

# FOOD MATTERS TO PEOPLE

## FOOD FOR GROWTH

Massachusetts is home to 6.5 million people. Between 2000 and 2010 the population grew by 200,000 people.

The Commonwealth is becoming more diverse. People of color accounted for the majority of the population growth between 2000 and 2010. The total number of white residents actually decreased over that time, by more than 200,000 people, while the population of color grew by more than 400,000. Statewide, the **population of color has increased 6 percentage points**, from 18% in 2000 to 24% in 2010. **Younger Massachusetts residents are more diverse than older generations.**

As we grow and become more diverse, our food system must grow and adapt to meet the **nutritional needs** and **cultural flavors** of our population.

## HEALTH DISPARITIES

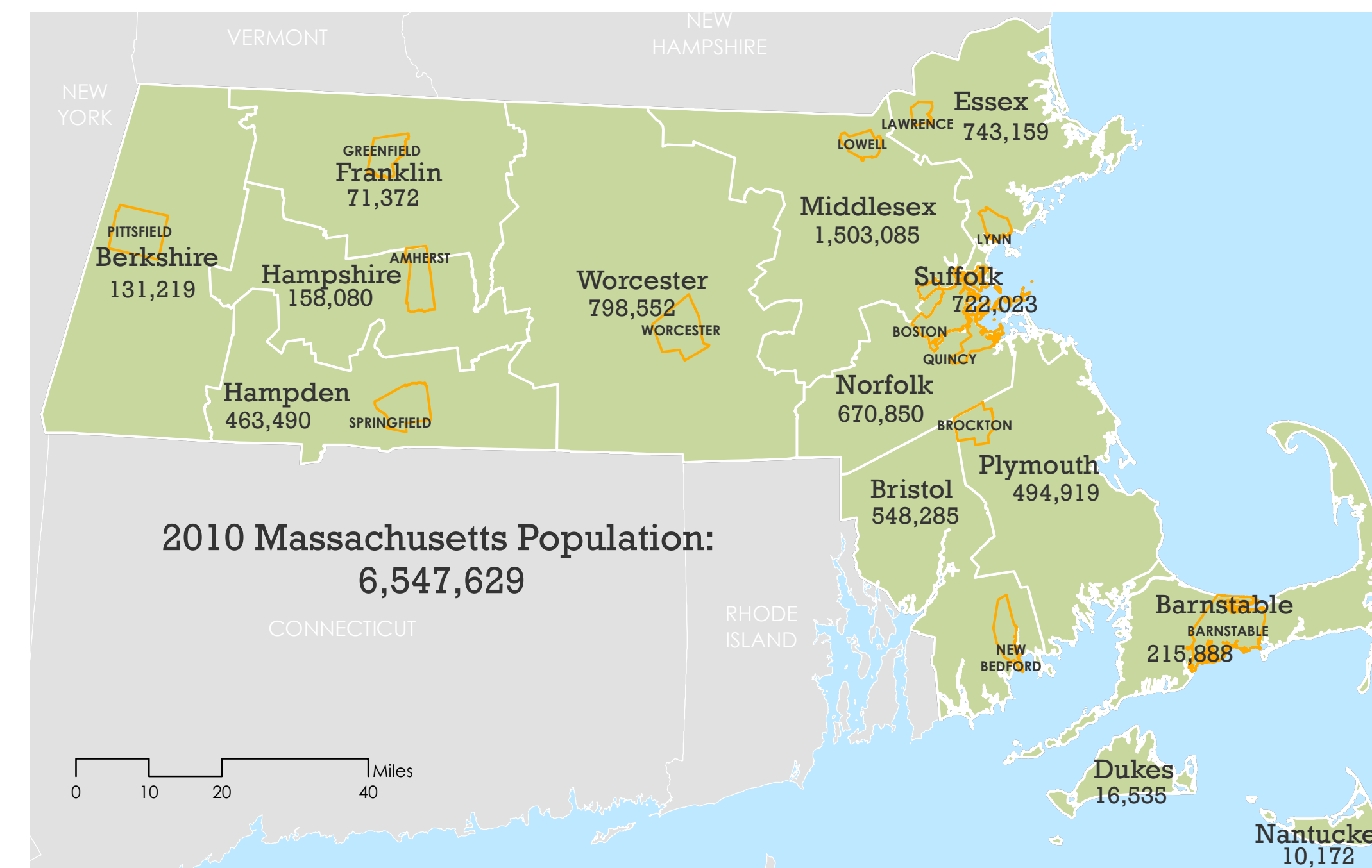
The food we consume helps determine our health and well-being.

