food?



Often Hungry-no food

Cottage Grove	43
Eugene	32
Cedar Flats	29
Florence	28
Marcola	28
Bethel	27
Coburg	27
Crow/Lorraine	25
Blue River	22
Springfield	15
Creswell	14
Dexter	13
Junction City	10
Triangle Lake	9
Veneta	9



19% of our survey participants responded that they **often were hungry, and had no money to buy food, the most food insecure**. There are 369 households in this group. Of note, 43 in **Cottage Grove** and 32 in **Eugene**. 117 are **unhoused**. The majority are young (150 are **25-44** and 88 are **20-24**).

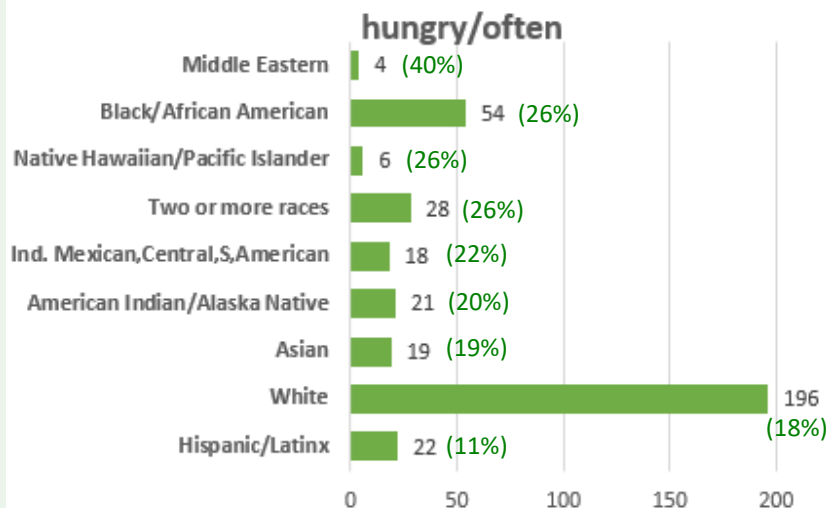
173 are **women**, 159 are **men**, and 31 identify as **non-binary**. 53% are white, **15% African American**, 8% Two or more races, 6% **Hispanic**, and 6% **American Indian**. The percentage per race is **higher for most minorities** (except for Hispanics), with the highest incidence in the Middle Eastern group (40%), although this is a small group (10) so the result has limited statistical significance.

206 had been **evicted or received an eviction notice** in the previous year.

205 received **unemployment**. 61 are **disabled and unable to work**, and 170 have someone in the household who is **disabled**.

233 (63%) are **students**: 106 in college and 75 in technical school.

67 never visit a Food Bank/Pantry (10 in Eugene, 7 in Blue River, and 7 in Cottage Grove). 113 visit food pantries often, and 189 sometimes. Of these, 32 are students. The reasons to not visit a pantry mentioned most often were: physically inaccessible (32%), location (30%), shame (28%), hours (25%), and lack of transportation (25%). A few mentioned the need for **someone who spoke ASL**.

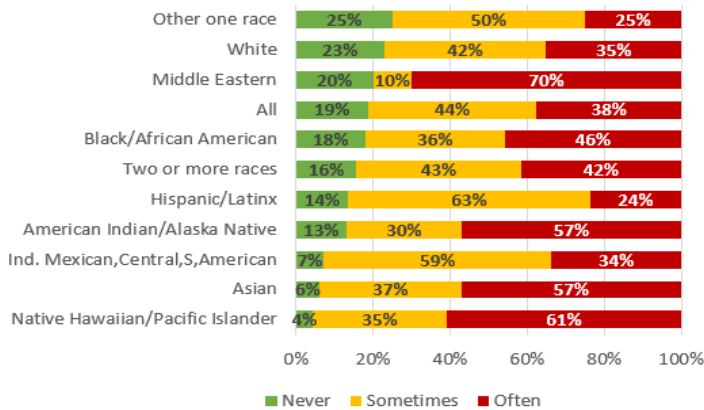




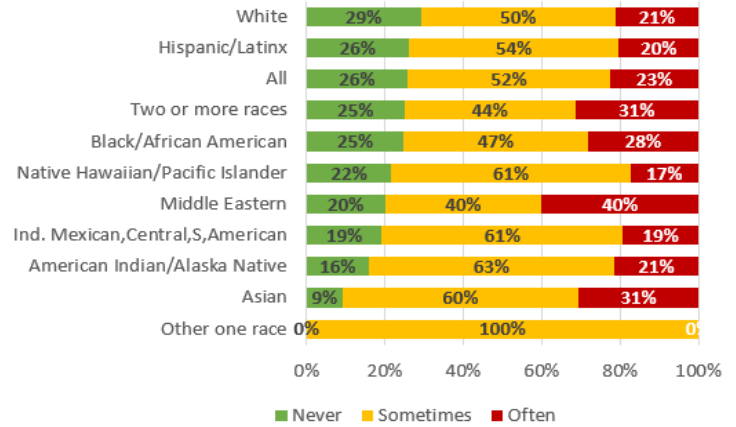
RACE/FOOD INSECURITY

The survey separated those who self-identify as Indigenous Mexican, Central and/or South American from the group that identify as Hispanic (where they are normally placed in the U.S. Census).

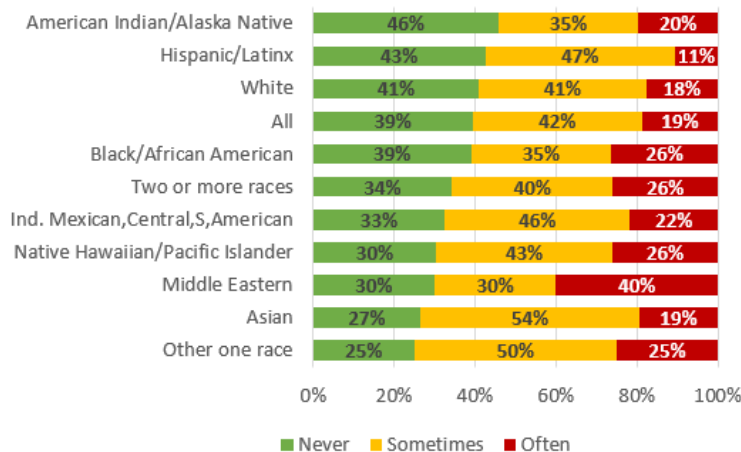
How often did you worry your food would run out before you got money to buy more?



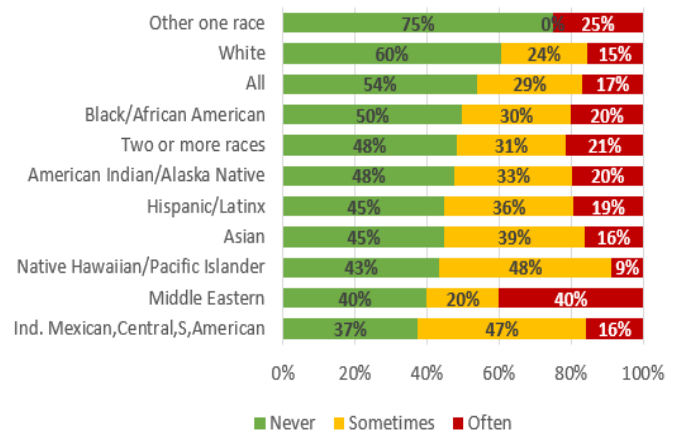
Were there times when the food you bought didn't last and there was no money to buy more?



Were you ever hungry but didn't eat because there wasn't enough money for food?



Did you ever cut the size of your children's meals, or did they your children ever skip meals because there was not enough money for food?



In the survey, the percentage of food insecure households is **higher for all minorities**; especially for people who identify as **Native Hawaiian** (96%) and **Asian** (94%). These two groups reported that they **often worried** about running out of food (57% Asian and 61% Hawaiian/Pacific Islander).

Of the 1977 people who participated in the survey, 445 reported that in the past 12 months they had **often run out of food and did not have enough money to buy more**, and 1022 reported that this had happened sometimes. The race-percentages were higher for certain minorities, especially those that identified as **Asian** (91%), **American Indian** (84%) and **Indigenous Mexican** (81%). In our study, Hispanics fared better than average (74%), while the percentage of food insecure Indigenous Mexican households was higher (81%).

