

# Food Insecurity and Nutrition Security



## Food security

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

## Nutrition security

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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

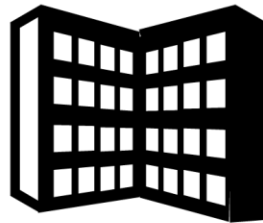
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- Everyone has a fair and just opportunity to be as healthy as possible
- Requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality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

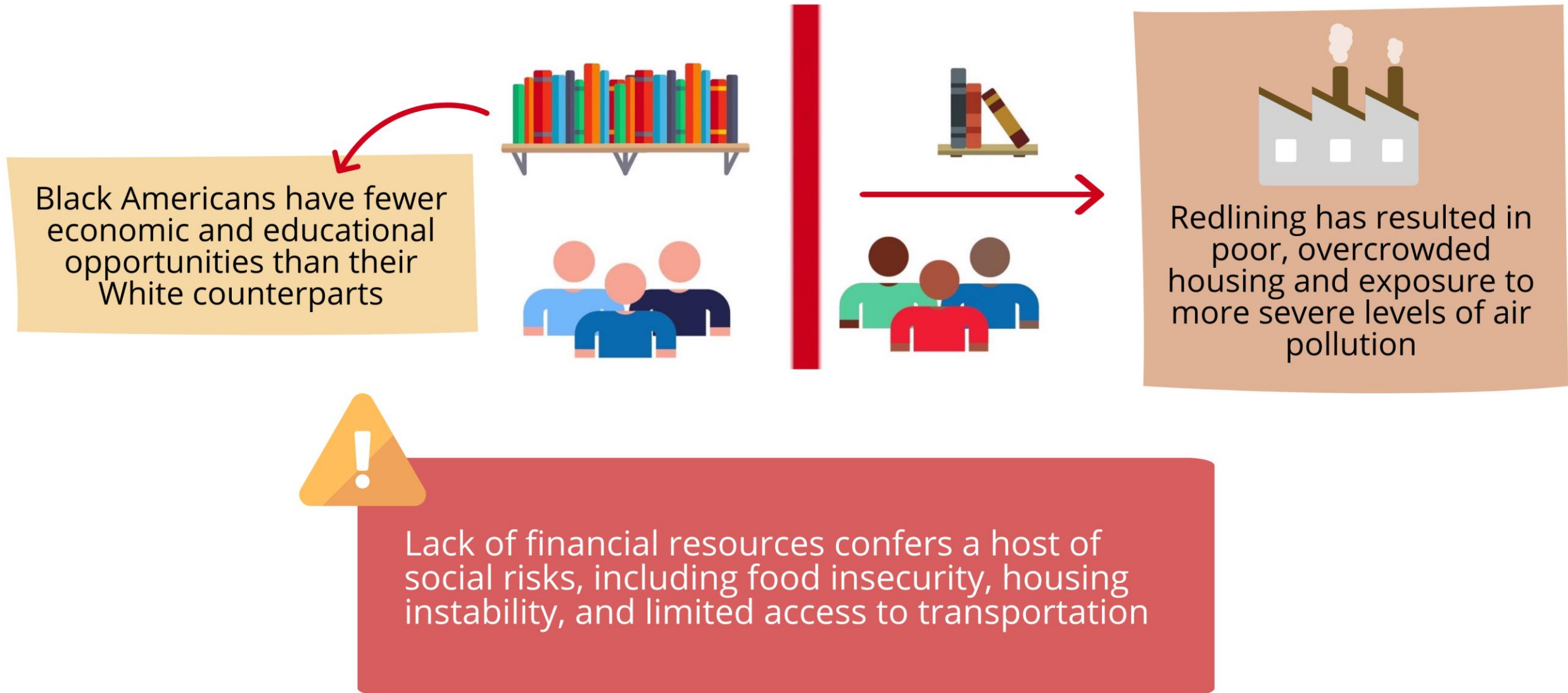


# Structural racism

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

