HUNGER & FOOD INSECURITY

Food is something we can’t take for granted.
PBS “Poor Kids” Documentary

- What were some of your personal reactions to what the children in the film experienced?

- Do you believe what we are doing is effective in preventing poverty in the United States?

- If and how do you believe this film is connected to our own community?
To Consider...

- **United States:**
  - Where is Childhood Homelessness Getting Worse?
  - By the Numbers: Childhood Poverty in the U.S.

- **World-Wide**
  - The Places We Live
  - World Food Programme Hunger Statistics
**World Hunger Programme**

*Hunger* kills more people every year than AIDS, malaria & tuberculosis combined.

[Diagram showing balance between Hunger and AIDS, Malaria, and TB]
1. Some **805 million people** in the world do not have enough food to lead a healthy active life.

   Source: *State of Food Insecurity in the World*, FAO, 2014

What does this mean?

1 in every **9** people on Earth goes to bed hungry each night
2. The vast majority of the world's hungry people live in developing countries, where 13.5 percent of the population is undernourished.

Source: *State of Food Insecurity in the World*, FAO, 2014
3. Asia is the continent with the most hungry people - two thirds of the total.

The percentage in southern Asia has fallen in recent years but in western Asia it has increased slightly.

Source: State of Food Insecurity in the World, FAO, 2014
4. Sub-Saharan Africa is the region with the highest prevalence (percentage of population) of hunger.

1 in every 4 are undernourished in this region.

Source: *State of Food Insecurity in the World*, FAO, 2014
10 Hunger Facts

5. Poor nutrition causes nearly half (45%) of deaths in children under five - 3.1 million children each year.

6. One out of six children -- roughly 100 million -- in developing countries is underweight.

Source: Global health Observatory, WHO, 2012
10 Hunger Facts

7. One in four of the world's children are stunted. In developing countries the proportion can rise to one in three.

8. If **women** farmers had the same access to resources as men, the number of hungry in the world could be **reduced by up to 150 million.**

*Source: Women in Agriculture: Closing the Gender Gap for Development, FAO, 2011*
10 Hunger Facts For 2014

9. 66 million primary school-age children attend classes hungry across the developing world, with 23 million in Africa alone.

Source: Two Minutes to Learn About School Meals, WFP, 2012
10. WFP calculates that **US$3.2 billion** is needed per year to reach all 66 million hungry school-age children.

Source: *Two Minutes to Learn About School Meals*, WFP, 2012
Causes of Hunger

What do you believe causes hunger?
What Causes Hunger?

Source: Freedom From Hunger

- **Poverty:**
  - Poor people do not have the resources—whether land, tools or money—needed to grow or buy food on a consistent basis.
What Causes Hunger?

Source: Freedom From Hunger

- **Armed Conflict:**
  - War disrupts agricultural production, and governments often spend more on arms than on social programs.
What Causes Hunger?

Source: [Freedom From Hunger](http://example.com)

- **Environmental Overload:**
  - Over-consumption by wealthy nations and rapid population growth in poor nations strain natural resources and make it harder for poor people to feed themselves.
What Causes Hunger?
Source: Freedom From Hunger

- **Discrimination:**
  - Lack of access to
    - Education
    - credit
    - Employment
  —a recipe for hunger—
  - Often the result of racial, gender or ethnic discrimination.
What Causes Hunger?

Source: Freedom From Hunger

- **Lack of Clout:**
  - Chronic hunger can be caused by powerlessness.
  - People who don't have power to protect their own interests are hungry.
    - The burden of this condition falls most acutely on **children**, **women** and **elderly people**.
Impacts of Hunger

How do you see hunger impacting...

- Children?
- Adults?

Would you expect the impacts to be more similar or different?

The following information excerpted from:

Feeding America: Impact of Hunger
Impacts of Food Insecurity: ADULTS

Maternal Health

- may be detrimental to the health of expectant mothers as it is associated with a range of physical & mental complications.

- may receive fewer nutrients and experience long term physical health problems.

- may be at greater risk of major depression and other mental health problems.
Impacts of Food Insecurity

Infancy & Development

- Pregnant women who experience food insecurity are more likely to experience birth complications than women who are food secure.

- Inadequate access to food during pregnancy has been shown to increase the risk for low birth weight in babies.
Impacts of Food Insecurity: Children

Infancy & Development

- Children growing up in food-insecure families are vulnerable
  - poor health
  - stunted or delayed development from the earliest stages of life
  - poorer attachment
  - learning difficulties in the first two years of life
Impacts of Food Insecurity: Children

Health Concerns

- health problems for children that may prevent functioning fully in school and other activities.

- higher risk for chronic health conditions, such as anemia, and asthma.

- more frequent instances of oral health problems

- associated with poorer physical quality of life
  - may prevent them from fully engaging in daily activities such as school and social interaction with peers.
Impacts of Food Insecurity: Children

Behavioral Challenges

- higher risk for **behavioral issues** and **social difficulties**.

- greater risk of **truancy** and **school tardiness**

- When they are in school, increases in an array of behavior problems including: **fighting, hyperactivity, aggression, anxiety, mood swings, and bullying**.
Impacts of Food Insecurity: ADULTS

Physical Health

- may receive fewer nutrients, which may hinder their ability to live a full and active life.

- associated with lower physical and mental health test scores

- increased risk of developing diabetes.

- associated with a range of chronic illnesses such as hypertension, hyperlipidemia, and various cardiovascular risk factors.
Impacts of Food Insecurity: ADULTS

Mental Health

- relationship with a number of mental health issues & human behavior problems.
- may experience higher levels of aggression & anxiety.
- correlated with slower developing social skills.
What can you do?

- Myths of Hunger Project
- Rubric