When asked whether during the past 12 months they had been **hungry, but had no money to buy food**, 830 responded sometimes, and 369 responded often. Based on these answers, the most food insecure groups **in this survey** are **Asian** (73%), **Middle Eastern** (70%, with 40% often hungry) and **Native Hawaiian/Pacific Islander** (70%, 26% often).

Of the 1977 participants, 332 said that they **often had to cut the size or skip children's meals**, and 579 said that this only happened sometimes. The highest percentage was 63% for **Indigenous Mexican**.

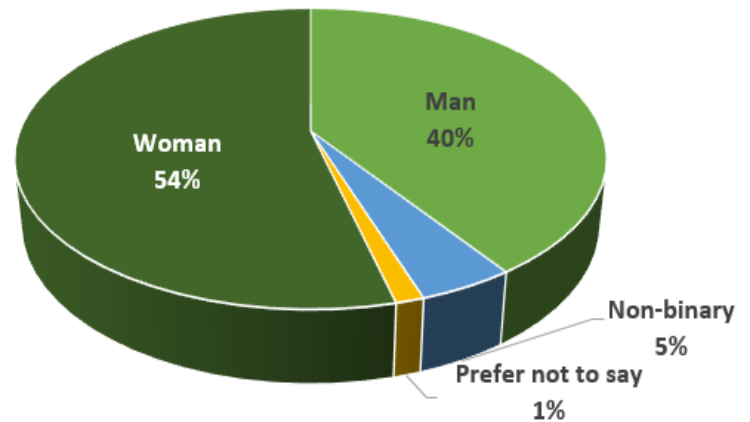
GENDER/FOOD INSECURITY

Of the 1977 participants, 1,065 (54%) identified as women, 798 (40%) as men, and 88 (5%) as non-binary. A small percentage (1%) preferred not to identify.

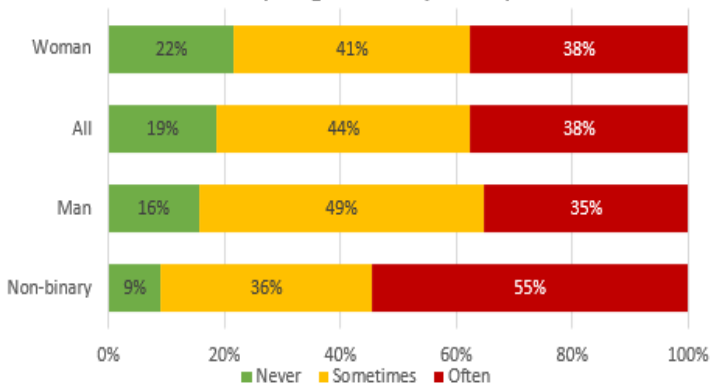
A **higher percentage of men than women reported some level of food insecurity:** 84% of men and 78% of women.

Survey participants who identified as **non-binary consistently reported the highest levels of food insecurity.** 91% worried that food will run out, and 70% were hungry and had no money for food in the prior 12 months.

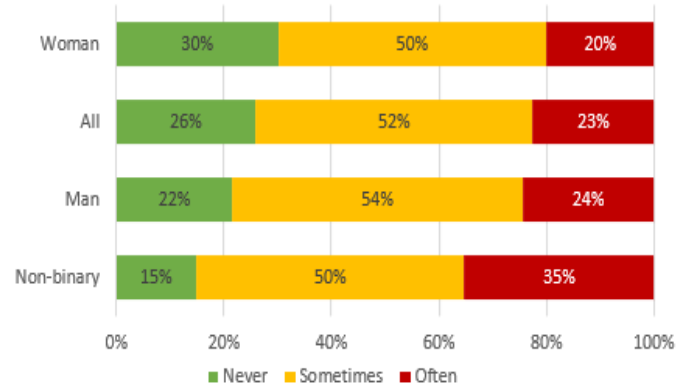
Gender Identification



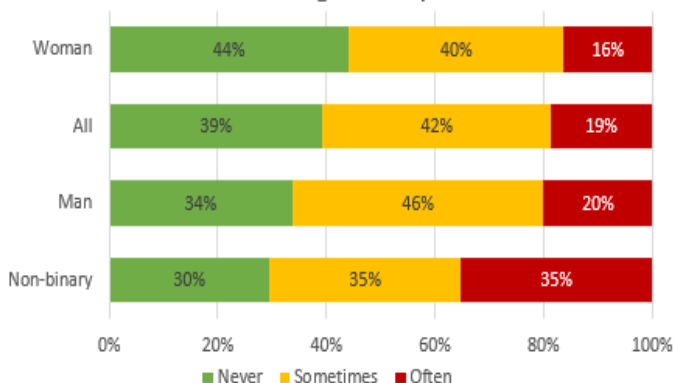
How often did you worry your food would run out before you got money to buy more?



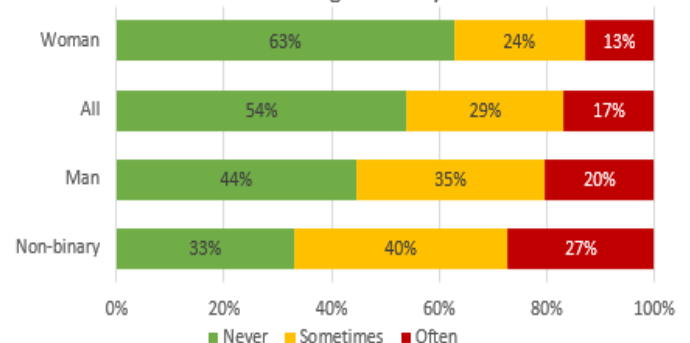
Were there times when the food you bought didn't last and there was no money to buy more?



Were you ever hungry but didn't eat because there wasn't enough money for food?



Did you ever cut the size of your children's meals, or did they your children ever skip meals because there was not enough money for food?

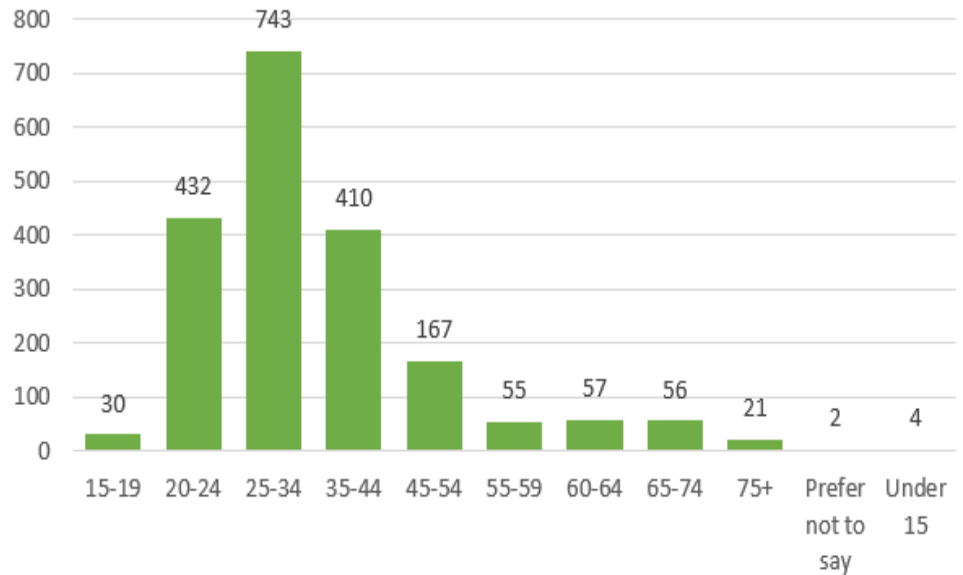


AGE/FOOD INSECURITY

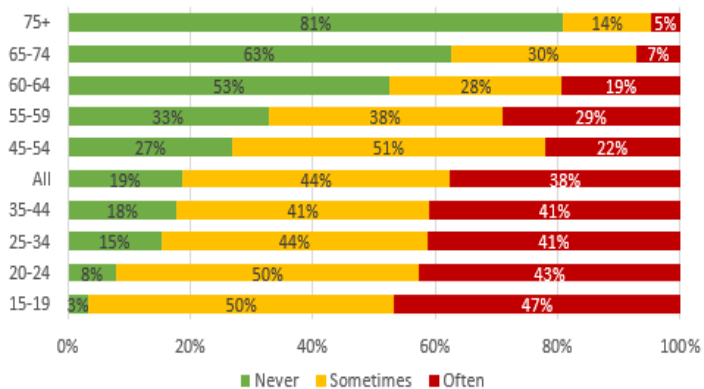
Most of the survey participants were ages 25-34. The percentage of food insecurity was higher in those aged **under 44**.