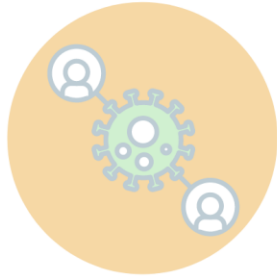


# Structural racism in practice





# 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



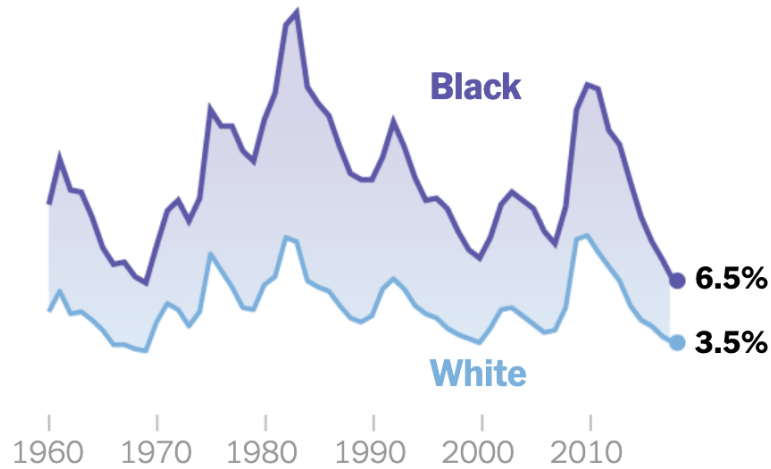
Historically underserved populations have high rates of underlying health conditions, including diabetes, hypertension and heart disease, which are known risk factors for severe illness and death from COVID-19



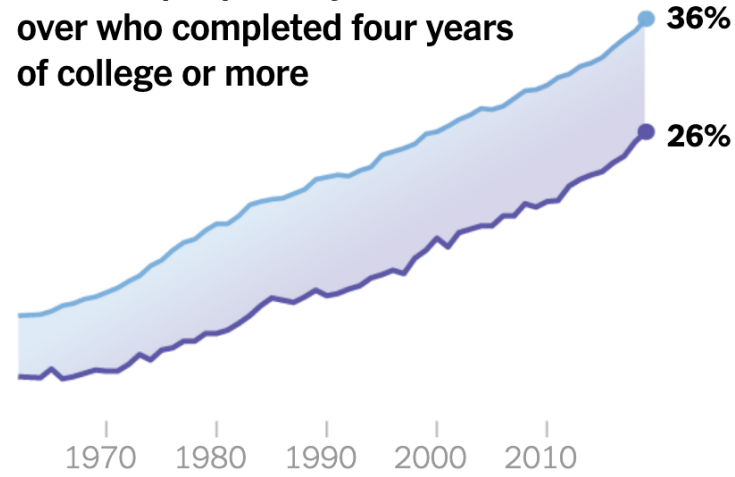
Historically underserved populations are less likely to have equitable access to healthcare

# Racial inequity is evident in many domains

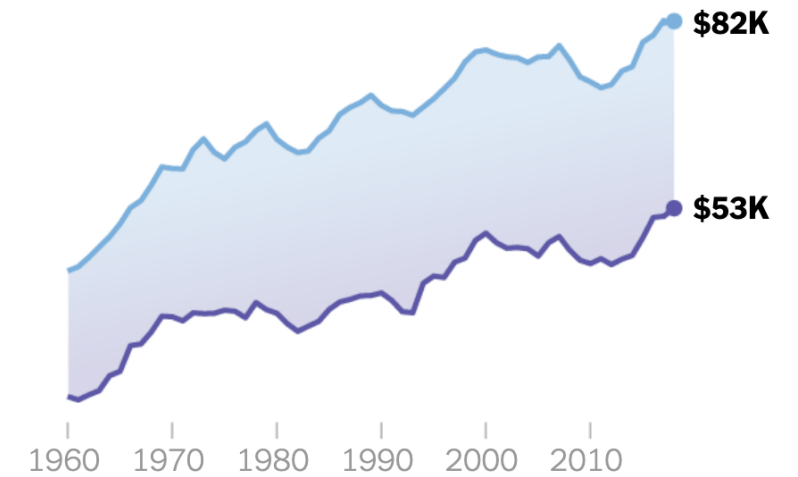
Unemployment rate, age 16 years and over



