

Hunger Costs

Pennsylvanians

Pennsylvania's Hunger Bill:

\$6.12 Billion

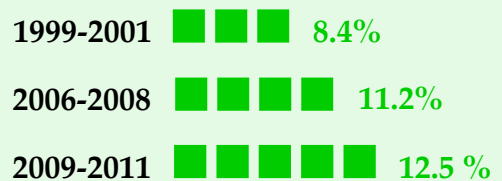
29% increase from 2007

*does not include administration costs
of key food and nutrition programs.

Growing Hunger, Growing Costs

As hunger grows, so does the economic cost. Pennsylvania is 1 of 12 states whose hunger costs rose more than \$1 billion since 2007.

Food Insecure Population



Hunger's Consequences TO HEALTH & EDUCATION



3X more likely to suffer
from **POOR HEALTH**



2.5X more likely for
women to be **OBESE**



2X more likely to develop
DIABETES



3X more likely to be
SUSPENDED from school



2X more likely to
REPEAT A GRADE



2X more likely to require
SPECIAL EDUCATION

Health Costs: \$4.77 billion

- Malnutrition compromises the immune system, making the hungry more vulnerable to disease.
- Obesity will cost the state an estimated \$6 billion in health care expenses in 2013.
- Hungry individuals are 1.3X more likely to be hospitalized and require longer, expensive in-patient stays.

Education Costs: \$704 million

- 3 out of 5 K-8 public school teachers in the U.S. report seeing children regularly coming to school hungry.
- Children from food insecure households are more likely to struggle in school, fail, be held back, or drop out altogether.
- Earning capacity is largely determined by an individual's educational achievement. When hunger interferes, a lifetime of earning capacity is impacted. A high school graduate earns, on average, \$7,800 more each year than someone who never graduated.

Food assistance programs reduce food insecurity and its negative impacts:

- **For every \$5 of SNAP** benefits used for food, up to \$9 in economic activity is generated.
- **SNAP helped 1.8 million** Pennsylvanians avoid hunger by supplementing the family's monthly food budget.
- **WIC saves between \$1.77** and \$3.13 for every dollar spent in Medicaid costs.
- **Research shows that the National School Breakfast Program** helps children perform better in school, concentrate in class, and reduces the number of visits to the school nurse.
- **Commodity Supplemental Nutrition Program (CSFP)** helps low-income seniors maintain the proper nutrition needed to reduce the risk of chronic illness.



Hunger: A Loss For All

It is Laura's first time at a food pantry and she's a bit nervous. Since losing her job two months ago, her family—including her husband and seven year old son—have struggled to make ends meet. "My husband has worked at the same place, full time, for eight years, but doesn't earn enough to support our family. I need to work, too," said Laura.

Since losing her job, Laura and her husband were forced to file for bankruptcy on their home and now face tough choices between basic necessities like food and heat. "We want to pay our bills, but we also need to eat," said Laura, who is seated shoulder to shoulder with others waiting for food. Her son, Max, receives a free lunch at school, which he qualified for even before Laura lost her job. "We are hard working people, but that doesn't seem to be enough to make ends meet; it's tough," said Laura. Laura is not alone; over two hundred people were served at the food pantry that day.



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Child Hunger

Hurts Pennsylvania

Pennsylvania's Children

- 555,110 (20.3%) children are food insecure.
- 19.6% of children live in poverty.
- 41.3% of SNAP (food stamps) recipients are children.

LONG-TERM COSTS

Hunger causes a chain reaction of negative impacts:



Physical health problems



Obesity



Mental health problems



Poor education outcomes



Behavioral problems

Children experiencing 4 years of food insecurity have a 209% increase in their likelihood of lower health status compared to their food secure peers.⁴

Lifelong Consequences of Child Hunger

Undernourished children are at risk of serious health, social, and educational problems carrying into adulthood.

Child hunger causes **health problems**. Hungry children are sick more often, frequently experiencing headaches, stomachaches, colds, and fatigue.

- 2.9 X more likely to suffer from poor health.
- 1.4 X more likely to be iron deficient.
- 1.3 X more likely to be hospitalized and require longer in-patient stays.

Child hunger causes **education problems**. For emotional, cognitive, and physical reasons, a hungry child faces significant educational challenges.

- 1.6 X more likely to miss days of school.
- 2 X more likely to repeat a grade.
- 2 X more likely to require special education.

Child hunger causes **behavior problems**. Studies link hunger with social, behavioral, and mental health problems.

