

Asian Americans face food and nutrition insecurity, too.

In a recent nationally representative survey conducted on food security in the Asian American Native Hawaiian Pacific Islander (AA & NHPI) population, **22% of respondents reported facing food insecurity**. Of those who face food insecurity, 60% also reported experiencing nutrition insecurity.

In 2023, The Rockefeller Foundation conducted two national surveys on food and cultural relationships to food in the AA & NHPI population through the Amplify AAPI survey panel.



1 in 5

Asian American and Native Hawaiian Pacific Islanders face **food insecurity**, according to new survey.

What are the key insights?

22%

AA & NHPI report facing food insecurity

60%

Of those who face food insecurity also face nutrition insecurity

70%

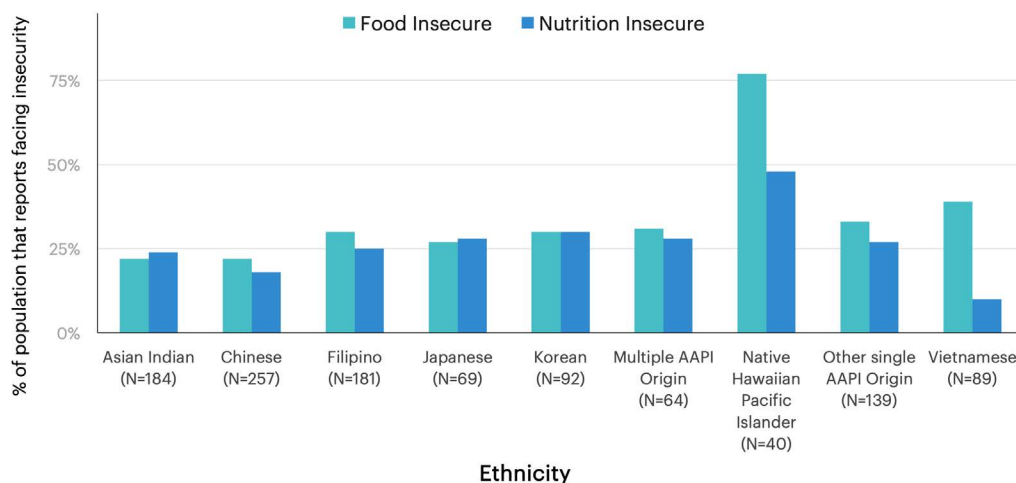
Say they tend to eat foods from their culture at home

68%

Believe their cultural foods are healthier than American food

How does food and nutrition security vary among AA & NHPI groups?

Prevalence of Food and Nutrition Insecurity Across AA & NHPI Ethnicities



Food insecurity was evaluated using the USDA six-item food security survey module. Those with a raw score of 2 to 6 are considered food insecure. Nutrition insecurity was evaluated using Tuft University's nutrition screener that asks, "Thinking about the last 12 months, how hard was it for you or your household to regularly get and eat healthy foods?" Those who responded "somewhat hard" or "very" are considered nutrition insecure.

Amplify AAPI and The Rockefeller Foundation

- How can we identify unmet needs when there is often a lack of representative data?
- That's why the Rockefeller Foundation co-funded Amplify AAPI, the largest, most representative public opinion panel of AA & NHPI communities.
- The Rockefeller Foundation is committed to data equity and representation.
- While most surveys are recruited for and conducted in only English and Spanish, Amplify AAPI conducts interviews in English, Mandarin, Cantonese, Korean & Vietnamese—with more languages to come.
- This helps lower the costs and barriers to recruiting representative participants and implementing surveys for all researchers.

Why did we conduct this survey?

- Asian Americans are often aggregated into a broader category which removes transparency into the differences within this population.
- The USDA only reports food insecurity with demographic categories as White/Black/Hispanic/Other. This leaves out one of the fastest growing demographics.
- Previously we only had Asian American data from California health survey, not nationwide.
- Asian Americans are not a monolith.
- We were also curious to learn more about nutrition security and cultural relationships to food.

Two nationwide studies were conducted using the Amplify AAPI Monthly from November 6–15, 2023 and December 4–11, 2023 survey drawing from NORC's Amplify AAPI® Panel designed to be representative of the U.S. Asian American, Native Hawaiian, and Pacific Islander household population. Online and telephone interviews were offered in English, the Chinese dialects of Mandarin and Cantonese, Vietnamese, and Korean with 1,000+ Asian American, Native Hawaiian, and Pacific Islanders aged 18 and older living in the United States. The margin of sampling error is +/- 4.4 percentage point.

How do we advance research within this population?

- We encourage other researchers to continue research on the AA & NHPI population by conducting their own surveys with Amplify AAPI: <https://amplifyaapi.norc.org>
- Welcome to explore more insights on this research here: <https://github.com/veepsrock/norc>
- For questions about this research, please reach out to Vivian Peng and Tazz Orchi at vpeng@rockfound.org and torchi@rockfound.org