Hunger and malnutrition have devastating effects on our children’s ability to learn and grow into tomorrow’s productive citizens.

Hunger among Ohioans is growing and will dramatically affect health care costs, educational achievement, future worker productivity, and the ability of our state and nation to compete in the global economy.

It will take all of us, working together, to solve this issue, and we appreciate your willingness to join and support our efforts.

Food insecurity: Lack of a consistent access to enough food for an active, healthy life.

Very low food insecurity: Meals are irregular and food intake is below levels considered adequate by caregivers.
Food insecurity by the numbers

Each year the USDA measures food insecurity and very low food security across the United States. In September 2012, the USDA released data on food insecurity for 2011. Additionally, in April 2012, Feeding America released local level data on child food insecurity. The reports show:

- Ohio is 11th in the nation for high food insecurity rates, with 15.5% of Ohioans considered food insecure in 2011.

- Ohio’s food insecurity rate is higher than nearly all surrounding states as well as the U.S. average.

- 25.9% (693,110) of Ohio children struggle with food insecurity.

- 34% of all food insecure Ohio children are not income eligible for federal nutrition programs such as Supplementary Nutrition Assistance Program (SNAP) benefits, school meals or Women, Infants and Children Program (WIC) because they live in households above 185% of the federal poverty level.

---


Ohio’s emergency food assistance network, led by the Ohio Association of Foodbanks, includes 12 Feeding America foodbanks and more than 3,300 member agencies working to reduce the impact of hunger on Ohio families. During state fiscal year 2012, 2.9 million visits to food pantries were made by children and more than 1.2 million visits to food pantries were made by those older than 60 years of age. Additionally:

- 84% of client households with a child under the age of 18 experienced some form of food insecurity, and
- 39% of client households with a child under the age of 18 experienced very low food security.3

Hunger in Ohio

Economic Influences on Hunger
Ohio’s Hunger Index illustrates that the economic conditions that influence hunger and food insecurity worsened significantly in the aftermath of the recession, with 2009 being the worst year. While economic conditions have improved since 2009, they are still significantly worse than prior to the recession. This means that the needs of those individuals who suffer from the effects of food insecurity and hunger continue to be severe despite recent economic improvements.

Economic Indicators Influencing Hunger in Ohio, 2007-2011

<table>
<thead>
<tr>
<th></th>
<th>2007</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hunger Factors Index</td>
<td>8.95</td>
<td>9.95</td>
<td>13.04</td>
<td>12.65</td>
<td>12.72</td>
</tr>
<tr>
<td>Median Income*</td>
<td>$48,385</td>
<td>$47,428</td>
<td>$45,395</td>
<td>$46,275</td>
<td>$45,749</td>
</tr>
<tr>
<td>% Poverty</td>
<td>13.1%</td>
<td>13.4%</td>
<td>15.2%</td>
<td>15.8%</td>
<td>16.4%</td>
</tr>
<tr>
<td>% Unemployment</td>
<td>5.6%</td>
<td>6.5%</td>
<td>10.1%</td>
<td>10.0%</td>
<td>8.6%</td>
</tr>
</tbody>
</table>

* Median Income is adjusted for inflation Driscoll & Fleeter, 2012.
† Index combining Ohio’s economic indicators (median income, poverty and unemployment). An index value of zero would represent no poverty, no unemployment, and an Ohio median income equal to that of the 2007 national average.

Hard choices between food and other needs
- Food vs. Utilities
- Food vs. Rent/Mortgage
- Food vs. Gas
- Food vs. Medicine/Medical Care
- Food vs. Transportation

Nutritional habits start early

Children develop nutritional habits early, so it is important to ensure that children have access to fresh fruits, vegetables and whole grains. However, these foods are often more expensive to purchase than foods high in added sugars and saturated fats.

According to the Archives of Pediatric Medicine, even one experience with hunger has a negative impact on the health of children 10 and 15 years later.  

Food insecurity among children may result in:
- More frequent nurses visits at school
- Higher rates of depression and anxiety
- Higher rates of diabetes and other chronic conditions
- Higher rates of internalized behavior problems
- Increased likelihood of needing to repeat a grade at school
- Lower math scores
- More likely to be at developmental risk
- More likely to have colds as preschool children
- More likely to have iron deficiency anemia as infants or toddlers

Children have an increased need for:
- Calcium for growing bones
- Vitamin C for a strong immune system
- Vitamin E for healthy growth
- Iron for growth, a healthy immune system and energy

Proper intake of vitamins and nutrients directly affects how well and how much children can learn.

Hunger in America: Suffering We All Pay For

*Hunger in America: Suffering We All Pay For* was released in October 2011 and found Ohio’s Hunger Bill to be $6.97 billion dollars in 2010.6

Ohio’s Hunger Bill
(Amounts in billions of 2010 dollars)

<table>
<thead>
<tr>
<th>$6.00</th>
<th>$5.00</th>
<th>$4.00</th>
<th>$3.00</th>
<th>$2.00</th>
<th>$1.00</th>
<th>$0.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charity</td>
<td>Poor Educational Achievement/Worker Productivity</td>
<td>Illnesses</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


For more information:

51 N. High St., Suite 761
Columbus, Ohio 43215
614-221-4336 ext 230
www.ohiofoodbanks.org

1801 Richards Road
Toledo, Ohio 43607
419-469-3896
www.promedica.org