Through vital community partnerships like the Health & Hunger Taskforce, the link between obesity and hunger becomes apparent.

**FOOD INSECURITY**
- Dietary Intake
- Stress
- Self-Efficacy
- Bandwidth
- Competing Demands
- Binge-Fast Cycles
- Employability
- Stability

**POOR HEALTH**

- Healthcare costs related to hunger nationwide are **$130.5 BILLION** annually.
- The annual cost of hunger to every U.S. citizen is on pace to amount to roughly **$42,400 PER CITIZEN** over a lifetime.

**CENTRAL FLORIDA HEALTH & HUNGER STATS**

2016 Community Health Needs Assessment identified Food Insecurity, along with Access to Care, Behavioral Health/Homelessness and Workforce/Economic Development, as social determinants that can improve health.

**LASTING IMPACTS**

- **53%** of households have a member with high blood pressure.
- **27%** of households have a member with diabetes.
- **51%** of households have unpaid medical bills.

*Issues that could be solved with a balanced diet.*

**CYCLE OF FOOD INSECURITY & CHRONIC DISEASE**

**A Conceptual Framework:** Cycle of Food Insecurity & Chronic Disease

**HUNGER IS A HEALTH ISSUE, AND FOOD IS THE BEST MEDICINE**

Cost of a Health Care Visit for Low Blood Sugar vs. Food

<table>
<thead>
<tr>
<th>Health Care Visit</th>
<th>Thrifty Food Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outpatient Visit</td>
<td>$394</td>
</tr>
<tr>
<td>Monthly Food Cost</td>
<td>$657*</td>
</tr>
<tr>
<td>Emergency Visit</td>
<td>$1,387</td>
</tr>
<tr>
<td>Inpatient Admission</td>
<td>$17,564</td>
</tr>
</tbody>
</table>

*Thrifty food plan.*
1 in 6 Central Floridians are struggling with the reality of hunger and food insecurity.

74% of households receiving food from Second Harvest live in poverty.

50% exhaust SNAP benefits in two weeks.

60% of households were employed in the past year.

Making tough choices:

70% had to choose between food and medicine or medical care.

Making ends meet in order to eat:

- 74% purchase inexpensive, unhealthy food.
- 59% consume food past expiration.
- 38% sell or pawn personal property.
- 16% grow food in a garden.
- 51% receive help from friends or family.
- 45% water down food or drinks.

To learn more please visit www.feedhopenow.org/health.