

Contributors and Effects of Food Insecurity:

Nutrition and Beyond



Future of Food Free Webinars

Month	Webinar
February	Hungry and Overweight: How is it Possible?-recorded
March	Contributors and Effects of Food Insecurity: Nutrition and Beyond
April	School Meals and Community Partnerships: Creative Solutions against Food Insecurity
May	Point A to Point B: Improving Access to Healthy Foods in Food Banks
June	A Flavorful Pairing: Nutrition Education in Food Banks
July	Ready, Set, Go: Unveiling Access to Quality Nutrition Education Resources

Register at www.eatright.org/foundation/kidseatright



Learning Objectives

1. Name at least two possible contributors to food insecurity.
 2. Describe how food insecurity affects children and families.
 3. Identify at least one way to help address food insecurity in children, families, and your community.
-

Outline

- Testimonials
- Reality of food insecurity
- Effects of food insecurity
- What can we do?



. . . A Message from the President Elect



Glenna McCollom,
DMOL, MPH, RD

President Elect
2012-2013

Academy of Nutrition
and Dietetics
Foundation

"By the year 2050, the number of people on Earth is expected to increase to 9.2 billion from the current 6.7 billion (Population Division, 2007). To feed the 2050 population, world food production will need to increase 75 - 100 percent. It is the position of the Academy of Nutrition and Dietetics that the public has the right to a safe food and water supply and it is our Vision to Optimize the nation's health through food and nutrition. This is our time to work collaboratively across disciplines to meet the ever increasing need of adequate food for a global economy - for our nation and the world."

Today's Speakers



Hilary Seligman MD MAS FACP
Division of General Internal Medicine,
University of California San Francisco
Center for Vulnerable Populations at
San Francisco General Hospital



Maria Ali, RD, LD/N
Representing:
Second Harvest Food Bank of Central
Florida
Future of Food: Nutrition Solutions
Working Group



Hunger ¹

The uneasy or painful sensation caused by a lack of food, or the recurrent and involuntary lack of access to food.

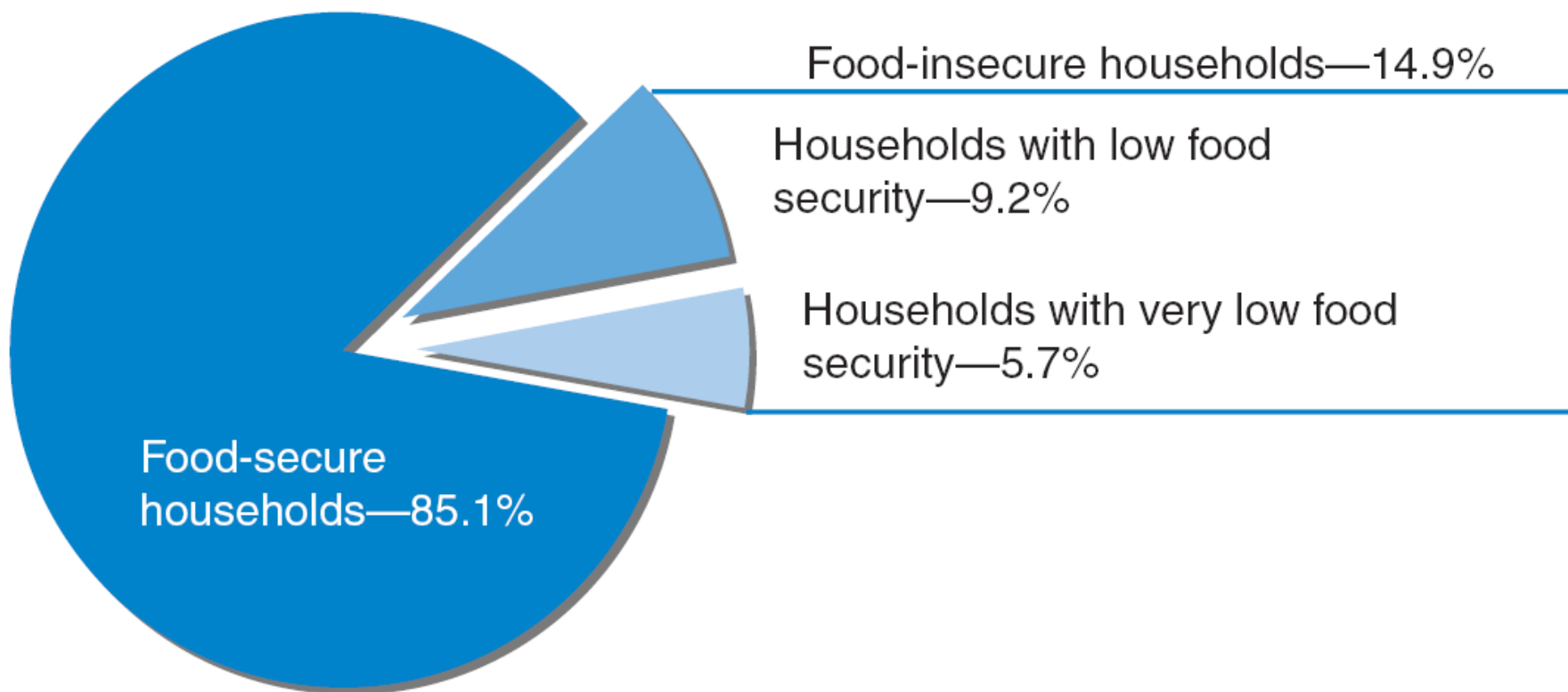


The limited or uncertain

- availability of nutritionally adequate and safe foods or
- ability to acquire acceptable foods in socially acceptable ways



U.S. households by food security status, 2011



Source: Calculated by USDA, Economic Research Service using data from the December 2011 Current Population Survey Food Security Supplement.

50 million people lived in food-insecure households ²

Income below the federal poverty level
Black & Latino
Children in the household
Single parent (especially a female)

Nearly 50% of US children and **90% of Black children** will use Food Stamps at some point during their childhood.

