

Food Insecurity in Iowa

Iowa Behavioral Risk Factor Surveillance System 2023

Data Collected from Adults Aged 18 Years & Older



Health and
Human Services

What is Food Insecurity?

The limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.

8.8%

of adult Iowans reported receiving food stamps on an EBT card.

11.2%

of adult Iowans reported they struggled to afford food in the past year.

Population Groups Unable to Afford More Food



1 out of 5
Iowans
with
disabilities



31% of
Iowans with less
than a high
school degree



1 out of 6
Iowans
who are
unemployed



Over 40% of
households with
income less than
\$15,000



1 out of 10
Iowans
regardless of
where they live



17.6% of
Iowans who
are not
married



About **1 out of 3**
of Black and
1 out of 4
Hispanic Iowans



50% of
Iowans
without reliable
transportation

Food Insecurity & Health

- **Being uninsured**
- **Diagnosed diabetes**
- **Poor mental health**
- **Poor physical health**
- **Stress**

Common factors among Iowans unable to afford more food than those able to afford food that they need.