

Hungry & Overweight

How is it Possible?



Future of Food

KIDS eat right.

Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics Foundation

Improving Food Security: Dietitians Bring Nutrition Expertise to the Table

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Ethan Bergman, President of the Academy of Nutrition and Dietetics, addresses the Future of Food Conference in Washington, D.C. Photo courtesy of Washington Post Live.

By Ethan A. Bergman, PhD, RD, FADA, CD
President
Academy of Nutrition and Dietetics

**FEEDING™
AMERICA**



**NATIONAL DAIRY
COUNCIL®**

Future of Food Free Webinars

February: Hungry and Overweight: How is it Possible?

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

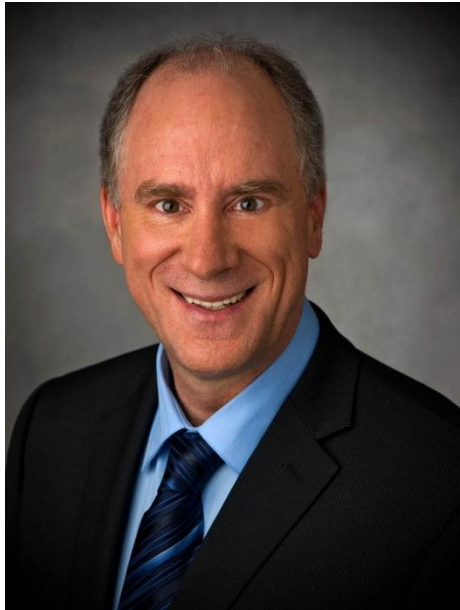
1. Name at least two reasons children can be hungry and overweight at the same time.
 2. Describe three key ways food insecurity affects children.
 3. Name at least two programs you can support in your community that address food insecurity.
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Outline

- Background
 - How can hungry children be overweight?
 - How does food insecurity affect children?
 - What can we do?
-



. . . A Message from the President



Ethan Bergman

President 2012-2013

Academy of Nutrition
and Dietetics
Foundation

Thank you for participating in this webinar. I hope you are able to use the information to make a positive difference in the lives of the children you reach. Kids Eat Right is a wonderful and wide-ranging program that does much to help children meet their nutrient, calorie and physical activity needs. The Academy's vision is to improve the health of Americans through food and nutrition; Kids Eat Right is an outstanding example of how the Academy and our Foundation are fulfilling this collective vision.



Jean H. Ragalie, RD
President
National Dairy
Council®



NATIONAL DAIRY
COUNCIL®

*The National Dairy Council is deeply concerned about the state of children's health. Finding a solution will take everyone working together. With that in mind, **National Dairy Council®** is proud to have joined forces with **Feeding America** and the **Academy of Nutrition and Dietetics** in the **Future of Food** partnership to help fight hunger and promote healthy food choices. Through this collaboration, we hope to raise awareness, educate thought leaders and the public about ways to integrate nutrition principles in feeding programs and increase access to healthy foods.*

Today's Speakers



Meg Bruening, PhD, MPH, RD
Representing:

Hunger and Environmental
Nutrition (HEN) DPG
and
Future of Food
Working Group



Katie Harr, MPH
Representing:

Feeding America
and
Future of Food



Food Insecurity Definitions ¹

Food security category	Term	Definition
Food secure	High food security (<i>old label=Food security</i>)	No reported indications of food-access problems or limitations
	Marginal food security (<i>old label=Food security</i>)	One or two reported indications--typically of anxiety over food sufficiency or shortage of food in the house. Little or no indication of changes in diets or food intake
Food insecure	Low food security (<i>old label=Food insecurity without hunger</i>)	Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake
	Very low food security (<i>old label=Food insecurity with hunger</i>)	Reports of multiple indications of disrupted eating patterns and reduced food intake

