Social Inequality is not Healthy

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**Poster Goal**
To examine the effects of social inequality on physical and mental health

**History**
- TANF caseload has plummeted since its start in 1996 due to financial incentives, sanctions, and time limits
- Concentrated poverty and food insecurity in Dayton, Ohio
- Low food security—Reduced quality, variety, or desirability of diet
- Very low food security—Reduced food intake

**Concentrated Poverty in Dayton**
- Communal mindset of hopelessness
- Study found that diet is mostly affected by social cognitive factors
- People in poor communities lack education/awareness of health

**Suburbanization**
- Splitting of community, businesses leaving
- Less food access

**Diet, physical activity, income, food access, social factors**
- 30% adult obesity rate in Montgomery County (unhealthy food is cheaper)
- 1/6 people in Miami Valley are food insecure
- 1/5 children don’t know where their next meal is coming from

**“The neighborhood was flourishing and now it’s dilapidated. “
“We only have one corner store— the prices are sky high.”**

**Social Change**
- St. Vincent De Paul—Provides a variety of food and shelter for people on the brink of homelessness
- The Dayton Foodbank—Distributes food to pantries, community kitchens, and shelters

**Solutions**
- More grocery stores
- Government-funded nutrition classes
- Access to mental health providers/counseling

**Physical health**
**Mental health**

**Inequality is Unhealthy**
**Heather Essman**
Advisor: Dr. Rhubart

**References**
Mama Nozipo Glenn, Facing Project Narratives