

What Is The State of Food Security and Nutrition in the US?

A Graphical Story by Umer Farooq

Food Insecurity and Nutrition in USA

The United Nations Food and Agriculture Organization publication, The State of Food Security and Nutrition in the World 2022 (<https://www.fao.org/documents/card/en/c/cc0639en>) might lead one to the conclusion that it's an elsewhere problem. That the people who are suffering malnutrition and starvation are "elsewhere", not in our backyard. In this story we are taking a closer look here at home (the US). Below are some points that needs to be considered before looking at the story:

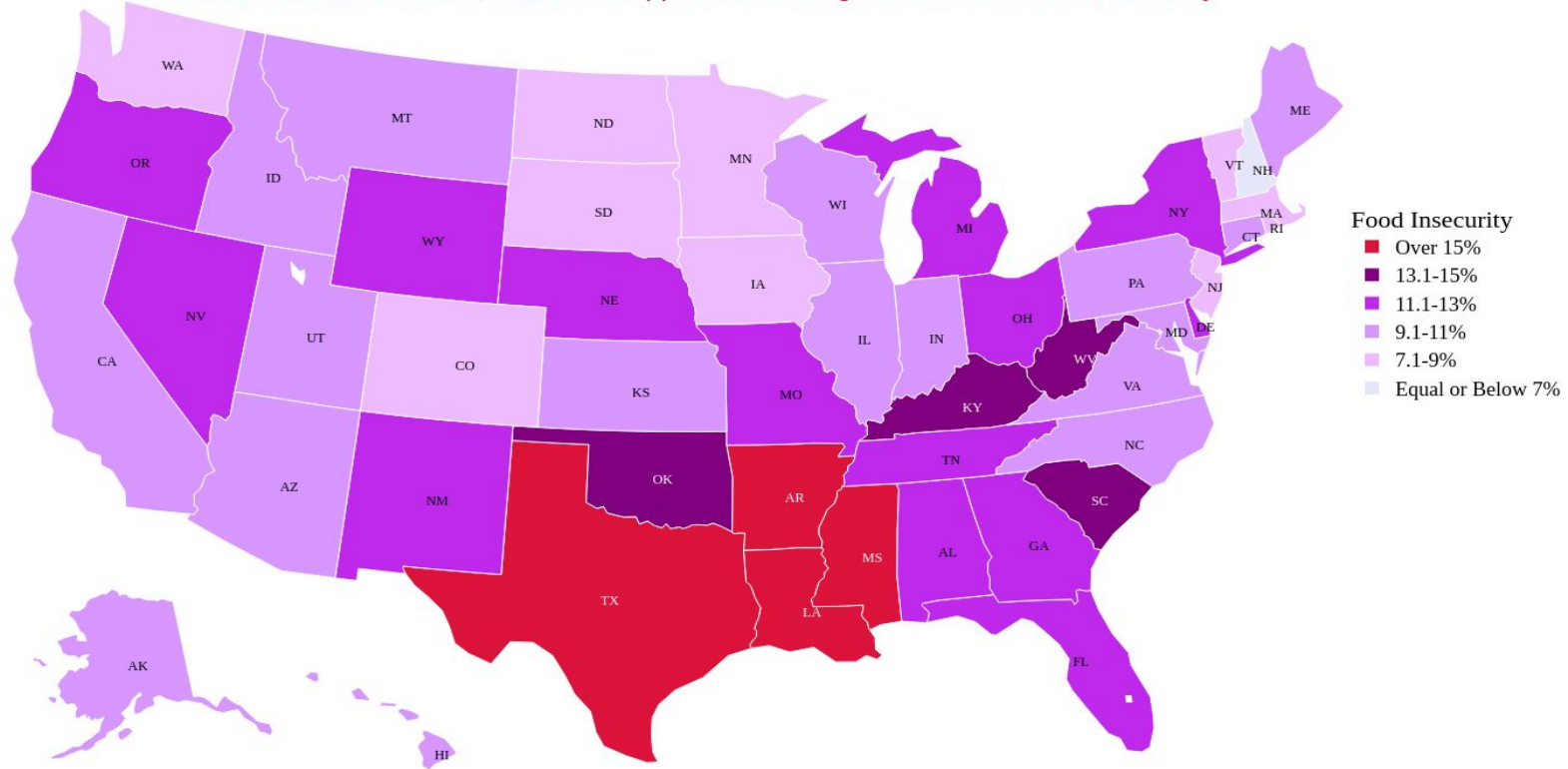
- All the data used for each visualization is from the year 2020-21.
- Majority of people confuses food insufficiency (hunger or scarcity) with food insecurity
- Food insecurity here means food with low quality nutrition.
- All the data is about food insecurity



