

# **HOUSEHOLD FOOD INSECURITY AND SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM PREVALENCE AMONG YOUTH AND YOUNG ADULTS WITH DIABETES IN SOUTH CAROLINA**

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# INTRODUCTION

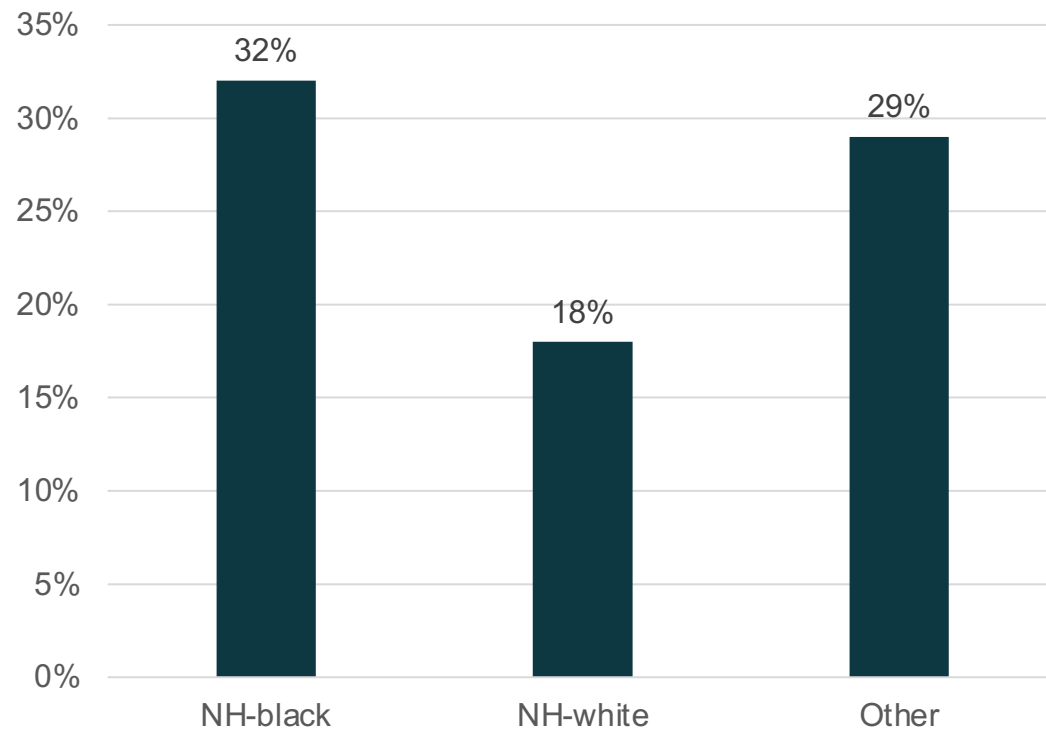
- Household food insecurity (HFI) makes managing diabetes difficult.
- Food assistance programs are typically reserved for low-income households, leaving out middle-income households that are food insecure.
- It is important to know the prevalence of food insecurity and Supplemental Nutrition Assistance Program (SNAP) participation in those with diabetes.
- The purpose of this study is to estimate the prevalence of HFI and SNAP participation among youth and young adults (YYA) with type 1 diabetes (T1D) or type 2 diabetes (T2D) living in South Carolina.

# METHODS

- SEARCH for Diabetes in Youth Study (2015-2020)
  - South Carolina clinic
- T1D (n=413); T2D (n=129)
  - ages:10-34 y; mean: 22.0 y
- Adult participants and parents of minors reported receiving SNAP benefits and completed the USDA household food security questionnaire.
  - Affirming  $\geq 3$  items indicated experiencing HFI
- Chi-square tests

