

Food Security among New York City Adults Living in Poverty, 2022

Approximately 1.9 million adult New Yorkers live in households with income below 200% of the Federal Poverty Level (FPL),¹ a population that is disproportionately represented by people of color. Access to nutritious food, which is essential to health and well-being, is especially limited in these communities due to poverty, limited economic opportunities, and neighborhood divestment, all of which stem from centuries of structural racism.²

Food security for a household means access by all members at all times to enough food for an active, healthy life. This includes ready availability of nutritionally adequate and safe foods and the ability to consistently and reliably acquire suitable foods without having to rely on emergency food supplies, or other coping strategies.³ During the 1990s, the United States Department of Agriculture developed the 10-item Household Food Security Survey (HFSS-10) to classify food security status (abbreviated FS in this publication) as: high, marginal, low, or very low. Households are considered to be food *insecure* if they are experiencing low or very low FS.

In June 2022, the New York City (NYC) Health Department fielded the HFSS-10 among NYC adults living in poverty (in households with collective income less than 200% of FPL). Notably, these data were collected at a time when the emergency allotments for the Supplemental Nutrition Assistance Program (SNAP), the largest federal anti-hunger program,⁴ were in effect, so these benefits were higher than usual. This brief presents data on FS levels among these New Yorkers, and on the relationship of FS with participation in federal food programs, the use of emergency food services (such as food pantries), dietary quality, and access to healthy foods.

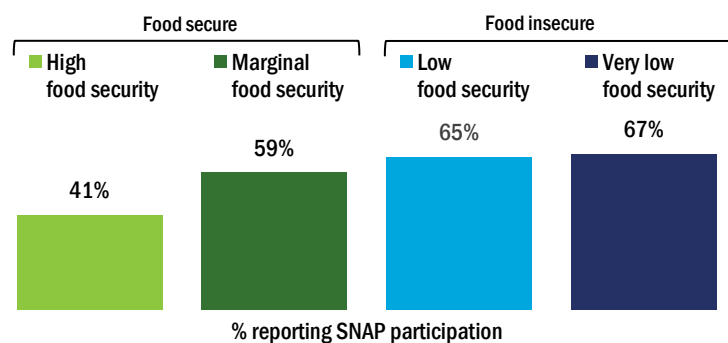
A note on household measures:

Food security status, SNAP participation, and household income are household-level indicators. Survey respondents were asked to provide information about the entire household; the presentation of these data assumes that any household conditions affect all household members equally.

Most New York City adults living in poverty experience low food security, but not everyone receives food assistance through the Supplemental Nutrition Assistance Program

- Among adult New Yorkers living in poverty, 53%, or an estimated 992,000, experienced low or very low FS in June 2022.
- Overall, 58% (approximately 1.1 million) of all adult New Yorkers living in poverty, reported participating in SNAP in the past year, ranging from 41% among those with high FS to 67% among those with very low FS.
- Of note, not all NYC adults living in poverty are eligible for SNAP.⁵ Eligibility for SNAP is dependent on disability status, income, household composition and immigration status, among other factors.

Participation in SNAP is more common among New Yorkers living in poverty that are experiencing low and very low food security



SNAP: Supplemental Nutrition Assistance Program; Note: not all NYC adults living in poverty are eligible for SNAP. Eligibility for SNAP is dependent on disability status, income, household composition and immigration status, among other factors.

Source: NYC Health Panel Food Access Survey, June 2022.

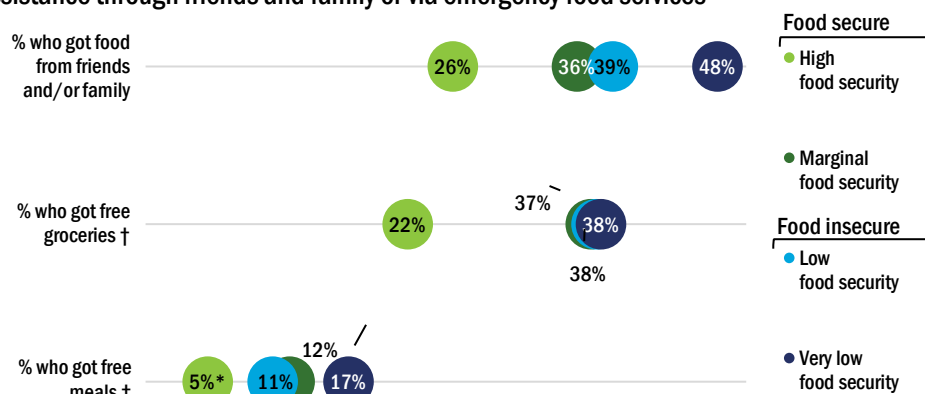
Definitions: For this report, **New Yorkers living in poverty** indicates a collective household income is below 200% of the Federal Poverty Level (FPL); FPL depends on the number of people in the household, for example, \$27,750 for a family of four.

Food security level: measured by the Household Food Security Survey, 10 questions to assess food security; respondents were categorized by the number of affirmative answers to describe their household as experiencing high food security (0 affirmative), marginal food security (1-2 affirmative), low food security (3-5 affirmative) or very low food security (6 or more).

Support networks play an important role in access to food for New Yorkers living in poverty, especially those with very low food security

- In June 2022, approximately 761,000 New Yorkers living in poverty (40%) used some form of emergency food services (not from family and/or friends).
- Thirty eight percent of New Yorkers living in poverty got free food or groceries from one of their existing social networks (i.e., friends or family) in the past year.
- One in three adult New Yorkers living in poverty (33%) got free groceries and one in nine (11%) got free meals from an organization (not from family and friends) in the past year.

