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## Yuba-Sutter Aging and Disabilities Plan

# Data Packet 4: Food and Nutrition

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The chart on the following pages summarizes key themes, identified needs, and potential solutions from the three data sources listed below, focusing on one of the five approved goals of the Yuba-Sutter Aging and Disabilities Plan. It provides a comprehensive understanding of the challenges faced by older adults, individuals with disabilities, and caregivers in Yuba and Sutter Counties, offering a solid foundation for community stakeholders to develop data-driven solutions that effectively address these needs.

- 1. Data Map:** A comprehensive review of local and state data aligned with the California Master Plan for Aging’s five bold goals for 2030. Local sources include Adventist Health and Rideout’s Community Health Needs Assessment, the Ombudsman Program, Regional Housing Authority, and Sutter Yuba Homeless Consortium. State and national sources, such as the California Department of Aging, UCLA Elder Index, U.S. Census Bureau, and Centers for Medicare & Medicaid Services.
- 2. Community Surveys:** Input was gathered from 297 respondents, including older adults, individuals with disabilities, and caregivers, through a culturally relevant, multilingual survey available in English, Hmong, Punjabi, and Spanish. The survey explored key topics, including housing and community, emergency preparedness, transportation, healthcare and related services, social participation and inclusion, and communication. Responses captured perspectives across diverse geographic and demographic groups.
- 3. Focus Groups:** Insights from 75 participants across eight diverse focus groups, including older adults, women, LGBTQ+ individuals, racial and ethnic minorities, individuals with disabilities, veterans, caregivers, and low-income residents—communities historically under-resourced and under-served in the Yuba-Sutter area. Discussions explored housing, emergency preparedness, transportation, community accessibility, healthcare, nutrition, and social engagement.



## GOAL 4: IMPROVE FOOD SECURITY AND NUTRITION AVAILABILITY

| Key Themes                                     | Data Findings<br>(Needs/Challenges)  | Insights<br>(Possible Solutions)  |
|--|--|---|
| <b>Food Security</b>                           |  |   |
| <b>Food Insecurity Among Low-Income Adults</b> | <ul style="list-style-type: none"> <li>▶ A high percentage of low-income adults aged 60 and older in Yuba County (42.6%) experience food insecurity, compared to a statistically unstable figure of 22.4% in Sutter County. <i>(Data Map)</i></li> <li>▶ These findings highlight a critical need for robust and targeted food assistance programs. <i>(Data Map)</i></li> </ul>                     | <ul style="list-style-type: none"> <li>▶ Strengthen programs like CalFresh, Meals on Wheels, and local food banks to serve more low-income older adults and individuals with disabilities in Yuba and Sutter Counties.</li> </ul>   |
| <b>Financial Barriers to Food Security</b>     | <ul style="list-style-type: none"> <li>▶ Fixed Social Security benefits often do not cover basic food costs. <i>(Data Map)</i></li> <li>▶ The high cost of nutritious foods, such as fresh produce, specialized dietary items, and culturally specific foods, places these options out of reach for many low-income older adults and individuals with disabilities. <i>(Focus Groups)</i></li> </ul> | <ul style="list-style-type: none"> <li>▶ Advocate for increased Social Security benefits or supplemental food vouchers for older adults and individuals with disabilities.</li> <li>▶ Expand local subsidy programs to offset rising food costs for low-income households.</li> </ul> |

