

Healthy Eating and Physical Activity in Southwest Georgia



What did we want to know?

- *The Two Georgias Initiative* was a 5-year effort funded by the Healthcare Georgia Foundation, funding local coalitions to address health equity across rural Georgia.
- The EPRC wanted to know baseline levels on a range of topics prioritized by the local coalitions.



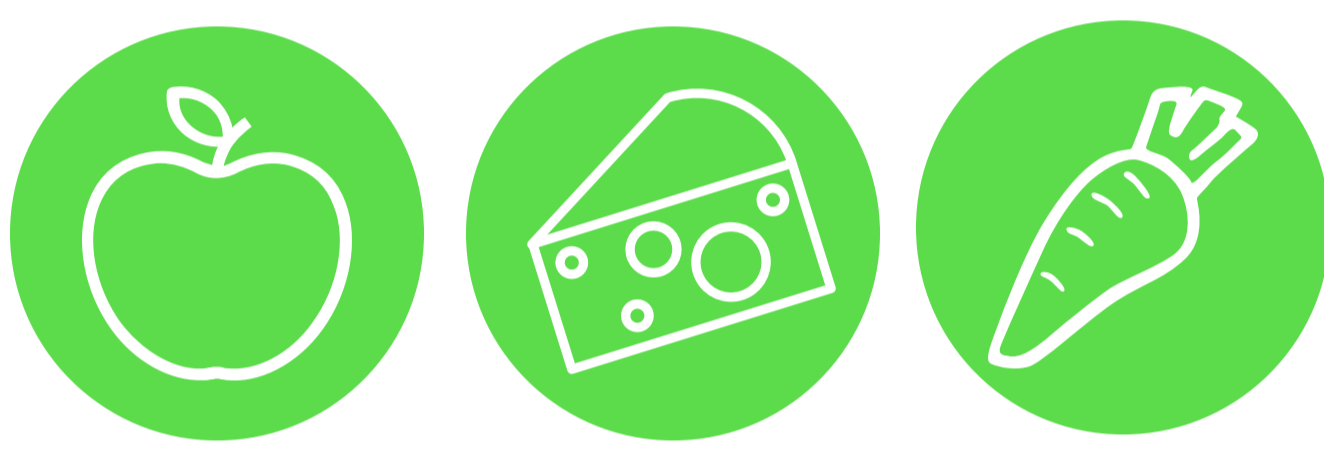
What did we do?



- We conducted a survey with households in 11 counties across Georgia.
- We received 1103 responses from 5 Southwest Georgia counties. Their responses are reported here.
 - **Cook, Clay, Decatur, and Early counties** responded to questions about food security, food access, and healthy eating.
 - **Clay, Decatur, and Miller counties** responded to questions about physical activity.

What did we find?

Food Security and Access



Overall, food access* was not great but not bad either.

*Food access refers to the availability, quality, price and selection of fresh fruits and vegetables, meats, and dairy.

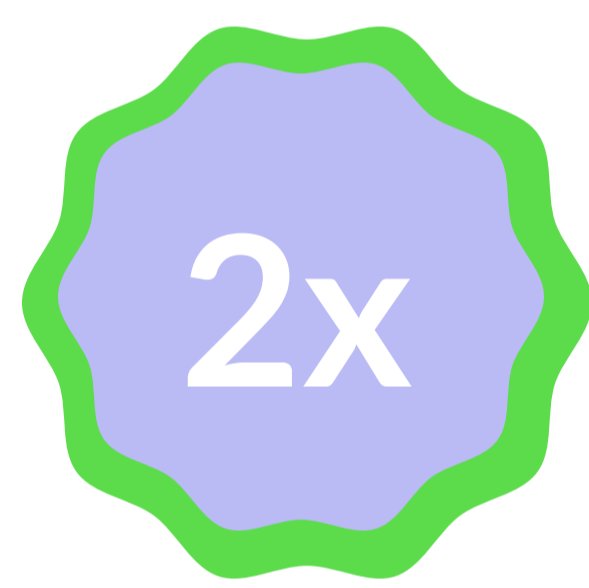
^Food insecurity refers to running out of food before having money to buy more



Walmart was the most frequent source of fresh fruits and vegetables.



