



# Nutrition and Food Insecurity

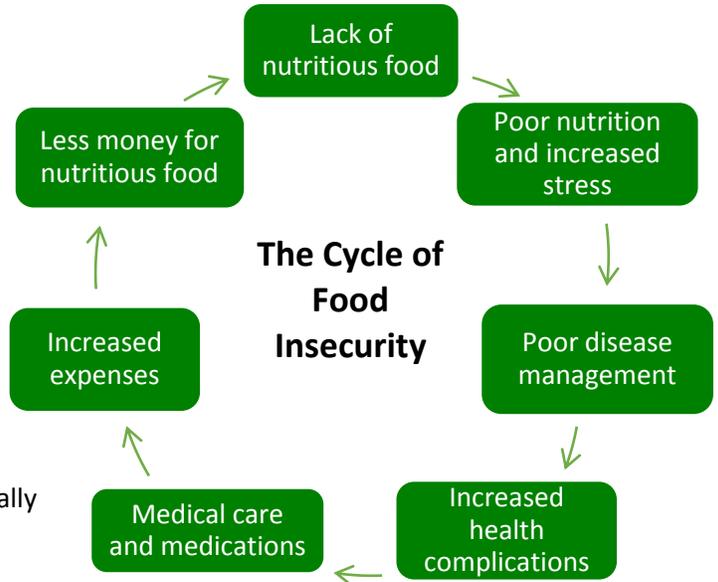
## Food insecurity and obesity

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.<sup>1</sup>

**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.<sup>2</sup>



## The cost of obesity and chronic diseases<sup>3</sup>

**\$2.8B** Obesity-related healthcare costs per year

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

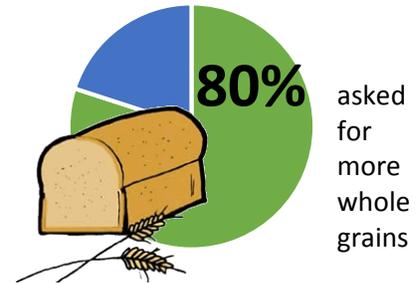
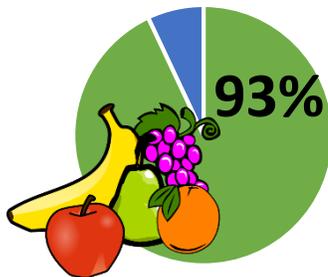
## Lack of access to healthier foods

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.<sup>4</sup>

## A desire for healthy foods<sup>5</sup>

**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%).<sup>6</sup>

**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*.

