

# OSU EXTENSION SERVICE

Family & Community Health

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



Oregon State  
University



# Definitions

## **Food Security**

- Availability of food in sufficient quantities
- Access to adequate food resources

## **Food Insecurity**

- Hunger and
- Physiological, psychological, and social consequences

**Median Income**  
**\$46,000**

**SNAP**  
**Participation**  
**17%**

**Eligibility for**  
**Free and**  
**Reduced**  
**Priced Meals**  
**65%**

**Food**  
**Insecurity**  
**14%**

**Poverty**  
**14%**



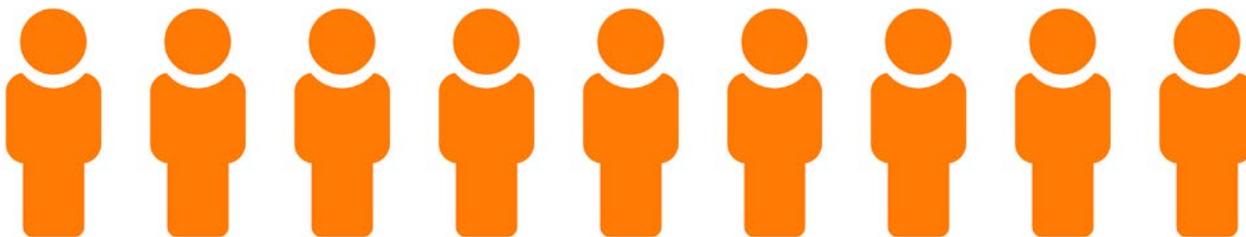
Sources: Oregon Center for Public Policy (2018);  
Feeding America Map the Meal Gap (2018)



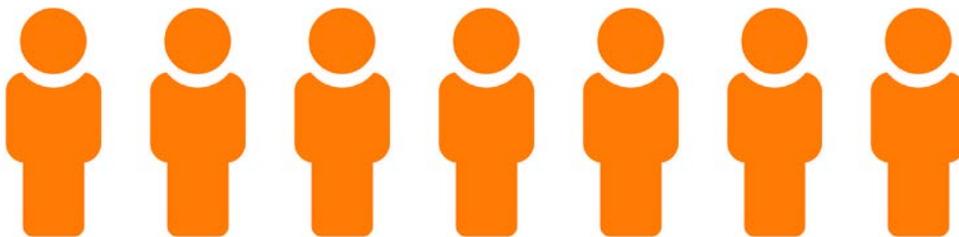
**Oregon State University**  
Extension Service

# 29 Participants

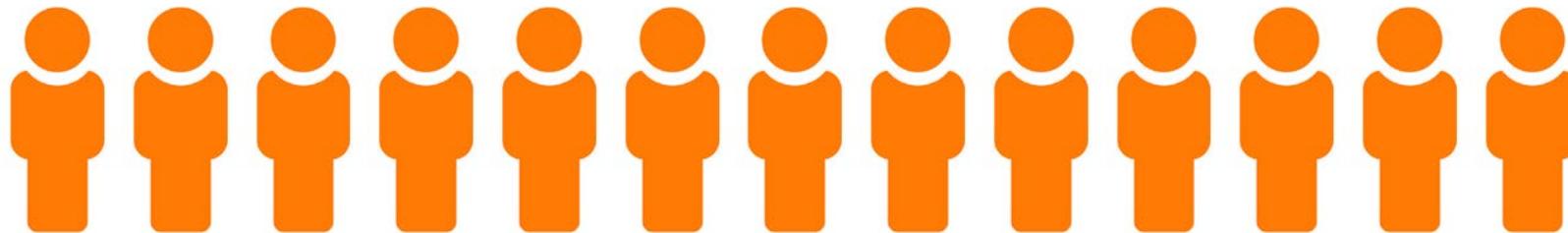
Interviews (n=9)



Focus Group (n=7)



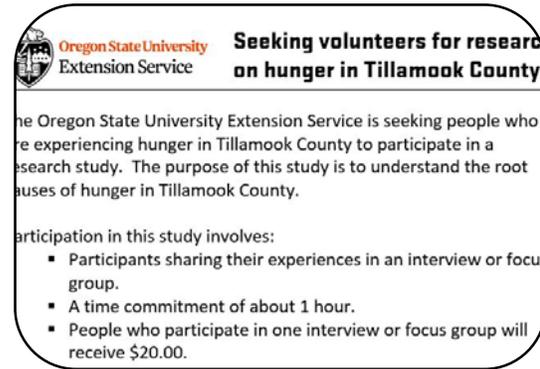
Focus Group (n=13)



