



# Poverty And Food Needs

## Sac County

### Poverty

#### Poverty Thresholds

The U.S. Census Bureau determines the poverty status of the non-institutionalized population based on family size and income level. If a family's total annual income is below the threshold level appropriate for that family size, every member of the family is considered poor. At right are current federal poverty guidelines as published in the Federal Register, Volume 73, No. 69, April 9, 2008.

#### Federal Poverty Income Guidelines, 2008

Family Size	Family Income Thresholds (\$)		
	Percentage of Poverty Threshold		
	100%	130%	185%
1	10,400	13,520	19,240
2	14,000	18,200	25,900
3	17,600	22,880	32,560
4	21,200	27,560	39,220
5	24,800	32,240	45,880
6	28,400	36,920	52,540

#### Poverty Status

Poverty rates describe the percentage of the population with annual family income below the poverty threshold level or some percentage of the threshold level. Detailed poverty data from the *2000 Census*, U.S. Census Bureau are presented below. Recent poverty estimates from the *Small Area Income and Poverty Estimates Program*, U.S. Census Bureau are also provided. Due to differences in methodology, direct comparisons between 2000 to 2005 values are not advised.

#### Poverty Status in 2000

	Sac County		State of Iowa	
	number	% rate	number	% rate
Total population for whom poverty status was determined.....	11,230		2,824,435	
Population with income at or below 100% of threshold.....	1,114	9.9	258,008	9.1
Children 4 or younger.....	136	20.9	24,705	13.4
Children 5 through 17.....	262	12.4	54,542	10.2
Persons 65 or older.....	194	8.2	31,118	7.7
Population with income between 100% - 129% of threshold....	585	5.2	124,926	4.4
Children 4 or younger.....	56	8.6	11,163	6.0
Children 5 through 17.....	105	5.0	26,191	4.9
Persons 65 or older.....	188	8.0	25,761	6.4
Population with income between 130% - 184% of threshold....	1,490	13.3	280,219	9.9
Children 4 or younger.....	148	22.8	24,862	13.5
Children 5 through 17.....	296	14.0	63,784	11.9
Persons 65 or older.....	371	15.7	52,376	13.0

#### Estimated Percentage in Poverty, 2005

	Sac County			State of Iowa		
	low	estimate	high	low	estimate	high
All persons.....	9.5	11.9	14.2	10.5	10.8	11.1
Children under 18.....	12.4	15.9	19.5	13.2	13.9	14.7

\* The confidence interval represents a range of values that is 90% likely to contain the actual poverty rate.

# Economic Profile

## Income Distribution

Data from the U.S. Census Bureau's *2000 Census* illustrate the distribution of household income in the county. The reported income categories cover pre-tax and include all sources of income (wages/salaries, Social Security, public assistance, etc.). Median household income is the level at which half of the households reported higher incomes and half reported less.

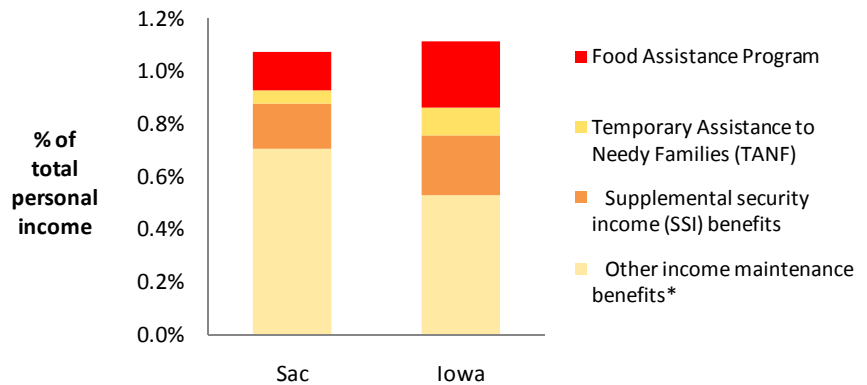
	Sac County		State
	n	%	%
Total households.....	4,748	100.0	100.0%
Income less than \$15,000.....	911	19.2%	14.9%
Income \$15,000 - \$25,000.....	828	17.4%	14.4%
Income \$25,000 - \$35,000.....	794	16.7%	14.7%
Income \$35,000 - \$45,000.....	696	14.7%	13.3%
Income \$45,000 - \$60,000.....	718	15.1%	15.9%
Income \$60,000 - \$100,000.....	627	13.2%	19.6%
Income \$100,000 or greater.....	174	3.7%	7.3%
Median household income.....		\$ 32,874	\$ 39,469

## Income Maintenance

Income maintenance refers to a collection of federal, state, and local assistance programs for low-income individuals and families. The fraction of total personal income in an area derived from these sources provides a measure of local need. Local and state dependence on income maintenance programs are illustrated at right.

