

HUNGER STATISTICS

TABLE

- “Food insecurity refers to USDA’s measure of lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods...it is particularly devastating among children.” Feeding America

Source, Food Bank of Central and Eastern North Carolina, 2020:

- In North Carolina, 20% of kids struggle with hunger.
- In Orange County, there are 4,420 food insecure children.
- In Orange County, the food-insecurity rate for children is 15.5%.
- Before the COVID-19 pandemic, through the school system, 11.3% of these kids receive free/reduced school meals.
- The pandemic had a serious impact on hunger. In central and eastern North Carolina there was a 38% increase in hunger.

Source, Feeding America, 2019:

- In the Orange County school system, 31% of food insecure children are likely ineligible for federal nutrition programs. 69% are ineligible for nutrition programs.
- The annual food budget shortfall is \$10,522,000.
- 46% of their clients, those who rely on food insecurity aid, choose between paying for food or paying for utilities/heating.
- 39% choose between paying for food or paying for a mortgage.
- 35% choose between paying for food or paying for transportation.
- At least 33% of families who get aid for food have one or more parent/family members working.

Source, WorldHunger.Org, 2020:

- Before the pandemic, 10.5% of all households faced food insecurity over the course of 2019. In 2020, after the pandemic hit, nearly 25% of households had to face food insecurity at some point.
- Families with children are more likely to face food insecurity.
- School closures prevented many children from receiving the food and nutrition they depend upon.
- There is a definite link between hunger, food insecurity, and nutrition. Hunger over an extended period of time can lead to undernutrition, which causes a host of issues like delayed development and being more prone to disease.
- The CDC estimates that 2 billion people worldwide do not get the appropriate amount of nutrients; half of this 2 billion is children, while they only make up 26% of the population.

Source, SchoolNutrition.Org, 2020:

- The National School Lunch Program served 20.1 million children free lunches in 2019, and 11.8 million children free breakfast
- “School meals are as critical to learning as textbooks and teachers.”
- Research suggests that meals during school provide obesity prevention, overall health, and academic performance.

Source, NoKidHungry, 2020:

- With more parents out of work, and schools shutting down, more children face hunger than ever before.
- Projections suggest that this year, 18 million kids could face hunger in America.
- In America, with the resources available, there is no excuse for children to go hungry. In order to change this, access must increase- programs like school breakfast, summer meals, afterschool meals, food skills education, research and policy, and advocacy all contribute to this.
- In 2018, for a family of four, the federal poverty level came to \$25,570. This number is still a minimum, as families with a higher income experience poverty.
- 38 million Americans live in poverty; 15 million of that 38 million are kids. Poverty and hunger are directly correlated.
- The pandemic has had a seriously negative impact on the economy, only exacerbating the issues of hunger.
- SNAP, Supplemental Nutrition Assistance Program, is relied upon by 46 million Americans a month. Two-thirds of SNAP benefits go to families/households with children.

Source, WeAreTeachers, 2017:

- School aged children who eat breakfast will perform better on tests and have improved concentration, memory, and learning abilities. Hunger can cause headaches and other symptoms that hinder learning.
- Proper nutrition has a positive impact on learning; schools played a key role in this.
- For kids to engage in eating proper nutrition, it can give them a “positive sense of self.”

Source, SnackPak4Kids, 2017:

- Childhood years are crucial for development, and development, physical and mental, relies heavily upon nutrition.
- Children in food insecure households are often shorter in height or underweight. They also face cognitive impairments as hunger leads to the inability to focus. Hunger also depletes the ability to fight illness. If children are constantly feeling ill, they can miss or neglect school.

- Hunger can also lead to the experience of emotional and social impairments. Hunger can be the root of behavioral issues.