# Recruitment methods



Referrals



Flyers



Radio

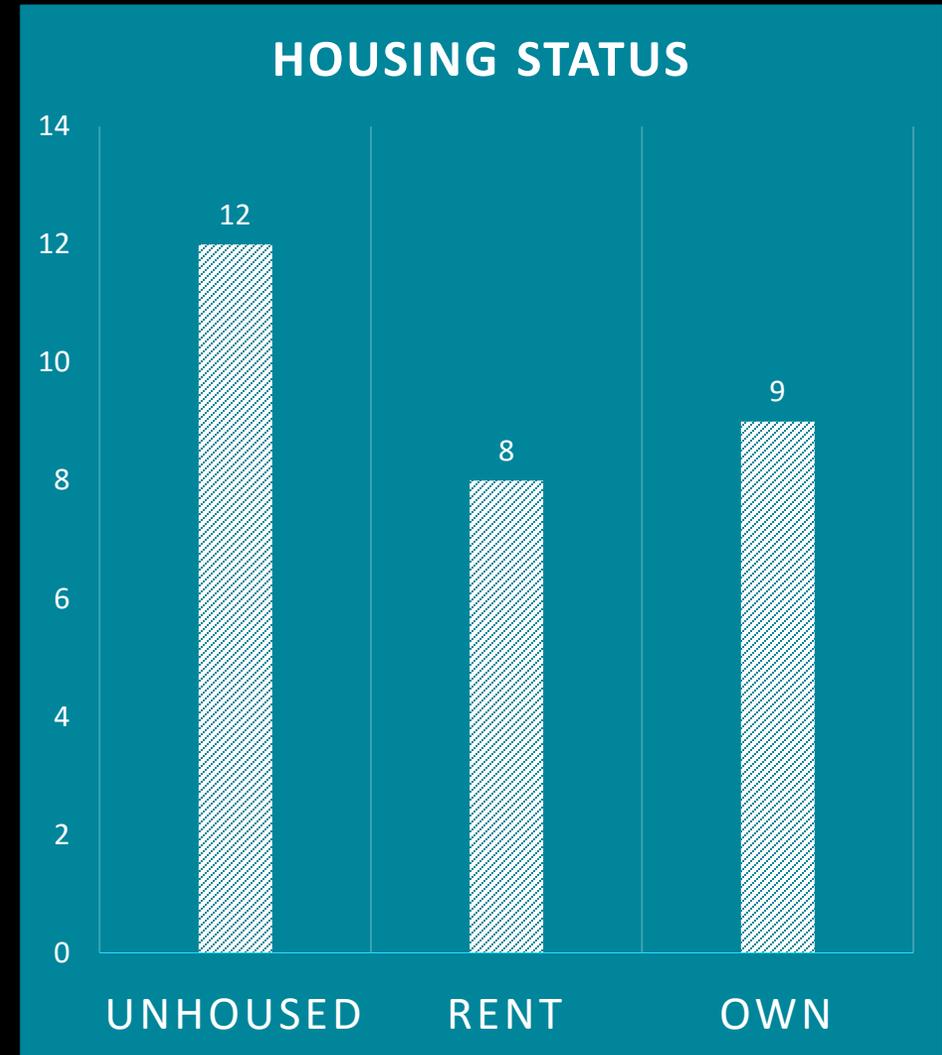