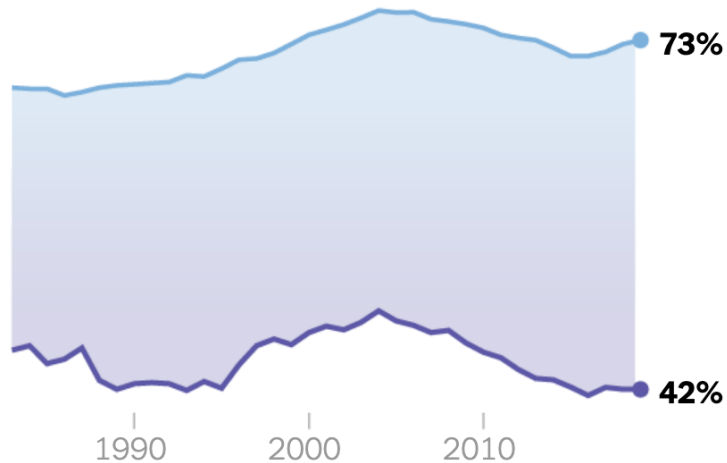
Share of people 25 years and over who completed four years of college or more



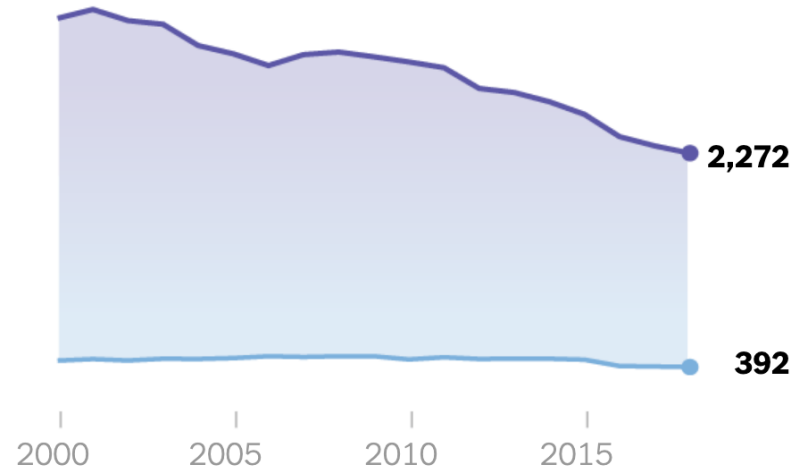
Median household income



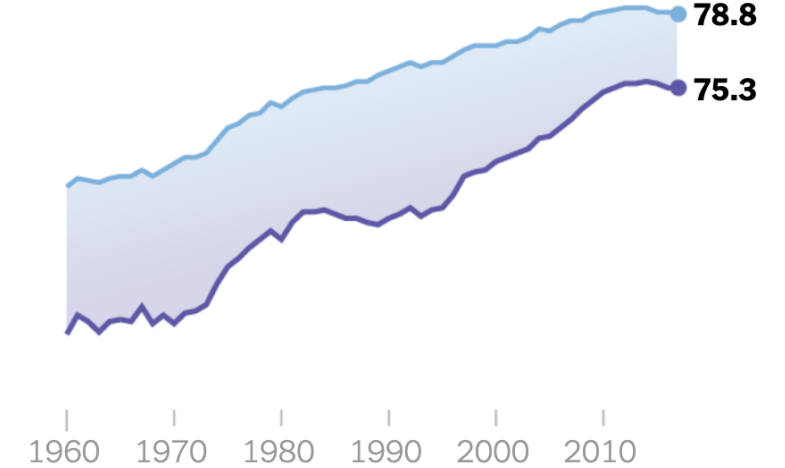
Homeownership rate



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

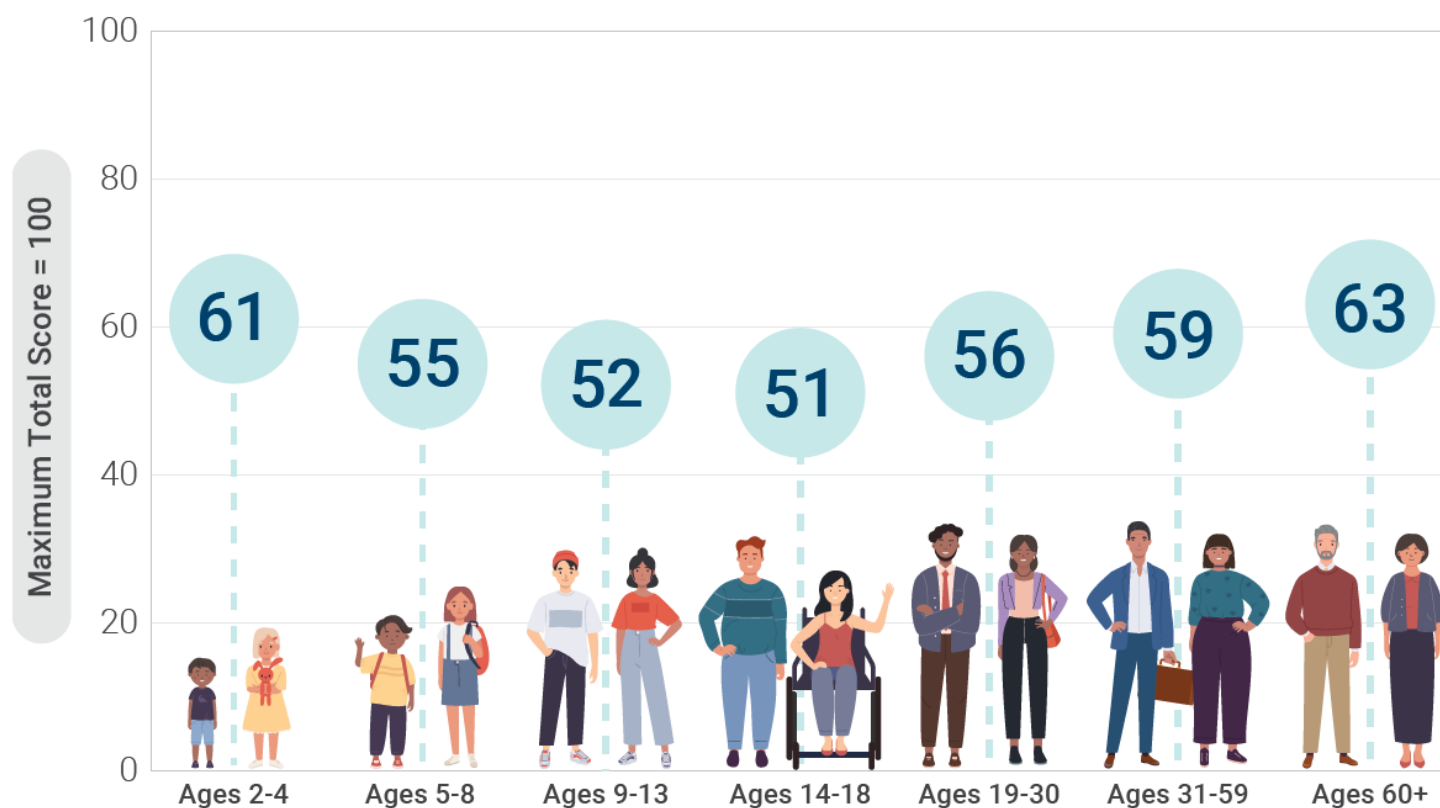


Life expectancy at birth



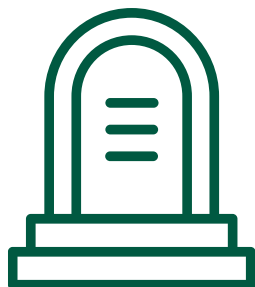