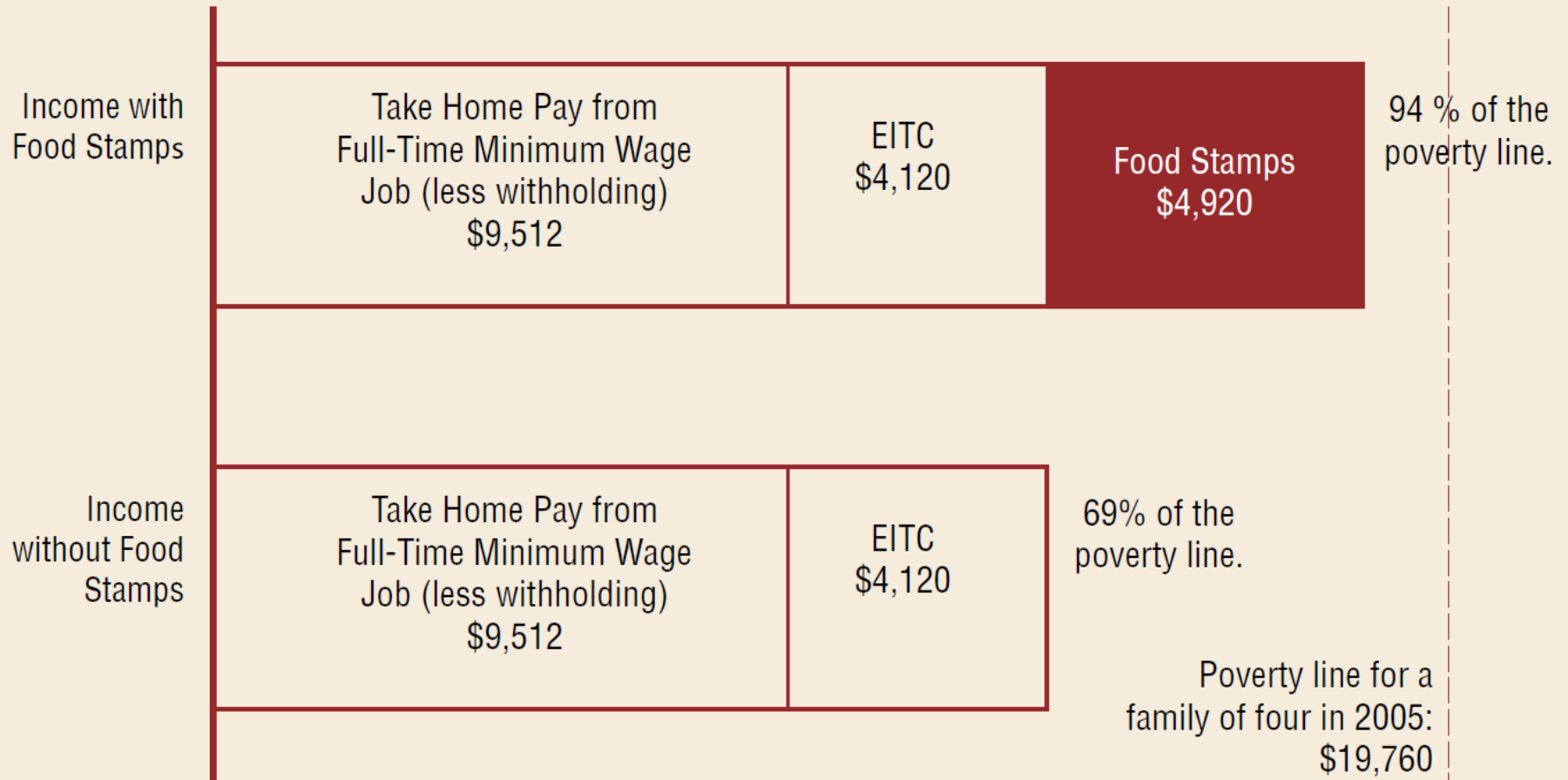
About 50% of US adults will receive Food Stamps at some point between the ages of 20 and 65.

Families in Need: Low Wages ⁵

Dawn and Michael live near Fort Smith, Ark., and have moved into a trailer to save money. Dawn works at a hotel, while Michael delivers pizzas. They have taken whatever jobs they could find, but it is still not enough to feed the family. They make do with help from their local food bank and try to shield their three little girls from the daily struggle.



A family of four headed by an adult who works full-time (2,000 hours a year) at the minimum wage will have an annual income in 2005 that falls more than \$6,000 below the poverty line. Food Stamps close almost all of this gap.



Source: Center for Budget and Policy Priorities

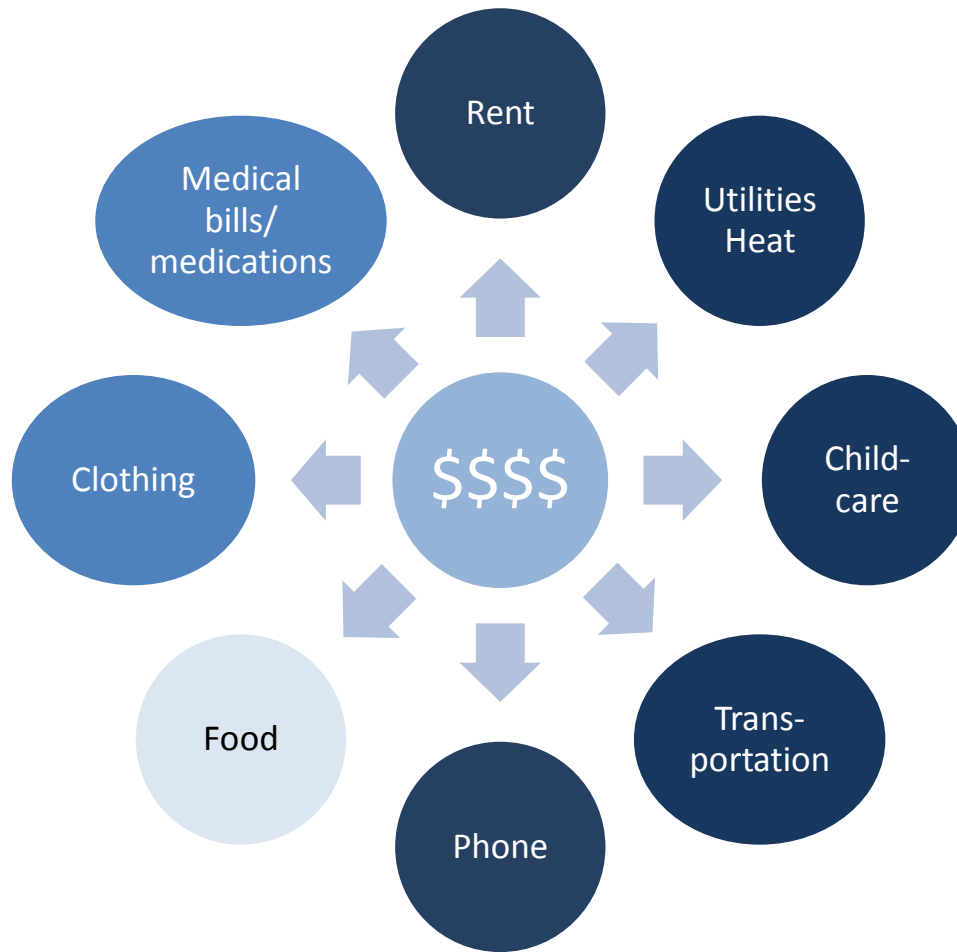
Amanda was a struggling, young, single mother just four years ago. When she looks back at that time, she does not know what would have happened to her or her baby son if it had not been for her church's food pantry. Amanda was a full-time student, trying to receive her degree so she could attend college, but needed to work part-time at a fast food restaurant too. She was having a very difficult time making ends meet when she turned to the county for assistance with her child care expenses. She was told that she made just a few dollars over the income limit and they would be unable to help her. Then, she turned to her church's food pantry for assistance.

Families in Need: Unemployment ⁸

Michael and Jennifer have been looking for work. Michael taught one year at an area high school and was laid off last year due to budget cuts. He is still seeking employment, even if it isn't in his chosen teaching profession. Michael said, "We can keep a roof over our head, pay some of our bills, and manage to pay for some of my insulin medication, but there isn't always enough for food. What is left of our monthly income is about \$60 for groceries for the entire month for a family of seven."

Jennifer is also looking for a job, but she is busy raising her five children whose ages are from elementary school to college. She said, "It is difficult to find employment right now. The economy has made it tough to locate even a part-time job."

