

BEYOND ALICE



**Building Environments Yielding,
Opportunity, Nutrition, and Dignity**

**Asset Limited Income Constrained,
Employed**

Core Concept: The Food Insecurity Cycle

Food insecurity is not a single condition, but a cycle:

Deviation → Distress → Behavioral Barriers → Health & Social
Outcomes → Time-to-Impact

An analysis of systemic barriers to nutrition experienced by unique populations

	Availability	Consistency	Nutritional Value	Employment	Community Service	Ease	Self Reliance	Affordability	Accessibility
Under 18	★	★	★						
Over 18 NOT employed				★	★				
Over 18 Employed							★	★	
Disabled	★						★		★
Over 65						★		★	★

This report presents a behavioral and environmental framework for understanding food insecurity across diverse populations in Southern Apache County.

Evaluation criteria

Deviation (from Norms):

What environmental hurdles to basic nutrition?

Distress:

What emotional stress impedes basic nutrition?

Behavioral Barriers:

What behavior impedes basic nutrition?

Health & Social Outcomes:

What Health & Social Outcomes derive from poor nutrition?

Time-to-Impact

What is the timeline of food insecurity?

Saint Johns, Apache County, AZ

*Under 18 – Availability, Consistency, Nutritional Value

*Over 18 Unemployed – Employment, Community Service

*Over 18 Employed – Affordability, Self-Reliance

*Disabled – Affordability, Accessibility, Self-Reliance

*Over 65 – Affordability, Accessibility, Ease

Under 18 – Availability, Consistency, Nutritional Value

Availability

Deviation (from Norms):

What environmental hurdles to the availability of basic nutrition?

Availability to nutrition is typically impeded by guardians' finances, transportation and behavior, which is often exacerbated mental health, substance use, incarceration or homelessness.

Distress:

What emotional stress impedes the availability of basic nutrition?

Minors are typically willing to accept nutrition and react positively with little distress to the transaction.

Behavioral Barriers:

What behavior impedes the availability of basic nutrition?

Minors often lack the cognitive framework to evaluate nutritional value, making them more susceptible to the appeal of ultra-processed foods. However, this is not necessarily a hurdle as they will accept nutritional food for reasons not related to aesthetics.

Health & Social Outcomes:

What Health & Social Outcomes derive from the availability of poor nutrition?

Three (3) weeks of malnutrition leads to impairment of decision making, establishing/re-enforcing negative eating habits and Food Grief. Food Grief is a mental health–driven feedback loop condition when a person does not have or expect to acquire proper nutrition -due to lack of consistent nutrition.

Time-to-Impact

What is the timeline for the availability of food?

Minors enrolled in educational systems that provide nutrition are less likely to suffer systemic food insecurity than off-grid, home-schooled or unenrolled minors.

Consistency

Deviation (from Norms):

What are environmental hurdles to the consistency of basic nutrition?

Guardian may have inadequate food preparation skills or equipment to safely keep, prepare and serve nutritious food.

Distress:

What emotional stress impedes the consistency of basic nutrition?

Minors experiencing Food Grief can result in coping mechanisms that can exacerbate emotional distress into deviant behaviors that can include food hoarding, eating disorders and shame.

Behavioral Barriers:

What behavior impedes the consistency of basic nutrition?

Parental neglect in many forms; hyper-distraction, poor boundary setting with children, substance abuse. Often out of self-preservation these children become the voice of reason in the child-parent relationship.

Health & Social Outcomes:

What Health & Social Outcomes derive from the consistency of poor nutrition?

Children who suffer from Malnutrition experience learning deficit due to poor nutrition. Children who experience Food Grief may develop unhealthy coping mechanisms -this can persist their entire life.

Time-to-Impact

What is the timeline of food consistency ?

The effects of malnutrition take only weeks to manifest and may impact on the child well into adulthood.

Nutritional Value

Deviation (from Norms):

What are the environmental hurdles to acquiring nutritious food?

Children are subject to their guardian's ability to identify, purchase, prepare and serve healthy food options

Distress:

What emotional stress impedes acquiring basic nutrition?

Fear of environment or food insecurity, intimidated by brands they believe they cannot afford and shame associated with using SNAP or public resources.

Behavioral Barriers:

What behavior impedes acquiring basic nutrition?

Poor eating habits, irregular meal times, picky eating habits

Health & Social Outcomes:

What Health & Social Outcomes derive from poor nutrition?