| Key Themes   | Data Findings<br>(Needs/Challenges)  | Insights<br>(Possible Solutions)   |
|--|--|--|
|  | <ul style="list-style-type: none"> <li>▶ Rising food prices due to inflation have exacerbated financial pressures, leading to increased reliance on food assistance programs. <i>(Focus Groups)</i></li> </ul>   | <ul style="list-style-type: none"> <li>▶ Advocate for state and federal policies to stabilize food prices and expand food assistance allocations to keep pace with inflation.</li> <li>▶ Offer workshops and materials to help create affordable, nutritious meal plans.</li> </ul>  |
| <p><b>CalFresh (Food Stamps) Participation</b></p> | <ul style="list-style-type: none"> <li>▶ CalFresh participation is higher in Yuba County (13.1%) compared to Sutter County (8.8%), but both counties show significant unmet need given food insecurity rates. <i>(Data Map)</i></li> <li>▶ Among households with a disabled person, 9.77% in Yuba County receive CalFresh benefits, compared to 6.16% in Sutter County and 4.38% statewide, reflecting greater economic vulnerability in Yuba County. <i>(Data Map)</i></li> <li>▶ Many eligible residents are not enrolled due to lack of awareness, complex application processes, or perceived stigma. <i>(Focus Groups)</i></li> </ul> | <ul style="list-style-type: none"> <li>▶ Conduct targeted outreach campaigns, especially in Sutter County and among households with disabled individuals, to increase participation.</li> <li>▶ Streamline CalFresh enrollment by offering assistance programs or navigators to help with applications.</li> <li>▶ Offer financial subsidies for nutritious food purchases, particularly for low-income households.</li> <li>▶ Launch community education initiatives to normalize food assistance use and reduce stigma.</li> </ul> |
| <p><b>CalFresh (Food Stamps)</b></p>               | <ul style="list-style-type: none"> <li>▶ Many focus group participants indicated that CalFresh benefits are not enough to</li> </ul>   | <ul style="list-style-type: none"> <li>▶ Advocate for higher CalFresh allocations, especially for households with older</li> </ul>   |

| Key Themes   | Data Findings<br>(Needs/Challenges)   | Insights<br>(Possible Solutions)   |
|--|---|--|
| <p><b>Sufficiency</b></p>                            | <p>cover the cost of basic groceries, particularly nutritious or specialized foods like fresh produce and culturally specific items. <i>(Focus Groups)</i></p> <ul style="list-style-type: none"> <li>▶ Rising food costs and inflation have made CalFresh allocations insufficient to meet the dietary needs of older adults, people with disabilities, and low-income families. <i>(Focus Groups)</i></li> <li>▶ Beneficiaries often run out of CalFresh funds before the end of the month, leaving gaps in food security. <i>(Focus Groups)</i></li> </ul> | <p>adults, individuals with disabilities, and families requiring specialized diets.</p> <ul style="list-style-type: none"> <li>▶ Develop supplemental food voucher programs or partnerships with local food banks to bridge the gap for CalFresh recipients.</li> <li>▶ Work with grocery stores and farmer’s markets to offer CalFresh discounts or additional incentives, such as "double-up" programs for fresh produce purchases.</li> <li>▶ Offer workshops or materials to help recipients maximize their CalFresh benefits and identify additional food resources in their area.</li> </ul> |
| <p><b>Pantries and Food Distribution Centers</b></p> | <ul style="list-style-type: none"> <li>▶ Many residents rely on food banks, pantries, and community distribution centers such as Yuba City Gleaners and local churches, but these services are unevenly distributed. <i>(Focus Groups)</i></li> <li>▶ Farmer’s Markets in some areas provide free produce but are inaccessible to</li> </ul>  | <ul style="list-style-type: none"> <li>▶ Partner with local farms and cultural organizations to stock fresh and culturally relevant items in food banks and pantries.</li> <li>▶ Improve food bank offerings through partnerships with local farms to provide fresh produce and culturally specific items.</li> </ul>  |

| Key Themes                                    | Data Findings<br>(Needs/Challenges)   | Insights<br>(Possible Solutions)  |
|---|---|---|
|   | <p>those without transportation or with mobility challenges. (<i>Focus Groups</i>)</p> <ul style="list-style-type: none"> <li>▶ Food banks and pantries often lack fresh produce, culturally specific foods, and essential groceries. (<i>Focus Groups</i>)</li> <li>▶ Many older adults face transportation barriers to reach food programs. (<i>Focus Groups</i>)</li> </ul>  | <ul style="list-style-type: none"> <li>▶ Increase funding and resources to food pantries and distribution centers to expand their reach and offerings.</li> <li>▶ Introduce mobile food distribution services for rural communities.</li> <li>▶ Provide transportation services or mobile food bank programs to reach underserved areas, particularly rural communities.</li> </ul>   |
| <p><b>Communication of Food Resources</b></p> | <ul style="list-style-type: none"> <li>▶ Many residents are unaware of available food resources, such as food banks, pantries, and meal assistance programs, due to insufficient outreach and communication. (<i>Focus Groups</i>)</li> <li>▶ Older adults and rural residents struggle to access information about food resources, relying heavily on word-of-mouth or limited local advertisements. (<i>Focus Groups</i>)</li> <li>▶ Lack of centralized, clear, and accessible information on food assistance programs creates confusion and missed</li> </ul> | <ul style="list-style-type: none"> <li>▶ Create an easily accessible online and physical resource directory listing all local food banks, meal programs, and assistance services.</li> <li>▶ Use multiple communication channels (social media, local newspapers, community radio, flyers) to increase awareness of available food resources.</li> <li>▶ Partner with trusted local organizations and leaders to distribute information to underserved communities.</li> <li>▶ Tailor communication campaigns for older adults, individuals with disabilities, and rural populations, including door-to-</li> </ul> |