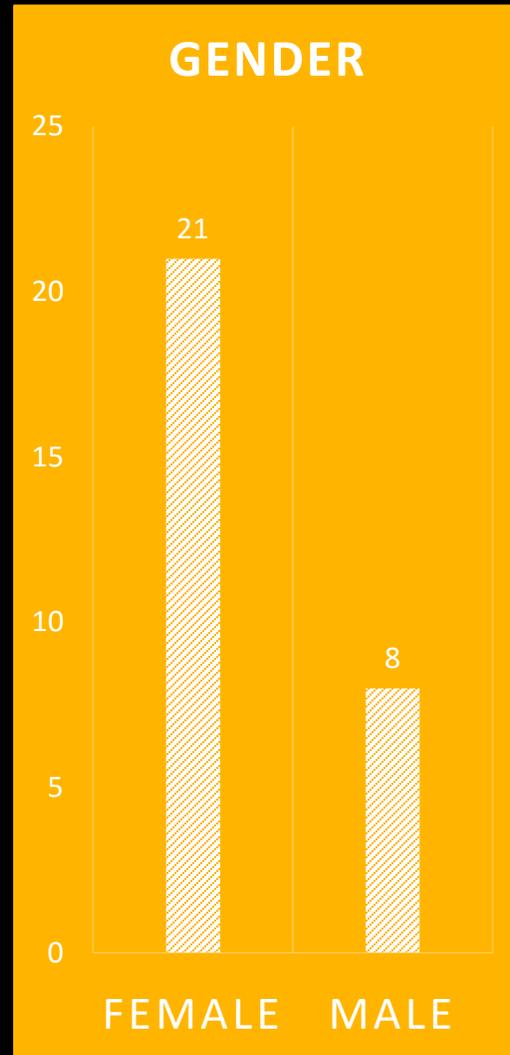
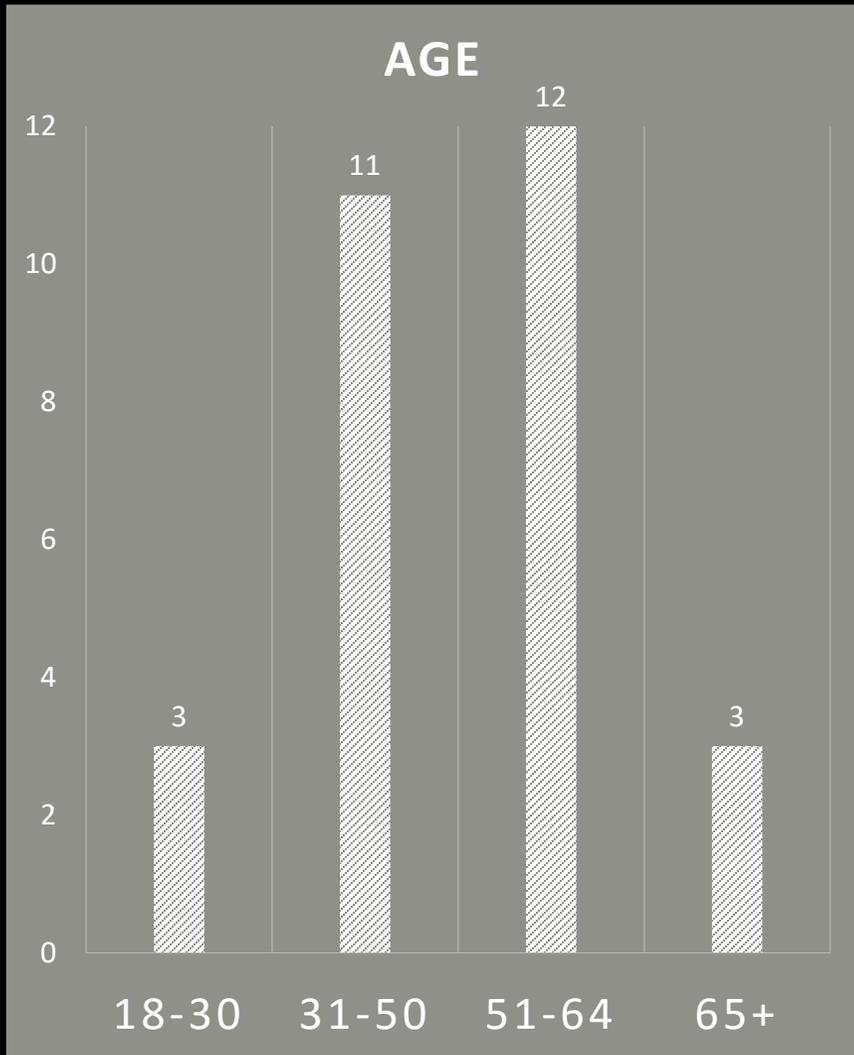