*\*Includes earned income tax credits, energy assistance, foster care and adoption assistance, WIC vouchers, and general state and local assistance.*

**Share of Local Personal Income from Income Maintenance Payments in 2006**

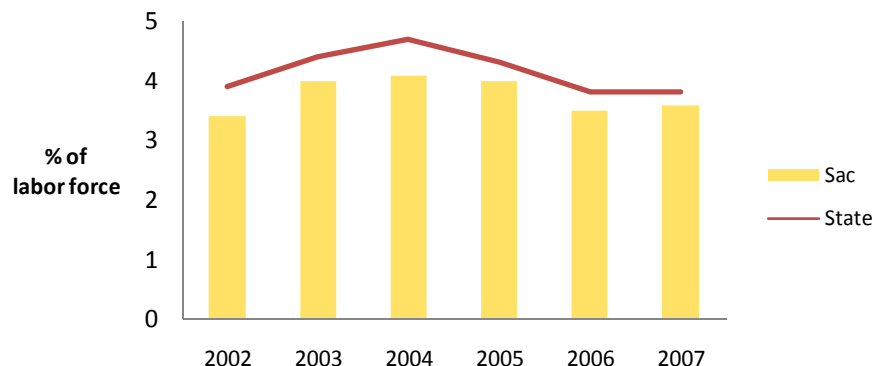


## Unemployment

The unemployment rate is the percentage of the civilian labor force unemployed. The labor force in an area consists of all persons aged 16 or older who either are currently employed or actively seeking work.

Unemployment may contribute to individual and family economic stress. Annual average unemployment data are provided by the U.S. Bureau of Labor Statistics.

**Average Annual Unemployment Rate**



# Food Accessibility

## Grocery and Other Food Stores

Grocery stores are establishments that retail a general line of food, including fresh fruits and vegetables, fresh and prepared meats, fish and poultry, and frozen and canned goods. Convenience stores, some of which are connected to gasoline stations, offer a limited line of products that generally include milk, bread, soda and snacks. Specialty food stores include meat and fish markets, vegetable markets, and bakeries. The table below shows number of food retailing establishments with paid employees reported by the U.S. Census Bureau's *County Business Patterns, 2001 and 2006*.

Number of stores	Sac County		State	
	2001	2006	2001	2006
Grocery stores.....	3	7	705	645
Convenience stores.....	15	10	1,703	1,747
Specialty food stores.....	0	0	243	231
Total food stores.....	18	17	2,651	2,623

Number of residents per store				
	Sac County		State	
	2001	2006	2001	2006
Grocery stores.....	3,787	1,508	4,156	4,609
Convenience stores.....	757	1,056	1,721	1,702
Specialty food stores.....	0	0	12,058	12,868
Total food stores.....	631	621	1,105	1,133



## Vehicle Accessibility

For those living in small towns and rural areas, public transportation is seldom available. While most rural residents have a personal car, those rural households lacking their own vehicle have limited access to grocery stores and other consumer goods. These data on the number of households with no vehicle available are taken from the U.S. Census Bureau's *2000 Census*.

	Sac County	State
Total households.....	4,746	1,149,276
with no vehicle available.....	292	73,684
% of households.....	6.2	6.4

## Farmers' Markets

Farmers' markets provide lowans opportunities for fresh produce that is locally grown. Seniors with limited incomes and families who participate in WIC are eligible to receive coupons to purchase fresh produce at authorized farmers' markets. Sac County had 1 authorized market in 2008.

# Food-Related Health Issues

Low household income can hinder one's access to nutritious foods which in turn, may result in health issues. These data on the percentage of the population considered overweight, obese, and diabetic are estimates based on the *2007 Behavioral Risk Factor Surveillance System (BRFSS)* calculated by the State Center for Health Statistics. Overweight is defined as Body Mass Index (BMI)  $\geq 25.0$  and  $< 30.0$ . Obesity is defined as BMI  $\geq 30.0$ . The Body Mass Index is defined as a person's body weight in kilograms divided by his or her height in meters squared. Diabetic is defined as the percent of the population ever told by their doctor they are diabetic, excluding women told only during pregnancy.