How Much Food Insecure US Is By Each State

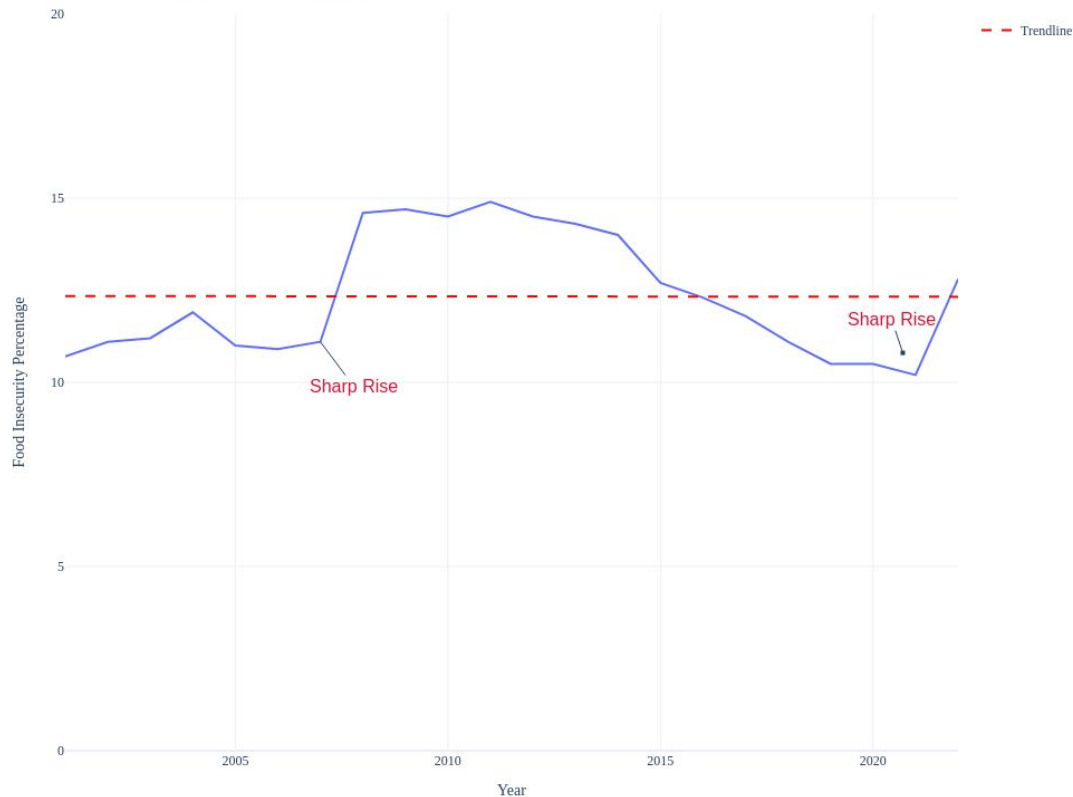
Food Insecurity By State

Texas, Louisiana, Arkansas, and Mississippi Have the Highest Rates of Food Insecurity



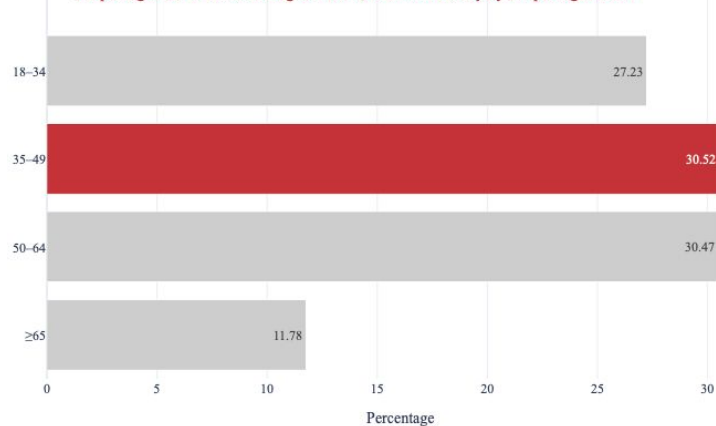
What Is The Trend Of Food Insecurity And How Much US Is Food Insecure By Age Group And Gender?

