

Introduction

Despite the fact that technological advancements across the world have ameliorated some of the worst effects of food insecurity, the percentage of those still suffering from hunger in the United States is worrisome. In Connecticut alone, according to the data from CT Foodshare, over 380,000 residents struggle with hunger. With the population hovering at around 3.6 million residents, the percentage of those without consistent access to food measures at just above 10%. This percentage nearly doubles when juxtaposed with the statistics of the state capital. The subsequent consequences of hunger, particularly the increased risk of developing chronic diseases, are further exacerbated by the lack of grocery stores in the Northern Hartford area. Many residents have no choice but to travel outside of their neighborhood to attain basic necessities. To combat food insecurity and many of the issues associated with it, initiatives like the Joan C. Dauber food pantry of Trinity Health provide eligible residents in the Greater Hartford community the opportunity to receive food and other essentials like diapers and socks. This research seeks to obtain, organize, and analyze data on hunger and diaper insecurity within the distinct neighborhoods of the Hartford community through the clients of the Joan C. Dauber Food pantry. Identifying certain trends and similarities amongst the clients of the pantry will indicate diverse methods that the pantry can use to better serve its clients as well as aid in determining whether different modes of assistance might be better suited for specific client populations.

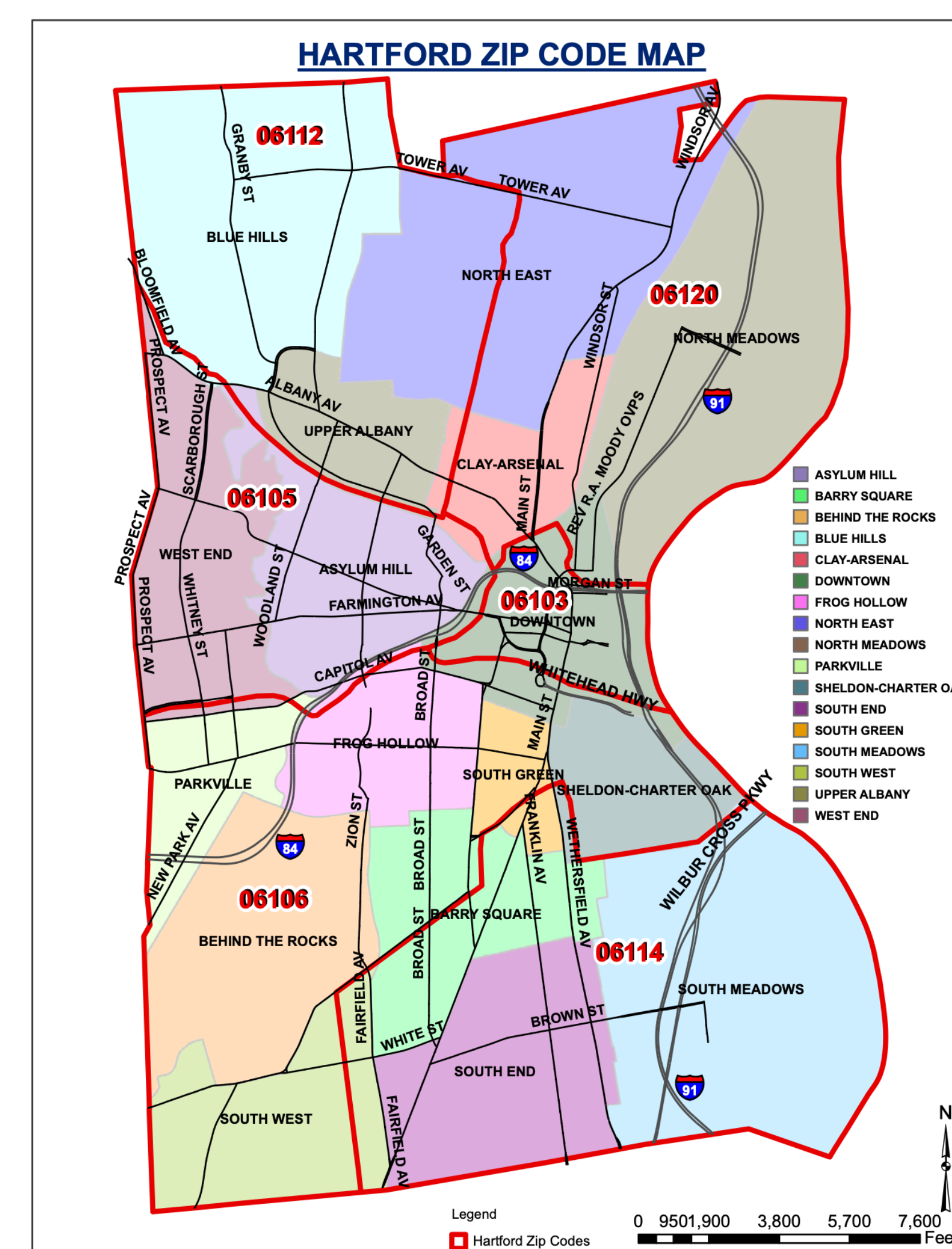
Methods

The demographics of 50 clients, including income, ethnicity, race, residence, and more were collected through surveys which constituted an array of questions meant to ascertain the overall usefulness of the pantry to its client base. Furthermore, data pertaining to the numerous clients who frequented the pantry during May was collected. All data was organized in a spreadsheet database for mathematical analysis and identification of trends.



