Hunger and Health

**FOOD INSECURITY**

"not having consistent access to enough nutritious food for an active, healthy life"

**FOOD INSECURITY IS FACELESS, SILENT, & DIVERSE**

More than half of those who visit food pantries are employed. In fact, 1 in 3 food insecure families in Illinois makes too much money to qualify for federal nutrition programs.

7 out of 10 deaths in the US are caused by chronic diseases, like heart disease and diabetes

Food plays a BIG role in our health and impacts whether or not we are able to lead an active, healthy life.

Communities with higher rates of food insecurity have higher rates of diet related chronic diseases when compared to national rates

- **33%** of pantry households have a member with diabetes
- **66%** of pantry households choose between buying food or paying for medical needs
- **57%** of pantry households have a member with high blood pressure

Feeding America - Hunger in America Study 2014

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