\$20 Incentive

# Inclusion Criteria

- ✓ Adults 18 years or older
- ✓ Low or very low food security using the 6-item U.S. Household Food Security questionnaire
- ✓ Currently living in Tillamook County

# Participant Characteristics



# Overarching question

Thinking about a typical week, what kinds of things do you do to get enough food?

# Self-Reliance

Noun: reliance on one's own efforts and resources rather than those of others

# Pride

Noun: a justifiable self-respect, or, delight arising from an act, possession, or relationship

“Reaching out is the big part. Asking is the biggest challenge. But once I ask it usually works well. Totally in a ‘pull up your boot straps’ kind of society.”

51-64 | Works full-time

“When you’re only receiving you feel a little bit embarrassed. I was like, oh gosh, I really should be able to afford everything. Why can’t I get my shit together?”

Female | 31-50 | Has 10-year-old child

"I think it is just my middle class upbringing and I'm from the Midwest. Farm people. My mother is 84 years old and lives on less money than I do and would never ever consider finding out if she qualifies [for SNAP] or take a senior citizen meal or anything. I think I'm doing ok, I don't need that...

...I think part of it is denial. You just don't want to accept that you are this poor. The reality is that you are. And I'm an educated professional person and I know all this is out there and I still haven't done it."

Female | 51-64 | Works part-time in social services

"The food bank delivers food to our apartment complex. So like a couple of weeks ago, they brought food. It was a whole bunch of bread. Very good little apples. I took a bunch of that. A couple of turnips. I got an eggplant, zucchini, and some radishes.

I know I should not worry about what other people think, but I do. When I go by, I look in there. If nobody's in there, I'll go and get some food."

Female | 51-64 | Works full-time

"I was working. Used to helping people, not being helped. Too prideful. Sometimes you have to swallow your pride."

Female | 65+ | retired

"I don't have food stamps, and I don't go to the food bank because I feel like there are other people that need it more than I do, obviously. I mean there are people that are in terrible need."

65+ | Husband is disabled | Very low food security

“If I can find something growing around to eat, I will eat it. We pick berries, we look for wild onions.”

Female | 31-50 | Lives in vehicle

“I have a lot of neighbors that crab and clam and fish and things like that. We share. We try to share with each other.”