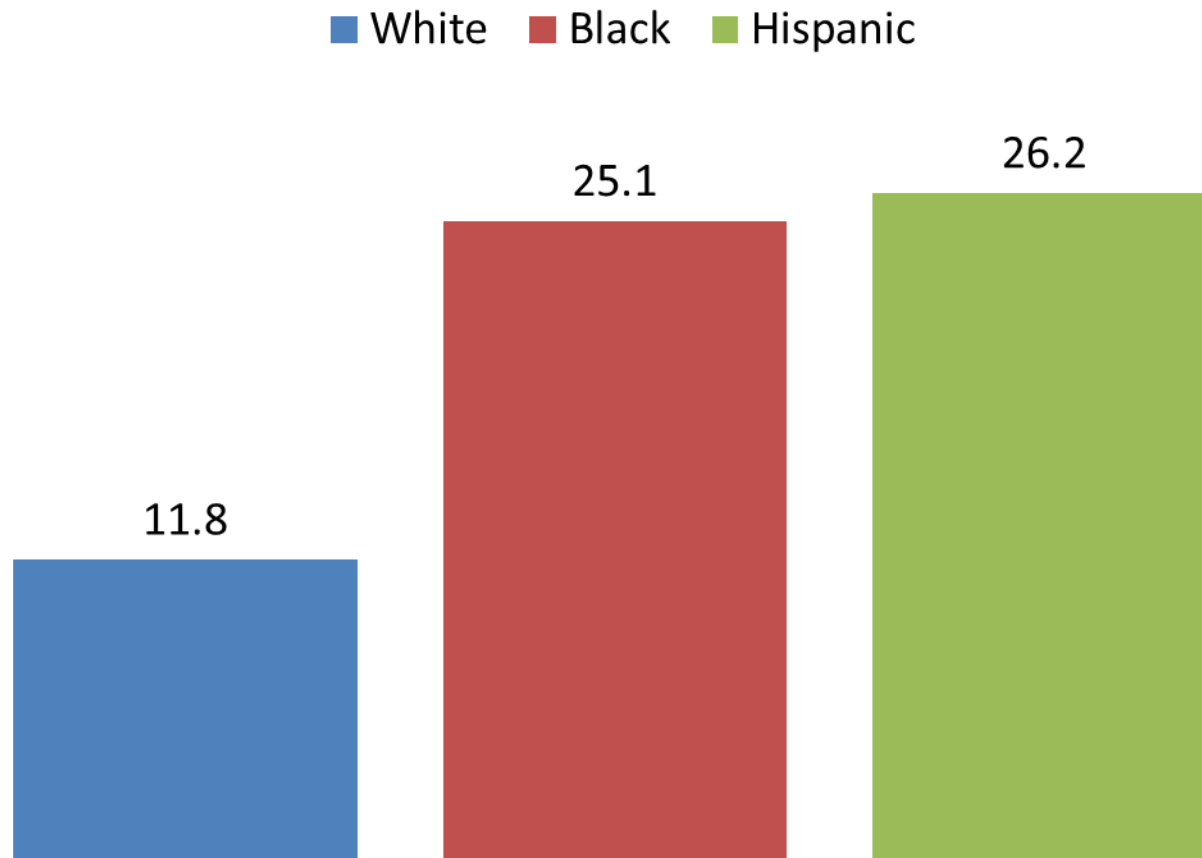
USDA report:

2011 Rates of Food Insecurity ^{2, 3}

- Very low food security (hunger) doubled since 2000
 - 21.9% of children (16.1 million) lived in poverty
 - 22.4% of children (16.6 million) lived in food insecure households
-