About half of respondents reported some level of food insecurity^.



Food insecurity among Black respondents was nearly double that of White respondents.



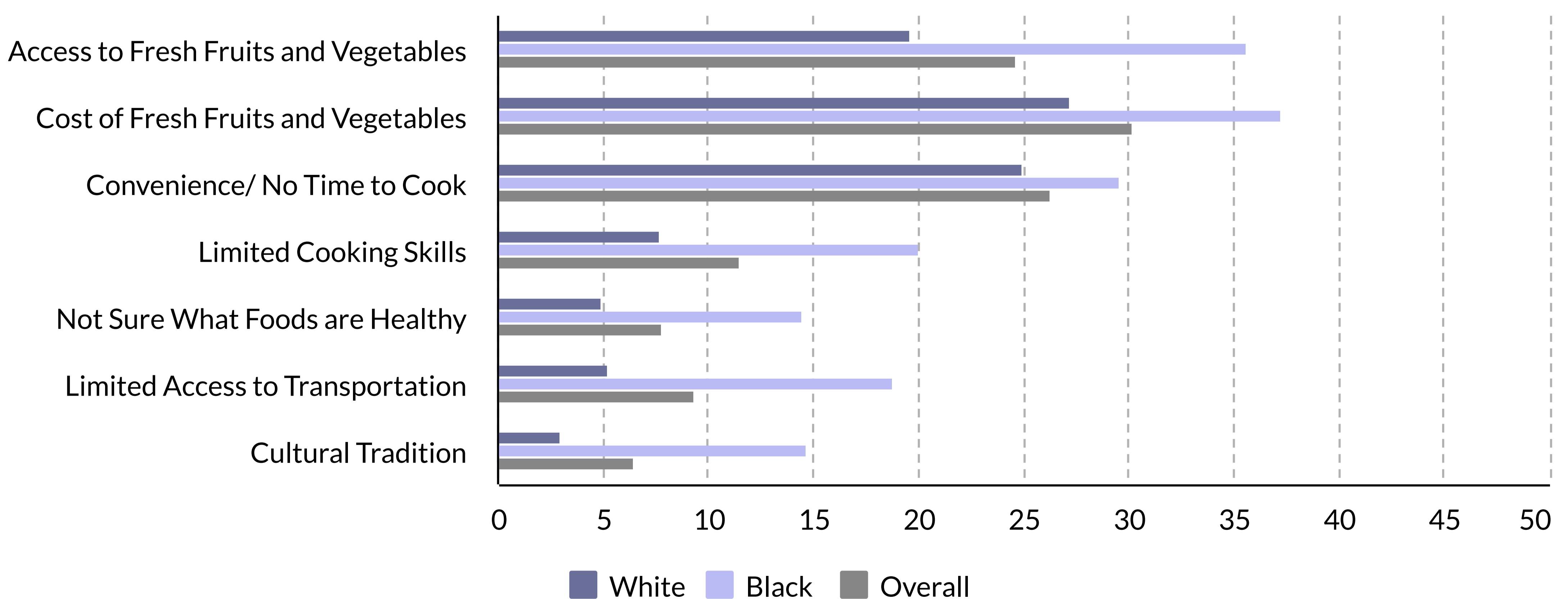
Food insecurity among those without a college degree was nearly double that of college graduates.

Healthy Eating

Barriers

Although generally low for everyone, Black respondents reported experiencing barriers to healthy meals and snacks more frequently than White respondents.

% of respondents who experienced barriers to healthy eating:

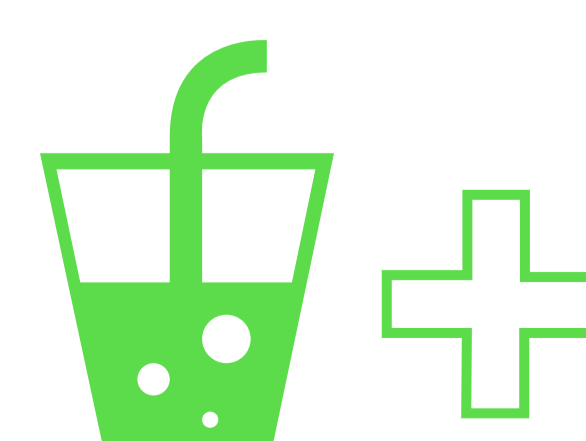


Fruits and Vegetables



Overall, respondents reported consuming just over three servings of fruits and vegetables per day.

