

Food Insecurity and Nutrition Security



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Food security

Access by all members at all times to enough food for an active, healthy life.

Nutrition security

Having consistent access, availability, and affordability of foods and beverages that promote well-being and prevent (and if needed, treat) disease, particularly among racial/ethnic minority populations, lower incomes populations, and rural and remote populations including Tribal communities and Insular areas.



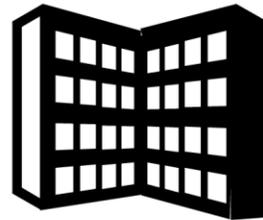
Health equity

- Everyone has a fair and just opportunity to be as healthy as possible
- Requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care



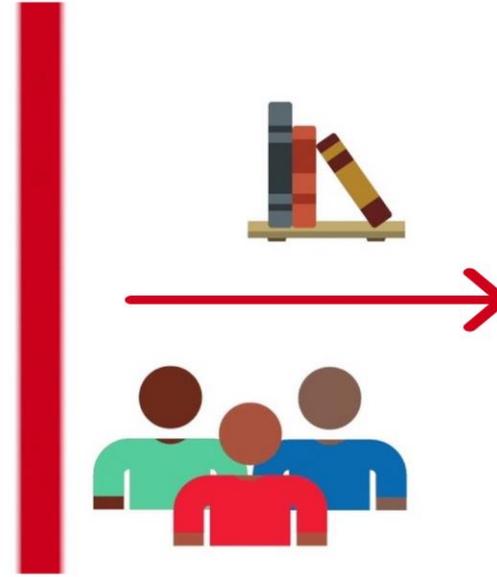
Structural racism

The ways in which society fosters discrimination through mutually reinforcing systems that rationalize discriminatory beliefs and justify the distribution of resources (based on those beliefs), which together make it difficult for communities of color to secure quality education, jobs, housing, healthcare, and equal treatment in the criminal justice system



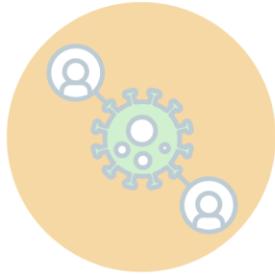
Structural racism in practice

Black Americans have fewer economic and educational opportunities than their White counterparts



Lack of financial resources confers a host of social risks, including food insecurity, housing instability, and limited access to transportation

Underlying structural inequality and COVID



Many historically underserved populations work in essential industries (nursing or home health care, grocery stores, mass transit) where they are more likely to come into close contact with people who are sick



Jobs in essential industries are often poorly paid, and a large proportion of such workers lack health or life insurance



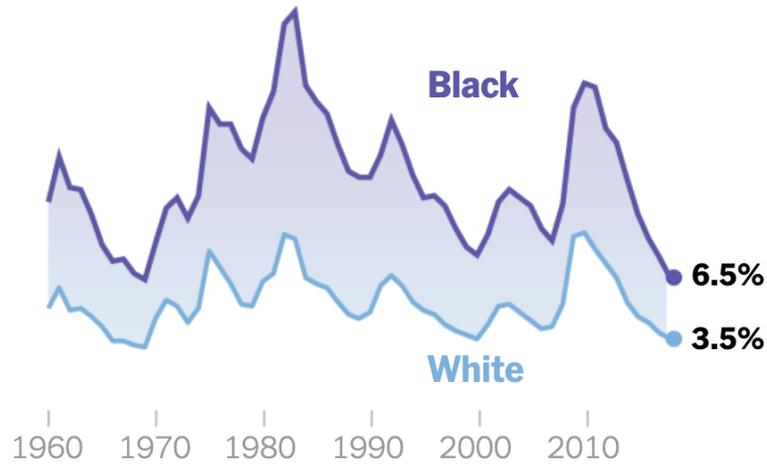
Historically underserved populations have high rates of underlying health conditions, including diabetes, hypertension and heart disease, which are known risk factors for severe illness and death from COVID-19



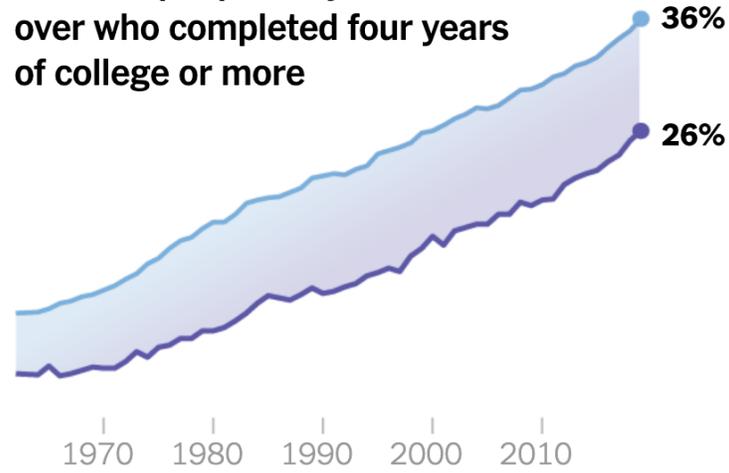
Historically underserved populations are less likely to have equitable access to healthcare