- 1.9 X more likely to suffer from ADHD.
- 3 X more likely to be suspended from school.
- 5 X more likely to commit suicide as a teen.

Child hunger **impedes job readiness**. Adults who experienced hunger as children are ill-prepared mentally, emotionally, and physically for the work environment, leading to greater absenteeism and turnover.

Food assistance programs reduce food insecurity and its negative impacts:

- **WIC enrollment from birth** increases iron levels and lowers iron-deficiency anemia.
- **Food insecure families who participate in SNAP** are twice as likely to be healthy than those who do not.
- **The Child and Adult Care Food Program (CACFP)** provides 128,519 nutritious meals and snacks to kids in daycare, improving the overall quality of care.
- **Over 542,000 children** received a free or reduced-price school lunch each day during the 2011-12 school year - frequently their only meal.
- **Only 238,611 of those children** received a free or reduced-price breakfast each day. Breakfast has been shown to stave obesity.
- **Even fewer children - only 106,533** - participated daily in the Summer Food Service Program in 2011, designed to fill the nutrition gap left when school ends.



Born into Poverty

Serenity has big blue eyes and giggles with a grin so wide that it takes up most of her tiny face. She and her mother wait in line with hundreds of other families. They've come to one of the Food Bank's Produce to People distribution locations, where they can take home fresh produce and groceries. She is just one of over 37,000 children the Food Bank serves every month.

At only 10 months old Serenity doesn't know where dinner comes from, but she knows what hunger feels like. Even though she's very young, she has experienced times when her parents have had to choose between paying the heating bill and buying groceries. Serenity hasn't lived long enough to make mistakes or wrong decisions; she was simply born into poverty.

Serenity's parents moved from Houston, Texas when her father got work in construction. Despite his new job, they're still struggling to get reestablished. "It's hard," her mother confesses. "Serenity's father is working, but it's hard to pay all of those bills and buy diapers and formula. You just can't do it all."



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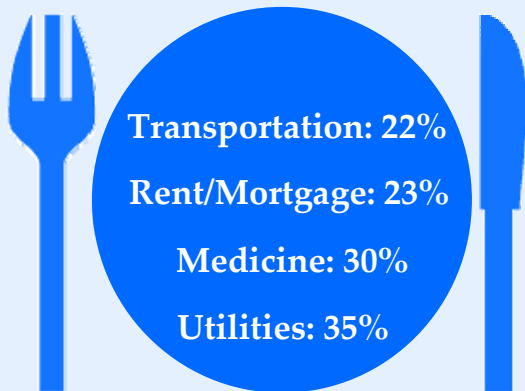
Senior Hunger

Hurts Pennsylvania

HARD CHOICES FOR HUNGRY SENIORS

Every month, seniors with fixed incomes are forced to make choices between food and basic necessities.

A percentage of seniors are forced to choose between food and...



A Growing Concern

Pennsylvania is an aging state. Hunger among seniors is especially troublesome because many seniors have unique nutritional needs due to medical conditions. A proper diet is essential to maintaining health. Hunger affects the safety, health, well-being, and dignity of our parents, grandparents, friends, and neighbors.

- 1.98 million residents are age 65 or older. Pennsylvania has the fourth highest percentage of elderly residents in the U.S.
- 17.7% of PA seniors are food insecure.
- 151,307 PA seniors live in poverty.
- The average 2012 social security benefit for a retired person was \$14,769 - between \$4,600 and \$7,000 less than the standard amount needed for basic living expenses for a senior citizen in Pennsylvania.

Health Consequences of Senior Hunger

Over 107,000 seniors in Pennsylvania are food insecure.

Decrease in health

Poor nutrition impedes a senior's ability to effectively recover and heal. It also:

- Limits intake of essential vitamins.
- Reduces efficacy of prescription drugs.
- Exacerbates problems from pre-existing health conditions.

Decrease in activity and mobility

Seniors who are hungry are more likely to have activity limitations comparable to being 14 years older. For example, a 64 year-old hungry person would have the activity limitations of a 78 year-old person.

Increase in hospital stays and chronic disease

- Increases risk of stroke.
- 2X more likely to be diabetic.
- 2.3X more likely to be in poor health.
- 5X more likely to suffer from depression.

