

What is The State of Food Security and Nutrition in the United States?

By: Al Haque

For this story the audience were a mix of democratic and republican representatives that are looking for reasons to renew/expand funding for various govt programs

What is Food Security?

- USDA ERS defines **food security** as consistent access to enough food for a healthy life by all household members
- **Food insecurity** is a household's limited access to food due to economic and social factors, while hunger is an individual's physical condition resulting from food insecurity
- **Low Food Security** defined as households with normal eating patterns of one or more household members were disrupted and food intake was reduced at times during the year because they had insufficient money or other resources for food.
- **Basic Food Security:**
 - Access to nutritionally adequate and safe food along with the ability to obtain acceptable food through socially acceptable means

Link: <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/interactive-charts-and-highlights/>

Why does it Matter?

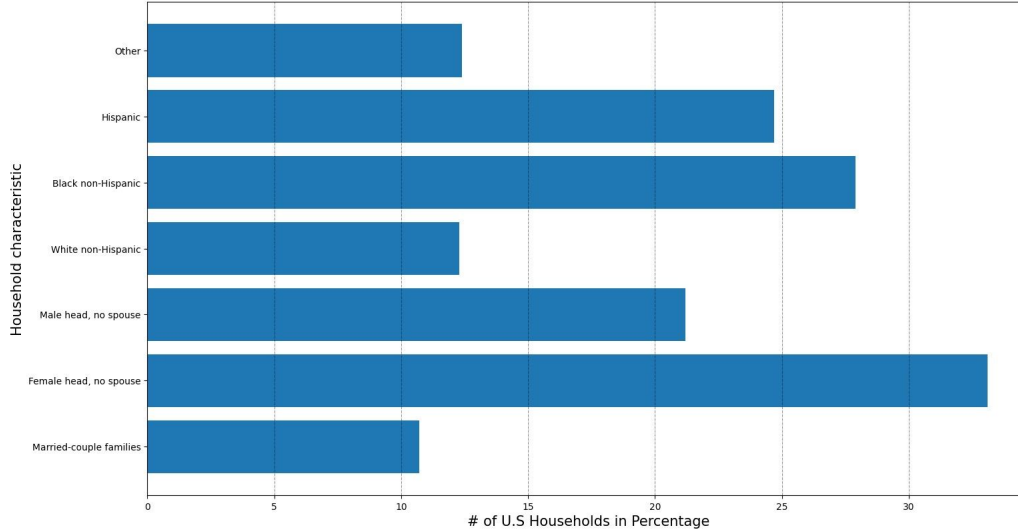
- Food insecurity is a important health problem **facing children** in the United States
- Research has shown that food insecurity to be associated with a slew of negative outcomes for children, including worse general health, increased use of emergency department (ED) services, worse academic performance, poorer social outcomes, and anxiety and depression
- reductions in food amount or quality or disrupted eating patterns may lead to poorer weight outcomes and immune system functioning
- Even when children do not experience reduced food intake, however, they may have poorer nutrition or eat lower-quality food because food-insecure households are more likely to have tight budget constraints and purchase cheaper, energy-dense foods.



Source:<https://publications.aap.org/pediatrics/article/144/4/e20190397/38475/Food-Insecurity-and-Child-Health?autologincheck=redirected>

Food insecurity percentage in Households with Children (2022)