Racial inequity is evident in many domains

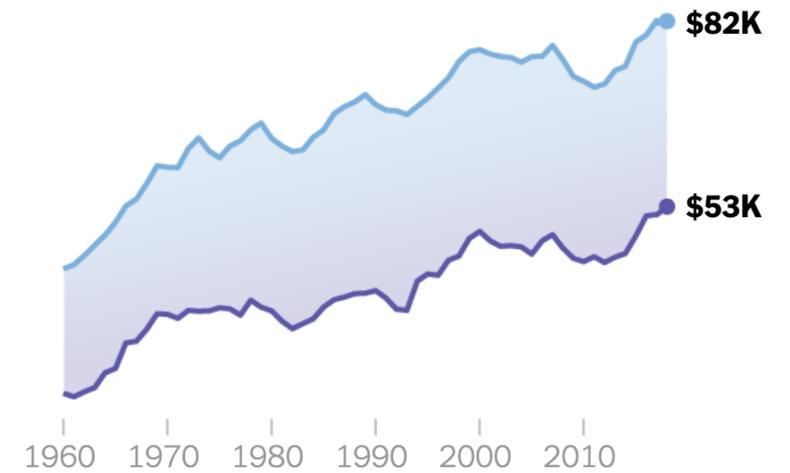
Unemployment rate, age 16 years and over



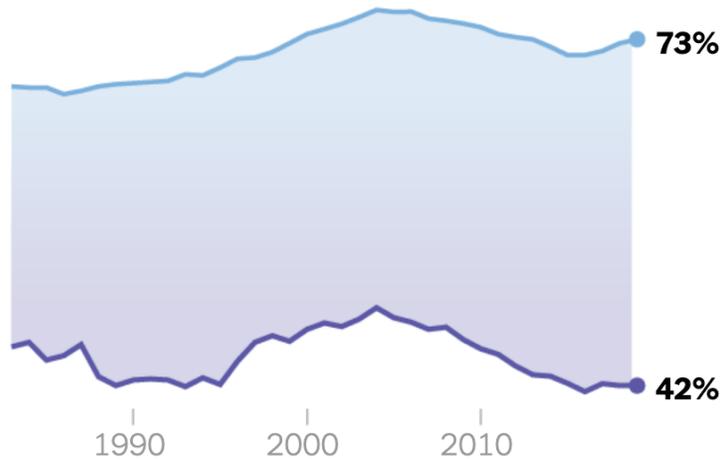
Share of people 25 years and over who completed four years of college or more