Food Insecurity Rates Sharply Increased After 2008 Financial Crisis and 2020 Pandemic



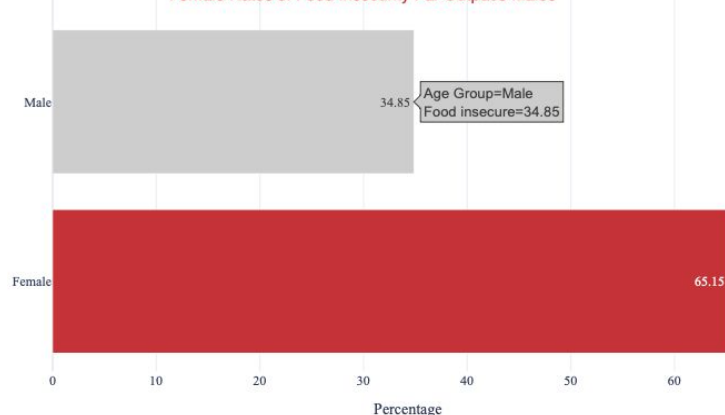
Food Insecurity by Age Group (Weight Adjusted for Age Group)

People Ages 35-49 Have the Highest Rates, Followed closely by People Ages 50-64



Food Insecurity By Gender (Weight Adjusted for Gender)

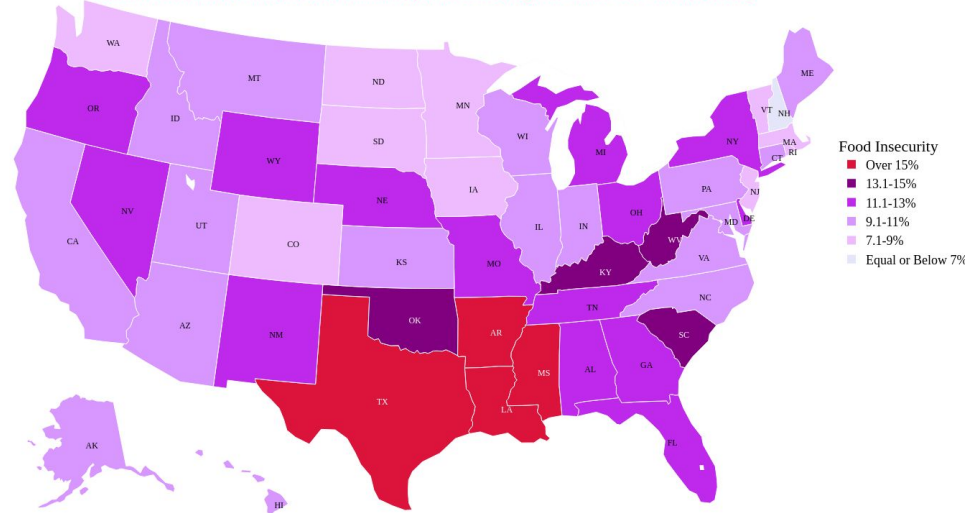
Female Rates of Food Insecurity Far Outpace Males



Does Food Insecurity Correlates Poverty?

