

# Adventist Health

## Priority Area Overview



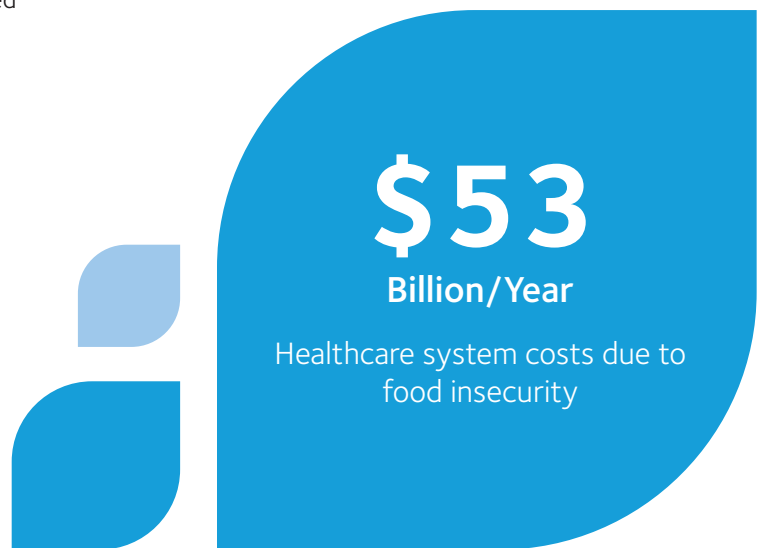
### Food Security

Food security, as defined by the United Nations' Committee on World Food Security, means that all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their food preferences and dietary needs for an active and healthy life. Interventions may include any activity that improves an individual's or household's food security.

### IMPLICATIONS

**Health:** In the United States, millions of households, an estimated 1 in 8 Americans, lack access to enough food. Children growing up in food insecure households face many challenges such as behavioral problems, lower academic achievement, disrupted social interactions, and poor health. Adults who are food insecure may be at an increased risk for a variety of negative health outcomes and health disparities. For example, a study found that food-insecure adults may be at an increased risk for obesity. Another study found higher rates of chronic disease in low-income, food-insecure adults between the ages of 18 and 65. A September 2019 study from the Journal of Nutrition found that children from food-insecure households had high body mass index, waist circumference, greater odds of being classified as overweight or obese, consumed more sugar from sugar-sweetened beverages, and less frequently ate breakfast and dinner with family compared to children from food-secure households.

**Costs:** Food insecurity can lead to diabetes, heart disease and other chronic conditions, all of which are costly to a person's health and to the healthcare system.



### POTENTIAL PARTNERS



PUBLIC HEALTH DEPARTMENTS

FOOD BANKS / PANTRIES

COMMUNITY CLINICS

SCHOOL DISTRICTS

SENIOR CENTERS

HEAD START PROGRAMS

THE SALVATION ARMY

### SUBJECT-MATTER EXPERTS



PUBLIC HEALTH OFFICER



FOOD BANK  
ADMINISTRATOR



SCHOOL DISTRICT STAFF  
RESPONSIBLE FOR CHILD  
NUTRITION PROGRAMS

### GLOSSARY OF COMMON TERMS:

**Food Desert:** A food desert is an area that has limited access to affordable and nutritious food, in contrast with an area with higher access to supermarkets or vegetable shops with fresh foods, which is called a food oasis

**Food Security:** Access by all people at all times to enough food for an active, healthy life. Food security includes at a minimum: (1) the ready availability of nutritionally adequate and safe foods, and (2) an assured ability to acquire acceptable foods in socially acceptable ways (e.g., without resorting to emergency food supplies, scavenging, stealing, or other coping strategies)

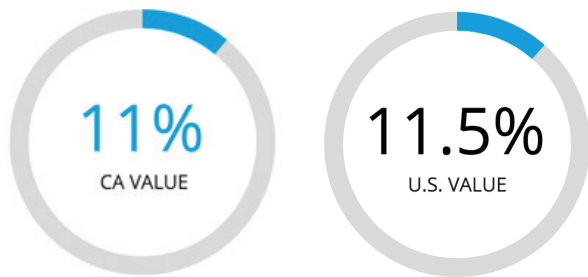
**Food Insecurity\*:** Limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.

**Hunger:** The uneasy or painful sensation caused by a lack of food. The recurrent and involuntary lack of access to food. Hunger may produce malnutrition over time. Hunger is a potential, although not necessary, consequence of food insecurity.

**Malnutrition:** Lack of proper nutrition caused by not having enough to eat, not eating enough of the right things, or being unable to use the food that one does eat.