| Key Themes                              | Data Findings<br>(Needs/Challenges)  | Insights<br>(Possible Solutions)   |
|---|--|--|
|   | <p>opportunities to access services. (<i>Focus Groups</i>)</p>   | <p>door outreach, local events, and senior center notices.</p> <ul style="list-style-type: none"> <li>▶ Integrate food resource information into programs like Meals on Wheels or community health outreach, ensuring residents receive comprehensive support.</li> </ul>  |
| <p><b>Transportation Challenges</b></p> | <ul style="list-style-type: none"> <li>▶ Rural residents face significant travel distances to access grocery stores and food programs. (<i>Focus Groups</i>)</li> <li>▶ Delivery services are either unavailable or too costly for low-income households. (<i>Focus Groups</i>)</li> </ul>                 | <ul style="list-style-type: none"> <li>▶ Expand subsidized transportation programs to improve access to food banks and grocery stores.</li> <li>▶ Partner with delivery platforms like Instacart to offer affordable grocery delivery services in rural areas.</li> <li>▶ Create mobile food hubs to reduce travel distances for rural populations.</li> </ul> |
| <p><b>Delivery Service Gaps</b></p>     | <ul style="list-style-type: none"> <li>▶ Grocery delivery services like Instacart and DoorDash are unavailable or unreliable in rural areas. (<i>Focus Groups</i>)</li> <li>▶ Older adults face challenges using delivery services due to high costs and limited options. (<i>Focus Groups</i>)</li> </ul> | <ul style="list-style-type: none"> <li>▶ Expand funding for grocery delivery platforms to serve rural and low-income households effectively.</li> <li>▶ Introduce subsidized or free delivery options for older adults and disabled individuals.</li> </ul>  |

| Key Themes   | Data Findings<br>(Needs/Challenges)  | Insights<br>(Possible Solutions)   |
|--|--|--|
| <p><b>Online Grocery Shopping and Digital Literacy</b></p>                   | <ul style="list-style-type: none"> <li>▶ Delivery fees make online grocery shopping unaffordable for low-income individuals (<i>Focus Groups</i>).</li> <li>▶ Many older adults require digital literacy training to use online platforms effectively. (<i>Focus Groups</i>)</li> </ul>  | <ul style="list-style-type: none"> <li>▶ Provide subsidized or free delivery options for online grocery services targeting rural and low-income households.</li> <li>▶ Conduct digital literacy workshops to train older adults on how to navigate online platforms.</li> </ul>                                  |
| <p><b>Accessibility for Disabled and Mobility-Challenged Individuals</b></p> | <ul style="list-style-type: none"> <li>▶ Grocery stores often fail to accommodate disabled individuals, with limited accessible features like reserved carts. (<i>Focus Groups</i>)</li> <li>▶ Grocery delivery services are not adapted to meet the specific needs of individuals with disabilities. (<i>Focus Groups</i>)</li> </ul> | <ul style="list-style-type: none"> <li>▶ Advocate for accessibility improvements in grocery stores, including dedicated carts and better aisle layouts.</li> <li>▶ Develop grocery delivery services specifically designed for individuals with disabilities, ensuring reliability and affordability.</li> </ul> |
| <p><b>Nutrition Availability</b></p>   |  |  |
| <p><b>Limited Availability of Nutritious Foods</b></p>                       | <ul style="list-style-type: none"> <li>▶ Fresh produce is not consistently available in food banks or rural grocery stores. (<i>Focus Groups</i>)</li> <li>▶ Many individuals rely on pre-prepared or processed foods, which are less nutritious. (<i>Focus Groups</i>)</li> </ul>   | <ul style="list-style-type: none"> <li>▶ Partner with local farms to distribute fresh produce through food banks and grocery stores.</li> <li>▶ Implement community-supported agriculture (CSA) programs to deliver fresh produce directly to residents.</li> </ul>  |