Obesity is an epidemic in the United States today that can lead to **heart disease, diabetes**, and other fatal conditions such as **cancer**.<sup>1</sup> Massachusetts has a relatively low rate of obesity, ranking **third lowest of the 50 states** in 2013.<sup>2</sup> Still, **over 34% of adults are overweight and 24% are obese**.<sup>3</sup> In the past ten years, the percentage of adults in Massachusetts with diabetes has increased 28%.<sup>4</sup>

There are different rates of these conditions among communities across the state, and there are some clear **disparities in health outcomes by race and ethnicity**. Obesity rates are higher for Hispanic and Black populations. In Massachusetts in 2011, **Black adults were 43% more likely to be obese, and Latino adults were 40% more likely to be obese than White adults**.<sup>4</sup>

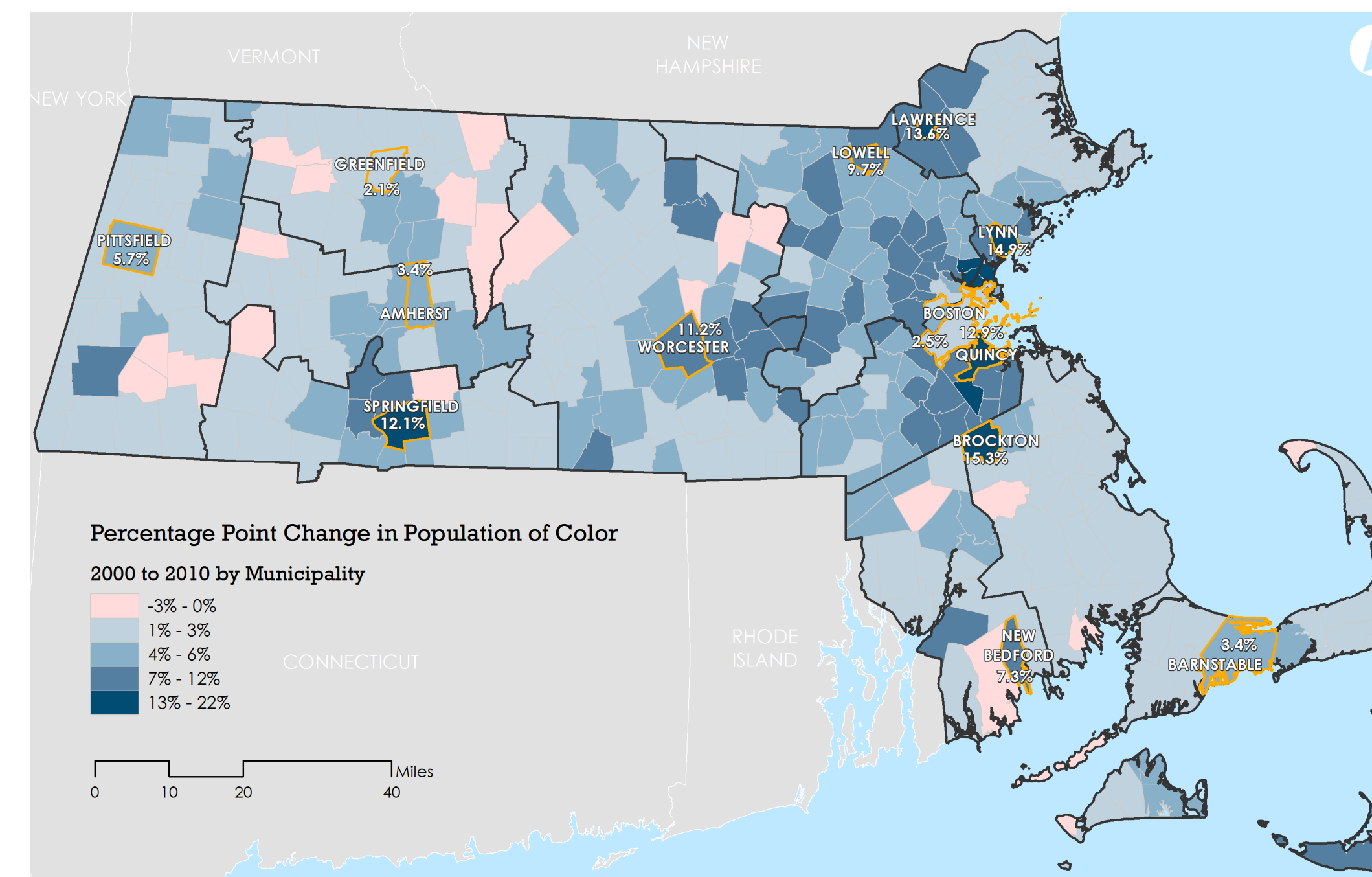
Sources:  
 1. Centers for Disease Control, Overweight and Obesity, Causes and Consequences, www.cdc.gov/obesity/adult/causes/index.html  
 2. Centers for Disease Control and Prevention, Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013  
 3. Massachusetts Department of Public Health, Health Survey Program, A Profile of Health Among Massachusetts Adults, 2013  
 4. Massachusetts Department of Health and Human Services, Mass In Motion, Obesity Statistics