Sugary Drinks



More than two-thirds of respondents reported consuming one or more sugar-sweetened beverages a day.

More >

Physical Activity

Leisure Time Physical Activity

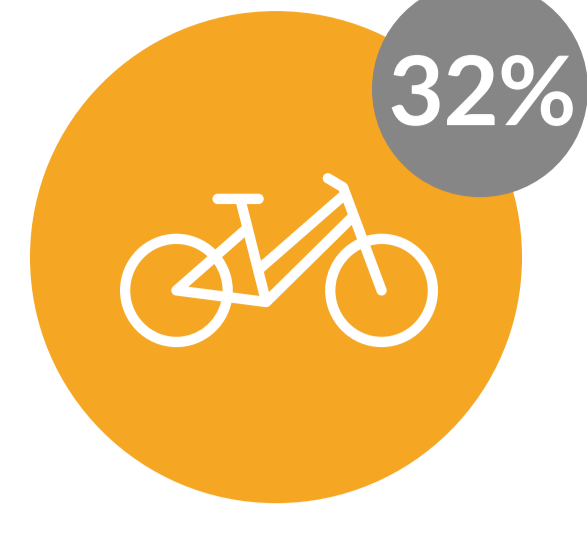


More than half were physically active during their leisure time.

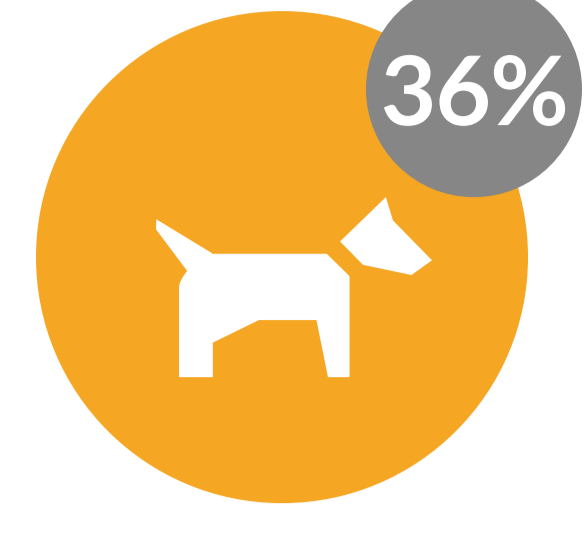
Neighborhood Walkability



About a quarter said the roads around their house have a place to walk or ride a bike next to the road.

