

# Every Meal Matters

## Who uses the charitable food system?

Your neighbors or even your friends and family. People no different from you or I, simply someone down on their luck due to a job loss, business venture gone sour, or struggling financially as they battle a serious illness.



in Kent County are food insecure (20.3%)  
 (Feeding America "Map the Meal Gap" Study. Data released April 2012)



in Kent County are food insecure  
 (ACCESS of West Michigan)

### Food insecurity and health: What's the link?

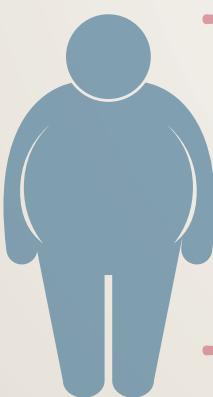
When people are food insecure they are less likely to eat fruits and veggies, and more likely to fill the gaps with processed foods high in sugar, fat, and calories. This type of eating leads to a higher risk of chronic disease and malnutrition.

(Neter J, et al. Food insecurity among Dutch food bank recipients: a cross sectional study. BMJ Open 2014.)



Cardiovascular disease is the leading cause of death in Michigan. In 2009 only 4.6 % of Michiganians reported engaging in all 4 healthy lifestyles that reduce risk for cardiovascular disease: healthy weight, adequate fruit and vegetable intake, not smoking, and adequate physical activity.

(2013 Michigan Cardiovascular Disease Fact Sheet)



People in America who live in the most poverty-dense counties are those most prone to obesity.  
 (American Diabetes Association 2011)

### What is food insecurity?

Not always knowing where or when your next meal will come from means you are food insecure; a state that impacts adults, children, and adolescents.



Low-income groups have a **20%** higher risk of diabetes than high income groups.  
 (Diabetes Research and Clinical Practice (2013) 99:3;372-379)



Food insecurity among young children is associated with poorer physical quality of life, which may prevent them from fully engaging in daily activities such as school and social interaction with peers.

(Casey, P.H., Szeto, K.L., Robbins, J.M., Stuff, J.E., Connell, C., Gossett, J.M., & Simpson, P.M. (2005). Child health-related quality of life and household food security. Archives Pediatric and Adolescent Medicine, 15, 51-56.)



Approximately **150,000** prediabetic adults 21 years and older live in Kent county. People with prediabetes have an increased risk of developing type 2 diabetes, heart disease, and stroke. Individuals at greatest risk of developing diabetes in Michigan are African Americans, individuals with no college education, and households that earn less than \$25,000 per year.

(Diabetes Risk Factors Community Profile Kent County December 2013)