



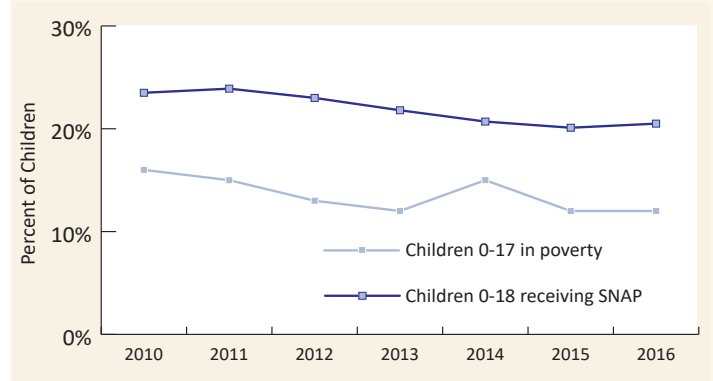
IMPROVING CHILDREN'S HEALTH IN NORTH DAKOTA THROUGH SNAP

Poor nutrition in childhood has a documented impact on the current and future health and development of children¹. This development is constructed through an ongoing process that begins before birth and continues into childhood. Similar to the process of home construction -- where the building process begins with laying the foundation, framing the rooms, and wiring the electrical system in a predictable sequence -- child development can be viewed in layers of nutrition, education, emotional well-being etc. Stressors such as hunger negatively impact this process. If unaddressed, these early stressors become permanently built into a child's immune system, cardiovascular system, and brain¹. A community can contribute to child development through programs that ensure healthy nourishment of children, regardless of the children's financial situation. Such programs are a critical component in raising healthy and strong children. These programs are also known as safety-net programs because they provide a safety net to individuals and families and protect them from ill-effects of poverty.

The Supplemental Nutrition Assistance Program (commonly referred to as SNAP or food stamps) is one such program that assists families struggling to put food on the table². In 2016, SNAP helped in the everyday food intake and nutrition of 37,758 children in North Dakota, which is 21 percent of all children in the state³ (Figure 1 and Table 1). SNAP provides help to at least two-thirds of children in Rolette, Benson, and Sioux counties and to nearly one-third of children in Sheridan County³ (Figure 2 and Table 1).

SNAP participation closely follows the pattern of poverty in North Dakota. In response to a strong economy, the child poverty rate in North Dakota decreased from 16 percent in 2010 to 12 percent in 2013 where it has stayed (with the exception of a jump to 15 percent in 2014)⁴ (Figure 1). This reduction was accompanied by a similar

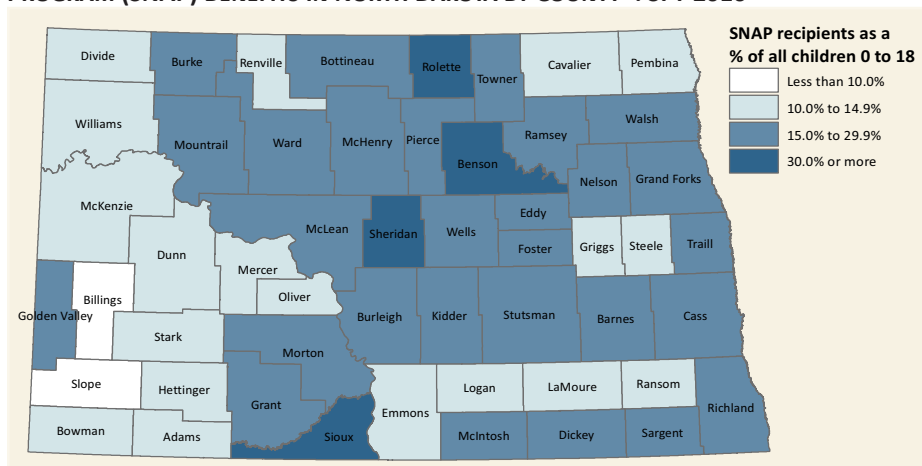
FIGURE 1. CHILD SNAP PARTICIPATION* AND CHILD POVERTY IN NORTH DAKOTA, 2010 TO 2016^{3,4}



change in SNAP participation³. However, even though North Dakota's economy is relatively strong and has produced the highest employment rate among states⁵, food and nutrition is out of the reach of many children. Current data reveal that 21,210 children in North Dakota live below the poverty line⁴. Additionally, many families are barely above the poverty line making it difficult to meet the daily food requirements of their children. In fact, in 2015, 84 percent households receiving SNAP in North Dakota had at least one worker yet, 53 percent were below poverty and their median income was \$17,144⁶.