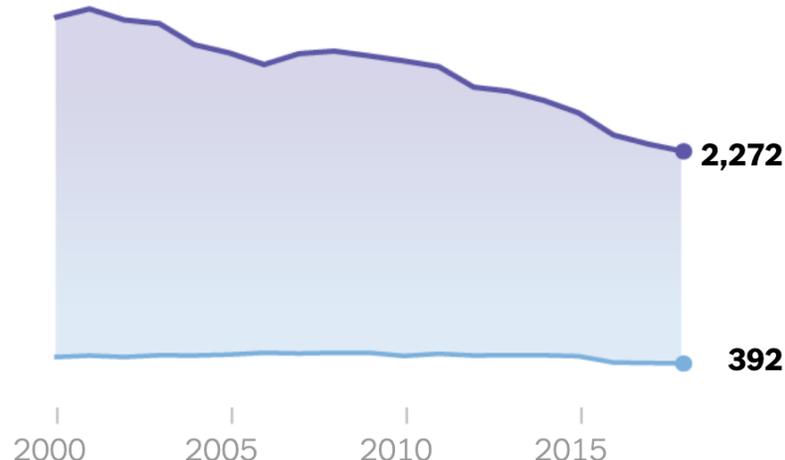
Median household income



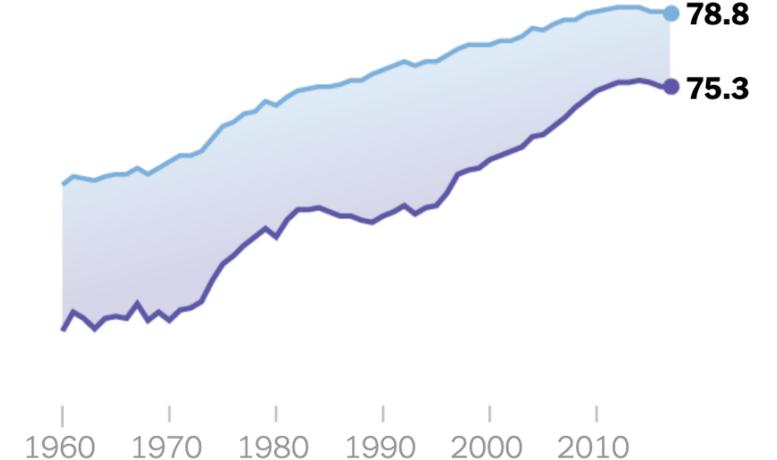
Homeownership rate



Sentenced male prisoners per 100,000 residents of the corresponding group



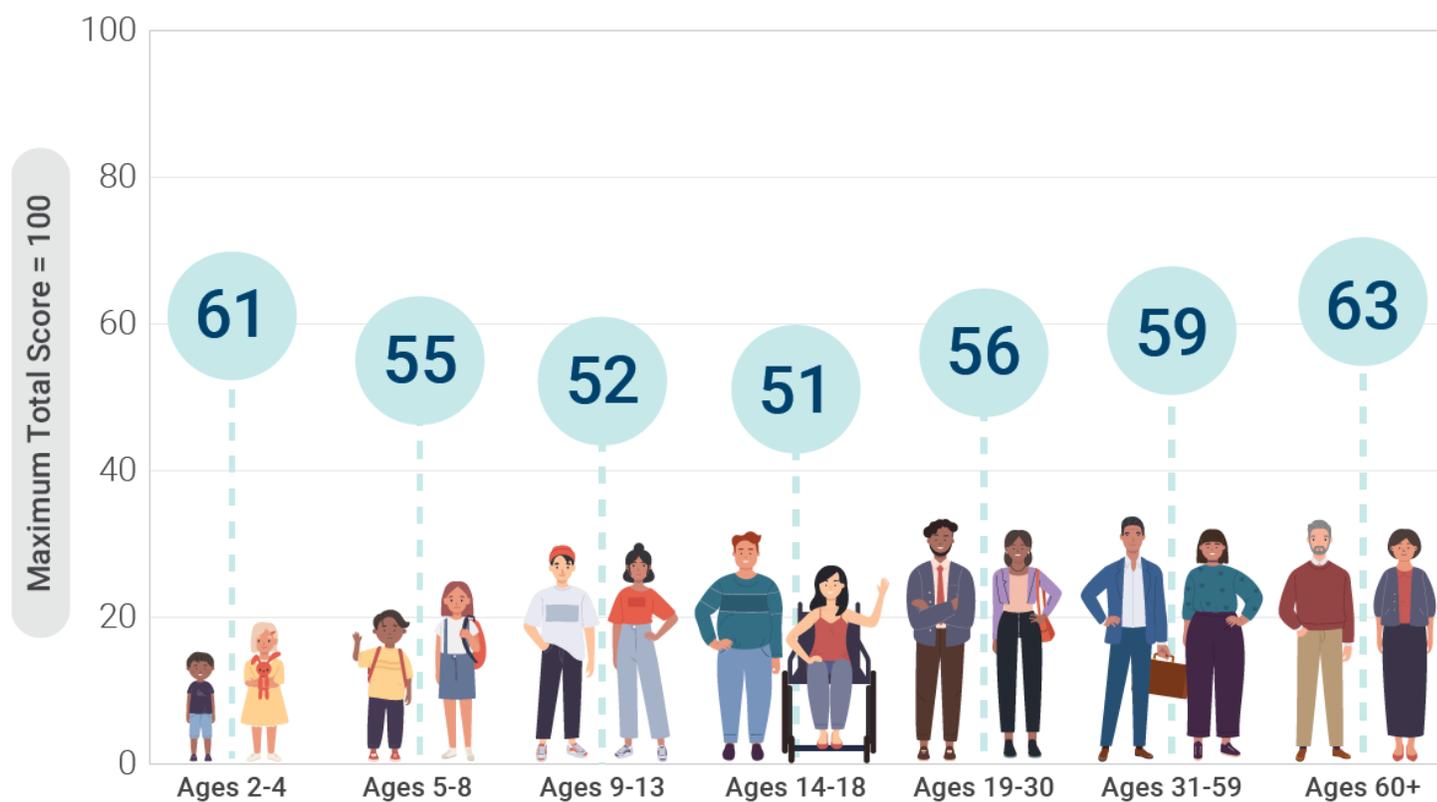
Life expectancy at birth



Improving dietary intake is critical

6 IN 10 ADULTS

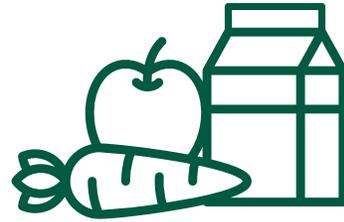
are living with one or more diet-related chronic diseases



NOTE: HEI 2015 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or



Each year in the United States, almost 600,000 die from cancer, making it the second leading cause of death



As many as a third of cancer cases could be prevented with diet and nutrition alone



Healthy eating during cancer treatment can improve a variety of patient outcomes in the long term

Sources:

An Update on Cancer Deaths in the United States | CDC
Preventable Cancer Burden Associated With Poor Diet in the United States | JNCI Cancer Spectrum | Oxford Academic (oup.com)
Nutrition in Cancer Care (PDQ®)—Patient Version - National Cancer Institute