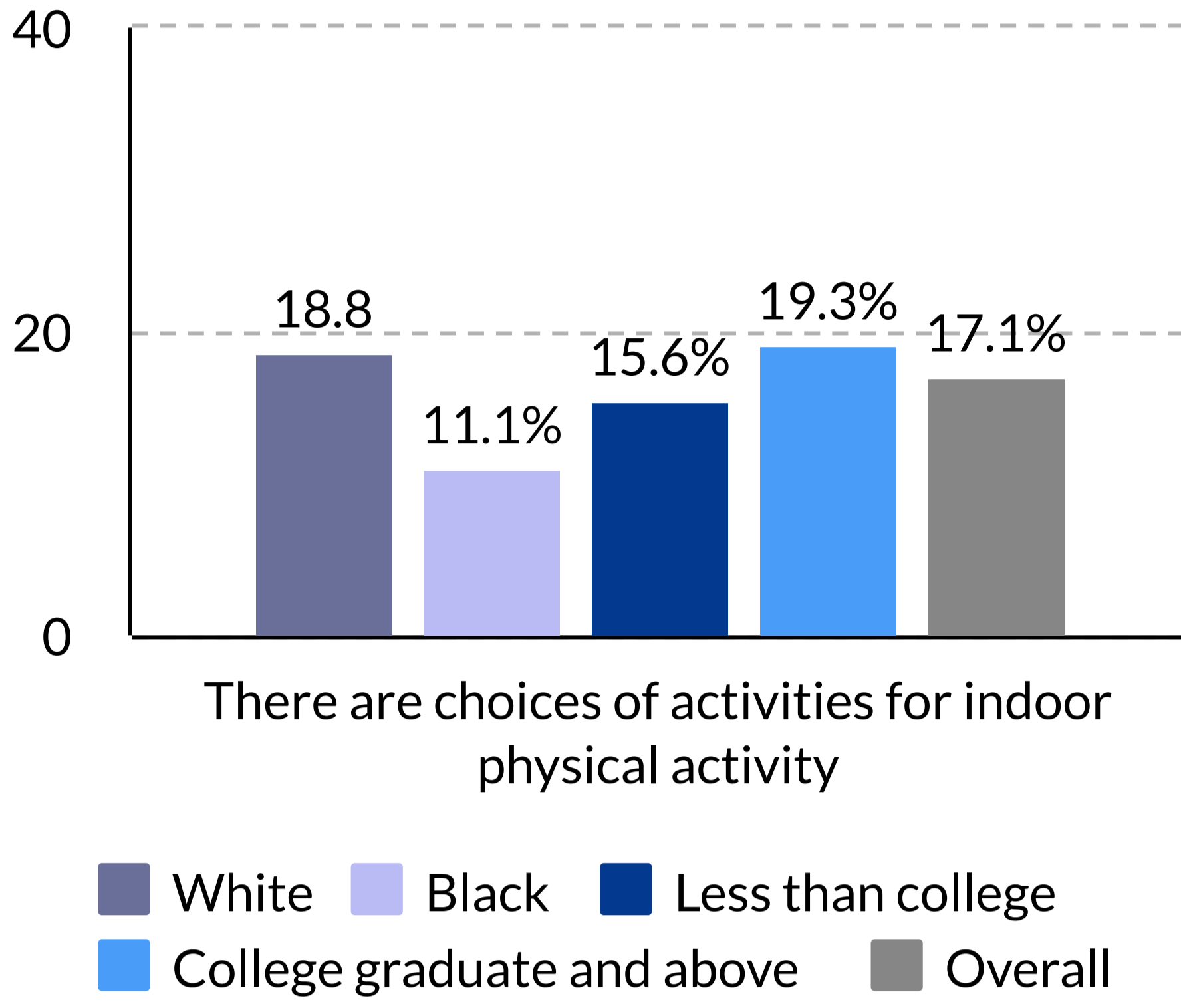


Almost a third said it is safe to walk or ride a bike on the road around their home.