New Yorkers living in poverty, including those with **high food security**, often find food assistance through friends and family or via emergency food services



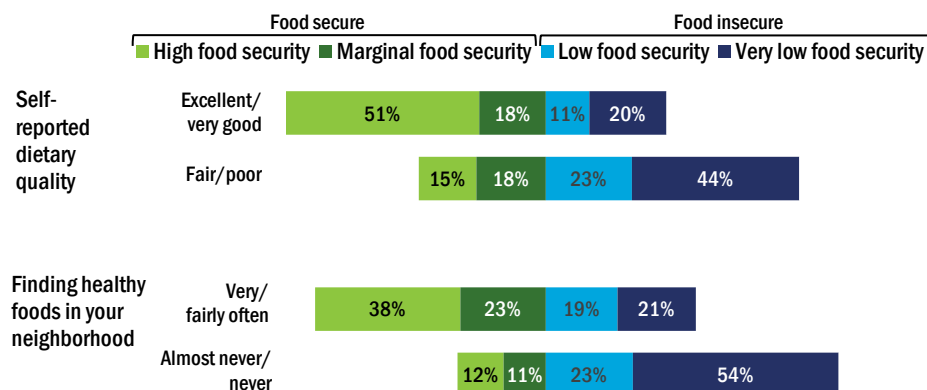
Percent reported receiving †free food from “groceries from food bank, food pantry, church/other faith-based organization or ‡ free food from “Grab-and-go meals from soup kitchen, food pantry, or church/other faith-based organization”.

Source: NYC Health Panel Food Access Survey, June 2022

Poor dietary quality and less access to healthy food are closely tied to very low food security

- Adult New Yorkers that did not consume any fruits and vegetables on the day prior to taking the survey were more likely to experience very low FS compared with those that reported eating at least one cup of fruits and vegetables (45% vs. 29%).

New Yorkers living in poverty who experience lower dietary quality or a harder time finding healthy food are more likely to experience **low or very low food security**.



Source: NYC Health Panel Food Access Survey, June 2022; numbers may not add to 100% because of rounding.

Definitions:

Got free groceries refers to respondents who answered yes to the question “At any time in the past 12 months, did you or anyone in your household get free [...] groceries from a food bank, food pantry, or church or other faith-based organization.”

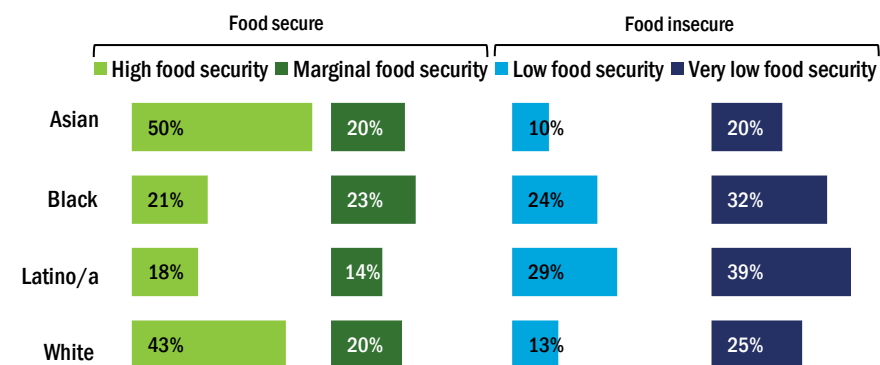
Got free meals refers to respondents who answered yes to the question “At any time in the past 12 months, did you or anyone in your household get free [...] Grab-and-go meals or hot meals from a soup kitchen, food pantry, or church or other faith-based organization.”

Data Source: NYC Food Access Survey, June 2022. Survey of 1354 NYC adults ages 18 or older from households where the total income was less than 200% of the Federal Poverty Line at the time of panel registration. The survey sample was taken from the **NYC Health Panel**, a probability-based survey panel maintained by the NYC Health Department to better understand the health needs of New Yorkers. The panel is made up of about 13,000 adult New Yorkers. Data are weighted to the NYC adult population with household incomes <200% FPL, per the 2019 American Community Survey. The survey included the **Household Food Security Survey (HFSS-10)** to measure food security among adults in a household. The survey also included the **Patient Health Questionnaire for Anxiety and Depression (PHQ-4)** - a validated four-item screening tool that measures key symptoms/indicators of anxiety and depression. A negative screening result does not necessarily indicate that a condition is absent, but rather that the likelihood of the condition is low.

Steep differences in food security status point to inequities beyond household income

- In June 2022, low FS was more common among Black and Latino/a New Yorkers (24% and 29%, respectively) compared with White New Yorkers (13%).
- High FS was less likely among those in households with children (24%) compared with those in households without (32%).
- Those living in poverty who were unable to work because of disabilities were more likely to experience very low FS compared with those employed for wages or salary (39% vs. 26%)

Low and very low food security is more common among Black and Latino/a than among White New Yorkers living in poverty

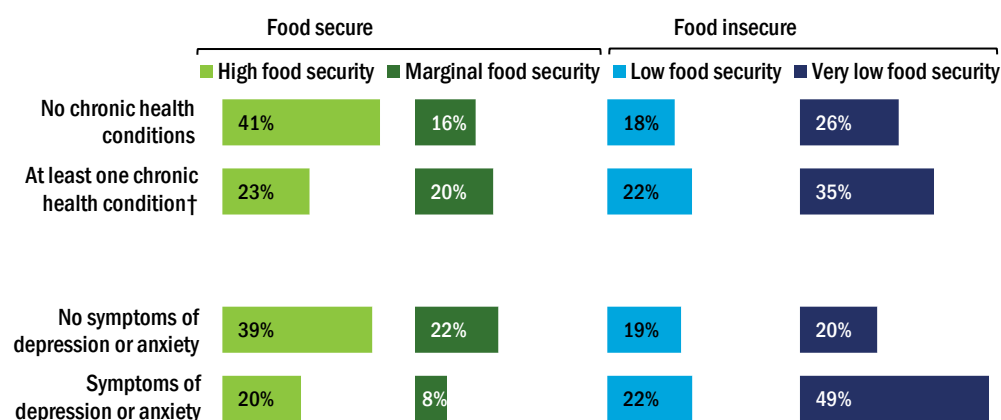


White, Black, Asian race categories exclude Latino/a ethnicity. Latino/a includes Hispanic or Latino of any race. Source: NYC Health Panel Food Access Survey, June 2022; numbers may not add to 100% because of rounding.

