

Food Insecurity in Central Oregon



HEALTH MEASURE

CENTRAL OREGON

CHALLENGE: NUTRITION, PHYSICAL ACTIVITY, AND WEIGHT STATUS



SOME PEOPLE ARE OBESE



ENGAGING IN UNHEALTHY BEHAVIORS



Tri County medical providers identified **NUTRITIONAL PROBLEMS** as negative forces of change in Central Oregon.⁶

"Choices that people make that are unhealthy, whether they are within their control or outside of their control, **AFFECT NUTRITION AND HAVE DOWNSTREAM EFFECTS** for oral health as well."⁶

AND EXPERIENCING BARRIERS



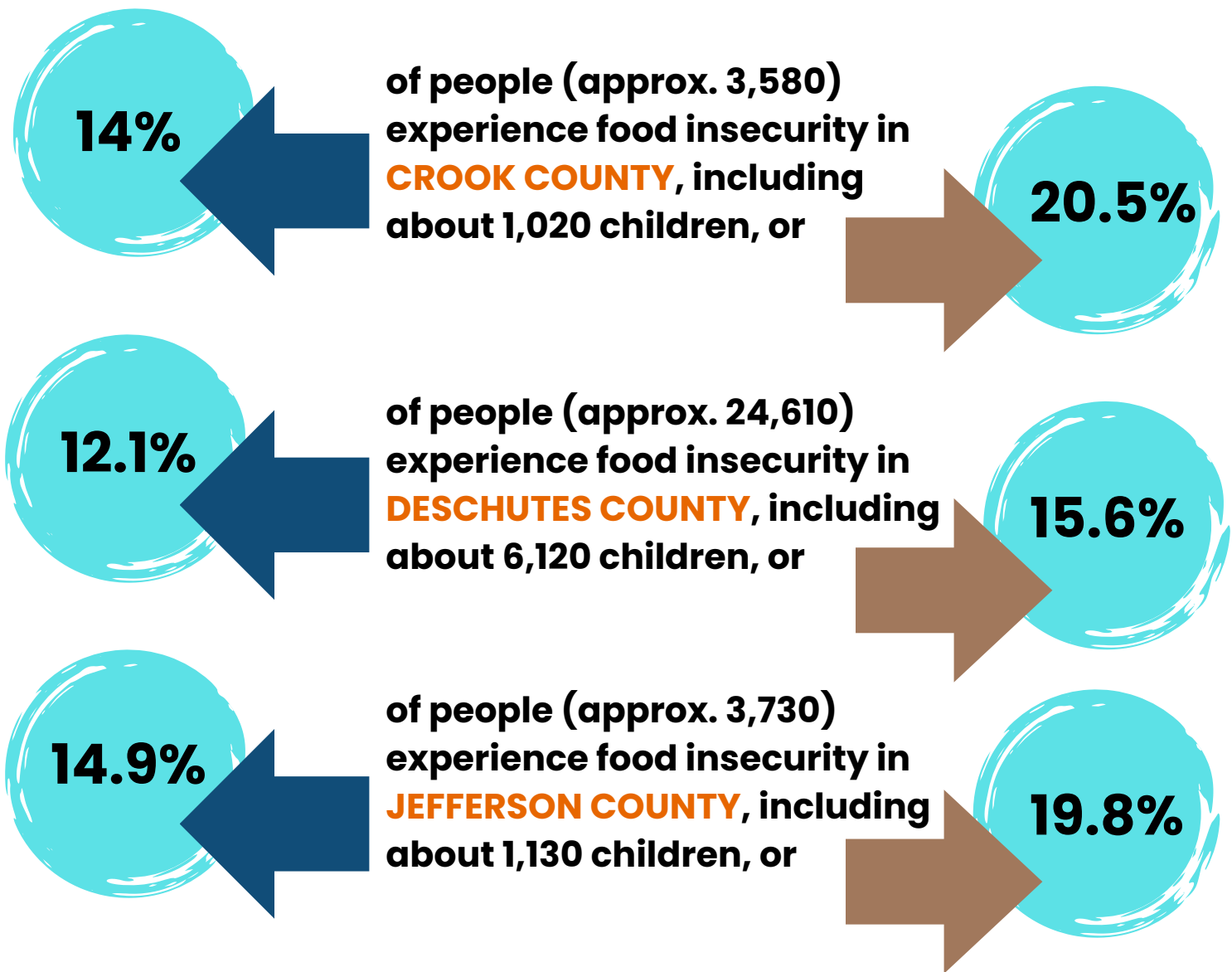
Few Central Oregonians **WALK** or **BIKE TO WORK**.