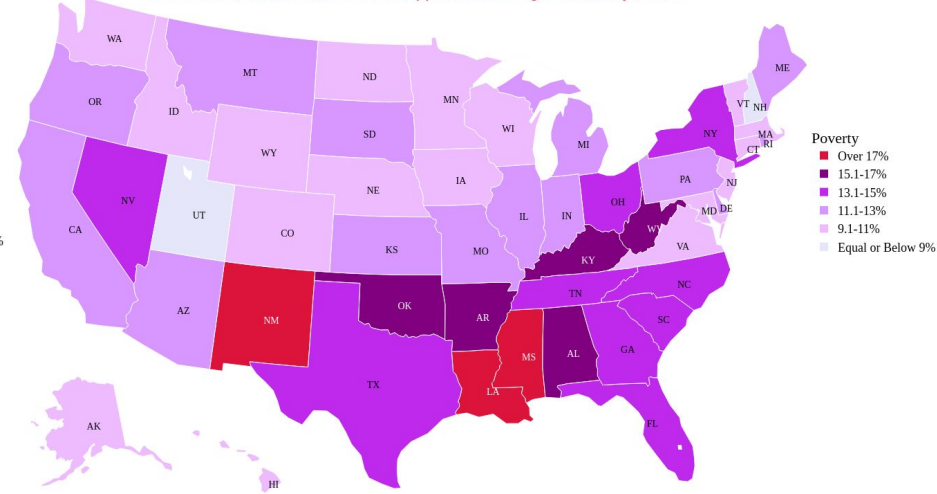
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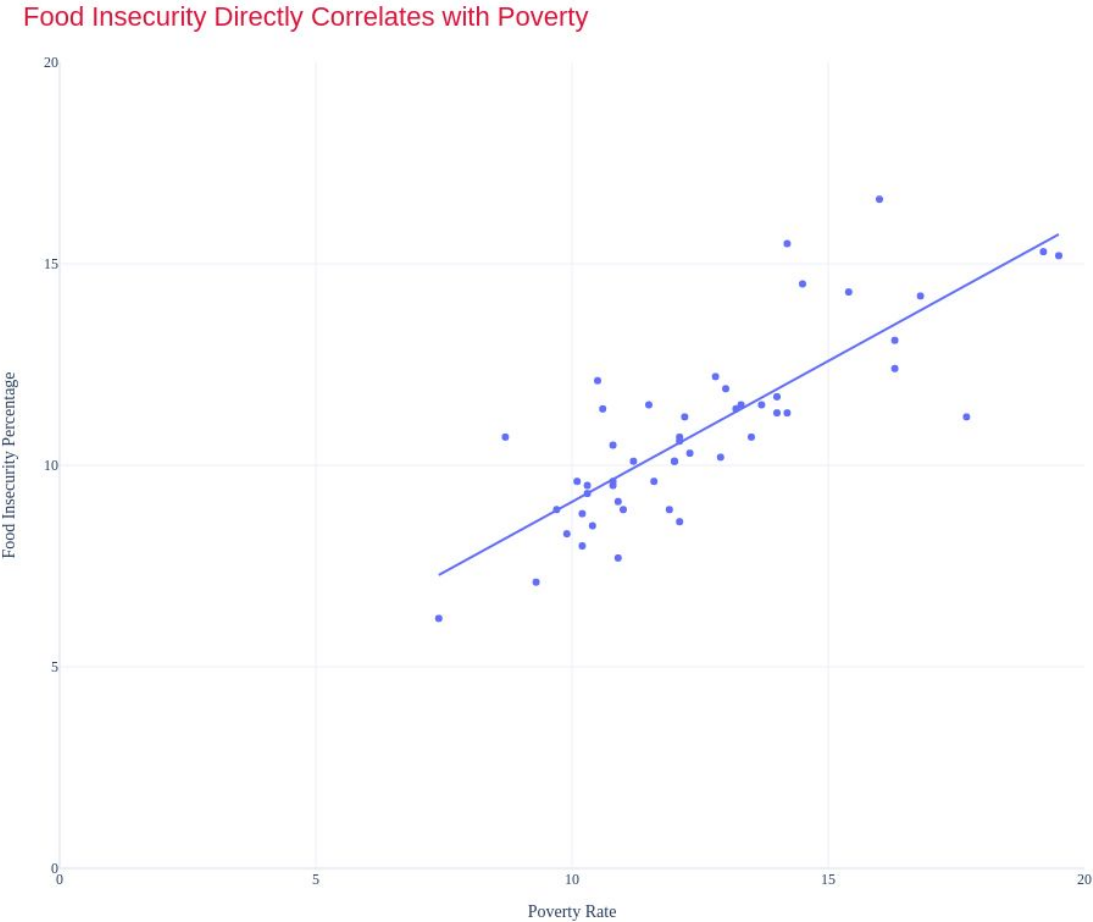


Poverty By State

New Mexico, Louisiana, and Mississippi Have the Highest Poverty Rates



Does Food Insecurity Correlates Poverty?

