

# HOD Backgrounder

House of Delegates

Spring 2013

This spring, the Academy of Nutrition and Dietetics House of Delegates will discuss the mega issue of food and nutrition insecurity in the United States. A mega issue is an overriding issue of strategic importance, which cuts across multiple goals or outcome areas. Mega issues address key strategic questions the organization must answer, illuminating choices the organization must make and the challenges that will need to be overcome in moving toward the envisioned future. Mega issues tend to articulate the questions that will need to be asked and answered by the profession in the next 5-10 years. This issue is more time sensitive. Due to the history and nature of food and nutrition insecurity in the U.S., it is an issue we must quickly address but understand that if or when eradicated, it is the social responsibility of the Academy and its members to assure that these insecurities do not reappear in the future.

The Academy's Strategic Plan supports the discussion of this mega issue as noted below:

Goal #1: The public trusts and chooses Registered Dietitians as food, nutrition and health experts.

Strategy 4-Work collaboratively across disciplines with local, state, national and international food and nutrition communities

Goal #2: Academy members optimize the health of Americans.

Strategy 2-Enhance the relevance of public health nutrition within the Academy and increase its visibility in the broader public health community

Goal #3: Members and prospective members view the Academy as vital to professional success.

Strategy 1-Empower present and future practitioners to be the leaders and mentors in food and nutrition

In order for the Academy to achieve its vision "to optimize the nation's health through food and nutrition it is the value of the Academy to make decisions with consideration for inclusivity as well as environmental, economic and social implications (APPENDIX A). This backgrounder will present basic information regarding food and nutrition insecurity in America and how it affects all RDs and DTRs, in hopes of initiating serious conversation and considerations for the House of Delegates as well as all members of the Academy.

***"Food security is the linchpin of healthful living and must be achieved in the United States to improve the health of its citizens and residents."***

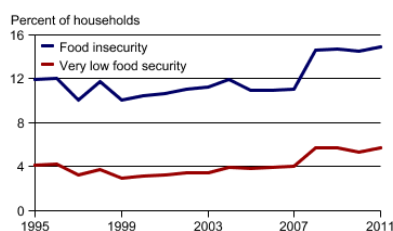
**Academy of Nutrition and Dietetics: Food Insecurity in the United States Position Paper (1)**

## Introduction

A basic definition of food insecurity\* (see definitions on page 7) is that within a household, there is uncertainty of having enough food to meet the needs of all its members because of insufficient money or other resources. In addition, it is one thing to have enough food to meet calorie needs, but it is very different to have access to the right foods to meet calorie needs and also meet nutritional (dietary guidelines) needs (i.e., nutrition security).

Of the 315 million people living in America (2), 50 million Americans, including 8.6 million children were food insecure in 2011 (3). These rates have substantially increased over the last two decades; in 1998, 10.2 percent Americans lived in food-secure households (4), whereas 14.9 percent (17.9 million) of U.S. households were food insecure at some time during 2011. Highest rates of food insecurity occurred in the southern tier or states (3).

Trends in prevalence rates of food insecurity and very low food security in U.S. households, 1995-2011

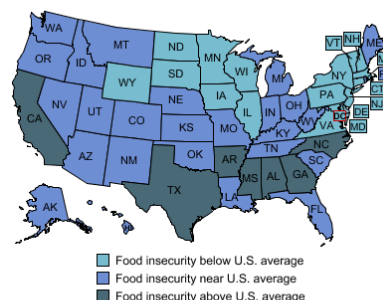


Prevalence rates for 1996 and 1997 were adjusted for the estimated effects of differences in data collection screening protocols used in those years.

Source: Calculated by ERS based on Current Population Survey Food Security Supplement data.



Prevalence of food insecurity, average 2009-11



Source: Calculated by ERS based on Current Population Survey Food Security Supplemental data.



The prevalence of very low food security in many types of households followed a pattern similar to that observed for food insecurity overall). The national average for very low food insecurity is 5.7% however, it is more prevalent in the following groups:

- Households with children headed by a single woman (11.5 percent),
- Households with children headed by a single man (7.5 percent),
- Women living alone (7.9 percent) and men living alone (8.0 percent),
- Black, non-Hispanic households (10.5 percent),
- Hispanic households (8.3 percent),
- Households with incomes below 185 percent of the poverty line (14.2 percent), and
- Households located in principal cities of metropolitan areas (6.8 percent).

Rates of participation in food and nutrition assistance and emergency feeding programs are skyrocketing. During fiscal year 2012, SNAP served over 46 million people in an average month (5), in 2001, participation was 17.6 million people (6) – yet dietitians who work in these programs are constantly on edge about retaining their positions due to budget cuts.

Food insecurity and hunger are caused by lack of resources/poverty. Poverty is caused by low-wages, wages that do not keep up with inflation and fail to sustain a family. I think this needs to be addressed in the intro with and expansion later in the report.

- The number of people in poverty rose for 4 consecutive years
- In 2011, the official poverty rate was 15.0 percent. There were 46.2 million people in poverty.
- The poverty rate in 2011 for households with children under age 18 was 21.9 percent (7).

### **Current US Goals**

One of the government's major public health initiatives is to reduce and/or eliminate U.S. food insecurity by 2015. In 2009, President Obama voiced his goal to eliminate food insecurity in children by 2015 (8). In 2010, U.S. Department of Health and Human Services' (DHHS) Healthy People 2020 initiative re-established the target from Healthy People 2010 (9) to reduce household food insecurity. The goals are to reduce hunger by decreasing the percentage of food insecure from 14% to 6% of the U.S. population, and to eliminate very low food security among children - which was at 1.2% of the U.S. population in 2008 (10). The U.S. Department of Agriculture (USDA) has the goal of cutting U.S. food insecurity in half by 2015 (11).

2015 is right around the corner and we must ask, as leaders in food and nutrition what have the Academy and its members done o help make these goals happen? What do we still need to do?

### **Mega Issue Question:**

How can we as Academy members increase our awareness of food and nutrition insecurity and demonstrate our commitment to take action?

### **Expected Outcomes:**

Delegates will:

1. Raise Academy members' awareness of the prevalence and consequences of food and nutrition insecurity for the nation, including current Academy initiatives.
2. Demonstrate commitment and inspire members to take action to improve food and nutrition security at local and state levels.
3. Act to support and promote the Academy's policy and advocacy programs that improve food and nutrition security at the national level.

Knowledge-based Strategic Governance is a mechanism for consultative leadership. It recognizes that "strategy" is the necessary and appropriate link in the Board's role to govern the organization, the House's role to govern the profession and the staff's role to manage implementation. To assist you in thinking about the issue to be addressed, four key background areas are presented as standard questions used for each Mega Issue. These questions create an environment of awareness of what we know and what is unknown. A wide range of resources has been used to provide you with what is known.

**Question #1: What do we know about the current realities and evolving dynamics of our members, marketplace, industry, profession that is relevant to this decision?**

**Significant Dates**

To understand how the current food assistance and anti-poverty programs currently exist in the U.S., a review of the history and development of these programs is provided here.

**1946: The First Government Assistance Programs**

The presence of food and nutrition insecurity in American households due to insufficient resources to obtain food has been a long-standing challenge to U.S. health, nutrition, and social policy. The success of the nation's nutrition-assistance safety net, beginning with the National School Lunch Program in 1946 and later under-girded by the Supplemental Nutrition Assistance Program (SNAP, formerly Food Stamps) and special programs for vulnerable groups, has meant that less people have struggled with extreme forms of hunger. However, less severe forms of food insecurity and hunger are still found within the U.S. and remain a cause for concern (12).

To address food insecurity in the United States, the U.S. government has developed a range of federal nutrition assistance programs. A full list of these as well as a select list of other programs, organizations, and resources that address food insecurity and hunger in the U.S. are included in Appendix A.

**1960's: A Start to Measurement of Hunger in the U.S.**

Since the late 1960s, government agencies, academia, nonprofit organizations, and advocacy groups have undertaken many studies to define and measure hunger in the American context, but without consensus on the definition of hunger or how to measure it, thereby limiting capacity to estimate the extent of the problem (13).

Hunger as a policy issue gained considerable national priority under the presidency of John F. Kennedy: After assuming office, he doubled Eisenhower's surplus commodity program and restored the Food Stamp Program (14,15). The program retained its chronologically misplaced name for years, even after recipients started receiving benefits through electronic benefit transfer cards, which are ATM like debit cards used at authorized food stores (16). SNAP continues to serve as a significant component of the nation's food assistance program.

In 1967 a group of physicians, after traveling throughout the U.S., reported stunning evidence to Congress of "children in significant numbers who were hungry and sick"(17). By 1969, Congress responded vigorously with the expansion of the Food Stamp Program; the implementation of the School Breakfast Program; the requirement that all children below certain incomes be offered free and reduced price meals; the enactment of nutrition programs to feed children during the summer months, in child-care centers, and family day-care homes; and the development of the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) (17,18). Significantly, all of these programs, with the exception of WIC, were entitlement programs; if the need of a state or locality increased, funding would increase to meet the need (14,16).

### **1984: The President's Task Force on Food Assistance**

As early as 1984, in enquiring "How much hunger is there in America?," the Report of the President's Task Force on Food Assistance emphasized the distinction between "hunger as medically defined" and "hunger as commonly defined (19)."

The Reagan administration appointed a Task Force on Food Assistance to investigate the state of affairs; they concluded that there was no evidence of widespread undernutrition as a health problem, and that, although hunger existed, there was no indicator to estimate the degree of hunger or temporal trends. Thus, the issue of accurate measurement became a policy priority (14,20). The report of the task force emphasized the necessity of distinguishing medical definitions of hunger from poverty-driven hunger, leading to empirically grounded measurement scales for food security (14,21).

The basic policy tenet was forcefully stated by the President's Task Force on Food Assistance in 1984:

*It has long been an article of faith among the American people that no one in a land so blessed with plenty should go hungry. ...Hunger is simply not acceptable in our society.*

The Task Force also noted that, up to the time of its Report:

*There is no official "hunger count" to estimate the number of hungry people, and so there are no hard data available to estimate the extent of hunger directly. .... We regret our inability to document the degree of hunger caused by income limitations, for such lack of definitive, quantitative proof contributes to a climate in which policy discussions become unhelpfully heated and unsubstantiated assertions are then substituted for hard information (19,22).*

### **1990: National Nutrition Monitoring and Related Research Act of 1990 (NNMRR)**

In the Guide to Measuring Household Food Security, 2000, Bickel et al. provide history of what followed the 1984 Task Force Report, in part stimulated by the Report. Private-sector researchers redoubled efforts to develop the kind of direct survey measure that could reliably and consistently document the extent of U.S. hunger. By the early 1990s, an extensive body of field experience had been gained and substantial consensus had emerged among nutrition experts on the sound conceptual and practical bases for such a measure. Meanwhile, Congress enacted the National Nutrition Monitoring and Related Research Act of 1990 (NNMRR), asserting the need for better monitoring and assessment of the nutritional state of the American people. The long-range plan formulated under the Act by the USDA and DHHS clarified the government's responsibility to help create a sound national measure of food insecurity and hunger. A key requirement was that this measure should be appropriate for standard, consistent use throughout the national nutrition monitoring system and at State and local levels (12).

### **1995: U.S. Bureau of the Census: Current Population Survey (CPS)**

Since 1992, the U.S. Department of Agriculture Food and Nutrition Service (FNS) has led a collaborative effort to develop a comprehensive benchmark measure of the severity and prevalence of food insecurity and hunger in the United States. Based on prior research and

wide consultation, a survey instrument specifically relevant to U.S. conditions was designed and tested. Through its Current Population Survey (CPS), the U.S. Bureau of the Census has fielded the food security supplemental survey each year since 1995 (12).

### **2006: Food Security Terminology**

In 2003-06 an expert panel convened by the Committee on National Statistics (CNSTAT) of the National Academies conducted a thorough review of the food security measurement methods. USDA requested the review to ensure that the measurement methods USDA uses to assess households' access-and lack of access-to adequate food and the language used to describe those conditions are scientifically sound. In addition, the measurements should convey useful and relevant information to policy officials and the public. The panel convened by CNSTAT to conduct this study included economists, sociologists, nutritionists, statisticians, and other researchers. Two of the central issues the CNSTAT panel addressed were:

- Are the concept and definition of hunger appropriate for the policy context in which food security statistics are used?
- Is the relationship between hunger and food insecurity appropriately represented in the language used to report food security statistics?

The CNSTAT panel recommended that USDA continue to measure and monitor food insecurity regularly in a household survey, affirmed the appropriateness of the general methodology currently used to measure food insecurity, and suggested several ways in which the methodology might be refined (contingent on confirmatory research).

The CNSTAT panel recommended that USDA make a clear and explicit distinction between food insecurity and hunger and consider alternative labels to convey the severity of food insecurity without using the word "hunger." USDA concurred with this recommendation and, accordingly, introduced the new labels "low food security" and "very low food security" to replace "food insecurity without hunger" and "food insecurity with hunger," respectively. USDA is collaborating with partners in the food security measurement community to explore how best to implement other recommendations of the CNSTAT panel (23).

### Food Security Definitions

Term	Definition
<b>Very low food security</b> <i>(old label was Food insecurity with hunger)</i>	<b>Reports of multiple indications of disrupted eating patterns and reduced food intake.</b>  <i>In these food-insecure households, normal eating patterns of one or more household members were disrupted and food intake was reduced at times during the year because they had insufficient money or other resources for food.</i>
<b>Low food security</b> <i>(old label was Food insecurity without hunger)</i>	<b>Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.</b>  <i>These food-insecure households obtained enough food to avoid substantially disrupting their eating patterns or reducing food intake by using a variety of coping strategies, such as eating less varied diets, participating in Federal food assistance programs, or getting emergency food from community food pantries.</i>
<b>Marginal food security</b> <i>(old label was Food security)</i>	<b>One or two reported indications--typically of anxiety over food sufficiency or shortage of food in the house. Little or no indication of changes in diets or food intake.</b>
<b>High food security</b> <i>(old label was Food security)</i>	<b>No reported indications of food-access problems or limitations.</b>
<b>Food Insecure</b>	<b>At times during the year, these households were uncertain of having, or unable to acquire enough food to meet the needs of all their members because they had insufficient money or other resources.</b>

*Source:* United States Department of Agriculture, Economic Resource Services. Definitions of Food Security. Available at: <http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx>

## **Other Terminology**

The following terms on food security currently do not have a universally accepted definition. There are several definitions for each term. This may be an opportunity for the Academy to develop definitions and lead that initiative.

### ***Nutrition Security***

Nutrition security is typically defined as “when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life” (24).

### ***Individual Food Security***

No definition available at this time.

### ***Household Food Security***

In *Household Food Security: Concepts, Indicators and Measurements*, an annotated bibliography containing over 200 items trace the developments in the concept of household food security (25).

One definition of household food security from 1986 defines it as a household having assured sets of entitlements- from food production, cash income, reserves of food or assets and/or government assistance programs- such that in times of need they will be able to maintain sufficient nutritional intake for physical well-being (26).

### ***Community Food Security***

According to the USDA Economic Research Services (ERS), community food security has roots in disciplines such as community nutrition, nutrition education, public health, sustainable agriculture, and anti-hunger and community development. In the broadest terms, community food security can be described as a prevention-oriented concept that supports the development and enhancement of sustainable, community-based strategies:

- To improve access of low-income households to healthful nutritious food supplies.
- To increase the self-reliance of communities in providing for their own food needs.
- To promote comprehensive responses to local food, farm, and nutrition issues (27).

ERS continues by providing examples of policies and programs implemented under the label of community food security which address a diverse range of issues, including:

- Food availability and affordability.
- Direct food marketing.
- Diet-related health problems.
- Participation in and access to Federal nutrition assistance programs.
- Ecologically sustainable agricultural production.
- Farmland preservation.
- Economic viability of rural communities.
- Economic opportunity and job security.
- Community development and social cohesion (27).