47% of participants 15-19 **often worried** that they would run out of food, and 40% were **often hungry**, but had no money to buy food.

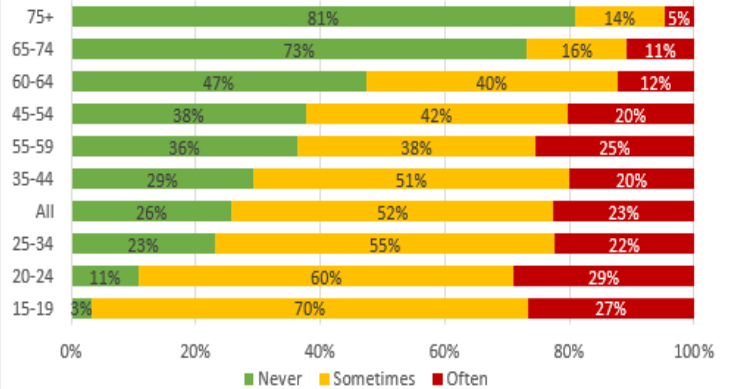
Survey Participants: Age



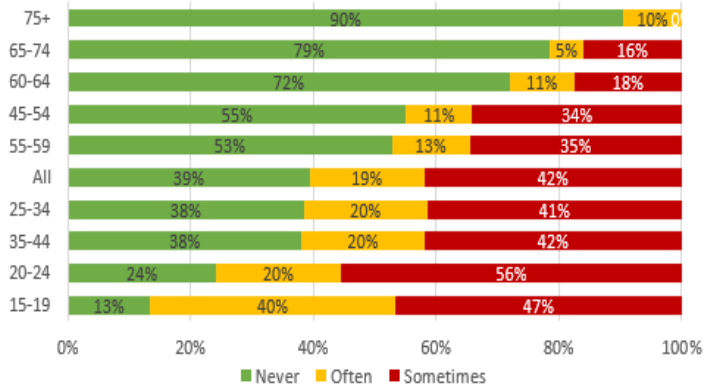
How often did you worry your food would run out before you got money to buy more?



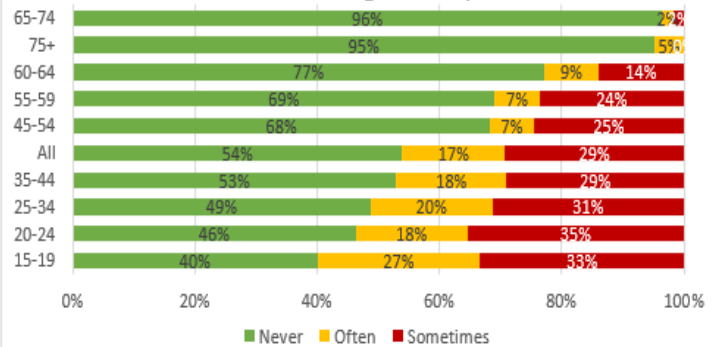
Were there times when the food you bought didn't last and there was no money to buy more?



Were you ever hungry but didn't eat because there wasn't enough money for food?



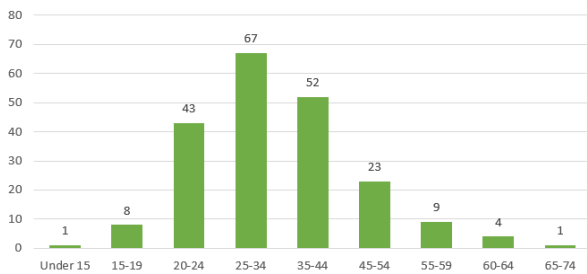
Did you ever cut the size of your children's meals, or did your children ever skip meals because there was not enough money for food?



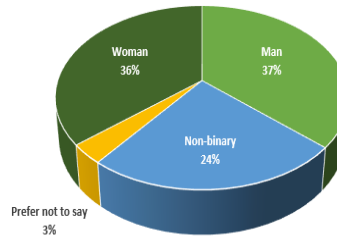
LANGUAGE BARRIERS

208 households reported that they don't speak English at home. They spoke: Mandarin, Cantonese, Russian, French, Russian, Mam, and Spanish.

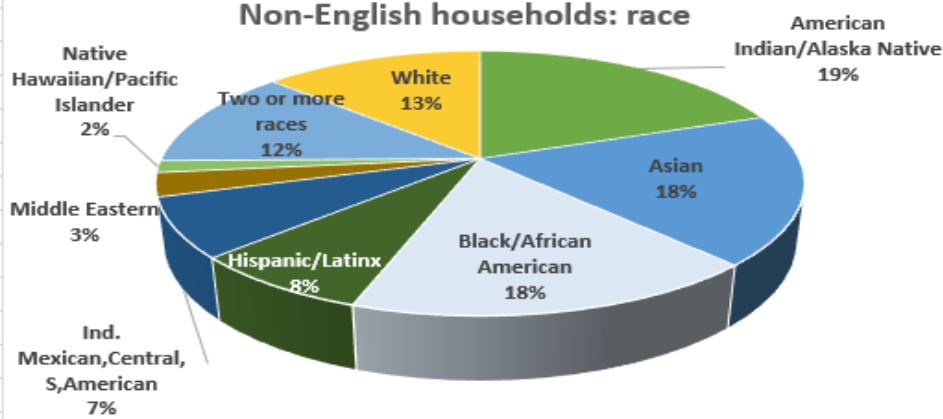
Non-English households: Age



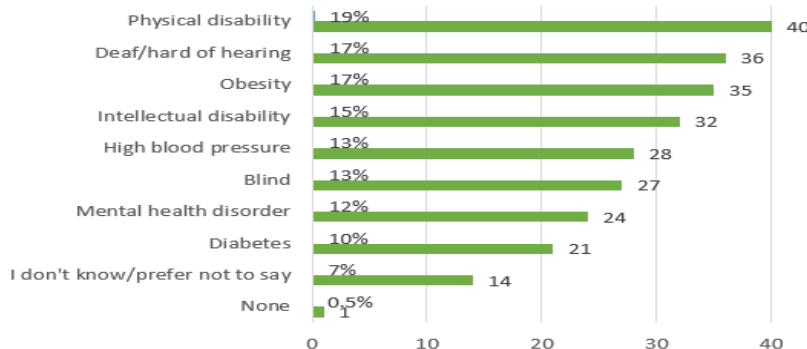
Non-English households: gender



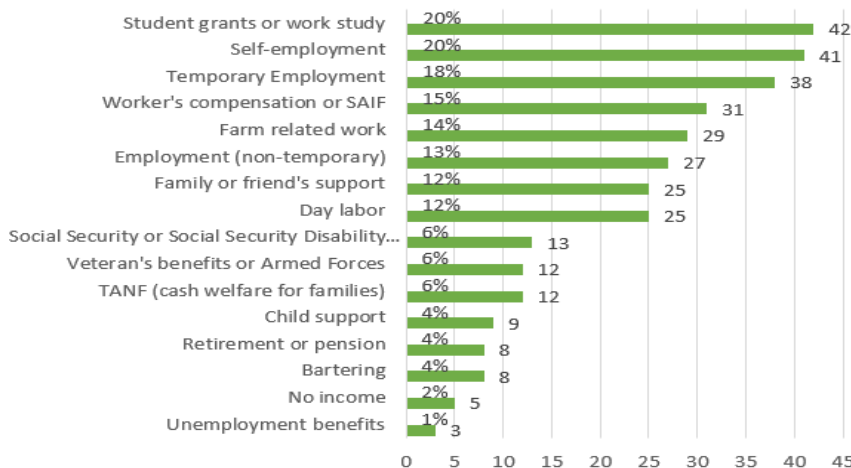
Non-English households: race



Chronic Health Conditions



Household Income

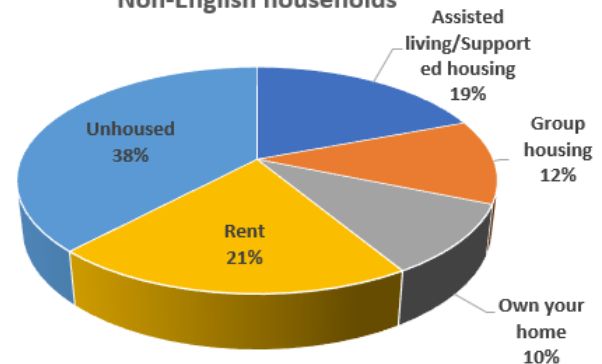


95% in the group that reported language barriers reported that they had **run out of food** in the previous 12 months (43% often and 52% sometimes).

