

The Association Between Food Insecurity and Mental Health Outcomes: A quantitative and geospatial analysis study among adults living in Miami-Dade County, FL

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OBJECTIVES



Food store within a 10 min walk radius of Gwen Cherry Park, FL

- Over the past two years, the global prevalence of food insecurity has exponentially increased.
- Food insecurity is recognized as a major public health crisis and negatively impacts health.

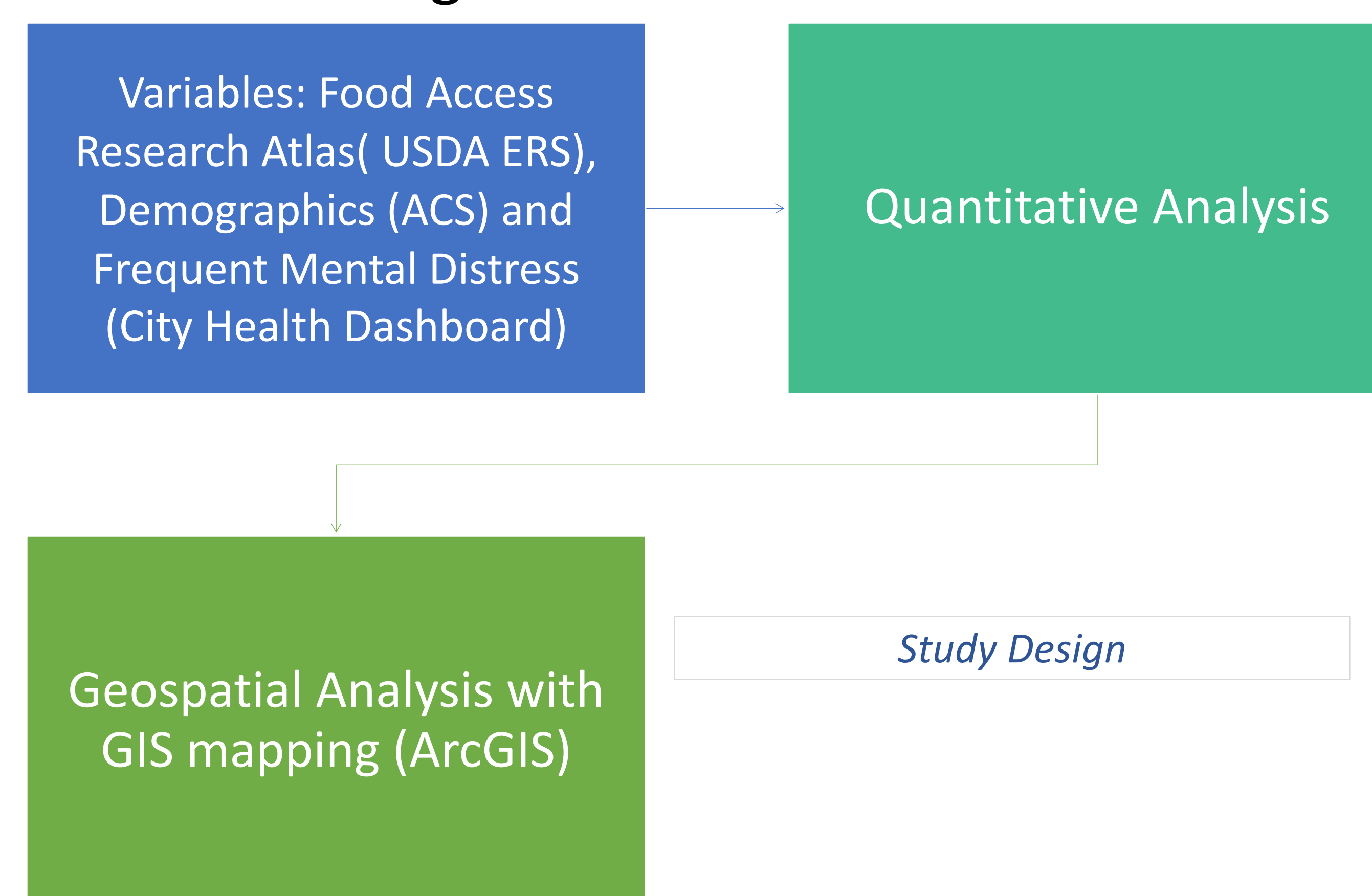
Study aims:

1. Estimate association between food insecurity (FI) and mental health outcomes (MH) among adults living in Miami-Dade County, FL, USA
2. To understand food security and mental health needs in Miami-Dade County (MDC) program parks through geospatial analysis.



METHODOLOGY

For this study, 2019 public census-tract level data from City Health Dashboard, American Community Survey and United States Department of Agriculture Economic Research Service is being used.



