



Understanding the Social and Structural Drivers of Food and Nutrition Insecurity

September 29th: 11:00 am-12:00 pm EDT

For more information on food insecurity statistics/ further reading:

1. Task Force on Hunger, Nutrition, and Health- Read more about these Ambitious, Actionable Recommendations to End Hunger, Advance Nutrition, and Improve Health in the United States <https://informingwhc.org/2022-task-force-report/>
2. What is Food Insecurity? Find resources and recipes at Hunger + Health Feeding America @hunger <https://hungerandhealth.feedingamerica.org/understand-food-insecurity/> #Hunger #foodsecurity
3. **USDA:** [Food Insecurity Among Working-Age Veterans](#). Contains extra information on food insecurity statistics for veterans as late as 2019. Includes a report summary and the entire report.
 - o Data only goes until 2019 – it is probably still relevant, but it may be considered outdated.
 - o Citation: Rabbitt, M.P., Smith, M.D. (2021, May). *Food insecurity among working-age veterans*. USDA Economic Research Service. <https://www.ers.usda.gov/publications/pub-details/?pubid=101268>
4. **USDA:** [Food Security Status of U.S. Households in 2021](#). This is more general data about overall food insecurity, not just focused on military households.
 - a. Data covers 2021
 - b. Citation: UDSA Economic Research Service (2022, September 7). *Food security of US households in 2021*. <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/key-statistics-graphics/#foodsecure>



Online Resources to locate and learn about Government Aid:

5. **USDA:** [Publication of the 2022-2023 WIC Income Eligibility Guidelines](#) (includes an attachment with the guidelines under the “Attachment” heading).
 - a. Note: WIC is a program managed by the USDA.
 - b. Citation: USDA Food and Nutrition Service. (2022, April 4). *Publication of the 2022-2023 WIC income eligibility guidelines*. <https://www.fns.usda.gov/wic/ieg-2022-2023>

6. **USDA:** [SNAP – Fiscal Year 2023 Cost-of-Living Adjustments](#) (includes numerous attachments for income guidelines to determine SNAP eligibility)
 - a. Also includes information on homeless shelter deductions
 - b. Citation: USDA Food and Nutrition Service. (2022, August 9). *SNAP – Fiscal year 2023 cost of living adjustments*. <https://www.fns.usda.gov/snap/fy-2023-cola>

7. **Academy of Nutrition and Dietetics (AND):** [Food Insecurity and Health](#). Blog post contains more information on resources that provide food or government aid, as well as a different perspective into the relationship between food insecurity and malnutrition.
 - a. Citation: Ellis, E. (2022, September 6). *Food insecurity and health*. Academy of Nutrition and Dietetics. <https://www.eatright.org/health/wellness/your-overall-health/food-insecurity-and-health>

References and Resources from the webinar:

1. Andrew S. London and Colleen M. Heflin, “Supplemental Nutrition Assistance Program (SNAP) Use Among Active-Duty Military Personnel, Veterans, and Reservists,” *Population Research and Policy Review* 34, no. 6 (December 2015): 805–26, doi:10.1007/s11113-0159373-x.
2. Military Leaders Economic Security Toolkit: <https://www.militaryonesource.mil/leaders-service-providers/economic-security/>
3. Matthew R. Beymer et al., “Association between Food Insecurity, Mental Health, and Intentions to Leave the US Army in a Cross-Sectional Sample of US Soldiers,” *Journal of Nutrition* 151, no. 7 (July 2021): 2051–58, doi:10.1093/jn/nxab089.
4. “2020 Military Family Lifestyle Survey,” Blue Star Families, accessed March 8, 2022, <https://bluestarfam.org/survey/>; and Alisha Coleman-Jensen et al., “Household Food Security in the United States in 2020,” U.S. Department of Agriculture Economic Research Service (USDA-ERS), September 2021, <https://www.ers.usda.gov/publications/pub-details/?pubid=102075>.



5. “Definitions of Food Security,” USDA-ERS, 2021, <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/definitions-of-food-security/>. “Food Security in the U.S.: Overview,” USDA-ERS, 2022, <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/>.
6. “2020 Military Family Lifestyle Survey,” Blue Star Families; Military Family Advisory Network (MFAN), Military Family Support Programming: Survey 2019 Results (Shawnee, KS: MFAN, 2019), <https://militaryfamilyadvisorynetwork.org/wp-content/uploads/MFAN2019SurveyResults.pdf>.
7. “The Diverse Experiences of Military & Veteran Families of Color,” Blue Star Families, February 2, 2022, <https://bluestarfam.org/racialequity-initiative/research-and-advocacy/>.
8. Go For Green: <https://www.hprc-online.org/nutrition/go-green>
9. Blue Star Families: <https://bluestarfam.org/food-insecurity-resources/>
10. Matthew Rabbitt et al., “Food Insecurity among Active-Duty Soldiers and Their Families during the COVID-19 Pandemic,” Public Health Nutrition (January 2022): 1–20, doi:10.1017/S1368980022000192.
11. MFAN, The State of the State: Texas (Shawnee, KS: MFAN, November 2020), <https://www.mfan.org/research-reports/?doctype=full-report>