# Improving dietary intake is critical

**6 IN 10** ADULTS  
are living with one or more  
diet-related chronic diseases

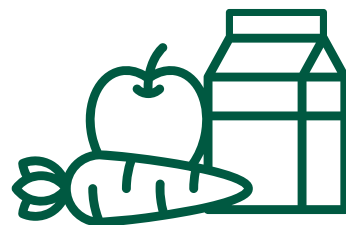


**NOTE:** HFI 2015 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or





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



# USDA's Efforts to Respond to Inflation

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

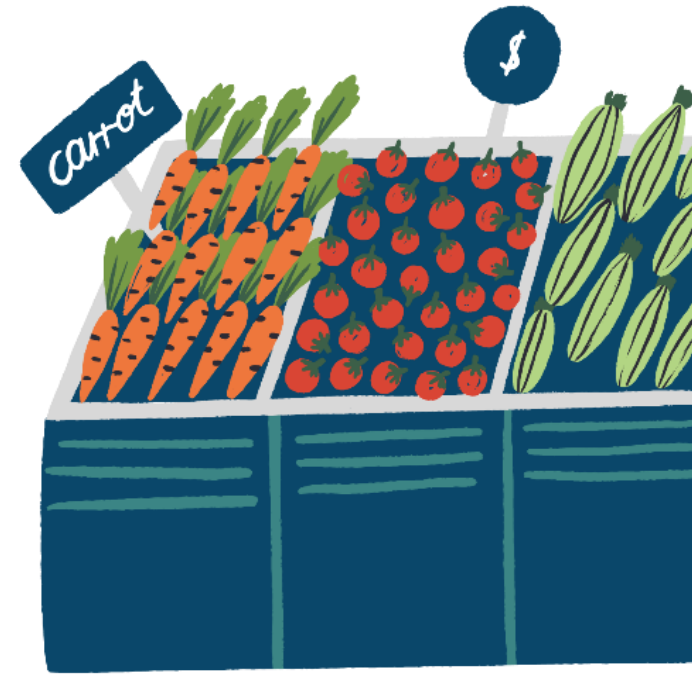