Why Parks?

- Parks play an important role in promoting and improving physical activity and health outcomes in communities.
- To help better inform programs and allocation of resources.
- Ultimately, to help reduce health disparities and foster a healthier Miami-Dade County.

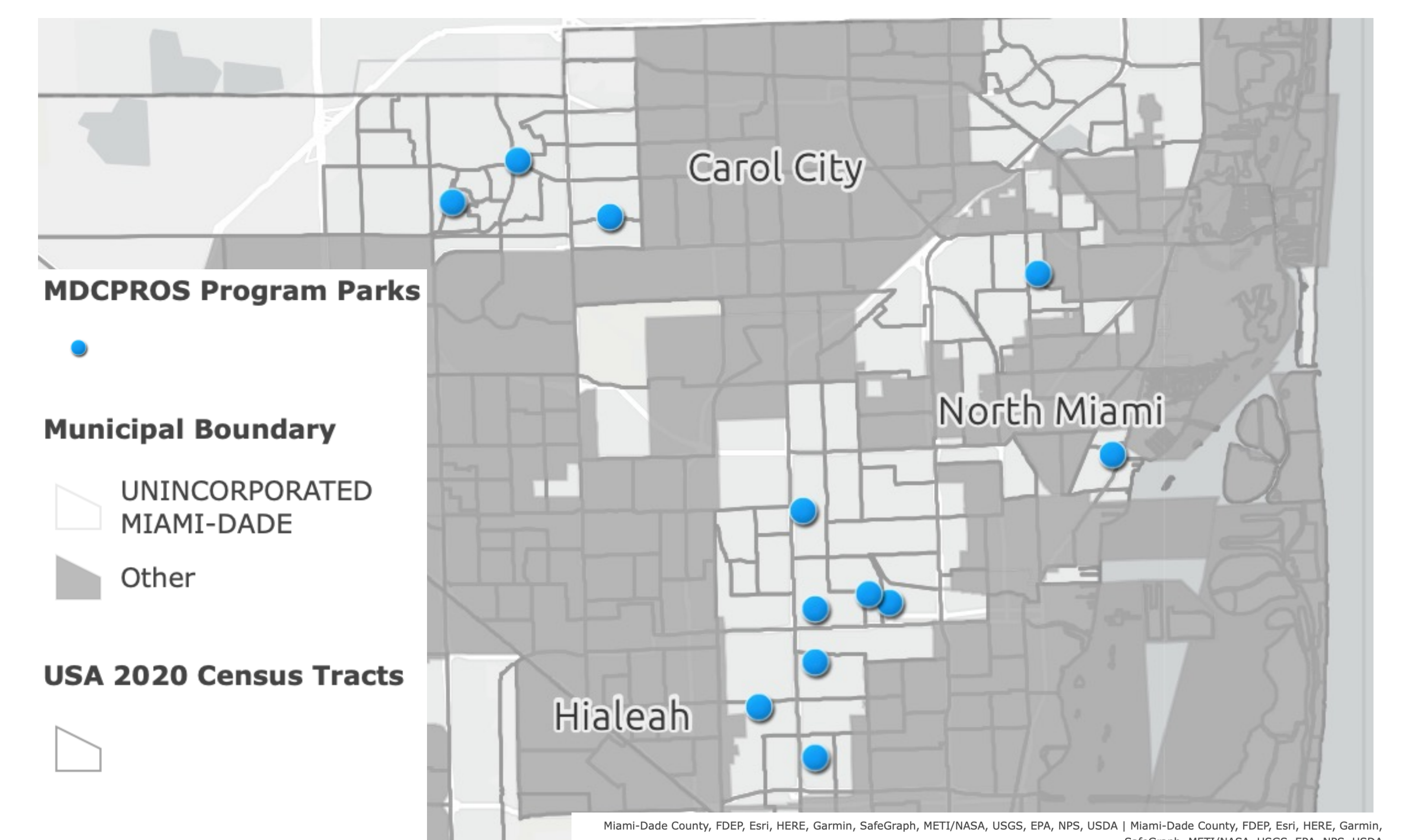
Scan to view a walking community assessment around two MDC program parks incorporating photovoice and StoryMaps



Next Steps

Visualization of community needs: three different maps will be created of unincorporated Miami-Dade County.

1. Map of food insecurity in MDC within ½-1 mile radius from program parks
2. Map of MH outcomes in MDC within ½-1 mile radius from program parks
3. Map of estimate within ½-1 mile radius from program parks



Map of North Miami-Dade County Program Parks

- Findings will be shared and discussed with MDC Parks, Recreation and Open Spaces.
- Suggestions on programs and food support services will be provided.