



Nutrition and Food Insecurity

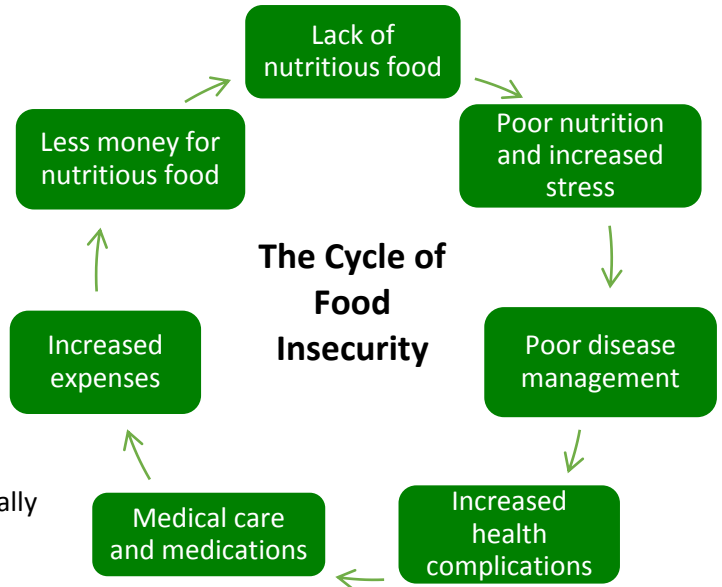
Food insecurity and obesity

Food insecurity is having unreliable access to a sufficient quantity of affordable, nutritious food.

Food insecurity can lead to overeating of unhealthy food when food *is* available.¹

Access to unhealthy foods is often higher than access to healthier foods for some neighborhoods. The combination of unhealthy foods in large quantities can lead to obesity.

About 50% of boys and girls, 9-18 years old in Minneapolis homeless shelters, are either at risk for overweight or actually overweight.²



The cost of obesity and chronic diseases³

\$2.8B Obesity-related healthcare costs per year

\$17B Lost productivity and absenteeism due to unhealthy workers/year

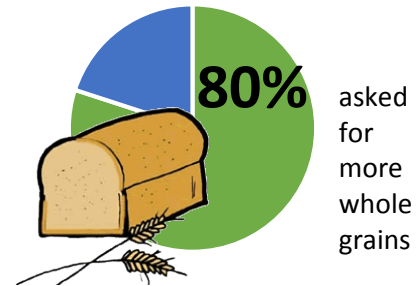
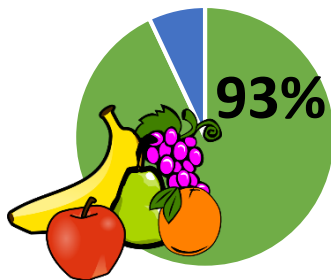
Lack of access to healthier foods

Many people experiencing food insecurity do not have the access and means to buy healthier foods.

Although people surveyed knew it was unhealthy, 81% of people experiencing food insecurity bought the inexpensive, unhealthy foods in order to manage their hunger.⁴

A desire for healthy foods⁵

In a Twin Cities survey of guests staying at a homeless shelter:



Who would be impacted?

Of those experiencing homelessness and/or food insecurity in Minnesota, 80% received some type of food assistance each month, including hot meal programs (31%) and food shelves (31%).⁶

You can make an impact on the health of our society by providing healthier foods!

1. <https://www.pittsburghfoodbank.org/resources/about-hunger/hungerandhealth/>. 2. Smith, C. & Richards, R. (2008). Dietary intake, overweight status, and perceptions of food insecurity among homeless Minnesotan youth. *American Journal of Human Biology*, 20, 550-563. 3. <http://www.2harvest.org/our-impact/hunger-facts/hunger-study.html#VVDtXpNpvp8>. 4. Minnesota Food Charter. (2014). 5. Project Homeless Connect Survey. June 15 2010. 6. Wilder Research. (2013). *Homelessness in Minnesota*.