Food assistance programs reduce food insecurity and its negative impacts:

- **Commodity Supplemental Nutrition Program (CSFP)** provides 34,533 low-income seniors with monthly boxes of food that help them maintain the proper nutrition to reduce the risk of chronic illness.
- **31,917 seniors received home-delivered meals** and 76,333 participated in congregate meals in fiscal year 2011-12. Research has found food insecure seniors who participate in programs such as Meals on Wheels have decreased signs of depression.
- **Only 183,000 seniors receive SNAP (food stamps).** SNAP can stabilize food related illnesses, help seniors maintain a healthy weight and reduce hospital stays.
- **Seniors who are too young for Social Security** and too old to qualify for programs designed for families with children are hit particularly hard in a recession.



Life Had Other Plans

Just a few years earlier, Patricia worked as a highly skilled operating room nurse, and before that in cancer treatment and hospice. Patricia worked hard and carefully saved for her retirement. Her work is physically demanding, so she hoped to retire as her body began to age. But life had other plans.

Patricia's father became ill. Eventually, she had to quit work to care for him full time. Patricia spent all of her retirement money on her father's medical bills. Around that same time, long operating room shifts on her feet took their toll. Her knees gave out, leaving her unable to return to her career.

With her savings depleted and her health too poor to go back to work, the home she had lived in for seventeen years fell into foreclosure. She had to move to where she could receive help from her children.

Patricia never dreamed that this would be how she would spend her golden years. "I would give anything to have my health and go back to work. I only get \$40 of food stamps per month, and I can't work. I always took care of everyone else and I presumed I would be able to take care of myself. But now I don't know what I'd do without the Food Bank."

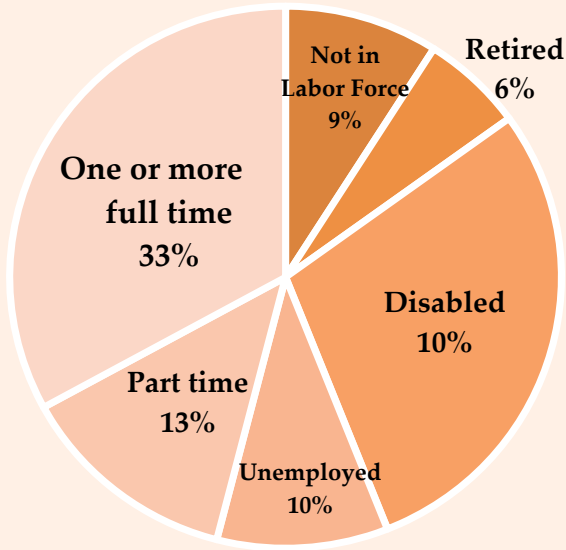
GREATER PITTSBURGH
**community
food bank** 
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Hunger Hurts

the Working Poor of Pennsylvania

EMPLOYMENT STATUS OF HOUSEHOLDS WITH VERY LOW FOOD SECURITY¹



Making Ends Meet... Or Not

Many Pennsylvanians do not earn enough to provide for their families. From 2002 to 2010, wages for all earners were stagnant except for the top 5 percent; meanwhile food and gasoline prices have been rising.³

314,832

working Pennsylvanians have incomes below the federal poverty line⁴

1 in 7 (13.9%)

PA workers are underemployed⁵

MYTH Low-income individuals do not work or do not work hard enough.

FACT An average low-income employee works 2,552 hours per year, roughly one and one-quarter full-time jobs.²

1.85 million (14.6%)

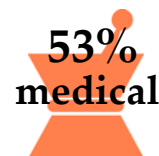
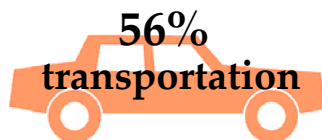
Pennsylvanians are food insecure⁶

Tough Choices for the Working Poor

A single parent working full-time earning \$10/hour would earn \$20,000 annually. The average self-sufficiency standard in the Food Bank's service area for one parent with a pre-school aged child and a school aged child is \$43,647.⁷ A percentage of families are forced to make tough choices between food and basic necessities:



vs.