Results

Survey responses indicated a large Caribbean immigrant population with 54% of respondents reporting a Caribbean island as their native country of birth. 36% of the respondents reported their birth country as Jamaica which is equal to the percentage of respondents who were born in the United States. The mean age of respondents was 51, with 96% of surveyed clients reporting that they also used other methods of social safety nets, including but not limited to SNAP, EBT, WIC, and the CT Food Bank to supplement the items they obtain from the pantry. Furthermore, 80% of surveyed clients reported living with chronic diseases like diabetes, hypertension, and high cholesterol as well as disabilities and weight issues. As hypothesized, the highest percentage of surveyed clients resided near the pantry's location in the North Hartford region, occupying zip code 06112. The 06112-region measured at 30% and the 06002-region of Bloomfield and 06114- region of Hartford followed, measuring at 18% and 12% respectively. The data collected by the pantry clients in May further supported the previous results. The vast majority of pantry clients reside in Hartford. Blue Hills Ave, Lebanon St, and Garden St which are all located in the 06112 region of North Hartford were the most common locations for the residences of pantry clients. Westland St and Main St, also in North Hartford located in the 06120-region, were quite common as well. The 06002-region of Bloomfield measured as the main region outside of Hartford with the most pantry clients, with 24 of the 592 clients residing in that area. A new town not previously implicated in the Survey was identified in the May Pantry Client list. The 06095-region of Windsor, bordering North Hartford and Bloomfield, also had many pantry clients, with 13 of the 592 clients residing in that region.