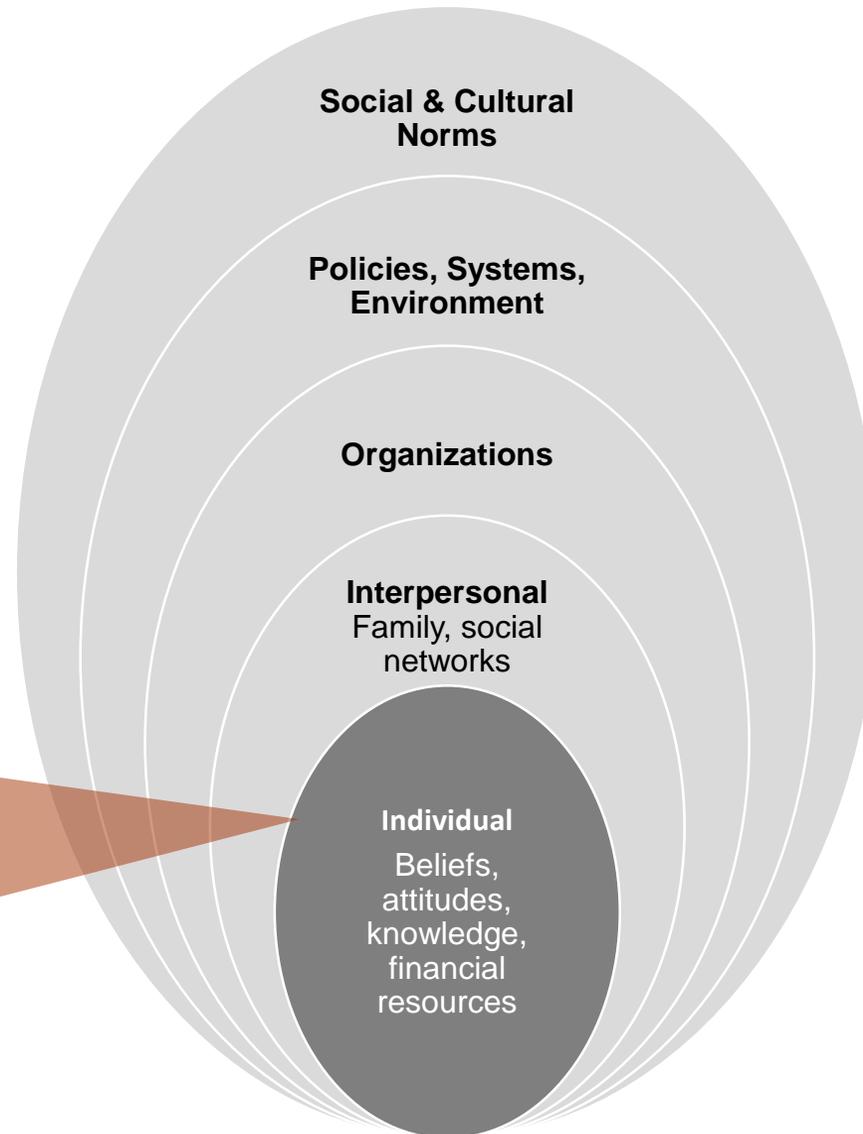
Female | 51-64

"My partner hunts. Garden is really great. I grow for about six months. If we put an elk up or a deer I don't buy any meat all year long."

Female | 51-64 | Works part-time

## BARRIERS

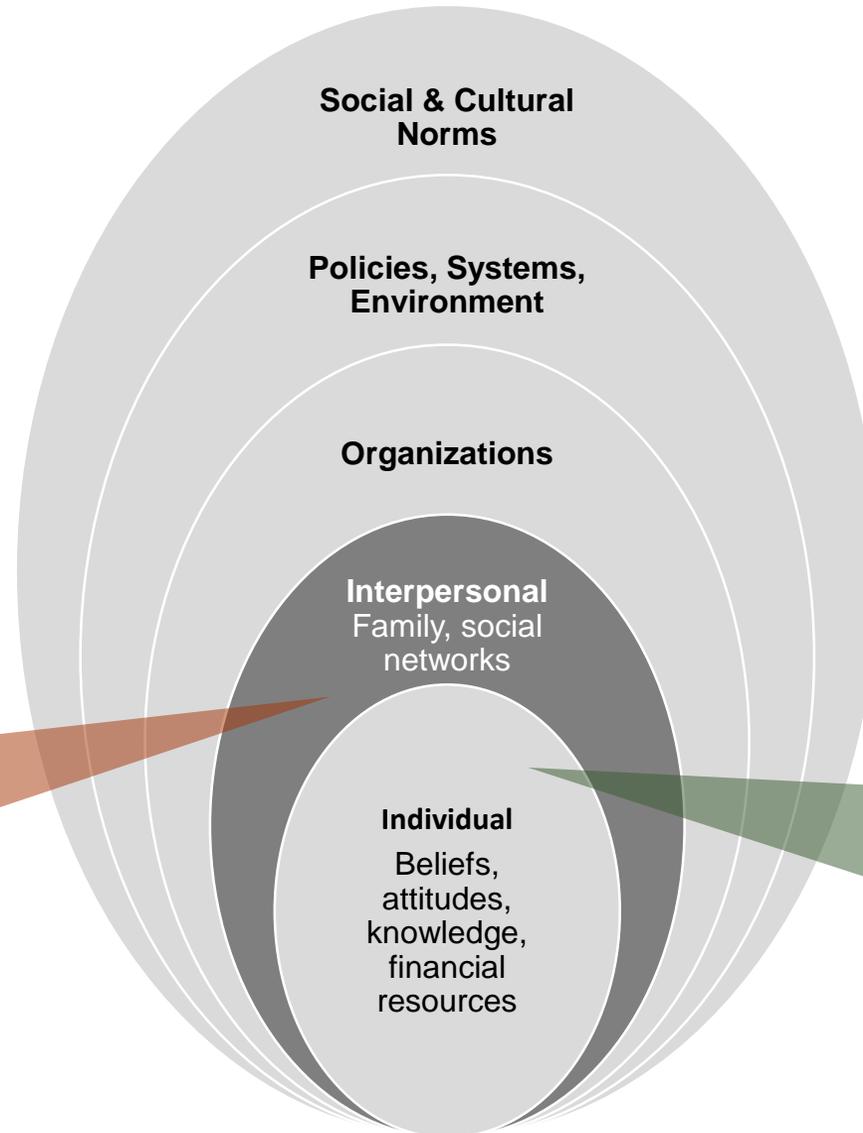
Feelings of shame, embarrassment, and beliefs in self-reliance