Hamm and Bellows define community food security as “a condition in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable

food system that maximizes community self reliance, social justice, and democratic decision-making” (28). From Johns Hopkins Center for a Livable Future *Community Food Security in United States Cities: A Survey of the Relevant Scientific Literature*, community food security, as defined above, is a fundamental component of assuring that appropriate conditions are in place to enable people and communities to enjoy health and well-being. Threats to community food security may be dramatic, as demonstrated internationally by the continued suffering Sudanese children as a result of malnutrition (29) and domestically by the 56 percent of Houston Astrodome shelter residents who went without adequate food in the aftermath of Hurricane Katrina in 2005 (30). Thus food availability becomes a matter of immediate life and death in such circumstances, and significant national and global resources are dedicated to emergency relief efforts. But food availability is only one aspect of food security (14).

The Johns Hopkins literature review continues defining community food security, interpreting that “members of such communities may have access to adequate, or even excessive, caloric intake, but the food environment is still insecure: The available foods are of limited to absent nutritional value; the method of food attainment may be culturally unacceptable (e.g., foods may be acquired only by means that do not support the dignity of individuals and families); healthy foods may be available but financially inaccessible; the food system may be unsustainable or environmentally hazardous. These scenarios are realities among vulnerable populations in the United States and likely contribute to the growing nutritional and associated health disparities among races / ethnicities and socioeconomic groups” (14).

### ***National Food Security***

National food security can be defined as a country having adequate assured supplies of food to meet aggregate consumption needs. It involves stability of supplies and secure access to available supplies on the part of those who need them (26).

### ***Food Deserts***

While there are many ways to define a food desert, the Healthy Food Financing Initiative (HFFI) Working Group considers a food desert as a low-income census tract where a substantial number or share of residents has low access to a supermarket or large grocery store. Per HFFI, to qualify as low-income, census tracts must meet the Treasury Department's New Markets Tax Credit (NMTC) program eligibility criteria. Furthermore, to qualify as a food desert tract, at least 33 percent of the tract's population or a minimum of 500 people in the tract must have low access to a supermarket or large grocery store (31).

The language in the 2008 Farm Bill defined a food desert as an “area in the United States with limited access to affordable and nutritious food, particularly such an area composed of predominantly lower income neighborhoods and communities” (32).

**For additional background, read:**

USDA Food Desert Locator:

<http://www.ers.usda.gov/data-products/food-desert-locator/about-the-locator.aspx>

### **Low Access**

Low access to a healthy food retail outlet is defined as more than 1 mile from a supermarket or large grocery store in urban areas and as more than 10 miles from a supermarket or large grocery store in rural areas. The distance to supermarkets and large grocery stores is measured by the distance between the geographic center of the 1-km square grid that contains estimates of the population (number of people and other subgroup characteristics) and the nearest supermarket or large grocery store. Once the distance to the nearest supermarket or large grocery store is calculated for each grid cell, the estimated number of people or housing units more than one mile from a supermarket or large grocery store in urban tracts (or 10 miles for rural census tracts) is aggregated to the census tract level. (A census tract is considered rural if the center of the mass of that tract is located in an area with a population of less than 2,500, and all other tracts are considered urban tracts.) If the aggregate number of people in the census tract with low access is at least 500 or the percentage of people in the census tract with low access is at least 33 percent, then the census tract is considered a food desert (31).

### **Statistics and Trends**

The statistics and trends presented below help us define and understand the severity and scope of food insecurity in the U.S.

#### **Food-Insecure Data by Household Type**

In 2011:

- 50.1 million people lived in food-insecure households.
- 12.1 million adults lived in households with very low food security.
- 8.6 million children lived in food-insecure households in which children, along with adults, were food insecure. However, children are usually protected from substantial reductions in food intake even in households with very low food security. Research shows parents will go without food to protect children from missing meals. In 2011, 845,000 children (1.1 percent of the Nation's children) lived in households with very low food security (2).

**For additional background, read:**

Food Insecurity in the U.S.: Frequency of Food Insecurity at:

<http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/frequency-of-food-insecurity.aspx>.

**Trends in Prevalence Rates** The prevalence of food insecurity declined from 11.9 percent of households in 2004 to 11.0 percent in 2005 and remained near that level until 2007. In 2008, the prevalence of food insecurity increased to 14.6 percent of households and was essentially unchanged at that level through 2011 (14.9 percent). The prevalence of very low food security remained essentially unchanged from 2004 (3.9 percent) to 2007 (4.1 percent), then increased to 5.7 percent in 2008, remained at 5.7 percent in 2009, declined to 5.4 percent in 2010, and returned to 5.7 percent in 2011 (2).

**To check your state food insecurity and hunger rates, read:**

United States Department of Agriculture, Economic Research Service-Food Environment Atlas:

<http://www.ers.usda.gov/data-products/food-environment-atlas/go-to-the-atlas.aspx>

and Feed America's Map the Meal Gap, Food Insecurity in your County:

<http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap.aspx>

## **Food Insecurity and Life Cycle**

### ***Children***

A substantial, rapidly growing body of research has demonstrated associations between children's health, development, and well-being and measures of food security and food sufficiency. Food sufficiency—a condition closely related to food security—was assessed in several Federal surveys before the development of the food security measures, and the measure was used in much of the earlier research on outcomes of inadequate food access.

Findings of 14 studies (33-46) on child health and development outcomes associated with food insecurity and food insufficiency found the following conditions to be more likely for children in food-insecure or food-insufficient households than for children in otherwise similar food-secure households:

- Poorer health of children, as reported by parents
- More stomach aches, frequent headaches, and colds among children
- Higher hospitalization rates of young children
- Iron deficiency anemia in young children
- Behavioral problems in 3-year-olds
- Lower physical function in children ages 3-8
- Poorer psychosocial function and psychosocial development in school age children
- Higher rates of depressive disorder and suicidal symptoms in adolescents
- More anxiety and depression in school-age children
- Higher numbers of chronic health conditions in children
- More "internalizing" behavior problems in children
- Lower math achievement and other achievement gains in kindergarteners
- Lower math and reading gains from kindergarten to third grade
- Lower arithmetic scores and higher likelihood of repeating a grade for children ages 6-11

Findings with regard to food insecurity and children's weight status are less clear. Most studies have found weak and inconsistent relationships between food insecurity and being overweight in U.S. children. More research is needed to understand the reasons for these inconsistencies, but it seems unlikely that any large general associations exist (47).

### ***Elderly***

The Food Research and Action Center (FRAC) provides the data on the elderly population. Food insecurity and poverty are serious problems among seniors. According to the most recent data, 8.1 percent of households with elderly members in them were food insecure in 2008. The rates double when seniors are raising children (e.g. when grandparents are raising grandchildren). In

addition, one in five seniors had income below 150 percent of the federal poverty line in 2008 (48).

FRAC's data continues by explaining that enough food, and health-sustaining food, is important to everyone, but it is especially important when people are particularly vulnerable to disease, or when their life circumstances – such as limited mobility– make obtaining a healthy diet more difficult. Food insecure elderly persons have been found to be 2.33 times more likely to report fair or poor health status (48). Food insecurity among elders increases disability, decreases resistance to infection, and extends hospital stays. Moreover, many medications need to be taken with food to assure their effectiveness. Too many seniors skip meals in order to purchase medication, only to see the “Take with food” label on the prescription bottle.

FRAC believes that one of the key strategies to addressing senior hunger is to redress the failure of federal nutrition programs to provide adequate support.

- Only an estimated 35 percent of eligible seniors participate in SNAP. This compares to 85.8 percent of eligible children, and 67 percent of eligible people overall.
- Other federal nutrition programs like the Commodity Supplemental Food Program, Meals on Wheels and congregate feeding and dining are discretionary programs, and their funding generally has not increased to keep up with the need. By contrast, most of the federal nutrition programs for children (e.g., school lunch and breakfast, summer food) are entitlements and have grown markedly (48).

### **Adults**

While there has been extensive food insecurity research among children (33-47) and a limited set of research on seniors (49), there has been much less research on adults, especially for adults in the general population.

What has been particularly absent from the food insecurity literature are studies of persons between the ages of 50 and 59. In fact, there have been no studies on this population. This research gap exists despite the important public health and policy issues surrounding this population group and is explained in the 2011 report submitted by J Ziliak and C Gundersen to the AARP Foundation (50).

Ziliak and Gundersen address the issues persons between the ages of 50 and 59 face in their report:

- First, unlike older Americans (especially those over the age of 62) adults in their 50s do not have access to an age-specific social safety net. They are generally too young for Social Security but often too old for programs designed for households with children (e.g., Temporary Assistance for Needy Families).
- Second, for one of the few assistance programs available to them, SNAP, participation rates, controlling for other relevant factors, are substantially lower than both older and younger Americans (51). In light of the proven potential of SNAP to alleviate food insecurity (see, e.g.,52,53,54,55,56,57), these lower SNAP participation rates can lead to higher rates of food insecurity.
- Third, the consequences of job loss for those in their 50s can be especially severe insofar as jobs are often more difficult to find in this age group and, when found, are often of lower pay than previously earned. In research done for the full population, the negative effects of

job loss and income reductions on food insecurity has been well established (e.g.,58,59) but the effects on those in their 50s have not been examined in particular (50).

### **Addressing the ‘Real’ Issues-The Root of Food Insecurity**

From Mary Chilton and Donald Rose’s article *A Rights-Based Approach to Food Insecurity in the United States*, “food insecurity is considered an outcome of social and economic processes that lead to lack of access to food. These are: lack of adequate education and living wages, lack of access to health care and health information, and exposure to unsafe living conditions such as unsafe water, poor housing, and dangerous neighborhood environments. Each of these is recognized to be integrally associated with poverty” (60). Chilton and Rose suggest adopting a human rights framework for addressing food insecurity which is a framework used to address other public health problems.

The Working Poor Families Project Winter 2012-2013 policy brief reports that more than 70% of low-income families and half of all poor families were working by 2011. The problem is they did not earn enough to cover their basic living expenses (61). The U.S. Census Bureau’s American Community Survey in 2011 showed that 32% of working families (up from 28% in 2008) earned salaries that put them below double the poverty threshold. Since the poverty line is mentioned a few times in this backgrounder an example is double the poverty line for a family of four is \$45,622 (62).

**For additional information on poverty threshold, read:**

Poverty Thresholds by Size of Family and Number of Children at:

<http://www.census.gov/hhes/www/poverty/data/threshld/index.html>

The growth in the ranks of the working poor coincides with continued growth in income inequality. Many of the occupations experiencing the fastest job growth during the recovery of the 2007-2009 Great Recession also pay poorly (63). In addition, the federal government is facing huge budget deficits, meaning that policies that would help bolster working poor families, such as a higher minimum wage are unlikely to be implemented (61).

The Center for Hunger-Free Communities has categorized six public policy issues related to food insecurity and has specific issues within each category (APPENDIX B). The six issues include:

- Food and Health,
- Banking and Finance,
- Work and Opportunity,
- Education,
- Housing and Energy, and
- Access to Technology.

Although some of the issues or examples they provide are specific to the Philadelphia community, the policy issues are relevant to all Americans and provide a great overview of what all needs to be tackled in order to truly address food insecurity.

## **National Organizations Working to End Food Insecurity**

There are a significant number of national organizations working to end food insecurity. See Appendix C to see who these organizations are, what they do or aim to do, and their website addresses for more information. (There are also many international organizations working to end food insecurity, but for the purposes of this mega issue, we will only focus on the national organizations. If you are interested in learning more about global efforts to end food insecurity, please read the updated Academy position paper, scheduled for publication in Spring 2013).

**Question #2: What do we know about the needs, wants and expectations of members, customers and other stakeholders related to this issue?**

## **Examples of Involved Members**

RDs and DTRs are currently involved in food and water insecurity programs at local, state and federal levels. Dietetics practitioners:

- administer or refer to many food and nutrition assistance programs and emergency food system programs,
- serve on anti-hunger task forces, food bank boards and food security coalitions,
- participate in local and state policy councils,
- serve on soil and water conservation districts,
- consult with community planners to address food deserts in urban and rural areas,
- serve as farmers market managers or offer support to farmers market association,
- submit and receive USDA Community food project and specialty crop block grants,
- propose state legislation that promotes prison-to-pantry food gardens,
- encourage food banks to support purchase of locally grown fruits and vegetables,
- perform research to inform best practices and contribute to evidence-base,
- volunteer at a food pantry or soup kitchen, or local farmers market, and
- provide financial donations or assist in fund raising for local food banks, etc. (64)

## **How Food and Nutrition Insecurity Affect the Dietetics Practitioner's Role**

The Why Hunger organization (APPENDIX C) summarizes the results of food and nutrition insecurity on our nation's health and beyond. Persistent food [and nutrition] insecurity and hunger are connected to poor access to fresh and healthy foods in low-income communities, the availability of highly processed food, and a fast-food culture (65). Rising rates of childhood obesity and diabetes are signs that a population can be well-fed yet poorly nourished. These problems, in turn, are linked to the worst family farm crisis since the 1980s, loss of farmland and an industrial food system that is driving farmers off the land. Anti-hunger organizations are increasingly collaborating with community food security advocates and other allies to promote healthy food, farms and communities through new federal policy (65).

## **Food Accessibility, Food Deserts, and Food Mirages**

Increases in obesity and diet-related diseases are major public health problems. According to the USDA, these problems may be worse in some U.S. communities because access to affordable and nutritious foods is difficult. Previous studies suggest that some areas and households have easier access to fast food restaurants and convenience stores but limited access to supermarkets. Limited access to nutritious food and relatively easier access to less

nutritious food may be linked to poor diets and, ultimately, to obesity and diet-related diseases. Congress, in the Food, Conservation, and Energy Act of 2008, directed the USDA to conduct a 1-year study to assess the extent of the problem of limited access, identify characteristics and causes, consider the effects of limited access on local populations, and outline recommendations to address the problem (66).

### Findings

- ***Access to a supermarket or large grocery store is a problem for a small percentage (2.2%) of households.*** Results indicate that some consumers are constrained in their ability to access affordable nutritious food because they live far from a supermarket or large grocery store and do not have easy access to transportation.
- ***Supermarkets and large grocery stores have lower prices than smaller stores.*** A key concern for people who live in areas with limited access is that they rely on small grocery or convenience stores that may not carry all the foods needed for a healthy diet and that may offer these foods and other food at higher prices.
- ***Low-income households shop where food prices are lower, when they can.*** Findings also show that food purchases at convenience stores make up a small portion of total food expenditures (2 to 3 percent) for low-income consumers. Low- and middle-income households are more likely to purchase food at supercenters, where prices are lower.
- ***Easy access to all food, rather than lack of access to specific healthy foods, may be a more important factor in explaining increases in obesity.*** Many studies find a correlation between limited food access and lower intake of nutritious foods. Data and methods used in these studies, however, are not sufficiently robust to establish a causal link between access and nutritional outcomes. That is, other explanations cannot be eliminated as the cause of lower intake.
- ***Understanding the market conditions that contribute to differences in access to food is critical to the design of policy interventions that may be effective in reducing access limitations.*** Access to affordable and nutritious food depends on supply (availability) and consumer demand. Consumer behavior, preferences, and other factors related to the demand for some foods may account for differences in the types of foods offered across different areas. Food retailer behavior and supply-side issues such as higher costs to developing stores in underserved areas may also explain variation across areas in which foods are offered and which stores offer certain foods.
- ***Food has been used as a tool for community development. Projects such as farmers' markets, community gardens, promotion of culturally specific foods for ethnic minorities and Native Americans, local food production and promotion, youth agricultural and culinary training programs, and many other types of programs have all been implemented in a variety of settings, both urban and rural.*** USDA's Community Food Projects Competitive Grant program has much experience in funding and nurturing such programs.
- ***The current state of research is insufficient to conclusively determine whether some areas with limited access have inadequate access.*** Future research should consider improved methods to measure access levels, availability, and prices of foods faced by individuals and areas. More research is needed to understand how access, availability and price affect the shopping and consumption behaviors of consumers (66).

Food Mirages is a more recent term that is being used to describe efforts made to decrease food deserts but are not necessarily helping the problem. It is when there is seemingly an abundance of food, but it is not affordable for a segment of the population such as when a high end or specialty grocery store moves into a mixed-income area (67,68).

