

# Mapping Hunger and Hope

EASTERN OKLAHOMA COUNTIES

Data Source:  
- 2012 Feeding America, Map the Gap  
- 2013-2014 Food Bank Database

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Food Insecurity and Food Deserts are widely used to gauge food deficiency. The USDA describes food insecurity as “limitation of consistent access to adequate food by lack of money and other resources at times during the year”. The USDA defines Food Deserts as “parts of geographic areas vapid of fresh fruit, vegetables, and other healthful whole foods, usually found in impoverished areas.” Food Deserts contribute to food insecurity and exist mostly in rural and low-income communities. Research finds that population in Food Deserts suffer from diet-related health outcomes. Community Food Pantries mission is to serve local residents who suffer from hunger and food insecurity.

Dr. Sanjay Gupta, Chief Medical Correspondent, addresses Food deserts as one of the 9 America's biggest health issues. "Food deserts. While not everyone agrees with the term food desert, the USDA still estimates 23.5 million people live in these urban neighborhoods and rural towns with limited access to fresh, affordable, healthy food. Without grocery stores in these areas, residents often have to rely on fast food and convenience stores that don't stock fresh produce. It takes a real toll on their health. Families who live in these areas struggle more with obesity and chronic conditions, and they even die sooner than people who live in neighborhoods with easy access to healthy food. More farmers markets are now accepting food stamps and many nonprofits have stepped in to try to bring community gardens and healthy food trucks to these areas, but so far it's not enough. Will cities offer incentives to grocery store chains to relocate to these neighborhoods? How else can this system be helped?", says Dr. Gupta.

This poster displays Food Insecurity and Food Deserts, overlaid with food pantry locations, in Eastern Oklahoma with a closer look at Tulsa County.

