

## Key findings from County Food Assessment (Part 2)

- #1 Routt County has a rich history of community partners working together and over the last 2 years developed significant momentum to successfully achieve the mission of the Northwest CO Food Coalition.

Food utilization- way people use food and are dependent on the quality of the food, its preparation and storage method, nutritional and cooking knowledge as well as on the health status of the individual consuming the food.

- #2 Routt County youth and adult consumption of healthy food fall significantly short of USDA recommendations.
- #3 The average body mass index (BMI) in children is increasing and there is a visible trend of increasingly higher % of overweight adult sin Routt County and this has an economic impact on the community.
- #4 There is a need to empower parents to purchase, serve and eat healthy foods with their families.

Access- way people obtain available food, usually accessed through a combination of home production, purchase and food aid. Depends upon income and price of food, market, social and institutional rights to which individuals have access. Food access = community residents have adequate resources to obtain appropriate foods for a nutritious diet.

- #5 There is a community desire for affordable local food, for produce that is fresh and of good quality and for locally grown produce to be available for purchase in the places residents already shop.
- #6 A larger than expected % of residents (including children) are food insecure, and given that meal and food costs are generally high in Routt County, it is a concern that a significant number of these residents either are not eligible for income- based food assistance programs OR are eligible and are not enrolled in these programs.

Availability/Production- food is physically present because it has been grown, manufactured, imported or transported there (e.g., in grocers, gardens, aid).

- #7 While there is a cost barrier to accessing fruits and vegetable s for many Routt County residents, a significant portion of the barrier may be a disconnect between resident's perceptions about the cost to eat healthy and to buy local and the "real" costs.
- #8 There are challenges with local food distribution patterns and the impact of long distance transportation of healthy foods.
- #9 There are many barriers to increasing production in Routt County (e.g., regulatory, water, funding).

Goals to move forward:

All Routt County will have a greater understanding of how to obtain, grow, store and prepare nutritious food.- utilization

All Routt County residents will have access to fresh, nutritionally balanced food that they can afford.- access

Local fresh food will be more available to people who are food insecure.- availability

Regulations and enforcement capacity will ensure food safety, be scale appropriate and enable County food system enterprises to success in local and regional markets.- availability, access, utilization