A total of 113 client interviews were conducted at 10 sites throughout Cass County, ND and Clay County, MN.

**DEMOGRAPHICS**
- **37%** CHILDREN
- **7%** SENIORS
- **14%** VETERANS
- **64%** PERMANENT HOUSING
- **34%** TEMPORARY HOUSING
- **3%** HOMELESS
- **85%** COMPLETED HIGH SCHOOL
- **42%** HAVE 2+ YEARS OF POST SECONDARY EDUCATION
- **9%** COMPLETED COLLEGE

**RACE/ETHNICITY**
- **68%** WHITE
- **16%** AMERICAN INDIAN
- **11%** AFRICAN AMERICAN
- **5%** ASIAN
- **4%** HISPANIC/LATINO
- **4%** OTHER

**HEALTH**
- **70%** OF PARTICIPANTS HAVE A CHRONIC DISEASE
- **12%** ARE IN POOR OR VERY BAD HEALTH
- **50%** HAVE UNPAID MEDICAL BILLS
- **30%** OF PARTICIPANTS HAVE DEPRESSION/MENTAL HEALTH ISSUE
- **24%** OF PARTICIPANTS HAVE DIABETES
- **22%** OF PARTICIPANTS HAVE HIGH BLOOD PRESSURE
- **12%** OF PARTICIPANTS HAVE ASTHMA
- **12%** OF PARTICIPANTS ARE OBESE
- **12%** OF PARTICIPANTS SUFFER WITH ADDICTION
TOUGH CHOICES

HOUSEHOLDS REPORT CHOOSING BETWEEN FOOD AND:

- **41%** HOUSING
- **40%** UTILITIES
- **40%** GAS FOR CAR
- **32%** MEDICINE/MEDICAL CARE
- **31%** TRANSPORTATION

WHAT WOULD HELP?

CLIENTS SHARED WHAT ELSE WOULD HELP THEM GET THE FOOD THEY NEED FOR THEMSELVES/FAMILY:

- **#1** GETTING FOOD MORE OFTEN
- **#2** GETTING MORE FOOD
- **#3** AGENCIES OPEN EVENINGS/WEEKENDS

FOOD INSECURE

- **81%** ADULTS ARE
- **32%** CHILDREN ARE
- **29%** OF ADULTS REPORT NOT EATING FOR A WHOLE DAY
- **76%** CAN’T AFFORD TO EAT BALANCED MEALS

SKIP MEALS REGULARLY

- **62%** OF ADULTS
- **17%** OF CHILDREN
- **29%** HAVE SPECIAL DIETARY NEEDS
- **19%** CURRENTLY ON SNAP (Supplemental Nutrition Assistance Program)

CLIENTS REPORT USING A FOOD PANTRY

- **8.8** TIMES PER YEAR (on average)

ROOT CAUSES

- **56%** AFFORDABLE HOUSING
- **$35%** POVERTY
- **34%** AVAILABLE HOUSING
- **36%** LACK OF TRANSPORTATION
- **35%** CHRONIC DISEASE/HEALTH CONDITIONS
- **26%** LANGUAGE BARRIERS