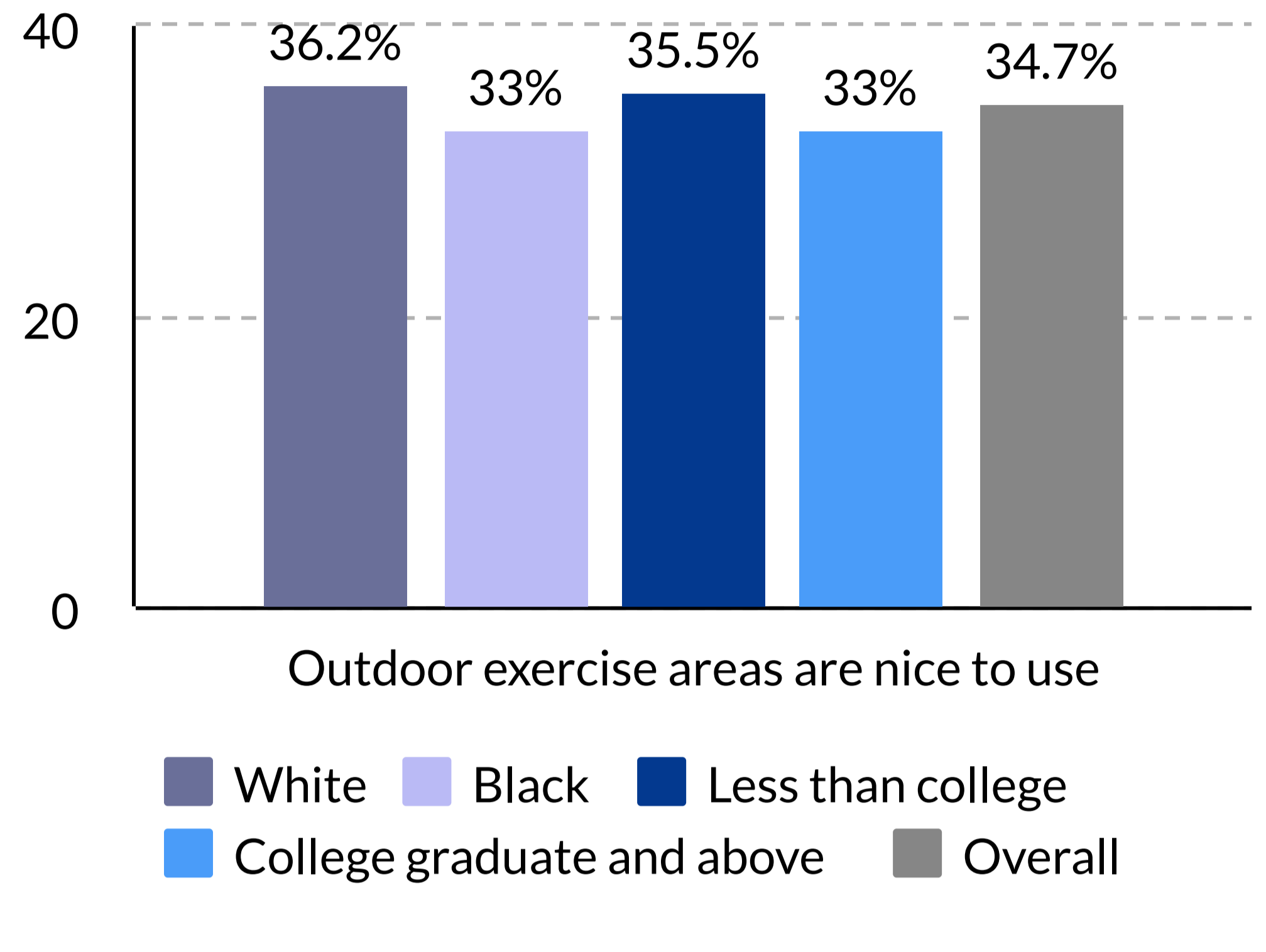
Over a third said loose dogs make it unsafe to take walks.

Indoor Physical Activity Opportunities



More respondents who are White or college graduates reported having choices of activities for indoor physical activity.

Outdoor Physical Activity Opportunities



Slightly more respondents who are White or have less than a college degree reported outdoor exercise areas that are nice to use.

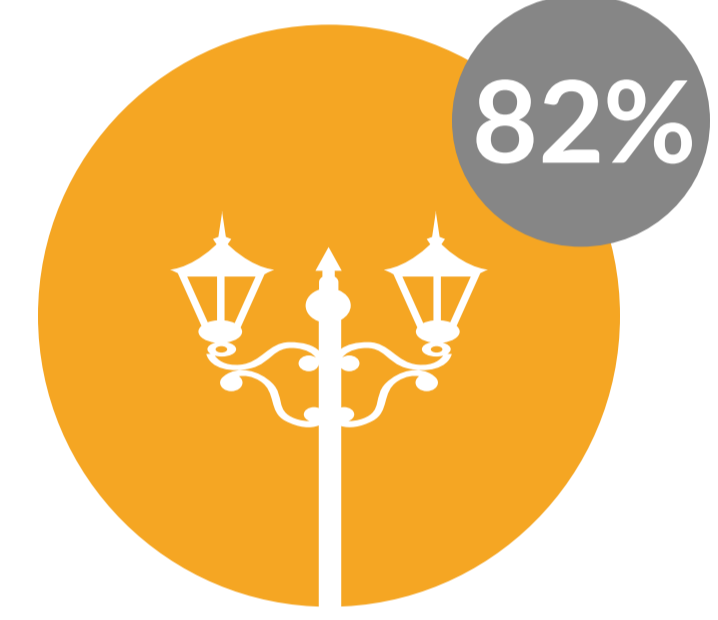
Town Center Walkability



More than three quarters reported there are shopping areas and places to eat in the town center.