New York City adults living in poverty who report poor mental health or have chronic health conditions are more likely to experience very low food security

- Very low FS was more common among adults living in poverty and with diabetes, hypertension, high cholesterol, and/or obesity (35%) compared with those with none of these conditions (26%).
- Adults living in poverty who reported symptoms of anxiety were nearly twice as likely to experience very low FS compared with those without symptoms (46% vs. 26%).
- Similarly, adults living in poverty who reported symptoms of depression were more than twice as likely to experience very low FS (58% vs 24%).

New Yorkers living in poverty and with chronic health conditions or poor mental health were more likely to experience low or very low food security than those without these conditions



†Chronic condition: respondent has a chronic health condition such as high blood pressure, diabetes, or high cholesterol. Source: NYC Health Panel Food Access Survey, June 2022; numbers may not add to 100% because of rounding.

Definitions: Race/ethnicity: For this publication, Latino/a includes people of Hispanic or Latino/a origin, as identified by the survey question "Are you Hispanic or Latino?" and regardless of reported race. White, Black, Asian/Pacific Islander race categories exclude those who identified as Latino/a.

Body mass index (BMI) is calculated as a person's weight in kilograms (kg) divided by the square of height in meters (m), further categorized as: underweight (BMI less than 18.5), healthy/normal weight (18.5 to <25), overweight (25 to <30), obesity (30 to <40), and severe obesity (40 or higher).

Health equity is attainment of the highest level of health and well-being for all people. Not all New Yorkers have the same opportunities to live a healthy life. Achieving health equity requires focused and ongoing efforts to address historical and contemporary injustices such as discrimination based on social position (e.g., class, immigration status) or social identities (e.g., race, gender, sexual orientation). For more information, visit the Centers for Disease Control and Prevention's [Health Equity](#) page.

Implications

Historical and present-day structural racism has resulted in economic exclusion and disadvantage for Black and Latino/a New Yorkers. This report emphasizes the high prevalence of food insecurity among New Yorkers living in poverty, particularly Black and Latino/a New Yorkers. Additionally, it shows that nearly all New Yorkers living in poverty (80%) rely on supplemental food assistance from friends and family, emergency food services, or government benefit programs.

Program changes and funding cuts resulting from the end of the COVID-19 national public health emergency⁶ limit the level of financial support of important food assistance programs like SNAP, a federal program that provides food assistance to over 1.7 million New Yorkers with low incomes and is crucial to improve access to nutritious food. Additionally, some New Yorkers who need food assistance may not qualify for SNAP due to, for example, being over the income threshold (that varies according to household composition, employment, and disability status) or their immigration status. Even among eligible households, stigma associated with utilizing food assistance programs like SNAP may discourage participation.⁷ This report underscores the importance of both policies designed to improve food access, as well as stronger and expanded federal food and income support programs that can bring more resources into the hands of priority groups including Black and Latino/a New Yorkers, those with children, and those living with

disabilities, a chronic disease or poor mental health. Initiatives to address underlying social and economic inequalities and injustices are imperative to addressing food insecurity in NYC.

The City continues to enact strategies to achieve the goals laid out in [Food Forward: A 10-Year Food Policy Plan](#), published February 2021. For example, through Community Food Connection, the City provides a safe, reliable supply of nutritious, healthy, and culturally appropriate food, including fresh produce to over 600 community-based food programs across the five boroughs. Through the work of the NYC Department of Human Resources Administration, the City also helps to connect over 70% of eligible New Yorkers to billions of dollars in federal food assistance like SNAP each year.

The NYC Health Department continues to support access to healthy food through its nutrition incentive programs for New Yorkers with low household incomes, such as [Health Bucks](#) and [Get the Good Stuff](#). Though limited in size and reach, in 2022 these programs distributed over \$3.3 million worth of nutrition incentives redeemable for fruits and vegetables at NYC farmers markets and select supermarkets in 2022. The Health Department also supports food security through [Groceries to Go](#), which currently provides more than \$600K in credits to 3,000 eligible New Yorkers each month for purchasing groceries.

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Epi Data Tables

February 2024, No. 140

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Data Tables

Table 1. Food Security Status by select characteristics among New York City adults residing in households with incomes less than 200% of the Federal Poverty Line.

Table 2. Percentage of low-income adult New Yorkers who receive food assistanceship benefits or emergency food services, Stratified by food security status

Data Sources

NYC Food Access Survey, June 2022. Survey of 1354 NYC adults ages 18 or older from households where the total income was less than 200% of the Federal Poverty Line at the time of panel registration. The survey sample was taken from the NYC Health Panel, a probability-based survey panel maintained by the NYC Health Department to better understand the health needs of New Yorkers. The panel is made up of a about 13,000 adult New Yorkers. Data are weighted to the NYC adult population with household incomes <200% FPL, per the 2019 American Community Survey.



Table 1. Food Security Status by select characteristics among New York City adults residing in households with incomes less than 200% of the federal poverty line.

Source: NYC Food Access Survey, June 2022
Data are weighted to the NYC adult population with household incomes <200% FPL, per the 2019 American Community Survey
Estimates are not age-adjusted.
Weighted population estimates are rounded to the nearest thousand.