Cost of an unhealthy diet

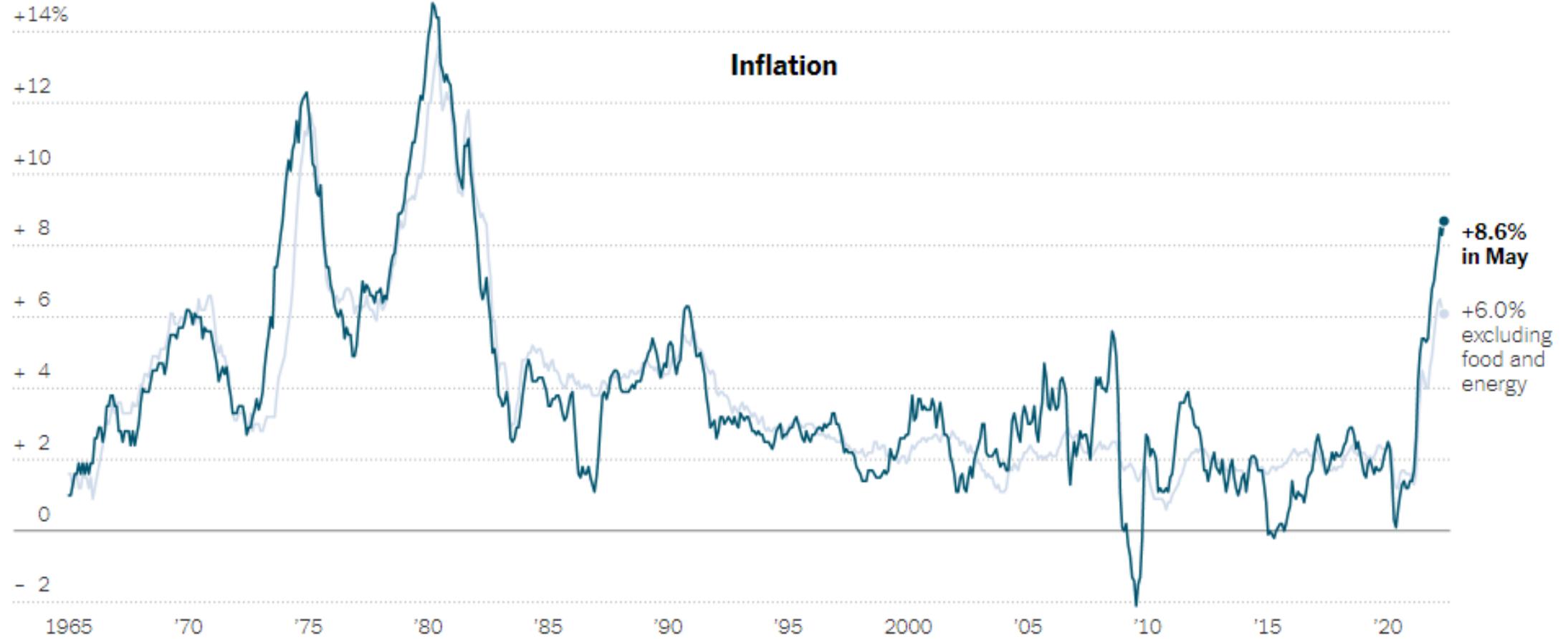


\$50 billion
in US health care costs



20% of US health care costs
from heart disease, stroke, and diabetes

Surging inflation



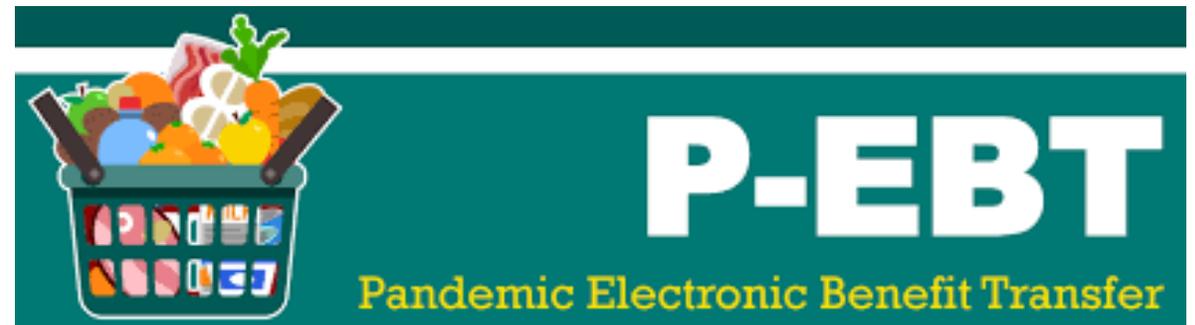
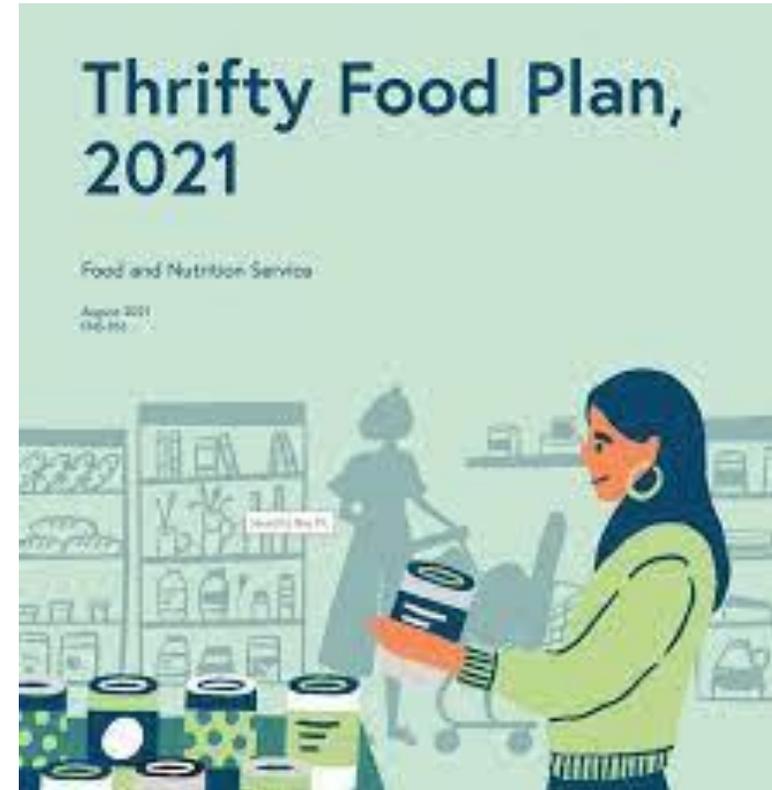
Year-over-year percentage change in the Consumer Price Index • Source: Bureau of Labor Statistics • By The New York Times

USDA's Efforts to Respond to Inflation

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAMS TEMPORARY MAXIMUM MONTHLY ALLOTMENTS OCTOBER 1, 2021 TO SEPTEMBER 30, 2022

