Housing insecurity is lack of security in an individual shelter that is the result of high housing costs relative to income, poor housing quality, unstable neighborhoods, and overcrowding.

1 out of 5 participants report they have moved in the last 12 months.

Adults between the ages of 18-34 reported more housing insecurity than any other age group.

39% vs 61%

More women reported moving in the last 12 months compared to men.

Of those who experience housing insecurity, over 70% make less than $100,000 a year.
Health and Wellbeing of Georgia

FINANCIAL DISTRESS

People who earn less than $50,000 reported more financial distress than those of a higher income.

Adults 18 and 34 years reported more financial distress compared to adults ages 65 & older.

People with a higher education degree have less financial distress than those who don't.

Married people are less stressed about meeting their financial obligations than unmarried people.

34% vs 47%

More women reported experiencing more financial distress compared to men.

47% vs 27%

Adults 18 and 34 years reported more financial distress compared to adults ages 65 & older.
Human Development and Family

**SELF-EFFICACY**

Self-Efficacy is the degree to which people experience positive or negative feelings about managing to solve problems, accomplish goals, and handle unforeseen situations.

36% vs 16%
Adults between ages 18 - 34 feel less confident in solving their problems than adults 65 and older.

1 in 5 Georgians do not feel confident in their ability to handle difficulties they experience.

Those who are not married are more likely to feel less efficacious compared to married couples.

Those earning less than $50,000 are more likely to report lower self efficacy than those earning $100,00 or more.

Those without a college degree are more likely to report feeling less confident in their ability to handle difficulties.

1 in 5 Georgians do not feel confident in their ability to handle difficulties they experience.
People with higher education degree reported more confidence about doing a good job as a parent.

Married parents were more likely to feel confident in their parenting ability than those who are not married.

Black people reported more confidence about doing a good job as a parent than other races.

8% of Georgians report having low parenting efficacy.

1 in 5 Georgians is not satisfied in their couple relationship.

People making under $50,000 were more likely to report being unhappy in their relationship vs those making $100,000 or more.

30% vs 11%
People who earn less than $50,000 were more likely to report NEVER doing any physical activity than those of a higher income.

32% of women reported NEVER doing any physical activity compared to 19% of men.

1 in 5 Georgians meet weekly physical activity guidelines (30 minutes a day, 5 days per week).

1 out of 5 Georgians report being in a poor or fair health.

50% of men and 30% of women report meeting strength training guidelines (2 days per week).

More adults between ages 18 - 34 reported an excellent health than those 45 years and older.
Women are more likely to have itching, burning or irritation of eyes compared to men.

Non-Hispanic are more likely to be fatigued than Hispanics.

Lower income individuals are more likely to report throat symptoms and rural more likely to report cough symptoms.
Those making less than $50,000 are less likely to eat fruits and vegetables daily.

**Urban vs Rural**

2 in 5 Georgians eat fruit at least once a day.

1 in 5 Georgians consume leafy vegetables at least once a day.

**Income**

Those making less than $50,000 are less likely to eat fruits and vegetables daily.

**Fruit Consumption**

2 in 5 Georgians eat fruit at least once a day.

**Urban dwellers consume more fruits and leafy greens daily than rural.**

**Need For Healthy Foods**

9 in 10 Georgians report a need for healthy foods in their community.

The goal is to eat:
- 2 cups of fruit a day
- 2.5 cups of vegetables a day
**Friends & Family (F&F)**

Northwest residents are more likely to get food safety information from F & F than Southeast & Northeast.

**Race**

BLACKS more often rinse or wash meat or poultry before preparation.

**Urban vs Rural**

Rural dwellers more often rinse or wash meat or poultry before cooking it than urban dwellers.

**Race**

WHITES are more likely to use different plates for handling raw and cooked meat.
People who live on urban areas reported a higher quality of life than those of rural areas.

People who earn less than $50,000 reported a lower quality of life than those of a higher income.

3 out of 5 participants are relatively satisfied with their quality of life.

Non-Hispanic reported on average more quality of life than Hispanic.

Adults between ages 18-34 reported lower quality of life than those ages 65 or older regardless of income.
PERCEIVED STRESS

**Perceived stress** is the feeling of being unable to control, handle personal problems, important things in one's life and overcome difficulties.

- More women than men reported being stress either "fairly often" or "very often".
- People making less than $50,000 are more likely to be stressed than those of a higher income.
- Younger adults (ages 18 - 34) are more likely to be stressed than any other age group.
- People living in urban areas are less likely to be stressed than those living in rural areas.
People who reported a high quality of life also report less perceived stress, less financial distress, greater self-efficacy, and more parenting efficacy.

Affordable housing was reported being the least available, least accessible and most needed resource statewide.

People between 35 and 64 reported more need for resources than other groups.

Percent of people who report places to exercise are always available.

38% Rural vs 46% Urban
People who report a high quality of life also report greater availability of community health resources.

WOMEN were more likely to report resources were less available, less accessible and were needed more statewide than men.

Those with high stress were less likely to report mental health resources are available or accessible.

59% Percent of Georgians believe maternal health resources are often or always needed.