- Most of the people in this group are ages **20-44**.
- 43% are women and **24% identify as non-binary**. 174 are **students** (33% in college and 29% in Technical school).
- 92.5% reported that someone in their household had one or more **chronic health conditions**: **physical disability** (19%), **Deaf/hard of hearing** (17%), **Obesity** (17%).
- Their main source of income was **student grants** (20%).
- 38% are **unhoused**.

57% experienced **increased food insecurity** in the last year, and 18% **accessed assistance for the first time**.

Non-English households

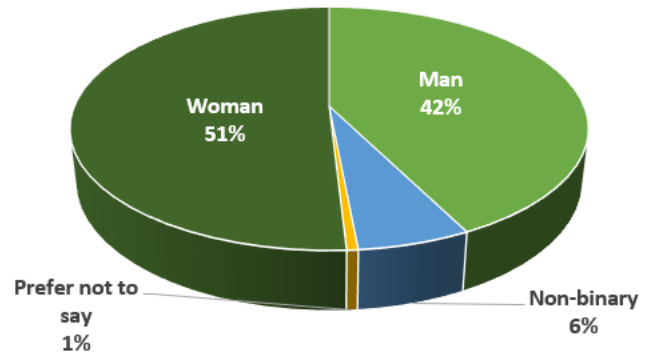




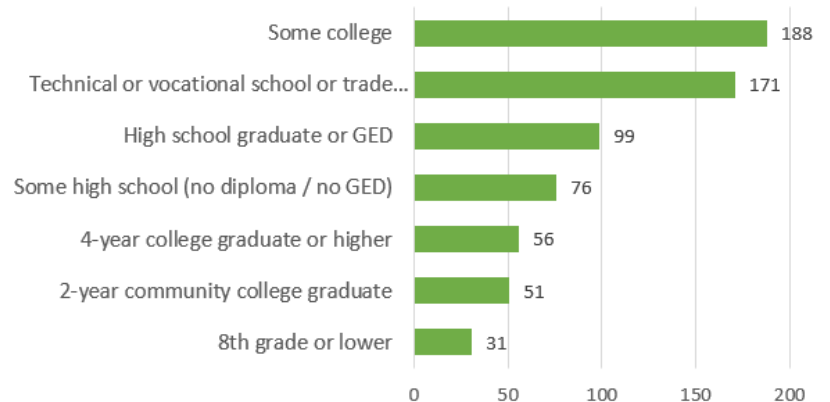
LACK OF CHILDCARE

- 672 (34% of respondents) are **unable to work due to lack of affordable childcare** (286 men, 342 women, 40 non-binary).
- **Age:** 45% were **25-34**, 24% were 35-44
- 180 (27%) of the people in this group are **unhoused**, and 333 were **evicted or received an eviction notice** in the past year.
- 46% of them had to **cut the size of their children's meals**.
- 104 **never visit a food pantry**, and 154 visit pantries **often**.
- In the last year, 209 (31%) **accessed food assistance for the first time**, and 59% experienced **increased food insecurity**.
- 95% receive **SNAP**, which lasts one week or less for 170 respondents and lasts all month for 106 respondents.
- 82 (12%) did **not have enough food with pantry assistance**.

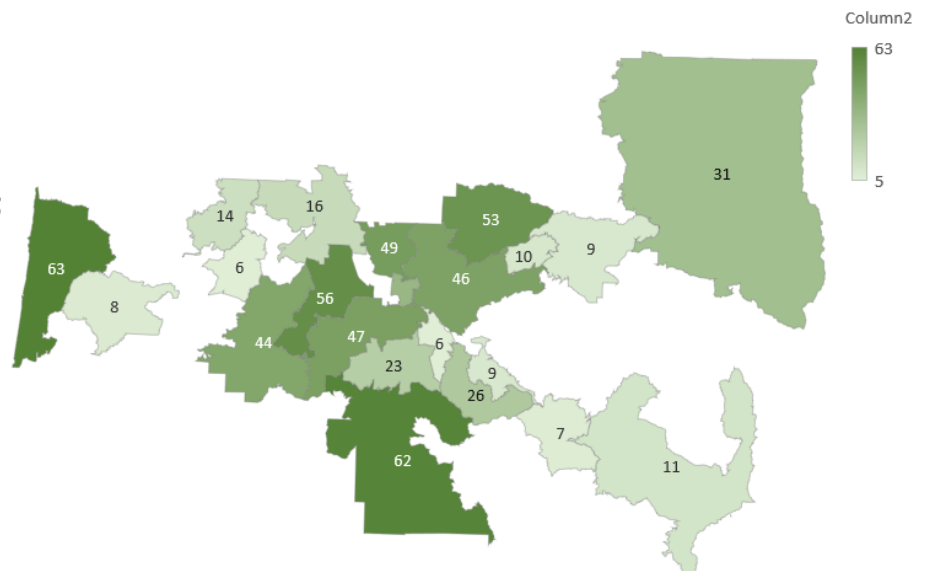
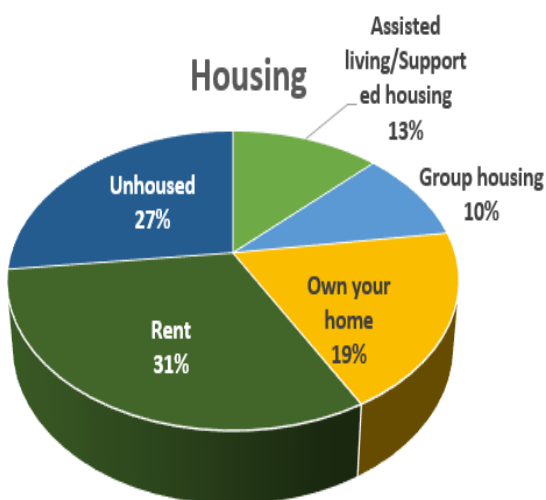
Gender



Education: highest grade completed



Unable to work, lack of childcare





STUDENTS & FOOD INSECURITY

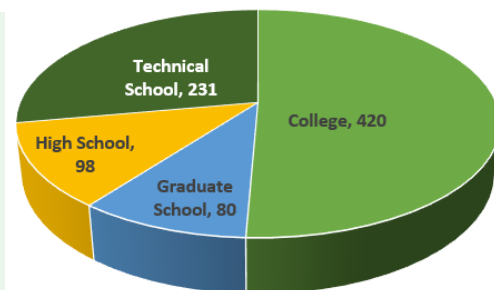
1,100 people in the survey identified as students. Food insecurity (responding often or sometimes to *“Have you worried that food would run out?”*) was higher in this group than in the non-student group; especially in students attending **technical school** (97%), followed by **high school students** (94%), **college students** (91%), and finally, **graduate students** (89%).

To determine **very food insecure students**, we looked at the responses to *“Were you hungry but had no money to buy food?”* 233 responded often and 596 responded sometimes. 271 (25%) students responded no, vs. 507 (42%) of the ones that did not self-identify as students.

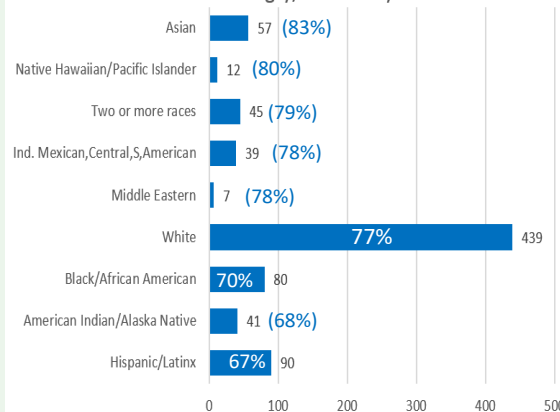
The percentage of **very food insecure students** is slightly higher for those who identified as **non-binary** (80%), and is higher for men (76%) than women (75%).

Very food insecure students by race: 57 **Asian** (83%), 12 **Native Hawaiian** (80%) and 45 **(Non-Hispanic) Two or more Races** (78%) The percentages are lower for **Hispanic students** (67%), **American Indian** (68%) and **Black/African American** (70%).