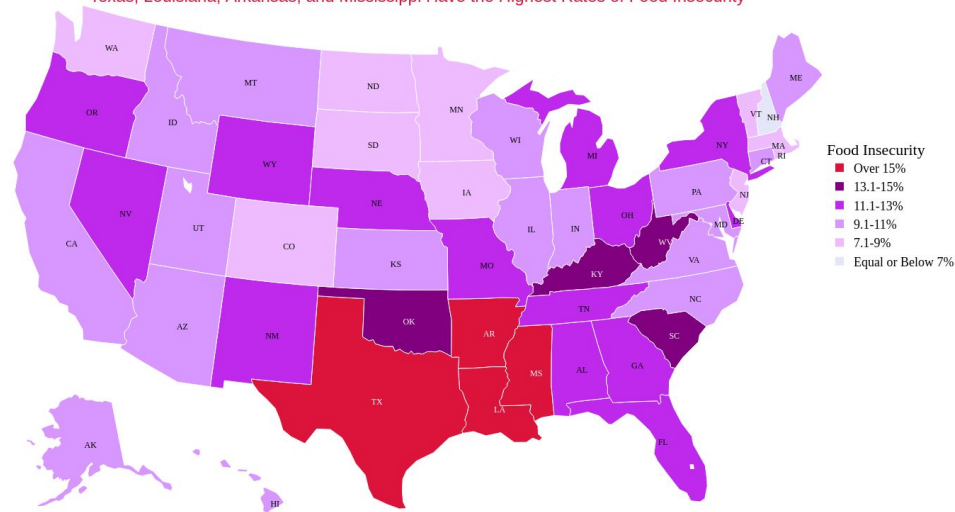


What Does Food Insecurity Causes?

Low birth weight has been experienced in States which has relatively higher food insecurity