Estimated Percentage of the Population	Sac County	State
Overweight.....	37.7	37
Obese.....	27.3	27.7
Diabetic.....	8.2	7.1

# Food and Family Assistance Programs

## Program Eligibility

**FOOD ASSISTANCE PROGRAM** The Food Assistance Program helps low-income people and families buy the food they need for good health. To receive Food Assistance, households must meet three financial criteria. 1) A household's gross income before taxes must be at or below 130 percent of the poverty line. Households that include someone who is disabled or age 60 or over are exempt from this test (although they must still pass the net income test). 2) A household's net monthly income that remains after deductions allowed by the Food Assistance Program must be at or below the poverty line. 3) A household's assets must be \$2,000 or less to qualify for the program (\$3,000 for households that include someone who is disabled or age 60 or over), excluding the value of one vehicle and the a home that the household lives in. Households participating in the Family Investment Program (FIP), or households where all members receive Supplemental Security Income (SSI), are categorically eligible for food assistance and do not have to meet these three tests. For more information, go to [http://www.dhs.state.ia.us/Consumers/Assistance\\_Programs/FoodAssistance/index.html](http://www.dhs.state.ia.us/Consumers/Assistance_Programs/FoodAssistance/index.html)

**SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, and CHILDREN (WIC)** USDA provides federal grants to states to provide supplemental foods, health care referrals, and nutrition education for individuals at nutritional risk. To be eligible for WIC in Iowa, individuals must live in the state and be included in one of the eligible participant categories: pregnant, breast-feeding (up to one year), postpartum (up to six months), or infants or children up to the age of five. Eligible participants must be in households that have income at or below 185% of the Federal Poverty Level. They also must have a medical or nutrition need as determined at the certification appointment. For more information, go to [www.idph.state.ia.us/wic](http://www.idph.state.ia.us/wic).

**FAMILY INVESTMENT PROGRAM (FIP)** Iowa's Family Investment Program provides cash assistance to needy families, as they become self-supporting so that children may be cared for in their own homes or the homes of relatives. Eligibility requirements are relatively complex and depend on a number of factors including income, assets (e.g., cash, bank accounts, etc.), and an agreement on how to become self-supporting. For more detailed information, see <http://www.dhs.state.ia.us/docs/FIPBrochure.pdf>.

**SCHOOL MEALS** Children in households with incomes at or below 130 percent of the poverty level are eligible for free lunches and breakfasts. Children in households with incomes between 130 percent and 185 percent of the poverty level are eligible for reduced-price lunches and breakfasts, for which no more than 40 cents may be charged. While virtually all schools offer lunch, many do not offer breakfast. For more information, go to <http://www.iowa.gov/educate/content/view/369/435/>.

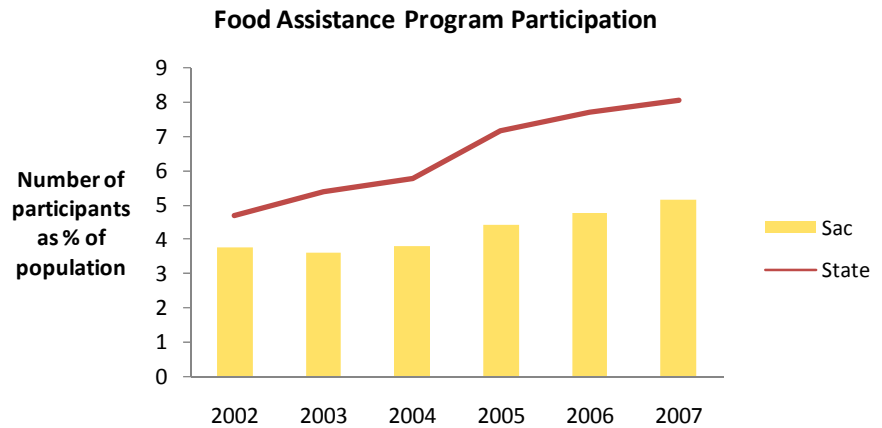
## Program Participation Levels

	<u>Sac County</u>	<u>State of Iowa</u>
Food Assistance Program (fiscal year 2007).....		
Average number of participants per month.....	536	
Average payment per recipient (\$).....	74	94
Recipients as a % of the total population.....	5.2%	8.1%
Family Investment Program (calendar year 2007).....		
Average number of participants per month.....	46	
Average payment per recipient (\$).....	133	129
Recipients as a % of the total population.....	0.4%	1.4%
WIC (average for calendar years 2006-2007).....		
Average number participants per month.....	21	
<i>Women</i> .....	6	
<i>Children</i> .....	15	
Recipients as a % of women ages 15-44 years.....	0.4%	0.5%
Recipients as a % of children under 5 years.....	2.7%	3.5%
Free or Reduced School Lunch (academic year 2007-2008).....		
Number of students eligible.....	641	
<i>Free Lunch</i> .....	404	
<i>Reduced Price Lunch</i> .....	237	
Eligible students as a % of total enrollment.....	36.1%	33.4%