What you need = What you need to be employable



■ Paid first of
month
■ Delayed
■ Dragged out

Families in Need: Disability ⁹

Christina is a 40-year old mother of three children. After working for years as an LPN nurse in her hometown, Christina and her family packed up, left their apartment, and moved to Orlando. Her husband had gotten a new job...as the driver of an 18-wheeler, and she had heard about lots of opportunity in healthcare jobs in Florida. In his first week on the new job, Christina's husband was badly injured in a crash.... Not only would he be unable to go back to work quickly, but it became clear that he would likely be permanently disabled from the accident. After some difficulties in getting her LPN certification transferred and active to work in Florida, Christina was able to find a low-paying job at a local care facility. It took months to get her husband's disability assistance to start.

Common Coping Strategies to *Avoid* Hunger 2, 10, 11, 12, 13, 14

- Shopping in bulk/generic brands/coupons
- Eating low-cost foods
- Eating highly filling foods
- Small variety of foods
- Skipping meals
- Avoiding food waste
- Eating less at each meal
- Skipping meals
- Putting off other expenses/staggering bills
- Locking fridge/pantry
- Eating with relatives/friends/church
- Petty crime for a jail meal; ER
- Food pantries or soup kitchens
- Federal nutrition programs (SNAP, WIC)



malnutrition, hunger, weight loss

Effects of Food Insecurity on Health

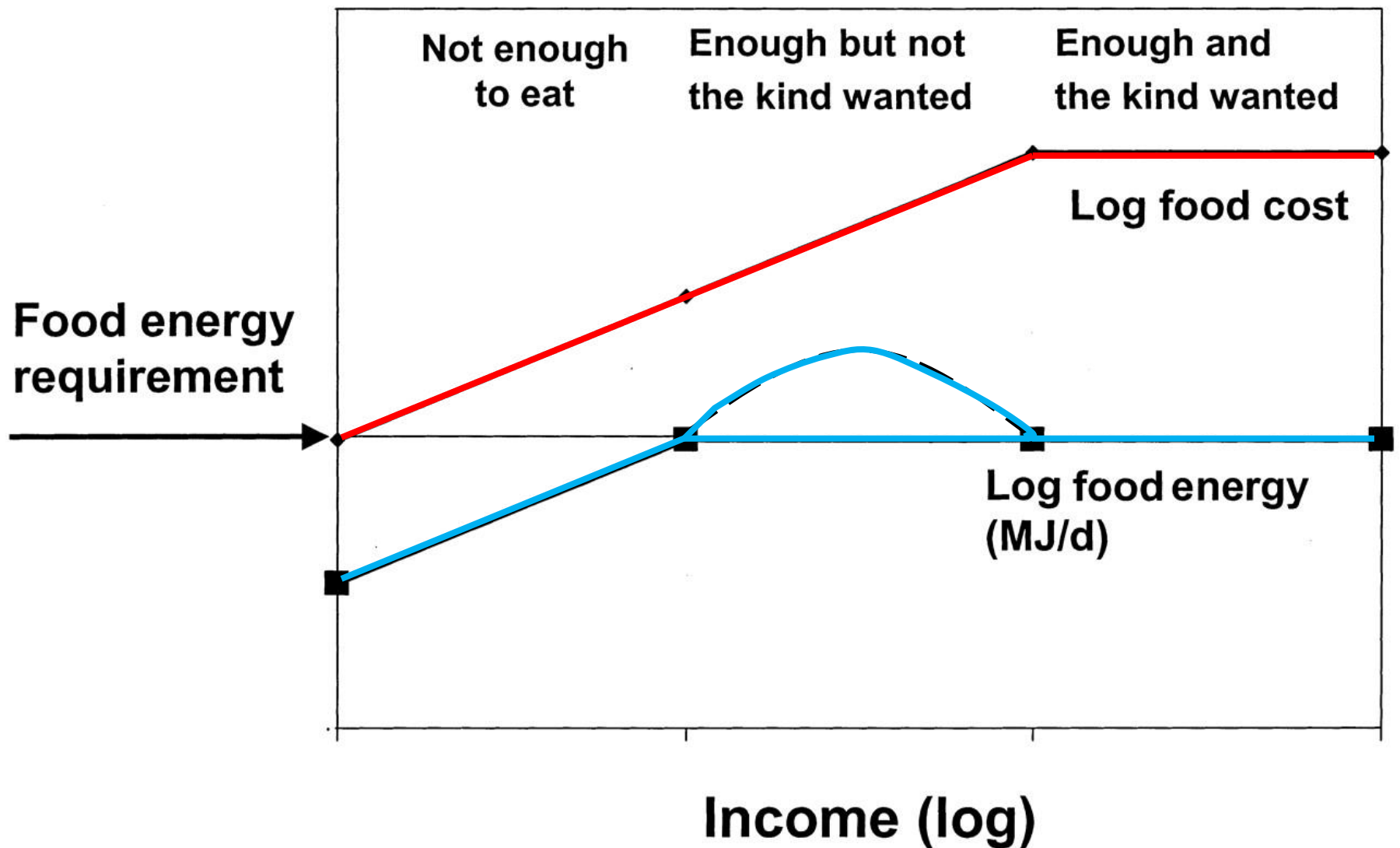
Food affordability

Episodic food availability

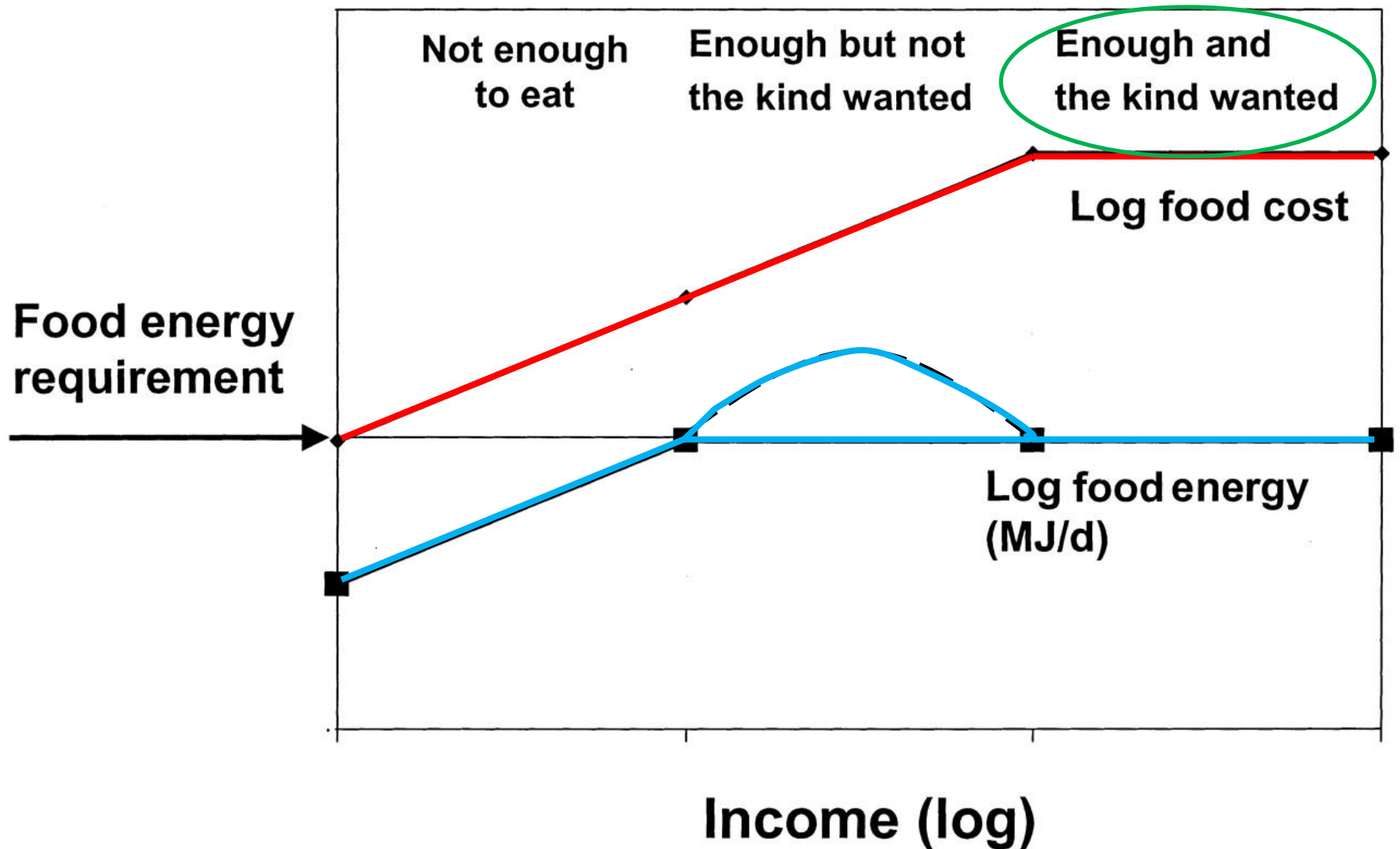
Stress

(Genetic programming & fetal
environment)