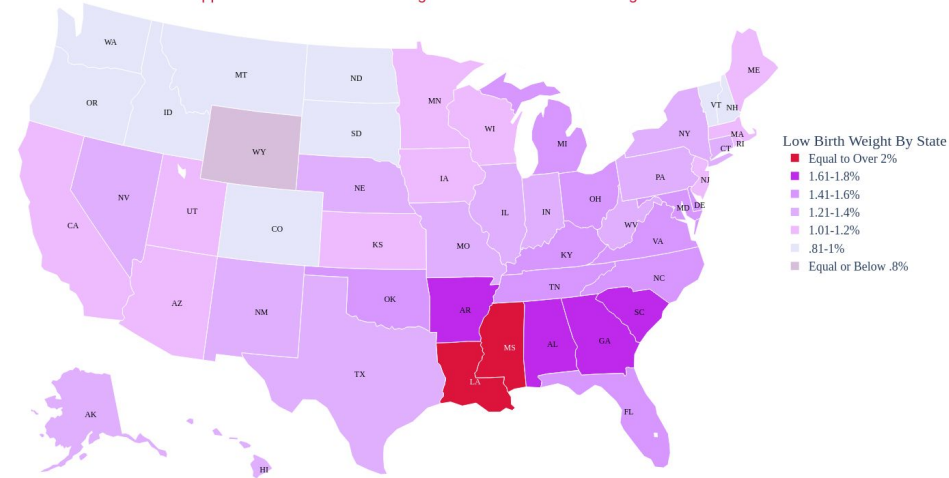
Food Insecurity By State

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Low Birth Weight by State

Mississippi and Louisiana have the Highest Rates of Low Birth Weight

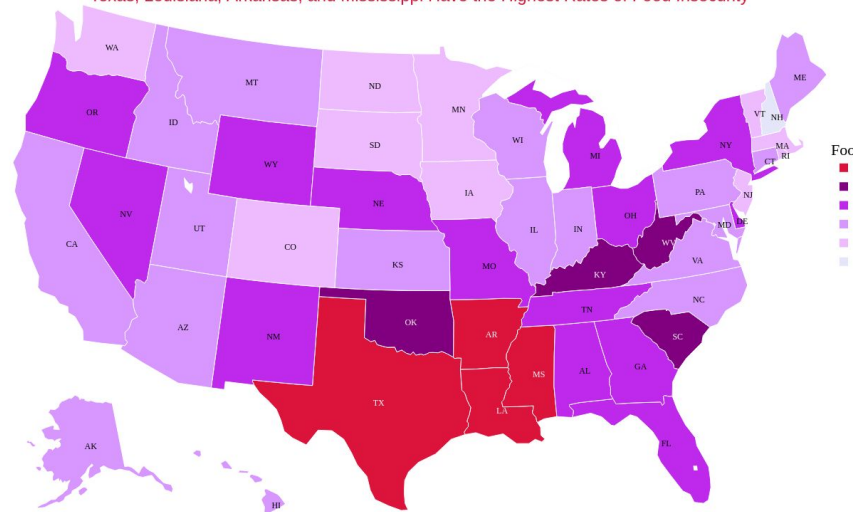


What Does Food Insecurity Causes?

Higher obesity rates in child and teen has been experienced in States which has relatively higher food insecurity

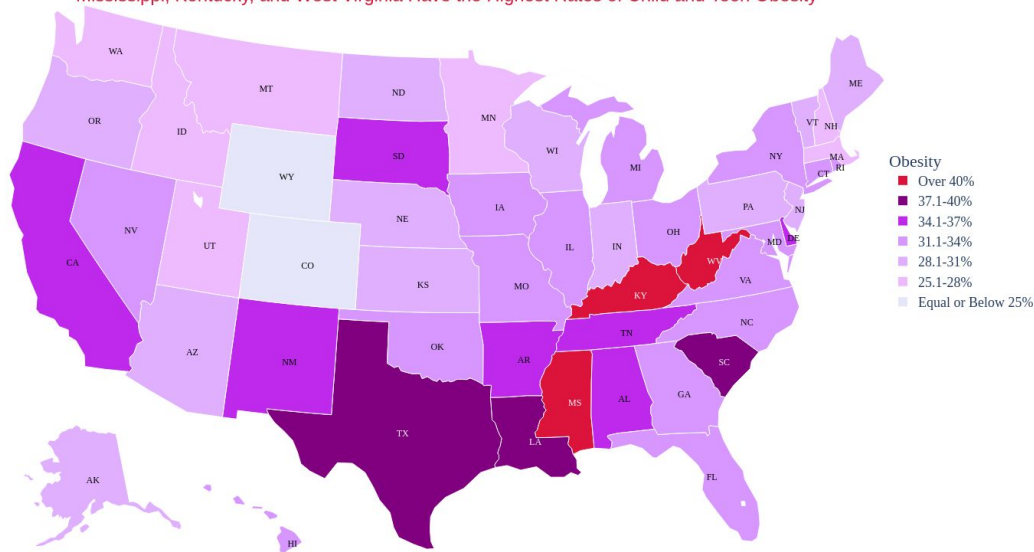
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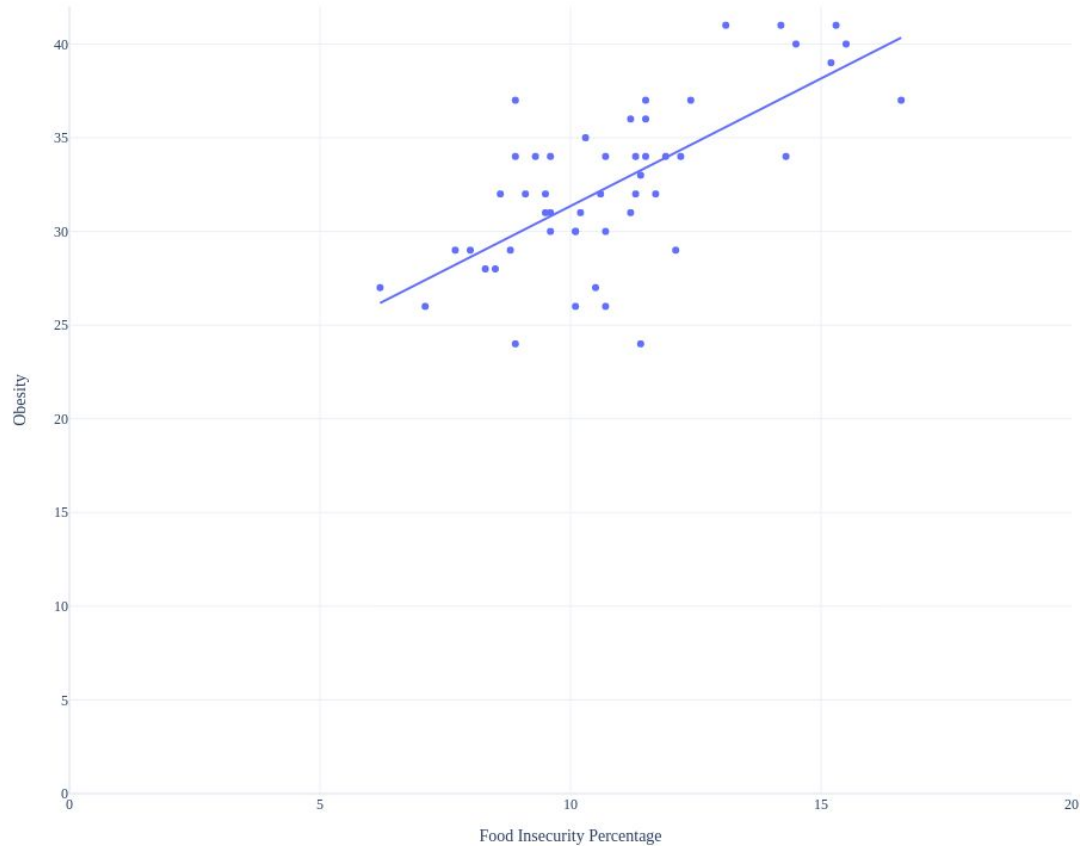
Children and Teenage Obesity By State (Ages 10-17)