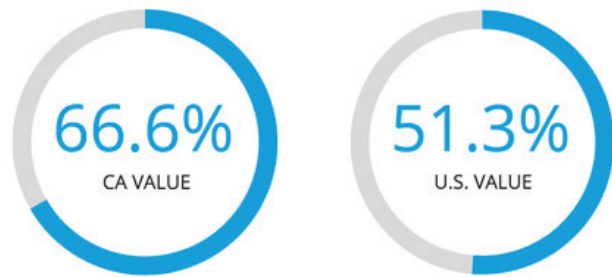
## Food Insecurity\* Rate (All Age Groups)

POM: 2018 | Sources: Feeding America



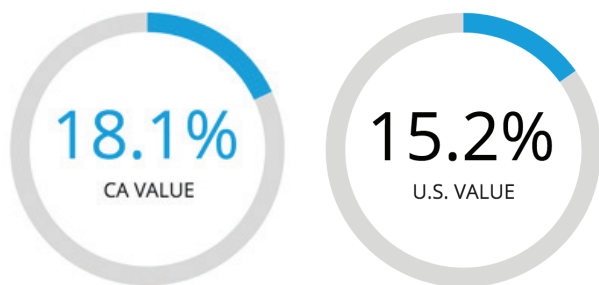
## Households with Children Receiving SNAP

POM: 2014-2018 | Sources: American Community Survey



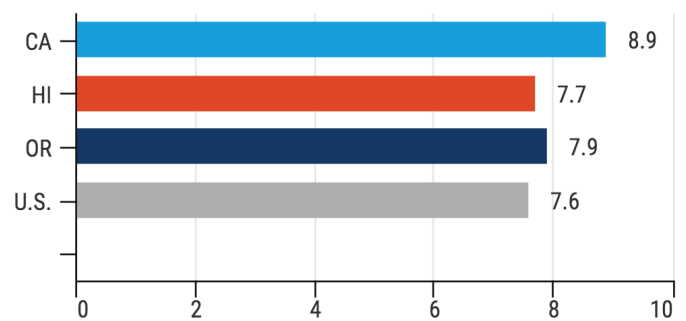
## Child Food Insecurity\* Rate

POM: 2018 | Sources: Feeding America



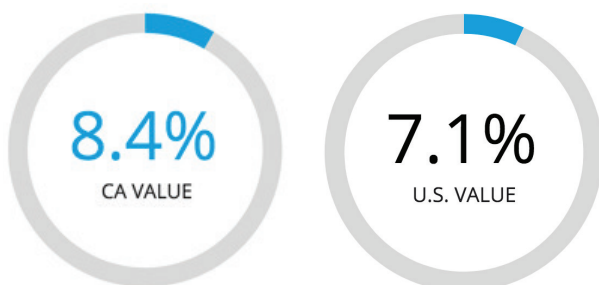
## Food Environment Index\*\*

POM: 2020 | Sources: County Health Rankings



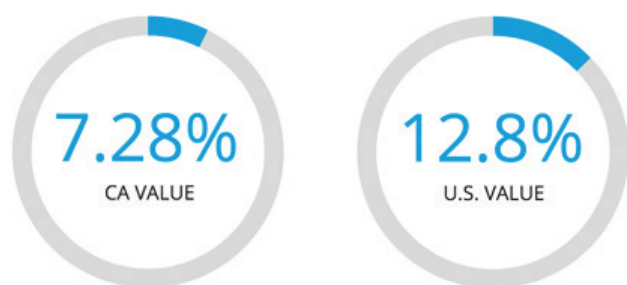
## Food Insecurity\* Rate: 60+

POM: 2018 | Sources: Feeding America



## Percent of Population Living in Low Income, Low Access Census Tracts

POM: 2015 | Sources: USDA



\*See Glossary of Common Terms

\*\*A measure based on 1) the percentage of a population that is food insecure and 2) the percentage of a population that is low income with limited access to a grocery store. The score ranges from 0 (worst) to 10 (best).

# Evidence Matters



Explore the County Health Rankings and Roadmaps “What Works for Health” tool to help find policies and programs that are a good fit for your communities health priorities: [www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health](http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health)

## RESOURCES

**American Society for Nutrition:** The organization is the result of a merger between several nutrition research related organizations in 2005. It’s mission is to advance the science, education and nutrition practice.

**Hunger + Health:** A partner site of Feeding America, the largest hunger-relief organization in the United States. To support the sharing of quality resources, each asset is vetted using criteria developed by Feeding America® and external content experts.

**Nutrition.gov:** USDA-sponsored website that offers credible information to help you make healthful eating choices. Get information on food assistance programs that are available to certain individuals and groups.

**U.S. Department of Agriculture (USDA):** USDA supports global food security through in-country capacity building, basic and applied research, and support for improved market information, statistics and analysis.