### Maximum SNAP Allotments for 48 States and D.C.

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?

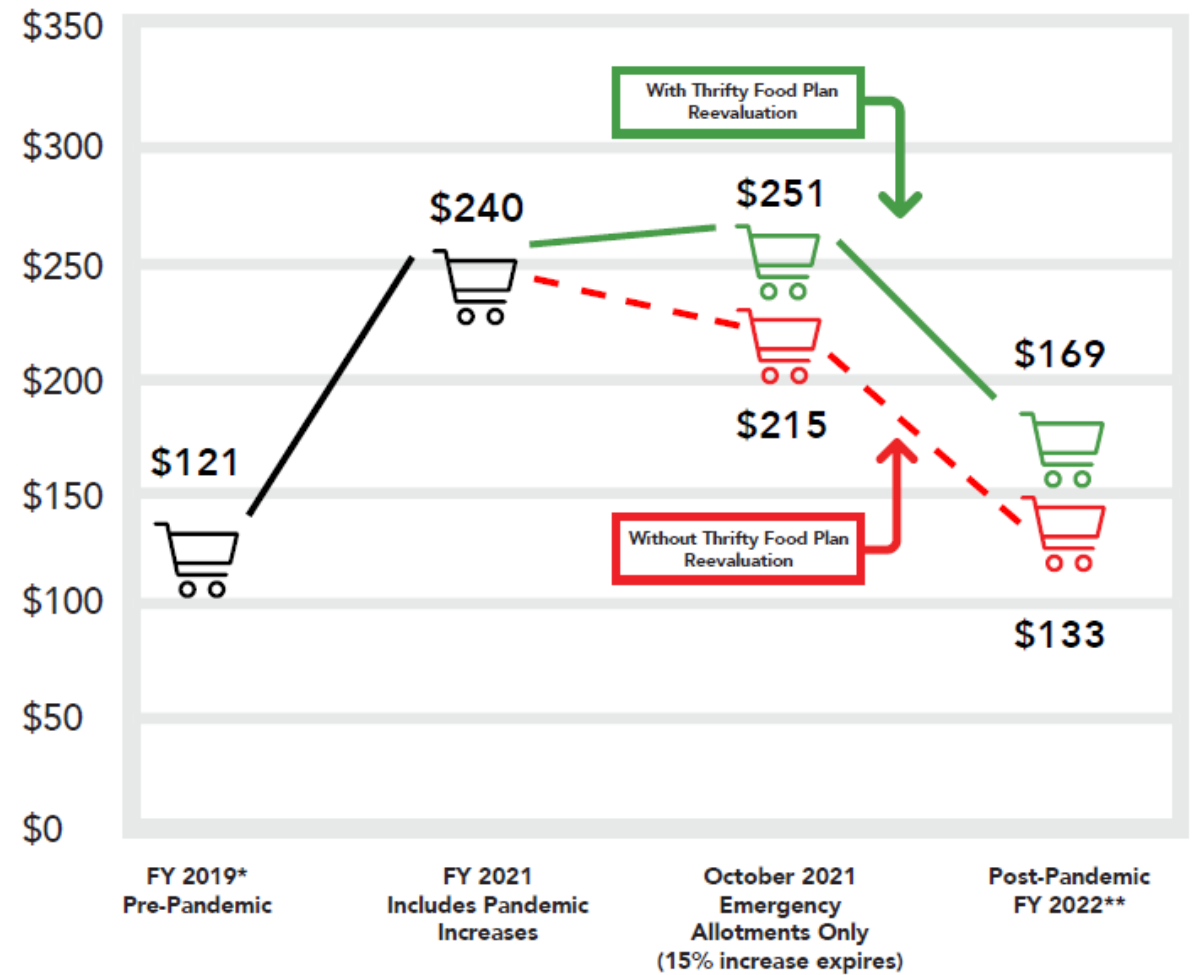
- Maximum allotments increased by 21%,  
**relative to what they otherwise would have been**
  - \$43 increase per month for 1 person HH
  - \$80 increase per month for 2 person HH
  - The SNAP **minimum benefit** increased \$3 per month—to \$20/month
  - On average, most SNAP participants will receive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