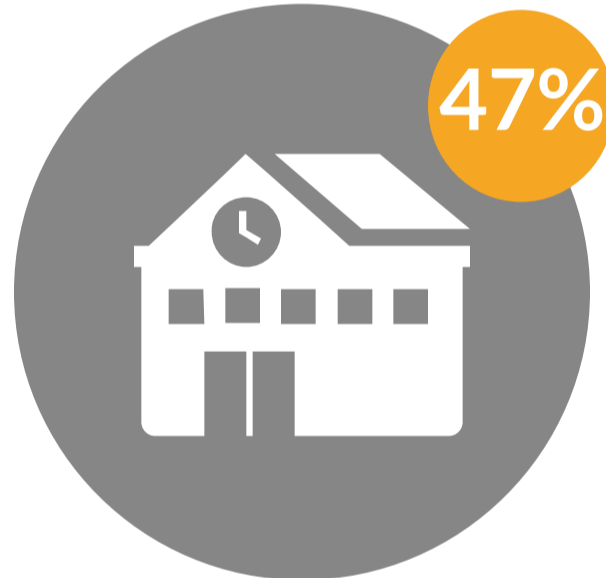


Almost all reported there are sidewalks in the town center.



More than three quarters reported the area around the town center has working streetlights.

School Outdoor Facilities



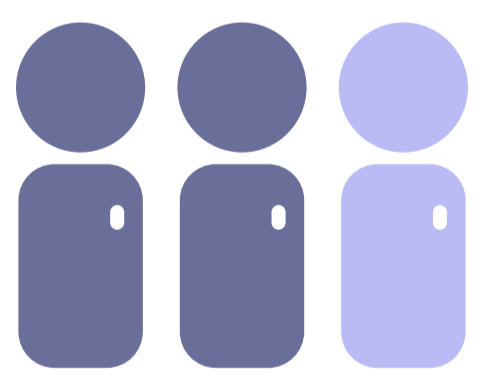
Less than half reported that at least one school allows community members to use outdoor facilities (e.g., track) during non-school hours.

Church Outdoor Facilities



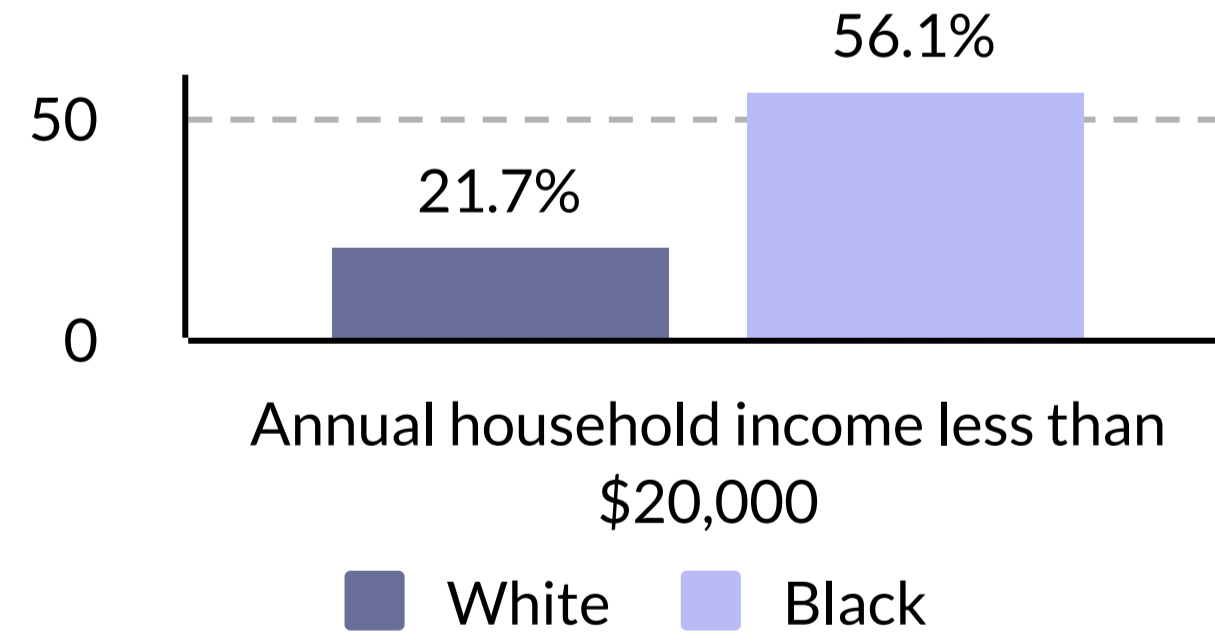
Very few people reported that their community has churches with outdoor recreational areas for exercise open to the public.

