

# FOOD INSECURITY IN NORTH CAROLINA

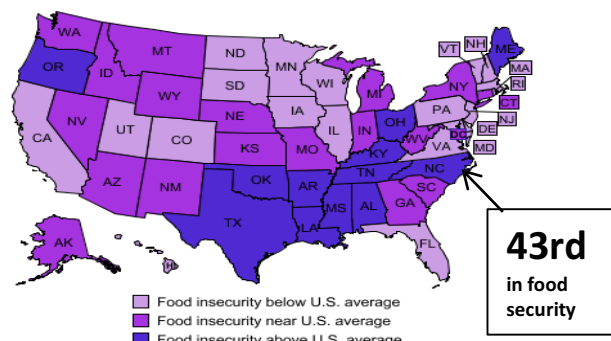
## THE PROBLEM

The USDA defines food security as: “access by all members at all times to enough food for an active, healthy life.”

### Food security includes, at a minimum:

- The ready availability of nutritionally adequate and safe foods
- The assured ability to acquire acceptable foods in socially acceptable ways (without resorting to emergency food supplies, scavenging, stealing, or other coping strategies)

Prevalence of food insecurity, average 2013-15



## HOW DOES THIS AFFECT NORTH CAROLINA?

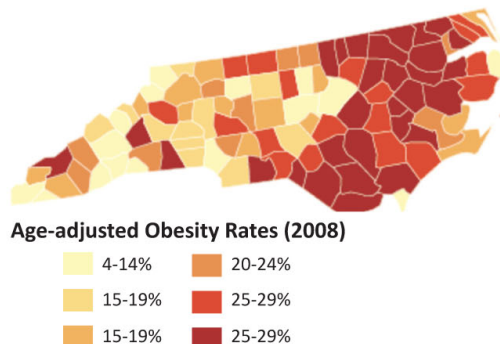
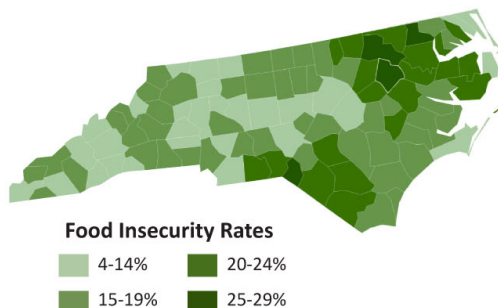
### North Carolina’s 7 food banks served 1.1 million people in 2013

**75%** of NC food bank clients were forced to choose between paying for food and paying for **utilities**

**61%** of NC food bank clients were forced to choose between paying for food and paying for **housing**

**73%** of NC food bank clients were forced to choose between paying for food and paying for **medicine**

## Food insecurity is linked to obesity, chronic diseases, and overall poor health



## THE SOLUTIONS

### Allocate resources to support food security as outlined in the Healthy Corner Store Initiative, HB387

- Fund existing small food retailers to increase access to nutrient-dense foods, improving overall health and reducing public medical care costs
- Assist corner stores with purchasing equipment and training employees to carry out this mission

### Support innovative programs to combat food insecurity and promote a healthier North Carolina

- Healthy school breakfast and lunch programs – such as HB891, HB892, HB893, HB603
- Other examples include food shuttles, community gardens, local food production, nutrition education

### Direct DHHS to expand research investigating the link between food insecurity and health outcomes in North Carolina and the role of community-based interventions

All North Carolinians deserve access to healthy food.