Pantry Clients By Region

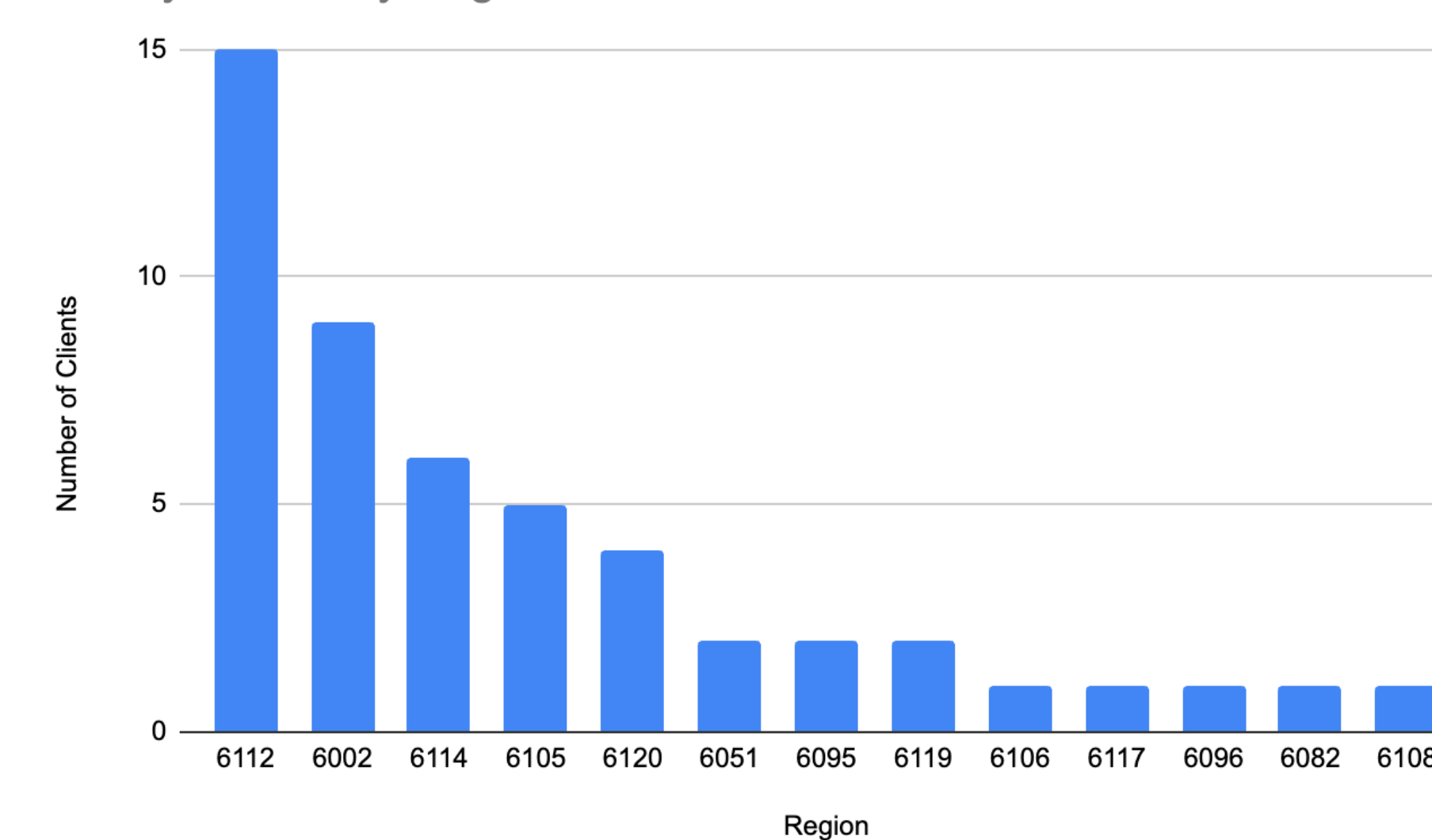


Fig 1. This figure demonstrates the number of pantry clients from specific regions in the Greater Hartford area.

