



Did You Know...

that Obesity and Hunger affect the Same Populations?

OBESITY and the Link to FOOD INSECURITY

Food Insecurity: Individuals and families who face limited access to or uncertainty in their ability to obtain nutritionally adequate, safe foods

While all segments of the population are affected by obesity, low-income and food insecure people are especially vulnerable due to the additional risk factors associated with poverty. Obesity among low-income and food insecure people occurs in part because they are subject to the same influences as other people (e.g., too sedentary, access to fast food), and also because of challenges they uniquely face in adopting healthful behavior as listed below. Insufficient resources only make matters worse.²

Challenges that increase rates of Obesity among Food Insecure Populations

- Limited resources and lack of access to healthy, affordable foods
- Cycles of food deprivation and overeating
- Limited access to health care
- Fewer opportunities for physical activity
- Greater exposure to obesity-related marketing
- High levels of stress
- Limited time and resources to shop for and prepare healthy meals

FOOD INSECURITY

- At 20.3% in 2009, North Carolina ranks **SECOND** in the nation for the highest food insecurity rate for children under age 5 ¹.
- Today, **14.8% of all North Carolinians face food insecurity, fifth highest in the nation.**
- In the US today over 17 million households are considered food insecure, including nearly 17 million children ².

OBESITY & OVERWEIGHT

- Approximately **25 million children nationally are obese or overweight.**
- In 2009, North Carolina ranked **11th** in the nation for childhood obesity at **18.6%** ³.
- In 2010, North Carolina had the **10th highest rate of adult obesity** in the nation at **29.4%** ³.
- In 2008, nearly **two-thirds** (65.7%) of adults in North Carolina were overweight OR obese ⁴.
- **There are direct correlations linking education, low income, and high rates of obesity.**
- The percentage of NC adults who are **overweight or obese is higher in communities of color**⁵:
 - 75% of African Americans
 - 62% of Caucasians
 - 69% of Native Americans
 - 64% Latino Americans
- If trends continue, researchers estimate that **HALF of all adults could be obese by 2030.**
- **More than half** (53%) of all deaths of North Carolinians can be prevented by increasing access to fruits and vegetables, increasing physical activity, and improving diet choices⁴.
- Obesity is also associated with **higher rates for diabetes, high blood pressure, heart disease, high cholesterol, asthma and arthritis.**

¹ Feeding America 2009

² FRAC 2010

³ TFAH 2009

⁴ BRFSS 2008

⁵ CHAMP 2008