## **Strategies for Strengthening Household Food and Nutrition Security**

### **Household Food Security**

The Food and Agriculture Organization of the United Nations (FAO) has an extensive list of ways to strengthen household food security. Below is a shortened version of the list, the full list can be accessed at: <ftp://ftp.fao.org/es/esn/nutrition/ICN/ICNHFS.HTM> FAO suggests in countries where household food insecurity is a problem, governments, non-government organizations and non-profit organizations, the private sector and international organizations should, as appropriate, work in a collaborative manner to:

- Adopt development strategies to create conditions for economic growth with particular focus on the alleviation of poverty, food security and sustainable agricultural systems.
- Adopt and implement land-use policies where appropriate to enhance food security through the setting aside of adequate areas of agricultural lands and aquatic and other natural resources for the production of food and other sources of nutrition.
- Improve access to work opportunities or production factors for urban and rural workers, female heads of households, those employed in the informal sector and unemployed and underemployed people by stimulating the creation of jobs, increasing their skills, providing credit on easy terms and increasing the availability of improved technologies, other inputs and means of production.
- Increase employment opportunities, particularly in rural areas, by encouraging the private sector to augment such opportunities in agriculture, industry, handicraft and business.
- Stabilize food supplies through adequate stockholding in the form of strategic food security reserves as a first line of defense in emergencies; improve post-harvest handling, packaging, storage, preservation, transport and distribution of food to reduce losses at all stages; enhance animal health and production possibilities including fish farming and attention to fisheries resources; ensure a stable supply of fuel for cooking meals; carry out research and introduce measures to improve production, utilization and preservation of indigenous and traditional foods; improve rural food processing technologies; increase marketing facilities at the village, cottage and industrial levels to smooth the food supply flow throughout the year; introduce a variety of cropping strategies, such as crop rotation, mixed cropping, biological inputs and planting of perennial fruit-bearing trees, and develop other agroforestry approaches; ensure an adequate supply of clean and safe water; promote household and community gardens; and ensure the sustainability of food supplies by employing production and marketing systems based on safe and renewable resources that protect the environment and biodiversity.
- Improve emergency-preparedness planning. Food aid should not interfere with, or be considered as a substitute for, local food production. The provision of food supplies should strive to meet minimal nutritional requirements. NGOs can also provide significant help through effective and appropriate disaster management training at all

levels, early warning, food and nutrition surveillance schemes, nutrition education, resource mobilization and action-oriented program implementation.

- Encourage necessary research by governmental, international and private institutions to promote household food security through better food production, handling and storage and prevention of food losses, crop and genetic diversity, and improved food processing, preservation and marketing.
- Promote better general and nutritional education to eliminate nutrition illiteracy and improve knowledge in the selection of a safe and adequate diet and of food production, processing, storage and handling techniques at all levels, especially the household level.
- International financial and specialized agencies should give high priority to assisting countries with their programs for strengthening household food security. The nature of such support may be increased investment in production enhancement projects such as irrigation, soil fertility improvement and soil and water conservation, intensification of agriculture or assisting countries undertaking structural adjustment (69).

### **Community Food Security**

In a 2005 Journal article, McCullum et al. provides RDs and DTRs with a three-stage continuum of evidence-based strategies and activities that applies a food systems approach to building community food security.

- **Stage 1** creates small but significant changes to existing food systems through such strategies as identifying food quality and pricing inequities in low-income neighborhoods and educating consumers regarding both the need and the possibilities for alternative food systems.
- **Stage 2** stabilizes and augments change for food systems in transition by developing social infrastructure through multisector partnerships and networks and fostering participatory decision-making and initial policy development.
- Based on these changes, **stage 3** involves advocacy and integrated policy instruments to redesign food systems for sustainability. Data collection, monitoring, and evaluation are key components of all stages of the community food security continuum (70).

### **National Food Security**

As there is not a formal definition for national food security, leaders from the Hunger and Environmental Nutrition Dietetic Practice Group help to explain what national food security means to the U.S. America currently has a food system built on monocrops, integrated power of the food system to a few multinational corporations, decreased U.S. agriculture production of specialty crops (fruits and vegetables) and increased imports of fruits and vegetables—thereby increasing the U.S. reliance on other countries for foods that promote health. The U.S. no longer produces enough of the right foods to support healthy diets of all who live in the U.S. (nutrition security) – U.S. agriculture produces calories, but not nutritionally dense foods that advance individual and public health.

### **Sustainable Food Systems**

From the American Dietetic Association Sustainable Food System Task Force's report *Healthy Land, Healthy People: Building a better Understanding of Sustainable Food Systems for Food and Nutrition Professionals*, "food and nutrition security requires a sustainable food system." The report considers food and nutrition experts as a critical cornerstone to the food system

foundation. Not only can RDs and DTRs promote sustainable\* diets that consist of foods that contribute to human health, there are numerous opportunities to support community-based/local agriculture, conserve natural resources, minimize solid waste, and promote ecological sustainability through the variety of roles they serve in the food system (71). (\*Academy members and staff are currently working on defining “sustainable” for a Standards of Professional Practice).

The Task Force gives of examples of these roles RDs and DTRs are working in:

- Clinical and public health arenas are key players in the consumption sector and have the potential to influence patient and client food choices by shaping how people think, behave, choices they make and their level of engagement in food system changes.
- Food service operations in hospitals, schools, restaurants and other facilities have an important role in the food distribution, access and consumption sectors by procuring, preparing, and serving large quantities of sustainably-produced foods. In addition, food service operators can significantly impact waste management strategies in their institutions.
- Food companies are influential in the transformation, distribution and access sectors by focusing on sustainable product development, energy efficient transportation and donating fresh and nutritious products to food banks or food pantries.
- Dietetic educators can incorporate sustainable food system concepts into the curriculum, internships and research agendas.
- Government and NGOs can advocate for policies that support sustainable practices in all sectors of the food system such as the Farm Security and Rural Investment Act, better known as the Farm Bill (71).

### **Advocacy**

National food and nutrition policy must be constantly monitored because there is often intense political pressure to cut funding or change eligibility for programs, especially those that benefit low-income communities. Advocacy on food programs is therefore essential, and it takes three basic forms: defending food programs and opposing program cuts; expanding and improving programs; and developing innovative new initiatives. Advocacy groups work at the federal, state and local levels on anti-hunger and anti-poverty initiatives and to protect, strengthen and expand the federal food programs (72). National food and nutrition security also requires advocacy on all things that impact sustainable food systems (agriculture, natural resource conservation, transportation, imports/exports, etc.)

**Question #3: What do we know about the capacity and strategic position of the Academy in terms of its ability to address this issue?**

### **Academy’s Food Security Efforts**

Some of the Academy’s food security efforts are delineated below in the areas of policy initiatives and advocacy, partnerships, evidence-based research, position papers, and professional development.

## **Policy Initiatives and Advocacy**

In the realm of public policy and advocacy, the Academy is committed to improving the health of Americans and we know that food and nutrition security is key to achieving this goal. Our focus areas include consumer and community issues such as:

1. Prevention and treatment of chronic disease, including health care equity
2. Meeting nutrition needs through the life cycle: Maternal and child nutrition to healthy aging
3. Provision of quality nutrition through nutrition education, food production, food access
4. Support of nutrition monitoring and research

Academy members work to assure that all Americans have access to a healthy, safe food supply by leading efforts to reduce food deserts, increasing participation in nutrition programs and working with industry to help develop nutritious food products. The Academy has identified sustainable food systems as a priority in our commitment to helping individuals enjoy healthy lives. Our members are positioned to provide nutrition education and food/water safety education in community, clinical settings, foodservice operations and food industries. We recognize that many of the populations served are vulnerable to food insecurity and to food and waterborne illness. We also have the capacity to shape food offerings in food service and community settings. Nutrition counseling and other nutrition care services require inclusion of these topics.

## **Partnerships**

The Academy has partnerships with such groups as the Food and Research Action Center (FRAC), Bread for the World, Congressional Hunger Center, National Association of Aging and Nutrition Programs, Meals on Wheels Association, and Share Our Strength, and (see APPENDIX D). Collaborating with existing organizations and starting new alliances both individually and as Academy organizational units locally, regionally, nationally, and internationally will be instrumental in developing solutions to food and nutrition insecurity (73).

We share a common agenda focused on Americans having access to healthy safe foods, often working through effective legislation and policy efforts. We have taken a leadership role in the Nutrition Priorities of the Farm Bill that has over 80 organizations signing on the document. The Farm Bill is the largest piece of legislation on reducing food insecurity that includes Supplemental Nutrition Assistance Program (SNAP), The Emergency Food Assistance Program (TEFAP), the Commodity Supplemental Food Program (CSFP) and the Fresh Fruit and Vegetable Program. In addition, our policy efforts continue to help assure the passage of the Older Americans Act targeted for older persons to have access to healthy meals. The Academy has been very active in the implementation of the Healthy Hunger Free Kids Act – the historic legislation to reduce or eliminate hunger with school aged children.

Academy staff members are regularly asked to consult and partner with organizations including:

- FRAC
- Feeding America Annual Meeting
- National Association of Aging Nutrition Programs Annual Meeting
- American Society on Aging

- Association of Nutrition Network Administrators

### **Future of Food Summit**

A summit meeting was held in Washington, DC, in late June 2012, co-sponsored by the Academy, titled “The Future of Food: Food Security in the 21st Century.” This meeting was co-sponsored by the Academy and the Innovation Center for US Dairy and was hosted and broadcast online by the Washington Post. The summit and the new “Future of Food Project” represent the Academy using two of our organizational values into action: innovation and social responsibility.

At the “Future of Food” summit, Ethan Bergman, Academy President, paraphrased the Academy’s position paper on “World Hunger, Malnutrition, and Food Insecurity,” which states that “we as food and nutrition experts are dedicated to combating hunger and malnutrition as well as promoting food security and creating sustainable food solutions that respect environmental and economic concerns”(73).

The goals of the Future of Food partnership are:

- Increase awareness of the hungry/overweight paradox as a public health issue;
- Increase access to healthy foods for low-income and food insecure communities;
- Promote nutrition education within the food bank network and building the capacity of food banks to offer healthy foods and education through partnerships and collaboration; and
- Educate thought leaders and consumers about strategies to eliminate hunger and promote healthy food choices.

The Hunger and Environmental Nutrition Dietetic Practice Group established a Food Security Task Force comprised of member experts in the food security arena to act as a resource for the Future of Food partnership, as well as members and the Academy as a whole.

### **Generations United**

On December 4, 2012 an Academy Board member (representing the National Institute of Food and Agriculture (NIFA Extension) along with the CEO of FRAC and the President of the DC Kitchen served on a three member panel to respond to the report released on December 4, at the National Press Club in Washington DC. The report titled “Hunger and Nutrition: What’s at Stake for Children, Families and Older Adults (74). The press conference was hosted by Generations United. The moderator was Darren Gersh, Washington Bureau Chief, PBS Nightly News. An infographic from the conference is available at <http://www.gu.org/Portals/0/images/Infographic/12-Infographic-Generations-United-Hunger-Children-Families-OlderAdults-Full.JPG> and in APPENDIX H.

This is the first major study on Hunger and Nutrition since the 10 State Nutrition Survey in 1968. There is a call for a White House Conference on Hunger and Nutrition to highlight the state of Hunger and Nutrition in the U.S.

### **Member Activities**

The Hunger and Environmental Nutrition and Weight Management Dietetic Practice Groups have collaborated with Feeding America to develop an informational sheet called *Hungry and*

*Overweight: How is this Possible?* It outlines the factors contributing to being hungry and overweight, particularly among children, and resources that address this issue. The information sheet can be found in APPENDIX E and is available on the Kids Eat Right member web site at <http://www.kidseatright.org>.

Academy members are active in efforts to reduce food insecurity in their communities. Some of those initiatives follow.

1. Increasing the number of green carts in, which offers fresh fruit and vegetables in low-income areas
2. Developing corner store initiatives that work with local vendors to increase healthy foods
3. Facilitating seniors' access to WIC farmers' markets
4. Leading healthy food financing efforts to bring grocers to low-income areas
5. Providing nutrition education through SNAP-Ed, Cooking Matters, and other non-profit programs
6. Editing and writing articles in anti-hunger journals, including *Journal of Hunger and Environmental Nutrition*
7. Forming state and local food policy councils
  - a. Improving nutritional quality of foods available through food banks and food pantries

### **Evidence-based Practice**

The Academy of Nutrition and Dietetics Evidence Analysis Library (EAL) is a synthesis of the best, most relevant nutritional research on important dietetics practice. An objective and transparent methodology is used to assess food and nutrition-related science. Expert workgroup members evaluate, synthesize, and grade the strength of the evidence to support conclusions that answer a precise series of questions. The Health Disparities topic addresses the questions related to food insecurity.

#### **Health Disparities Evidence Analysis Project**

- A question on food security from the Academy's Health Disparities Evidence Analysis Project identifies methods, providers and settings to assist food insecure individuals in meeting their nutritional needs.
- Two other questions from the Health Disparities Evidence Analysis Project, one on infant nutrition and food security and another on child nutrition and food insecurity identify effective strategies to improve food security among Women, Infants and Children (WIC) populations.
- In addition, the questions on food security for nutrition assessment and food security for nutrition intervention, both which identify strategies for education, improving access to food and improving food security (75).

### **Position Papers**

The Academy Position Papers are a critical analysis of current facts, data, and research literature featuring a position statement, which presents the Academy's stance on an issue. Position Papers associated with food security and sustainable agriculture follow:

### Current Papers

**Food Insecurity in the United States** (1).

**Food and Nutrition Programs for Community-Residing Older Adults** (76).

**Child and Adolescent Nutrition Assistance Programs** (77).

**Local Support for Nutrition Integrity in Schools** (78).

See abstracts for these papers in Appendix F.

### Papers in Development

**Agriculture and Food Biotechnology** - paper expired; an updated, evidence-based position paper entitled “*Advanced Food Productions and Sustainable Agriculture*” is in development.

**Food and Nutrition Insecurity in Developing Nations** -has been revised and is anticipated to be published in the Journal in Spring 2013.

**Food and Nutrition Professionals Can Implement Practices to Conserve Natural Resources and Support Ecological Sustainability** -revision to the expired position paper is in development, anticipated to be published as a practice paper entitled “*Promoting Ecological Sustainability within the Food System*” in Spring 2013.

**Food and Water Safety** -paper expired, revision to begin early 2013.

### **Journal of the Academy of Nutrition and Dietetics**

In 2007, the Academy’s *Journal* joined 200 other science journals from around the world, and the Council of Science Editors, to all simultaneously publish themed issues on Poverty and Human Development around the Globe. This publishing venture was designed to raise awareness and stimulate research within the respective disciplines involved. The Academy’s special *Journal* issue (November 2007) contained numerous articles on food insecurity, as well as malnutrition--which go hand-in-hand. The Academy won a Gold Award from the American Society of Healthcare Publication Editors that year for this extensive and far reaching collaboration.

Many Academy members are active in increasing the awareness to reduce food insecurity and improve sustainable agriculture. Examples of *Journal* articles written by members are included in APPENDIX G.

### **Professional Development**

During the Fall 2012 House of Delegates meeting, participants dialogued about how members can become more involved in public health as food and nutrition leaders. Preparing for the Public Health Nutrition dialogue, many members were quick to acknowledge the prominent role dietetics practitioners play in many of the governmental food programs (79). The dialogue also consisted of brainstorming ways dietetics practitioners can be involved in policy and advocacy. Members, regardless of area of practice, must think at all levels in order to fully engage in this issue.

FNCE 2012 in Philadelphia offered sessions on food security and food systems as a result of organized planning by Hunger and Environmental Nutrition DPG including:

- Systems Approach to Ending Hunger: Exposing the Origin and Uncovering Solutions\*
- From Farm to Fork: The Evolution of Our Favorite Foods
- Is Sustainable Seafood an Oxymoron? Balancing Nutrition, Health and Sustainability

- Improving Nutrition and Food Environments of Children through Policy, Advocacy and Creativity

\*Hunger and Environmental Dietetic Practice Group delegate Angie Tagtow, MS, RD, LD created a comprehensive handout *Food and Water Security* used at the FNCE Spotlight Session sponsored by HEN “Systems Approach to Ending Hunger: Exposing the Origin, Uncovering Solutions” (Appendix I, 80). The handout also provides many other resources available based on the systems approach.

