Welcome!

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Today’s Expert Presenter

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FOOD SECURITY IN THE US

CONSEQUENCES OF NOT HAVING ENOUGH
Outlines:

- Definitions
- How Food Security is Measured
- Rates of Food Insecurity
- Components of Food Security
- Effects of Food Insecurity
- Challenges in Achieving Food Security
- Current Approaches to Improving Food Security
What is Food Security?

Food security is defined as access to enough food by all members of a household at all times for an active, healthy life.

What is Food Insecurity?

Food insecurity is the limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.
How do we measure Food Security?

- USDA’s Food Security statistics are based on an annual survey.
- Household Food Security Questionnaire
  - about 40,000 households
  - representative of all civilian households at state and national levels.
- Survey includes questions about food security, food spending, and use of Federal and community food assistance programs.
According to 2018 data, what overall percentage of US households were reported as food insecure?

A) 7%
B) 11%
C) 16%
D) 21%
Rates of food insecurity were higher than the national average for which of the following groups? (choose all that apply)

A) Households with children under age 6
B) Households with children headed by a single woman
C) Households with elderly individuals
D) Hispanic households
RATES OF FOOD SECURITY IN THE US

U.S. households by food security status, 2018

Food-secure households - 88.9%

Food-insecure households - 11.1%
Households with low food security - 6.8%
Households with very low food security - 4.3%


CHILDREN AND FOOD INSECURITY

PHOTO HTTPS://WWW.ARS.USDA.GOV/OC/IMAGES/PHOTOS/OCT09/D1531-1/
U.S. households with children by food security status of adults and children, 2018

Food-insecure households — 13.9%

- Food insecurity among adults only in households with children — 6.8%
- Food-insecure, children — 7.1%
  - Low food security among children — 6.5%
  - Very low food security among children — 0.6%

Food-secure households — 86.1%

Note: In most instances, when children are food insecure, the adults in the household are also food insecure.

GENDER AND FOOD INSECURITY

PHOTO HTTPS://SNAPED.FNS.USDA.GOV/PHOTO-GALLERY/MAN-AND-WOMAN-LOOK-PRODUCE-FARMERS-MARKET
RACE/ETHNICITY AND FOOD INSECURITY

PHOTO HTTPS://SNAPED.FNS.USDA.GOV/PHOTO-GALLERY/THREE-TEENS-SHARE-SNACK
AGE AND FOOD INSECURITY

PHOTO HTTPS://SNAPED.FNS.USDA.GOV/PHOTO-GALLERY/FOOD-PANTRY-STAFF-MEMBER-HELPS-CLIENT-HIS-SELECTIONS
Food Security is achieved when a person has sufficient food that meets their nutritional needs.

A) True

B) False
COMPONENTS OF FOOD SECURITY

- Quantity
- Quality
- Social
- Psychological
- Suitability
COMPONENTS OF FOOD SECURITY

- **Quantity**
  - An individual has a sufficient amount of food to meet their needs
COMPONENTS OF FOOD SECURITY

- Quality
  - The food is nutrient-dense

PHOTO HTTPS://SNAPED.FNS.USDA.GOV/PHOTO-GALLERY/WOMAN-AND-HER-YOUNG-DAUGHTER-SHOP-VEGETABLES-GROCERY-STORE/
COMPONENTS OF FOOD SECURITY

- **Suitability**
  - The food is acceptable given an individual’s needs, beliefs, and culture
COMPONENTS OF FOOD SECURITY

- Psychological
- An individual’s food supply is sufficient to alleviate feelings of anxiety, deprivation, and monotony
COMPONENTS OF FOOD SECURITY

- Social
  - Foods have been acquired in a socially acceptable way
POLL 4

Food insecurity is associated with increased risk for:
(choose all that apply)

A) Cardiovascular disease
B) Type 2 diabetes
C) Sleep disorders
D) Behavior problems in young children
EFFECTS OF FOOD INSECURITY