## MASSACHUSETTS POPULATION



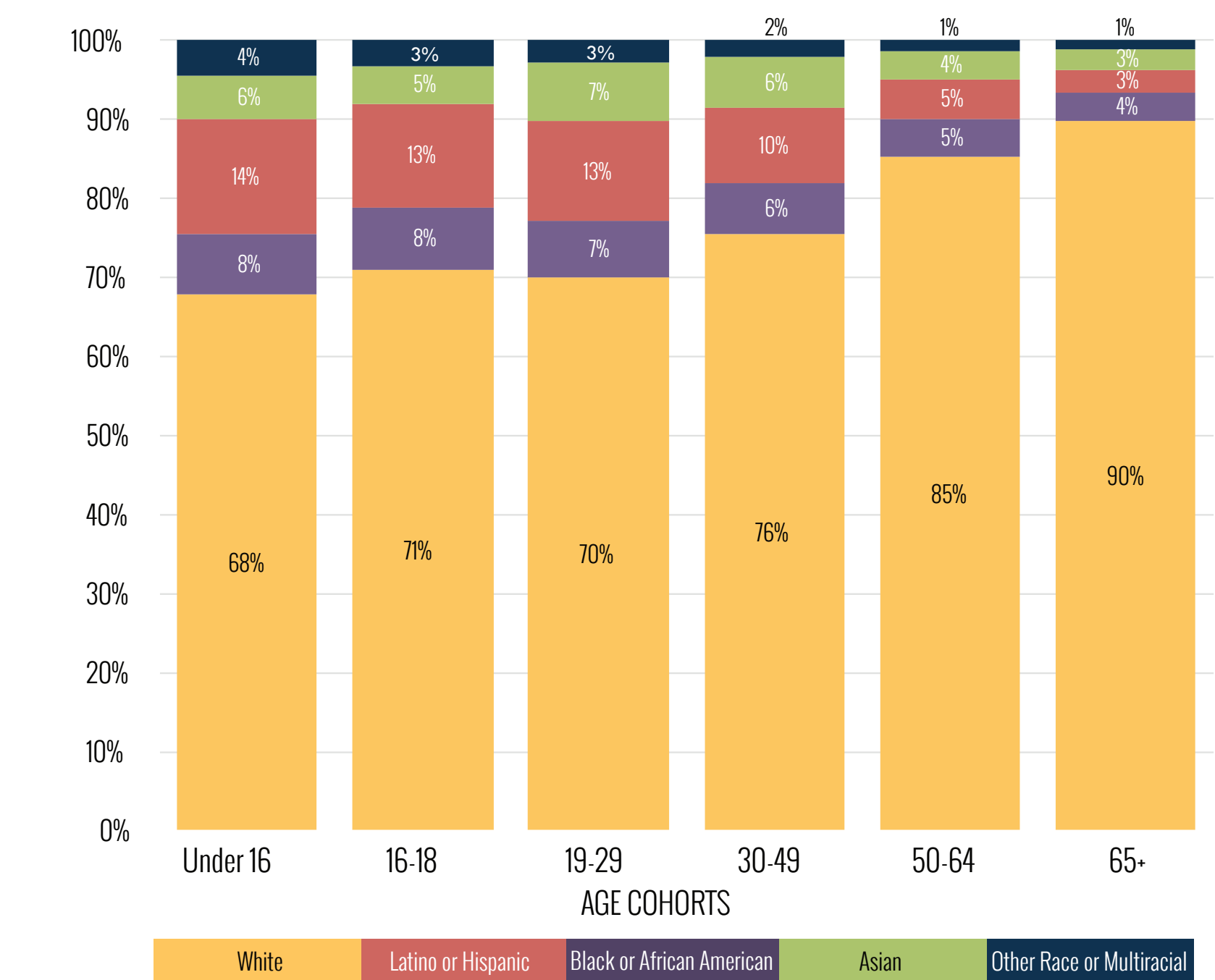
Sources:  
 U.S. Census 2010, MassGIS