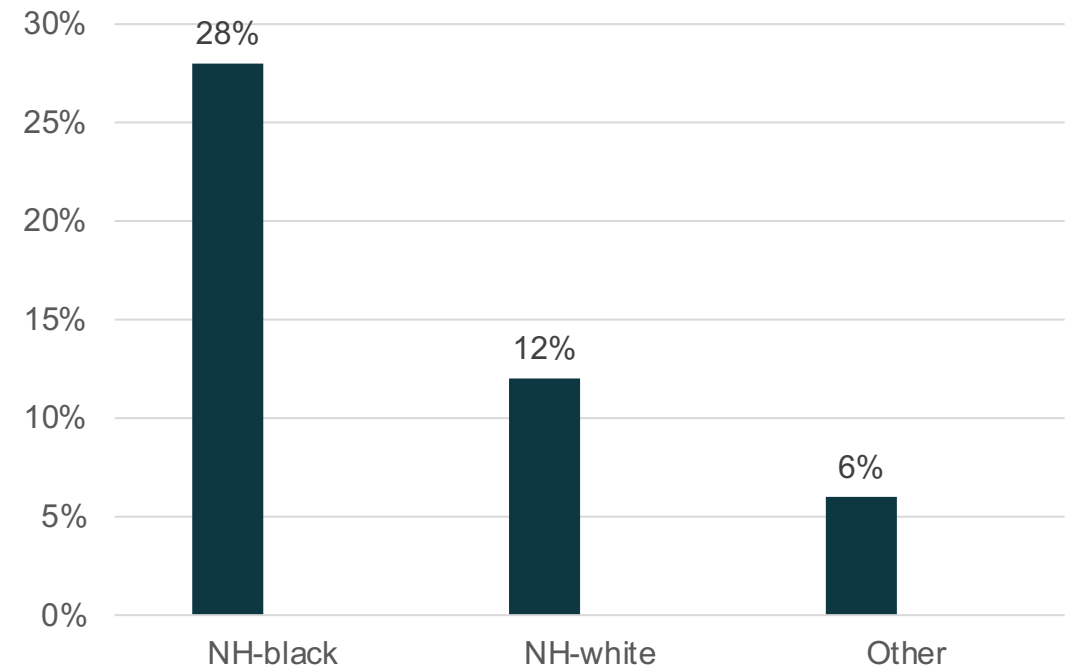
# RESULTS

Prevalence of HFI in YYA with T1D in South Carolina



p=0.0107

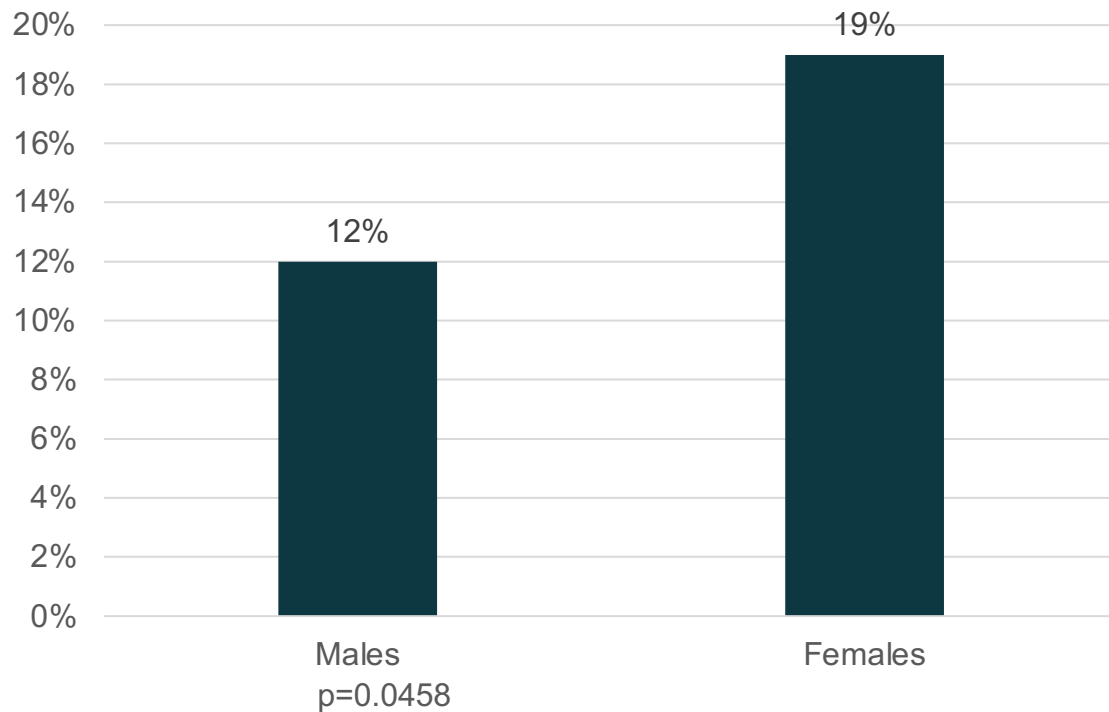
Prevalence of receiving SNAP benefits in YYA with T1D in South Carolina