**United States  
Department of  
Agriculture**



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 peaches, basil, tomatoes, and cherries, with a central green text box.

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**

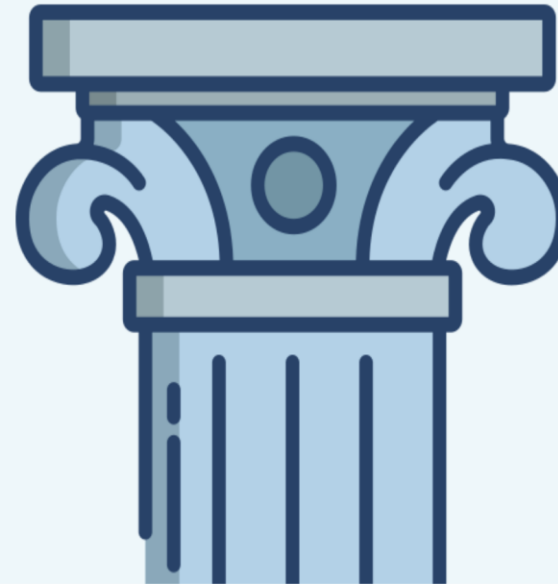
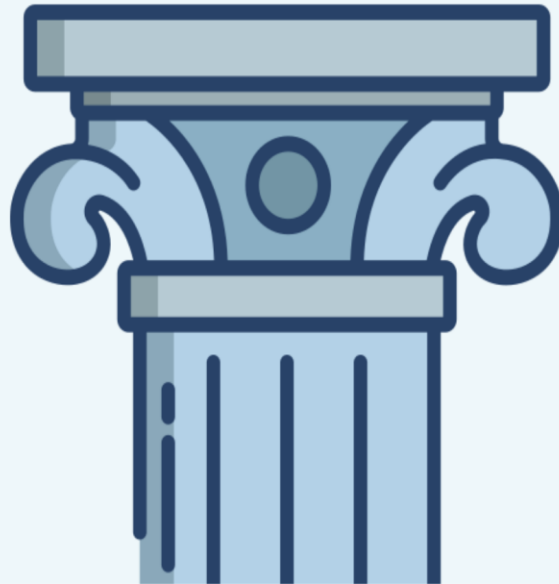
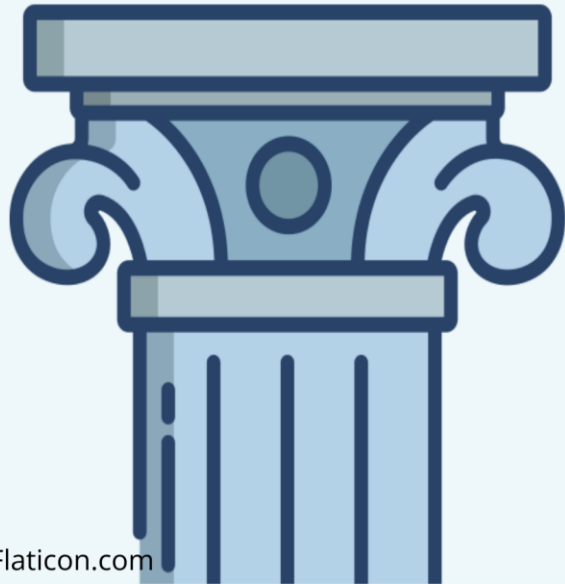
Connecting  
all Americans  
with healthy, safe,  
affordable food  
sources

