

NPM 13: FOOD SUFFICIENCY

GOAL

To increase the percent of children whose households are always able to afford to eat good nutritious food.

SIGNIFICANCE

In 2021, 12.8% of children lived in food insecure households.¹ Food insecurity had been decreasing since the Great Recession, but the number of children in food insecure households increased by 10% in 2020 due to the COVID-19 Pandemic. The percentage sharply declined by 20% in 2021, the lowest prevalence on record since 1998. There were several temporary measures taken as part of the Public Health Emergency response to expand benefits and access to programs such as SNAP, WIC, and the National School Lunch Program plus general economic relief.^{1,2} Large disparities exist by race/ethnicity, disability status, urbanicity, and family structure.³ Food insecurity among children is associated with poor health status, mental health problems, behavioral and socio-emotional problems, and poor educational performance and academic outcomes.⁴

DEFINITION

Numerator: Number of children, ages 0 through 11, whose households are reported by a parent to have always been able to afford to eat good nutritious food in the past year.

Denominator: Number of children, ages 0 through 11.

HEALTHY PEOPLE 2030 OBJECTIVE

- Related to Nutrition and Weight Status Objective 01: Reduce household food insecurity and hunger.
- Related to Nutrition and Weight Status Objective 02: Eliminate very low food security in children.

STATUS

Figure 1 indicates that the percentages of Black non-Hispanic and Hispanic children residing in households that were food sufficient were lower than the corresponding percentage for White non-Hispanic children, both nationally and in Delaware. Furthermore, as shown in Figure 2, the percentage of Medicaid-enrolled children residing in households that were food sufficient was lower than the corresponding percentage for children covered by private insurance.

¹ Coleman-Jensen, Alisha, Matthew P. Rabbitt, Christian A. Gregory, Anita Singh, September 2022. Household Food Security in the United States in 2021, ERR-309, U.S. Department of Agriculture, Economic Research Service.

² U.S. Department of Agriculture. FNS Responds to COVID-19. (n.d.)

³ Ullmann H, Weeks JD, Madans JH. Children Living in Households That Experienced Food Insecurity: United States, 2019-2020. NCHS Data Brief. 2022;(432):1-8.

⁴ Food Research and Action Center (FRAC). The impact of poverty, food insecurity, and poor nutrition on health and well-being. 2017 December.

Figure 1. Percentage of Children Aged 0-11 Years Whose Households Were Food Sufficient, by Selected Race/Ethnicities, NSCH 2021-2022.

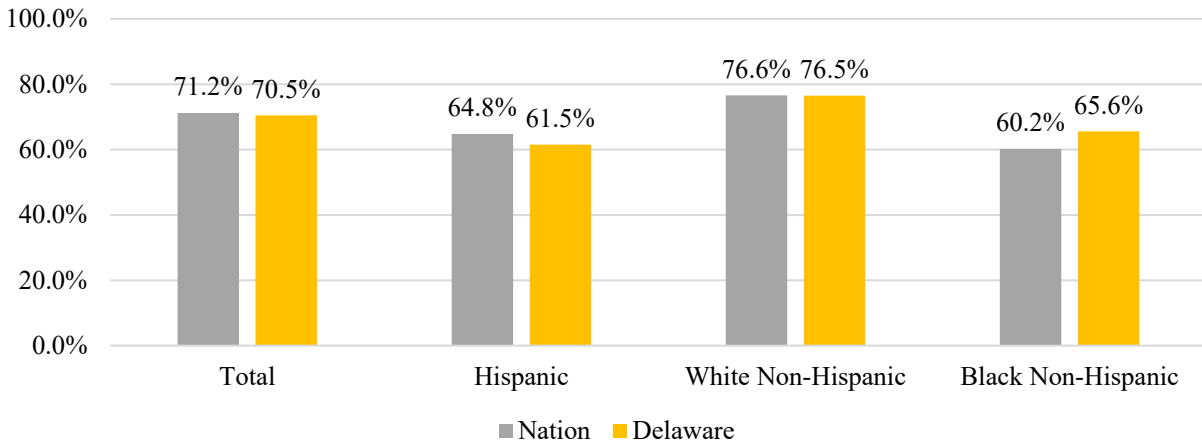


Figure 2. Percentage of Children Aged 0-11 Years Whose Households Were Food Sufficient, by Health Care Coverage, NSCH 2021-2022.

