Fairfax's food insecurity rate has been on the decline since 2011. Despite this historic low, Fairfax County has the highest number of food insecure individuals in Virginia – 67,190 of its 1.1 million residents (6%). Of food insecure children, about half live in households that exceed income eligibility requirements for federal nutrition assistance.1

Outcome Statement: To have reliable and consistent access to sufficient, affordable, and nutritious food. To have access to information and education about healthy and nutritious food and the opportunity to develop the knowledge and resources to practice healthy eating.

For 8th, 10th, and 12th grade students, the incidence of hunger due to lack of food in the home varied by race/ethnicity, ranging from 3.5% of White students to 13.8% of Hispanic students. Similar students were found among White students and Hispanic students in 6th grade.4

The cost to purchase healthy and nutritious foods remains a major barrier to healthy eating among people struggling with poverty and food insecurity.5

According to data collected by Fairfax County Health Department food insecure clients, in addition to cost, other barriers to food access include transportation, time, childcare, children's health, and/or mother's health.

Sources:
1. Live Healthy Fairfax Community Health Needs Assessment, 2017
2. Fairfax County Youth Survey Data, 2017-2018
3. Fairfax County 50+ Community Survey Data, 2019
4. Fairfax County Youth Survey Data, 2017-2018
5. Live Healthy Fairfax Community Health Needs Assessment, 2017