Mississippi, Kentucky, and West Virginia Have the Highest Rates of Child and Teen Obesity

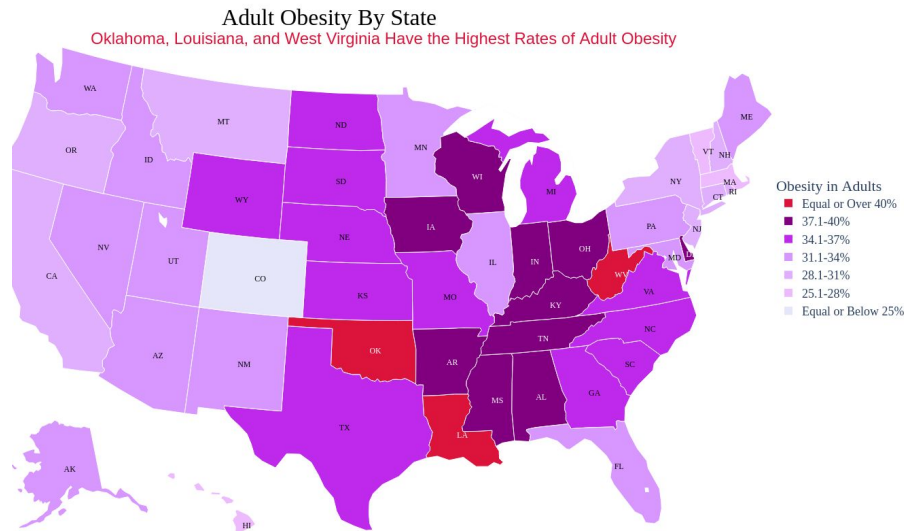


Does Food Insecurity Correlates Child and Teen Obesity?

Food Insecurity Directly Correlates with Child and Teen Obesity



Higher obesity rates in adults has been experienced in States which has relatively higher food insecurity



References:

- <https://www.cdc.gov/obesity/data/prevalence-maps.html#overall>
- <https://www.census.gov/data/tables/2023/demo/hhp/hhp63.html>
- <https://datacenter.aecf.org/data/tables/9700-children-and-teens-overweight-or-obese-by-gender?loc=1&loct=2#detailed/2/2-52/false/2043,1769,1696,1648,1603/16,14,15/18944>
- <https://data.ers.usda.gov/reports.aspx?ID=17826>
- <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/key-statistics-graphics/#foodsecure>