

Hunger: An Unwelcome Guest at the Table



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The State of Child Nutrition

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Concerns

- Energy balance
- Excessive intakes of
 - Dietary fats
 - Saturated fats
 - Sugar
 - Sodium
- Inadequate intakes of
 - Foods rich in calcium
 - Potassium
 - Vitamin D
 - Dietary fiber
 - Dairy foods, vegetables, fruits, seafood, and whole grains.

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The Big Driver...



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Portions Have Gotten Larger

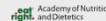


5 cups 270 calories	tub 630 calories	3-inch diameter 140 calories	5-6-inch diameter 350 calories
333 calories	590 calories	Original 8-ounce bottle 97 calories	20-ounce bottle 242 calories

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Environmental Factors

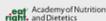
- Family
- Friends
- Child care
- Schools
- Meals away from home
- Advertising

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Current Policy Efforts

- Healthy People 2020 added new objectives linked to child nutrition
- The 2010 Dietary Guidelines for Americans (DGA)
- White House Task Force on Childhood Obesity Report,
- Let's Move!

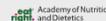


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Healthy Hunger Free Kids Act

- Standards for school meals reflecting the nutrition science
- Increase the availability of fruits, vegetables, whole grains, fat-free and low-fat fluid milk in school meals
- Reduce the levels of sodium
- Saturated fat and trans fats in meals
- Meet the calorie needs



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Industry...Healthy Weight Commitment

- CEO-led organization removed 6.4 trillion calories from foods
- 78 calorie reduction per person, per day
- More than 275 retailers, food/beverage manufacturers, restaurants, sporting goods, insurance companies, trade associations, NGOs, and professional sports organizations
- Together Counts™ campaign which is used by over 15 million students across the country



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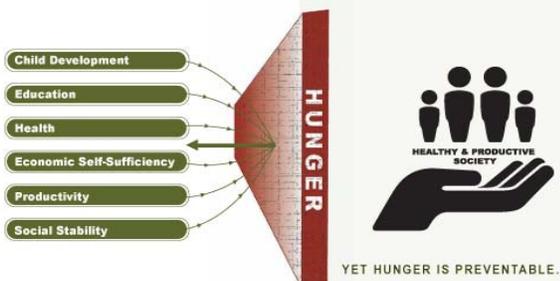
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Why Care



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2011 USDA Data



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Impact on the Children

- Sick more often, to recover from illness more slowly, and hospitalized more frequently.-Children's Health Watch
- Experience headaches, stomachaches, colds, ear infections, and fatigue.- National Institutes Of Health
- Susceptible to obesity and its harmful health consequences- JAMA Pediatrics
- Undernourished children <3 are less likely to learn as much, as fast or as well - National Institutes Of Health



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Impact on Children

- Can impair a child's ability to concentrate and perform well in school
- Tend to have significantly higher levels of behavioral, emotional and academic problems and tend to be more aggressive ad
- More likely to be suspended from school and have difficulty getting along with other kids-Harvard School Breakfast Research Summary



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Calculating the Costs of Hunger



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The Costs... \$167.5 Billion Hunger Bill

- From 2007 to 2010 the cost of hunger rose by \$42 billion or slightly more than 33 percent.
- Hunger increases illness costs by \$130.5 billion
- Hunger-induced costs for lower educational outcomes and reduced lifetime earnings \$19.2 billion
- Charitable contributions to help address hunger and food insecurity cost \$17.8 billion

Center for American Progress' 2011 report [Hunger in America](#).

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Coping Strategies

- Eating less variety of foods
- Participating in federal Nutrition assistance programs
- Obtaining emergency food from community food pantries, emergency Kitchens, and shelters
 - Feeding America served 46.5 million persons
- Feeding the children first
- Dumpster diving
- Trade-offs



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Trade-offs

- Food or...
 - 32% Health care/meds
 - 35% Rent/mortgage
 - 42% Utilities/heating



Hunger in America 2010, Feeding America

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Hunger...Putting a Face on It





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Children and Food Insecurity

- 15.8 million children lived in food insecure households
- 20% or more of the child population in 37 states and D.C. lived in food insecure households in 2012
- States with the highest rate are:
 - New Mexico
 - Mississippi
 - Arizona
 - Georgia
 - Nevada



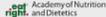
Child Hunger Facts Feeding America 2015

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Solutions- Nongovernment Organizations (NGO)

- Bread for the World
- Feeding America
 - Food Pantries/Food Shelves
 - Kids Cafe
 - Back Pack Program
- Share Our Strength
- Meals On Wheels Association of America
- Generations United
- AARP

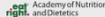


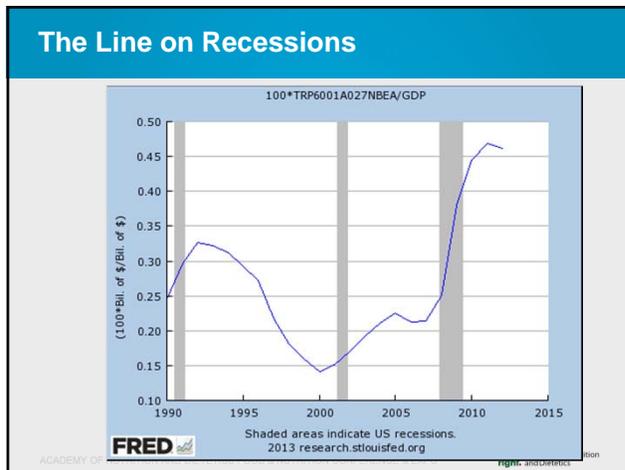
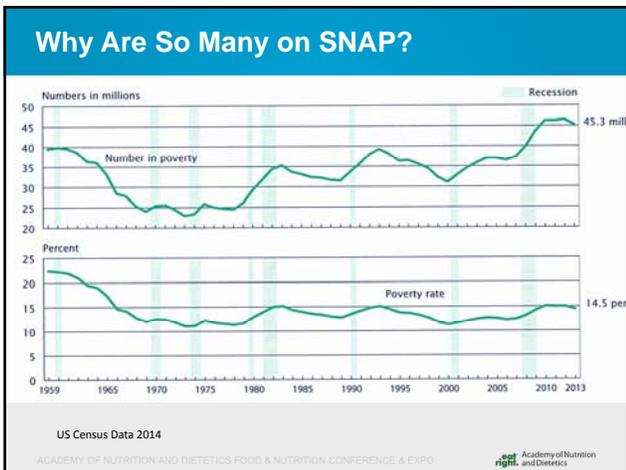