| Key Themes   | Data Findings<br>(Needs/Challenges)  | Insights<br>(Possible Solutions)   |
|--|--|--|
| <p><b>Frequency of Going Without Nutritious Food</b></p> | <ul style="list-style-type: none"> <li>▶ Among survey respondents, 22% reported sometimes going without nutritious food, while 12% indicated they often go without. (<i>Community Survey</i>)</li> <li>▶ Financial constraints, limited transportation, and lack of availability of fresh or healthy food in local areas were common barriers. (<i>Community Survey, Focus Groups</i>)</li> </ul>  | <ul style="list-style-type: none"> <li>▶ Increase availability of low-cost healthy food options, such as subsidized farmer’s markets or grocery store programs targeting low-income households.</li> </ul>   |
| <p><b>Access to Fresh Produce in Rural Areas</b></p>     | <ul style="list-style-type: none"> <li>▶ Fresh produce is available in some areas through farmer’s markets and local vendors, but access remains limited in rural communities. (<i>Focus Groups</i>)</li> <li>▶ Rural residents face significant barriers to obtaining fresh fruits and vegetables regularly due to transportation challenges, geographic isolation, and the absence of nearby markets. (<i>Focus Groups</i>)</li> <li>▶ Seasonal availability of produce further limits consistent access for rural populations. (<i>Focus Groups</i>)</li> </ul> | <ul style="list-style-type: none"> <li>▶ Develop mobile produce trucks or pop-up markets to deliver fresh fruits and vegetables directly to rural communities.</li> <li>▶ Establish produce distribution centers or drop-off points in rural areas, leveraging partnerships with food banks or community organizations.</li> </ul> |



| Key Themes  | Data Findings<br>(Needs/Challenges)  | Insights<br>(Possible Solutions)   |
|---|--|--|
| <p><b>Limited Availability of Culturally Specific Foods</b></p> | <ul style="list-style-type: none"> <li>▶ Diverse populations face food insecurity due to the lack of culturally specific foods (<i>Focus Groups</i>).</li> <li>▶ Rural grocery stores are less likely to carry culturally relevant items. (<i>Focus Groups</i>)</li> </ul>         | <ul style="list-style-type: none"> <li>▶ Partner with cultural organizations to source and distribute culturally specific foods.</li> <li>▶ Create dedicated sections in food banks to include culturally specific items.</li> <li>▶ Conduct community surveys to identify culturally specific needs and adapt programs accordingly.</li> </ul>  |
| <p><b>Education on Nutrition and Healthy Eating</b></p>         | <ul style="list-style-type: none"> <li>▶ Many lack education about the benefits of healthy eating and how to maintain a nutritious diet. (<i>Focus Groups</i>)</li> <li>▶ Physical or mobility issues limit the ability to prepare healthy meals. (<i>Focus Groups</i>)</li> </ul> | <ul style="list-style-type: none"> <li>▶ Offer nutrition education programs, including cooking workshops tailored to older adults and individuals with disabilities.</li> <li>▶ Provide easy-to-follow recipe guides for individuals with limited mobility or specific dietary needs.</li> <li>▶ Conduct community awareness campaigns on the importance of healthy eating.</li> </ul> |
| <p><b>Cooking Challenges and Storage Issues</b></p>             | <ul style="list-style-type: none"> <li>▶ Cooking skills are limited due to physical constraints or lack of experience. (<i>Focus Groups</i>)</li> </ul>  | <ul style="list-style-type: none"> <li>▶ Provide educational campaigns highlighting proper food storage and preparation techniques.</li> </ul>   |

| Key Themes | Data Findings<br>(Needs/Challenges)   | Insights<br>(Possible Solutions)  |
|------------|---|---|
|            | <ul style="list-style-type: none"><li>▶ Food storage is a challenge for those with limited resources or inadequate refrigeration. (<i>Focus Groups</i>)</li></ul> | <ul style="list-style-type: none"><li>▶ Distribute resources for proper food storage, including subsidized refrigeration options for those in need.</li><li>▶ Offer cooking workshops tailored to individuals with mobility challenges or dietary restrictions.</li></ul> |