**Collaborative  
Action**

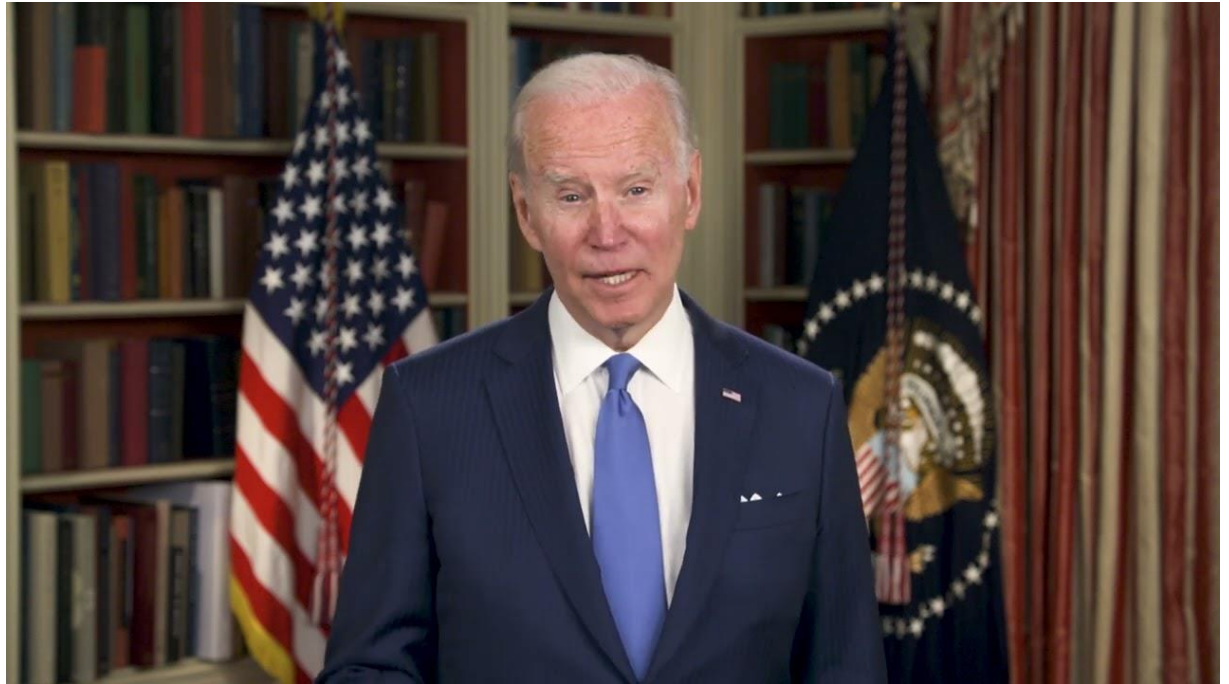
Developing,  
translating, and  
enacting nutrition  
science through  
partnership

**Equitable  
Systems**

Prioritizing equity  
every step of the way



# White House Conference on Hunger, Nutrition, and Health



<https://health.gov/our-work/nutrition-physical-activity/white-house-conference-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



