In 2018, 11% people in the US were food insecure and lacked consistent access to enough nutritious food options. That equals 37 million food insecure people.

Recent surveys during COVID-19 found:
- 58% of households reported moderate to high levels of food insecurity
- 20% of children are experiencing food insecurity

Responding to food insecurity during COVID-19
Food banks report new strains on food relief system
- 98% of food banks reported an increase in demand
- 59% of food banks reported having reduced inventory
- 37% reported an immediate critical funding shortfall

Lack of adequate food consumption impacts health outcomes
- Chronic Conditions: Low access to nutritious food can lead to obesity, asthma, high blood pressure, heart disease, kidney disease, hypertension and diabetes.
- Food security status is often a stronger predictor of the top chronic conditions than income.
- Mental Distress: Depression, anxiety, and suicidal ideation have all been associated with food insecurity.

Barriers and risk factors that affect food security
- What barriers prevent access to food?
  - Income level and employment
  - Physical access to affordable and nutritious foods
  - Transportation options
  - Disability and mobility status

Who is at risk of being food insecure?
- Households with children
- Single-parent households
- Households below the poverty line
- Minority households

Food insecurity disproportionately affects minority populations

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Percentage Experiencing Food Security and Insecurity</th>
<th>Number of Food Insecure Households</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>93.0% / 17.2%</td>
<td>6.9M</td>
</tr>
<tr>
<td>Black</td>
<td>85.0% / 14.2%</td>
<td>3.5M</td>
</tr>
<tr>
<td>Hispanic</td>
<td>78.8% / 11.2%</td>
<td>2.9M</td>
</tr>
<tr>
<td>Other Groups</td>
<td>89.9% / 10.1%</td>
<td>1.0M</td>
</tr>
</tbody>
</table>

Strategies to reduce food insecurity
- Increase physical access to affordable, nutritious food
- Work with low-income communities around nutrition education
- Multi-sector partnerships at the local level to expand food programs
- Improve funding shortfalls for transportation programs
- Increase meal availability to school children particularly in rural areas
- Expand availability of online SNAP purchasing and delivery

Addressing social determinants is key when reducing food insecurity

Find your local food bank and ways to help at Feeding America’s Website