## COMMUNITIES OF COLOR



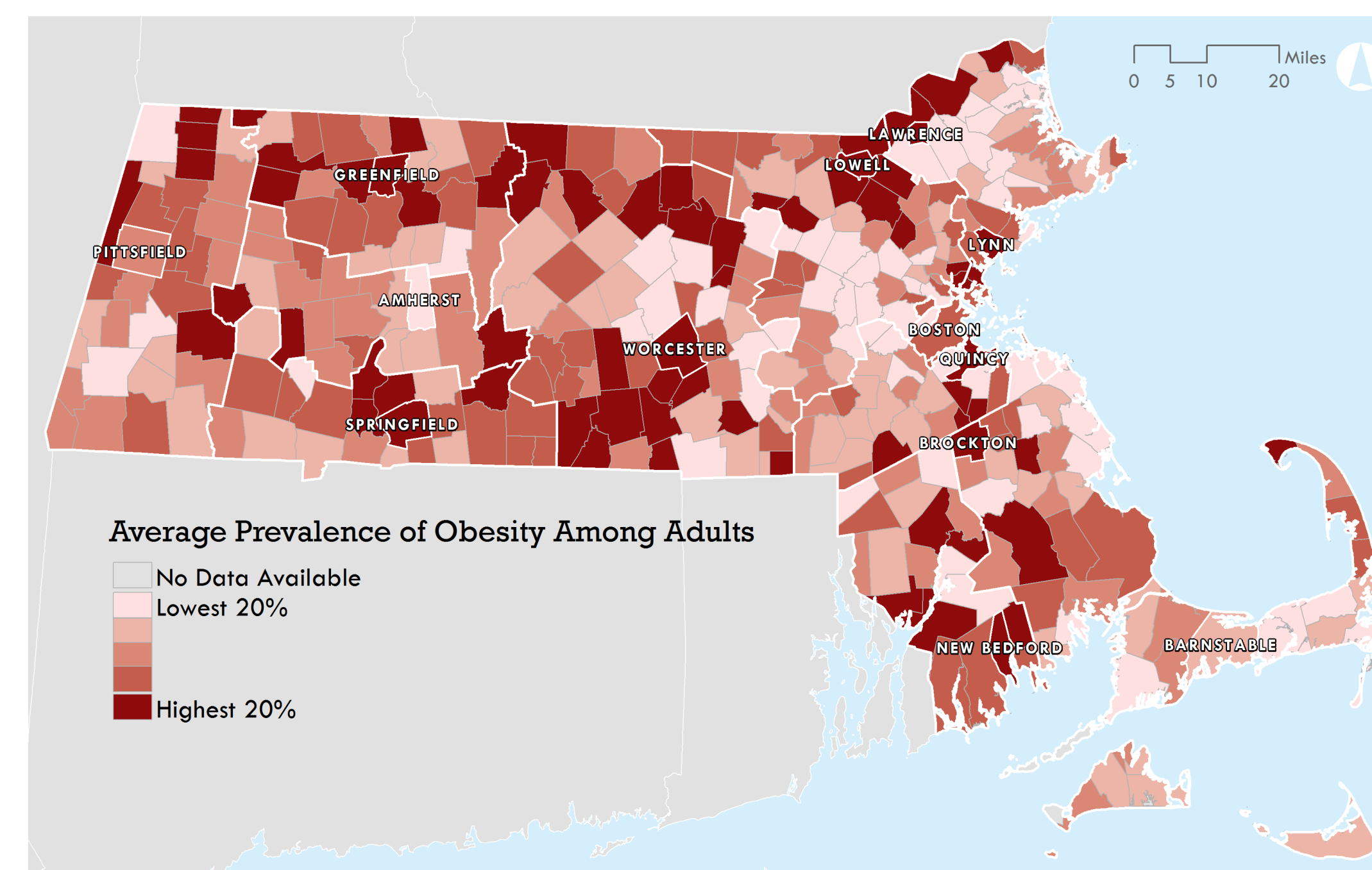
Sources:  
 U.S. Census 2010, U.S. Census 2000, MassGIS