Disparities in Food Insecurity Rates

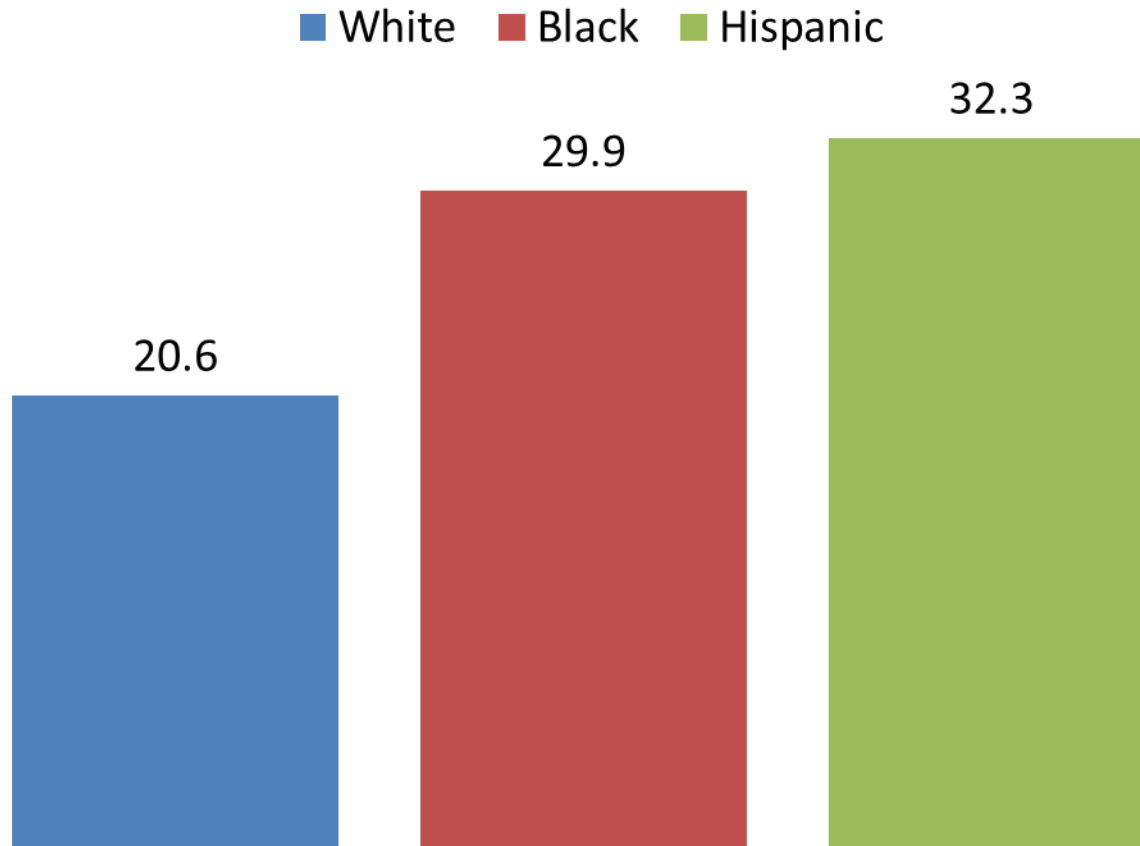
Percent of households with food insecurity ³



Source: ERS, 2012.

