

FOOD INSECURITY IN BLACK COMMUNITIES

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YOUTHWORKS: Group Project

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INTRO:

Food insecurity has significantly impacted black communities in the united states. With systemic factors contributing to its severity and persistence. It can have profound and lasting impacts on the futures of children. These impacts can span across health, education, emotional well-being, etc.

TIME: 10

DEFINITION OF FOOD INSECURITY:

The lack of consistent access to enough FOOD for every person in a household to live a healthy, nutritious, and daily life

QuesTions To Think About!!

Why is this still an issue?
What can be done about this?
How do you feel about this issue?
How has this issue impacted you?

Reasons for food insecurity:

Accessibility

Most food markets are more than 4 mile radius from those who has no affordable transportation keeping their food options limited.

Affordability

Most communities that appear to have fresh food markets are often to expensive for most black households. Making healthier food options unobtainable.

Neighborhood

Most black communities lack quality food sources usually due to the area. In most communities fast food sources and corner mart stores are most accessible and affordable making it easier for individuals to stray away from healthier foods.

Unemployment

Due to the higher rates of unemployment in black communities, it makes it harder to afford nutritious foods consistently. This can be a result of redlining, contributing to the other discriminatory practices among the black community

Effects It Has...

Malnourishment

Those who are in poverty, due to the lack of food, falls into a mindset of not knowing when they will have their next meal. Often leading them to skip meals and eat less food in hopes of stretching the food they do have over a span of days.

Obesity

Those who are in poverty bulk up and binge-eat usually because they don't know when they will eat again. They usually find themselves eating cheap, processed, high calorie foods, etc.

Cognitive development

Lack of certain nutrients during early childhood can delay brain development. In addition, hungry children have more trouble concentrating, learning, and retaining information. Causing them to struggle academically.

LOGISTICS: Food insecurity by race

Black

Adults 20%-22%
Children 28%-30%
Overall 21%-23%

White

Adults 8%-9%
Children 10%-12%
Overall 8%-10%

Hispanic

Adults 16%-18%
Children 24%-26%
Overall 17%-19%

LOGISTICS: Effects in different communities

This disparity is also evident among children, with 27% of black children living in food insecure households compared to 12% of white children.

49.6%

Black Adults

Black adults have a higher prevalence of obesity

42.2%

White Adults

White adults have a lower prevalence of obesity

What has been done...

Improving healthy food access

Inserting more farmers markets within neighborhoods through partnerships like Maryland Money Market

Reducing food waste

Food rescue baltimore program recovers food from various sources and distributes it to food-insecure neighborhoods

Addressing specific needs

Focusing on addressing food-related needs of adolescents in vulnerable neighborhoods, specifically for the younger children

Broader initiatives

Programs like: PAC Baltimore food policy action coalition

Food desert retail incentive area (tax related)

Food policy fellow

Closing:

JAYDEN THOUGHTS:

People need to have access to healthy foods so that they can develop properly. Privilege communities tend to grow more due to having proper food sources and options compared to the less-fortunate communities.

YASMIN THOUGHTS:

Seeing how the US makes it harder for black communities to prosper in aspect, specifically regarding food is distasteful. I believe that the lack of accessibility and affordability in black communities are intentional to keep us down. Having control over what we eat is a way they have control over individuals. Control regarding health, development, etc.

SHANIYAH THOUGHTS:

Food insecurity in black communities stems from black neighborhoods having limited resources and access to health stability and opportunity. It is a constant cycle where living in poverty leads to poor food access, which then causes health problems and makes it harder for people in these communities to escape the cycle.

SUMMARY:

In conclusion, we chose this topic to build awareness to this issue. In hopes of benefitting impoverished communities throughout the world, specifically black communities.

ANY THOUGHTS?

Thanks for Listening!!!