

Food Security and Hunger
National Public Policy Education Conference
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- I. Why address issues of food security and hunger?
 - A. Nutritional consequences
 - 1. Reduced intake of selected vitamins, minerals, protein
 - 2. Diets lacking in fruits, vegetables, dietary fiber
 - B. Health and physical consequences
 - 1. Increased risk of hunger
 - 2. Increased risk of chronic disease
 - 3. Increased risk of becoming overweight/obese
 - 4. Increased hospital costs among older Americans
 - 5. Poorer health among children
 - C. Social consequences
 - 1. Impaired learning among children and adults
 - 2. Emotional/behavioral problems in children
 - 3. Loss of productivity
 - 4. Increased stress & anxiety
 - 5. Reduced social interaction
 - 6. Disrupted household dynamics

- II. Risk factors for food insecurity and hunger
 - A. Poverty
 - B. Recent and/or unexpected economic changes
 - C. Lack of home ownership
 - D. High school dropout
 - E. Large household size
 - F. Single parent households with children

- III. Extension's role in addressing food security and hunger
 - A. Goals of Extension
 - B. Preventing food insecurity & hunger through Extension
 - 1. Building Sufficient Families
 - 2. Expanded Food and Nutrition Education Program (ENP)
 - 3. Food Stamp Nutrition Education Program (BLT)
 - C. Food Stamp Nutrition Education Program
 - 1. Overview
 - 2. Impact of the program in Texas

- IV Addressing food security and hunger at the grassroots level
 - A. Short term solutions
 - B. Intermediate solutions
 - C. Long term solutions