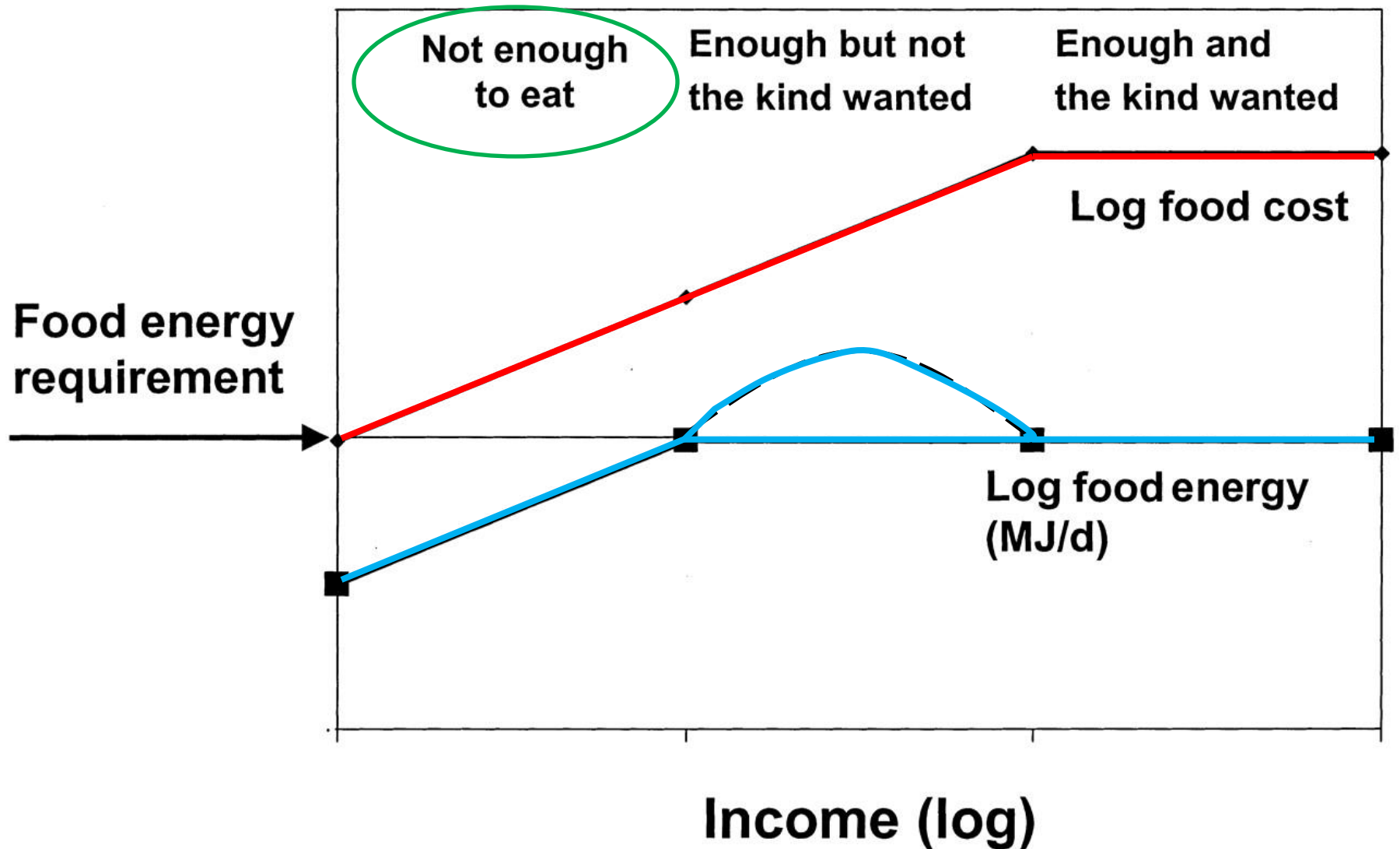
Avoiding Hunger on a Budget ¹⁵



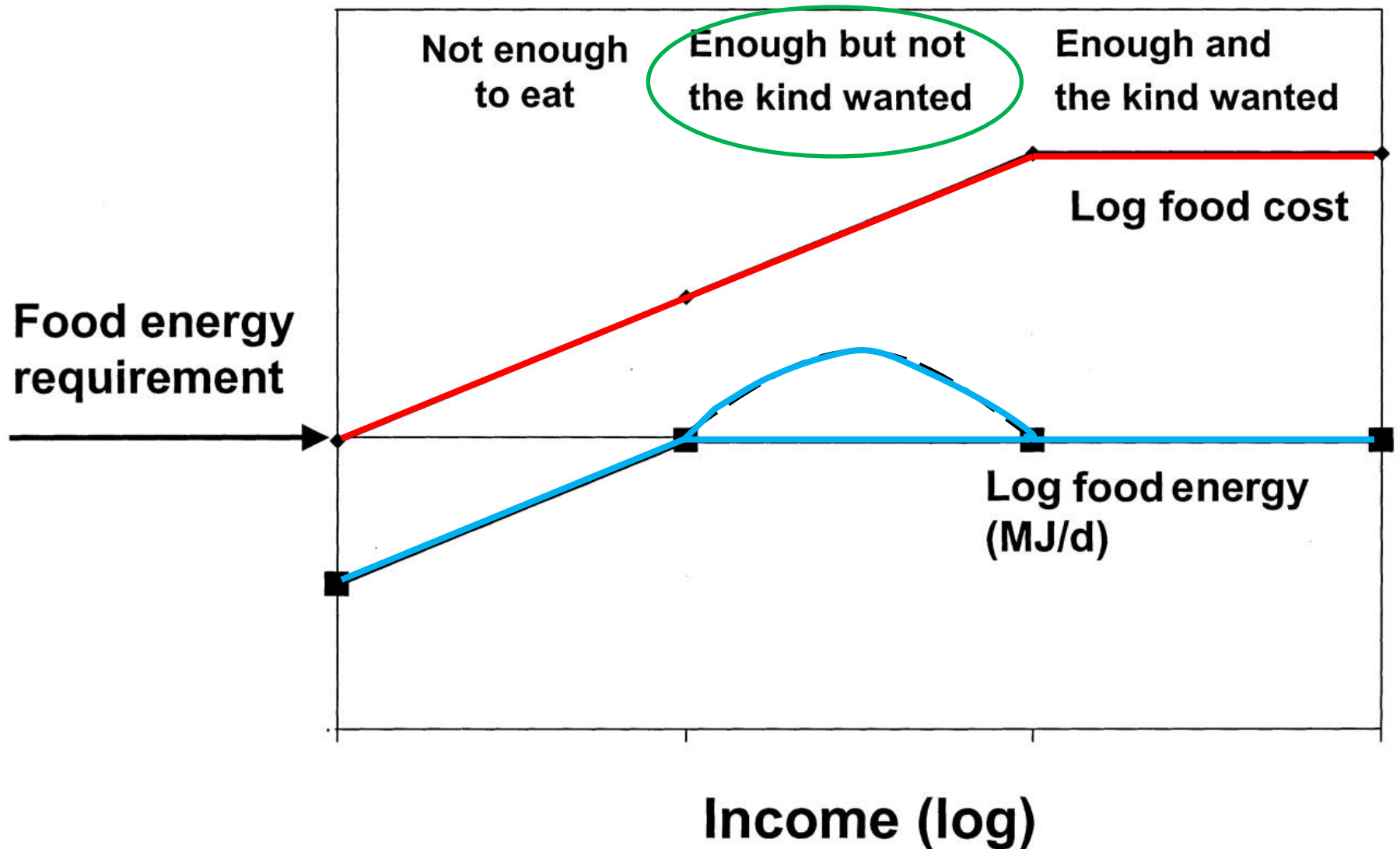
Avoiding Hunger on a Budget ¹⁵



Avoiding Hunger on a Budget ¹⁵



Avoiding Hunger on a Budget ¹⁵



Interview Outside a Fast Food Restaurant-Harlem, NYC ¹⁶

William Mitchell, from Rosedale, Queens, who was in Harlem for a job interview, ordered two cheeseburgers, about 600 calories total, for \$2. When asked if he had checked the calories, he said: "It's just cheap, so I buy it. I'm looking for the cheapest meal I can."

New York Times, 10/6/09

Food Affordability & Cost



Effects of Food Insecurity on Health

Food affordability

Episodic food availability

Stress

Food insecure households are food insecure during 7 months of the year on average