## FACILITATORS

## BARRIERS

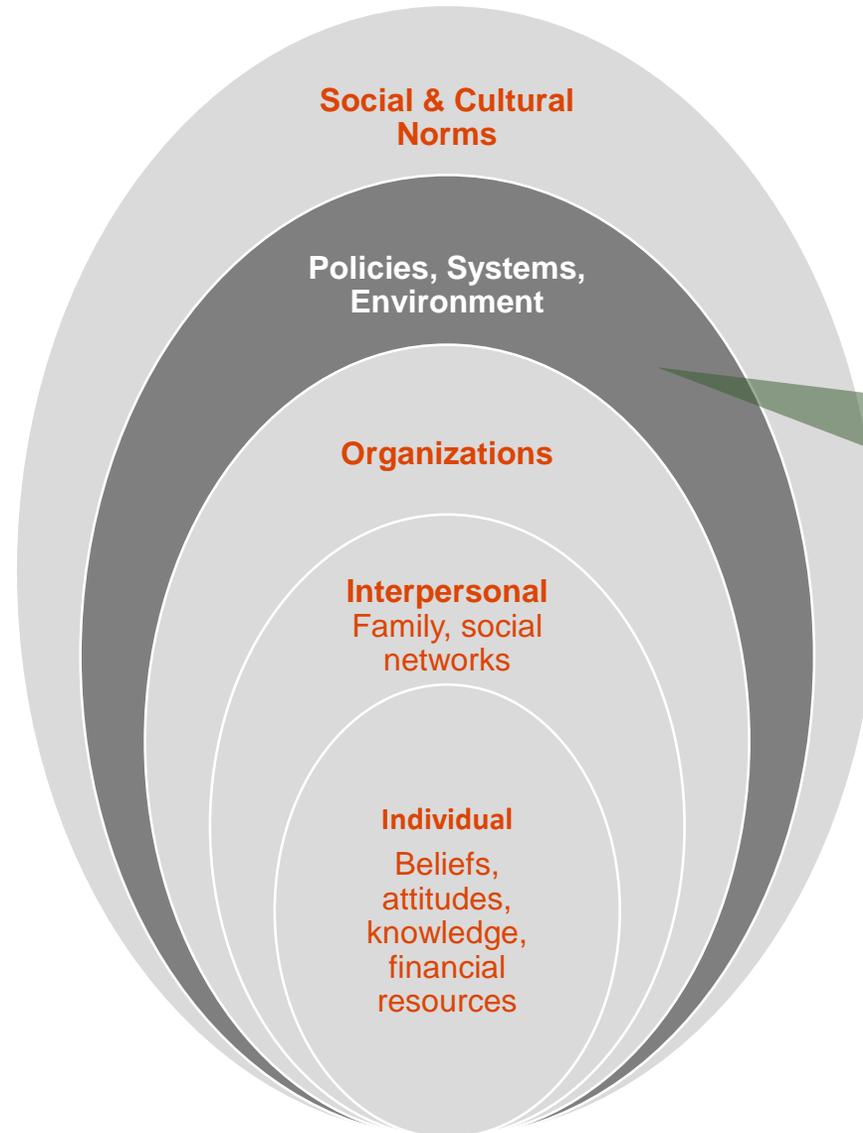
## FACILITATORS



Lack of social networks, changes in household

Strong social networks (family, friends, neighbors)