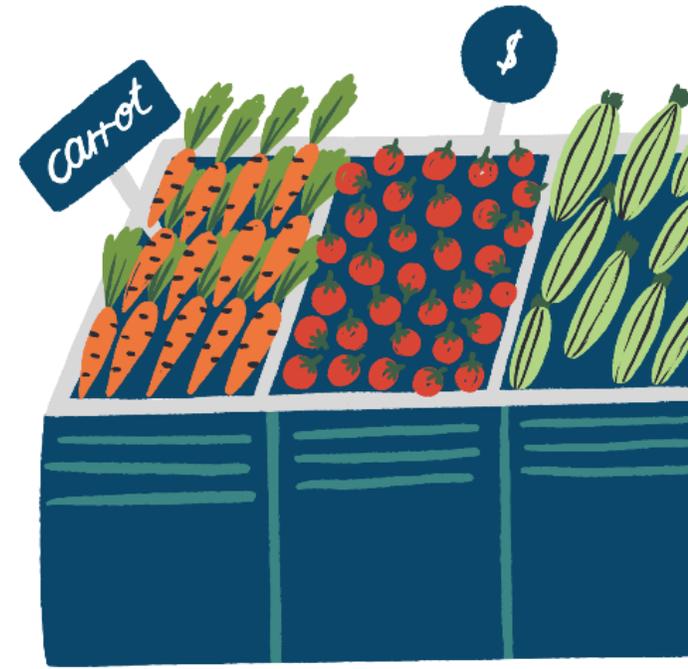
Maximum SNAP Allotments for 48 States and D.C.

Household Size	48 States and DC
1	\$250
2	\$459
3	\$658
4	\$835
5	\$992
6	\$1,190
7	\$1,316
8	\$1,504
Each additional person	\$188



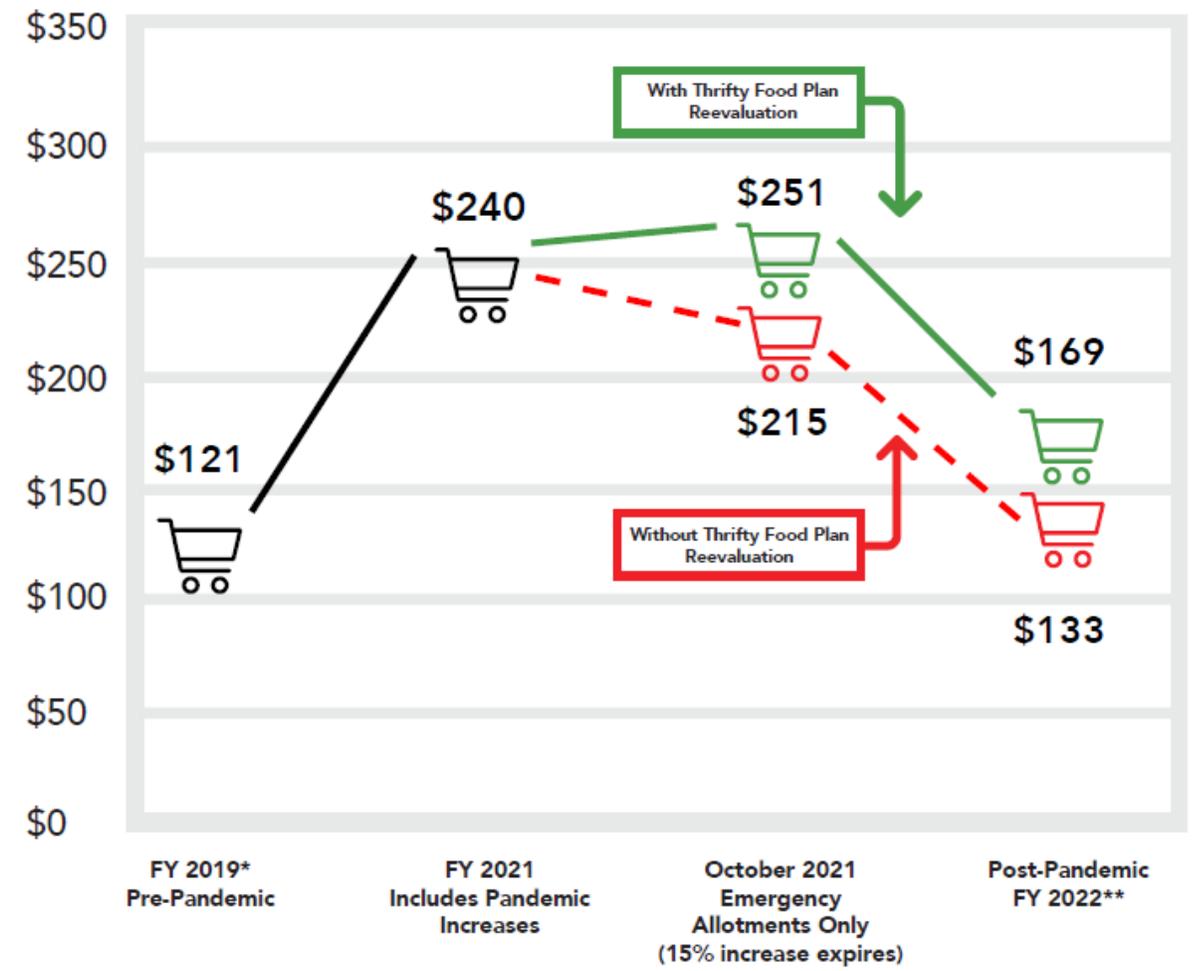
How does the Thrifty Translate to SNAP?

- Maximum allotments increased by 21%,
relative to what they otherwise would have been
 - \$43 increase per month for 1 person HH
 - \$80 increase per month for 2 person HH
 - The SNAP **minimum benefit** increased \$3 per month—to \$20/month
 - On average, most SNAP participants will receive **40 cents more per meal**
- } **70+% of SNAP HHs**



SNAP Average Monthly Per Person Benefits

FY2019 - FY2022
(Projected)



USDA's Core Priorities

- **Addressing climate change via Climate-Smart Agriculture and Forestry**
- **Advancing racial justice, equity and opportunity**
- **Creating more and better market opportunities**
- **Tackling food and nutrition security**
- **Making USDA a great place to work for everyone**





USDA's mission includes
fire, farm, and fork



employees with offices in
every county in the country



different mission areas
and Staff Offices



90% of our employees are outside
of the National Capital Region



Over the course of a year,
1 in 4 Americans
is served by one of USDA's 15
nutrition assistance programs.