Who participated in the survey?

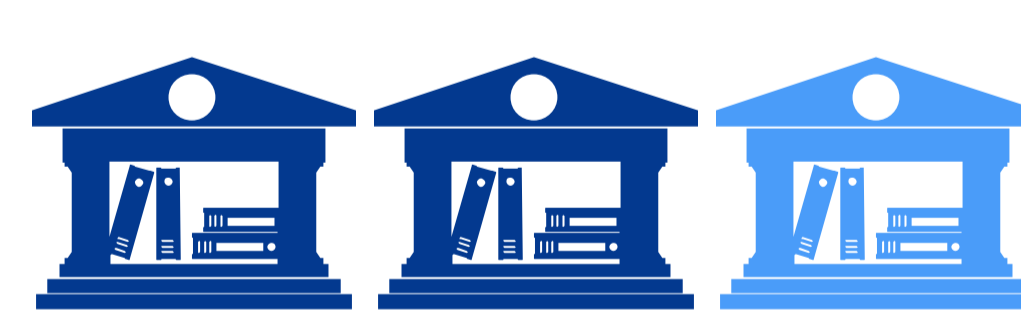


White Black

Almost 2/3 of respondents were White and less than 1/3 were Black.

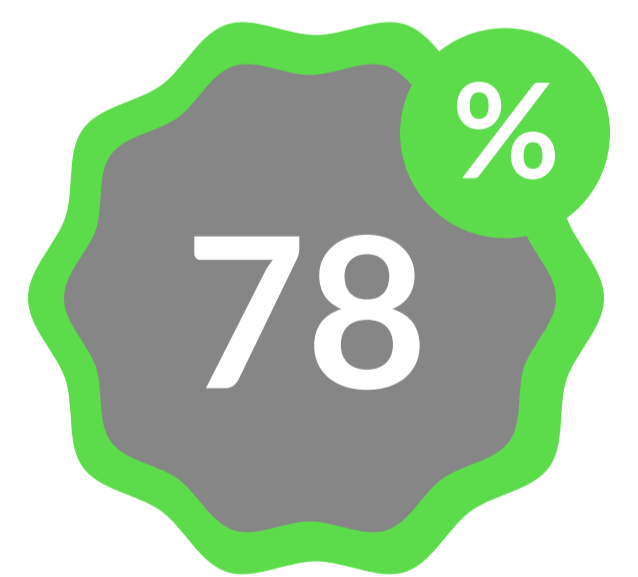


2.5x as many Black respondents reported an annual household income below \$20,000.



Less Than College College graduate and above

Less than 1/3 of respondents had a college degree.



Over 3/4 of respondents were overweight or obese.

What does this mean?

- By understanding eating and physical activity behaviors and how access to food and physical activity opportunities are affecting residents, local health coalitions and organizations can:
 - tailor their programs to address community needs, such as where to focus efforts
 - use the information in future grant applications
 - assess whether their efforts are effective in creating change at the end of an initiative



Read more about the Two Georgias Initiative here: <https://www.healthcaregeorgia.org/rural-health/>

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