

Introduction

New Hampshire's Hispanic/Latino population is rapidly growing. This population suffers from high prevalence of **food insecurity** and **chronic disease**. Limited **nutrition access** is a driving factor for these undesirable outcomes.¹⁻³

Nutrition access, or **access to health-promoting foods**, is a term used to describe many facets of a person's food environment, including **accessibility, availability, affordability, acceptability** and **accommodation**. Nutrition access programs are not effectively addressing these different facets, leading to poor-health outcomes in the growing NH Hispanic/Latino population.

A **multi-level** approach is needed to address barriers to nutrition access at different levels of the **Social Ecological Model (SEM, Fig 2)**, i.e., **individual, setting, sector, and social/cultural** levels.⁴⁻⁵ Interventions that consider two or more levels of the SEM have been shown to be effective when addressing health disparities.⁶⁻⁷

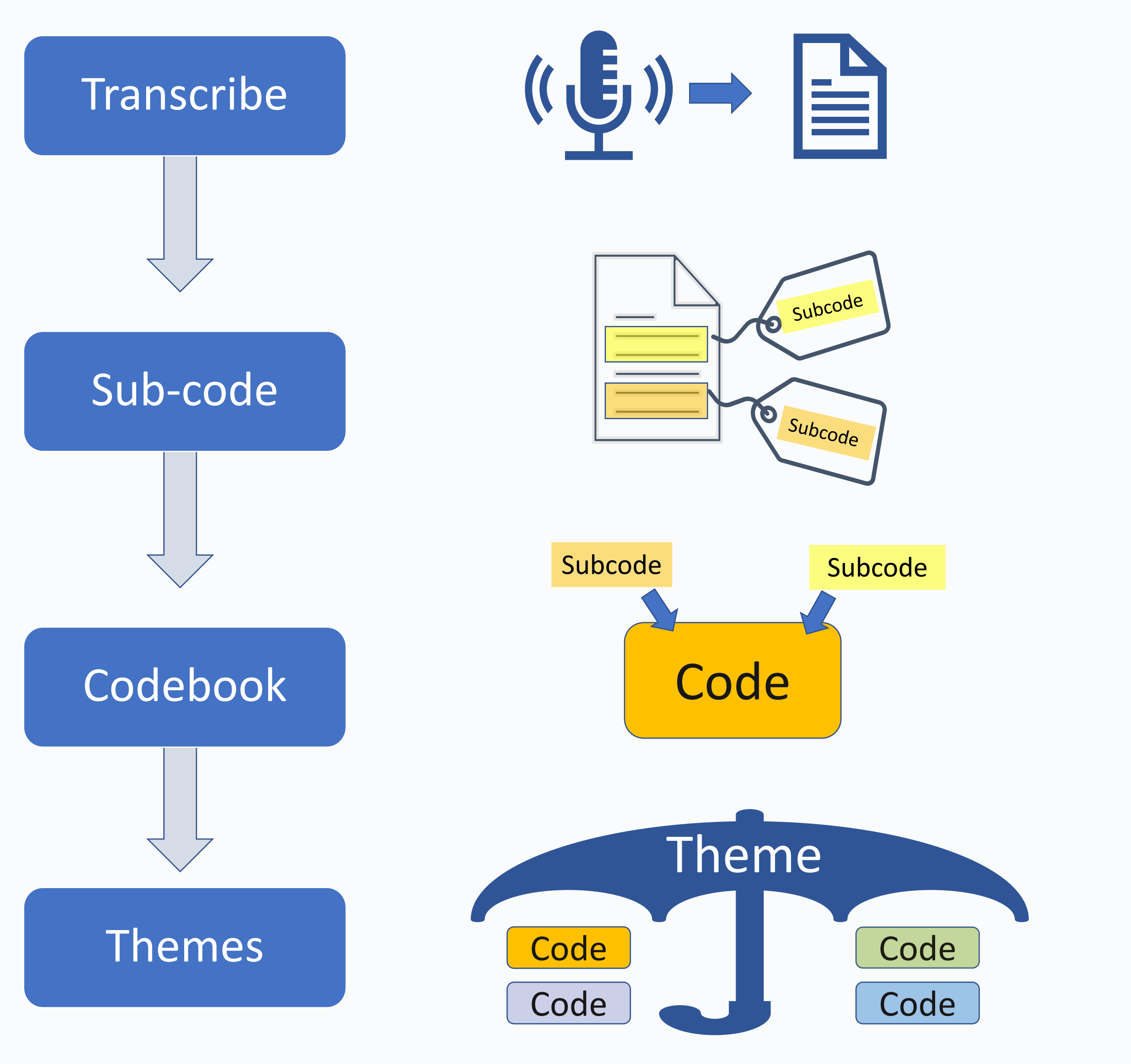
Study Objective:

To identify barriers to engaging in nutrition access efforts among community stakeholders.

Methods

Six semi-structured focus groups occurred via Zoom with 3-5 participants per session. Participants (n=20) were individuals who support nutrition access efforts in Hillsborough County NH through different sectors (**Table 1**). Focus group audio was recorded using Zoom, then transcribed verbatim, and coded using NVivo12 Software (**Fig 1**).