#### Question #4: What ethical/legal implications, if any, surround the issue?

##### **Academy Strategic Plan and Code of Ethics**

The Strategic Plan of the Academy (APPENDIX A) includes a vision to optimize the nation’s health through food and nutrition and a mission to be the nation’s food and nutrition leaders. Values of the Academy include meeting the needs and exceeding the expectations of all customers, acting ethically with a commitment to excellence, and making decisions with consideration for inclusivity as well as environmental, economic and social implications. It is a specific goal of the Academy that members optimize the health of Americans with strategies to:

- Engage members to impact food and nutrition policies through participation in the legislative and regulatory processes at local, state and federal levels
- Enhance the relevance of public health nutrition within the Academy and increase its visibility in the broader public health community
- Advance relationships with key stakeholders and external organizations to further the Academy’s initiatives
- Increase health equity by promoting improved access to Registered Dietitian services and nutrition interventions

Furthermore, the Academy Code of Ethics has several principles that can be applied to the role of the dietetic practitioner and food insecurity. One such principle states “the dietetics practitioner considers the health, safety, and welfare of the public at all times”(Code of Ethics, Principle #3) (81).

Academy members have a social responsibility to act as leaders in assuring that all individuals not only receive enough food but receive safe and healthy food and water.

To some members this may be advocating for state sponsored emergency feeding programs; convening a hunger/food access task force; writing op-ed on the economic impact of food insecurity in a community; or simply volunteering their time and/or resources at food depositories, farmers markets, or local health fairs.

##### **Conclusion**

It is the position of the Academy “that we as food and nutrition experts are dedicated to combating hunger and malnutrition as well as promoting food security and creating sustainable food solutions that respect environmental and economic concerns (1).”

The time to act is now. In the presence of the government's 2015 goals to eliminate child hunger and the Healthy People 2020 initiatives, we must ask, as leaders in food and nutrition what have the Academy and its members done to help make these goals happen? What do we still need to do?

As stated in the Food Insecurity Position Paper, "clearly, RDs and DTRs are uniquely positioned to play key leadership roles and to collaborate with policymakers, government and community leaders, health departments, county extension programs, anti-hunger organizations, and other community-based organizations to eliminate food insecurity in the United States and to establish food secure communities (1)."

## References:

1. Holben DH. Position of the American Dietetic Association: Food insecurity in the United States. *J Am Diet Assoc.* 2010; 110: 1368-1377.
2. United States Census. Population clock. Web site: <http://www.census.gov/main/www/popclock.html>. Accessed on December 21, 2012.
3. Food Security Status of U.S. Households in 2011. United States Department of Agriculture. Economic Research Service. Web site: <http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics.aspx> Accessed on November 11, 2012.
4. Bickel G, Carlson S, and Nord M. Measuring Food Security in the United States: Household Food Insecurity in the United States 1995-1998 (Advanced Report). U.S. Department of Agriculture, Food and Nutrition Service, Alexandria VA. July, 1999.
5. Cunnyngham K. Reaching Those in Need: State Supplemental Nutrition Assistance Program Participation Rates in 2010. Website: <http://www.fns.usda.gov/ora/menu/Published/snap/FILES/Participation/Reaching2010.pdf>. U.S. Dept of Agriculture, Food Nutrition Service. Accessed on January 23, 2013.
6. Andrews M and Smallwood D. What's Behind the Rise in SNAP Participation. Website: <http://www.ers.usda.gov/amber-waves/2012-march/what%E2%80%99s-behind-the-rise-in-snap-participation.aspx>. USDA ERS Amber Waves. Accessed on January 23, 2013.
7. DeNavas-Walt C, Proctor B, and Smith J. Income, Poverty, and Health Insurance Coverage in the United States: 2011-Current Population Report. U.S. Census. September 2012.
8. President Barack Obama. Obama And Biden: Tackling Domestic Hunger. Web site: <http://www.shfb.org/docs/advocacy/DomesticHunger.pdf> Accessed on November 11, 2012.
9. U.S. Department of Health and Human Services. Healthy People 2010: Archived website: <http://www.healthypeople.gov/2010/?visit=1>. Accessed on November 20, 2012.
10. U.S. Department of Health and Human Services. Healthy People 2020: Nutrition and Weight Status. Web site: <http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicid=29> Accessed on Nov 20, 2012.
11. U.S. Department of Agriculture. Community Food Security Initiative. Web site: [https://attra.ncat.org/guide/a\\_m/cfsi.html](https://attra.ncat.org/guide/a_m/cfsi.html). Accessed on November 20, 2012.
12. Bickel G, Nord M, Price C, Hamilton W., and Cook J: Guide to Measuring Household Food Security, Revised 2000. U.S. Department of Agriculture, Food and Nutrition Service, Alexandria VA. March, 2000.
13. Food Insecurity and Hunger in the United States: An Assessment of the Measure. Panel to Review U.S. Department of Food Insecurity and Hunger, National Research Council. 2006. Chapter 2, page 24.
14. Haering S and Syed S. Community Food Security in United States Cities: A Survey of the Relevant Scientific Literature. Johns Hopkins Center for a Livable Future; 2009.
15. Biggerstaff M, Morris P, and Nichols-Casebolt A. Living on the edge: Examination of people attending food pantries and soup kitchens. *Social Work* 2002; 47(3): 267-277.
16. Trenkamp B and Wiseman M. The Food Stamp Program and Supplemental Security Income. *Social Security Bulletin* 2007. 67(4): 71-87.

17. Parker L. The role of clinicians in helping patients achieve food security. *Nutrition in Clinical Care* 2002. 5(4): 149-151.
18. White House Conference on Food, Nutrition and Health. Final Report, 1969. Web site: [http://www.nns.nih.gov/1969/full\\_report/White\\_House\\_Report2\\_S1a.pdf](http://www.nns.nih.gov/1969/full_report/White_House_Report2_S1a.pdf). Accessed on December 26, 2012.
19. President's Task Force on Food Assistance. Report. Washington, D.C.: The White House; January 18, 1984; 115 pp.
20. Radimer K. Measurement of household food security in the USA and other industrialized countries. *Public Health Nutrition* 2002. 5(6A): 859-864.
21. Kennedy, E. Guest editorial: The new faces of food insecurity and hunger. *Nutrition Today* 2002. 37(4): 154-155.
22. Carlson S. Measuring Food Insecurity and Hunger in the United States: Development of a National Benchmark Measure and Prevalence Estimates. *J. Nutr.* 129: 510S–516S, 1999.
23. Food Security in the U.S.: History and Background. United States Department of Agriculture, Economic Research Service. Web site: <http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/history-background.aspx>. Accessed on November 20, 2012.
24. Food and Agriculture Organization of the United Nations. Rome Declaration on World Food Security. Rome, 1996.
25. Maxwell S and Frankenberger T. Household Food Security: Concepts, Indicators and Measurements; A Technical Review. United Nations Children's Fund-International Fund for Agricultural Development. New York, 1992.
26. Benson C, Clay E, and Green R. Food Security in Sub-Saharan Africa. IDS, University of Sussex. Brighton 1986.
27. Community Food Security. United States Department of Agriculture. Economic Research Service. Web site: <http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/community-food-security.aspx> Accessed on December 6, 2012.
28. Hamm M and Bellows, A. Community food security: Background and future directions. *Journal of Nutrition Education and Behavior* 2003. 35(1): 37-43.
29. Gettleman, J. Despite aid, malnutrition in Darfur rises. *New York Times*. Web site: [www.nytimes.com/2007/12/27/world/africa/27darfur.html](http://www.nytimes.com/2007/12/27/world/africa/27darfur.html). Accessed January 2, 2013.
30. Brodie M, Weltzien E, Altman D, Blendon R and Benson, J. Experiences of Hurricane Katrina evacuees in Houston shelters: Implications for future planning. *American Journal of Public Health*. 2006; 96(8): 1402-1408.
31. Food Desert Locator, About the Locator. United States Department of Agriculture, Economic Research Service. Web site: <http://www.ers.usda.gov/data-products/food-desert-locator/about-the-locator.aspx>. Accessed December 27, 2012.
32. Access to Affordable and Nutritious Food: Measuring and Understanding Food Deserts and Their Consequences. U.S. Dept of Agriculture, Econ. Res. Serv. June 2009.
33. Bhargava A, Jolliffe D, and Howard L. Socioeconomic, behavioural and environmental factors predicted body weights and household food insecurity scores in the Early Childhood Longitudinal Study—Kindergarten. *British Journal of Nutrition*. 2008; 100(2):438-44.
34. Bronte-Tinkew J, Zaslow M, Capps R, Horowitz A, and McNamara M. Food Insecurity Works through Depression, Parenting, and Infant Feeding to Influence Overweight and Health in Toddlers. *Journal of Nutrition*. 2007; 137:2160-65.

35. Whitaker R, Phillips S, and Orzol S. Food Insecurity and the Risks of Depression and Anxiety in Mothers and Behavioral Problems in the Preschool-Aged Children. *Pediatrics*. 2006; 118(3):859-68.
36. Skalicky A, Meyers A, Adams W, Yang Z, Cook J, and Frank D. Child Food Insecurity and Iron Deficiency Anemia in Low-Income Infants and Toddlers in the United States. *Maternal and Child Health Journal*. 2006; 10(2).
37. Jyoti D, Frongillo E, and Jones S. Food Insecurity Affects School Children's Academic Performance, Weight Gain, and Social Skills. *Journal of Nutrition*. 2005; 135:2831-39.
38. Casey P, Szeto K, Robbins J, Stuff J, Connell C, Gossett J, and Simpson P. Child Health-Related Quality of Life and Household Food Security. *Archives of Pediatric and Adolescent Medicine*. 2005; 159:51-56.
39. Cook J, Frank D, Berkowitz C, Black M, Casey P, Cutts D, Meyers A, Zaldivar N, Skalicky A, Levenson S, Heeren T, and Nord M. Food Insecurity Is Associated with Adverse Health Outcomes among Human Infants and Toddlers. *Journal of Nutrition*. 2004; 134:1432-38.
40. Winicki J, and Jemison K. Food Insecurity and Hunger in the Kindergarten Classroom: Its Effect on Learning and Growth. *Contemporary Economic Policy*. 2003; 21(2):145-57.
41. Alaimo K, Olsen C, and Frongillo E. Family Food Insufficiency, but Not Low Family Income, Is Positively Associated with Dysthymia and Suicide Symptoms in Adolescents. *Journal of Nutrition*. 2002; 132:719-25.
42. Weinreb L, Wehler C, Perloff J, Scott R, Hosmer D, Sagor L, and Gundersen C. Hunger: Its Impact on Children's Health and Mental Health. *Pediatrics*. 2002; 110:e41.
43. Alaimo K, Olsen C, and Frongillo E. Low Family Income and Food Insufficiency in Relation to Overweight in Children: Is There a Paradox? *Archives of Pediatrics and Adolescent Medicine*. 2001c; 155(10):1161-67.
44. Alaimo, K, Olson C, Frongillo E, and Briefel R. Food Insufficiency, Family Income, and Health in U.S. Preschool and School-Aged Children. *American Journal of Public Health*. 2001b; 91(5):781-86.
45. Alaimo K, Olsen C, and Frongillo E. Food Insufficiency and American School-Aged Children's Cognitive, Academic, and Psychosocial Development. *Pediatrics*. 2001a; 108(1):44-53.
46. Kleinman R, Murphy J, Little M, Pagano M, Wehler C, Regal K, and Jellinek M. Hunger in Children in the United States: Potential Behavioral and Emotional Correlates. *Pediatrics*. 1998; 101(1):e3.
47. Nord M. Food Insecurity in Households with Children: Prevalence, Severity, and Household Characteristics. EIB-56. U.S. Dept. of Agriculture, Econ. Res. Serv. September 2009.
48. Addressing Senior Hunger. Web site: <http://frac.org/initiatives/addressing-senior-hunger/>. Food Research and Action Center. Accessed on November 20, 2012.
49. Nord M. Measuring the Food Security of Elderly Persons. U.S. Dept. of Agriculture, Econ. Res. Serv. 2003.
50. Ziliak J and Gundersen C. Food Insecurity Among Older Adults: A Report Submitted to AARP Foundation. AARP. August 2011.
51. Gundersen C and Ziliak J. The Causes, Consequences, and Future of Senior Hunger in America. Meals on Wheels Association of America Foundation. 2008.
52. DePolt R Moffitt, R. Food Stamps, Temporary Assistance for Needy Families and Food Hardships in Three American Cities. *Pacific Economic Review*. 2009; 14(4): 445-473.

53. Gundersen, C. and B. Kreider. Food Stamps and Food Insecurity: What Can Be Learned in the Presence of Nonclassical Measurement Error? *Journal of Human Resources*. 2008; 43(2): 352-382.
54. Gundersen C and Oliveira V. The Food Stamp Program and Food Insufficiency. *American Journal of Agricultural Economics*. 2001; 83: 875-887.
55. Gundersen C, Lohman B.J., Garasky S, Stewart S, and Eisenmann J. Food Security, Maternal Stressors, and Overweight among Low income U.S. Children: Results From the National Health and Nutrition Examination Survey (1999-2002). *Pediatrics*. 2008; 122(3): e529-e540.
56. Nord M and Golla A. Does SNAP Decrease Food Insecurity? Untangling the Self-Selection Effect. U.S. Dept of Agriculture. Economic Research Report, Economic Research Service. 2009.
57. Van Hook J and Balistreri K. Ineligible Parents, Eligible Children: Food Stamps Receipt, Allotments, and Food Insecurity among Children of Immigrants. *Social Science Research*. 2006; 35 (1): 228-251.
58. Gundersen C and Gruber J. The Dynamic Determinants of Food Insufficiency. U.S. Dept. of Agriculture, Economic Research Service, Food and Rural Economics Division, Washington, DC. 2001.
59. Ribar D and Hamrick K. Dynamics of Poverty and Food Sufficiency. (Food Assistance and Nutrition Research Rep. No. 33.) Washington, DC: U.S. Department of Agriculture. 2003.
60. Chilton M and Rose D. A Rights-Based Approach to food Insecurity in the United States. *Am J of Public Health*. 2009; 99 (7): 1203-1211.
61. Roberts B, Povich D, and Mather M. Low-Income Working Families: The Growing Economic Gap. The Working Poor Families Project 2013. Web site: [http://www.workingpoorfamilies.org/wp-content/uploads/2013/01/Winter-2012\\_2013-WPFP-Data-Brief.pdf](http://www.workingpoorfamilies.org/wp-content/uploads/2013/01/Winter-2012_2013-WPFP-Data-Brief.pdf). Accessed on: January 28, 2013.
62. American Community Survey 2011. Web site: <http://www.census.gov/acs/www/> U.S. Census Bureau. Accessed on: January 28, 2013.
63. Fletcher M. Ranks of Working Poor Increasing. Web site: [http://articles.washingtonpost.com/2013-01-15/business/36343636\\_1\\_jobs-with-lower-wages-fastest-job-growth-families](http://articles.washingtonpost.com/2013-01-15/business/36343636_1_jobs-with-lower-wages-fastest-job-growth-families) Washington Post, January 15, 2013. Accessed on: January 28, 2013.
64. Chilton M, Herren H and Tagtow A. Systems Approach to Ending Hunger: Exposing the Origin, Uncovering Solutions. Hunger and Environmental Hunger Dietetic Practice Group. Philadelphia, PA, 2012.
65. US Hunger: Policy and Advocacy. Web site: <http://www.whyhunger.org/getinfo/showArticle/articleId/2084> Accessed on: November 20, 2012.
66. Access to Affordable and Nutritious Food: Measuring and Understanding Food Deserts and Their Consequences. U.S. Dept. of Agriculture. June 2009.
67. Food Deserts: If you build it, they may not come. *The Economist*. Seattle, WA. July 7, 2011. Web site: <http://www.economist.com/node/18929190> Accessed on December 26, 2012.
68. Short A, Guthman J, and Raskin S. Food Deserts, Oases, or Mirages?: Small Markets and Community Food Security in the San Francisco Bay Area. *Journal of Planning Education and Research*. 2007; 26: 352-364.