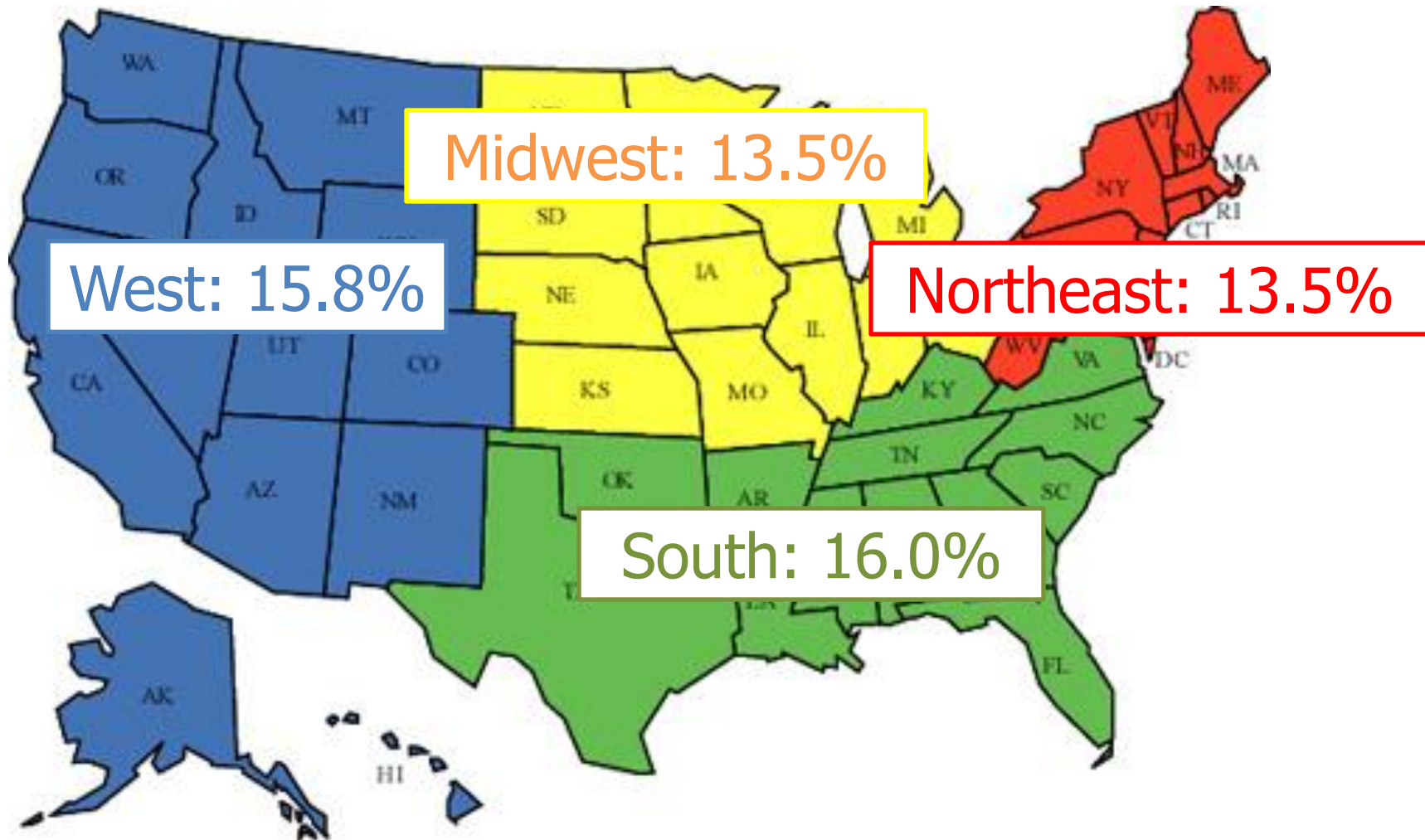
Disparities in Food Insecurity Rates

Percent of households with children experiencing food insecurity ³



Source: ERS, 2012.