In addition to administering programs such as SNAP, North Dakota also strives to create awareness about the program. The North Dakota State University Extension Service offers SNAP-Ed through the Family Nutrition Program (FNP) to SNAP-eligible individuals. FNP educators use evidence-based content to teach nutrition-related knowledge and skills in order to help families and youth make healthy choices on a limited budget⁷.

FIGURE 2. PERCENT OF CHILDREN RECEIVING SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) BENEFITS IN NORTH DAKOTA BY COUNTY*: SFY 2016³



Healthy child development is a foundation for community and economic development. Preventing ill-health in communities now saves money and lives in the long run because being healthy and fit in adulthood is largely determined by the nutrition we receive as children. The decisions made in our states and nation about child nutrition programs affect these communities, which then shape the lives of the children. When we improve the resources and connectedness of a community, the health of the children who live there improves as well⁸. In North Dakota, we have the ideas, energy, and resources to make sure that our communities prosper and thrive. Continuing efforts to ensure that children are well-nourished will help to create a healthy future for our state's youth.

SOURCES: ¹Child Trends Databank (2016). Food insecurity. Available at <http://bit.ly/2oDFZTq>. ²USDA Food and Nutrition Service, Supplemental Nutrition Assistance Program, <http://bit.ly/2iOJ7Wz>. ³North Dakota Department of Human Services, State Fiscal Year 2014-2016 Unduplicated Count Report for Economic Assistance Programs. Trends available through the KIDS COUNT Data Center at <http://bit.ly/2fKuGqz>. ⁴U.S. Census Bureau, American Community Survey 1-Year Estimates. Available through the KIDS COUNT Data Center at <http://bit.ly/2xO2w5V>. ⁵North Dakota Compass, Workforce, Proportion of Adults Working, <http://bit.ly/2c0lWxu>. ⁶U.S. Census Bureau, 2011-2015 American Community Survey 5-Year Estimates, Table S2201: Food Stamps/Supplemental Nutrition Assistance Program (SNAP). Available at <http://bit.ly/2x4hf8k>. ⁷NDSU Extension Service, Family Nutrition Program, SNAP-Ed, <http://bit.ly/2eJQX3W>. ⁸Center on the Developing Child at Harvard University (2010). *The Foundations of Lifelong Health are Built in Early Childhood*, <http://www.developingchild.harvard.edu>
NOTE: *Refers to the unduplicated count of children ages 0 through 18 who are recipients of SNAP (the Supplemental Nutrition Assistance Program) during the State Fiscal Year (July - June).

