

Texas Hunger Facts

Food Insecurity and Hunger

- Food insecurity is defined as “families who are unable to consistently access adequate amounts of nutritious food necessary for a healthy life.”
[*http://www.agr.state.tx.us/agr/media/media_render/0,1460,1848_17053_31059_0,00.html](http://www.agr.state.tx.us/agr/media/media_render/0,1460,1848_17053_31059_0,00.html)
- Hunger is defined as “the uneasy or painful sensation caused by a lack of food.”
http://www.frac.org/html/hunger_in_the_us/hunger_index.html
- Approximately 35.5 million Americans are food insecure *<http://feedingamerica.org/newsroom/hunger-fact-sheet.aspx>
- Texas has 1.3 million food insecure households (more than 3 million people) which is the third highest in the Nation. * <http://www.cppp.org/fbe/hunger.pdf> and <http://feedingamerica.org/newsroom/press-release-archive/child-food-insecurity.aspx>
- Texas has the seventh-highest rate of hunger at 5.1% of households in the United States. *<http://www.cppp.org/fbe/hunger.pdf>
- The USDA estimates 96 billion pounds of food are wasted each year in the United States.
[*http://feedingamerica.org/newsroom/hunger-fact-sheet.aspx](http://feedingamerica.org/newsroom/hunger-fact-sheet.aspx)

Childhood hunger

- 12 million children under age 18 are food insecure in the United States.
<http://feedingamerica.org/our-network/the-studies/child-food-insecurity.aspx>
- 3.5 million children under age 5 are food insecure in the United States.
<http://feedingamerica.org/our-network/the-studies/child-food-insecurity.aspx>
- Approximately 22% of Texas children under age 18 are food insecure which is the highest in the Nation.
[*http://www.baptiststandard.com/index.php?option=com_content&task=view&id=9545&Itemid=53](http://www.baptiststandard.com/index.php?option=com_content&task=view&id=9545&Itemid=53)
- 23.3% of children under 5 in Texas are food insecure.
[*http://www.baptiststandard.com/index.php?option=com_content&task=view&id=9545&Itemid=53](http://www.baptiststandard.com/index.php?option=com_content&task=view&id=9545&Itemid=53)
- Children who are food insecure are 30% more likely to be hospitalized.
[*http://feedingamerica.org/faces-of-hunger/hunger-101/child-hunger-implications.aspx](http://feedingamerica.org/faces-of-hunger/hunger-101/child-hunger-implications.aspx)
- Some of the possible effects of hunger and food insecurity in children are irreversible brain damage in young children, inattention and lack of concentration, absenteeism, grade repetition, an increased risk of suicide, and a higher chance for development of

lifelong disease. *<http://feedingamerica.org/newsroom/press-release-archive/child-food-insecurity.aspx>
<http://feedingamerica.org/faces-of-hunger/hunger-101/child-hunger-implications.aspx>

- Children receiving SNAP benefits are 26% less likely to be food insecure than children who are eligible but are not enrolled. *http://www.cppp.org/factbook08/tkc_2008.pdf

Food Assistance Programs – The following federal programs are administered on the state level by the Texas Department of Agriculture.

- Food Distribution Program on Indian Reservations

Child Nutrition Programs

- National School Lunch Program (In fiscal year 2008 3,172,799 children participated in Texas)
- School Breakfast Program (In fiscal year 2008 1,445,683 children participated in Texas)
- Child and Adult Care Food Program (In fiscal year 2008 178,419,416 meals were served in Texas)
- Special Milk Program
- Fresh Fruit and Vegetable Program
- Summer Food Service Program (In fiscal year 2008 12,689,439 meals were served in Texas)

Commodity Assistance Programs

- Commodity Supplemental Food Program (In fiscal year 2008 4,435,529 dollars of food was distributed)
- The Emergency Food Assistance Program (TEFAP) (In fiscal year 2008 47,598,990 lbs. of food was distributed in Texas)
- Senior Farmers Market Nutrition Program

Texas Department of State Health Services

- Special Supplemental Nutrition Program for Women, Infants and Children (WIC)
- Farmers' Market Nutrition Program