Food insecurity is cyclical & episodic

- Monthly SNAP (“The Food Stamp Cycle”) or pay checks
- Seasonal variation
- Periodic, unforeseen expenditures

Month-to-month variability in intake is seen most acutely among mothers

"If it wasn't for the food pantry, a lot of the time I'd have to let the kids eat and I wouldn't." --Pantry client, San Francisco



Food banks & soup kitchens
Big-box retailers

- Inventory and staffing

Grocery store scanning
receipts

Dietary intake among
women

- Decreasing calorie, carb, vitamin, fruit and vegetable intake over course of month

Food Stamp Cycle ²³

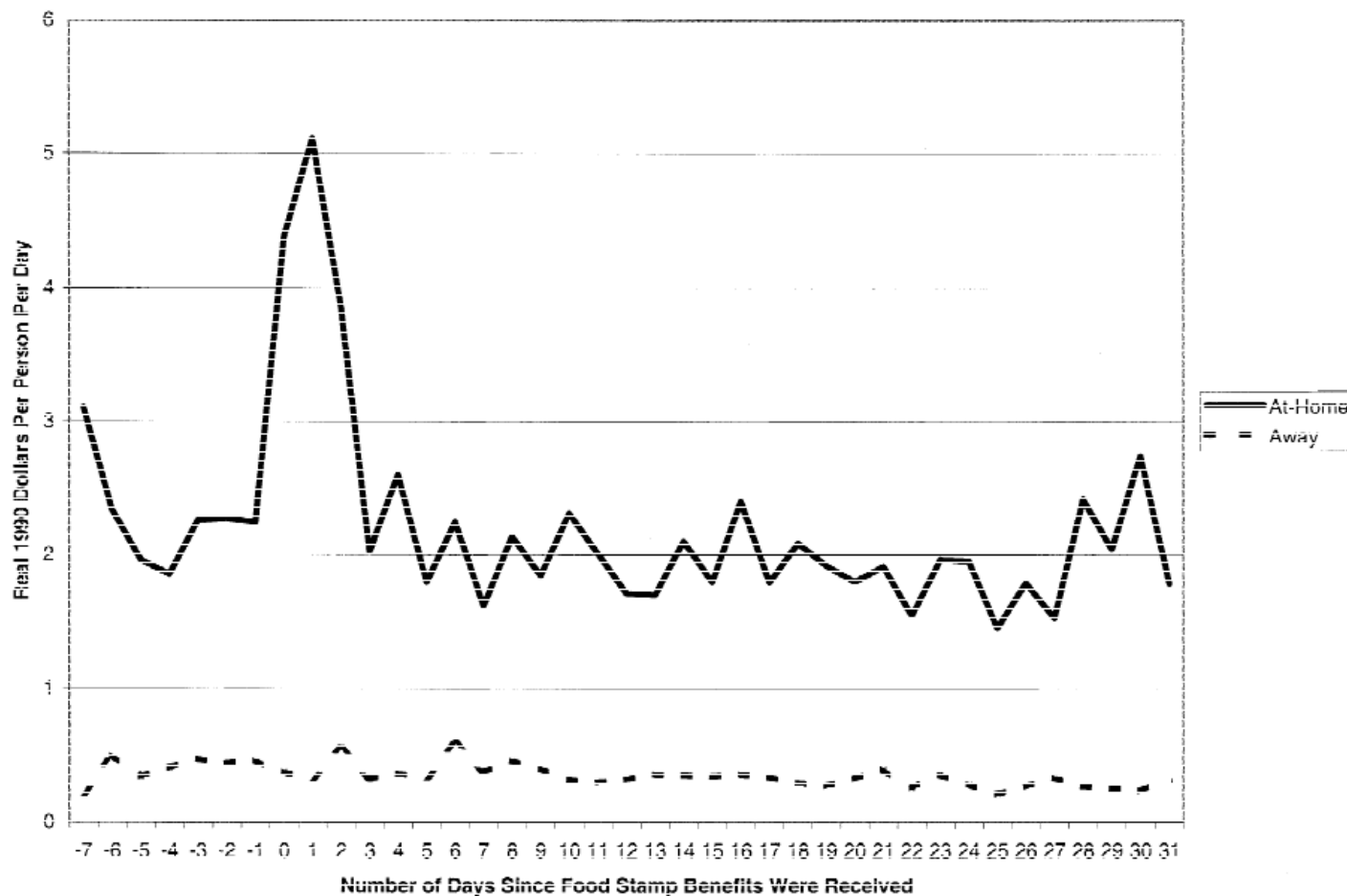


Figure 1. Food expenditure by consumer units, at-home and away-from-home
source: *Diary Consumer Expenditure Survey*, U.S. Department of Labor, Bureau of Labor Statistics