	High food security				Marginal food security				Low food security				Very low food security							
	Prevalence	Lower 95% Confidence	Upper 95% Confidence	p-value	Prevalence	Lower 95% Confidence	Upper 95% Confidence	p-value	Prevalence	Lower 95% Confidence	Upper 95% Confidence	p-value	Prevalence	Lower 95% Confidence	Upper 95% Confidence	p-value				
Overall																				
Overall																				
Overall	28.5	24.9	32.3	--	18.9	16.0	22.1	--	20.9	17.8	24.4	--	31.8	28.1	35.6	--				
Overall Weighted Population (thousands)		536 (458-613)					355 (296-414)					394 (326-461)					598 (519-677)			
Sociodemographic Characteristics																				
Sex																				
Male	33.9	27.2	41.2	REF	16.0	11.5	21.7	REF	17.9	12.6	24.7	REF	32.3	25.8	39.6	REF				
Female	24.5 ^D	20.8	28.5	0.0222	20.5 ^U	17.1	24.4	0.1525	23.2	19.6	27.3	0.1406	31.8	27.7	36.1	0.8993				
Age group																				
18-24 years	35.1 [*]	21.6	51.5	REF	10.9 [*]	4.6	23.4	REF	17.6 [*]	8.8	32.2	REF	36.4 [*]	22.3	53.1	REF				
25-44 years	28.4	22.4	35.4	0.4322	19.0	14.4	24.8	0.1211	19.8	14.6	26.4	0.7428	32.7	26.8	39.2	0.6748				
45-64 years	23.3	18.0	29.6	0.1585	16.2	11.9	21.8	0.3034	24.3	19.1	30.5	0.3113	36.2	29.5	43.4	0.9821				
65+ years	31.9	25.5	39.2	0.7101	23.7	18.0	30.6	0.0209	20.2	14.7	27.0	0.7058	24.2	18.2	31.4	0.1648				
Race/ethnicity†																				
White	42.5 ^D	34.4	50.9	REF	19.6	13.5	27.6	REF	12.8	8.0	19.9	REF	25.1	18.5	33.2	REF				
Black	21.0	15.8	27.4	0.0000	23.4	17.3	30.9	0.4443	23.6	17.5	30.9	0.0179	32.0	25.0	39.8	0.1988				
Latino/a	18.3	12.8	25.6	0.0000	14.2	10.4	19.0	0.1945	29.0	22.8	36.0	0.0004	38.5 ^U	31.9	45.6	0.0090				
Asian	49.9 [*]	39.3	60.5	0.2862	20.4	13.4	29.9	0.8814	10.1	6.1	16.2	0.4852	19.6	11.8	30.7	0.3657				
Other/Multi-race non-Latino	24.1 [*]	10.0	47.8	0.0882	[^] [^]	[^] [^]	[^] [^]	[^] [^]	19.2 [*]	8.0	39.2	0.4533	43.5 ^{D*}	22.5	67.0	0.1500				
Borough of residence																				
The Bronx	23.6	17.0	31.6	0.3088	15.7	10.7	22.5	0.9040	24.0	18.0	31.3	0.8197	36.7	29.1	44.9	0.1888				
Brooklyn	24.6	19.2	30.9	0.3609	25.6	20.0	32.0	0.0349	18.1	13.5	24.0	0.1916	31.8	25.6	38.6	0.6293				
Manhattan	29.1	22.0	37.3	REF	16.3	11.0	23.4	REF	25.4	17.1	36.0	REF	29.3	22.3	37.4	REF				
Queens	38.7	30.1	48.1	0.1132	13.6	9.0	20.2	0.5343	17.9	12.2	25.6	0.2095	29.7	21.9	38.9	0.9432				
Staten Island	23.2 [*]	10.4	44.1	0.5409	26.1 [*]	11.9	47.9	0.3243	25.0 [*]	10.8	47.6	0.9698	25.7 [*]	13.6	43.2	0.6792				
Educational attainment																				
Less than high school degree	21.4	14.3	30.6	0.0000	19.7	13.9	27.1	0.4636	26.2	19.1	34.8	0.0012	32.8	24.9	41.8	0.0070				
Grade 12 or GED (high school graduate)	29.4	23.0	36.8	0.0000	14.6	10.6	19.7	0.8196	20.2	15.1	26.5	0.0140	35.8	29.3	42.9	0.0003				
College 1 year to 3 years (some college, technical school, or associate's degree)	23.9	18.5	30.1	0.0000	25.2	19.2	32.4	0.0799	18.8	14.1	24.8	0.0287	32.1	26.1	38.8	0.0030				
College 4 years or more (college graduate)	40.3	32.5	48.6	0.0163	17.4	12.0	24.6	0.7474	17.6	12.4	24.3	0.0805	24.8	18.5	32.3	0.1437				
Graduate degree of professional degree	56.6 [*]	45.9	66.7	REF	15.7	9.0	25.9	REF	10.6	6.6	16.8	REF	17.1	10.8	26.0	REF				

Weighted N population estimates are rounded to the nearest 1,000.
Confidence Intervals are a measure of estimate precision: the wider the CI, the more imprecise the estimate.
Bold p-values are significant at the 0.05 level.
^{*} Estimates should be interpreted with caution, potentially unreliable
[^] Data are suppressed due to imprecise unreliable estimates
^UWhen reporting to nearest whole
^DWhen reporting to nearest whole
[†]Race/ethnicity: For the purpose of this publication, Latino/a includes people of Hispanic or Latino/a origin, as identified by the survey question “Are you Hispanic or Latino?” and regardless of reported race. White, Black, Asian/Pacific Islander race categories exclude those who identified as Latino/a.

Table 1 (continued). Food Security Status by select characteristics among New York City adults residing in households with incomes less than 200% of the federal poverty line.

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Estimates are not age-adjusted.
Weighted population estimates are rounded to the nearest thousand.