TABLE 1. NUMBER AND PERCENT OF CHILDREN RECEIVING SNAP* IN NORTH DAKOTA BY COUNTY: SFY 2014 TO 2016³

| | Children Ages 0 through 18 Receiving SNAP* | | | | | |
|---------------|--|---------|----------|---------|----------|---------|
| | SFY 2014 | | SFY 2015 | | SFY 2016 | |
| | Number | Percent | Number | Percent | Number | Percent |
| North Dakota | 36,967 | 20.7% | 36,954 | 20.1% | 37,758 | 20.5% |
| Adams | 80 | 16.7% | 56 | 11.9% | 63 | 13.4% |
| Barnes | 500 | 20.6% | 485 | 19.8% | 493 | 20.1% |
| Benson | 1,772 | 72.7% | 1,628 | 67.2% | 1,603 | 66.2% |
| Billings | 2 | 1.1% | 3 | 1.6% | 10 | 5.5% |
| Bottineau | 312 | 20.9% | 318 | 20.8% | 330 | 21.6% |
| Bowman | 76 | 9.4% | 104 | 12.2% | 107 | 12.5% |
| Burke | 75 | 14.0% | 71 | 12.1% | 97 | 16.5% |
| Burleigh | 3,472 | 16.0% | 3,518 | 15.7% | 3,516 | 15.7% |
| Cass | 8,083 | 20.5% | 8,179 | 20.2% | 8,483 | 20.9% |
| Cavalier | 99 | 12.1% | 106 | 12.9% | 95 | 11.6% |
| Dickey | 218 | 17.6% | 221 | 17.6% | 232 | 18.4% |
| Divide | 51 | 9.6% | 65 | 11.9% | 79 | 14.4% |
| Dunn | 132 | 12.5% | 154 | 13.7% | 154 | 13.7% |
| Eddy | 87 | 15.9% | 87 | 16.0% | 98 | 18.0% |
| Emmons | 101 | 13.8% | 125 | 16.8% | 94 | 12.7% |
| Foster | 94 | 12.4% | 109 | 14.4% | 119 | 15.7% |
| Golden Valley | 95 | 20.9% | 100 | 21.4% | 84 | 18.0% |
| Grand Forks | 3,656 | 23.5% | 3,578 | 22.8% | 3,581 | 22.8% |
| Grant | 104 | 22.5% | 106 | 21.5% | 92 | 18.7% |
| Griggs | 73 | 16.1% | 80 | 18.0% | 59 | 13.3% |
| Hettinger | 72 | 11.4% | 59 | 9.0% | 86 | 13.1% |
| Kidder | 112 | 20.7% | 102 | 18.9% | 110 | 20.4% |
| LaMoure | 105 | 11.5% | 82 | 8.8% | 106 | 11.3% |
| Logan | 61 | 13.9% | 42 | 9.5% | 58 | 13.2% |
| McHenry | 270 | 18.6% | 243 | 16.5% | 223 | 15.2% |
| McIntosh | 100 | 18.1% | 80 | 14.9% | 90 | 16.7% |
| McKenzie | 457 | 13.5% | 438 | 10.9% | 501 | 12.4% |
| McLean | 334 | 15.1% | 339 | 15.2% | 344 | 15.4% |
| Mercer | 245 | 11.8% | 207 | 9.9% | 215 | 10.2% |
| Morton | 1,280 | 17.6% | 1,301 | 17.8% | 1,313 | 17.9% |
| Mountrail | 410 | 16.2% | 396 | 14.5% | 446 | 16.3% |
| Nelson | 130 | 21.5% | 120 | 20.8% | 109 | 18.9% |
| Oliver | 74 | 16.8% | 68 | 15.0% | 46 | 10.2% |
| Pembina | 252 | 16.1% | 218 | 14.2% | 227 | 14.7% |
| Pierce | 191 | 18.7% | 193 | 19.4% | 161 | 16.1% |
| Ramsey | 758 | 27.6% | 741 | 26.2% | 743 | 26.3% |
| Ransom | 228 | 17.4% | 224 | 17.3% | 183 | 14.2% |
| Renville | 74 | 12.1% | 75 | 12.0% | 90 | 14.4% |
| Richland | 890 | 23.5% | 822 | 21.8% | 910 | 24.2% |
| Rolette | 3,416 | 65.9% | 3,244 | 63.0% | 3,155 | 61.2% |
| Sargent | 103 | 11.8% | 106 | 12.8% | 135 | 16.3% |
| Sheridan | 97 | 40.8% | 79 | 31.2% | 80 | 31.6% |
| Sioux | 1,268 | 73.5% | 1,253 | 74.1% | 1,126 | 66.5% |
| Slope | 7 | 3.9% | 9 | 4.9% | 3 | 1.6% |
| Stark | 909 | 11.7% | 971 | 11.6% | 1,152 | 13.8% |
| Steele | 64 | 15.0% | 59 | 13.9% | 63 | 14.8% |
| Stutsman | 896 | 19.4% | 837 | 18.1% | 826 | 17.9% |
| Towner | 78 | 15.0% | 80 | 15.2% | 107 | 20.4% |
| Traill | 378 | 19.6% | 367 | 19.0% | 330 | 17.1% |
| Walsh | 750 | 28.9% | 692 | 26.6% | 680 | 26.1% |
| Ward | 2,843 | 16.7% | 3,265 | 18.6% | 3,377 | 19.3% |
| Wells | 127 | 15.1% | 131 | 15.7% | 127 | 15.3% |
| Williams | 906 | 10.5% | 1,018 | 10.4% | 1,247 | 12.7% |

Note: *Refers to the unduplicated count of children ages 0 through 18 who are recipients of SNAP (the Supplemental Nutrition Assistance Program) during the North Dakota State Fiscal Year (July-June).