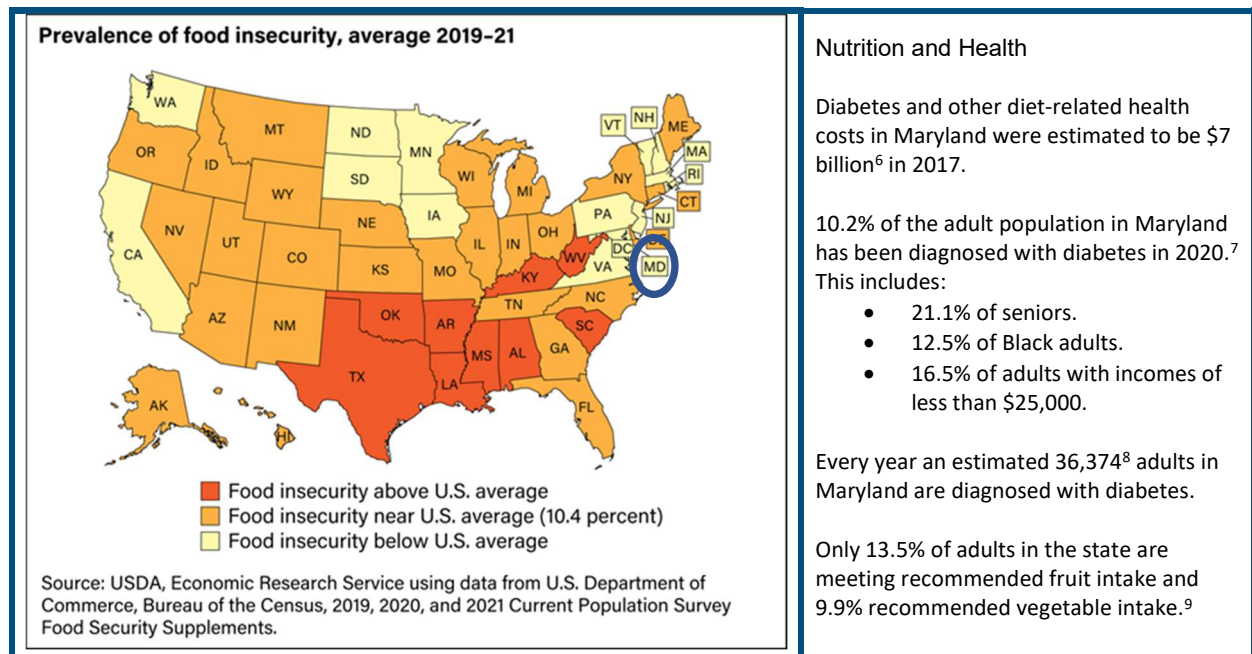# Maryland

A Hunger and Poverty Snapshot

Between 2019-2021:
- Food insecurity in Maryland averaged 8.7%.[1]
- Maryland's food insecurity rate was 16% lower than the national average of 10.4%.[2]
- The poverty rate in Maryland in 2021 (using the Supplemental Poverty Measure) was 9.6%, which was 1.8 percentage points higher than the nation overall (7.8%).[3]
- Maryland's poverty rate is high compared to the rest of the nation in large part because of the high cost of housing. Four in 10 low-income people in Maryland are homeless or pay over half their income for rent.[4]
- SNAP, alone, lifted 99,000 people above the poverty line in Maryland, including 49,000 children, per year between 2013 and 2017, on average.[5]

Prevalence of food insecurity, average 2019–21

- Food insecurity above U.S. average
- Food insecurity near U.S. average (10.4 percent)
- Food insecurity below U.S. average

Source: USDA, Economic Research Service using data from U.S. Department of Commerce, Bureau of the Census, 2019, 2020, and 2021 Current Population Survey Food Security Supplements.

Nutrition and Health

Diabetes and other diet-related health costs in Maryland were estimated to be $7 billion[6] in 2017.

10.2% of the adult population in Maryland has been diagnosed with diabetes in 2020.[7] This includes:
- 21.1% of seniors.
- 12.5% of Black adults.
- 16.5% of adults with incomes of less than $25,000.

Every year an estimated 36,374[8] adults in Maryland are diagnosed with diabetes.