	High food security				Marginal food security				Low food security				Very low food security							
	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value				
Sociodemographic Characteristics (continued)																				
Employment status																				
Employed for wages or salary	33.8		27.4	40.8	REF	17.5	^U 12.7	23.7	REF	22.3		16.2	29.9	REF	26.4	20.3	33.4	REF		
Self-employed	24.2	*	14.4	37.8	0.1680	21.1	*	11.1	36.4	0.6164	16.7		9.0	28.8	0.3606	38.0	*	24.3	54.0	0.1715
A homemaker	25.6	*	14.9	40.3	0.2661	21.0	*	10.8	36.7	0.6322	26.7	*	14.4	44.2	0.6015	26.7	*	16.2	40.7	0.9619
A student	47.2	*	28.2	67.0	0.2211	11.9	*	4.9	26.0	0.3304	7.9	*	2.9	19.6	0.0060	33.1	*	16.2	55.7	0.5462
Retired	33.6		26.3	41.8	0.9742	24.5	^D 18.1	32.3	0.1303	18.9		13.4	25.9	0.4707	23.0		16.5	31.1	0.5021	
Unable to work due to disability	17.1	*	8.9	30.3	0.0091	17.9		11.8	26.4	0.9327	26.0		18.6	35.1	0.4964	38.9		30.2	48.4	0.0300
Unemployed or not working for 1 year or more	18.8	*	8.4	37.0	0.0618	13.3		7.5	22.7	0.3723	18.0		10.6	28.9	0.4621	49.9	*	36.1	63.7	0.0032
Unemployed for less than 1 year or temporarily not working	11.9	*	5.2	24.8	0.0002	20.3	*	9.8	37.4	0.7167	22.9	*	11.8	39.9	0.9362	44.9	*	29.5	61.3	0.0402
Employment status (3 categories)																				
Employed	32.2		26.6	38.4	REF	18.1		13.6	23.7	REF	21.4		16.0	28.0	REF	28.3		22.6	34.7	REF
Unemployed	16.3	*	8.6	28.8	0.0072	15.8		10.0	24.1	0.5978	19.8		13.1	28.7	0.7457	48.1	*	37.5	58.9	0.0018
Not in labor force	29.2		24.0	35.0	0.4616	20.9		16.7	25.8	0.4252	20.8		16.7	25.6	0.8827	29.1		24.3	34.5	0.8338
Language(s) spoken at home																				
Only speak English	30.9		26.1	36.1	REF	19.6		15.6	24.5	REF	17.5	^U	13.6	22.2	REF	32.0		26.9	37.4	REF
Multilingual/Non-English speaker	26.6		21.7	32.2	0.2506	18.2		14.4	22.7	0.6406	23.5	^D	19.0	28.6	0.0704	31.7		26.7	37.2	0.9523
Home ownership																				
Owned by me or someone in my family	46.2		36.6	56.0	REF	14.5	^D 9.3	22.0	REF	14.8		8.9	23.7	REF	24.5	^U	16.3	35.3	REF	
Rented	24.9		21.1	29.1	0.0001	19.6		16.4	23.3	0.1594	22.3		18.7	26.3	0.0764	33.2		29.2	37.5	0.1028
Occupied without payment of rent	^A	^A	^A	^A	^A	^A	^A	^A	^A	^A	^A	^A	^A	^A	^A	55.6	*	25.8	81.8	0.0652
Neighborhood poverty†																				
<10% below poverty (low poverty neighborhood)	40.8	*	31.0	51.3	REF	14.3		8.5	23.0	REF	16.8		10.0	26.7	REF	28.2	*	18.9	39.7	REF
10% to <20% below poverty (medium poverty neighborhood)	33.6		26.9	41.0	0.2584	20.0		15.0	26.2	0.2162	18.8		13.8	25.2	0.6855	27.6		21.5	34.6	0.9262
20% to <30% below poverty (high poverty neighborhood)	22.4		16.4	29.8	0.0033	19.3		14.0	26.1	0.2877	26.6		19.2	35.5	0.0986	31.7		25.0	39.3	0.5839
>=30% below poverty (very high poverty neighborhood)	22.3		16.5	29.5	0.0029	19.6		14.5	25.8	0.2559	20.8		16.0	26.6	0.4240	37.4		30.6	44.7	0.1547
Primary health insurance																				
Private (employer/self)	46.2		36.5	56.3	REF	19.0		12.0	28.6	REF	16.0		9.8	24.9	REF	18.9		11.9	28.6	REF
Medicare	29.0		22.8	36.1	0.0051	21.9		16.5	28.4	0.5724	20.7		14.1	29.3	0.3794	28.4		21.8	36.2	0.0887
Medicaid	25.0		19.8	31.1	0.0003	20.3		16.0	25.4	0.7791	20.2		16.1	24.9	0.3382	34.5	^D	29.3	40.1	0.0020
Other	26.5	^U *	12.7	47.3	0.0580	^A	^A	^A	^A	^A	15.8	*	6.1	35.2	0.9809	42.9	*	21.9	66.7	0.0644
Uninsured	16.2		10.0	25.4	0.0000	14.6	*	7.2	27.6	0.5146	38.4	*	25.9	52.7	0.0049	30.7	*	20.4	43.4	0.1047
Country of birth																				
United States, excluding U.S. territories	31.5	^D	26.9	36.4	REF	19.2		15.4	23.7	REF	16.8		13.2	21.2	REF	^{32.5}	^U	27.9	37.5	REF
Puerto Rico, Guam, U.S. Virgin Islands or other U.S. territory	31.0	*	12.5	58.5	0.9705	9.2	*	4.2	19.1	0.0166	23.3	*	12.1	40.2	0.3867	36.5	^D *	21.2	55.1	0.6684
Outside of the United States	25.2		20.0	31.3	0.1002	19.2		14.8	24.5	1.0000	25.5	^U	20.2	31.7	0.0154	30.1		24.3	36.6	0.5483
Child(ren) in the household																				
Yes	24.0		18.5	30.5	0.0402	20.9		16.5	26.2	0.2442	21.3		16.4	27.2	0.8385	33.8		28.4	39.6	0.3525
No	32.0		27.4	36.8	REF	17.3		13.8	21.4	REF	20.6		16.8	25.1	REF	30.2		25.3	35.5	REF

