

Article: Food security among young adults with disabilities in the United States: Findings from the National Health Interview Survey

Authors: Debra L. Brucker

Key Points:

- Young adults with disabilities face more financial, health, and social challenges than young adults without disabilities. These challenges affect the health of people with disabilities.
- Food insecurity is another challenge that affects health and has not been as researched.
- This study found that young adults with disabilities are more likely to have food insecurity than adults without disabilities.
- The study also found that food insecurity is connected to high mental stress.

Glossary:

Food insecurity: not having access to enough nutritious food for a healthy and happy life

Food security: access to enough nutritious food for a healthy and happy life

Health disparities: social, financial, or environmental differences that affect health

Data: facts or numbers found in research

Analysis: studying the data to find answers to research questions

Why this article matters: There is a lot of research that looks at health disparities, or challenges that affect health outcomes, for young adults with disabilities.

This research shows that people with disabilities are more likely to have poor health.

There isn't much research looking at food insecurity as a health disparity. This article fills a gap in the research on this topic.

Description of the Study: There is a large survey called the National Health Interview Survey (NHIS) that was done between 2011-2013. The NHIS collected data on health behaviors, health conditions, healthcare coverage, and more.

Article: Food security among young adults with disabilities in the United States: Findings from the National Health Interview Survey

Authors: Debra L. Brucker

There was also an additional survey with NHIS that looked at food security in 2011.

The research team did an analysis to look at 30-day food security between young adults with and without disabilities.

Research Questions:

Do levels of 30-day food security differ between young adults with and without disabilities?

Important Results:

Young adults with disabilities have significantly higher chance of having food insecurity than young adults without disabilities.

There is a strong connection between food insecurity and high mental stress.

How the results will be used:

1. These results can be used to show that more research is needed on this topic.
2. These results show food insecurity is a problem for people with disabilities. Occupational therapists, doctors, and other healthcare providers can address food insecurity in people with disabilities
3. These results show that communities should focus on supporting food security in people with disabilities. Programs like community gardens or trainings on food stamps might be helpful for people with disabilities.