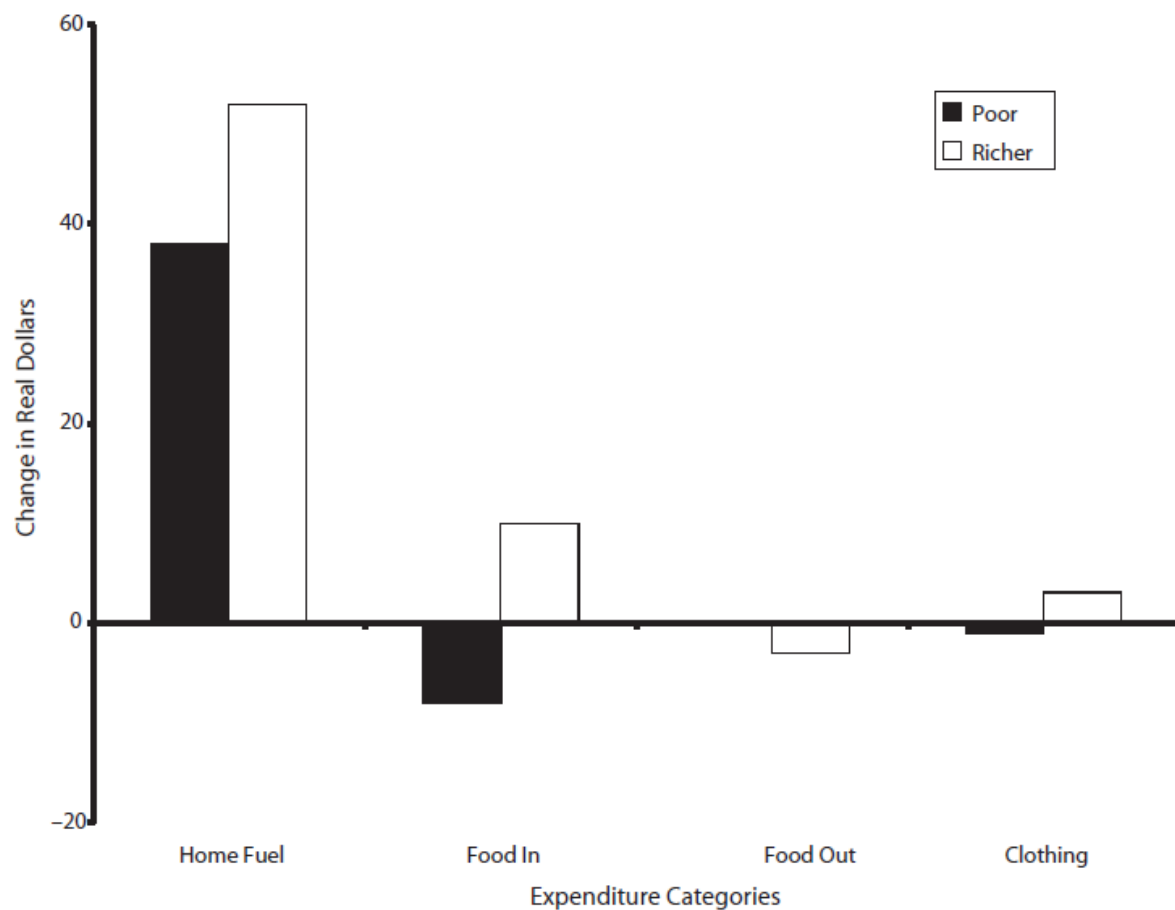


FIGURE 1—Changes in expenditures by category and by income in response to an unseasonable 10°F drop in temperature.

Food Predictability

San Francisco, CA
Mission District
July, 2011



World War II Study of Food Restriction ³⁴

“...subjects became increasingly focused on food; they collected recipes, hung pinup pictures of food, and changed career plans to food-related activities such as becoming a chef. They also grew increasingly upset and irritable, fighting with each other and their girlfriends. The men appeared apathetic and lethargic and seemed to lose interest in sex (replacing pictures of women with their food pinups!) In some respects, the most striking change occurred during the semistarvation period and after weight was restored to normal and the study had ended: When the men were subsequently allowed to eat as much as they wanted, these previously normal, healthy eaters began to gorge themselves when attractive foods were available. Moreover, they reported feeling out of control of their eating and obsessed with food; some even stole food or gum. Food restriction actually appeared to produce binge eating in previously normal eaters.” (Polivy, 1996)

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Disordered Eating Practices

Binge eating
Hoarding
Food obsessions
Extreme avoidance
of food waste
Strong preferences
for highly filling
foods



Adaptation to Cyclic Food Restriction: Binge Eating ¹¹

“I buy a big five-pound block of cheese twice a month and when that first comes into the house, you know, it’s like everybody’s sort of ravenous after stuff....”

“Towards the first part, the first half of the month they always eat probably more than they should, ‘cause they get so excited.”

Adaptation to Cyclic Food

Restriction: Food Hoarding ^{11, 35}

"Almost half of the veterans attending the focus groups carried one or more chocolate bars with them, and said they always had sweets on them."

"I have this phobia about food... And, remembering that [experience of having no food] now I constantly have to have food in the house. We start getting low and I start freaking."

(Olson 2007; Smith, 2009)

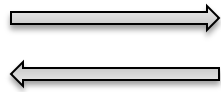
Adaptation to Food Restriction:

Influence on the Family and Parenting ¹¹

We're going through that right now this week...and looking at the kids we said, "It's the last week of the month." We make a game out of it... We'll be like, "Okay, this is like the countdown to the space shuttle going off, okay? Friday is the first [of the month]. All right, so Friday's the day that the space shuttle is gonna go. That's the day that we can, you know, all Yeah! Yeah! Yeah! You know, 'cause the check comes in we can go buy food." So I said, "For this week, this is the countdown to the space shuttle goin' off. Each day is gonna be rough and it's gonna get rougher and you're gonna anticipate more, and you're gonna get more excited about that day coming because, you know, we don't have very much food in the house, so we have to eat a lot less."...And we'll say, but you know, "Just be strong. Be strong astronauts because Friday is the day." (Olson, 2007)