Weighted N population estimates are rounded to the nearest 1,000.
Confidence Intervals are a measure of estimate precision: the wider the CI, the more imprecise the estimate.
Bold p-values are significant at the 0.05 level.
* Estimates should be interpreted with caution, potentially unreliable
^A Data are suppressed due to imprecise unreliable estimates
^U When reporting to nearest whole
^D When reporting to nearest whole
†Neighborhood poverty - (based on ZIP code) is the percentage of the population living below FPL, per the 2019 American Community Survey 1-year estimates. Low poverty= <10% of the population living below the FPL; Very high poverty= ≥30% below FPL.

Table 1 (continued). Food Security Status by select characteristics among New York City adults residing in households with incomes less than 200% of the federal poverty line.

Source: NYC Food Access Survey, June 2022

Data are weighted to the NYC adult population with household incomes <200% FPL, per the 2019 American Community Survey

Estimates are not age-adjusted.

Weighted population estimates are rounded to the nearest thousand.

	High food security					Marginal food security					Low food security					Very low food security				
	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value				
DIET-RELATED HEALTH CONDITIONS/MENTAL HEALTH																				
BMI [‡]																				
Under weight (<18.5)	37.4	*	22.0	55.8	0.9147	^	^	^	^	^	24.5	U*	12.4	42.7	0.5419	26.7	*	12.8	47.3	0.8246
Normal weight (18.5 to <25)	36.3		29.5	43.8	REF	15.4		11.1	21.1	REF	19.4		14.4	25.7	REF	28.8		22.7	35.7	REF
Over weight (25 to <30)	30.9		24.0	38.8	0.3022	19.0		13.9	25.5	0.3600	20.4		14.2	28.4	0.8276	29.7		23.4	36.9	0.8544
Obesity (30 to <40)	25.8		19.0	34.1	0.0491	20.2		14.2	28.0	0.2709	23.6		17.1	31.8	0.3726	30.3		22.1	40.0	0.7902
Severe obesity (40+)	10.1		6.4	15.7	0.0000	25.4		18.2	34.3	0.0406	20.2		14.3	27.7	0.8615	44.3		35.5	53.4	0.0067
Ever told had diabetes																				
Yes	17.8		11.7	26.2	0.0015	21.0		14.7	29.1	0.5769	22.4		16.0	30.3	0.5596	38.8		30.7	47.6	0.0644
No	31.5	U*	27.3	36.0	REF	18.7		15.6	22.4	REF	20.0		16.4	24.0	REF	29.8		25.7	34.2	REF
Ever told had high blood pressure																				
Yes	23.0		18.1	28.7	0.0239	21.0		16.3	26.5	0.3752	20.0		15.8	25.0	0.7934	36.1		30.2	42.4	0.1067
No	31.4		26.6	36.7	REF	18.1		14.5	22.2	REF	20.9		16.6	25.8	REF	29.6		25.0	34.7	REF
Ever told had high cholesterol																				
Yes	23.4		18.5	29.2	0.0404	19.5	D	14.7	25.3	0.8047	21.0		16.5	26.5	0.9037	36.1		30.1	42.5	0.1127
No	31.0		26.3	36.2	REF	18.7		15.2	22.8	REF	20.6		16.5	25.5	REF	29.7		25.1	34.7	REF
Any chronic condition (obesity, diabetes, high blood pressure, high cholesterol)																				
At least one of these conditions	22.7		19.1	26.9	0.0000	20.4		16.9	24.4	0.1641	22.0		18.4	26.1	0.2439	34.8		30.3	39.6	0.0224
None of these conditions	41.0		33.4	49.0	REF	15.8		11.2	21.8	REF	17.5	U	11.9	25.0	REF	25.7		19.9	32.5	REF
Patient health questionnaire (PHQ-4) score for anxiety and depression †																				
Normal	39.0		32.9	45.5	REF	21.7		17.1	27.0	REF	19.2		14.7	24.7	REF	20.1		15.2	26.1	REF
Mild	20.4		14.9	27.4	0.0000	19.3		14.4	25.4	0.5325	26.4		19.8	34.2	0.1068	33.9		27.0	41.5	0.0029
Moderate	20.6		13.7	29.8	0.0004	19.0		11.8	29.3	0.6113	13.9		9.0	20.9	0.1770	46.4		36.8	56.3	0.0000
Severe	20.4		14.3	28.4	0.0001	8.3		4.8	14.0	0.0001	22.1		15.5	30.6	0.5237	49.1		40.1	58.2	0.0000
Anxiety (PHQ-4)																				
Suggestive of anxiety	15.7		11.5	21.0	0.0000	15.0		10.5	20.9	0.0853	23.3		17.5	30.4	0.3628	46.0		39.3	52.9	0.0000
Not suggestive of anxiety	34.1		29.5	39.0	REF	20.6		17.1	24.5	REF	19.8		16.3	23.9	REF	25.5	U	21.3	30.2	REF
Depression (PHQ-4)																				
Suggestive of depression	11.1		7.5	16.3	0.0000	12.4		8.1	18.7	0.0113	18.4		13.6	24.5	0.3485	58.0		50.6	65.1	0.0000
Not suggestive of depression	33.4		29.0	38.0	REF	20.7		17.3	24.5	REF	21.6		17.9	25.9	REF	24.3		20.4	28.7	REF

Weighted N population estimates are rounded to the nearest 1,000.