Percentage of Clients with Chronic Diseases/Ailments

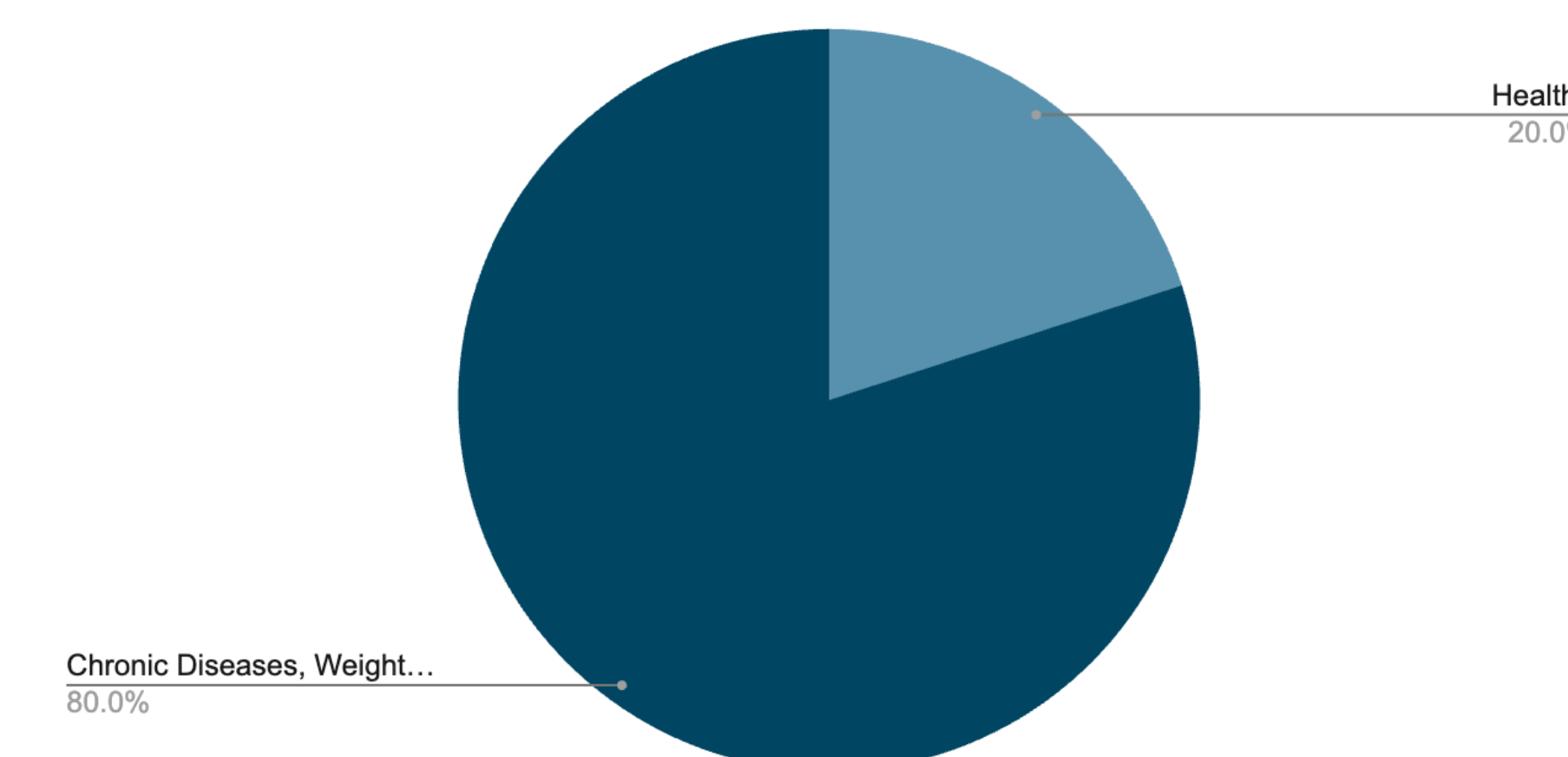


Fig 2. This chart displays the percentage of pantry clients with chronic diseases/ailments and those without such diseases.

Conclusions

The results indicate the North Hartford region, as well as the Bloomfield and Windsor regions that border it, are at the highest risk of food insecurity. The Joan C. Dauber Pantry already helps to provide food for the community. The addition of more food distribution centers would only be beneficial to this region. A grocery store would also provide healthier food choices to the community in comparison to the bodegas and corner stores that are in the region. Moreover, due to the large immigrant population and the considerable number of clients who report suffering from chronic diseases, referrals to other distribution centers which help and educate clients on a case-to-case basis will be beneficial for this region at large. Sites that offer primary care screenings for chronic diseases would also be helpful to clients. Further surveys need to be conducted to determine which specific clients might be able to benefit from Case Management through a Food Distribution Center like Chrysalis.