# BARRIERS

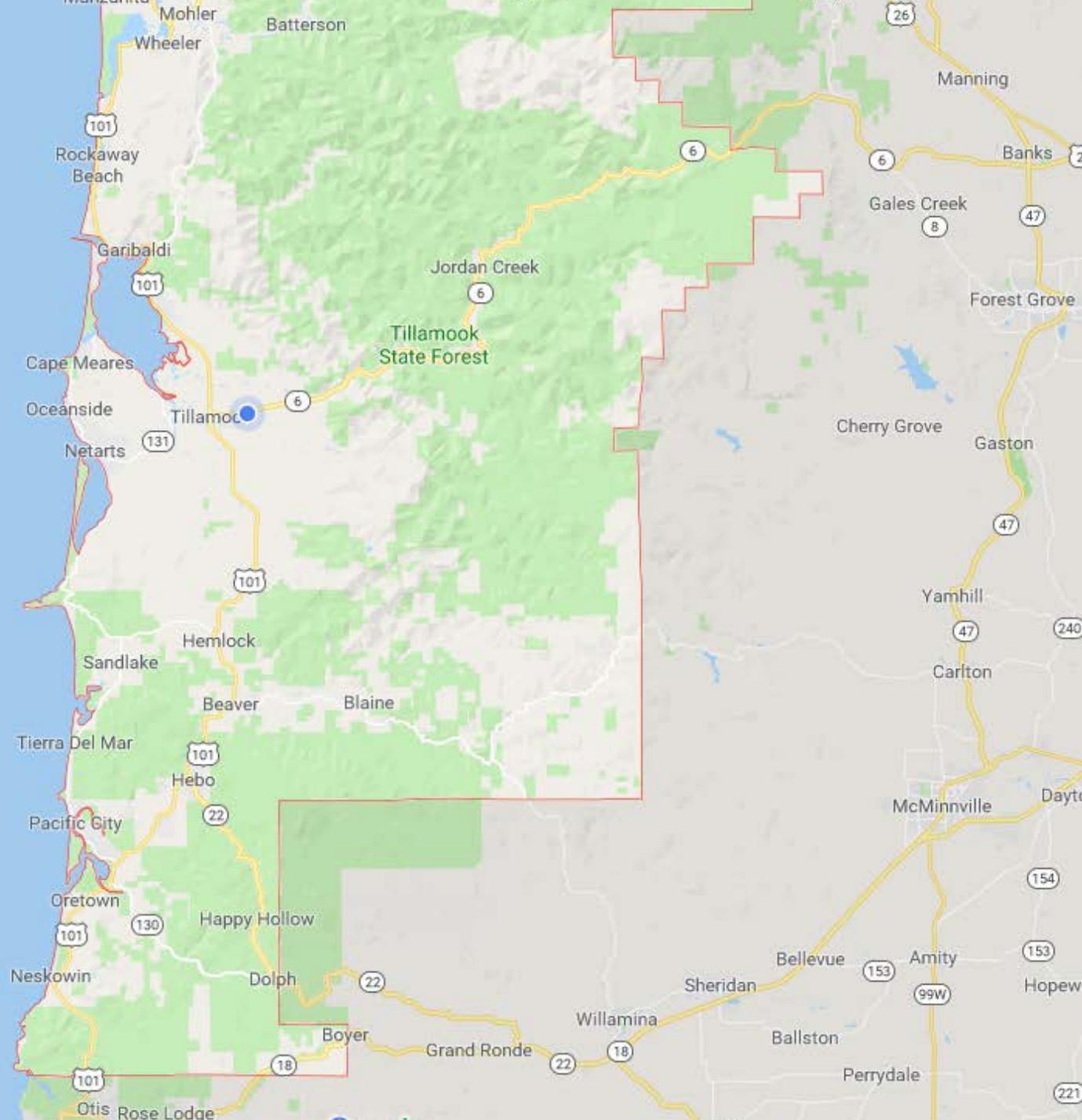


# FACILITATORS

Ability to hunt, fish, and forage in public lands.