Cognitive impairment, emotional well-being and physical health are all at risk.

Time-to-Impact

What is the timeline for nutritional food insecurity?

Children who consume ultra-processed food instead of a balanced diet can experience Food Grief and the effects of malnutrition.

Over 18 Unemployed – **Employment, Community Service**

Employment

Deviation (from Norms):

What environmental hurdles exist that impede employment to gain basic nutrition?

Lack of jobs, transportation needs, fuel costs, living conditions.

Distress:

What emotional stress impedes employment to gain basic nutrition?

Effects of substance use, low self-esteem feeling socially inadequate due to poverty.

Behavioral Barriers:

What behavior impedes employment to gain basic nutrition?

Poor or no work history, social media distraction, lack of social skills.

Health & Social Outcomes:

What Health & Social Outcomes derive from poor nutrition due to unemployment?

Food Grief, Over-reliance on assistance programs, stifled upward mobility,

Time-to-Impact

What is the timeline for food insecurity from unemployment?

Almost immediately unless a person has adequate savings or a safety net.

Community Service

Deviation (from Norms):

What environmental hurdles affect one's ability to perform community service to obtain basic nutrition?

Lack of community service opportunity, transportation, lack of direction by role models.

Distress:

What emotional stress impedes one's ability to perform community service to obtain basic nutrition?

Divorce or life altering events, limited perspectives,

Behavioral Barriers:

What behavior impedes one's ability to perform community service to obtain basic nutrition?

Reduced engagement, low motivation, or learned dependency patterns, social media distraction, substance use, disinterest.

Health & Social Outcomes:

What Health & Social Outcomes derive from one's inability to perform community service to obtain basic nutrition?

Social Isolation, entitlement, depression

Time-to-Impact

What are the time constraint limitations to one's ability to perform community service in order to obtain food security?

There are no time-based limitations to one's ability to serve themselves while helping others to gain nutritional resources.

Over 18 Employed

Affordability

Deviation (from Norms):

What environmental hurdles are there to obtain affordable basic nutrition?

Prices of food, transportation, homelessness

Distress:

What emotional stress impedes having affordable basic nutrition?

Stresses related to cost of living, transportation and fuel expense to acquire food and loss of buying power.

Behavioral Barriers:

What behavior impedes having affordable basic nutrition?

Habitual Tobacco, Alcohol or Substance abuse expenses often come before nutritional expenses which stems from inadequate budgeting of personal resources.

Health & Social Outcomes:

What Health & Social Outcomes derive from having affordable poor nutrition?

Those who experience Food Grief are subject to inadequate nutrition in this condition their analytical judgement becomes less reliable, and formation of unhealthy coping mechanisms can lead to lifetime of malnutrition.

Time-to-Impact

What is the timeline of Health & Social Outcomes in food insecurity?

The negative effects of malnutrition begin to show within weeks, erratic behavior, hopelessness and Food Grief appear by the third week of inadequate nutrition.

Self-Reliance

Deviation (from Norms):

What environmental hurdles to self-reliance in basic nutrition?

Inadequate living and food preparation conditions.

Distress:

What emotional stress impedes self-reliance in basic nutrition?

Those experiencing malnutrition are susceptible to mood swings, psychological deviance and cyclical depression.

Behavioral Barriers:

What behavior impedes self-reliance in basic nutrition?

Inadequate personal time accountability, substance abuse, irresponsible spending habits. Wasteful grocery purchases.

Health & Social Outcomes:

What Health & Social Outcomes derive from poor nutritional self-reliance?

Depression, malnutrition, Food Grief, personal malaise.

Time-to-Impact

What is the timeline of no self-reliance in food insecurity?

Unfortunately, a person may not be nutritionally self-reliant for large portions of their life.

Disabled

Affordability

Deviation (from Norms):

What environmental hurdles are there to having affordable basic nutrition?

Physical health limitations, inadequate transportation, generational malnutrition, inadequate resources to prep, serve and store nutrition.

Distress:

What emotional stress impedes having affordable basic nutrition?

Depression, financial obligations, health problems.

Behavioral Barriers:

What behavior impedes having affordable basic nutrition?

Substance Use, Poor eating habits, physical limitations due to health, wasteful use of financial resources for nutrition.

Health & Social Outcomes:

What Health & Social Outcomes derive from having affordable poor nutrition?

Death, hospitalization, desperation, poor decision making, risky alliances.