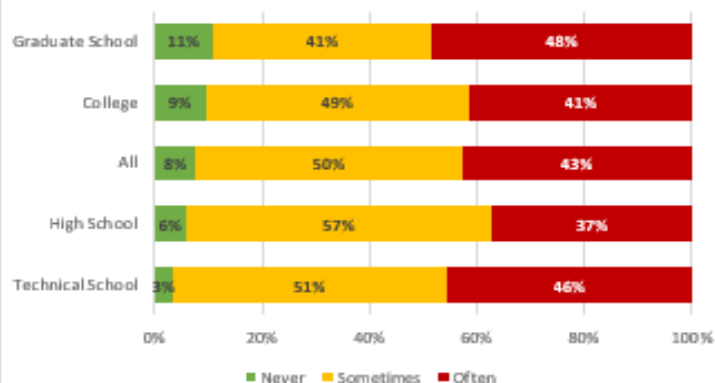
Hungry-no food students



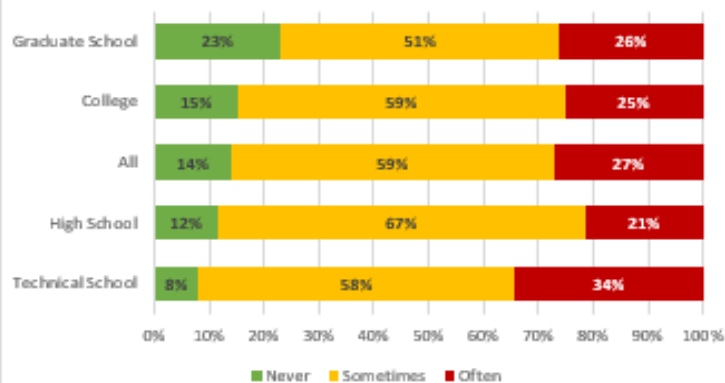
Students hungry/no food by race



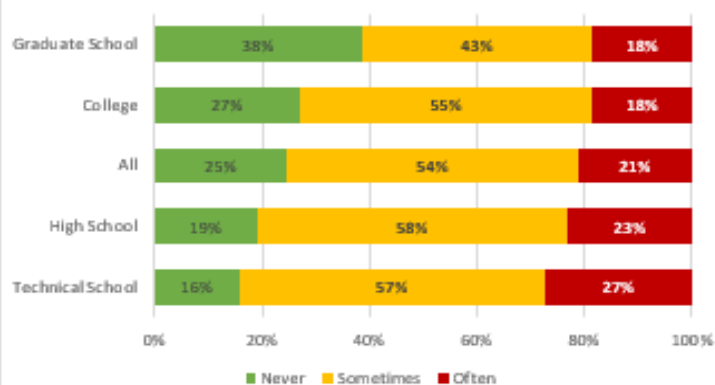
How often did you worry your food would run out before you got money to buy more?



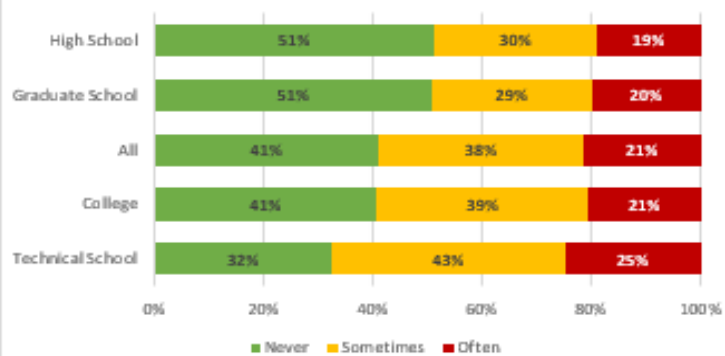
Were there times when the food you bought didn't last and there was not money to buy more?



Were you ever hungry but didn't eat because there wasn't enough money for food?



Did you ever cut the size of your children's meals, or did they your children ever skip meals because there was not enough money for food?



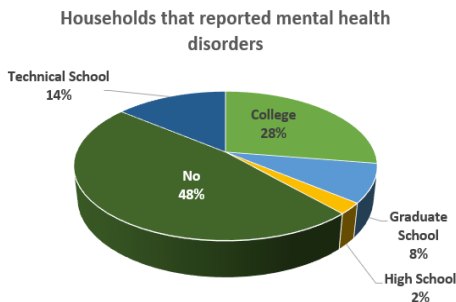
Non-scientific survey results are from self-selected participation and cannot be generalized.

MENTAL HEALTH DISORDERS

288 participants (15%) reported that they or someone in their household suffered from a mental health disorder.

The percentage was highest in those who identified as **non-binary**, and slightly higher in women (15%) than in men (13%).

Although the small sample numbers make the data probably incidental, the races with the highest percentages of reported mental health disorders are: **Native Hawaiian** (26%), **Two or more races** (26%) and **Indigenous Mexican** (24%).



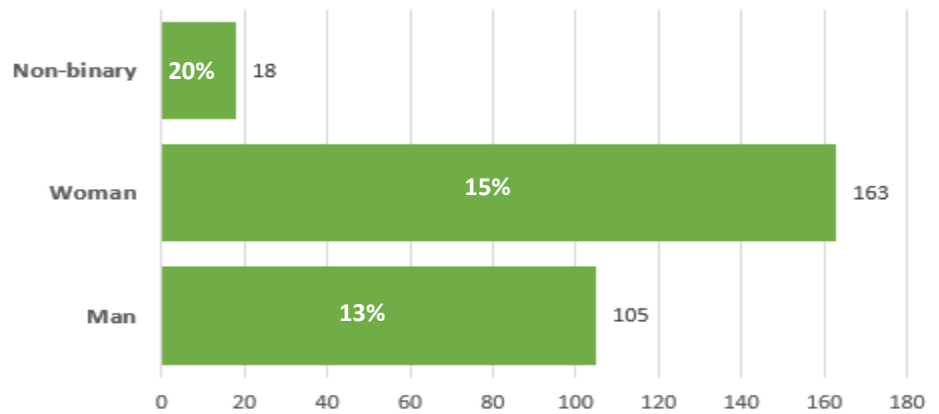
151 (52%) are **students** (28% in college and 14% in technical school)

21% are **unhoused**.

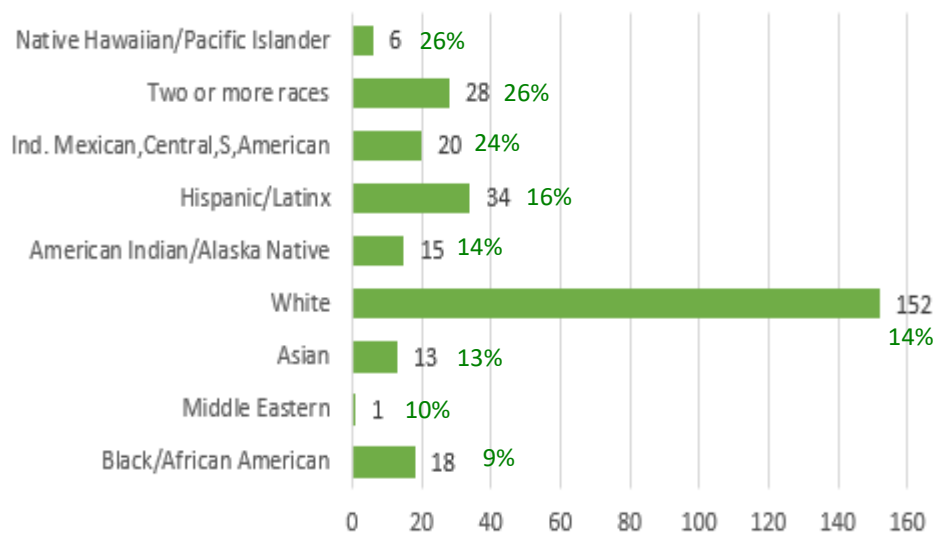
The highest concentration of respondents is in **Eugene** (87) followed by Florence (30).

The percentage of this group that responded *often or sometimes* to **“Were you hungry and did not have money for food?”** was slightly higher at 64% (vs. 61%).