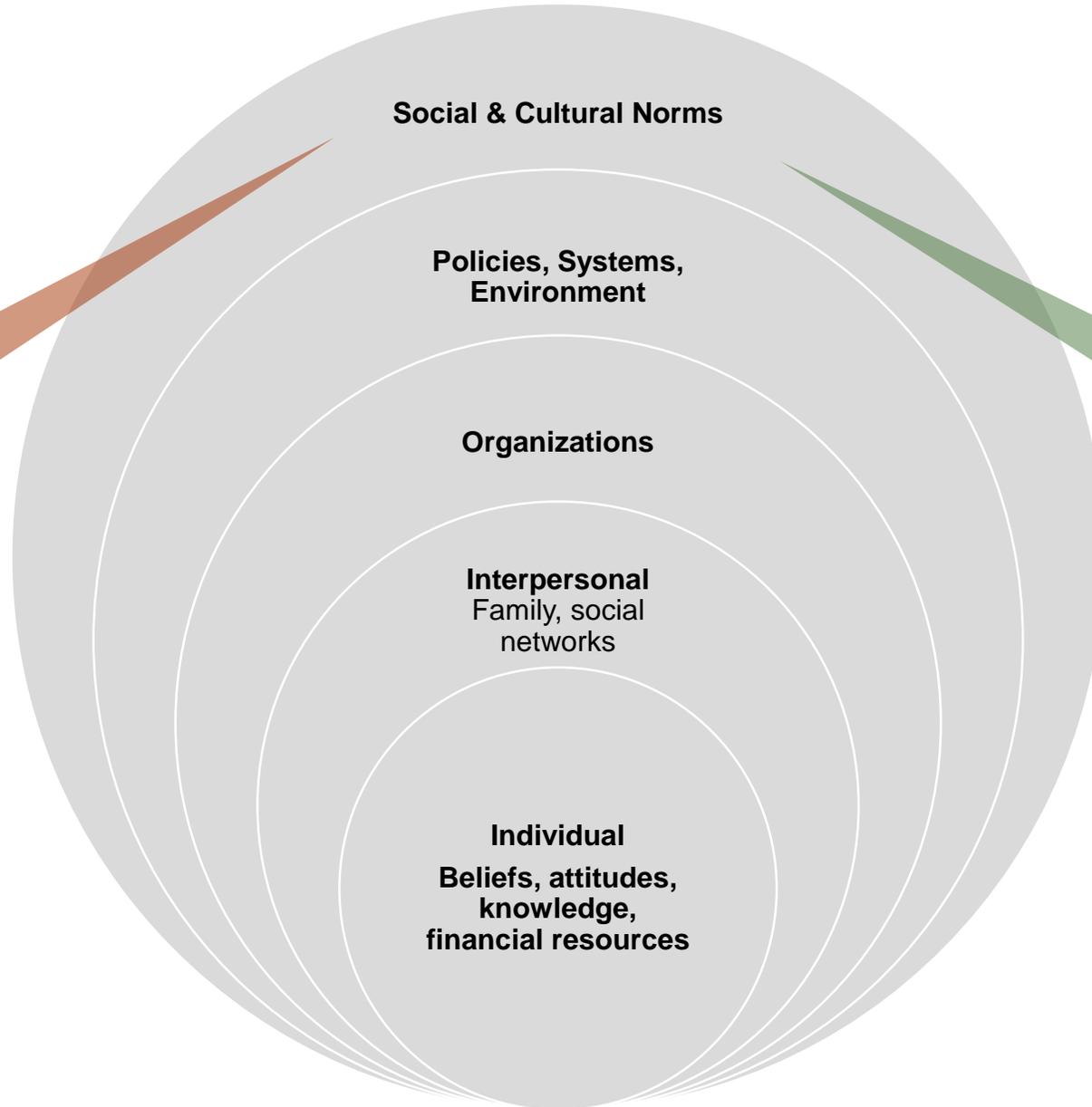
**Abundance of resources  
>60% is public land**

**State, National Forests  
Rivers  
Ocean**



## **BARRIERS**

Self-reliance prevents people from using some services



## **FACILITATORS**

Being able to be self-reliant generates pride



## Persons with Disabilities Resident Hunting/Fishing License

The Resident Persons with Disabilities Hunting and Fishing License is a no-cost license that is not a disability accommodation, but an economic benefit for the segment of Florida's disabled community that may not be able to afford the license privileges that are offered in this license. The license may be valid for 2 years or 5 years, depending on the qualifying documentation used when applying.



**OREGON DEPARTMENT OF FISH & WILDLIFE**  
4034 FAIRVIEW INDUSTRIAL DR. SE  
SALEM, OR 97302  
(503) 947-6101  
FAX: (503) 947-6117

### APPLICATION FOR RESIDENT DISABLED VETERAN COMBINATION AND SHELLFISH LICENSE

Oregon Revised Statutes require that you be an Oregon resident for at least six (6) months immediately prior to applying for this license and that you have a disability rating of at least 25 percent.

To receive your free disabled veteran combination license and disabled veteran shellfish license, complete this application and return it with a letter from the U.S. Veterans Administration, or any branch of the Armed Forces of the United States, showing an overall disability rating of at least **25 percent**.

The VA certification may be obtained by calling 1-800-827-1000.

**RESIDENT DISABLED VETERAN COMBINATION AND DISABLED SHELLFISH LICENSE: FREE**

How can we support self-reliance and food security?

Health in all policies example:

Reduce the cost for fishing and hunting permits as an economic benefit

# Acknowledgments



**Melissa Carlson-Swanson**  
Oregon Food Bank,  
Tillamook Branch



**Sarah Beaubien**  
Tillamook County Creamery  
Association



**Stacie Zuercher**  
Independent Contractor  
and  
Northwest Senior & Disability  
Services



**Mark Edwards, PhD**  
Oregon State University School  
of Public Policy and the Rural  
Studies Program

# Thank you!

Dusti Linnell, PhD  
Assistant Professor of Practice, Family & Community Health  
Extension Service Tillamook & Lincoln Counties  
[Dusti.Linnell@oregonstate.edu](mailto:Dusti.Linnell@oregonstate.edu)



**Oregon State University**  
Extension Service