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Food Security
in Focus

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Military Teen Experiences and Food Security

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Military Teen Experiences and Food Security



Event Materials

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Join us as we focus on expanding food security for military families and mobilizing family service professionals at federal, state, and local levels to work together!

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Newly Released! USDA Study

Food Security in the U.S.

<https://www.ers.usda.gov/Topics/Food-Nutrition-Assistance/Food-Security-in-the-U-S/Key-Statistics-Graphics/>

Food Security in Focus

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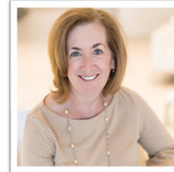
Today's Presenters



Aspen Bergmann
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Learning Objectives

1. Describe statistics around military teens and their experiences of food insecurity
2. Identify how food insecurity may affect a teen's mental well-being and daily life
3. Examine NMFA resources for teen support (i.e. BLOOM network)
4. Discuss how local communities, states, and the federal government can respond



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Acknowledgement



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National Military Family Association

Who We Are

Advocacy

Programs

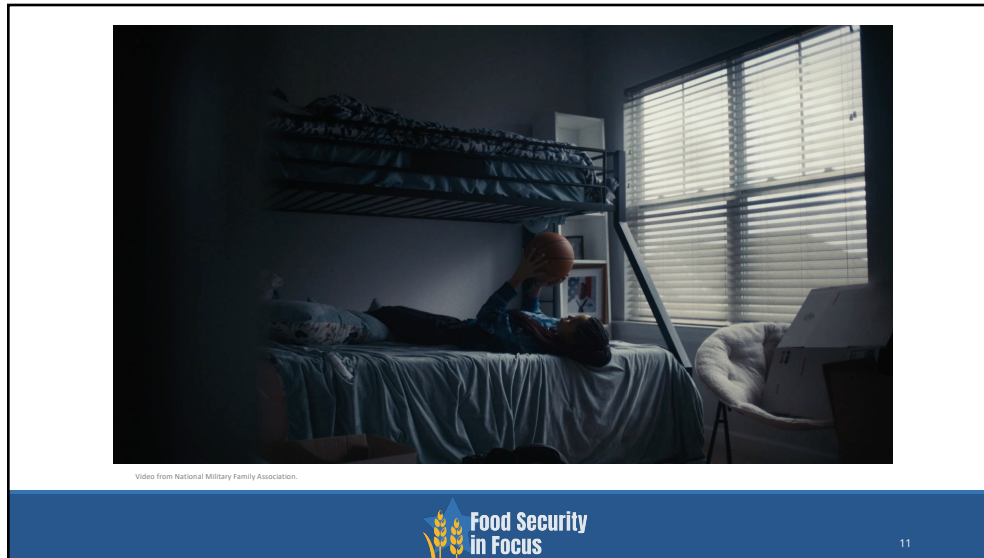
Operation Purple Camp

Spouse Scholarship

Bloom: Empowering the Military Teen

Research

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Common Terms and Scales Used

Terms

- BAH – Basic Allowance for Housing
- PCS – Permanent Change of Station
- Hidden Helpers
- Mental Well-Being

Scales

- Warwick-Edinburgh Mental Well-being Scale
- USDA short form



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The Military Teen Experience Survey (MTES)






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Military Life and Food Security

Military-connected financial strain:


- Frequent relocation
- Needing childcare
- Forgoing additional income

In 2021 NFMA found that 15% of actively serving military personnel used a food bank in the past 12 months.

Food insecurity impacts mental health – which in turn impacts military readiness and retention.

Stigma appears to be a major barrier in seeking support for food insecurity.


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Previous Findings

Total Food Insecurity



46%

In 2022 we found almost half of our 2,254 respondents (**46%**) reported experiencing some level of food insecurity within the past 30 days.

Low Food Security



18%

About **18%** of military teens reported experiencing low food security.

