



**CONSORTIUM FOR CITIZENS  
WITH DISABILITIES**

**NUTRITION HARDSHIPS CAN CONTRIBUTE TO DISABILITY**

A congressional briefing was held by the Food Research Action Center (FRAC) in which it release new data on hunger in communities across the U.S. Presenters at the briefing were congressional advocates to end hunger in America and the President of FRAC.

**Summary**

The report that released data on hunger revealed a look at food hardship (the inability to afford enough food) through 2010. The report included data from every congressional district and 100 counties of the largest metropolitan areas. Nearly one in five Americans reported inability to afford enough food for their families in 2010. The annual rate of food hardship in 2010 was 18% or about 55 million people. Food insecurity reached 19.3% in October 2010 to 57 million people. The highest rates of food insecurity were in the southeast 21.1%, one third higher than the midatlantic and northeastern states. Eighty- five percent of the hundred largest metropolitan areas had 15% or more of households that were food insecure. In 177 congressional districts, one-fifth or more of all households reported food hardships. Only 17 districts had less than 10% of the people who had food hardships. The rate of food hardship was 32.7 % in the New York 16<sup>th</sup> district. The lack of money to buy food that families need is a serious national problem in every area of the U.S..

**Disability Prevention Issue**

Adequate nutrition is an essential element of health. In the event nutrition is inadequate, it may diminish ones health and prevent needed social, physical and psychological development of children. Inadequate nutrition can be especially harmful to vulnerable populations who may also lack health insurance or be housed in unhealthful houses with toxic chemicals and infestation of rodents and insects. Thus, inadequate nutrition, related to other adverse conditions that negatively affect health, can thwart child development, and diminish health that contributes to disability.

**Activity**

There is on-going activity with anti-hunger coalitions to ameliorate hunger among vulnerable populations that can diminish health and contribute to disability.

**Principle**

People in the U.S. should not be afflicted with hunger hardships