Figure 1. Process of generating codes and analyzing data for emerging themes



Results

Table 1. Focus group participant characteristics by nutrition access sector

Focus Group Participants (n=20)		Female (n=17)	Male (n=3)
Food Systems	Food Producers, distributors, retailers, food access workers/volunteers	4	1
Public Health	Healthcare providers, public health workers, social services, hospital administrators, etc.	2	1
Community-Based/Nonprofit	Nonprofits, community-based organizations, faith-based organizations	5	1
Community Nutrition Education	SNAP-Ed, WIC, Cooking Matters teachers, etc.	6	0

Figure 2. Nutrition access codes and representative quotes within the Social Ecological Model
The codes (blue boxes) related to the representative quote are marked (*)

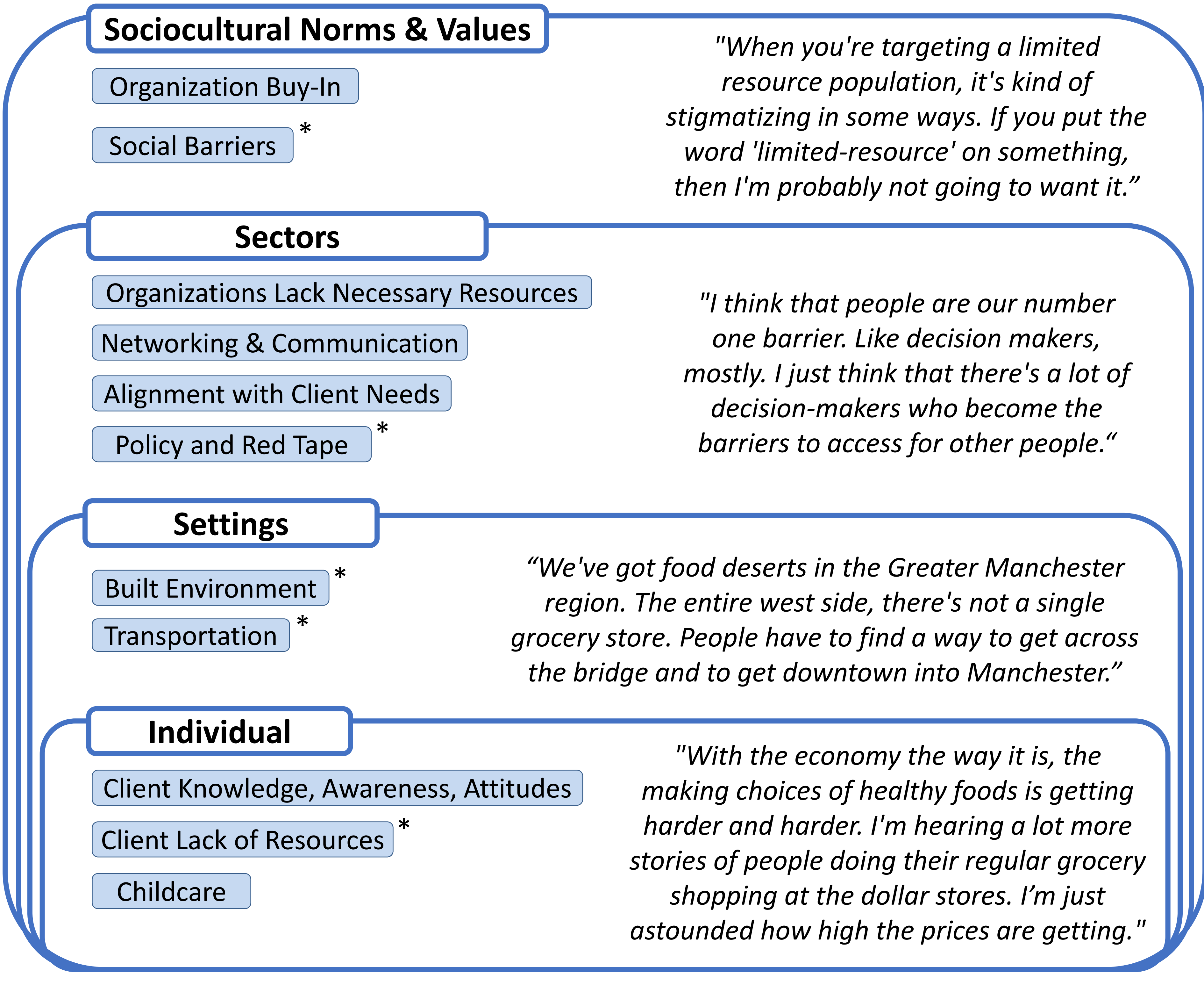


Figure 3. Representative quote of "Opportunities" for nutrition access
"I just feel like in the state, there is a shift in focus on what we're really trying to do with food access. And I think the only way we're going to make that movement and that change is for the organizations to really pull together and work together."

Table 2. Nutrition access barriers code frequency query

SEM LEVEL	Code	Frequency*
Multi-Level	Alignment with Client Needs	24
Social & Cultural	Social Barriers	7
	Organization Buy-In	2
Sectors	Organization Lack of Resources	30
	Networking and Communication Challenges	9
	Policy and Red Tape	17
Settings	Built Environment	4
	Transportation	11
Individual	Childcare Challenges	2
	Client Lack of Resources	15
	Client Knowledge, Awareness & Attitude	13

*When doing qualitative analysis, it's important to note that frequency does not correlate with the prevalence of each barrier in our population, rather gives an idea of how similar barriers are present in all sectors of nutrition access work.

Conclusions

Stakeholders from different sectors identified barriers to participating in nutrition access efforts.

These barriers hinder nutrition access efforts across all SEM levels. This indicates the need for **multi-level** approaches to support nutrition access.

The identified barriers can be referenced to improve existing nutrition access programs and guide the development of programs that consider two or more levels of the SEM to effectively support limited resource communities in New Hampshire.⁴⁻⁷

References

- Velasco-Mondragon et al 2018; PMID: 29450072
- Hernandez et al 2017; PMID: 28739148
- Isasi et al 2015; PMID: 25893114
- Gregson et al 2001; PMID: 12857540
- USDA, FY2022 SNAP-Ed Plan Guidance
- Remiker et al 2021; PMID: 33978596
- Gans et al 2018; PMID: 30126463

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