69. Improving Household Food Security. Web site:  
<ftp://ftp.fao.org/es/esn/nutrition/ICN/ICNHFS.HTM> Food and Agriculture Organization of the United Nations. Accessed on December 20, 2012.
70. McCullum C, Desjardin E, Kraak V, Ladipo P, Costello H. Evidence-Based Strategies to Build Community Food Security. *J Am Diet Assoc.* 2005; 105: 278-283.
71. Healthy Land, Healthy People: Building a better Understanding of Sustainable Food Systems for Food and Nutrition Professionals. American Dietetic Association Sustainable Food System Task Force. March, 2007.
72. US Hunger: Policy and Advocacy. Web site:  
<http://www.whyhunger.org/getinfo/showArticle/articleId/2084> Accessed on: November 20, 2012.
73. Bergman, E. Our Role in Achieving Food Security for All. *J Acad Nutr Diet.* 2012; 112: 1312.
74. Hunger and Nutrition in America: What's at Stake for Children, Families and Older Adults. Generations United. 2012.
75. Health Disparities Project. Academy of Nutrition and Dietetics Evidence Analysis Library. Web site: <http://andevidencelibrary.com> Accessed on November 29, 2012.
76. Kamp B, Wellman N, and Russell C. Position of the American Dietetic Association: Food and Nutrition Programs for Community-Residing Older Adults. *J Am Diet Assoc.* 2010; 110: 463-472.
77. Stang J and Taft Bayer C. Position of the American Dietetic Association: Child and Adolescent Nutrition Assistance Programs. *J Am Diet Assoc.* 2010; 110: 791-799.
78. Bergman E and Gordon R. Local Support for Nutrition Integrity in Schools. *J Am Diet Assoc.* 2010; 110: 1244-1254.
79. Academy of Nutrition and Dietetics. House of Delegates Outcomes Fact Sheet: Public Health Nutrition-It's Every Members' Business. Fall 2012.
80. Tagtow A. Food and Water Security handout. Chicago, IL. Academy of Nutrition and Dietetics Hunger and Environmental Nutrition; Fall 2012.
81. American Dietetic Association/Commission on Dietetic Registration Code of Ethics for the Profession of Dietetics and Process for Consideration of Ethics Issues. *J Amer Diet Assoc.* 2009; 109: 1461-1467.

## Strategic Plan

**Vision:** Optimizing the nation's health through food and nutrition

**Mission:** Empowering members to be the nation's food and nutrition leaders

- Values:**
- **Customer focus** - Meet the needs and exceed the expectations of all customers
  - **Integrity** - Act ethically with accountability for life-long learning and commitment to excellence
  - **Innovation** - Embrace change with creativity and strategic thinking
  - **Social Responsibility** - Make decisions with consideration for inclusivity as well as environmental, economic and social implications

<b>GOAL</b>	<b>The public trusts and chooses Registered Dietitians as food, nutrition and health experts.</b>	<b>Academy members optimize the health of Americans.</b>	<b>Members and prospective members view the Academy as vital to professional success.</b>
<b>STRATEGY</b>	<ol style="list-style-type: none"> <li>1. Strengthen and differentiate a respected Registered Dietitian brand</li> <li>2. Establish value to target audiences through effective programs, services and initiatives offered by Registered Dietitians</li> <li>3. Take proactive science and evidence-based positions on issues related to food, nutrition and health</li> <li>4. Work collaboratively across disciplines with local, state, national and international food and nutrition communities</li> <li>5. Work collaboratively with medical and other allied healthcare disciplines and their organizations to further the Academy's strategic direction</li> <li>6. Strategically promote Registered Dietitians for leadership roles both internally and externally in key influential and visible positions</li> </ol>	<ol style="list-style-type: none"> <li>1. Engage members to impact food and nutrition policies through participation in the legislative and regulatory processes at local, state and federal levels</li> <li>2. Enhance the relevance of public health nutrition within the Academy and increase its visibility in the broader public health community</li> <li>3. Advance relationships with key stakeholders and external organizations to further the Academy's initiatives</li> <li>4. Prepare members to contribute, conduct, interpret and use research in practice</li> <li>5. Strengthen and expand skills such as physical assessment, behavior counseling and cultural competence of the Academy membership</li> <li>6. Increase health equity by promoting improved access to Registered Dietitian services and nutrition interventions</li> <li>7. Position members to assume transdisciplinary roles</li> </ol>	<ol style="list-style-type: none"> <li>1. Empower present and future practitioners to be the leaders and mentors in food and nutrition</li> <li>2. Provide state-of-the-art professional development for education, competence and career success</li> <li>3. Provide relevant and valued products and services for diverse member audiences</li> <li>4. Provide research and resources that can be translated into evidence-based practice and outcomes data</li> <li>5. Identify and respond to trends and the needs of a changing, diverse membership</li> <li>6. Foster diversity in Academy's leadership positions</li> </ol>

## APPENDIX B-Center for Hunger Free Communities: Policy Issues

<http://www.centerforhungerfreecommunities.org/policy-issues>

### **Food and Health**

#### ***Supplemental Nutrition Assistance Program (SNAP)***

SNAP (formerly the Food Stamp Program) is the most important resource to help families facing hunger. SNAP provides low-income households with funds to purchase groceries each month, which provides a powerful economic boost for local communities. A household's SNAP benefit is based on their income and expenses, like rent, utilities, and child care expenses.

Accessing SNAP benefits can be difficult due to strict paperwork and interview requirements. Certain populations, such as working families, children of immigrants, and senior citizens, have an especially hard time. See the USDA report, Trends in Supplemental Nutrition Assistance Participation Rates: 2001 to 2008. Also check out summaries of the program basics from the Center for Budget and Policy Priorities and the Food Research and Action Center.

#### *Current Issue*

In June 2011, the U.S. House of Representatives voted to cut \$127 billion from SNAP over the next 10 years. The proposal recommends changing SNAP from an "entitlement" to a "block grant," meaning that SNAP would no longer be able to respond to increasing need as it did so successfully during the recent recession. See this analysis of Congressman Ryan's budget proposal from the Center for Budget and Policy Priorities. Congress must protect SNAP and its entitlement structure as they debate deficit reduction strategies in Washington.

#### ***Supplemental Nutrition Program for Women, Infants, and Children (WIC)***

WIC provides crucial nutrition assistance to pregnant and breastfeeding mothers, as well as babies and toddlers under age 6. Scientific research continues to show that WIC improves the health of very young children. See our Children's HealthWatch research for more information about the health impacts of WIC.

#### *Current Issue*

In June 2011, the U.S. House of Representatives voted to reduce funding for WIC in the 2012 Agriculture Appropriations Bill. If passed in the Senate, this budget cut could drop 200,000 – 350,000 mothers and young children from the WIC program. See an analysis from the Center for Budget and Policy Priorities. The U.S. Senate should reject short-term cost saving measures that will hurt our youngest and most vulnerable children.

#### ***Hunger-Free Hospitals***

In June 2011, the U.S. House of Representatives voted to reduce funding for WIC in the 2012 Agriculture Appropriations Bill. If passed in the Senate, this budget cut could drop 200,000 – 350,000 mothers and young children from the WIC program. See an analysis from the Center for Budget and Policy Priorities. The U.S. Senate should reject short-term cost saving measures that will hurt our youngest and most vulnerable children.

#### *Current Issue*

The Center is currently working with area hospitals to develop a model “hunger-free hospital” that involves food insecurity screenings, benefits enrollment assistance, discounted cafeteria meals, and more. For more information or to get involved, please contact us!

### ***Child and Adult Care Food Program (CACFP)***

CACFP is an under-utilized federal nutrition program that provides free meals and snacks for low-income children in childcare facilities. In 2010, nearly 130,000 children in PA received nutrition assistance through CACFP in childcare settings.

#### *Current Issue*

Nutrition advocates and early childhood providers across the state are partnering together to expand access to CACFP in childcare center and family childcare homes. If you are interested in getting involved in this effort, please contact us!

### ***National School Breakfast and Lunch Programs***

The federal school meals programs operate in over 100,000 public and non-profit private schools across the country, serving more than 31 million school children each day. Philadelphia's Universal School Meals Program - which allows all children in high-poverty schools to eat for free, without a meal application - is a highly-regarded national model.

#### *Current Issue*

Due to major budget cuts, the Philadelphia School District recently announced its decision to close 26 full-service kitchens and replace them with pre-plated ("satellite") meals. Along with other leading nutrition advocates, the Center testified against the decision at the Philadelphia School Reform Commission in June 2011.

### ***Emergency Food Assistance***

Emergency food assistance is typically distributed at food pantries and soup kitchens throughout the city. Emergency food assistance provides groceries and/or hot meals to those in need, but supply varies greatly and distributors are often unable to meet the demand. Experts agree that emergency food assistance cannot be expected to fill the shortcomings of the food stamp allotment.

#### *Current Issue*

The majority of emergency food distributed comes from The Emergency Food Assistance Program (TEFAP). Like other programs in the nutrition safety net, federal funding for TEFAP may be at risk in the current deficit reduction negotiations.

### ***Access to Fresh, Healthy Food***

For millions of Americans living in depressed urban and rural areas, access to supermarkets – along with the fresh food that they sell – is extremely limited. In many cases, families must choose between traveling several miles to do their food shopping or settling for the poor selection and quality of the food at local corner stores.

Pennsylvania has been a national leader in overcoming the challenges of food access, with initiatives like the Fresh Food Financing Initiative (FFFI) and Get Healthy Philly leading the way.

### *Current Issue*

President Obama has proposed expanding FFFI to the rest of the nation in the 2011 federal budget with \$345 million for a Healthy Food Financing Initiative.

### ***Farm Bill***

The Farm Bill sets primary food and farm policies for the U.S. every five years. The Nutrition Title of the Farm Bill includes SNAP, the National School Lunch Program, The Emergency Food Assistance Program (TEFAP), and the Commodity Supplemental Food Program (CSFP). The Nutrition Title accounts for approximately three-fourths of all Farm Bill spending. The most recent Farm Bill was passed in 2008 over two presidential vetoes and included some significant improvements in SNAP, worth \$20 billion over 10 years. The Farm Bill is scheduled to be reauthorized in 2012.

### *Current Issue*

The 2012 Farm Bill is expected to be very contentious because much less federal money will be available, there is increasing political pressure to cut spending.

## **Banking and Finance**

### ***Banking***

A significant segment of the American population remains either unbanked (i.e. without a checking or savings account) or underbanked (i.e. having a bank account but also relying on alternative financial services). In 2009, the Federal Deposit Insurance Corporation (FDIC) reported that one in four U.S. households are either unbanked or underbanked – representing approximately 60 million adults. Instead of performing financial transactions in the traditional banking system, the unbanked and underbanked often depend on the more costly alternative financial sector, which consists of pawnshops, payday and short-term lenders, tax preparers, check cashing establishments, and rent-to-own facilities.

### *Current Issue*

Many families are hesitant to participate in traditional banking for fear of hidden fees and minimum balance requirements.

Bank on Philadelphia is a unique partnership with banks to provide no-fee accounts for low-income families. It is important for all community-based organizations and social services agencies to know about and refer families to these banking opportunities.

### ***Asset Building***

Asset building seeks to empower low-income households to acquire assets, such as a home, a business, an education, and savings for retirement and other life goals. Asset building promotes financial empowerment and the building up of assets through both policy and program initiatives. Research has demonstrated that parental financial assets, such as household savings, are positively associated with the cognitive development of school-aged children.

### *Current Issue*

One promising asset-building strategy offers Individual Development Accounts (IDAs) or Child Development Accounts (CDAs) that provide matching funds to help families save for the future.

Philadelphia should follow the lead of San Francisco by offering CDAs to all public school kindergarten students. See here for more information.

### ***Financial Literacy***

Financial literacy training helps prepare individuals to make sound financial decisions when faced with multiple financial responsibilities and very limited income. In addition to training, the Urban Affairs Coalition offers financial support groups (called FAN Clubs) individuals interested in improving their money management habits, getting their finances under control, and meeting their financial goals.

#### *Current Issue*

Although financial education is a proven way of helping families stretch limited resources, it is not routinely offered to families navigating the welfare system. Pennsylvania's Department of Public Welfare could offer financial literacy training to TANF recipients and help connect them to banking and other saving opportunities.

### ***Micro-lending***

Many of the women of Witnesses are entrepreneurs who run informal businesses (i.e. hair/makeup business, catering, childcare) to make ends meet. With so few job opportunities available, turning this informal work into legitimate businesses is an important strategy for families trying to escape economic insecurity. Though the idea of offering micro-loans to help low-income women start income-generating business started in the developing world, its popularity has grown in the U.S.

#### *Current Issue*

While several organizations in Philadelphia offer micro-loans to middle and lower-income entrepreneurs, those living in deep poverty - as TANF recipients are - often get left out of these business financing opportunities. Philadelphia could offer micro-loans and discounted business licenses to low-income individuals who want to join the formal economy.

### **Work and Opportunity**

#### ***Employment and Training***

Anyone receiving TANF (cash assistance) and able to work must participate in employment or training programs for 30-40 hours each week. Most recipients complete an initial job search at their neighborhood EARN Center, which stands for Employment, Advancement, and Retention Network. With help from EARN Center staff, recipients determine which programs will help them find a job, given their individual work history, skills, and education. There are nine EARN Centers throughout Philadelphia.

Once a TANF recipient finds a job, they still have to figure out if their wages will be enough to support their family with the added expenses of childcare and transportation. TANF recipients who secure employment may receive reduced cash assistance and SNAP (food stamp) benefits, and remain eligible for Medicaid for up to one year.

#### *Current Issue*

State employment and training funds were cut by nearly 50% in Pennsylvania's fiscal year 2012 budget, forcing many effective programs across the state to close their doors. Tell your state

legislators that the best way to help families leave welfare is to help prepare them for good jobs by funding meaningful training and education opportunities in their communities.

### ***Temporary Assistance for Needy Families (TANF)***

TANF provides cash assistance grants to very low-income children, their parents or caretakers, and pregnant women. TANF grant amounts are extremely low in Pennsylvania - a family of 3 receives just \$403 per month. In most cases, individuals can only receive TANF for 60 months (5 years) over the course of their lifetime.

#### *Current Issue*

As part of the state budget cuts for fiscal year 2012, the Department of Public Welfare must cut \$400 million from the TANF program. DPW's Secretary was given unprecedented authority to make cuts to benefit programs, leaving both the TANF grant amount and the length of time families can receive TANF benefits vulnerable to cuts.

### ***Sanctions***

In order to receive TANF, families must meet certain requirements, such as participating in employment or job training every week. Individuals who do not meet all requirements are subject to suspension or termination of their TANF benefits (called "sanctions"). Sanctions have been shown to negatively affect the health and well-being of young children.

#### *Current Issue*

As unemployment climbs and fewer jobs are available for TANF parents, recipients must spend more time at the EARN Centers doing "job search activities" without any real hope of finding work. When education and training opportunities aren't available, recipients can get discouraged and face damaging sanctions.

### ***Earned Sick Leave***

Sick leave is an employee benefit that can be used when workers or their family members are ill. Not all employers offer sick leave as a benefit, and because many low-income jobs pay at an hourly rate, sick time is often not compensated. Parents, especially single parents, whose children have medical problems often find that they must lose pay or even a job because they have to miss work to care for their sick children.

#### *Current Issue*

In 2011, Philadelphia City Council passed legislation mandating that employers provide a minimal number of earned sick days to their employees each year. Mayor Nutter subsequently vetoed the legislation for fear that it would hurt job creation. City Council has not voted to override the Mayor's veto to date.

### ***Child Care Assistance***

Child care assistance is available for families receiving TANF, along with other low-income working families. In Pennsylvania, Child Care Information Services (CCIS) helps parents find and pay for quality child care while they are receiving TANF and attending a job, getting an education. Parents have the right to choose the type of care their children receive (i.e. child care center, pre-school, or private babysitter). For income-eligible families not receiving TANF, CCIS maintains a waiting list. When this system works efficiently, child care assistance allows

parents of young children to work and support their families without their income being drained by the high cost of child care.

Before the recent economic recession, nearly 40% of Pennsylvania's children ages 0-5 were low-income, yet less than 25% of these children received child care subsidies. Southeastern Pennsylvania families eligible for child care subsidies wait an average of 12 months on waiting lists before receiving subsidy.

#### *Current Issue*

The recent state budget disproportionately cut child care subsidies, reducing the budget by 11.5 percent. Further efforts to raise co-payments and restrict working families' eligibility for child care subsidies will have negative consequences for Pennsylvania's children and economy.

### **Education**

#### ***Early Childhood Education***

All babies and toddlers need positive early learning experiences to foster their intellectual, social and emotional development. Young children living in high-risk environments need additional supports to promote their healthy growth and development. High quality early childhood education has been show to improve child development and school readiness. It also supports families that are entering the workforce.

