Benton County Community Health Improvement Planning

Healthy Food Systems

> Eating healthy food every day is essential for children and adults. Local agriculture provides healthy food and economic opportunity for our communities.
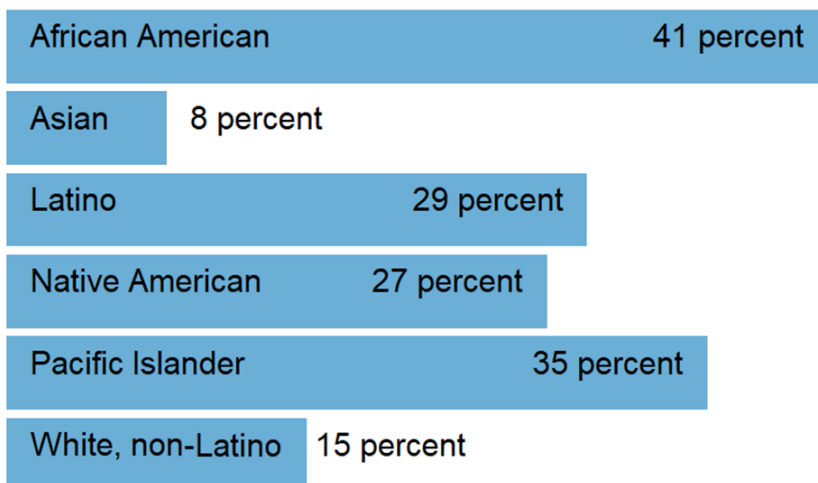
Key Health Data

- 20 percent of Benton County children skip meals because they don't have enough food.
- Less than half of SNAP-eligible households actually receive benefits.
- 1.5 times as many community members live within walking distance of a fast food restaurant than within walking distance of a grocery store.
- 3 out of 5 high school students drink one or more sugar-sweetened beverages each week.

Focus on: Obesity

We have a low overall obesity rate, but there are large differences within the county.

Percent of high school students who are overweight or obese:

Group	Percent
African American	41 percent
Asian	8 percent
Latino	29 percent
Native American	27 percent
Pacific Islander	35 percent
White, non-Latino	15 percent

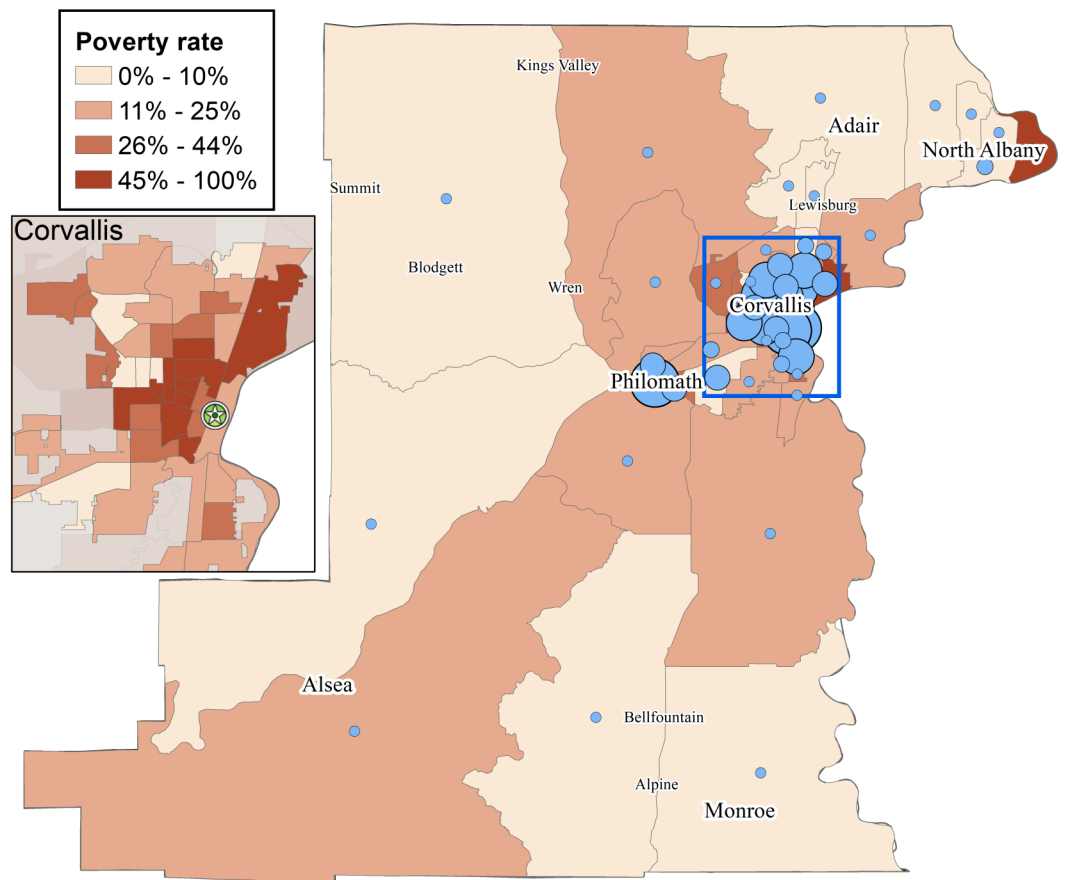These trends are repeated in adult data at the state level.

Focus on: Food Swamps

Food swamps refer to areas with high concentrations of fast food restaurants. Research has demonstrated that food swamps are correlated with obesity rates, even more than food deserts (lack of grocery stores). In Benton County, food swamps are associated with areas of higher poverty.

Larger blue circles indicate a larger percentage of the population that lives within 1/2 mile of a fast food restaurant.

The large blue circles in Corvallis block out the poverty rate shading, so they are not shown in the Corvallis inset.

Corvallis has a higher poverty rate than the rest of the county and also a higher density of fast food restaurants.

Poverty rate
- 0% - 10%
- 11% - 25%
- 26% - 44%
- 45% - 100%

Corvallis

Kings Valley
Adair
North Albany
Lewisburg
Summit
Blodgett
Wren
Corvallis
Philomath
Alsea
Bellfountain
Alpine
Monroe

To learn more:

Visit this website: bit.ly/BentonCountyCHIP to see all seven themes in an interactive webpage.

Read the 2017 Community Health Assessment on the Benton County Health Department website for much more data.

Take this survey to help us prioritize 3 themes for our Community Health Improvement Plan: www.surveymonkey.com/r/2018CHIPpriorities.