Regional Disparities ³

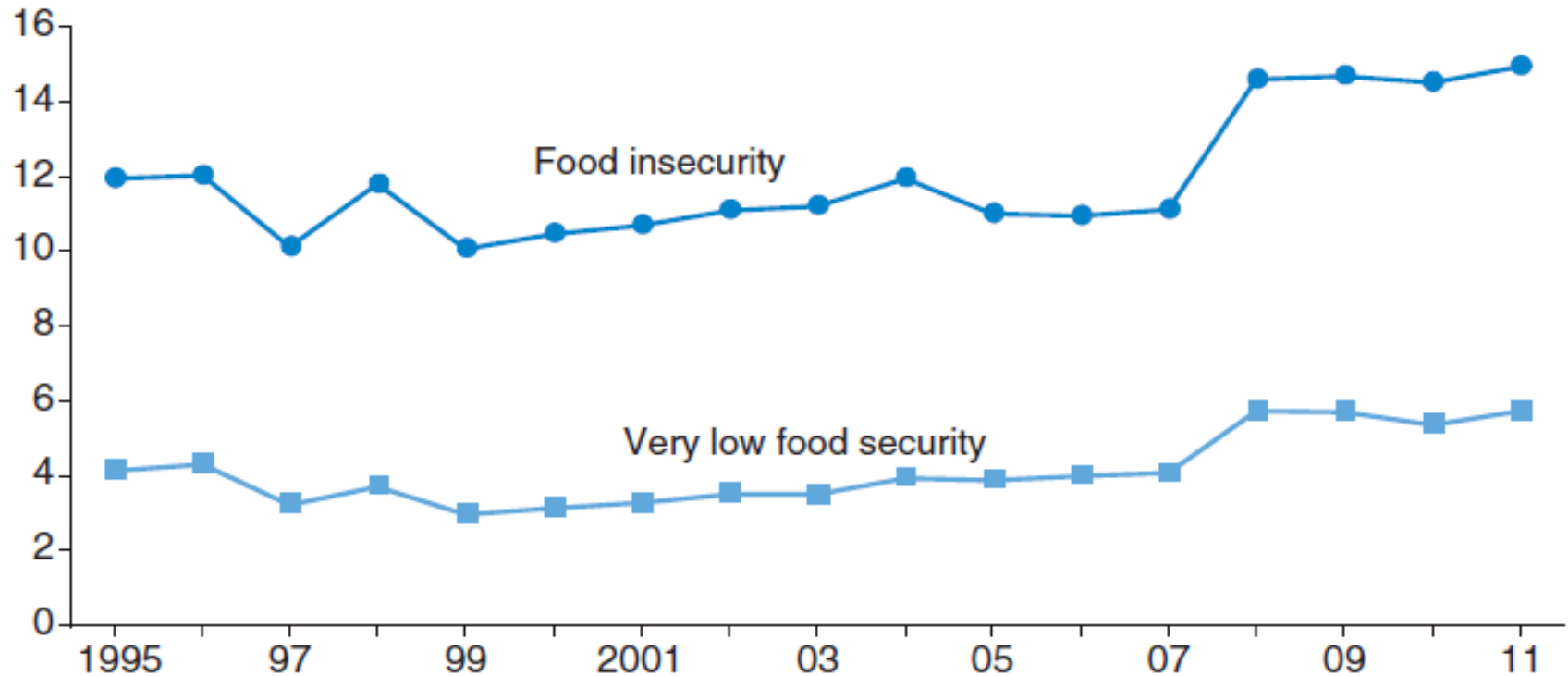


Source: ERS, 2012.

Trends in Food Insecurity ³

Trends in the prevalence of food insecurity and very low food security in U.S. households, 1995-2011¹

Percent of households



Hunger-Obesity Paradox 4, 5

Definition: The concurrent prevalence of obesity and food insecurity.

How can hungry children be overweight?



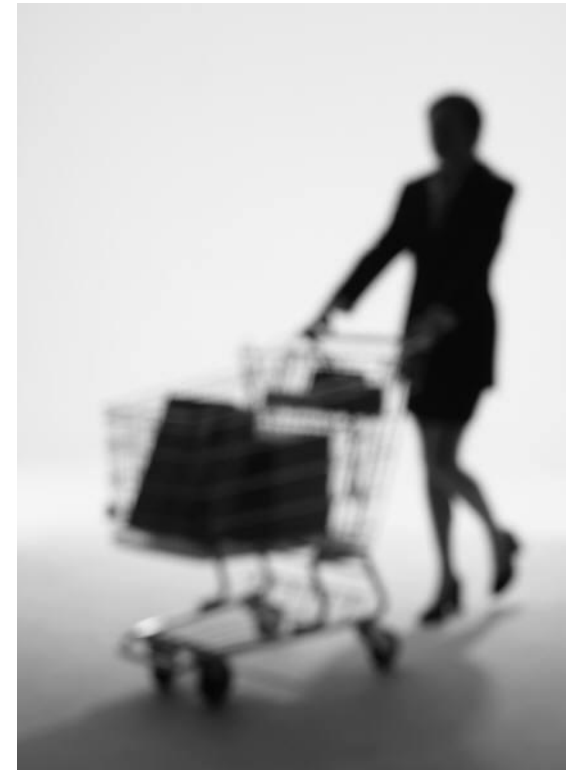
Lack of Access ⁶

- Limited availability of healthy foods
 - Thrifty Food Plan doesn't meet families' needs
 - High exposure to unhealthy foods
 - Home food environment

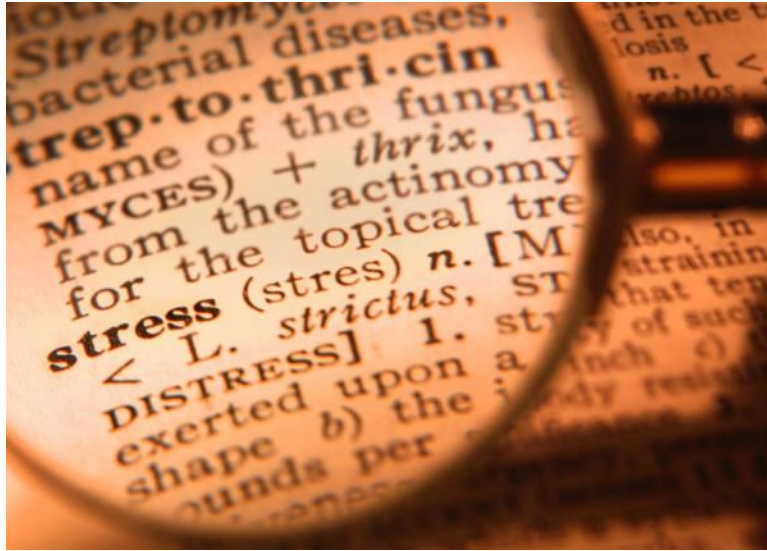


Disrupted Meal Patterns 7

- Inconsistent access to food may result in overeating
 - Parental modeling/normalization of overeating behavior
 - Swing in caloric intake → fat storage