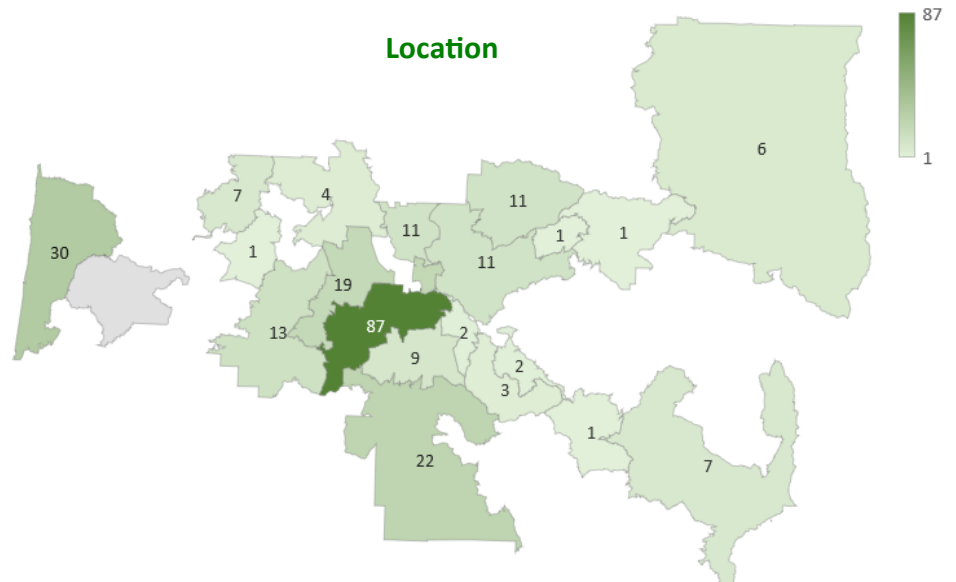
Mental Health Disorders/Gender



Mental Health Disorders/Race



Location



DISABILITY

351 (18%) survey participants reported that they or someone in their household, lived with some form of disability:

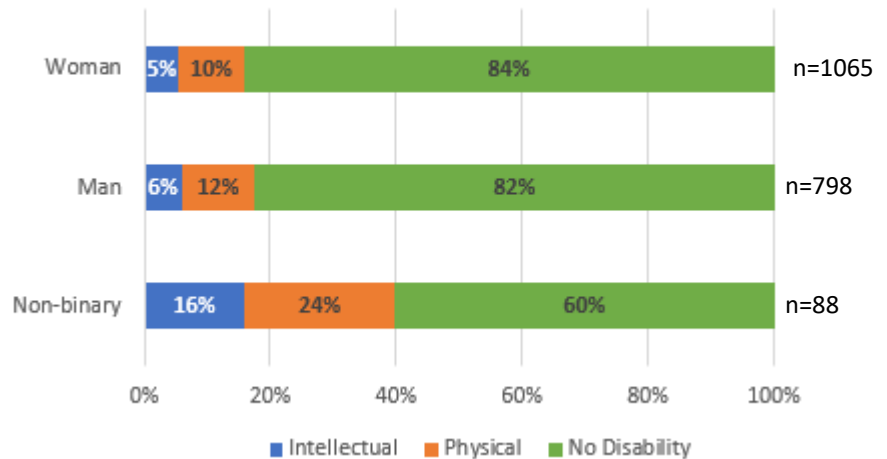
- 122 with **intellectual disability** (6%)
- 227 with **physical disability** (24%)

Of the 88 respondents who identified as **non-binary**, 24% reported physical disability, and 16%, intellectual disability. The percentages were slightly **higher for men** than for women.

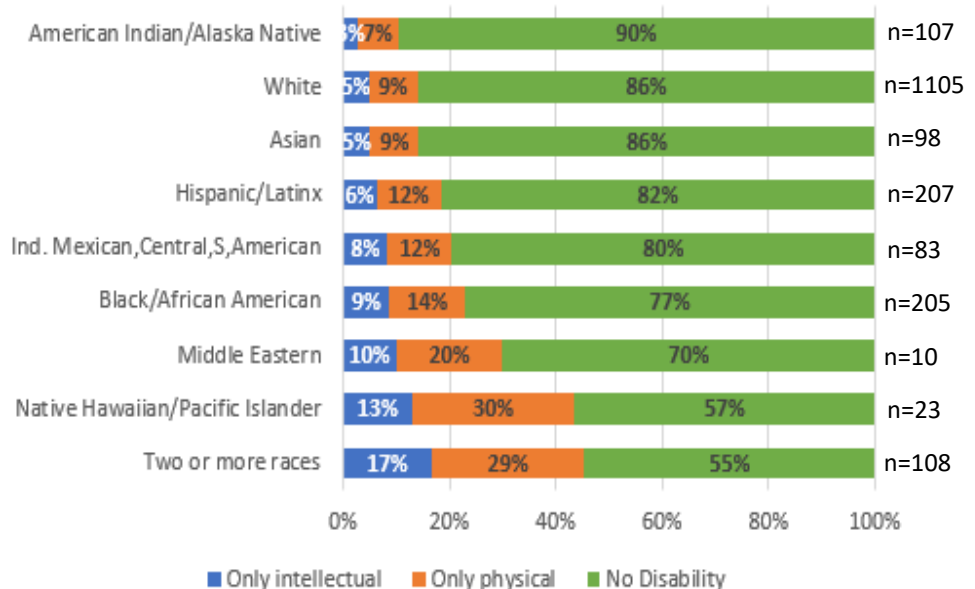
People who identified as **Two or more Races** (Non-Hispanic) reported the highest percentages of disability (46%), followed by **Native Hawaiian/Pacific Islander** (43%) who also reported the highest incidence of physical disability (30%). **American Indian/Alaska Natives** reported the lowest percentage of disability (10%).

The responses to **“Were you hungry and did not have money to buy food?”**: 74% disabled responded often or sometimes, vs. 61% of all respondents. For people with **Physical disabilities**, the percentage was higher (76%).

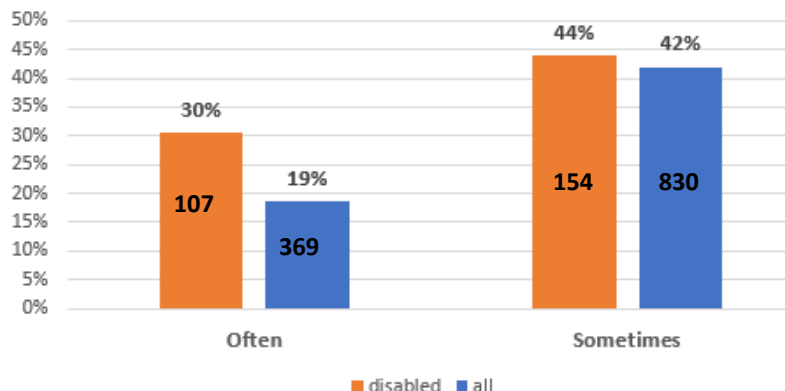
Disabilities/Gender



Disabilities/Race



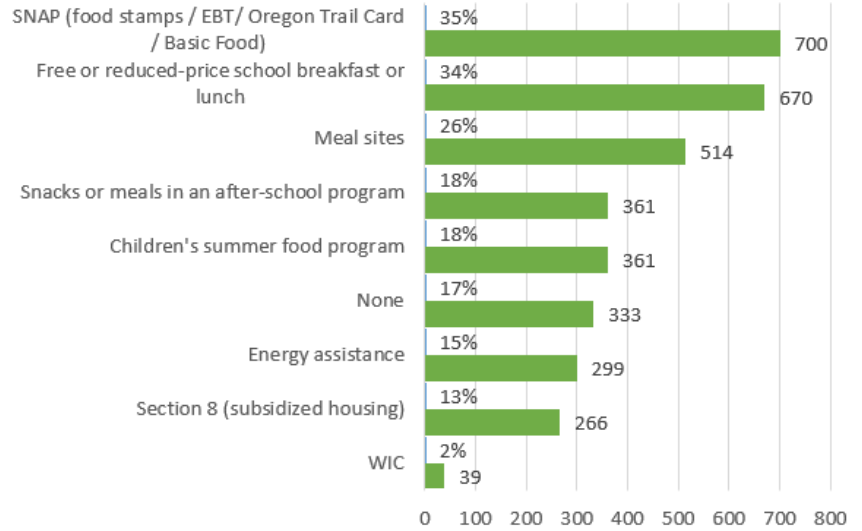
Were you ever hungry but didn't eat because there wasn't enough money for food?