#### *Current Issue*

Federal and state funding for early childhood education programs has been hit hard by budget cuts. Urge your elected leaders to reverse such short-sighted cost-cutting efforts and invest in our children's future.

#### ***Public Education***

All school-aged children living in the city of Philadelphia are required to attend public schools if they are not enrolled in private/charter schools. The School District of Philadelphia faces the same challenges that many other public schools in urban centers struggle against – large class sizes, under-funding, and the co-occurring low student performance and violence.

#### *Current Issue*

Philadelphia's students and parents must brace for yet another transition in school leadership, with Superintendent Arlene Ackerman being forced out in August and several members for the School Reform Commission resigning in September 2011.

#### ***Advanced Learning***

We believe that all of the mothers and children involved in the project have the right to further their educations and explore enrichment opportunities that suit their interests. Advanced learning can improve job skills and earning capacity, both of which promote economic and food security. Community College of Philadelphia offers a variety of programs and scholarships that meet the needs of low-income parents looking to improve their job prospects for the future.

#### *Current Issue*

Pell grants, which support over 9 million low-income students pursuing college, was one of the few anti-poverty programs protected in the recent deficit reduction negotiations in Congress.

### ***Student Debt***

While pursuing higher education is one of the best ways to increase one's income and escape poverty, student debt can also hinder a family's economic success. With millions of unemployed workers returning to school during the 2008 economic recession, private loan companies and for-profit colleges have taken advantage of the opportunity, leaving students with unmanageable debt and no additional skills. Those interested in furthering their education should look at federal student loans – the safest kind of borrowing – before considering other options.

#### *Current Issue*

Check out a video of the Senate Health, Education, Labor and Pensions (HELP) Committee Hearing called, "Drowning in Debt: Financial Outcomes of Students at For-Profit Colleges," June 7, 2011.

### **Housing and Energy**

#### ***Emergency Shelter***

Emergency shelters serve as temporary residences for individuals and families experiencing an acute housing crisis, such as eviction or domestic violence. In Philadelphia, the Office of Supportive Housing (OSH) coordinates a network of shelters for families and single individuals.

Homelessness among families with young children has risen dramatically since the 2008 recession. In 2009, over 5,000 children in Philadelphia were served the emergency shelter and transitional housing in, 46% of these children were under age 5.

#### *Current Issue*

The 2009 American Recovery and Reinvestment Act (ARRA) created new funding for homelessness prevention and rapid re-housing, which provided over \$21 million over 3 years for homeless families in Philadelphia. This funding expires in September 2012 and it is unclear whether the City will be able to continue these successful programs.

#### ***Empty Lots***

Empty lots are parcels of property with no housing or other structure are often a sign of urban neighborhoods in decline, without sufficient economic resources to sustain them. In many poor neighborhoods, empty lots become places where illegal activity can take place, trash gets disposed of, and in other ways is an eyesore for the neighborhood.

#### *Current Issue*

Land bank legislation is forthcoming - Potential solution that allows community organizations and other individuals invested in community improvement to make use of the 40,000+ abandoned lots in the city.

#### ***Energy Assistance***

The high cost of heating one's home in the winter is a tremendous burden on Philadelphia's low-income families. Being without heat in the middle of winter is a crisis, and families will do whatever they can to keep warm, including running a cooking stove to heat the house.

Low-income residents access emergency utility assistance through the Low-Income Home Energy Assistance Program (LIHEAP). Income eligibility levels are higher for LIHEAP than for TANF, so many families do not realize that they may qualify for the program. For families facing a heating utility shut off who have already accessed LIHEAP can apply for additional help from the Utility Emergency Services Fund (UESF).

In addition to taking advantage of LIHEAP grants to provide one-time relief from high energy bills, low-income families can also lower their bills throughout the year by enrolling utility budget programs.

Philadelphia Energy Company (PECO)  
Philadelphia Gas Works (PGW)  
Philadelphia Water Department (PWD)  
Current Issue

Pennsylvania will begin accepting LIHEAP applications on November 1, 2011. Funding for LIHEAP and other energy assistance programs is at risk during deficit reduction negotiations.

### ***Housing Choice (Section 8) Vouchers***

Like other urban centers, Philadelphia has a shortage of affordable rental housing. Housing Choice Vouchers are available for low-income families pay more than 30% of their income on rent and can be used for any apartment in the private rental market. Only 2 million housing choice vouchers available nationwide, resulting in extremely long waiting lists in many areas, including Philadelphia.

#### *Current Issue*

Continued funding for Housing Choice Vouchers is at risk deficit reduction negotiations.

### ***Licenses and Inspections***

Philadelphia's Department of Licenses and Inspections administers and enforces the City's regulations related to property maintenance, business licenses, and zoning codes. The department is empowered to take lawful action to correct dangerous conditions, including making necessary emergency repairs to properties, cleaning and sealing abandoned buildings, and demolishing vacant buildings that pose a threat to public safety.

#### *Current Issue*

The Department of Licenses and Inspections continues to experience reduced capacity due to a series of City budget cuts. Community members often find that complaints to the Department go unanswered.

### ***Public Housing***

Philadelphia has a limited stock of public rental housing that is owned and operated by the Philadelphia Housing Authority (PHA). Like Housing Choice Vouchers, the waiting list can be years long.

#### *Current Issue*

Philadelphia Housing Authority has been undergoing a major transition after the former Executive Director was investigated for inappropriate use of agency funds. The U.S.

Department of Housing and Urban Development (HUD) assumed oversight of PHA properties until the scandal was resolved. The news further discouraged struggling families on PHA waiting lists who are in desperate need of stable, affordable housing.

### **Access to Technology**

#### ***Computer and Internet Access***

Ensuring that families have access to computers and the Internet can help adults search for jobs, submit resumes, take courses online, find housing, and stay connected to the wider world. Access to the Internet and the 24/7 news cycle our society has become accustomed to also helps facilitate civic engagement. Unfortunately, over 40% of Philadelphians do not have computer and Internet access.

#### *Current Issue*

To address the "digital divide," the City of Philadelphia recently developed the Freedom Rings Partnership which brings Internet access, training, and technology to communities citywide.

#### ***Computer Literacy***

Just as important as having access to a computer is knowing how to use it. More and more jobs require employees to have basic computer skills, but for low-income households not accustomed to having a computer at home, basic training can be hard to find. In the spring of 2011, members of Witnesses to Hunger worked together to complete an 8-week computer skills class, each earning a laptop or desktop computer to take home.

#### *Current Issue*

While Philadelphia's EARN Centers offer some computer training to help TANF recipients search for jobs, the trainings do not always include the range of skills (i.e. proficiency with email and Microsoft Office software) that individuals need. Additional funding and enhanced training at EARN Centers will help struggling parents increase their skills, as well as their chances of securing well-paying jobs.

#### ***Cell Phone Service***

While some may argue that access to a cell phone is not essential for survival, consider all of the circumstances in which those without a cell phone can find themselves at risk. Elderly and disabled individuals may need medical help. Those traveling alone at night may need to call the police. Families with inconsistent access to transportation may need to call for a ride. Job seekers waiting for return calls from potential employers will not want to leave the house without a cell phone, for fear of missing an opportunity.

#### *Current Issue*

– In Pennsylvania, two programs offer free cell phone service – Assurance Wireless (from Virgin Mobile) and SafeLink (from Tracfone Wireless).

**Appendix C- Selected Programs, Organizations, and Resources that Address Food Insecurity and Hunger in the United States**

<b>Program</b>	<b>What they Do</b>	<b>Web site</b>
Bread for the World	Bread for the World is a collective Christian voice urging our nation's leaders to end hunger at home and abroad.	<a href="http://www.bread.org">www.bread.org</a>
Center for Hunger-Free Communities	<p>The Center for Hunger-Free Communities envisions a world where children born today will inherit a nation free from hunger; a nation where all members of the community partner to keep families economically secure; and a nation where all people have an equal voice in policies that affect their lives.</p> <p>The Center for Hunger-Free Communities was founded in 2004 and formerly known as the Philadelphia GROW Project, of the Drexel University School of Public Health. The Center for Hunger-Free Communities offers the same multi-faceted research and action that has characterized the work on hunger and poverty at Drexel with the goal of developing innovative, proven solutions to the challenges of hunger and economic insecurity.</p>	<a href="http://www.centerforhungerfreecommunities.org/">http://www.centerforhungerfreecommunities.org/</a>
Child and Adult Care Food Program	USDA's Child and Adult Care Food Program plays a vital role in improving the quality of day care and making it more affordable for many low-income families. Each day, 3.3 million children receive nutritious meals and snacks through CACFP. The program also provides meals and snacks to 120,000 adults who receive care in nonresidential adult day care centers. CACFP reaches even further to provide meals to children residing in emergency shelters, and snacks and suppers to youths participating in eligible afterschool care programs. CACFP is authorized at section 17 of the National School Lunch Act (42 U.S.C. 1766). Program regulations are issued by the U.S. Department of Agriculture (USDA) under 7 CFR part 226.	<a href="http://www.fns.usda.gov/cnd/care/default.htm">www.fns.usda.gov/cnd/care/default.htm</a>
Community Food Security Initiative	The USDA's Community Food Security Initiative seeks to cut hunger in America in half by the year 2015 by creating and expanding grass-roots partnerships that build local food systems and reduce hunger. USDA is joining with states, municipalities, nonprofit groups, and the private sector to strengthen local food systems by replicating best practices of existing efforts and by catalyzing new community commitments to fight hunger.	<a href="http://attra.ncat.org/guide/am/cfsi.html">http://attra.ncat.org/guide/am/cfsi.html</a>
Congressional	The Congressional Hunger Center (CHC) is a 501(c)3	<a href="http://www.hungercenter.org">www.hungercenter.org</a>

Hunger Center	<p>nonprofit that works to make issues of domestic and international hunger a priority to policymakers in the U.S. government, and to raise a new generation of leaders to fight against hunger and poverty.</p> <p>Our mission is to train and inspire leaders who work to end hunger, and to advocate public policies that create a food secure world. We strive to be a leader in the movement to ensure access to food as a basic human right for all people.</p>	
Expanded Food and Nutrition Education Program	<p>The NIFA's Expanded Food and Nutrition Education Program (EFNEP) is a unique program that currently operates in all 50 states and in American Samoa, Guam, Micronesia, Northern Marianas, Puerto Rico, and the Virgin Islands. It is designed to assist limited-resource audiences in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being.</p>	<p><a href="http://www.csrees.usda.gov/nea/food/efnep/efnep.html">www.csrees.usda.gov/nea/food/efnep/efnep.html</a></p>
Federal Nutrition Assistance Programs	<p>USDA's Food and Nutrition Service works to end hunger and obesity through the administration of 15 federal nutrition assistance programs including WIC, Supplemental Nutrition Assistance Program (SNAP), and school meals. In partnership with State and Tribal governments, our programs serve one in four Americans during the course of a year. Working with our public, private and non-profit partners, our mission is to increase food security and reduce hunger by providing children and low-income people access to food, a healthful diet and nutrition education in a way that supports American agriculture and inspires public confidence.</p> <ul style="list-style-type: none"> <li>• Child and Adult Care Food Program</li> <li>• Food Assistance For Disaster Relief</li> <li>• School Meals (Fresh Fruit and Vegetable Program; National School Lunch Program, School Breakfast Program; Special Milk Program; Team Nutrition)</li> <li>• Special Supplemental Nutrition Program for Women, Infants, and Children (WIC); WIC Farmers' Market Nutrition Program; Senior Farmers' Market Nutrition Program</li> <li>• Summer Food Service Program</li> <li>• Supplemental Nutrition Assistance Program (SNAP); Healthy Incentives Pilot Program; see also SNAP Ed-Connection and SNAP Nutrition</li> </ul>	<p><a href="http://www.fns.usda.gov/fns">www.fns.usda.gov/fns</a></p>

	Education	
Federal Nutrition Assistance Programs- Food Distribution Programs	<p>The FNS Food Distribution Programs’ mission is to strengthen the Nation’s nutrition safety net by providing food and nutrition assistance to school children and families; and support American agriculture by distributing high quality, 100% American-grown USDA Foods.</p> <p>Food Distribution Programs:</p> <ul style="list-style-type: none"> <li>• Commodity Processing</li> <li>• Commodity Supplemental Food Program</li> <li>• Department of Defense Fresh Fruit and Vegetable Program</li> <li>• Food Distribution Disaster Assistance</li> <li>• Food Distribution Program on Indian Reservations</li> <li>• Nutrition Services Incentive Program</li> <li>• Schools/Child Nutrition Commodity Programs</li> </ul> <p>The Emergency Food Assistance Program</p>	<a href="http://www.fns.usda.gov/fdd">www.fns.usda.gov/fdd</a>
Feeding America (formerly America’s Second Harvest)	Feeding America is the nation’s leading domestic hunger-relief charity. Its mission is to feed America's hungry through a nationwide network of member food banks and engage our country in the fight to end hunger.	<a href="http://feedingamerica.org">http://feedingamerica.org</a>
Food Recovery (A Citizen’s Guide to Food Recovery)	Gleaning is simply the act of collecting excess fresh foods from farms, gardens, farmers markets, grocers, restaurants, state/county fairs, or any other sources in order to provide it to those in need.	<a href="http://www.usda.gov/documents/usda_gleaning_toolkits.pdf">http://www.usda.gov/documents/usda_gleaning_toolkits.pdf</a>
Food Research and Action Center	The Food Research and Action Center (FRAC) is the leading national nonprofit organization working to improve public policies and public-private partnerships to eradicate hunger and undernutrition in the United States. FRAC works with hundreds of national, state and local nonprofit organizations, public agencies, corporations and labor organizations to address hunger, food insecurity, and their root cause, poverty. FRAC was founded in New York City in 1970. The USDA and the Census Bureau used methodology adapted from FRAC’s Community Childhood Hunger Identification Project surveys to develop the surveys now used to study the number of hungry Americans.	<a href="http://www.frac.org">www.frac.org</a>
Mazon: A Jewish Response to Hunger	Founded in 1985, MAZON: A Jewish Response to Hunger is a national nonprofit organization working to end hunger among people of all faiths and backgrounds in the United States and Israel. MAZON, which means “food” or “sustenance” in Hebrew, was the first national organization to rally the American Jewish community	<a href="http://www.mazon.org">www.mazon.org</a>

	around the issue of hunger, and remains the only national Jewish organization dedicated exclusively to that same cause.	
Meals on Wheels Association of America	The Meals On Wheels Association of America is the oldest and largest national organization composed of and representing local, community-based Senior Nutrition Programs in all 50 U.S. states, as well as the U.S. Territories. These local programs are our MOWAA Members.	<a href="http://www.mowaa.org">www.mowaa.org</a>
Share Our Strength	The No Kid Hungry campaign connects kids in need with nutritious food and teaches their families how to cook healthy, affordable meals. The campaign also engages the public to make ending childhood hunger a national priority.	<a href="http://www.strength.org">www.strength.org</a>
SNAP-Ed Connection	The SNAP-Ed Connection is a dynamic online resource center for State and local SNAP-Ed providers. SNAP-Ed Connection is funded by USDA's Food and Nutrition Service (FNS) and maintained at the National Agricultural Library's Food and Nutrition Information Center. The goal of SNAP-Ed is to improve the likelihood that persons eligible for SNAP will make healthy choices within a limited budget and choose active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate.	<a href="http://snap.nal.usda.gov/nal_display/index.php?tax_level=1&amp;info_center=15">http://snap.nal.usda.gov/nal_display/index.php?tax_level=1&amp;info_center=15</a>
WHY (World Hunger Year)	WhyHunger is a leader in building the movement to end hunger and poverty by connecting people to nutritious, affordable food and by supporting grassroots solutions that inspire self-reliance and community empowerment.	<a href="http://www.whyhunger.org">www.whyhunger.org</a>

**Figure 2.** Selected programs, organizations, and resources that address food insecurity and hunger in the United States. (8) Used with permissions of the Journal of Academy of Nutrition and Dietetics.

## APPENDIX D-Partnerships

The following table lists the organizations that the Academy is currently partnered with to address food insecurity. A description of the organization’s work is provided. Each organization collaborates with the Academy in legislative and public policy efforts to provide adequate and healthy food to Americans.