Confidence Intervals are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

Bold p-values are significant at the 0.05 level.

* Estimates should be interpreted with caution, potentially unreliable

^ Data are suppressed due to imprecise unreliable estimates

UWhen reporting to nearest whole

DWhen reporting to nearest whole

‡ Body mass index (BMI) is calculated as a person's weight in kilograms (kg) divided by the square of height in meters (m). There are 5 categories: underweight (BMI less than 18.5), healthy/normal weight (18.5to <25), overweight (25 to <30), obesity (30 to <40), and severe obesity (40 or higher). Missing values were imputed.

† Patient Health Questionnaire for Anxiety and Depression (PHQ-4) - a validated four-item screening tool that measures key symptoms/indicators of anxiety and depression. A negative screening result does not necessarily indicate that a condition is absent, but rather that the likelihood of the condition is low.

Table 1 (continued). Food Security Status by select characteristics among New York City adults residing in households with incomes less than 200% of the federal poverty line.

Source: NYC Food Access Survey, June 2022

Data are weighted to the NYC adult population with household incomes <200% FPL, per the 2019 American Community Survey

Estimates are not age-adjusted.

Weighted population estimates are rounded to the nearest thousand.

	High food security				Marginal food security				Low food security				Very low food security			
	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
FINANCIAL STRESSORS (LAST 12 MONTHS)																
Trouble paying oil, gas, or electric bills																
Yes	12.3	7.9	18.7	0.0000	12.2	8.3	17.7	0.0012	22.7	17.0	29.8	0.4126	52.7	45.3	60.0	0.0000
No	37.3	32.7	42.1	REF	22.3	18.7	26.4	REF	19.6	16.1	23.7	REF	20.8	17.2	24.9	REF
Trouble affording childcare (asked among those with children in the household)																
Yes	13.0	*	6.9	0.0091	11.0	*	5.3	0.0091	16.2	10.2	24.8	0.2154	59.9	*	48.4	0.0000
No	27.2	20.6	35.1	REF	23.9	18.5	30.3	REF	22.4	16.5	29.7	REF	26.5	^D	21.0	REF
Lost job/experienced reduced hours of work																
Yes	12.0	8.5	16.8	0.0000	18.7	13.8	25.0	0.9491	20.0	15.0	26.3	0.7593	49.2	41.9	56.6	0.0000
No	36.2	31.6	41.1	REF	19.0	15.6	22.8	REF	21.1	17.3	25.5	REF	23.7	20.1	27.7	REF
Trouble paying for medical care																
Yes	11.1	7.4	16.4	0.0000	12.5	^D	7.5	0.0280	18.9	13.3	26.3	0.5431	57.5	^U	48.5	0.0000
No	32.3	28.2	36.7	REF	20.3	17.1	24.0	REF	21.3	17.7	25.3	REF	26.1	22.5	30.2	REF
Trouble paying rent or mortgage																
Yes	9.6	6.6	13.8	0.0000	15.4	11.1	20.9	0.0809	22.9	17.3	29.5	0.3721	52.2	45.1	59.1	0.0000
No	39.5	^U *	34.7	REF	20.9	17.3	25.0	REF	19.6	16.0	23.7	REF	20.0	16.6	23.8	REF
Any financial stress (trouble paying bills, childcare, medical care, rent/mortgage or lost job/reduced work hours)																
Experienced at least one form of financial stress	16.4	12.8	20.7	0.0000	17.7	14.2	21.9	0.3624	22.1	17.9	26.9	0.3859	43.8	38.6	49.1	0.0000
Did not experience financial stress	46.1	39.9	52.4	REF	20.6	16.2	26.0	REF	19.1	14.8	24.4	REF	14.1	10.6	18.6	REF

Weighted N population estimates are rounded to the nearest 1,000.

Confidence Intervals are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

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^A Data are suppressed due to imprecise unreliable estimates

^UWhen reporting to nearest whole

^DWhen reporting to nearest whole

Table 1 (continued). Food Security Status by select characteristics among New York City adults residing in households with incomes less than 200% of the federal poverty line.

Source: NYC Food Access Survey, June 2022

Data are weighted to the NYC adult population with household incomes <200% FPL, per the 2019 American Community Survey

Estimates are not age-adjusted.

Weighted population estimates are rounded to the nearest thousand.

	High food security				Marginal food security				Low food security				Very low food security			
	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
DIETARY QUALITY & HEALTHY FOOD ACCESS																
In general, how healthy is your overall diet?																
Excellent/Very Good	50.8	43.2	58.4	REF	17.5 ^D	12.8	23.4	REF	11.4	7.9	16.2	REF	20.3	13.9	28.6	REF
Good	25.3	20.4	30.9	0.0000	20.4	15.9	25.8	0.4217	26.4	21.2	32.4	0.0000	27.9	22.6	33.8	0.1074
Fair/Poor	15.1	9.9	22.4	0.0000	18.3	13.6	24.3	0.8190	22.6	17.0	29.4	0.0033	43.9	37.2	51.0	0.0000
Fruit and vegetable consumption (cups yesterday)																
0 cups	18.8	11.1	30.1	0.0244	19.7	13.1	28.5	0.8161	16.9	11.4	24.4	0.2053	44.6	35.3	54.2	0.0032
1+ cups	30.6	26.7	34.9	REF	18.7	15.6	22.2	REF	21.8	18.2	25.8	REF	28.9	25.0	33.2	REF
How often can you afford healthy foods?																
Very/Fairly often	48.9	42.9	54.9	REF	21.5 ^U	17.3	26.5	REF	15.5 ^U	11.8	20.1	REF	14.1	10.2	19.3	REF
Sometimes	11.5 ^D	8.2	15.8	0.0000	17.4	13.4	22.3	0.2147	28.7	23.4	34.7	0.0002	42.3	36.5	48.4	0.0000
Almost never/Never	^	^	^	^	11.8 [*]	5.2	24.4	0.0640	13.0 [*]	5.8	26.7	0.6555	71.0 [*]	57.0	81.8	0.0000
How often can you find healthy foods in your neighborhood?																
Very/Fairly often	38.1	33.0	43.6	REF	22.5 ^U	18.5	27.2	REF	18.8	15.1	23.1	REF	20.6	16.5	25.4	REF
Sometimes	16.2	11.7	22.1	0.0000	14.9	10.8	20.2	0.0184	24.3	18.5	31.1	0.1466	44.6	37.9	51.6	0.0000
Almost never/Never	12.1	6.7	20.7	0.0000	11.1 [*]	5.4	21.1	0.0101	22.8 [*]	12.8	37.1	0.5416	54.1 [*]	41.3	66.4	0.0000