Only 13.5% of adults in the state are meeting recommended fruit intake and 9.9% recommended vegetable intake.[9]

Why Bread for the World is Focused on the Farm Bill

The Farm bill is scheduled to be reauthorized in 2023. No legislation has more impact than a farm bill on the US food system and the nation's ability to provide healthy food at affordable prices to everyone.

Bread for the World's farm bill priorities include a focus on nutrition, equity, and sustainability. We believe Maryland has a lot to gain from a farm bill legislated with these priorities in mind.

Nutrition	Equity	Sustainability
Bread for the World supports strengthening SNAP in Maryland. Not only is SNAP the flagship food security and nutrition program, it is indispensable to better health outcomes and economic prosperity. In 2021, 13% of Maryland residents were helped by SNAP.[10] • Roughly 261,500 workers in Maryland live in households that participated in SNAP in 2021.[11] • SNAP helps 1 in 12 workers in Maryland put food on the table.[12] • 62% of SNAP participants were in families with children, and 38% in families with members who are older adults or are disabled.[13] • 91% of all SNAP-eligible people in Maryland participate in the program.[14]	The Maryland population is 49% white. According to the most recent Census of Agriculture, 95% of farmers and ranchers (producers) in Maryland are white and occupy 99% of all farmland.[15] • Black producers represent <1% and occupy <1% of farmland. • Hispanic producers represent <1% and occupy <1% of farmland. • Asian producers represent <1% and occupy <1% of farmland. • Indigenous producers represent <1% and occupy <1% of farmland.	Bread for the World is committed to eradicating food insecurity by building a more sustainable food system in Maryland. Reducing unnecessary food waste is one way to build a more sustainable food system. In 2019, 1.06 million tons[16] of surplus food in Maryland went to waste instead of reaching those who needed it, an amount equal to: • 1.7 billion meals unsold or uneaten.[17] • $7.37 billion in lost sales.[18] • Annual CO_2 emissions produced by 997,623 gasoline-powered cars.[19],[20]

Footnotes

[1] https://www.ers.usda.gov/webdocs/publications/104656/err-309.pdf?v=9924.5

[2] Bread for the World, based on USDA reporting, See Note 1.

[3] https://www.census.gov/content/dam/Census/library/publications/2022/demo/p60-277.pdf

[4] https://www.cbpp.org/research/housing/federal-rental-assistance-fact-sheets#MD

[5] https://www.cbpp.org/research/food-assistance/a-closer-look-at-who-benefits-from-snap-state-by-state-fact-sheets#Maryland

[6] https://diabetes.org/about-us/statistics/by-state

[7] https://www.americashealthrankings.org/explore/annual/measure/Diabetes/state/MD

[8] https://diabetes.org/about-us/statistics/by-state

[9] https://www.cdc.gov/mmwr/volumes/71/wr/mm7101a1.htm?s_cid=mm7101a1_w#T1_down

[10] https://www.cbpp.org/research/food-assistance/a-closer-look-at-who-benefits-from-snap-state-by-state-fact-sheets#Maryland

[11] https://www.cbpp.org/snap-helps-low-wage-workers-in-every-state#Maryland

[12] https://www.cbpp.org/snap-helps-low-wage-workers-in-every-state#Maryland

[13] https://www.cbpp.org/research/food-assistance/a-closer-look-at-who-benefits-from-snap-state-by-state-fact-sheets#Maryland

[14] https://www.fns.usda.gov/usamap

[15] https://www.nass.usda.gov/Publications/AgCensus/2017/Full_Report/Census_by_State/Maryland/

[16] https://insights-engine.refed.org/food-waste-monitor?break_by=food_type&indicator=tons-surplus&view=detail&year=2019

[17] https://insights-engine.refed.org/food-waste-monitor?break_by=food_type&indicator=tons-surplus&view=detail&year=2019

[18] https://insights-engine.refed.org/food-waste-monitor?break_by=food_type&indicator=tons-surplus&view=detail&year=2019

[19] https://insights-engine.refed.org/food-waste-monitor?break_by=food_type&indicator=tons-surplus&view=detail&year=2019

[20] https://www.epa.gov/energy/greenhouse-gas-equivalencies-calculator