

Hungry & Overweight:

How Does This Affect My Community?

Food insecurity affects children in many ways.

1. Food insecurity can cause health and development issues in children:

- Iron deficiency
- Asthma
- Delayed cognitive development
- Stomach aches, headaches, and colds
- Increased fatigue
- Psychosocial issues and stigma

2. Food insecurity can alter a child's life by affecting:

- Cognitive, behavioral, and physical development
- School readiness
- Academic performance and achievement

3. Food insecurity can cause mental health issues in children:

- Irritability and anxiety
- Difficulty getting along with others
- Fights and school suspensions

4. Food insecurity can be one of many contributing factors to childhood obesity. Obese children may also suffer from the following:

- Type II diabetes
- High blood pressure
- Asthma
- Some cancers
- Stigma
- Adult obesity



How can hungry children be overweight?

- Lack of access to healthy foods
 - Access to fresh produce and other healthy foods may be limited.
 - High-calorie/fat/sugar foods may cost less than healthier options.
- Disrupted meal patterns
 - Inconsistent access to food may lead to overeating when food becomes available.
- Family stress
 - Stress can lead to unhealthy eating behaviors causing weight gain.

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1, 2, 3 Action Steps: What you can do!

1. Volunteer Your Time

Food banks and other food assistance programs throughout the country depend on volunteers. Donate your time to help those in need. Many of these programs are likely available in your community:

- Mobile Food Pantry
- Kids Cafe
- Backpack Program
- Summer Feeding Program
- Senior Program

2. Get Involved

Get involved in local nutrition initiatives and food education programs in your community. Find your

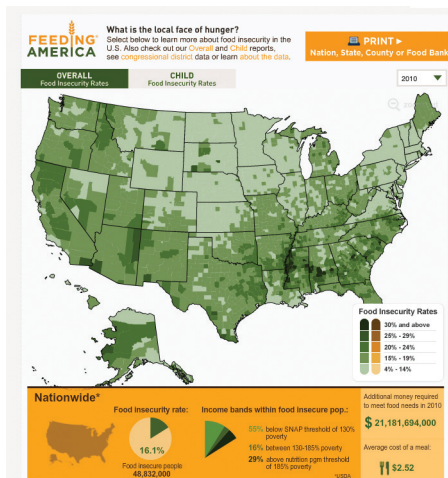
local Feeding America food bank to find out how you can help at www.feedingamerica.org/foodbank.

3. Speak Up

Advocate for federal nutrition programs that help fight hunger and inform your policymakers all year-round. Plan to voice your opinion during Hunger Action Month in September of every year. Visit www.feedingamerica.org/takeaction for more information.

What does hunger look like in my community?

Find out what hunger looks like in your community: www.feedingamerica.org/mapthegap.



About Feeding America

Feeding America is a nationwide network of food banks that helps feed more than 37 million people each year through 61,000 food pantries, soups kitchens and emergency shelters. The Feeding America network distributes more than 3 billion pounds of food annually, including nearly 550 million pounds of wholesome fruits and vegetables.

To find out more about Feeding America, visit www.feedingamerica.org.