Health and Human Services Commission

- Supplemental Nutrition Assistance Program

Texas Food Bank Association: An extensive emergency feeding network of 19 food banks and more than 3,600 charities that assist more than 2 million Texans each year during periods of crisis. The Food Banks are supported by private sector donations, volunteers, and surplus government commodities. *<http://www.cppp.org/fbe/hunger.pdf>

Economic Impact of Food Insecurity and Food Assistance Programs

- USDA estimates that every \$1 spent on SNAP benefits generates \$1.84 to the economy. <http://www.cppp.org/files/3/SNAP%20stimulus%20release%20final.pdf>
- USDA's Economic Research Service estimates that for each \$1 billion of food stamp retail food purchases there is generated an estimated
 - \$340 million in farm production
 - \$110 million in farm-value added
 - 3,300 farm jobs are generated
- 67% of these eligible participate in the SNAP nationally * www.fns.usda.gov/ora/MENU/Published/SNAP/FILES/Participation/techpartrate2004-2006.pdf
- 63% of those eligible in Texas participate in SNAP www.fns.usda.gov/ora/MENU/Published/SNAP/FILES/Participation/techpartrate2004-2006.pdf
- An estimated 2,532,047 Texans participated in SNAP in fiscal year 2008. <http://www.fns.usda.gov/pd/15SNAPpartPP.htm>
- Food insecurity and hunger cost the United States more than \$9 billion a year. (This figure was determined by calculating the annual cost for charity, illness, and lowered productivity.) http://www.sodexofoundation.org/hunger_us/Images/Cost%20of%20Domestic%20Hunger%20Report%20_tcm150-155150.pdf
- In 2007 the Research and Action Center estimates that Harris County had \$203 million of unclaimed SNAP benefits and Bexar County \$47.1 million of unclaimed SNAP benefits. * <http://www.cppp.org/files/3/SNAP%20stimulus%20release%20final.pdf>

Obesity and Diabetes

- There is a strong correlation between food insecurity and obesity since often healthy nutrient-dense foods are more expensive than high calorie, high sugar foods.
- It is also likely that individuals in food insecure households will develop binge eating behaviors when food is readily available and such habits may continue after the individual is food secure. Hunger and Obesity? Making the Connections www.frac.org
- Obesity rates have doubled among children and tripled among adolescents the past 20 years. <http://www.cppp.org/fbe/hunger.pdf>
- 70% of overweight children become overweight/obese adults. <http://www.cppp.org/fbe/hunger.pdf>

- **Texas is 20th among states for overweight children in the Nation.** <http://feedingamerica.org/faces-of-hunger/hunger-101/child-hunger-implications.aspx>
- **One third of children (10-17) in Texas are overweight or obese.** <http://feedingamerica.org/faces-of-hunger/hunger-101/child-hunger-implications.aspx>
- **42% of fourth graders in Texas are or are at risk of being overweight.**
<http://www.cppp.org/fbe/hunger.pdf>
- **The Texas Department of State Health Services projects that by 2040, annual overweight- and obesity-related costs could be as high as \$39 billion.**
*<http://www.cppp.org/fbe/hunger.pdf>
- **The Comptroller of Public Accounts estimates that obesity cost Texas businesses \$3.3 billion in 2005, and could cost employers \$15.8 billion annually by 2025 if the trend continues.** *<http://www.cppp.org/fbe/hunger.pdf>

Poverty

- **Federal Poverty Guidelines are determined by tripling the cost of food per family size. Eligibility for many Federal programs is determined by using these guidelines.**
- **130% above the poverty level from July 1, 2009 to June 30, 2009 is \$28,665 and 185% above the poverty level for a family is \$40,793 for family of four.**
*http://www.fns.usda.gov/cga/factsheets/sbp_quick_facts.pdf
- **13.2% of individuals and 18.2% of children live in poverty in the United States.**
- **A full-time minimum wage worker earns \$15,080 annually.**
- **15.8% of Texans live in poverty.**
- **22.5% of children live in poverty in Texas.**