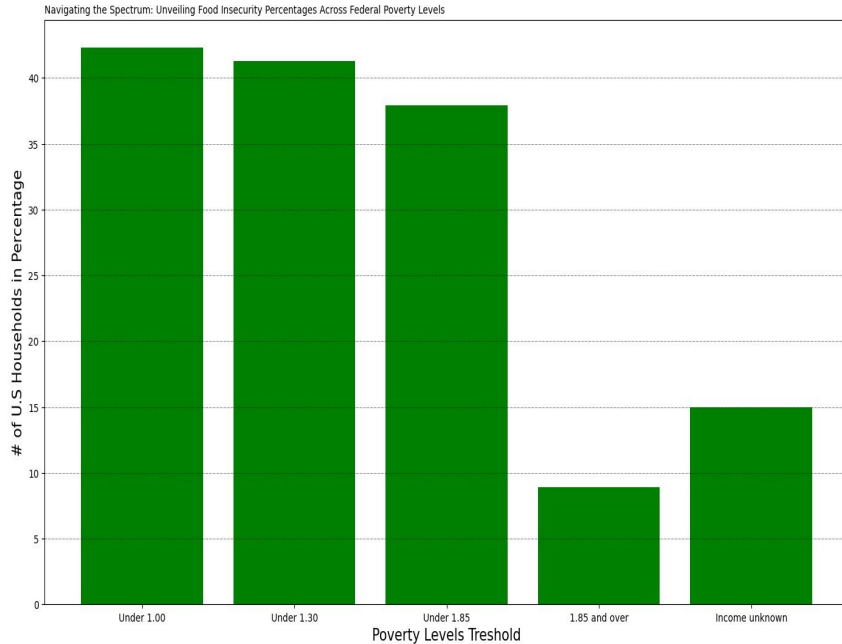
Beyond the Bars: Unveiling the Faces of Food Insecurity in American Homes



-Food Insecurity varies from various households

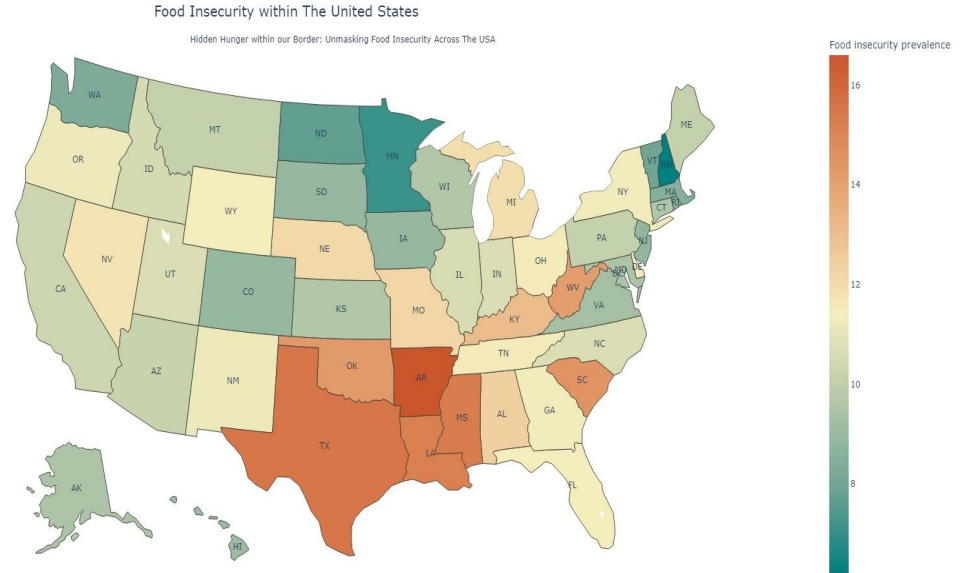
- Households that suffer from food insecurity are black, hispanic and single female households

Food Insecurity Across Federal Poverty Levels: Percentage (2022)