FINANCIAL ASSISTANCE

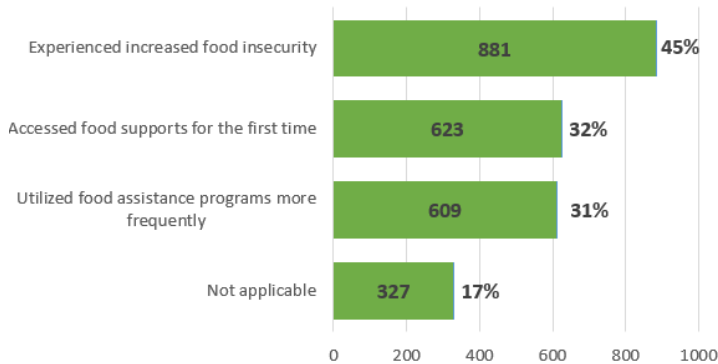
Have you, or anyone in your household received:



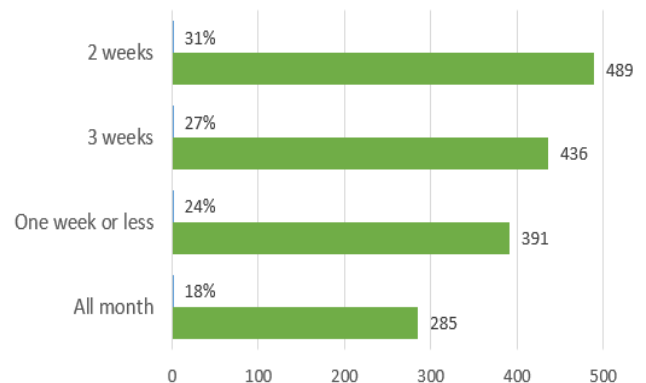
61% had a **drop in income** in the previous year and 45% reported that since the pandemic began, they had experienced **increased food insecurity**.

700 (35%) participants receive **SNAP**. Only 18% of SNAP recipients reported that it **lasts all month**.

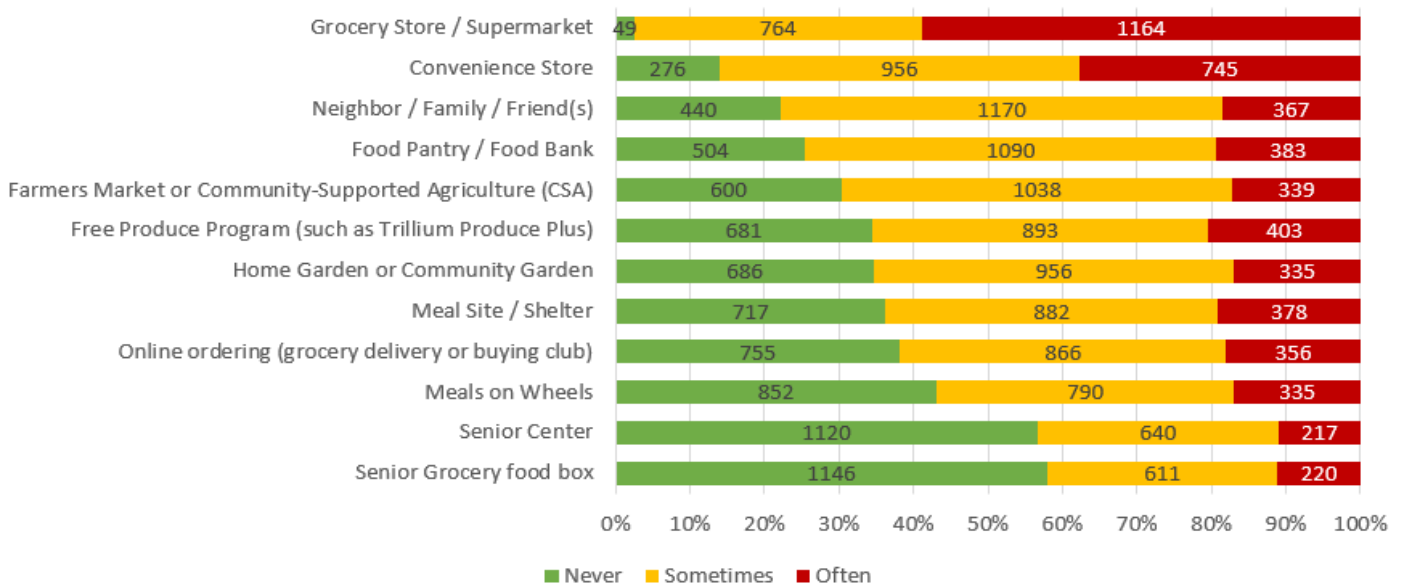
Since the Covid-19 began, my household has:



If you get SNAP, how long does it last?

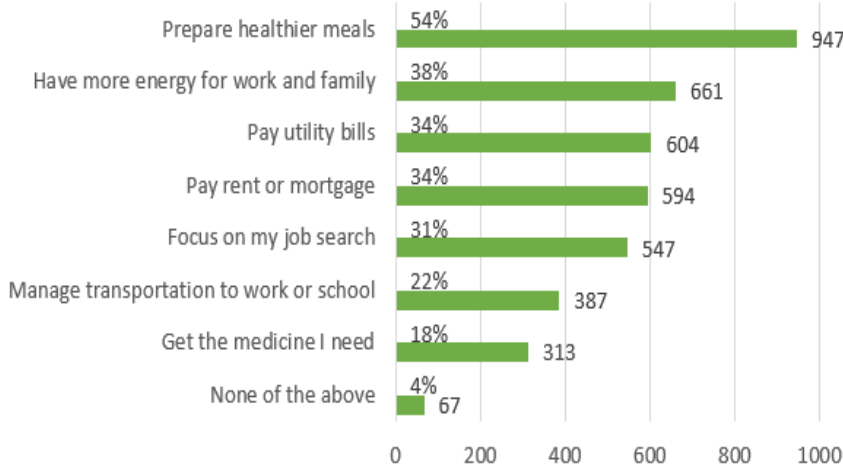


How often do you or members of your household get food from the following sources?

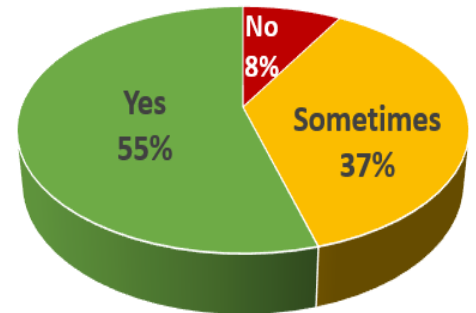


FOOD ASSISTANCE

Access to food assistance has allowed me to:

