Contributors and Effects of Food Insecurity:

Nutrition and Beyond
## Future of Food Free Webinars

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Register at [www.eatright.org/foundation/kidseatright](http://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?
"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.”

Glenna McCollom, DMOL, MPH, RD
President Elect
2012-2013
Academy of Nutrition and Dietetics Foundation
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
50 million people lived in food-insecure households.
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.

Rank, 2009; Rank 2005.
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.

Income with Food Stamps

Take Home Pay from Full-Time Minimum Wage Job (less withholding) $9,512

- EITC $4,120
- Food Stamps $4,920

94% of the poverty line.

Income without Food Stamps

Take Home Pay from Full-Time Minimum Wage Job (less withholding) $9,512

- EITC $4,120

69% of the poverty line.

Poverty line for a family of four in 2005: $19,760

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.
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

- Rent
- Utilities
- Heat
- Child-care
- Transportation
- Phone
- Food
- Clothing
- Medical bills/medications

- Paid first of month
- Delayed
- Dragged out
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

- 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

Food energy requirement vs. Income (log)

- Not enough to eat
- Enough but not the kind wanted
- Enough and the kind wanted

Log food cost vs. Log food energy (MJ/d)

P. Basiotis and M. Lino. 2002. (Dashed line added.)
Avoiding Hunger on a Budget

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Log food energy (MJ/d)

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P. Basiotis and M. Lino. 2002. (Dashed line added.)
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
What is affordability?

- Fear of Food Waste
- Equipment for Storage & Preparation
- Time for Preparation
- Time & $ for Travel to Full-Service Store
- Variety
- Poor Quality
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
Cycles of Demand 19-32

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
Figure 1. Food expenditure by consumer units, at-home and away-from-home

Wilde, 2000
FIGURE 1—Changes in expenditures by category and by income in response to an unseasonable $10^\circ$F drop in temperature.
Food
Predictability

San Francisco, CA
Mission District
July, 2011
“...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

“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.”
“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)
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 they 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

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

Slide courtesy of Barbara Laraia

"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.
Call to Action

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

Contact: mali@feedhopenow.org
  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
Call to Action

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.
Call to Action

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.
Call to Action

Donate

• The need for increased storage capacity
Call to Action

Donate

• The need for temperature-controlled vehicles
Call to Action

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.
Call to Action

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”
Call to Action

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

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!

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

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

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
Promote: Kidseatright.org
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](http://www.eatright.org/foundation/kergrants)
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 Public Site

For Parents:

www.eatright.org

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

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...

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 articles

more tips
Questions?

View recorded webinars and register for future webinars at www.eatright.org/foundation/kidseatright

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References


12. Wiig K, Smith C. The art of grocery shopping on a food stamp budget: factors influencing the food choices of low-income women as they try to make ends meet. *Public Health Nutr.* 20


