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Food Insecurity & Hunger Facts

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| **#** |  |  | **Statistics** |  |  | **Sources** |  |
| **1** | | 34 million people in the United States are food insecure. | | | U.S. Department of Agriculture (USDA) | | |
| **2** | | 100% of U.S. counties are food insecure. | | | USDA | | |
| **3** | | 9 million children in the U.S. are food insecure. | | | USDA | | |
| **4** | | 10.2% of U.S. households were food insecure throughout 2021. | | | USDA | | |
| **5** | | 46% of hunger-relief recipients had to choose between paying for food or utilities. | | | Feeding America | | |
| **6** | | 12.5% of households with children were food insecure in 2021. | | | USDA | | |
| **7** | | 1 in 6 Americans are food insecure. | | | Feeding America | | |
| **8** | | In 2021, nearly 38 million people lived in poverty. | | | U.S. Census Bureau | | |
| **9** | | Research shows that food insecurity is linked with costly chronic diseases and unfavorable outcomes. According to the Root Cause Coalition, the annual costs of hunger to the U.S. health care system  are $130.5 billion. | | | Food Research & Action Center (FRAC) | | |
| **10** | | 15% of people in rural areas are hungry. Often, they do not have access to grocery stores or transportation. | | | United Way | | |
| **11** | | Almost 25% of American adults are food insecure. This is an increase  of five percentage points from the previous year. It is attributed to high inflation and the end of pandemic benefits. | | | Urban Institute | | |
| **12** | | 72% of the households in America served by their affiliated food banks live at or below 100% of the federal poverty line. The median annual  household income is $9,175. | | | Feeding America | | |
| **13** | | The causes of food insecurity include:   * Poverty, unemployment, or low income * Lack of affordable housing * Chronic health conditions * Systemic racism and racial discrimination | | | Feeding America | | |
| **14** | | Close to 80% of people who participate in SNAP (formerly food  stamps) are either working, cannot work because they are children, older adults (60+) or have a disability. | | | Food Research &  Action Center (FRAC) | | |
| **15** | | Over the past year, food costs have spiked 11.4%. Basic food items that have increased include: 1) Eggs (39.8%), 2) Milk (17%), 3) Bread  (16.2%), 4) Chicken (16.6%), and Fruits & Vegetables (9.4%). | | | National Institute for Health Care Management  (NIHCM) | | |
| **16** | | 46% of students from low-income households say hunger impacts their performance in school. | | | Move For Hunger | | |
| **17** | | According to the Census Pulse Survey in August 2022, there is an upward trend in hunger, with 12.1 million families with kids reporting not having enough to eat, compared to 9.7 million in December 2021. | | | No Kid Hungry | | |
| **18** | | The following eight U.S. states have the highest rates of food insecurity: 1) Alabama (18.1%), 2) Arkansas (17.5%), 3) Kentucky  (17.3%), 4) Louisiana (18.3%), 5) Maine (16.4%), 6) Mississippi  (18.7%), 7) New Mexico (17.6%), 8) Oklahoma (15.2). | | | America’s Health Rankings | | |