⁸

Food assistance programs reduce food insecurity and its negative impacts:

- **For a family of three with one person earning \$10 an hour, SNAP (food stamps) benefits increase the family's income by 10-20%.⁹**
- **The Research Supplemental Poverty Measure** found the percentage of children in poverty increased by 16% when excluding SNAP benefits from total household income.¹⁰
- **The Emergency Food Assistance Program (TEFAP)** is designed to meet short-term emergency food needs of low-income Americans who might otherwise fall into poverty.¹¹
- **Work support benefits such as Earned Income Tax Credits, child care assistance, and public health insurance** also help reduce hunger and poverty among the working poor.¹²



Working Hard, Falling Short

Daryl is a hard working husband and father of two. He is waiting in line at the local food pantry, a fact that both frustrates and saddens him. "I don't want to sound ungrateful, the pantry provides us with the assistance we need, but it doesn't make sense—we work hard and should be able to earn enough to feed our children," said Daryl.

While both Daryl and his wife, Patty, work full time, rising food and transportation costs, along with the expense to send both children to daycare, has forced the family to seek help. As Daryl struggles to keep his family together amidst the stress of living pay check to pay check, he worries how his family would cope if faced with car trouble or an illness.

Unfortunately, Daryl and Patty's combined income is too high to qualify for some government assistance programs. In fact, 42% of food insecure people have incomes higher than 185% of the federal poverty level, disqualifying them for programs that could help, such as SNAP (food stamps), WIC, The Emergency Food Assistance Program (TEFAP), and school meals.¹³



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Hunger Hurts

Pennsylvanians' Health

HUNGER AND OBESITY

Obesity is a major public health problem. Food insecure and low-income individuals are especially vulnerable to obesity due to the additional risk factors such as... ¹

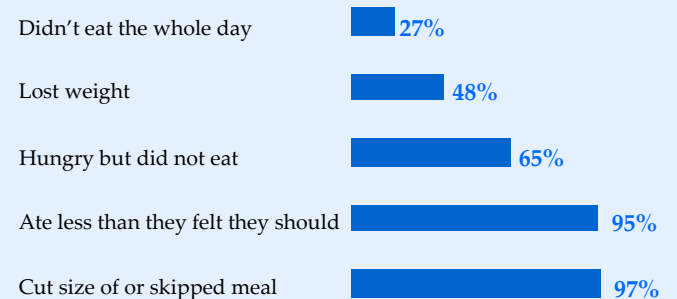
- Less access to healthy, affordable food
- High levels of stress
- Phases of limited food intake and overeating

A study found that low household food security is associated with a 22% greater likelihood of childhood obesity compared to households with persistent food security. ²

Nutrition Necessities

A critical component of a healthy life is nutrition. From birth, the intake of vital nutrients is essential to the growth and development of healthy individuals. Food insecurity threatens that critical foundation. ³

Eating Habits Among People with Very Low Food Insecurity ⁴



Lifelong Consequences of Hunger



PREGNANCY

- Maternal anemia ⁵
- Risk of infection ⁶
- Premature delivery ⁷
- Low birth weight ⁸



CHILDREN

- Increased hospital visits ¹³
- Developmental delays ¹⁴
- Anemia ¹⁵
- Anxiety ¹⁶



ADULTS

- Anxiety ⁹
- Depression ¹⁰
- Obesity ¹¹
- Diabetes ¹²



SENIOR CITIZENS

- High risk of infections ¹⁷
- Exacerbation of chronic diseases ¹⁸
- Increased risk of stroke ¹⁹

Food assistance programs reduce food insecurity and its negative impacts:

- **Food insecure families** who participate in SNAP (food stamps) are twice as likely to be healthy than those who don't. ²⁰
- **WIC has a positive effect on children's diets**, increasing intakes of nutrient dense foods containing iron, vitamins B6 and C, thiamin, and niacin – without an increase in food energy intake. ²¹
- **Children who participate in the School Breakfast Program** have an easier time concentrating in class. ²²
- **The National School Lunch Program** addresses hunger among low-income students while protecting them from excess weight gain. ²³
- **Commodity Supplemental Food Program (CSFP)** helps seniors maintain the nutrition needed to reduce the risk of chronic illness. ²⁴
- **85% of surveyed physicians** agree that unmet social needs lead to worse health for Americans and are therefore as important to address as medical conditions. ²⁵



A Healthful Outlook

Grace is passionate about cooking and knows the importance of consistent, nutritious meals. She cooks for her husband and granddaughter and shares leftovers with her neighbors. "In these tough economic times, it is important to look out for one another," said Grace. Her family receives monthly assistance from their local food pantry.

Since their daughter's passing, the couple has cared for their granddaughter, Sabrina, who is now 10 years old. Sabrina qualifies to receive free breakfast and lunch at school. Both meals are an important part of a child's physical well-being and academic progress. "Sabrina receives a meal at summer youth camp, as well," said Grace. "Every little bit helps." The Summer Food Service Program is specifically designed to fill the nutrition gap left when school lets out.