Make Every  
Bite Count With  
the *Dietary  
Guidelines*



Dietary  
Guidelines  
for Americans

2020 - 2025



# 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.





Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE



# 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
- Expanding online shopping options for SNAP and WIC participants
- Bridging language barriers to nutrition education resources and recipes
- Reaching underserved populations
- Bringing together diverse partners to foster healthy food options



## Phase 1

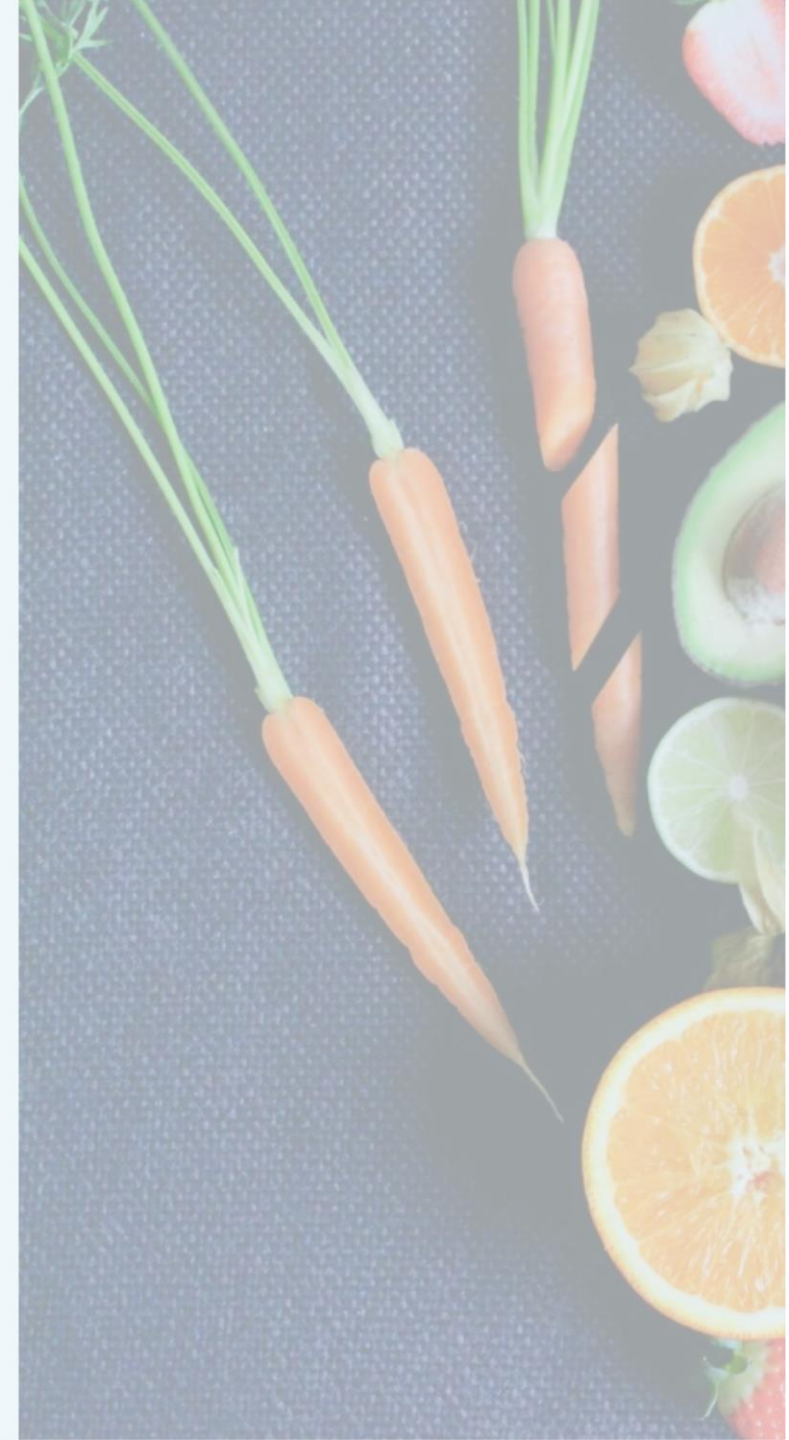


Elevate FNS nutrition security activities and strengthen external communication

## 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