Effects of Food Insecurity on Health

Food affordability
Episodic food availability
Stress



Individual & household
stress

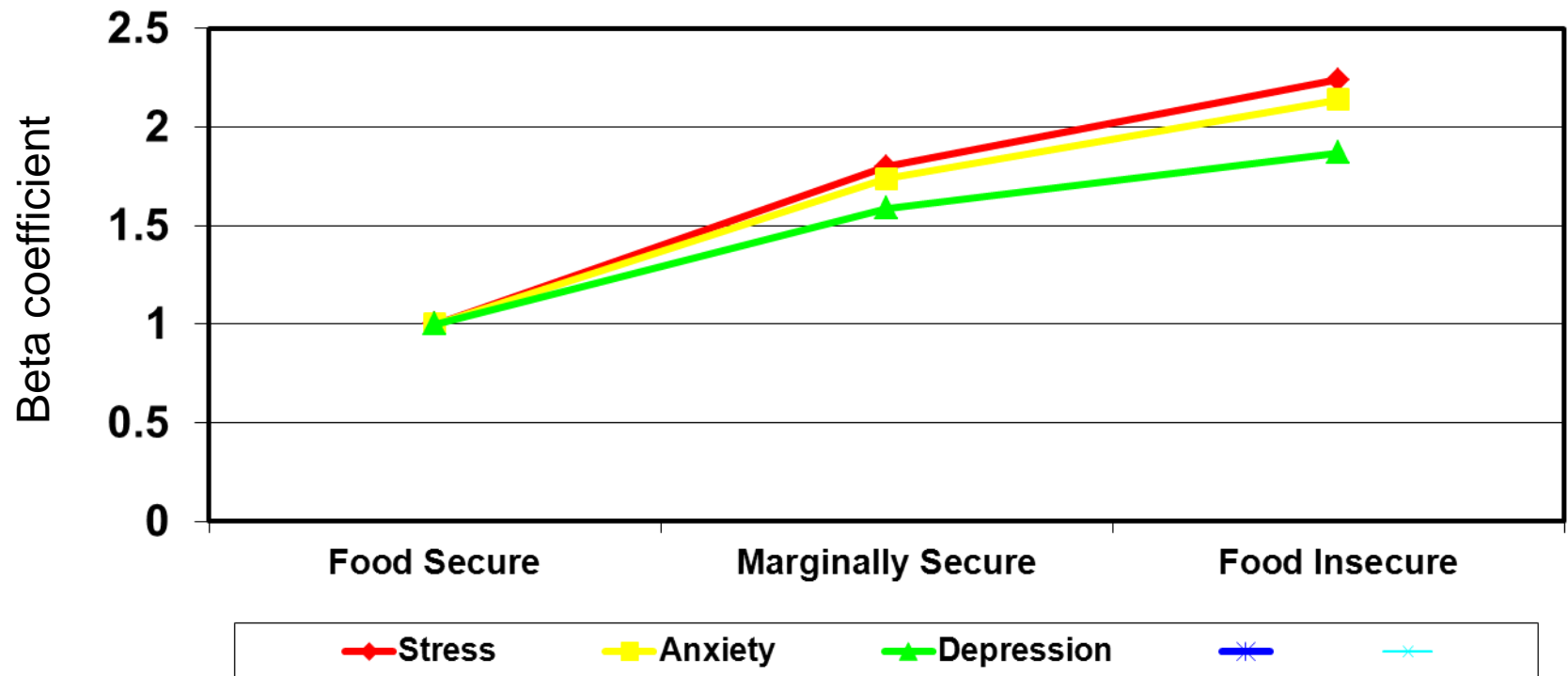
Childhood mental
health and behavior

- Aggression, hyperactivity, anxiety, passivity
- Adolescent dysthymia and suicidal ideation

Mothers significantly
more likely to be
depressed & anxious



Association of Psychosocial Factors and Food Security Status ³⁶



* Adjusted models controlling for age, children, education, income, race, and marital status

Slide courtesy of Barbara Laraia

Laraia BA, et al. J Nutr 2006;136:177-182.

"I was so scared that my son would be taken away."

"When I see my cupboard becoming empty, I wonder how am I going to fill it again and I get panicky."

"When you would get up in the morning, you would begin to worry if you were going to have enough food to make dinner, and if you did have enough food to get through today, what about tomorrow?"

"I hear my kids ask me, 'Mommy what's for dinner?' And I sit there at times, I sit there and kind of just pace back and forth thinking to myself, 'Oh my gosh, what is for dinner?'"



Summary



- There are many factors that contribute to a family becoming food insecure
- Compounding effects of food insecurity include food affordability, episodic food availability, and stress.



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Representing:

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- Future of Food: Nutrition Solutions Working Group

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407-514-1023

How can I help reduce food insecurity?

- Participate in or host a food drive
- Donate
- Volunteer
 - Educate
 - Donate time, skills, and resources
- Advocate



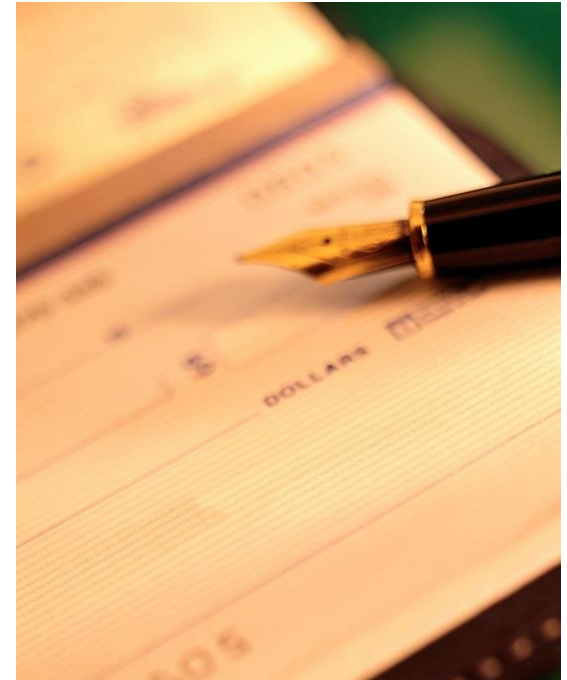
Healthy Food Drives

- National food drives
 - Scouting for Food - Boy Scouts of America
 - National Association of Letter Carriers food drive
- Host your own at your workplace, church, gym/wellness center, local dietetic association events, etc.



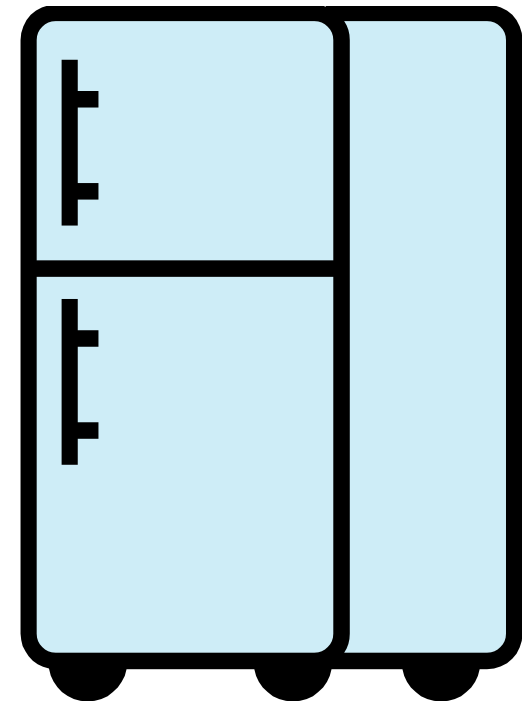
Donate

- Who do you work for? Help connect food suppliers to organizations that provide food to those in need.
- Food banks are very good at stretching a dollar. Financial donations increase their ability to distribute more food to the community multiplicatively.



