

TITLE: How beliefs and attitudes of self-reliance affects food security in the land of cheese, trees, and ocean breeze

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STUDENT SUBMISSION: No

TOPIC/TARGET AUDIENCE: All

ABSTRACT: Background: Food insecurity is a concern in Tillamook County, "the land of cheese, trees, and ocean breeze." It is estimated that food security affects 14% of residents and 33% of children. Despite a high amount of food assistance provided in the county, food insecurity remains high. Purpose: The objective of this project was to identify the unique challenges people facing food insecurity face on the Tillamook Coast as well as the factors that helps them to be food secure. Methods: There were 29 participants, nine who took part in one-on-one interviews, and 20 who participated in two focus groups. Results: The observations during this research illustrated that beliefs and cultural norms of self-reliance both helped and hindered food security. Some were self-reliant and were able to acquire food through fishing, hunting and foraging. Others did not access services because of their own beliefs and attitudes of self-reliance or worry about others' attitudes. Implications: The findings of this work will help inform program development to increase food security.

OBJECTIVE(S): Define food security Explain the factors that positively and negatively affect food security in Tillamook County Identify ways that programs can integrate awareness of self-reliance to boost food security and program utilization
