

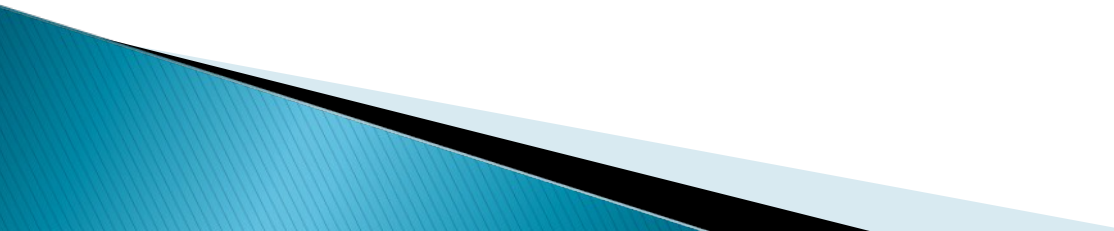
CHILDHOOD FOOD INSECURITY AND HUNGER IN NEW HAMPSHIRE

Presented by
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NH Hunger Solutions

➤ Problem:

- Increase in households with children experiencing food insecurity more than doubled since '03
 - Inequitable access to nutritious and affordable food
 - Food insecurity linked to increasing overweight and obesity among children: quality of available food
 - NH lacks statewide coordinated effort to address food issues facing NH families
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NH Hunger Solution

➤ Data

➤ 2008:

- 14.6% of U.S. households experienced food insecurity (“disrupted eating pattern and reduced food intake due to economics) , which is an increase from 11.1% in 2007
- More than 40 million people in March 2012 received help from federal Supplemental Nutrition Assistance Program (SNAP – former Food Stamp Program); increase of 7 million from 2009

➤ In NH, poverty has grown from 6% to 11% in 2010

- 143,000 people in NH rely on food banks
- 1 in 9 report that they do not know where their next meal will come from
- 20.6% of NH households with children experience food hardship(more than doubled from ‘03)

NH Hunger Solutions

➤ Data

- Food insecurity linked with overweight and obesity
 - Issue of quality
 - 1 in 3 NH children ages 6–12 are overweight or obese (Foundation for Healthy Communities, '06)
 - 15% of NH Children under age 5 are obese (CDC '08)
 - Nutrition deficiency negatively affects mental/emotional health, educational performance, social interaction

NH Hunger Solutions

- Purposes/Aims and Strategies
 - Eliminate childhood food insecurity in NH
 - Create a statewide strategic plan
 - Base plan on reliable data re the extent and causes of hunger
 - Publicize the plan across the state, on-line, etc.
 - Share Hunger Solution Strategic Plan with policymakers, government agencies, families and human services organizations
 - Identify policy and programmatic recommendations and initiatives
 - Establish a NH Food Advisory Council
 - Composed of business and community leaders, farmers, fundors, food industry representative, food and nutrition experts, school officials, religious leaders, child advocates, etc.
 - Improve the sustainability and health of our food system
 - Increase and improve access to nutritious, affordable food

NH Hunger Solutions

- Conduct Food Access Map Project
 - Carsey Institute , UNH
 - 57/234 cities and towns @ highest risk due to deficit of food sources
 - Most of these 57 communities are in northern & western parts of the state
 - Public food programs are concentrated in the southern part of the state
 - Retail resources limited availability in the north and west

Role of Libraries

- Education and Information Site
 - Nutrition and Healthy Eating
 - Supplemental food location (access)
 - Distribution site
 - Tertiary resource for children
 - Other?
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