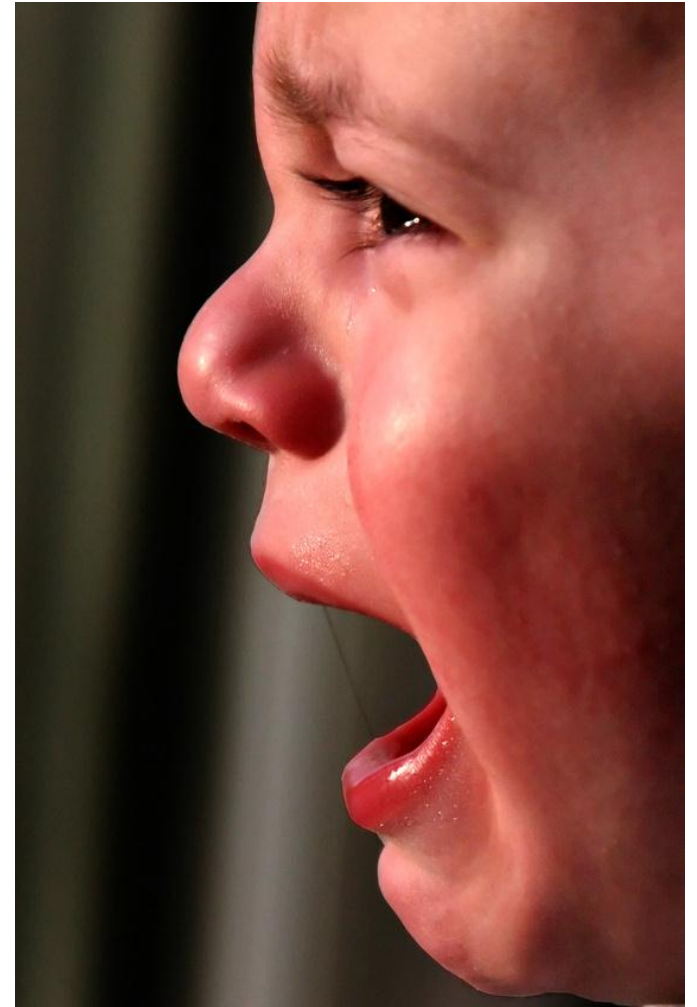


Family Stress 8,9



- Food
- Secure housing/utilities
- Employment
- Health care
- Finances
- Unsafe neighborhoods
- Stigma

How does
food insecurity
and obesity
affect children?



Health and Development Issues 10

- Food insecurity
 - Iron deficiency
 - Asthma
 - Delayed cognitive development
 - Stomach aches, headaches, and colds
 - Increased fatigue
 - Psychosocial issues and stigma



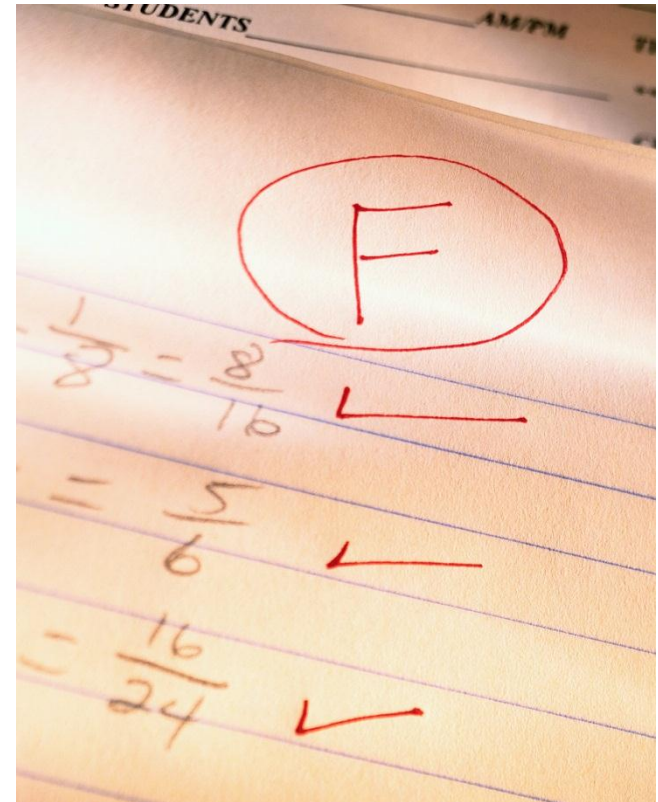
Health and Development Issues 11-22

- Childhood obesity
 - Type II diabetes
 - High blood pressure
 - Asthma
 - Some cancers
 - Stigma
 - Adult obesity



