



The mission of the Office of Minority Health and Health Disparities is to **promote and advocate for the elimination of health disparities among all racial and ethnic minorities and other underserved populations in North Carolina.**

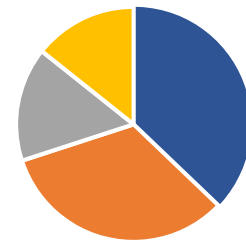
## The Intersection of Health Equity and Food Security

*Health Equity is the opportunity for everyone to have good health.*

Creating a sustainable and just food system is a public health issue. The link between chronic disease and food insecurity (lack of access to affordable healthy food options) is evident, yet our policies, programs, and interventions fail to address the urgency needed to uplift health equity and food justice. Adverse outcomes associated with food

security will continue to contribute to a cycle of generational inequalities among population groups if we do not advocate for the opportunity for all to experience good health and wellness. Defining relevant terms will help shape the conversation as we look to identify the disparities that exists among all populations.

Prevalence of Food Insecurity by Race



■ African American ■ Latin X ■ Other ■ White

### FOOD SWAMPS

Areas that are oversaturated with unhealthy food options

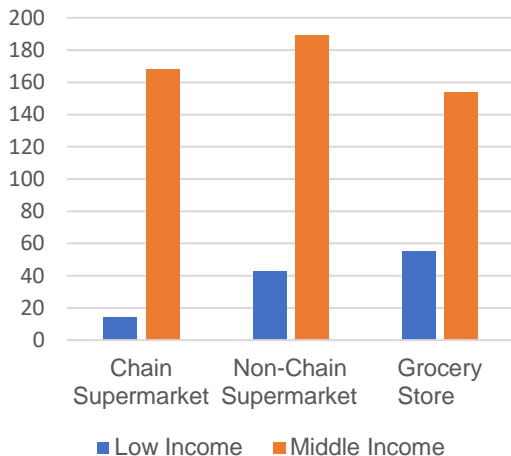
### FOOD DESERTS

Areas with low access to healthy food options

### FOOD APARTHEID

Systemic barriers (racism, economics, geography, etc.) within the food system that contribute to a cycle of oppression

Availability of Food Stores (Rural and Suburban) by Store Type and Neighborhood Income



### What is Food Disinvestment?

**Food disinvestment** is the intentional denial of access to healthy food options. Economic inequality and lack of investments in communities of color contribute to a cycle of inequity. Communities of color and low income neighborhoods are overpopulated with corner stores and fast food restaurants, which contribute to diet related chronic illnesses such as diabetes, hypertension, and obesity. The availability of healthy food stores in low income neighborhoods is a clear disparity. Some other issues that play a role in food disinvestment include:

- Lack of financial incentives for businesses in communities of color
- Zoning restrictions for full service grocers
- Predatory marketing in low income communities
- Historical landuse policies
- Lack of farmers of color in food distribution and local food sustainability efforts