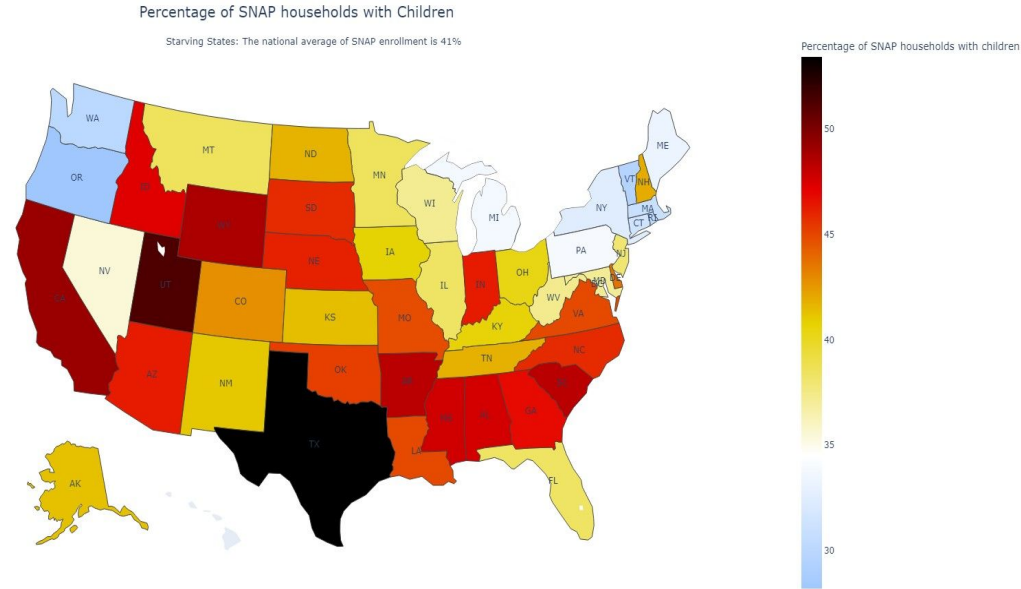


- Households that are under the federal poverty level (under 185%) are food insecure compared to those that aren't
- The less income a household has, the more food insecure they are

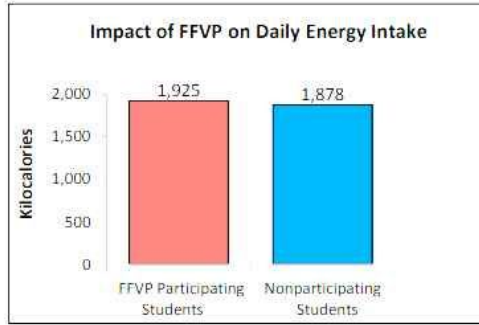
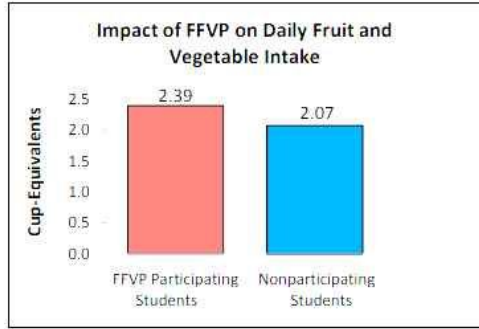
- Prevalence rate of Food Insecurity varies considerably state to state
- States like Texas, Oklahoma suffer from higher portions of food insecurity compared to other states..



- Increasing SNAP Enrollment can help decrease Food Insecurity
- National State Average Enrollment is 41%



Fresh Fruit and Vegetables Program (FFVP)



- Increasing Funding for The FFVP Initiative allow more schools to help students gets exposed to more nutrition
- FFVP students consumed more carbohydrates, beta carotene, vitamins A and C, and fiber than non participating students.
- FFVP schools offered nutrition education more frequently than nonparticipating schools

To recap :

- Food Insecurity varies from household to household
- A greater portion of food insecure households with children are usually under the federal poverty line (Usually under 185%)
- Most food insecure households are black non hispanic and single female households
- Increasing funding on SNAP and FFVP can reduce the amount of food insecurity among families and increase nutrition intake for children in school

Sources:

<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/interactive-charts-and-highlights/> (Food Security Data by The USDA)

<https://publications.aap.org/pediatrics/article/144/4/e20190397/38475/Food-Insecurity-and-Child-Health?autologincheck=redirected> (Background Information..)

<https://www.fns.usda.gov/yearly-trends> (Trends For SNAP Participation.)

<https://www.ers.usda.gov/publications/pub-details/?pubid=80541> (Where Households gets Food From A Typical Week..)

<https://www.fns.usda.gov/evaluation-fresh-fruit-and-vegetable-program> (FFVP study..)

THANK
YOU