Black community members, caregivers of children under five, college students, men working in manufacturing or construction, and older adults identified **OPPORTUNITIES FOR EXERCISE** including recreational centers and places for kids to play, as a gap in Central Oregon.⁶

"**THERE AREN'T THAT MANY EXERCISE CLASSES.** Now we have a couple at our senior center, but they're all during the day, which I can't do because I'm working. And it would be nice to be able to get into a class, just for socialization along with exercise."⁶

"There are big chunks of many of the towns in Central Oregon that **DON'T HAVE WALKABLE NEIGHBORHOODS.** There are no sidewalks. There are no crosswalks; which could be something that can be targeted and fixed."⁶



Counties:	Crook	Deschutes	Jefferson
Annual shortfall to meet food needs:	\$2,894,000	\$19,605,000	\$2,744,000
Don't qualify for federal nutrition assistance:	21%	33%	30%
Food insecurity among Latinos:	22%	22%	21%
Kids eating school meals: (breakfast / lunch):	29% / 42%	25% / 42%	42% / 56%

Data from the Central Oregon Health Data website (centraloregonhealthdata.org), Feeding America (feedingamerica.org), and Oregon Hunger Task Force (oregonhungertaskforce.org).

How Can You Help?



We encourage you to join one of the many efforts underway in Central Oregon to help the most vulnerable among us. There are numerous opportunities around the region to donate time, money, or food—and every contribution helps. The following page provides a list of some of the organizations working to combat food insecurity.

The Regional Health Improvement Plan (RHIP) includes Nutrition and Physical Activity as one of six priority areas for the 2025–2029 cycle. The current focus is improving equitable access to nutrition resources. The Central Oregon Health Council has created a Request for Information (RFI) to map the existing efforts of regional organizations that align with the RHIP priority areas and objectives. COHC invites you to take the RFI survey to connect your work to a regional vision for health, create opportunities for future collaborations on shared work, and learn about potential funding opportunities.

[Click here to take the survey](#) or scan the QR code on the right.

RFI



To learn about the Regional Health Improvement Plan, [click here to find it](#) on the Central Oregon Health Data website or scan the QR code on the right.

RHIP



COHC's Community Advisory Council (CAC) is currently accepting grant applications for projects that leverage and enhance resources to improve individual and community well-being through equitable access to nutrition and physical activity. For more information or to submit an application, visit the Central Oregon Health Council website at cohealthcouncil.org/grants.

Feed Hope, Fight Hunger



This list includes many organizations in Central Oregon that provide food assistance, meal programs, and other supports to those in need.

Council on Aging of Central Oregon | councilonaging.org

Family Kitchen | familykitchen.org

The Giving Plate | thegivingplate.org

Hunger Prevention Coalition of Central Oregon | hungerpc.org

Jefferson County Faith-Based Network | jcfn.org

Jericho Road | jerichoroadofredmond.org

La Pine Community Kitchen | lapinecommunitykitchen.org

Madras Community Food Pantry | madrascommunityfoodpantry.com

Nativity Lutheran Church | nativityinbend.com

NeighborImpact | neighborimpact.org

Oregon Food Bank | oregonfoodbank.org

Prineville Senior Center | facebook.com/prineville.senior.center

The Salvation Army | bend.salvationarmy.org

Shepherd's House Ministries | shepherdshouseministries.org

St. Vincent de Paul Bend | stvincentdepaulbend.org

St. Vincent de Paul Redmond | svdpredmond.org

Thrive Central Oregon | thrivecentraloregon.org

(See their Resources page for lists by town of other organizations that provide food assistance, meal programs, and other supports.)

United Way of Central Oregon | unitedwaycentraloregon.org