Poor Academic Performance 23

- Food insecure youth have poorer
 - Brain/cognitive development
 - School readiness
 - Learning, academic performance and educational attainment



Mental health 24, 25

- Irritability and anxiety
- Difficulty getting along with others
- Fights and school suspensions



Summary



- Hunger and overweight is prevalent among our youth
 - Causality still being studied
 - Adverse nutrition, health, and psycho-social effects where RDs can make an impact
-

Fight Hunger and Promote Health

Katie Harr, MPH
Manager, Nutrition
Feeding America

I. The Feeding America Network

- Who we are, how we work and our impact
- Nutrition Banking

II. Fighting Hunger In Your Community

- Federal Nutrition Programs
 - Hunger in your Community (Map the Meal Gap)
 - Find your local food bank
 - Ways to get involved and give
-

Feeding America is the nation's leading domestic hunger-relief charity.

Our **mission** is to feed America's hungry through a nationwide network of member food banks and engage our country in the fight to end hunger.

Feeding America: How We Work

202 COMMUNITY FOOD BANKS

61,000 AGENCIES

37,000,000 AMERICANS SERVED

Feeding America: Our Impact



**37 MILLION
AMERICANS**

served annually, including
14 million children and
3 million seniors.



3 BILLION MEALS
distributed annually.



202 FOOD BANKS
in our network.



8 MEALS

supplied for each dollar donated.



549 MILLION POUNDS

of fresh produce sourced
by our network in FY12.



650,000 VOLUNTEERS

help carry out our vision
for a hunger-free America.

Feeding America: How We Work

- **Traditional “Emergency” Food Distribution:** Food pantries, soup kitchens, shelters
- **Targeted Programs:** Mobile Pantries, Kids Cafes, Backpack Program, Summer Feeding Programs, Senior Programs
- **SNAP & Benefit Outreach**
- **Nutrition Initiatives and Community Food Projects**
- **Advocacy & Policy:** Hunger Action Center, Hunger Action Month
- **Research:** Hunger In America, Map the Meal Gap

Nutrition Banking



Food Banks are much more than food warehouses!

Did you know...

Over 80% of food banks provide nutrition education

More food banks are implementing nutrition policies

Many food banks have RD's on staff, and some support Community Food Projects such as:

- Community farms and gardens
- Farmers Markets
- Plant-A-Row
- CSAs

Federal Nutrition Programs

Protect the Safety Net!

SNAP

School Meals

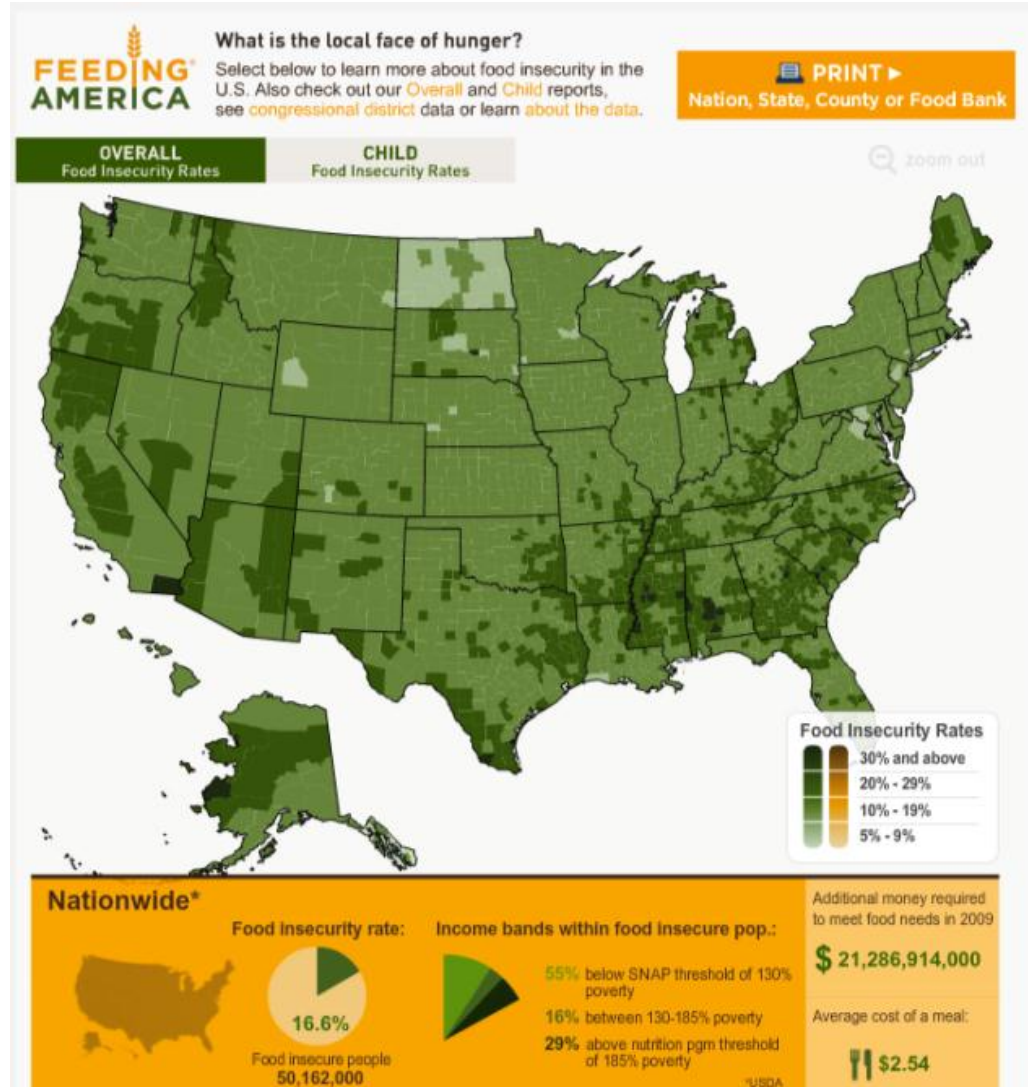
SFSP (Summer Food)