Time-to-Impact

What is the timeline of Health & Social Outcomes in food insecurity?

Unfortunately, a disabled person may not be nutritionally self-reliant for large portions of their life.

Self-Reliance

Deviation (from Norms):

What environmental hurdles to self-reliance in basic nutrition?

Inadequate resources for long-term food stability, physical health limitation, isolation, transportation resources,

Distress:

What emotional stress impedes self-reliance in basic nutrition?

Physical limitations due to health can lead to a feeling of hopelessness

Behavioral Barriers:

What behavior impedes self-reliance in basic nutrition?

Physical limitations due to health,

Health & Social Outcomes:

What Health & Social Outcomes derive from poor nutritional self-reliance?

Food Grief, malnutrition, physical wasting

Time-to-Impact

What is the timeline of no self-reliance in food insecurity?

Time frames for self-reliance are often directly related to mobility

*Accessibility

Deviation (from Norms):

What environmental hurdles impede regular accessibility to basic nutrition?

Limited transportation, systemic barriers to gain access to SNAP or other food assistance, high grocery prices.

Distress:

What emotional stress impedes regular accessibility to basic nutrition?

Hopelessness and “giving up”, psychosis, mental health

Behavioral Barriers:

What behavior impedes regular accessibility to basic nutrition?

Poor Mobility, limited food-prep ability, exacerbated mental health conditions

Health & Social Outcomes:

What Health & Social Outcomes derive regular accessibility to poor nutrition?

Food Grief, Wasting, Malnutrition, Social Isolation, Death

Time-to-Impact

What is the timeline poor accessibility of food insecurity?

Unfortunately, a disabled person may not be nutritionally self-reliant for large portions of their life.

Over 65

Affordability

Deviation (from Norms):

What environmental hurdles are there to having affordable basic nutrition?

Rising food prices, transportation expenses, high fuel costs, inability to prepare, serve and store whole food.

Distress:

What emotional stress impedes having affordable basic nutrition?

Dementia. Mental Health, loneliness.

Behavioral Barriers:

What behavior impedes having affordable basic nutrition?

Substance use, isolation, poor spending habits,

Health & Social Outcomes:

What Health & Social Outcomes derive from having affordable poor nutrition?

Food Grief, Wasting, Malnutrition, Social Isolation, Death

Time-to-Impact

What is the timeline of Health & Social Outcomes in food insecurity?

As years go by, seniors on fixed incomes become more food insecure due to affordability as rising living expenses reduce buying power.

Accessibility

Deviation (from Norms):

What environmental hurdles are used to regular accessibility to basic nutrition?

Transportation, food prices, low-cost economical sizes of food go to waste before used, homelessness

Distress:

What emotional stress impedes regular accessibility to basic nutrition?

Food Grief, helplessness, confusion

Behavioral Barriers:

What behavior impedes regular accessibility to basic nutrition?

Substance use, alcohol abuse, isolation, mobility related procrastination

Health & Social Outcomes:

What Health & Social Outcomes derive regular accessibility to poor nutrition?

Food Grief, Wasting, Malnutrition, Social Isolation, Death

Time-to-Impact

What is the timeline poor accessibility of food insecurity?

Food Instability timeline can stem from issues related to transportation, financial status and socialization.

Ease

Deviation (from Norms):

What environmental hurdles to ease of making basic nutrition?

Lack of appropriate kitchen tools, cost of utilities, rising cost of food, ultra-processed food dominance in the low-cost food market.

Distress:

What emotional stress impedes ease of making basic nutrition?

Confusion, Inadequacy, embarrassment, loneliness, physical exhaustion and malaise.

Behavioral Barriers:

What behavior impedes ease of making basic nutrition?

Physical performance due to disease or aging, Substance use, too much sleep, isolation.

Health & Social Outcomes:

What Health & Social Outcomes derive from ease access to poor nutritional options?

Food Grief, Wasting, Malnutrition, Social Isolation, Death

Time-to-Impact

What is the timeline for ease in acquiring/preparing food ?

The timeline associated with the ease of acquiring or preparing healthy food is directly related to an aging person's physical and financial limitations.

Barriers across all populations to nutrition

- *Transportation limitations*
- *Rising food and fuel costs*
- *Mental health challenges*
- *Substance use*
- *Limited food preparation resources*
- *Social isolation*

Beyond ALICE: Understanding the Food Insecurity Cycle

