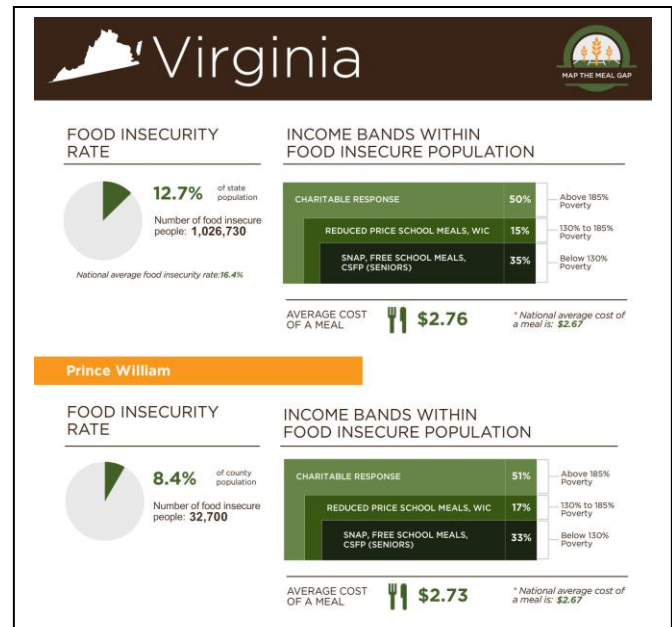# The Capital Area Food Bank in Prince William County

What is the Capital Area Food Bank?

The Capital Area Food Bank is the hub for food sourcing, food distribution and nutrition education in the Washington metro area, serving those struggling with hunger. In Washington, DC and its six surrounding counties, there are nearly 700,000* individuals at risk of hunger, of which nearly 150,000 are children. Last year, the CAFB distributed 45 million pounds of food – equivalent to 37.5 million meals – to 478,100 people through direct service and a network of more than 500 partner agencies. The CAFB service area includes: *Washington DC; Montgomery County, MD; Prince George's County, MD; Fairfax County, VA; Prince William County, VA; Arlington County, VA; and The City of Alexandria, VA.*

Hunger in Prince William County

- In Prince William County, 8.4 percent of residents (32,700 out of 391,439 individuals) are food insecure.**

- 11.6 percent of children under the age of 18 in Prince William County (13,210 out of 113,398 children) are food insecure.***

- In 2012, the CAFB served 1,202,504 meals to individuals in Prince William County through 49 Food Assistance Partners:

  - 47 Partner Agencies
  - 7 Mobile Pantry Sites
  - 1 Senior Brown Bag Site

- Through Direct Service Programs, the CAFB reaches families and individuals:

  o An average of 1200 households served at 6 sites
  o Senior Brown Bag – 55 Seniors served each month

Health Outcomes****

Mortality	Prince William County	National Benchmark
Premature Death (Years of potential life lost before age 75 per 100,000 population)	4,881	5,317
Morbidity		
Poor or fair health	15%	10%
Low birth weight	7.2%	6%

Health Factors****

Health Behaviors	Prince William County	National Benchmark
Adult obesity	27%	25%
Physical inactivity	21%	21%
Diabetes	9%	N/A
Clinical Care		
Uninsured	16%	11%
Primary care physicians	2,363:1	1,067:1
Preventable hospital stays (Hospitalization rate for ambulatory-care sensitive conditions per 1,000 Medicare enrollees)	56	47
Could not see doctor due to cost	11%	N/A
Social and Economic Factors		
Median household income	$93,101	N/A
Some college	67%	70%

Children in poverty	10%	14%
Inadequate social support (Percent of adults without social/emotional support)	21%	14%
Children in single-parent households	25%	20%

Demographics****

Population	419,006
% below 18 years of age	28%
% 65 and older	7%
% Non-Hispanic African American	20%
% American Indian and Alaskan Native	1%
% Asian	8%
% Native Hawaiian/Other Pacific Islander	0%
% Hispanic	20%
% Non-Hispanic white	48%
% not proficient in English	6%
% Females	50%
% Rural	4%

Definitions

* Definition of Poverty: *The Capital Area Food Bank serves a region that has a higher cost of living than many other regions in the U.S. Therefore, the food bank defines hunger/poverty based upon 185% of the federal poverty guidelines. This means that a household may earn up to 185% of the U.S. government's standard of poverty and still be considered "in poverty." This measure (and other multiples such as 125%, 150% and even 200% of poverty) is utilized to determine eligibility for many government programs.*

** Data comes from Feeding America's Map the Meal Gap: *Feeding America* first published the Map the Meal Gap project in early 2011, with the generous support of the Howard G. Buffett Foundation and The Nielsen Company, to learn more about the face of hunger at the local community level. The project helps food banks better identify strategies for reaching the people who most need food assistance. In August, 2011, with the support of the ConAgra Foods

[Foundation](#), child food insecurity data was added to the project. The 2013 Map the Meal Gap project reflects 2009-2011 data and will be updated every year with new data.

*** Food Insecurity: *Limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.*

**** **Data comes from *County Health Rankings*:** The *[County Health Rankings](#)* measure the health of nearly all counties in the nation and rank them within states. The Rankings are compiled using county-level measures from a variety of national and state data sources. These measures are standardized and combined using scientifically-informed weights.