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

Nutrition and Health

Diabetes and other diet-related health costs in Maryland were estimated to be $7 billion⁶ 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 36,374⁸ 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.
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<tr>
<th>Nutrition</th>
<th>Equity</th>
<th>Sustainability</th>
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<tr>
<td>Bread for the World supports strengthening SNAP in Maryland.</td>
<td>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.</td>
<td>Bread for the World is committed to eradicating food insecurity by building a more sustainable food system in Maryland.</td>
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<td>Not only is SNAP the flagship food security and nutrition program, it is indispensable to better health outcomes and economic prosperity.</td>
<td>• Black producers represent &lt;1% and occupy &lt;1% of farmland.</td>
<td>Reducing unnecessary food waste is one way to build a more sustainable food system.</td>
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<td>In 2021, 13% of Maryland residents were helped by SNAP.</td>
<td>• Hispanic producers represent &lt;1% and occupy &lt;1% of farmland.</td>
<td>In 2019, 1.06 million tons of surplus food in Maryland went to waste instead of reaching those who needed it, an amount equal to:</td>
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<td>• Roughly 261,500 workers in Maryland live in households that participated in SNAP in 2021.</td>
<td>• Asian producers represent &lt;1% and occupy &lt;1% of farmland.</td>
<td>• 1.7 billion meals unsold or uneaten.</td>
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<td>• SNAP helps 1 in 12 workers in Maryland put food on the table.</td>
<td>• Indigenous producers represent &lt;1% and occupy &lt;1% of farmland.</td>
<td>• $7.37 billion in lost sales.</td>
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<td>• 62% of SNAP participants were in families with children, and 38% in families with members who are older adults or are disabled.</td>
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<td>• Annual CO2 emissions produced by 997,623 gasoline-powered cars.</td>
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<td>• 91% of all SNAP-eligible people in Maryland participate in the program.</td>
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**Footnotes**

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](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](https://www.cbpp.org/research/housing/federal-rental-assistance-fact-sheets#MD)
7. [https://www.americas-healthrankings.org/explore/annual/measure/Diabetes/state/MD](https://www.americas-healthrankings.org/explore/annual/measure/Diabetes/state/MD)
9. [https://www.cdc.gov/mmwr/volumes/71/ww/mm7101al.htm?s_cid=mm7101a1_w#T1](https://www.cdc.gov/mmwr/volumes/71/ww/mm7101al.htm?s_cid=mm7101a1_w#T1)
11. [https://www.cbpp.org/research/housing/federal-rental-assistance-fact-sheets#MD](https://www.cbpp.org/research/housing/federal-rental-assistance-fact-sheets#MD)
13. [https://www.cbpp.org/research/housing/federal-rental-assistance-fact-sheets#MD](https://www.cbpp.org/research/housing/federal-rental-assistance-fact-sheets#MD)
20. [https://www.epa.gov/energy/greenhouse-gas-equivalencies-calculator](https://www.epa.gov/energy/greenhouse-gas-equivalencies-calculator)