

HOUSTON HEALTH HIGHLIGHTS

FOOD INSECURITY IN HOUSTON, TEXAS

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Access to nutritious foods is a marker of health of a community. Unfortunately, one in four people in the US worry about having enough food for the family.

In 2017, 16.3% of people in Houston/Harris County reported being food insecure. Although below the U.S. rate and trending down, food insecurity in Houston/Harris County leaves approximately a million people hungry and at higher risk for chronic conditions such as diabetes, heart disease, obesity, depression and high blood pressure.

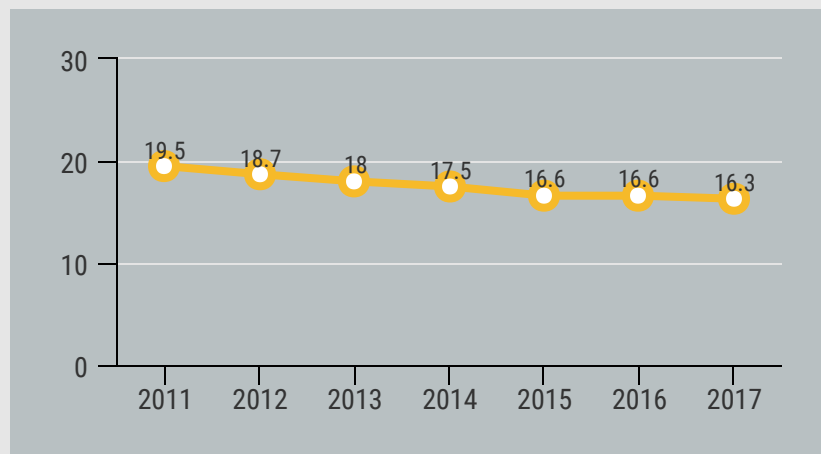
Almost 1 in 4 children (23.2%) in Houston/Harris County are food insecure.

Impact on Children

Nearly 1 in 4 children (under 18 years of age) in Houston/Harris County are food insecure. Without proper nutrition, these children are not only hungry, they're at higher risk for serious negative impacts on their growth and development. Food insecure children are more frequently hospitalized, have a higher risk of developing chronic conditions and experience more academic, behavioral and social problems.

16.3%
of the
Houston/Harris
County population
reported being food
insecure in 2017

Figure 1: Food Insecurity Rate trends in Houston/Harris County



High Risk Groups

Groups at highest risk of food insecurity are low-income families with children, veterans and military families, older adults, immigrants, college students and the LGBTQ communities.

Addressing Food Insecurity

National and state public programs such as the Supplemental Nutrition Access Program (SNAP) and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) assist families access nutritious foods. Additionally, the Houston Health Department offers programs food access programs for families through its Office of Chronic Disease, Health Education and Wellness.