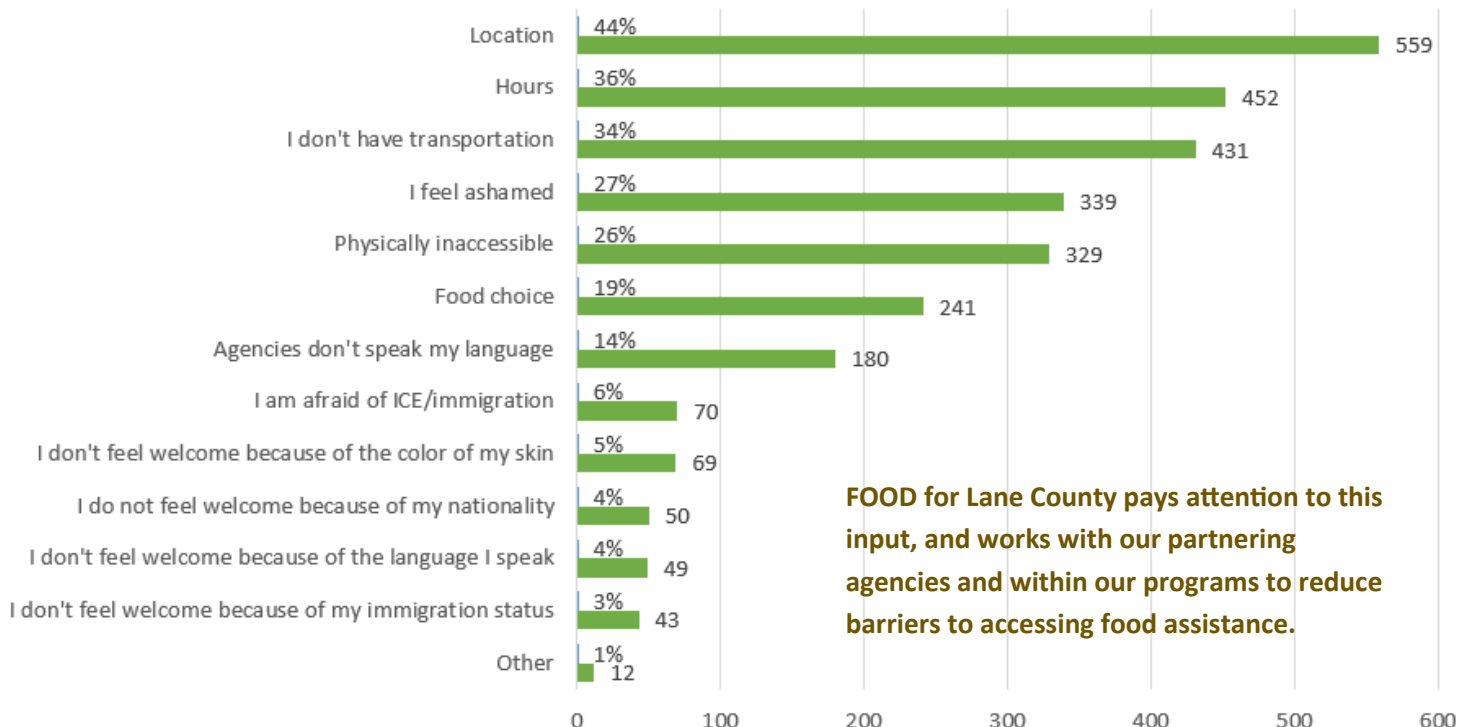


When you add the food you get from a pantry or other program to the rest of your food supply, are you able to meet your household's food needs for the month?



1,758 (89%) **households in the survey used food assistance programs**. 54% of those that used them said that the programs allowed them to **prepare healthier meals**. 38% reported that they had more **energy for work and family**. 55% of the people surveyed who used food pantries said that the **food was enough to meet their household needs**. When asked the reasons why they did not visit Food Assistance Agencies, 21% responded, "Others need it more," and 14% that they did not need it. After subtracting these and the ones who said that they used the service, the main reasons were: **location** (44%), **hours** (36%), and **lack of transportation** (34%).

I do not visit Food Assistance Agencies because:

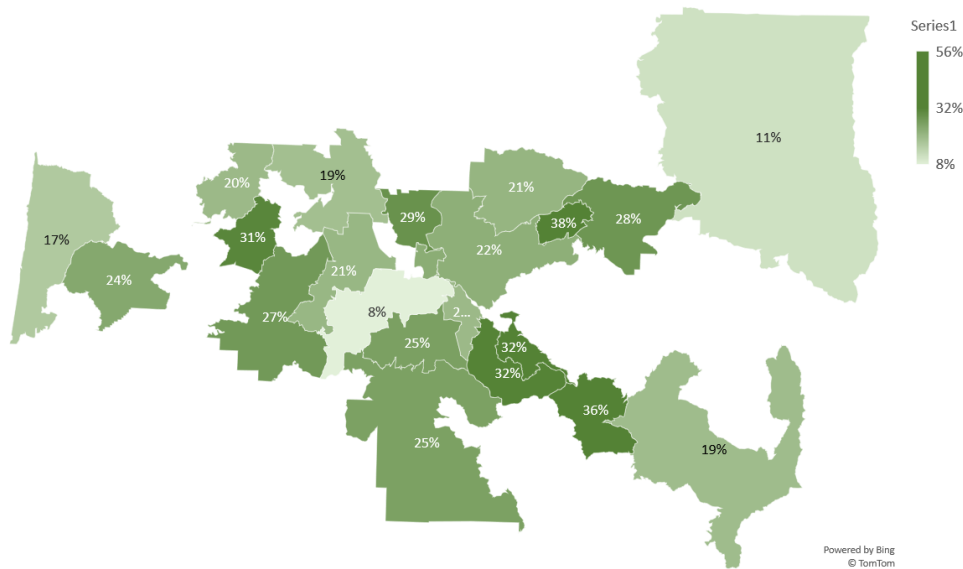


FOOD for Lane County pays attention to this input, and works with our partnering agencies and within our programs to reduce barriers to accessing food assistance.



PLACE BASED BARRIERS TO SERVICE

Percentage of responses indicating non-utilization of food assistance programs due to barriers related to race, immigration status, or language



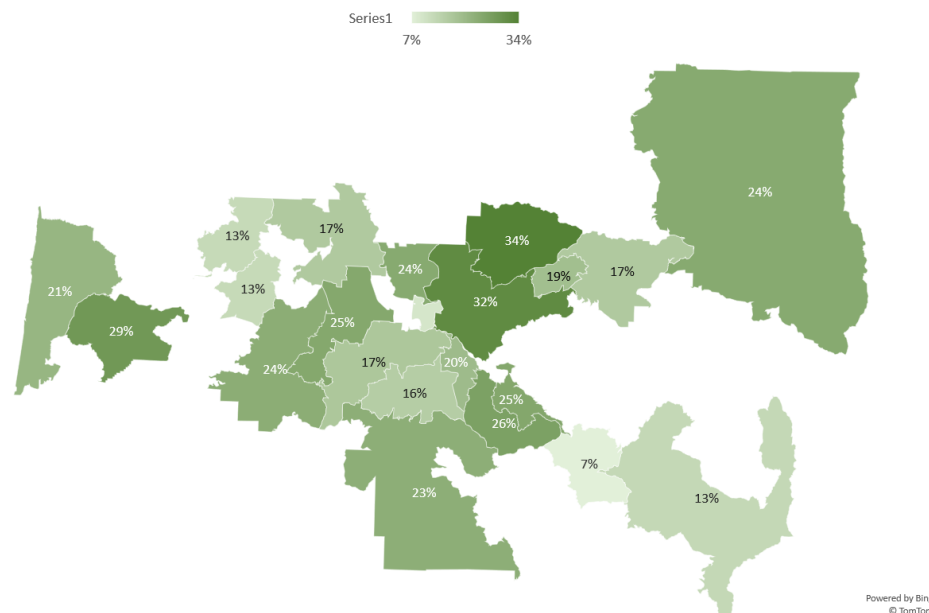
Breaking down answers to the question “I do not access food assistance programs because” by location, we call out two specific and important responses.

Race, Immigration, Language

Participants were allowed to select as many answers as fit their circumstances. The chart to the left demonstrates the percentage of total responses by zip code for the following selections:

- Agencies don't speak my language
- I am afraid of ICE/immigration
- I don't feel welcome because of my immigration status
- I don't feel welcome because of the color of my skin
- I don't feel welcome because of the language I speak.

Percentage of respondents indicating lack of transportation as a barrier to food assistance



Because the data sets are small in some communities, and because the participants self-selected to take this survey, these answers cannot speak for the entire community, but they do, when paired with information about non-English languages and demographics of specific zip codes, help FFLC and our partners target specific interventions to address these barriers to service.

Transportation: The second key barrier identified in this survey is **lack of transportation** and the **need for home deliveries** (awareness of this barrier was heightened during and since the beginning of the COVID-19 outbreak). It makes sense that there is high demand in rural areas, with respondents from Cedar Flats, Marcola and Rainbow indicating the highest need. FFLC and our partners are working on solutions to address this need, including re-starting the FFLC Mobile Pantry, and working to partner directly with The Arc of Lane County's home delivery program, connecting their participants and staff with FFLC pantry partners to provide grocery home deliveries.



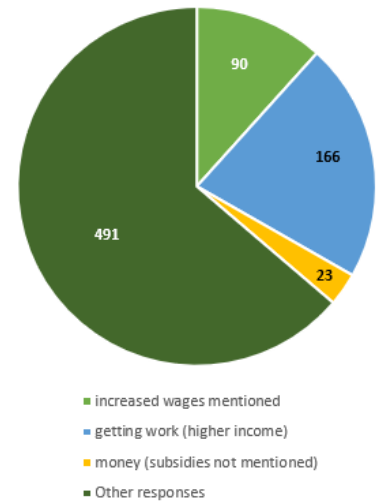
SELF-REPORTED NEEDS

Survey participants had the option to report what would help them improve their situation in order to reduce their need for food assistance.

307 mentioned getting a job/higher wages. 162 would like higher benefits, and 103 want better access to food assistance (day, time, location).

A few unhoused participants mentioned their difficulty cooking and storing perishable food, and some suggested the need for a community kitchen.

Hunger factors survey responses:
What would help improve your situation and make food assistance less necessary for your family?



What would help you to not need food assistance? (n=885)

