Social Inequality is not Healthy

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Inequality is Unhealthy
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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

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.”

Suburbanization
Splitting of community, businesses leaving
Less food access

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

Diet, physical activity, income, food access, social factors
Physical health
Mental health

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

“People can’t focus on anything else if they can’t meet their basic dietary needs.”

Premature death rates
Number of mentally unhealthy days/month reported

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

References
Mama Nozipo Glenn, Facing Project Narratives