Food Insecurity

Pharmacy Phacts 5.

What is food security versus food insecurity?

Homes where there is access to enough food for all members of the household at all times. There are no limitations to the resources available.


Resources for Assistance

Resources available within the state of Alabama to help assist families in need. Some of the resources available include:

- Supplemental Nutrition Assistance Program (SNAP): This program aids qualifying low-income households to buy food needed for good health. For additional information visit https://www.snapfood.us
- Double Up Food Banks: This program allows you to earn up to $20 per qualifying food purchase at participating supermarkets, grocery stores, and farmers markets. For additional information visit https://www.doubleupal.org/
- Break for a Plate Alabama: This tool allows kids and teens within the state to eat free during the summer. Children are at an increased risk of food insecurity during the summer because, in some households, they may not have access to healthy foods. For additional information visit http://www.breakforaplate.com
- Women, Infants, and Children (WIC): This program provides food, meals, and nutrition education to low-income pregnant and breastfeeding women, and to children up to five years old who are at risk for poor health. For additional information visit https://www.wic摈入m
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Who is affected?

According to the Alabama Department of Public Health, children in the U.S have higher rates of food insecurity than adults. Food insecurity affects 15.4% of children and 12.7% of adults in the United States (37 million Americans) is exceptionally high among low-income individuals, households with children, and 23% of children (1 out of 4) struggle with food insecurity. Food insecurity affects all age groups, and it is higher among Hispanics and low-income households.

What is the impact?

According to the Alabama Department of Public Health, food insecurity and chronic disease nutrition management can make it challenging to manage one's chronic disease. Nutritional deficiencies and financial stress. For example, many households that struggle with food insecurity may also suffer from mental, physical, and emotional health problems. nutri

What is food deserts?

A food desert is an area where individuals have limited access to a variety of healthy and affordable foods. This may be due to the location of available food sources in the neighborhood, the type of stores available, and the amounts and types of food available. For example, a food desert may be defined as an area where there are no stores that sell fresh fruits and vegetables, or where there are no stores that sell affordable foods.

What are the effects of food deserts?

According to the Alabama Department of Public Health, food deserts may have negative effects on health and nutrition. Nutrition can help prevent chronic diseases such as diabetes, heart disease, and obesity. For example, individuals living in food deserts may struggle to find fresh fruits and vegetables, or to find affordable fruits and vegetables. This can lead to higher rates of chronic diseases and other health problems.

What are the causes of food deserts?

According to the Alabama Department of Public Health, food deserts can be caused by a variety of factors. These factors include the location of available food sources in the neighborhood, the type of stores available, and the amounts and types of food available. For example, a food desert may be defined as an area where there are no stores that sell fresh fruits and vegetables, or where there are no stores that sell affordable foods.

What are the solutions for food deserts?

According to the Alabama Department of Public Health, solutions for food deserts include providing access to affordable and healthy foods, and providing nutrition education.

What is the impact of food deserts on health and nutrition?

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What are the effects of food deserts on the economy?

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What are the solutions for food deserts on the economy?

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What is food insecurity?

Food insecurity is a condition where individuals or households do not always have access to enough food to lead a healthy and active life. It is a condition that can be measured by the following:

- Food Insufficient households: households in which food is insufficient due to income or other resources, such as reduced food assistance, food bank, or government food assistance.
- Food Secure households: households in which food is sufficient and there is no risk of food insecurity.

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