Nationalities By Percentage

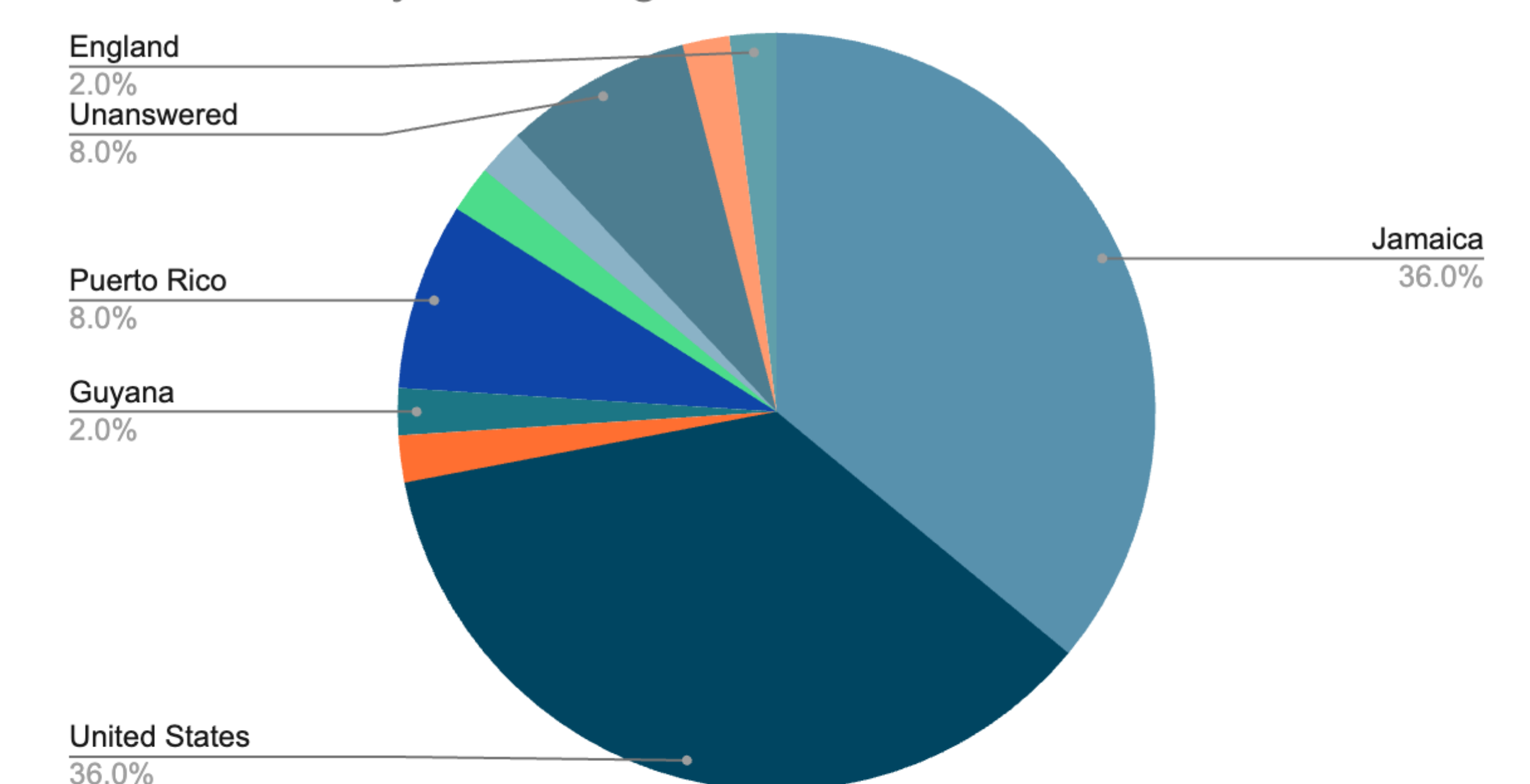


Fig. 3: This conveys the different nationalities represented in the survey conducted at the Joan C. Dauber Food Pantry.

Acknowledgements

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References

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