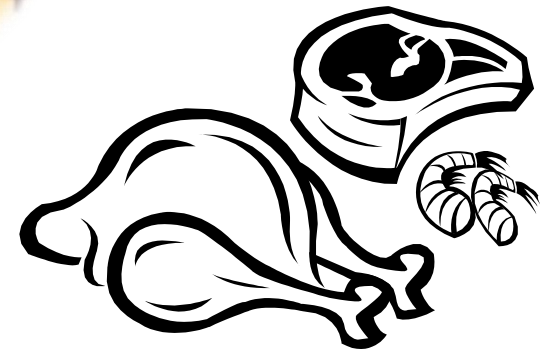
Donate

- The need for increased storage capacity



Donate

- The need for temperature-controlled vehicles



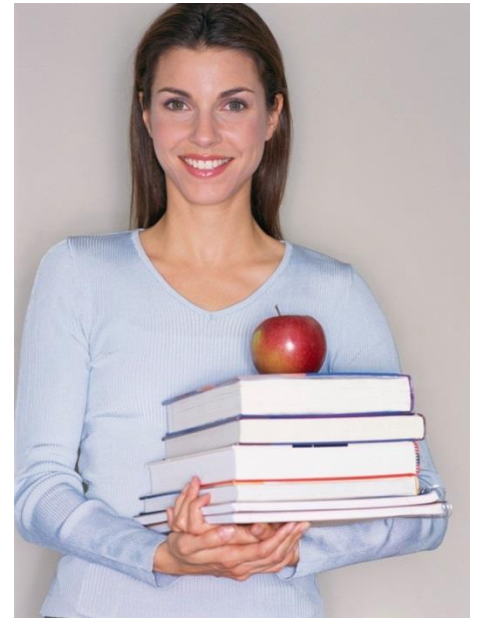
Volunteer



- Donate your time, skills, resources, and voice to fight hunger in your community.
 - RDs have many unique skills to offer food banks and other organizations that serve the needy.
-

Volunteer

- Teach nutrition education classes.
- Lead a grocery store tour.
- Develop or share education materials.
- Do you speak another language?
Translate education materials.
- Get involved in committees with a focus on nutrition.
- Promote the school breakfast program.
- Assist with menu planning.



Volunteer

- Help plant a community or school garden.
- Is there a gleaning program in your area? Help pick fresh fruits and vegetables from farms that will be given to those in need.

Society of St. Andrew's Gleaning Network
(www.endhunger.org/our_locations.htm)



- Ask “How can I help you?”
 - More ways are listed on the tip sheet: “Hungry and Overweight”
-

Raise Awareness

- Your voice is powerful.
- Educate your community.
- Support and spread the word about local food drives and events that are happening in your community to fight hunger on your blog, Facebook, Twitter, or other media and public venues of communication.



Be an Advocate



Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics Foundation

TAKE ACTION

Act On Our Current Issues

Legislative Victories

Read & Share Your Stories

SIGN IN TO MY ACCOUNT



Special thanks to
TYSON FOODS
for being a lead
supporter of
Feeding America's
Advocacy program.

Take Action



Tell Congress to Protect Anti-hunger Programs!

As Congress considers how to pass a new Farm Bill and address the deficit, we must urge our leaders in Washington to protect the programs that help put food on the table for Americans struggling with hunger.

[Take Action Now](#)

Call Congress!



TAKE ACTION NOW

You do so much, but you can do more. Make your voice heard by calling your Members of Congress!

Demonstrate Your Values



If you believe that no one should go hungry in America, join the Hunger Action Center.

Email Address

[JOIN NOW](#)

Learn & Share

- KER Website
www.kidseatright.org/volunteer
 - Tip Sheet: "Hungry and Overweight: How is It Possible?"
 - NEW toolkit: Hunger in Our Community. What We Can Do.
 - And more...
- Feeding America
 - Visit www.feedingamerica.org to learn more about hunger in your community.



Kids Eat Right Toolkits



Healthy Breakfast. Everywhere You Go.

Presentations for elementary, middle, high school students and adults

Healthy Snacking. In a Nutshell.

Presentations for adults, adult athletes, parents, teachers/schools, coaches, elementary students, teens, teen athletes, and worksites

Family Champions. One Change at a Time.

Three interactive parent workshops including cooking activities. Available in English and Spanish!

Family Meals. Anytime. Anyplace.

Presentations for teens and adults

Myth Busters. For Parents.

Presentation for parents

Hunger in Our Community. What We Can Do.

Presentations for adults and teens

Join: [Kidseatright.org/volunteer](https://kidseatright.org/volunteer)

Promote: [Kidseatright.org](https://kidseatright.org)

Hunger in Our Community Kids Eat Right Mini-Grant Due April 12, 2013

- Commit to two presentations using the new toolkit, for adults and/or teens: **Hunger in Our Community. What We Can Do.**
- \$200 Mini-Grant
- All members are encouraged to apply, including students and past mini-grantees

Apply:

www.eatright.org/foundation/kergrants

Kids Eat Right Members

Join today!

www.kidseatright.org/volunteer



Welcome to Kids Eat Right

Thank you for enrolling to be a Campaign Member for Kids Eat Right. Campaign Members are the on-the-ground force behind Kids Eat Right and the quality nutrition approach to childhood obesity prevention — and are supporting the goals and tactics of the Academy's Childhood Obesity Prevention Coalition. Review the focus areas and list of actions below to build or update your personal Kids Eat Right Action Plan.

Monday Messages

Monday Messages are distributed weekly via e-mail to registered campaign members, but did you know they are also **posted (and archived)** here, on our **Facebook page** (www.facebook.com/KidsEatRight) and on **Twitter** (twitter.com/kidseatright)?

Take Action to Fight Hunger

Increase the awareness of hunger by educating others about what food insecurity means, how it is affecting families, and how to bridge the gap.

- [Advocate for Increasing School Breakfast Participation and Summer Meal Programs »](#)
- [Educate Parent Groups about the Magnitude and Causes of Childhood Hunger and Solutions »](#)
- [Educate Others about Food Insecurity »](#)



Kids Eat Right Actions List

Actions are organized by Focus Area. View the complete details of any action by clicking on its title. If you have added the action to your plan, you will also be able to report your progress.

To view your selected actions, select "View My Action Plan."

[View My Action Plan](#)

(14 actions selected)

Your Actions Make a Difference

Kids Eat Right Public Site



Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics Foundation

For Parents:
www.eatright.org



all ages baby toddler preschooler gradeschooler teen

Welcome to KidsEatRight.org

your source for scientifically-based health and nutrition information you can trust to help your child grow healthy. [As a parent](#) or caretaker you need reliable resources and you can find them here, backed by the expertise of nutrition professionals.



cook healthy

Involve your child in the cutting, mixing and preparation of all meals. Even a snack can be healthy.



eat right

Sit down together as a family to enjoy a wonderful meal and



★★★★★
reviews (5)

article of the week

Meet Your Supermarket Dietitian

Have you ever wandered the supermarket or grocery store, confused by food labels, wishing you had someone to help you navigate the aisles and make healthier choices? Look for the supermarket... [more »](#)

[more articles](#)



★★★★★
reviews (3)

hot tip

Baby Bottle Safety

While bottle feeding, follow these tips to keep your baby from getting sick, reduce the risk of injuries and promote good [dental health](#). [more »](#)

[more tips](#)

Questions?

Hunger and Environmental Nutrition

eat right.
a dietetic practice group of the
Academy of Nutrition
and Dietetics



View recorded webinars and
register for future webinars at
[www.eatright.org/foundation/
kidseatright](http://www.eatright.org/foundation/kidseatright)



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