Organization	Background
Feeding America <a href="http://feedingamerica.org/">http://feedingamerica.org/</a>	Feeding America is the nation's leading domestic hunger-relief charity. Our mission is to feed America's hungry through a nationwide network of member food banks and engage our country in the fight to end hunger.
Food and Research Action Center (FRAC) <a href="http://frac.org/">http://frac.org/</a>	The Food Research and Action Center (FRAC) is the leading national nonprofit organization working to improve public policies and public-private partnerships to eradicate hunger and undernutrition in the United States.
Bread for the World <a href="http://www.bread.org">www.bread.org</a>	Bread for the World is a collective Christian voice urging our nation's leaders to end hunger at home and abroad. As a non-profit, Bread for the World works in a bipartisan way. Our network of thousands of individual members, churches, and denominations ensures Bread’s presence in all U.S. congressional districts. Together, we build the political commitment needed to overcome hunger and poverty.
Congressional Hunger Center <a href="http://www.hungercenter.org/">http://www.hungercenter.org/</a>	The Congressional Hunger Center (CHC) is a 501(c)3 nonprofit that works to make issues of domestic and international hunger a priority to policymakers in the U.S. government, and to raise a new generation of leaders to fight against hunger and poverty.
National Association of Aging and Nutrition Programs <a href="http://www.nanasp.org">http://www.nanasp.org</a>	NANASP is proud to be a leading organization advocating for community-based senior nutrition programs and their staff. NANASP was instrumental in the recent reauthorization of the Older Americans Act.
Meals on Wheels Association <a href="http://www.mowaa.org/">http://www.mowaa.org/</a>	The Meals On Wheels Association of America is the oldest and largest national organization composed of and representing local, community-based Senior Nutrition Programs in all 50 U.S. states, as well as the U.S. Territories.
Share Our Strength <a href="http://www.nokidhungry.org/">http://www.nokidhungry.org/</a>	Share Our Strength’s No Kid Hungry campaign is ending childhood hunger in America by ensuring all children get the healthy food they need, every day. The No Kid Hungry campaign connects kids in need with nutritious food and teaches their families how to cook healthy, affordable meals. The campaign also engages the public to make ending childhood hunger a national priority.

# Hungry and Overweight: How is It Possible?

## How can hungry children be overweight?

Imagine a caregiver who has limited resources for their family's monthly groceries. Their highest priority is to select foods that stretch food dollars and will keep their children full and satisfied. With this in mind, one's options are increasingly constricted. "Households with limited resources tend to spend less on food overall and, more specifically, less on healthy foods that are lower in energy but more costly (e.g., fruits and vegetables)."<sup>1</sup> Typically the least expensive foods are those that are low in nutrients and high in calories.<sup>2</sup> The growing discussion surrounding a link between food insecurity and obesity is quite complex, and research studies have reported mix results. What researchers have determined though are the common factors related to those who experience food insecurity, and these factors can lead to increased weight or obesity:

- **Disrupted meal patterns** Individuals and families experiencing food insecurity often experience periods of time with full pantries, followed by periods without. When food is available, many children eat a healthy and steady diet, though some may overeat due to fear of lacking food in the future. When food is not available, children's diet's may be minimal or they may have to skip meals altogether. These wide swings in calorie consumption impacts metabolism and promotes fat storage.<sup>2</sup>
- **Family stress** Individuals and families experiencing food insecurity often face high levels of stress related to secure housing, food, employment, health care, finances, and unsafe neighborhoods. Families may be faced with the difficult choices on a regular basis of purchasing healthy food over paying monthly bills to heat the house or obtain needed prescriptions. Stress, anxiety, and depression can also lead to unhealthy eating behaviors and metabolic changes that promote weight gain.<sup>2</sup> In fact, in "households where adolescents were food insecure, the adolescent's likelihood of being obese increased from 35 percent when only one stressor was experienced to approximately 70 percent when three stressors were experienced."<sup>1</sup>
- **Lack of access** Individuals and families experiencing food insecurity often have limited access to healthy

options, and transportation or close proximity to grocery stores offering a variety of healthy foods, beverages, and produce. Low-income neighborhoods are more likely to have access to fast food restaurants and convenience stores that sell inexpensive foods high in calories, fat, and added sugars. These options may satisfy hunger, but often lack key nutrients to support optimal growth and development.<sup>3</sup>

## How does food insecurity affect children?

- **Health and developmental issues<sup>1,4</sup>** Children who are food insecure are more likely to have iron deficiency, asthma, delayed cognitive development, increased stomachaches, headaches, and colds, and increased fatigue. Additionally, children are more likely to become overweight or obese which can lead to other chronic diseases including high blood pressure and diabetes.
- **Poor academic performance** Children who are food insecure tend to have lower math scores and have difficulty concentrating. They are also more likely to repeat a grade level.
- **Behavioral problems** Irritability, difficulty getting along with others and school suspensions are some of the problems related to behavior that children and teens that experience food insecurity are more likely to face.<sup>5</sup>

## How can I help reduce food insecurity in my community?<sup>6</sup>

- **School meals** Encourage families to apply for free or reduced school meals at [www.applyforlunch.com](http://www.applyforlunch.com).
- **Dinner programs** Encourage afterschool programs to adopt federally subsidized school dinner programs: <http://www.fns.usda.gov/cnd/care/>.
- **Summer food service programs** Find summer meal sites in your community. Call the National Hunger Hotline at 1-866-3-HUNGRY or 1-877-8-HAMBRE. Visit [www.summerfood.usda.gov](http://www.summerfood.usda.gov).
- **Farm to school programs** Help to initiate a Farm to School Program: <http://www.fns.usda.gov/cnd/f2s/>. Encourage schools to apply for a USDA Farm to School grant at [http://www.fns.usda.gov/cnd/f2s/f2\\_grant\\_program.htm](http://www.fns.usda.gov/cnd/f2s/f2_grant_program.htm).

- **School and community gardens** Begin a school garden: <http://healthymeals.nal.usda.gov/resource-library/school-gardens>
- **SNAP and WIC** Encourage pediatricians, day care facilities, and school nurses to refer families to the local food bank and apply for supplemental food programs such as Women, Infants, and Children (WIC) and Supplemental Nutrition Assistance Program (SNAP, formerly food stamps).
- **Retail collaborations** Collaborate with the private sector and foundations to help small retailers and convenience stores offer healthier foods.
- **Marketing for health** Work with community groups, foundations, and public agencies to market healthy behaviors and increase opportunities for safe physical activity in food insecure neighborhoods.
- **Food assistance programs** Become involved in your local food bank, food pantry or soup kitchen. Is there an opportunity to initiate healthy eating classes or help organize a food drive? Assist in connecting local food retailers with the food bank for opportunities to distribute healthy foods to the food bank. Find out more about hunger in your community and get involved. [www.feedingamerica.org](http://www.feedingamerica.org)

## References:

1. Food Insecurity and Risk for Obesity Among Children and Families: Is There a Relationship? Healthy Eating Research: Building evidence to prevent childhood obesity. Robert Wood Johnson Foundation. April 2010.
2. Why Low Income and Food Insecure People are Vulnerable to Overweight and Obesity. Food Research and Action Center Web site. <http://frac.org/initiatives/hunger-and-obesity/why-are-low-income-and-food-insecure-people-vulnerable-to-obesity/>. Accessed September 13, 2012 and Hartline-Grafton, H. Food Insecurity and Obesity: Understanding the Connections. Food Research and Action Center Web site. [http://frac.org/pdf/frac\\_brief\\_understanding\\_the\\_connections.pdf](http://frac.org/pdf/frac_brief_understanding_the_connections.pdf). Spring 2012. Accessed September 13, 2012.
3. Dinour LM, Bergen D and Yeh M. The Food Insecurity-Obesity Paradox: A Review of the Literature and the Role Food Stamps May Play. J Am Diet Assoc., 2007; 107(11): 1952-1961.
4. Kirkpatrick SI, McIntyre L, Potestio M. Child Hunger and Long-term Adverse Consequences for Health. Arch Pediatr Adolesc Med, 2010; 176(8):754-762.
5. Cook J, Jeng K. Child Food Insecurity: The Economic Impact on Our Nation. Feeding America Web site. <http://feedingamerica.org/our-network/the-studies/~media/Files/research/child-insecurity-economic-impact.ashx?.pdf>. Accessed September 13, 2012.
6. Making the Connection: Linking Policies that Prevent Hunger and Childhood Obesity. Leadership for Healthy Communities Web site. [http://www.leadershipforhealthycommunities.org/images/stories/lhc\\_hunger\\_obesity\\_02.14.12.pdf](http://www.leadershipforhealthycommunities.org/images/stories/lhc_hunger_obesity_02.14.12.pdf). February 2012. Accessed September 13, 2012.

Content contributed by:



*This document was developed with an educational grant from the National Dairy Council®.*

Join: [www.kidseatright.org/volunteer](http://www.kidseatright.org/volunteer) | Promote: [www.kidseatright.org](http://www.kidseatright.org)

## APPENDIX F-Position Papers

The Academy Position Papers are a critical analysis of current facts, data, and research literature featuring a position statement, which presents the Academy's stance on an issue. Position Papers associated with food security and sustainable agriculture follow.

### ***Addressing World Hunger, Malnutrition and Food Insecurity Position Paper***

<http://www.eatright.org/About/Content.aspx?id=8358>

It is the position of the American Dietetic Association (ADA) that access to adequate amounts of safe, nutritious, and culturally appropriate food at all times is a fundamental human right. Hunger continues to be a worldwide problem of staggering proportions. The Association supports programs and encourages practices that combat hunger and malnutrition, produce food security, promote self-sufficiency, and are environmentally and economically sustainable. The abstract states: *"Recognizing that simplistic approaches are inadequate, the ADA identifies sustainable development as the long-term strategy to ending world hunger and achieving food security."* ....and it also states: *"The Association supports programs and encourages practices that combat hunger and malnutrition, produce food security, promote self-sufficiency, respect local cultures, and are environmentally and economically sustainable. The ADA recognizes that decisions and actions that dietetics professionals make as practitioners and consumers can help reduce the extent of poverty and hunger both here and abroad. This paper provides information, resources, and strategies to assist dietetics professionals in improving the public's understanding of key issues, becoming advocates of the poor, and influencing the political will to end world hunger."*

The last section of the paper *'Roles and Responsibilities of Dietetics Professionals'* provides strategies for food and nutrition practitioners to educate themselves and to get actively involved in support of efforts regarding global hunger issues.

### ***Food Insecurity in the United States*** <http://www.eatright.org/About/Content.aspx?id=8361>

It is the position of the American Dietetic Association that systematic and sustained action is needed to achieve food and nutrition security for all in the United States.

The abstract states: *"Registered dietitians and dietetic technicians, registered, can play key roles in ending food insecurity and are uniquely positioned to make valuable contributions through provision of comprehensive food and nutrition education; competent and collaborative practice; innovative research related to accessing a safe, secure and sustainable food supply; and advocacy efforts at the local, state, regional and national levels."*

### ***Food and Water Safety Position Paper***

<http://www.eatright.org/About/Content.aspx?id=8362>

It is the position of the American Dietetic Association that the public has the right to a safe food and water supply. The Association supports collaboration among food and nutrition professionals, academics, representatives of the agricultural and food industries, and appropriate government agencies to ensure the safety of the food and water supply by providing education to the public and industry, promoting technological innovation and applications, and supporting further research.

The abstract states: *"Food and nutrition professionals are positioned to provide food and water safety education in community, clinical settings, and foodservice operations and food industries. With an aging population and an increased number of people at risk due to medical conditions*

*for food- and waterborne illness, food and nutrition professionals should be involved in collaborative food and water safety issues in educational, research, and policy agenda settings. As the food and nutrition experts, food and nutrition professionals must assume a major role in food and water safety education and research.”*

The last section of the paper entitled ‘Role of Food and Nutrition Professionals’ states: *“Food and nutrition professionals have background in chemistry, biology, food science, and microbiology that give them the knowledge base for being experts in food and water safety, and the potential career path of being a food safety professional.”*

It also states: *“This position paper gives many suggestions on where food and nutrition professionals in the different practice areas can contribute to food and water safety. Each area of practice of food and nutrition professionals—clinical, community, foodservice management, and research—have specific roles to play in providing food and water safety education.”*

It also states: *“Food and nutrition professionals have opportunities to influence consumers and clientele within their practice with food and water safety education to provide safe and healthful food choice recommendations. Registered dietitians and dietetic technicians, registered should be the major sources of food and water safety information for consumers and clients and need to stay abreast of emerging food and water safety issues.”*

### ***Food and Nutrition Programs for Community-Residing Older Adults***

Given the federal cost-containment policy to rebalance long-term care away from nursing homes to home- and community-based services, it is the position of the American Dietetic Association, the American Society for Nutrition, and the Society for Nutrition Education that all older adults should have access to food and nutrition programs that ensure the availability of safe, adequate food to promote optimal nutritional status. Appropriate food and nutrition programs include adequately funded food assistance and meal programs, nutrition education, screening, assessment, counseling, therapy, monitoring, evaluation, and outcomes documentation to ensure more healthful aging. The growing number of older adults, the health care focus on prevention, and the global economic situation accentuate the fundamental need for these programs.

The abstract states: *“Yet far too often food and nutrition programs are disregarded or taken for granted. Growing older generally increases nutritional risk. Illnesses and chronic diseases; physical, cognitive, and social challenges; racial, ethnic, and linguistic differences; and low socioeconomic status can further complicate a situation. The beneficial effects of nutrition for health promotion, risk reduction, and disease management need emphasis. Although many older adults are enjoying longer and more healthful lives in their own homes, others, especially those with health disparities and poor nutritional status, would benefit from greater access to food and nutrition programs and services. Food and nutrition practitioners can play a major role in promoting universal access and integrating food and nutrition programs and nutrition services into home- and community-based services.”*

### ***Child and Adolescent Nutrition Assistance Programs***

It is the position of the American Dietetic Association that children and adolescents should have access to an adequate supply of healthful and safe foods that promote optimal physical, cognitive, and social growth and development. Nutrition assistance programs, such as food assistance and meal service programs and nutrition education initiatives, play a vital role in meeting this critical need.

The abstract states: *“Nutrition assistance programs create a safety net that ensures that children and adolescents at risk for poor nutritional intakes have access to a safe, adequate, and nutritious food supply. Federally funded nutrition assistance programs help ensure that children and adolescents receive meals that provide adequate energy and nutrients to meet their growth and development needs; children and adolescents have access to adequate food supplies; and women, infants, and children who have nutritional or medical risk factors, such as iron-deficiency anemia or overweight, receive supplemental nutritious foods as well as nutrition education. In addition, federally funded nutrition assistance programs serve as a means to combat hunger and food insecurity and as a vehicle for nutrition education and promotion of physical activity designed to prevent or reduce obesity and chronic disease. It is important that continued funding be provided for these programs that have been consistently shown to have a positive influence on child and adolescent well-being. Registered dietitians and dietetic technicians, registered, are uniquely qualified to design, implement, and evaluate nutrition assistance programs for children and adolescents. Registered dietitians and dietetic technicians, registered, are the only food and nutrition practitioners with adequate training in food science, nutrition, and food systems to implement research and surveillance programs to monitor, evaluate, and improve the nutritional status of children and adolescents.”*

#### ***Local Support for Nutrition Integrity in Schools***

It is the position of the American Dietetic Association (ADA) that schools and communities have a shared responsibility to provide students with access to high-quality, affordable, nutritious foods and beverages. School-based nutrition services, including the provision of meals through the National School Lunch Program and the School Breakfast Program, are an integral part of the total education program. Strong wellness policies promote environments that enhance nutrition integrity and help students to develop lifelong healthy behaviors.