In a neighborhood where families have been struck especially hard by the nation's economic troubles, Grace doesn't want to see anyone go hungry. Her life-long love of cooking has taught her the importance of eating well, a lesson she hopes to pass on to Sabrina.

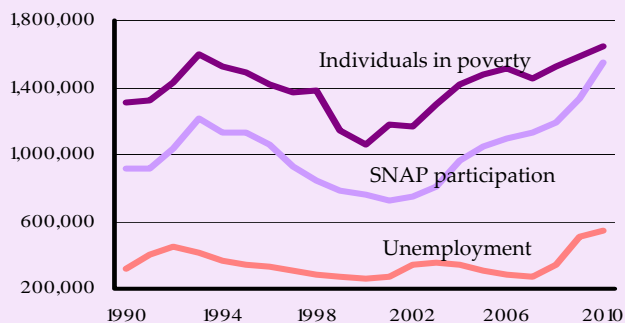


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SNAP

Benefits Pennsylvania

SNAP RESPONDS TO CHANGES IN THE ECONOMY¹



SNAP participation cycles with poverty and unemployment rates—two key drivers of food insecurity.

A Hand Up for Families, Boost to the Economy



Guards against poverty



Nutritional benefits



Economic returns



Food production gains



Job creation

75% of the public believes cutting food assistance is the wrong way to reduce spending.²

The Supplemental Nutrition Assistance Program (SNAP) is an investment in our future that benefits all citizens.

SNAP Prevents Hunger and Poverty

- 1.8 million Pennsylvanians receive assistance to purchase food when they need it the most.³
- Food insecure families who participate in SNAP (food stamps) are twice as likely to be healthy than those who don't.⁴
- 16% of children were lifted out of poverty because their families received SNAP benefits.⁵

SNAP Extends Economic Impact

- Every \$5 of SNAP benefits generates up to \$9 in economic activity. In 2011, \$2.6 billion of SNAP benefits were redeemed in Pennsylvania.⁶
- For every additional \$1 billion spent on SNAP, up to 19,800 jobs are created.⁷
- More than 10% of all sales in the U.S. for food at home are bought with SNAP benefits.⁸
- 9,907 Pennsylvania retailers accept SNAP benefits.⁹

SNAP Cultivates Self-Sufficiency

- For every \$1 of additional income, SNAP benefits decrease by only \$0.24-\$0.36, encouraging recipients to work more or find better pay.¹⁰
- Food insecure workers receiving SNAP benefits are more likely to be productive and take fewer sick days.¹¹

SNAP Aids in Disaster Recovery

- In 2011, over \$12 million in disaster SNAP benefits were given to 73,965 individuals in 28 Pennsylvania counties affected by Hurricane Irene and Tropical Storm Lee.¹²
- SNAP is one of the most efficient emergency response programs maintained by the government.¹³

Myths & Facts about SNAP Benefits:

MYTH Most SNAP recipients don't need this help.

FACT 48.5% of SNAP households have children, 27% have seniors, and 48.6% have someone with a disability.¹⁴

MYTH People receiving SNAP are lazy.

FACT Only 8.1% of recipients are able-body adults without dependents, who are limited to only 3 months of benefits in 3 years if they don't work. 74% of SNAP households have at least one worker in the home.¹⁵

MYTH SNAP is prone to fraud.

FACT The percentage of Pennsylvanians disqualified from the program is less than 0.01%.¹⁶



Real Benefits of SNAP

Jackie has long brown hair and a smile that she freely gifts to anyone that passes. She has been coming to the food pantry for five years and sees both new and familiar faces. "It's a community," says Jackie, "a community of friends that come to volunteer, receive food, and pray together."

Since her hip replacement surgery a few months ago, Jackie still finds it challenging to do everything she used to. "My recovery is going well and I am thankful to be getting back to work more and more." Jackie chooses to work rather than apply for Social Security because the disability check would amount to \$800 per month—hardly enough to cover rent and utilities, let alone medical bills and food.

Along with the assistance that Jackie receives on a monthly basis from the food pantry, she also receives SNAP benefits (food stamps) and fresh produce from Greater Pittsburgh Community Food Bank's Farm Stand Program. All combined, the food and nutrition assistance programs enable Jackie to receive a balanced diet that's imperative for her continued recovery.



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