Very Low Food Security

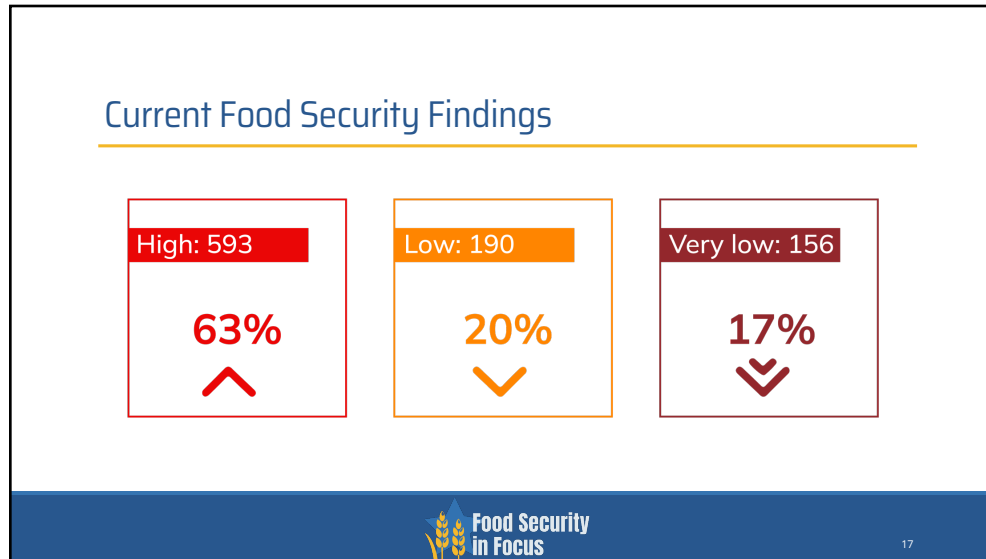


28%

Over a quarter (**28%**) experienced very low food security.


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Food Security and Mental Well-being

Mental Well-Being	Food Security			Total
	High	Low	Very Low	
High	50 (82.0%)	8 (13.1%)	3 (4.9%)	61
Moderate	359 (68.9%)	92 (17.7%)	70 (13.4%)	521
Low	184 (51.5%)	90 (25.2%)	83 (23.2%)	357
Total	593	190	156	939

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Food Security and Other Service-Related Factors



Service member pay grade



Service member illness or injury



Dual military families



Deployment and PCS

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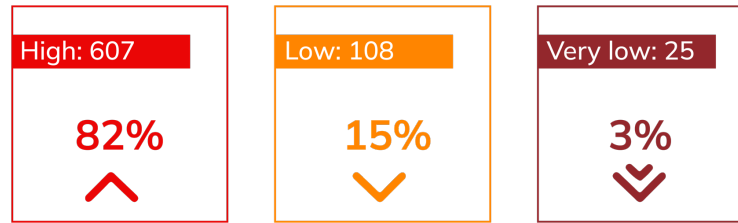
Operation Purple Camp Families



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The Parent Perspective



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What does all this mean? What can YOU do?



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NMFA's Food Security Advocacy

- SNAP
- Basic Needs Allowance (BNA)
- Excluding BAH in determining BNA eligibility



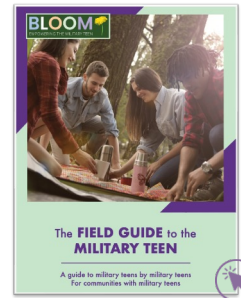
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BLOOM: Empowering the Military Teen



Images from National Military Family Association. Used with permission of presenters.



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Resources

- National Military Family Association (NMFA) <https://www.MilitaryFamily.org/>
- Research + Insights at NMFA <https://www.MilitaryFamily.org/About-Us/Research-Insights/>
- USDA Study, Food Security in the U.S. <https://www.ERS.USDA.gov/WebDocs/Publications/104656/err-309.pdf>
- MTES Food Security Report <https://www.MilitaryFamily.org/wp-content/uploads/2023-MTES-Food-Security.pdf>
- MTES Mental Health Report <https://www.MilitaryFamily.org/wp-content/uploads/2023-MTES-Mental-Health.pdf>
- Bloom Field Guide to the Military Teen <https://www.bloommilitaryteens.org/fieldguide>



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OneOp Resources

- Food Security in Focus <https://OneOp.org/Series/Food-Security-in-Focus/>
- Military Family Readiness Academy – Military Families and Food Security: A Call to Action <https://OneOp.org/Series/Military-Families-and-Food-Security-a-Call-to-Action/>
- USDA Study, Food Security in the U.S. <https://www.ers.USDA.gov/Topics/Food-Nutrition-Assistance/Food-Security-in-the-U-S/Key-Statistics-Graphics/>



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Questions?




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Continuing Education

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- The **University of Texas at Austin, Steve Hicks School of Social Work**
- The **Commission for Case Manager Certification**
- The **Patient Advocate Certification Board**
- The **American Association for Family and Consumer Sciences**
- The **National Council on Family Relations**
- The **Commission on Dietetic Registration**
- OneOp **certificate of attendance** available

Evaluation Link
Go to the event page for the evaluation and post-test link.

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Questions?
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OneOpFamilyDevelopment@gmail.com

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Upcoming Food Security in Focus Event



Supporting Military Teens: Community Healthy Living and Food Security Programs December, 7 2023, 11 AM - 12:30 PM ET

This webinar will focus on the benefit and importance of addressing food security and health initiatives within communities

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<https://oneop.org/learn/160007/>



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