This includes more than 30 million children each school day and nearly half of all infants in the US, at about 99,000 schools and 250,000 retailers.

A collage of fresh produce including apricots, peaches, basil, tomatoes, and cherries. The background is a mix of these items, with some in brown paper bags and others loose. The text is overlaid on a dark green rectangular background.

FY22 budget of
\$163 billion, traditionally over
70% of the budget

USDA is uniquely positioned to impact nutrition security

Nutrition assistance programs



Nutrition education and promotion



Dietary guidelines & MyPlate



Other USDA Mission Areas



Four Pillars

**Meaningful
Support**

Providing nutrition support throughout all stages of life

**Healthy
Food**

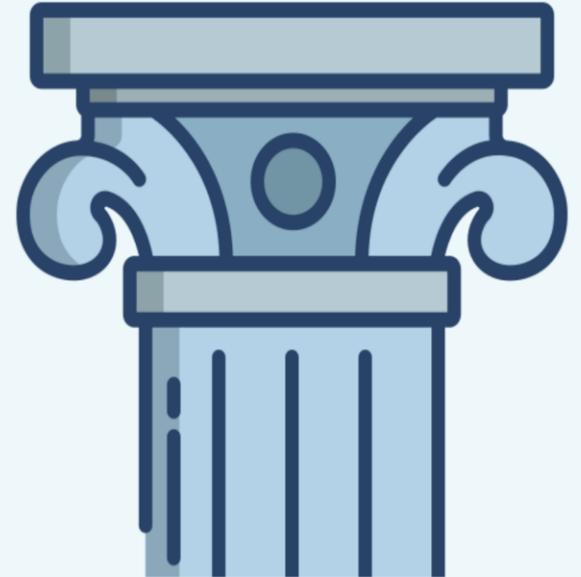
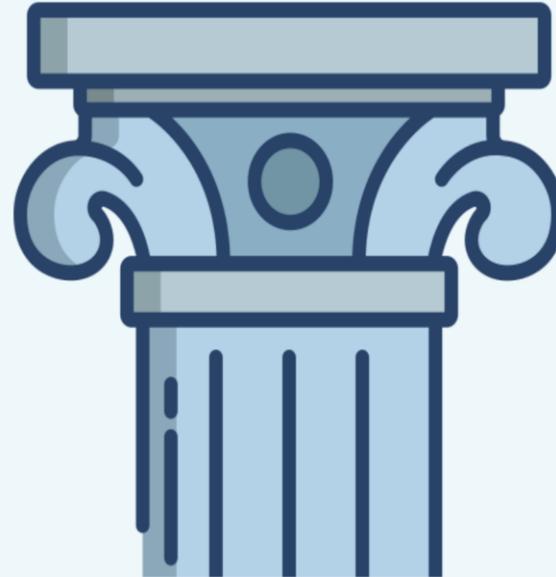
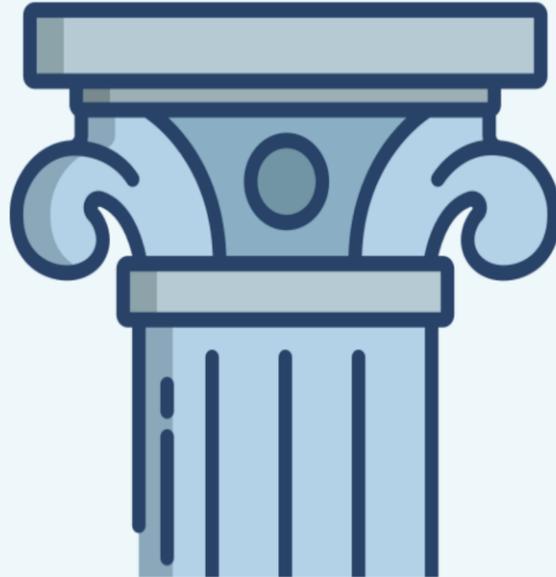
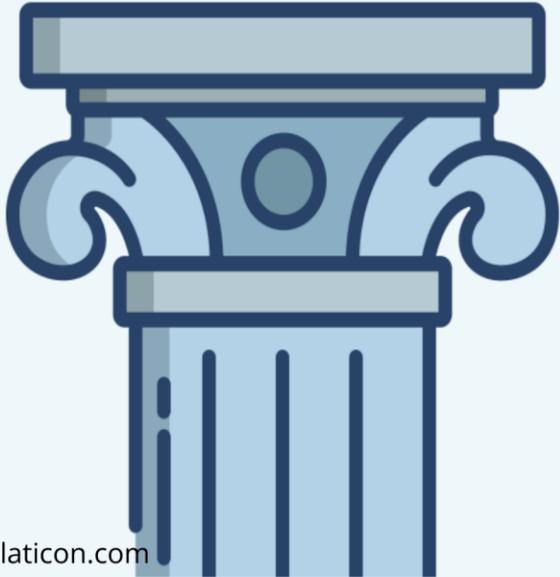
Connecting all Americans with healthy, safe, affordable food sources