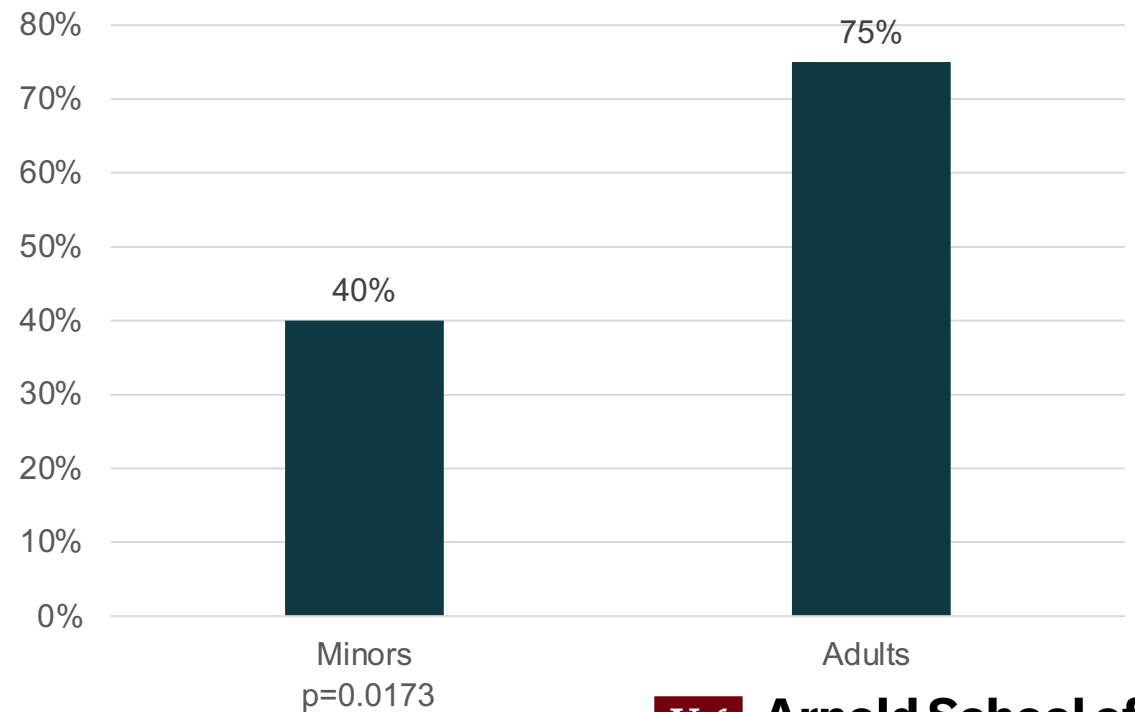
p=0.0002

# RESULTS

Prevalence of receiving SNAP benefits in YYA with T1D in South Carolina



Prevalence of receiving SNAP benefits in YYA with T2D in South Carolina



# CONCLUSION

- The prevalence of HFI exceeded the SC (10.9%) and national (10.5%) prevalence in 2019 and was higher among NH-blacks with T1D than NH-whites and other race/ethnicities with T1D.
- The prevalence of SNAP participation was highest among NH-blacks with T1D, females with T1D, and adults with T2D.
- Addressing nutritional needs is particularly important for people with diabetes because food access is essential to appropriate diabetes management.
- Food insecurity interventions in SC should consider who is affected by food insecurity and who may or may not have access to food support programs.

# THANKS!

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