Weighted N population estimates are rounded to the nearest 1,000.

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^ Data are suppressed due to imprecise unreliable estimates

^UWhen reporting to nearest whole

^DWhen reporting to nearest whole

Table 2 - Percentage of low-income adult New Yorkers who receive food assistance benefits or emergency food services, by food security status, New York City, 2022

Source: Healthy NYC Food Access Survey, June 2022

Estimates are weighted to the NYC adult population with household incomes < 200% FPL per the 2019 American Community Survey.

Estimates are not age-adjusted.

Weighted population estimates are rounded to the nearest thousand.

		Overall																	
	Population (thousands)	Lower 95% Confidence Interval	Upper 95% Confidence Interval	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval													
Food assistantship benefits																			
WIC (Women, Infants and Children)	175	133	218	9.7	7.6	12.2													
Food Stamps or SNAP (Supplemental Nutrition Assistance Program)	1,058	963	1,153	57.6	53.5	61.6													
Health Bucks (\$2 coupons that can be used to buy fruits and vegetables at NYC farmers markets)	87	62	112	4.8	3.6	6.4													
Participated in SNAP, WIC or Health Bucks	1,137	1,039	1,235	62.0	57.9	66.0													
Free food from family and friends																			
Friends or family	682	602	762	37.3	33.5	41.3													
Emergency food programs																			
Groceries from a food bank, food pantry, or church or other faith-based organization	610	529	692	33.1	29.3	37.1													
Grab-and-go meals or hot meals from a soup kitchen, food pantry, or church or other faith-based organization	207	164	251	11.3	9.2	13.9													
Meal delivery to your home through Get Food, Meals on Wheels, or some other program	146	102	190	8.0	6.0	10.8													
Somewhere else	189	141	236	11.0	8.6	14.0													
Used any emergency food services (non-friends and family)	761	669	852	43.4	39.3	47.5													
High food security				Marginal food security				Low food security				Very low food security							
Lower 95% Confidence Interval				Upper 95% Confidence Interval				Lower 95% Confidence Interval				Upper 95% Confidence Interval							
Prevalence				Prevalence				Prevalence				Prevalence							
Food assistantship benefits																			
WIC (Women, Infants and Children)	7.5	^D	4.4	12.4	ref	10.1	5.8	17.0	0.4479	9.5	^D	5.6	15.5	0.5313	11.6	7.8	16.9	0.1711	
Food Stamps or SNAP (Supplemental Nutrition Assistance Program)	40.7		33.1	48.8	ref	58.9	49.7	67.4	0.0030	65.4		55.4	74.1	0.0001	66.7	59.4	73.3	0.0000	
Health Bucks (\$2 coupons that can be used to buy fruits and vegetables at NYC farmers markets)	4.2		2.5	6.9	ref	9.1	5.1	15.9	0.0880	4.6		2.6	7.8	0.8251	3.0	1.8	4.9	0.3714	
Participated in SNAP, WIC or Health Bucks	45.2		37.4	53.3	ref	64.6	55.6	72.6	0.0013	67.7		57.7	76.4	0.0004	71.7	64.4	77.9	0.0000	
Free food from family and friends																			
Friends or family	25.6		18.8	33.7	ref	35.9	27.7	45.0	0.0785	38.9		30.6	47.9	0.0231	47.6	40.6	54.7	0.0000	
Emergency food programs																			
Groceries from a food bank, food pantry, or church or other faith-based organization	21.8		15.7	29.4	ref	37.0	28.9	46.0	0.0069	37.5	^U	29.0	46.9	0.0065	37.9	31.3	45.0	0.0012	
Grab-and-go meals or hot meals from a soup kitchen, food pantry, or church or other faith-based organization	5.2	[*]	2.8	9.4	ref	12.0	7.6	18.4	0.0314	10.6		6.9	15.9	0.0509	16.9	12.4	22.6	0.0001	
Meal delivery to your home through Get Food, Meals on Wheels, or some other program	8.0	[*]	3.6	16.7	ref	8.2	[*]	4.5	14.5	0.9541	6.9		4.2	11.3	0.7795	8.7	6.0	12.6	0.8240
Somewhere else	9.0	[*]	4.3	18.0	ref	9.7		5.5	16.6	0.8654	6.9		4.1	11.2	0.5713	16.3	12.3	21.4	0.0693
Used any emergency food services (non-friends and family)	32.3		24.6	41.0	ref	44.7		36.1	53.7	0.0445	45.5		36.4	55.0	0.0380	51.3	44.2	58.4	0.0007

Weighted N population estimates are rounded to the nearest 1,000.

Confidence Intervals are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

Bold p-values are significant at the 0.05 level.

^{*} Estimates should be interpreted with caution, potentially unreliable^UWhen reporting to nearest whole percent, round up.^DWhen reporting to nearest whole percent, round down.