## RESIDENTS BY AGE AND RACE



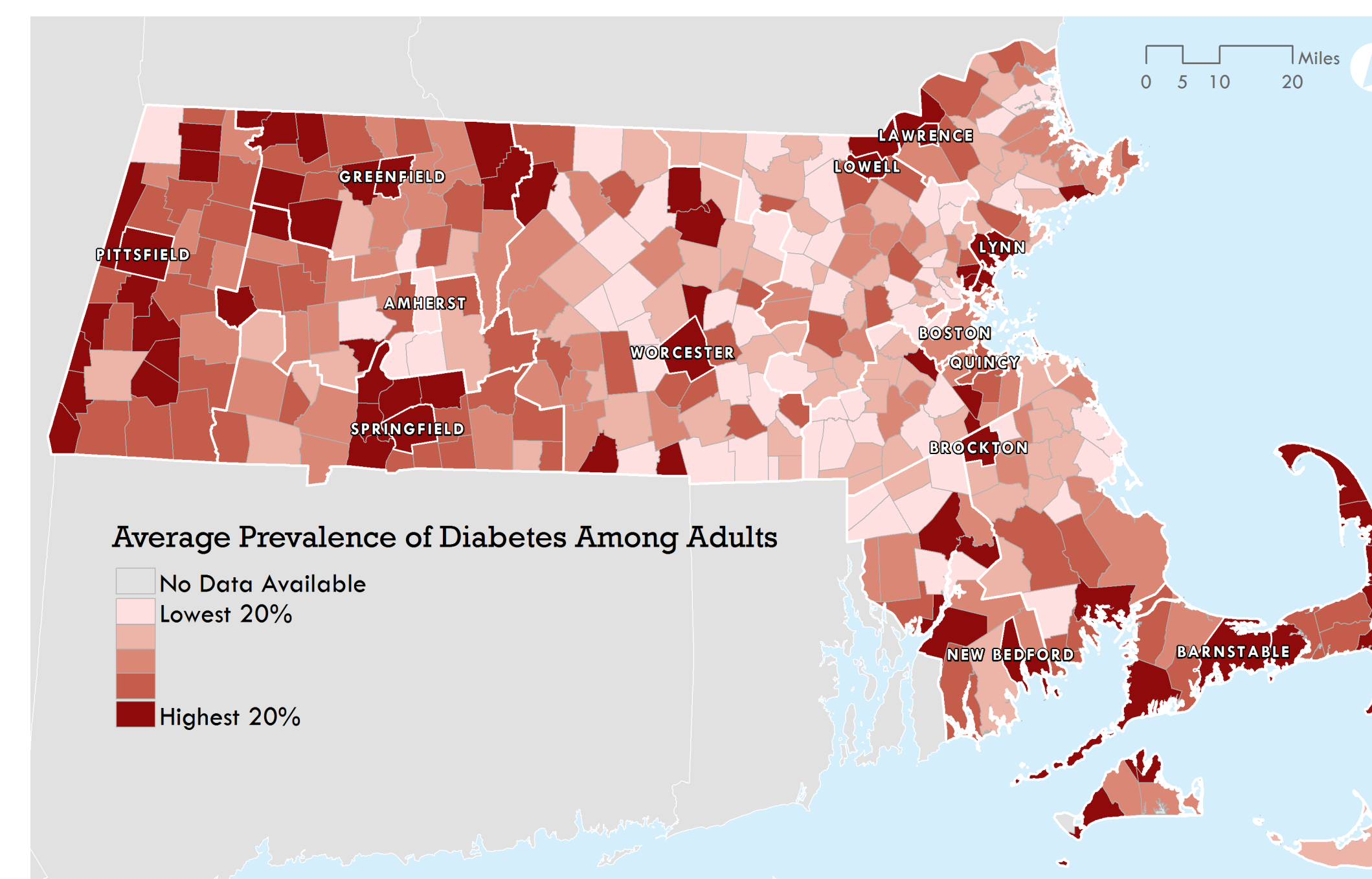
Sources:  
 American Community Survey Public Use Microdata Sample, 2007-2011

