

# Vermont Hunger Facts

## **Food Insecurity (2006-2008, 3 year average from US Census)**

*Food insecurity is defined as the lack of access to enough food to fully meet basic needs at all times due to lack of financial resources. Adults in households determined to be food insecure are so limited in resources that they are running out of food, reducing the quality of food their family eats, feeding their children unbalanced diets, or skipping meals so their children can eat.*

- **12.1% of all households food insecure\***
- **23,000 children live in food insecure households (17.8%) \*\***
- **81,400 Vermonters of all ages live in food insecure households (13%)\*\***
- **37% of Vermonters could not afford either enough food or enough nutritious food†**

## **Food Insecurity with Hunger (2006-2008, 3 year average from US Census)\***

*Households that are classified as food insecure with hunger are those in which adults have decreased the quality and quantity of food they consume because of lack of money to the point where they are quite likely to be hungry on a frequent basis, or in which children's intake has been reduced due to lack of family financial resources, to the point that children are likely to be hungry on a regular basis and adults' food intake is severely reduced.*

- **5.7% of all households food insecure with hunger\***

## **Emergency Food**

- **12,290 Vermont children depend on food shelves each month‡**

\* "Household Food Security in the United States, 2008," [www.ers.usda.gov](http://www.ers.usda.gov). The food insecure households with hunger are a subset of the total food insecure households.

\*\*Data on Vermont children living in food insecure homes from 2006-2008 Current Population Surveys of the US Census, through DataFerrett.

† Data from 2007 Vermonter Poll

‡Emergency food data from "Report on the 2008 Survey of Vermont Food Shelves and Community Kitchens," Planning, Policy and Regulation Unit, Economic Services Division, VT Dept for Children and Families, April 2008

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# **Hunger and Malnutrition in Children Has Effects on Health, Well-being, and Lifelong Success**

**Children living in food insecure homes are at greater risk for....\***

- Poor quality diets
- Nutrient deficiencies
- Increased risk for obesity
- Developmental delays
- Poor academic performance
- Increase in aggression, depression, and hyperactive behavior

## ***Federal Nutrition Programs Improve Health and Well-Being\****

- *Participation in Food Stamps reduces food insecurity and improves children's diet quality*
- *Participation in Food Stamps and/or WIC decreases risk of poor health, anemia and malnutrition*
- *Food Stamps and WIC participation is associated with decreases in child abuse*
- *Participation in Food Stamps and school meals reduces obesity in school-age girls*
- *Children in families with Food Stamps have higher achievement in math and reading*
- *Children who participate in school meals have improved diets and lower risk for diabetes*
- *Participation in school meals improves student behavior, social interactions, and academic performance*

*\*For references/sources, contact Vermont Campaign to End Childhood Hunger at [vtcech@vtnohunger.org](mailto:vtcech@vtnohunger.org) or 802-865-0255.*

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