The abstract states: *“ADA actively supported the 2004 and proposed 2010 Child Nutrition reauthorization which determines school nutrition policy. ADA believes that the Dietary Guidelines for Americans should serve as the foundation for all food and nutrition assistance programs and should apply to all foods and beverages sold or served to students during the school day. Local wellness policies are mandated by federal legislation for all school districts participating in the National School Lunch Program. These policies support nutrition integrity, including a healthy school environment. Nutrition integrity also requires coordinating nutrition education and promotion and funding research on program outcomes. Registered dietitians and dietetic technicians, registered, and other credentialed staff, are essential for nutrition integrity in schools to perform in policy-making, management, education, and community-building roles. A healthy school environment can be achieved through adequate funding of school meals programs and through implementation and evaluation of strong local wellness policies.”*

## **APPENDIX G-Journal of the Academy of Nutrition and Dietetics Publications**

In 2007, the Academy's *Journal* joined 200 other science journals from around the world, and the Council of Science Editors, to all simultaneously publish themed issues on Poverty and Human Development around the Globe. This publishing venture was designed to raise awareness and stimulate research within the respective disciplines involved. The Academy's special *Journal* issue (November 2007) contained numerous articles on food insecurity, as well as malnutrition--which go hand-in-hand. The Academy won a Gold Award from the American Society of Healthcare Publication Editors that year for this extensive and far reaching collaboration. Recent and relevant *Journal* articles on food insecurity follow.

### **Understanding and Addressing Barriers to Healthy Eating among Low-Income Americans**

*Journal of the Academy of Nutrition and Dietetics* Vol. 112 (5); p. 617-620. 2012

Sharon I. Kirkpatrick, PhD, MHSc, RD

### **Increasing Supplemental Nutrition Assistance Program/Electronic Benefits Transfer Sales at Farmers' Markets with Vendor-Operated Wireless Point-of-Sale Terminals**

*Journal of the Academy of Nutrition and Dietetics* Vol.112 (5); p.636-641. 2012

Alison M. Bittenheim, PhD, MBA; Joshua Havassy, MPH; Michelle Fang; Jonathan Glyn; Allison E. Karpyn, PhD.

### **Use of Concept Mapping to Explore the Influence of Food Security on Food Buying Practices**

*Journal of the Academy of Nutrition and Dietetics* Vol. 112 (5); 711-717. 2012

Renee E. Walker, DrPH; Ichiro Kawachi, MD, PhD

### **Our Role in Achieving Food Security for All**

*Journal of the Academy of Nutrition and Dietetics* Vol. 112 (9); p.1312. 2012

Ethan Bergman

### **Food Insecurity Is Associated with Obesity among US Adults in 12 States**

*Journal of the Academy of Nutrition and Dietetics* Vol. 112(9); p. 1403-1409. 2012

Liping Pan, MD, MPH; Bettylou Sherry, PhD, RD; Rashid Njai, PhD, MPH; Heidi M. Blanck, PhD, MS

### **Associations between Food Insecurity, Supplemental Nutrition Assistance Program (SNAP) Benefits, and Body Mass Index among Adult Females**

*Journal of the American Dietetic Association* Vol. 111(11); p. 1741. 2011

Stephanie B. Jilcott, PhD; Elizabeth D. Wall-Bassett, PhD, RD; Sloane C. Burke, PhD

<http://download.journals.elsevierhealth.com/pdfs/journals/0002-8223/PIIS0002822311013745.pdf>

### **Household Food Insecurity Is Associated with Self-Reported Pregravid Weight Status, Gestational Weight Gain, and Pregnancy Complications**

*Journal of the American Dietetic Association* Vol. 110(5); p. 692. 2010

Barbara A. Laraia, PhD, MPH, RD; Anna Maria Siega-Riz, PhD, RD

[http://www.journals.elsevierhealth.com/periodicals/yjada/article/S0002-8223\(10\)00115-X/fulltext](http://www.journals.elsevierhealth.com/periodicals/yjada/article/S0002-8223(10)00115-X/fulltext)

**How Is Food Insecurity Associated with Dietary Behaviors? An Analysis with Low-Income, Ethnically Diverse Participants in a Nutrition Intervention Study**

*Journal of the American Dietetic Association Vol. 110(12); p. 1906. 2010*

Jennifer A. Mello, MPH; Kim M. Gans, PhD, MPH; Patricia M. Risica, DrPH, RD; Usree Kirtania, MS

<http://download.journals.elsevierhealth.com/pdfs/journals/0002-8223/PIIS0002822310014872.pdf>

**Food Insecurity and Maternal Health During Pregnancy**

*Journal of the American Dietetic Association Vol. 110(6); p. 609. 2010*

Christine M. Olson, PhD

<http://download.journals.elsevierhealth.com/pdfs/journals/0002-8223/PIIS0002822310001021.pdf>

**Dietary Associations of Household Food Insecurity among Children of Mexican Descent: Results of a Binational Study**

*Journal of the American Dietetic Association Vol. 109(12); p. 1997. 2009*

Lisa G. Rosas, PhD, MPH; Kim Harley, PhD, MPH; Lia C. H. Fernald, PhD

<http://download.journals.elsevierhealth.com/pdfs/journals/0002-8223/PIIS0002822309015521.pdf>

**The Food Insecurity-Obesity Paradox: A Review of the Literature and the Role Food Stamps May Play**

*Journal of the American Dietetic Association Vol. 106(3); p 1952. 2007*

Lauren M. Dinour, MPH, RD; Dara Bergen, MPH, RD; Ming-Chin Yeh, PhD, MEd, MS

<http://download.journals.elsevierhealth.com/pdfs/journals/0002-8223/PIIS0002822307016161.pdf>

# Hunger and Nutrition:

*What's at Stake for Children, Families & Older Adults*



**1 in 5 children and 1 in 12 older adults  
is at risk of hunger in the U.S.\***

## Experience with Lack of Food\*\*

---



**1 in 3**

*Nearly 1 in 3 adults had experience with/concern about lack of food among their family, friends or neighbors.*



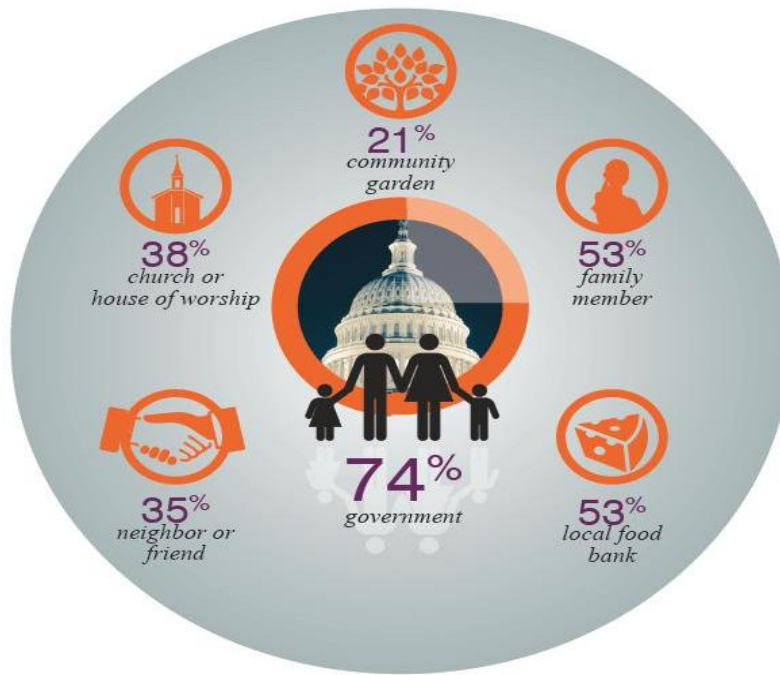
**1 in 10**

*1 in 10 adults went without a basic need (such as food, medicine or health care) in order to provide food for another family member.*

## Households Seeking or Receiving Food Assistance

---

*Of those who sought and/or received assistance, nearly 74% turned to the government in some way for this assistance. Many sought support from additional sources as shown. Families with children were even more likely to have sought and/or received assistance.*



### Public Support for Federal Food Programs



**70%**

*70% of U.S. adults agree that policymakers should prevent cuts to existing federal food assistance programs for children, youth and older adults.*

### Knowledge About Nutritional Needs



**24%**

*Nationwide, nearly one fourth of U.S. adults do not know how to access information on the unique nutritional needs of children, youth, and older adults.*

#### Sources:

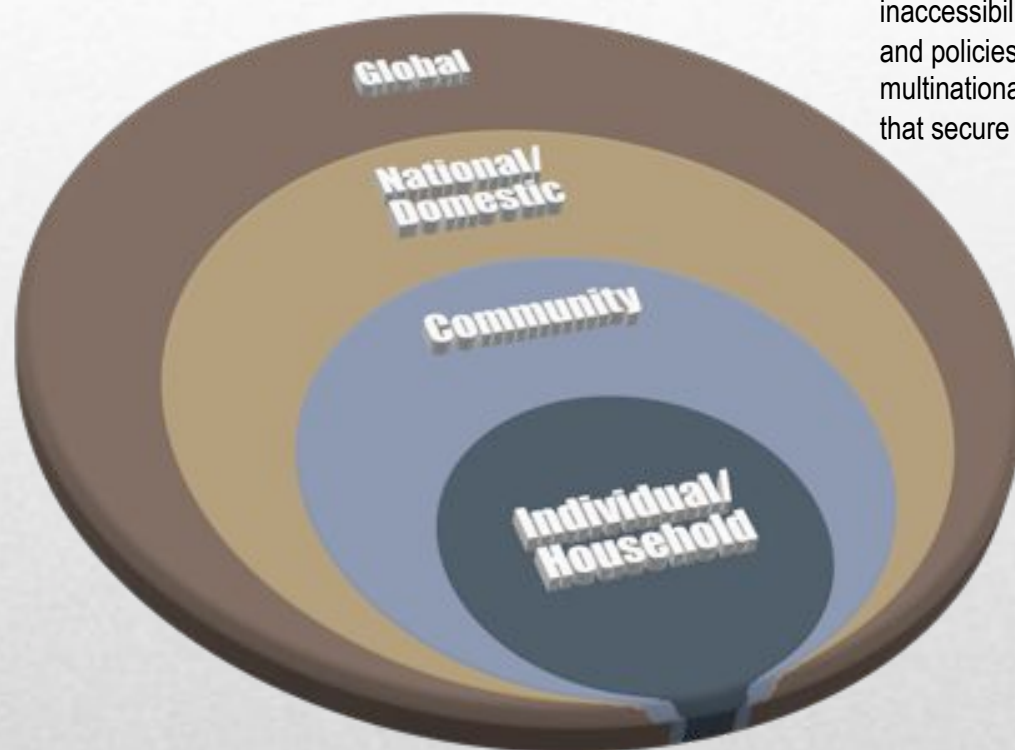
\* USDA. Coleman-Jensen, A., Nord, M., Andrews, M., & Carlson, S. "Household Food Security in the United States in 2011." (September 2012) and Meals on Wheels Research Foundation. Ziliak, J., & Gunderson, C. Senior Hunger in America 2010: An Annual Report. (3, May 2012).

\*\* Within the last 12 months

All other statistics in this image reflect data from a September 24 to 26, 2012 poll commissioned by Generations United and conducted by Harris Interactive.

# A Systems Approach to Food & Water Security\*

Angie Tagtow, MS, RD, LD  
Environmental Nutrition Solutions, LLC  
October 2012



*"We as food and nutrition experts are dedicated to combating hunger and malnutrition as well as promoting food security and creating sustainable food solutions that respect environmental and economic concerns."*

Ethan A. Bergman, PhD, RD, CD, FADA  
President, Academy of Nutrition & Dietetics (J Acad Nutr Diet. 2012;112:1312)

**Global food and water security** requires a comprehensive approach to address the underlying causes of hunger, under-nutrition and inaccessibility to potable water; an investment in country-led initiatives and policies; strong strategic coordination that leverage the benefits of multinational institutions; and sustained and accountable commitments that secure healthful and safe food and water supply chains.

**National food and water security** ensures the survival of the country through the use of agricultural, economic, energy, and environmental intelligence. This includes policies, systems and environments that values and secures national biodiversity, ecosystem preservation, agricultural self-sufficiency and biosecurity.

**Community food and water security** is a state in which all community residents obtain a safe, culturally appropriate, nutritionally sound diet and clean water through an economically and environmentally sustainable food and water system that promotes community self-reliance and social justice.

**Household food and water security** ensures access by all members at all times to enough food and potable water for an active, healthy life. This includes the ready availability of nutritionally adequate and safe foods, ability to acquire acceptable foods in socially acceptable ways, and regular access to a safe and clean water supply.

# Food & Water Security Resources\*

## Role of the Dietitian in Advancing Food and Water Security

- American Dietetic Association Sustainable Food Systems Task Force. *Healthy Land, Healthy People: Building a Better Understanding of Sustainable Food Systems for Food and Nutrition Professionals. A Primer on Sustainable Food Systems and Emerging Roles for Food and Nutrition Professionals*. Chicago, IL: American Dietetic Association; 2007. Available at: [http://www.hendpg.org/docs/Sustainable\\_Primer.pdf](http://www.hendpg.org/docs/Sustainable_Primer.pdf)
- Hunger & Environmental Nutrition Dietetic Practice Group: [www.HENdpg.org](http://www.HENdpg.org)
- *Journal of Hunger & Environmental Nutrition*: <http://www.tandfonline.com/toc/when20/current>
- Albrecht J, Nagy-Nero D. Position of the American Dietetic Association: Food and water safety. *J Am Diet Assoc*. 2009;109:1449-1460.
- Boyle Struble M, Aomari L. Position of the American Dietetic Association: Addressing world hunger, malnutrition and food insecurity. *J Am Diet Assoc*. 2003;103:1046-1057.
- Harmon A, Gerald B. Position of the American Dietetic Association: Food and nutrition professionals can implement practices to conserve natural resources and support ecological sustainability. *J Am Diet Assoc*. 2007;107:1033-1043.
- Holben D. Position of the American Dietetic Association: Food insecurity in the United States. *J Am Diet Assoc*. 2010;110:1368-1377.

### Individual/Household

- Feeding America: [www.feedingamerica.org](http://www.feedingamerica.org)
- Food and Research Action Center: [www.frac.org](http://www.frac.org)
- Share Our Strength: [www.strength.org](http://www.strength.org)
- USDA Economic Research Service: [www.ers.usda.gov/](http://www.ers.usda.gov/)
- USDA Food and Nutrition Assistance Service: [www.fns.usda.gov/fns/](http://www.fns.usda.gov/fns/)

### Community

- Community Food Security Coalition: [www.foodsecurity.org](http://www.foodsecurity.org)
- Detroit Black Community Food Security Network: <http://detroitblackfoodsecurity.org/>
- Food Systems Network NYC: [www.foodsystemsnetworknyc.org](http://www.foodsystemsnetworknyc.org)
- Iowa Food Access & Health Work Group: [www.iowafoodsystems council.org/food-access-health/](http://www.iowafoodsystems council.org/food-access-health/)
- Multnomah (OR) Food Initiative: <http://multfood.org/about>
- Rainier Valley Eats (Seattle): [www.rainiervalleyeats.org](http://www.rainiervalleyeats.org)
- USDA National Institute for Food and Agriculture, Community Food Projects: [www.nifa.usda.gov/fo/communityfoodprojects.cfm](http://www.nifa.usda.gov/fo/communityfoodprojects.cfm)

### National/Domestic

- American Water Works Association: [www.awwa.org](http://www.awwa.org)
- Environmental Protection Agency: [www.epa.gov](http://www.epa.gov)
- Environmental Working Group: [www.ewg.org](http://www.ewg.org)
- Food and Water Watch: [www.foodandwaterwatch.org](http://www.foodandwaterwatch.org)

### Global

- Bread for the World: [www.bread.org](http://www.bread.org)
- Congressional Hunger Center: [www.hungercenter.org](http://www.hungercenter.org)
- Food and Agriculture Organization: [www.FAO.org](http://www.FAO.org)
- Food First: [www.foodfirst.org](http://www.foodfirst.org)
- Global Water Partnership: [www.gwp.org](http://www.gwp.org)
- IAASTD "Agriculture at a Crossroads:": [www.agassessment.org](http://www.agassessment.org)
- Millennium Institute: [www.millennium-institute.org](http://www.millennium-institute.org)
- Nourish 9 Billion: [www.Nourish9Billion.org](http://www.Nourish9Billion.org)
- WHY Hunger: [www.whyhunger.org](http://www.whyhunger.org)
- World Health Organization: [www.who.int](http://www.who.int)
- Unesco Institute for Water Education: [www.unesco-ihe.org](http://www.unesco-ihe.org)
- USAID: [www.usaid.gov](http://www.usaid.gov)