**Collaborative
Action**

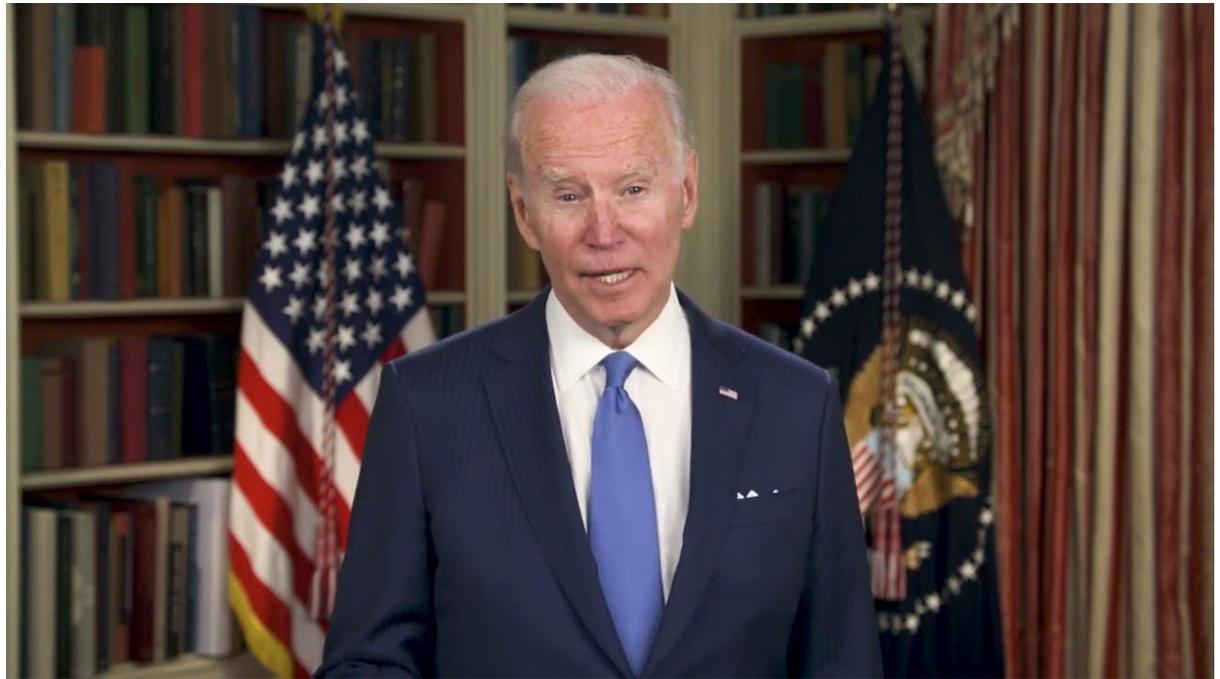
Developing, translating, and enacting nutrition science through partnership

**Equitable
Systems**

Prioritizing equity every step of the way



White House Conference on Hunger, Nutrition, and Health



Meaningful Support

Providing nutrition support throughout all stages of life



Updating child nutrition program nutrition standards to reflect the latest nutrition science



Ensure benefits are adequate to support healthy eating patterns



Providing high quality nutrition education

Providing breastfeeding promotion and support

Healthy Food

Connecting all Americans
with healthy, safe, affordable
food sources



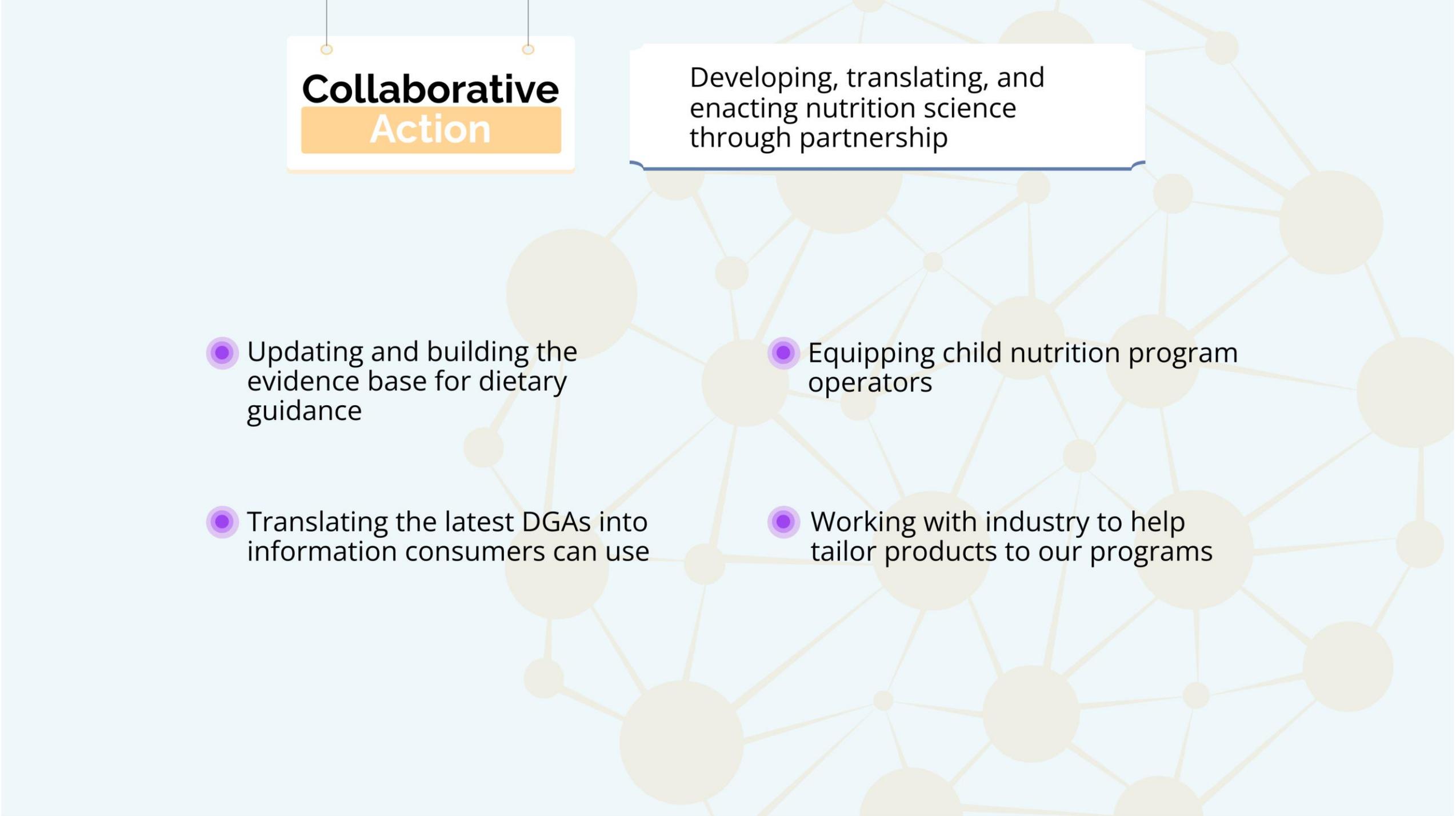
Promoting and
supporting fruit and
vegetable consumption