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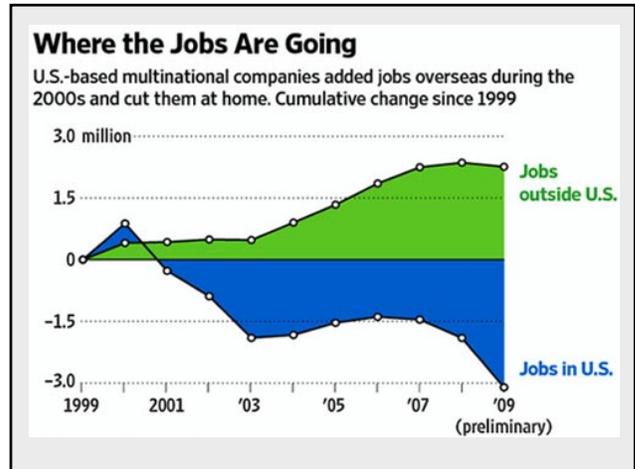
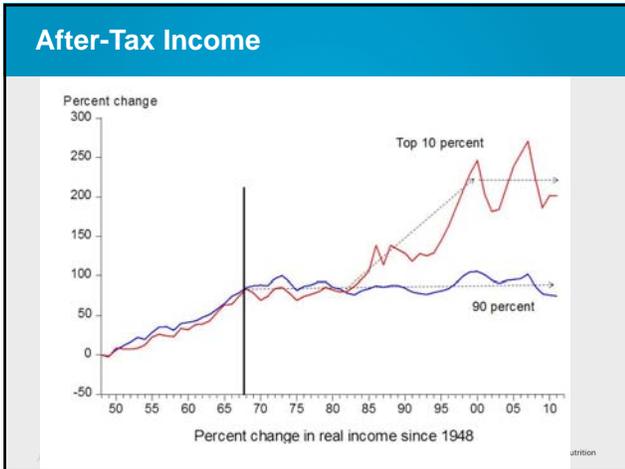
Solutions-Government

- USDA
 - SNAP/SNAP-Ed- 45 million
 - School Breakfast Program- 12.8 million
 - National School Lunch Program 31.6 million
 - Child and Adult Care Food Program 1.9 billion meals/year
 - WIC (Women, Infants and Children) 8.9 million
 - Fresh Fruit and Vegetable Program



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Who Is a Typical SNAP Recipient?

- 83% of SNAP households incomes at or below 100% of the poverty guideline –
 - \$19,530 for a family of 3 in 2013
 - \$1100 per month average rent
- 61% of SNAP households have gross income at or below 75% of the poverty guideline -\$14,648 for a family of 3 in 2013
- The typical SNAP recipient is on the program for an average of 10 months

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Do People on SNAP Work?

- Most SNAP families with children have at least one working adults in the household

Figure 1
SNAP Households with Working-Age Non-Disabled Adults Have High Work Rates

Work participation for households that received SNAP in a typical month

Category	All SNAP households	Families with children
Employed in month of SNAP receipt	58%	62%
Employed during previous or following year	82%	87%

Source: CBPP Calculations based on 2004 SIPP Panel data.
Center on Budget and Policy Priorities | cbpp.org

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Do SNAP Participants Just Buy “Junk”?

The National Food Stamp Program Survey -

- Vegetables and fruits - 19.6%
- Grain products 19.7%
- Dairy products 12.5 %
- Meats and meat alternatives 34.9%
- Sugar and sweets 2.8 %
- Soft drinks punches, and ades 5.6 %

Our Members In The Community

Food Policy Councils... Public, Private, And Nonprofit Sectors

- Support/advise to improve regional, state, or local food systems
- Propose solutions to improve systems
- Encourage local economic development
- Increase access availability of affordable, healthy foods
- Nutrition, health, agriculture, education, policy, community design, and commerce



Taking One for the Team - Donna Martin, EdS, RD, LD



Reducing Hunger...Reducing Chronic Disease

- Food banks part of the solution for persons with diabetes
- Working with health care providers to improve health of those food insecure and have type 2 diabetes
- Provides screening, care coordination, nutrition education, and healthy foods
- Provision food boxes for clients with diabetes
- Trying new foods, especially when recipes/tips are included
- Eating more healthfully

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Resources

- Let's Move!
- Fuel up to Play 60- 73,000 Schools
- Action for Healthy Kids- >10 millions students
- Alliance for a Healthier Generation
- My Plate
- Kids Eat Right

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Healthy Food Bank Hub

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The Take Away Message... Get Involved... You Can Make a Difference

- Food Drives
- Deliver a home delivered meal
- Expand what is available in your community
- Help promote school breakfast in your schools

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