Physical Health
Mental Health
Social Health
EFFECTS OF FOOD INSECURITY

- Physical Health Consequences of Food Insecurity

PHOTO HTTPS://PIXABAY.COM/PHOTOS/DIABETES-BLOOD-SUGAR-DIABETIC-528678/
EFFECTS OF FOOD INSECURITY

- Physical Health Consequences of Food Insecurity
  - Greater risk of premature death
EFFECTS OF FOOD INSECURITY

- Physical Health Consequences of Food Insecurity
  - Greater risk of premature death
  - Increased risk of death from cardiovascular disease, stroke, diabetes, and infectious diseases

PHOTO HTTPS://PIXABAY.COM/PHOTOS/DIABETES-BLOOD-SUGAR-DIABETIC-528678/
EFFECTS OF FOOD INSECURITY

- Mental Health Consequences of Food Insecurity

PHOTO HTTPS://PIXABAY.COM/PHOTOS/COUNSELING-STRESS-ANGRY-99740/
EFFECTS OF FOOD INSECURITY

- Mental Health Consequences of Food Insecurity
  - Increased frequency of depression symptoms
EFFECTS OF FOOD INSECURITY

- Mental Health Consequences of Food Insecurity
  - Increased frequency of depression symptoms
  - Increased risk for anxiety

PHOTO HTTPS://PIXABAY.COM/PHOTOS/COUNSELING-STRESS-ANGRY-99740/
EFFECTS OF FOOD INSECURITY

- Mental Health Consequences of Food Insecurity
  - Increased frequency of depression symptoms
  - Increased risk for anxiety
  - Increased risk for sleep disorders
EFFECTS OF FOOD INSECURITY

- Mental Health Consequences of Food Insecurity
  - Increased frequency of depression symptoms
  - Increased risk for anxiety
  - Increased risk for sleep disorders
  - Increased behavior problems in children
EFFECTS OF FOOD INSECURITY

- Social Health
  Consequences of
  Food Insecurity
CHALLENGES TO ACHIEVING FOOD SECURITY

- Identifying food insecure individuals
- Access to food resources
- Addressing all components of food security
- Identifying food insecure individuals
- National rates of food insecurity are established by a distributed annual survey
- Screening for food insecurity in all settings may not be feasible
Access to food resources

- Depending on citizenship, an individual living in the US may or may not be eligible to receive some benefits

- Some programs may provide assistance to certain groups of people (i.e., WIC)

- Community resources like food banks may be difficult to access
CHALLENGES TO ACHIEVING FOOD SECURITY

Addressing all components of food security

- Quantity
- Quality
- Psychological
- Social
- Suitability
APPROACHES TO IMPROVING FOOD INSECURITY

FOOD ASSISTANCE PROGRAMS

EDUCATION PROGRAMS
APPROACHES TO IMPROVING FOOD INSECURITY

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

PHOTO HTTPS://SNAPED.FNS.USDA.GOV/PHOTO-GALLERY/EBT-CARDS-SEVERAL-STATES /
APPROACHES TO IMPROVING FOOD INSECURITY

SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS AND CHILDREN (WIC)

PHOTO HTTPS://WWW.FNS.USDA.GOV/WIC
APPROACHES TO IMPROVING FOOD INSECURITY

NATIONAL SCHOOL LUNCH PROGRAM (NSLP)
APPROACHES TO IMPROVING FOOD INSECURITY

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-ED)

PHOTO HTTPS://SNAPED.FNS.USDA.GOV/PHOTO-GALLERY/NUTRITION-EDUCATOR-TEACHES-CHILDREN-ABOUT-MYPLATE
What is one strategy you have found to be effective in supporting participants to improve their nutrition or food security?

What is a challenge have you seen in supporting participants, and how have you worked to overcome that challenges?
CURRENT RESEARCH
Thank You for Participating!

Please Complete the Evaluation
https://ucanr.col.qualtrics.com/jfe/form/SV_8olcdm0bLVaY1j