

Food Security: access by all people at all times to enough food for an active, healthy life. It is one of several conditions necessary for a population to be healthy and well nourished.

Food Insecurity, Children, and Race

A look at household food insecurity among adults and children of varying races

HOUSEHOLD FOOD INSECURITY

There are 12.6 million households in America designated as food insecure. Today, 35.5 million individuals live in such households and over half of those food insecure households have children...12.6 million of them.

HOUSEHOLD FOOD INSECURITY AND RACE

Rates of food insecurity are disproportionately higher in minority households. The national average of households with food insecurity is 10.9%. Black households experience food insecurity at a rate of 21.8% and Hispanic households experience food insecurity at a rate of 19.5%. White households experienced food insecurity at a rate of 7.8%. In households with children, those percentages increase, indicating that food insecurity occurs more often. White household food insecurity rates jump from 7.9% to 11.3%, with Black households jumping from 21.8% to 26.4%, and Hispanic households jumping from 19.5% to 23.8%.

CHILD FOOD INSECURITY AND ITS EFFECTS

Research shows that children from food insecure homes have poorer overall health status: they are sick more often, much more likely to have ear infections, have higher rates of iron deficiency anemia, and are hospitalized more frequently. **In short, going hungry makes kids sick.** As a result, they miss more days of school and are less prepared to learn when they are able to attend, making the relationship between hunger, health and learning greatly important. Further exacerbating this are the emotional and behavioral impacts that accompany food insecurity and hunger. At-risk children are more likely to have poorer mental health, be withdrawn or socially disruptive, and suffer greater rates of behavioral disorders.

Percentage of Children in Food Insecure Households by Race in 2006	Race	%
	White, non-Hispanic	11.8
	Black, non-Hispanic	29.3
	Hispanic	26.0

* stats in this table differ from the above paragraph because they focus on **children only** whereas the above paragraph includes adults.

HELP END CHILDHOOD HUNGER IN AMERICA

Share Our Strength is a national organization working to ensure that no child in America grows up hungry. For nearly 25 years, the organization has been raising funds to provide food assistance to those in need. Everyone can support the fight against childhood hunger by eating out at a participating restaurant during **Share Our Strength's Great American Dine Out™** on September 21-28, 2008 when restaurant nationwide will donate a percentage of their sales to help end childhood hunger. Restaurants can register to be part of the national campaign and corporations can embrace the dine out by encouraging their employee's and corporate partners to also dine out at participating restaurants. Other opportunities to help include Share Our Strength's Taste of the Nation® and Share Our Strength's Great American Bake Sale®. Please visit www.strength.org for more information.

*Document prepared by **Share Our Strength** for MFHA- Multicultural Foodservice & Hospitality Alliance

*Data used in this document are from the USDA Economic Research Service and the Heller School for Social Policy and Management at Brandeis University