## OBESITY



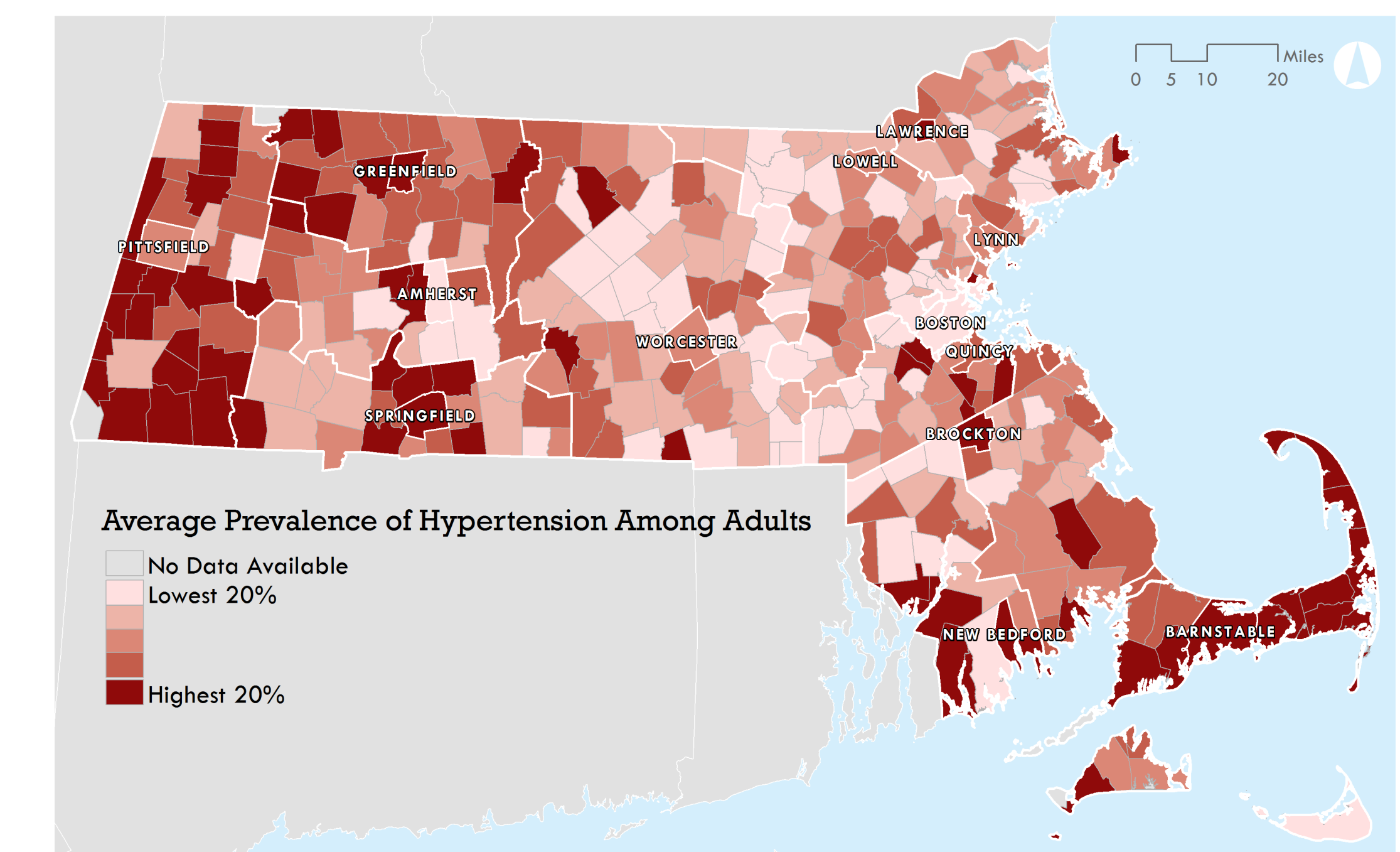
Sources:  
 Massachusetts Department of Public Health Prevention and Wellness Trust Fund Behavioral Risk Factor Surveillance System, 3-year average 2008-2010

## DIABETES



Sources:  
 Massachusetts Department of Public Health Prevention and Wellness Trust Fund Behavioral Risk Factor Surveillance System, 3-year average 2008-2010

## HYPERTENSION



Sources:  
 Massachusetts Department of Public Health Prevention and Wellness Trust Fund Behavioral Risk Factor Surveillance System, 3-year average 2005, 2007, 2009

# MASSACHUSETTS FOOD SYSTEM PLAN