CACFP (Child and Adult Food)

WIC

TEFAP

Hunger in your Community



<http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap.aspx>

Find your Local Food Bank

FOOD BANK LOCATOR

Food Bank Locator



1 in 6
Americans
Face Hunger

**Feeding
America's
network feeds
over 37 million
Americans
every year.**

Sign up. Stay
informed. Make
a difference.

☒ Yes, I would
like to receive
communications
from Feeding
America

Search by Zip Code or State go

[See All Food Banks.](#)

- [Alabama](#)
- [Alaska](#)
- [Arizona](#)
- [Arkansas](#)
- [California](#)
- [Colorado](#)
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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.

[JOIN NOW](#)

Spread the Word- Ways to Give



[HUNGER IN AMERICA](#)
EN ESPAÑOL

[HOW WE FIGHT HUNGER](#)

[NEED HELP?](#)

[GET INVOLVED](#)

[TAKE ACTION](#)

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[Gift Catalog](#)

[Give A Meal](#)

[Honor & Memorial Giving](#)

[Planned Giving](#)

[Donor Advised Fund](#)

[Grocery and Food Drives](#)

[Corporate Donations & Foundation Relations](#)

[Other Ways to Donate](#)

[FAQs](#)

Ways to Give




Your Gift Provides Gre



\$1 = 8 meals



Donate Online



Your secure online donation will help provide food and groceries for families battling hunger.

☐ \$ 50
 ☐ \$ 100
 ☐ \$250

[/site/SPageServer?pagename=giveonline&s_src=WXXOGLOB&s_subsrc=Ways%2520to%2520Give](#)

Monthly Giving



By giving a regular amount each month, your gift adds up to make an even bigger difference in the lives of hungry Americans all year long. Learn more about the benefits and become a monthly donor.

Feeding America Links

Take action: Stay informed and take action on current legislation

http://help.feedingamerica.org/site/PageServer?pagename=advocacy_Take_Action&subsrc=Map%20the%20Meal%20Gap%20C%20Food%20Insecurity%20in%20your%20County

Map the Meal Gap: Local Food Insecurity Rates

<http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap.aspx>

Food Bank Locator: Find a food bank near you

<http://feedingamerica.org/Home/foodbank-results.aspx>

Ways to Give: Donate, volunteer

<http://feedingamerica.org/ways-to-give.aspx>

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

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

Looking for more?

Share Our Strength Programs
www.nokidhungry.org

Shopping Matters

http://join.strength.org/site/PageNavigator/SOS/SOS_of_shoppingmatters_home

Cooking Matters

www.cookingmatters.org

Questions?

Thank you!

Hunger and Environmental Nutrition

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



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