



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.



WFP 10 Hunger Facts

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

10 Hunger Facts

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

10 Hunger Facts

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

10 Hunger Facts

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.

Source: [Series on Maternal and Child Nutrition](#), The Lancet, 2013

10 Hunger Facts

- 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.

Source: *Prevalence and Trends of Stunting among ... Children*, *Public Health Nutrition*, 2012

10 Hunger Facts

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 Hunger Facts For 2014

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](#)

- ❑ **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](#)



World Food Programme

Fighting Hunger Worldwide