Using incentive programs
to promote access to
healthy eating



Providing USDA Foods
directly to people in need



Collaborative
Action

Developing, translating, and enacting nutrition science through partnership

- Updating and building the evidence base for dietary guidance
- Equipping child nutrition program operators
- Translating the latest DGAs into information consumers can use
- Working with industry to help tailor products to our programs



Dietary
Guidelines
for Americans

2020 - 2025

Make Every
Bite Count With
the *Dietary
Guidelines*



About the *Dietary Guidelines for Americans*

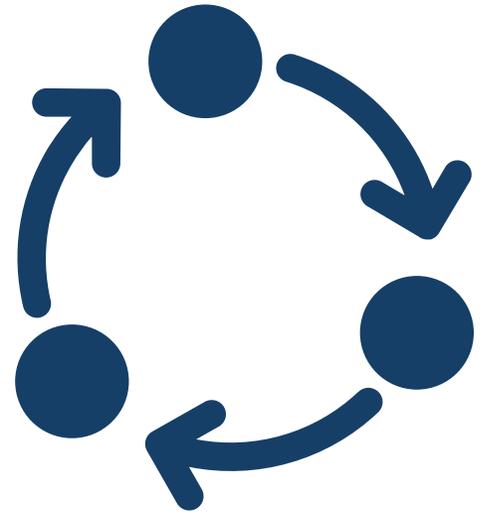
- The *Dietary Guidelines* serves as the cornerstone of federal nutrition programs and policies
- Provides science-based advice on what to eat and drink to promote health, help reduce risk of chronic disease, and meet nutrient needs
- Mandated to reflect the preponderance of scientific evidence and be published jointly by USDA and HHS every five years
- Ninth edition was published in December 2020





Dietary Guidelines for Americans, 2025-2030

- Updating the *Dietary Guidelines* is a multi-year, multi-step process
- The *Dietary Guidelines for Americans, 2025-2030* development process is under way
- HHS and USDA are committed to transparency and providing opportunities for public participation, leading up to the release of the *Dietary Guidelines for Americans, 2025-2030*



Critical recent changes to SNAP-Ed

- Creating a new Nutrition Education Branch in SNAP to support SNAP-Ed
- Improving data collection
- Establishing a National license for the Program Evaluation and Reporting Systems or PEARS for short
- Encouraging maximum flexibility in the use of policy, systems, and environmental change approaches



SNAP-Ed

Better Lives.

Stronger Communities.



SNAP-Ed Works

Evidence shows positive impact of SNAP-Ed



The U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program Education (SNAP-Ed) plays a critical role in helping people eligible for SNAP lead healthier lives on a limited budget. SNAP-Ed teaches people how to make their SNAP dollars stretch, shop for and cook healthy meals, and stay physically active. Initiatives include direct nutrition education in

communities across the country and social marketing campaigns. Since the passage of the Healthy Hunger-Free Kids Act of 2010, the program also supports policy, systems, and environmental change strategies that promote healthy eating to advance food and nutrition security, reduce diet-related chronic disease, and promote equity.

SNAP-Ed Is Evidenced-Based

According to the [Fiscal Year 2019 Impacts Survey](#), 56 land-grant universities across the country implement SNAP-Ed. Results show that:



40%

of participants ate more fruits and vegetables and drank fewer sugar-sweetened beverages



35%

of participants moved more and sat less

“

“The nutrition classes have been an eye opener for me. They encourage me to eat better.”

HealthMPowers Nutrition Class Participant

Empowering Healthy Choices

SNAP-Ed partner HealthMPowers implements evidenced-based programs for assessing and

Equitable Systems

Prioritizing equity every
step of the way

- Strengthening support to Native American/Tribal School food programs
- Reaching underserved populations
- Expanding online shopping options for SNAP and WIC participants
- Bringing together diverse partners to foster healthy food options
- Bridging language barriers to nutrition education resources and recipes



Phase 1



Elevate FNS nutrition security activities and strengthen external communication

Phase 2



Think strategically about future investments



Significant efforts underway



Updating the Thrifty Food Plan



Launching tribally-led nutrition initiatives



Expand access and updating the WIC food package



Initiating the next edition of the *Dietary Guidelines for Americans*



Updating the school meals standard



Restructuring SNAP-Ed

Key takeaways



Food insecurity and diet-related diseases

are high, rising, and disproportionately impact historically underserved populations



This framework is meant to mobilize

the Department's assets to provide *all* Americans access to safe, nutritious, and affordable food



Beyond leveraging USDA equities,

we will need to effectively engage and collaborate with external partners