



# Nutrition and Food Insecurity

## Food insecurity and obesity

Food insecurity is having unreliable access to a sufficient quantity of affordable, nutritious food.

Food insecurity can lead to overeating of unhealthy foods when food is available.<sup>1</sup>

Often access to unhealthy foods is higher than access to healthier foods. This combination of unhealthy foods in large quantities can lead to obesity.

About 50% of boys and girls 9-18 years old in Minneapolis homeless shelters are either at risk for overweight or actually overweight.<sup>2</sup>

## Lack of access to healthier foods

Many people experiencing food insecurity do not have the access and means to buy healthier foods.

Although people surveyed knew it was unhealthy, 81% of people experiencing food insecurity bought the inexpensive, unhealthy foods in order to manage their hunger.<sup>3</sup>

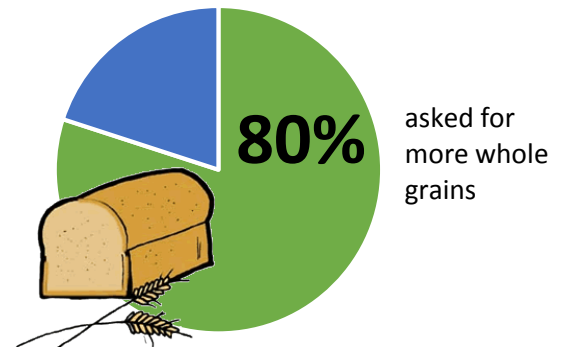
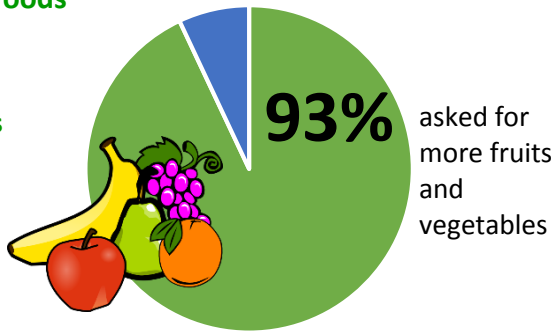


50-75%...

...of the total calories of homeless Minneapolis youth surveyed came from fats, oil, or sweets.<sup>2</sup>

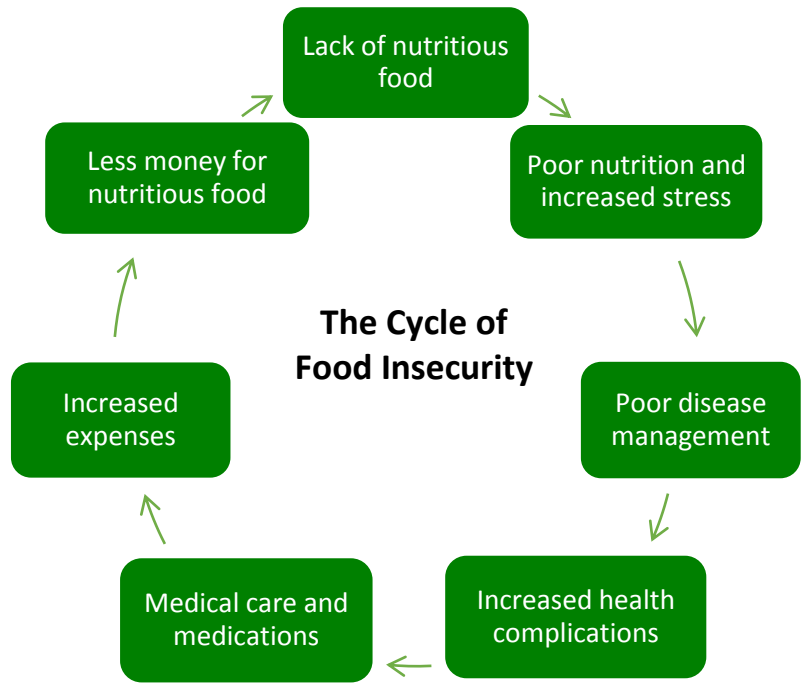
## A desire for healthy foods<sup>4</sup>

In a Twin Cities survey of homeless shelter guests:



## Who would be impacted?

Of those experiencing homelessness and/or food insecurity in Minnesota, 80% received some type of food assistance each month, including hot meal programs (31%) and food shelves (31%).<sup>5</sup>



**You can make an impact on the health of our society by providing healthier foods!**

1. <https://www.pittsburghfoodbank.org/resources/about-hunger/hungerandhealth/>. 2. Smith, C. & Richards, R. (2008). Dietary intake, overweight status, and perceptions of food insecurity among homeless Minnesotan youth. *American Journal of Human Biology*, 20, 550-563. 3. Minnesota Food Charter. (2014). 4. Project Homeless Connect Survey. June 15 2010. 5. Wilder Research. (2013). *Homelessness in Minnesota*.