

Health & Hunger

IN CENTRAL FLORIDA

Through vital community partnerships like the Health & Hunger Taskforce, the link between obesity and hunger becomes apparent.



- Healthcare costs related to hunger nationwide are **\$130.5 BILLION** annually.
- The annual cost of hunger to every U.S. citizen is on pace to amount to roughly **\$42,400 PER CITIZEN** over a lifetime.

CENTRAL FLORIDA HEALTH & HUNGER STATS

2016 Community Health Needs Assessment identified Food Insecurity, along with Access to Care, Behavioral Health/Homelessness and Workforce/Economic Development, as social determinants that can improve health.

LASTING IMPACTS



53%
OF HOUSEHOLDS HAVE
A MEMBER WITH HIGH
BLOOD PRESSURE



27%
OF HOUSEHOLDS
HAVE A MEMBER
WITH DIABETES

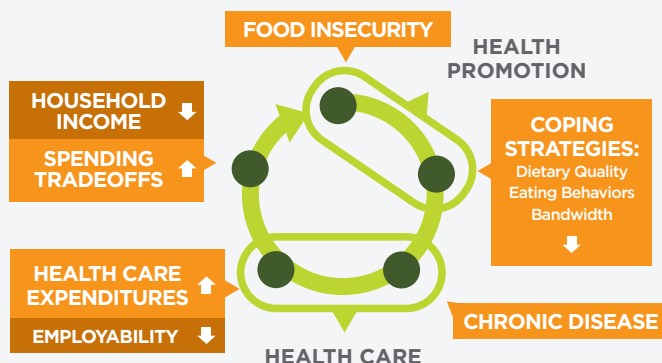


51%
OF HOUSEHOLDS
HAVE UNPAID
MEDICAL BILLS

Issues that could be solved with a balanced diet.

CYCLE OF FOOD INSECURITY & CHRONIC DISEASE

A Conceptual Framework:
Cycle of Food Insecurity & Chronic Disease



HUNGER IS A HEALTH ISSUE, AND FOOD IS THE BEST MEDICINE

Cost of a Health Care Visit for
Low Blood Sugar vs. Food



*Thrifty food plan.

1 in 6

CENTRAL FLORIDIANS ARE STRUGGLING WITH THE REALITY OF HUNGER AND FOOD INSECURITY

74% OF HOUSEHOLDS RECEIVING FOOD FROM SECOND HARVEST LIVE IN POVERTY

50% EXHAUST SNAP BENEFITS IN TWO WEEKS

60% OF HOUSEHOLDS WERE EMPLOYED IN THE PAST YEAR

MAKING TOUGH CHOICES



70%

HAD TO CHOOSE BETWEEN FOOD AND MEDICINE OR MEDICAL CARE

MAKING ENDS MEET IN ORDER TO EAT



74%

PURCHASE INEXPENSIVE, UNHEALTHY FOOD



59%

CONSUME FOOD PAST EXPIRATION



38%

SELL OR PAWN PERSONAL PROPERTY



16%

GROW FOOD IN A GARDEN



51%

RECEIVE HELP FROM FRIENDS OR FAMILY



45%

WATER DOWN FOOD OR DRINKS

To learn more please visit www.feedhopenow.org/health

Second Harvest
FOOD BANK
OF CENTRAL FLORIDA