# Food and Family Assistance Program Trends

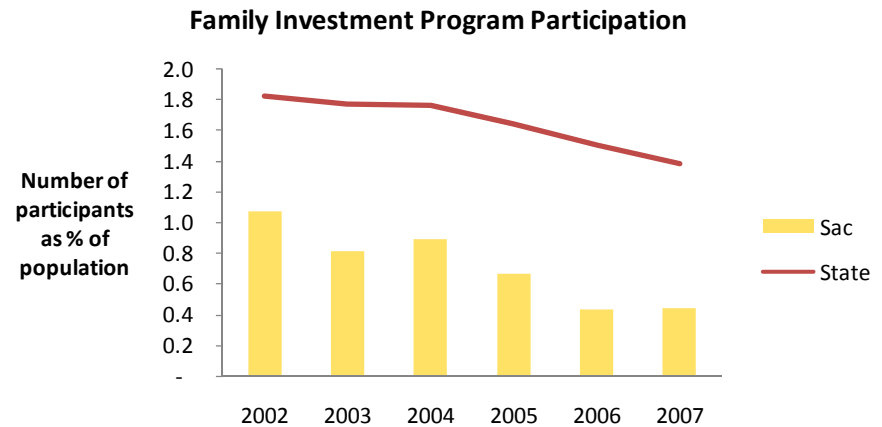
## Food Assistance Program

The Iowa Department of Human Services provides data on the monthly average number of Food Assistance Program recipients. Recent participation levels are illustrated at right, with the average number of recipients expressed as a percentage of the total population for the fiscal years indicated.



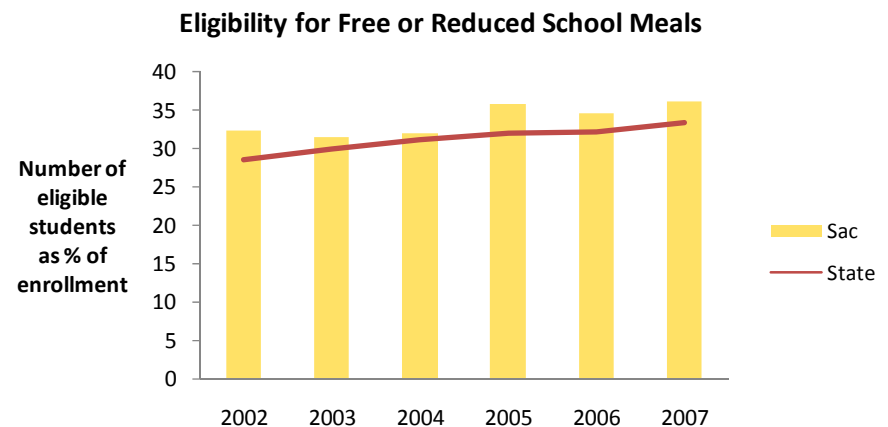
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## Free or Reduced School Meals

The Iowa Department of Education provides data on school enrollment and the number of students eligible for free and reduced-price school meals. Recent eligibility levels are shown at right, with the number of students eligible expressed as a percentage of total enrollment for the academic years indicated (e.g., 2007 describes the 2007-2008 school year).



# Demographic Profile

## Age Distribution by Race and Ethnicity, 2007

Statistics on age, race and Hispanic origin are obtained from the U.S. Census Bureau *Population Estimates Program*. NOTE: The Census Bureau defines Hispanic as an ethnicity not a race; therefore individuals of Hispanic origin may be of any race.

<u>Population Group</u>	<u>Sac County Population Estimates by Age, Racial and Ethnic Groupings</u>					<u>Percentage of the Total Population by Race/Ethnicity</u>	
	<u>All ages</u>	<u>Under 20 years</u>	<u>20 to 44 years</u>	<u>45 to 64 years</u>	<u>65 years or older</u>	<u>Sac County</u>	<u>State of Iowa</u>
Total Population	10,385	2,460	2,589	2,915	2,421	100.0	100.0
White alone	10,236	2,392	2,543	2,894	2,407	98.6	94.4
Black alone	33	10	9	8	6	0.3	2.6
American Indian or Alaska Native alone	10	1	7	2	-	0.1	0.4
Asian alone	41	16	16	7	2	0.4	1.6
Any other race or combination	65	41	14	4	6	0.6	1.1
Hispanic (of any race)	164	81	66	12	5	1.6	4.0

## Education

Educational attainment is reported for the adult aged population after their education is largely complete (25 years of age or older). These numbers are derived from the U.S. Census Bureau, *1990 Census* and *2000 Census*.

	<u>Sac County</u>		<u>State</u>	
	<u>1990</u>	<u>2000</u>	<u>1990</u>	<u>2000</u>
Population 25 years or older	8,339	7,946	1,776,798	1,895,856
<i>Percentage with...</i>				
Less than 12 years of school....	22.7	15.8	19.9	13.9
High school diploma.....	41.9	43.0	38.5	36.1
Less than 4 years of college.....	22.7	27.6	24.7	28.8
4 or more years of college.....	12.7	13.6	16.9	21.2



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For more information on these and other topics, please visit the Iowa Food Insecurity Program Web site at  
<http://www.extension.iastate.edu/hunger>

For related data, visit the Web site of the Regional Capacity Analysis Program  
<http://www.recap.iastate.edu>

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