



# Obesity and Food Insecurity

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KAHOOT!



# History:

Obesity: a complex disorder involving excess amount of body fat.

-Occurs when one takes in more calories than burned through exercise and normal daily activities. The body stores these excess calories as fat and therefore becomes more challenging to burn them off and get rid of them.

-Diagnosed when ones BMI is 30 or higher. Calculate it by dividing the weight (kg) by the height (m) squared.



# Causes and Symptoms:

- Poor eating choices and lack of control
- Not exercising
- Genetic factors
- Depression and stress
- Medical condition (ex... binge eating disorder)



# Obesity Statistics

- On a national level obesity rates have risen significantly.
- Risk factors?
  - Environmental factors?
- West Virginia - 38.1% of adults
- Colorado - 22.6% of adults
  - What's different?



# Ranges of Food Security

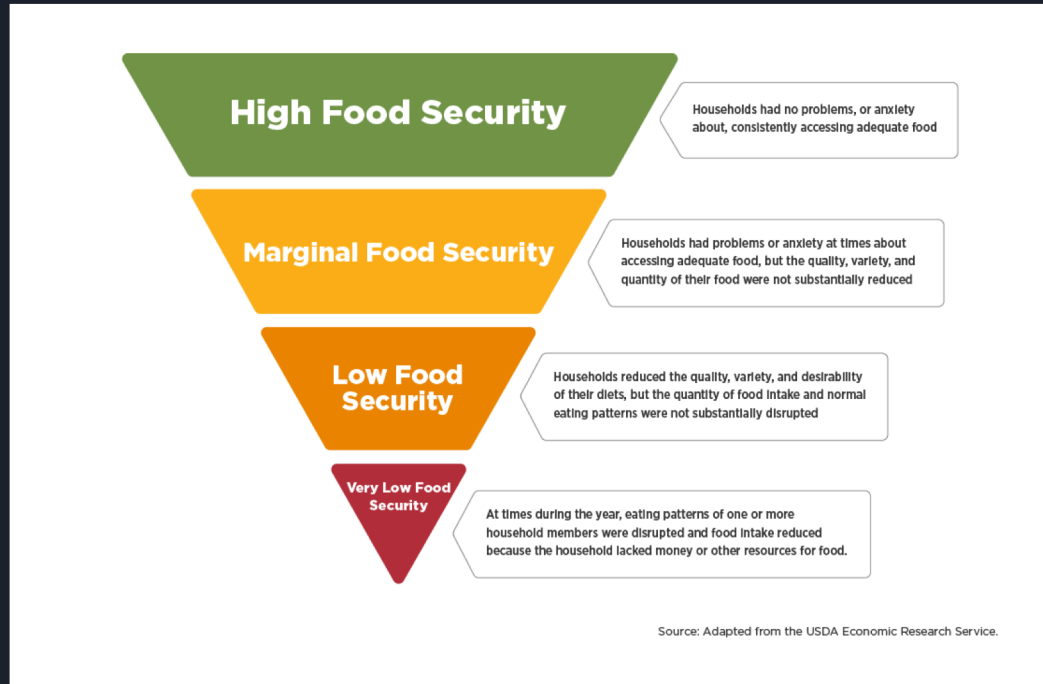
## *Food Security*

- High Food Security
- Marginal Food Security

## *Food Insecurity*

- Low Food Security
- Very Low Food Security

The U.S. Department of Agriculture (USDA) defines food insecurity as a lack of consistent access to enough food for an active, healthy life.





# Next Meal

- **Help from Friends**
- **Water down foods and drinks**
- **Buying inexpensive/unhealthy foods**
- **selling/pawning personal belongings**
- **Grow a garden**



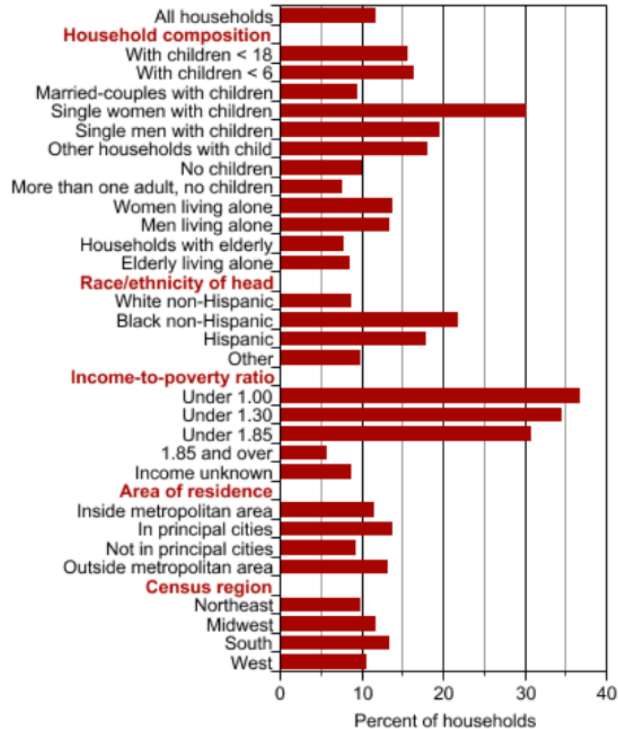


# Food Insecurity and Health Issues

- Birth Defects
- Development Problems
- Behavior Problems
- Chronic Illness
- Overweight/Obesity
- Poor Health

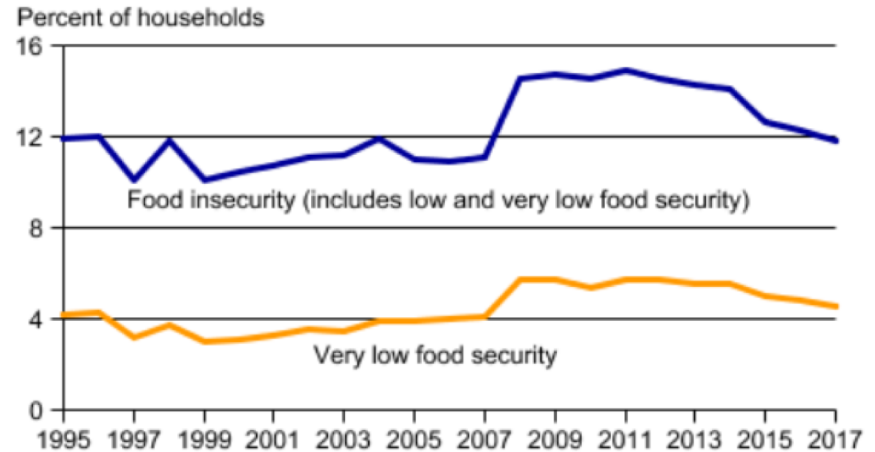
# Food Insecurity Statistics

Prevalence of food insecurity, 2017



Source: USDA, Economic Research Service, using data from the December 2017 Current Population Survey Food Security Supplement.

Trends in prevalence rates of food insecurity and very low food security in U.S. households, 1995-2017



Note: Prevalence rates for 1996 and 1997 were adjusted for the estimated effects of differences in data collection screening protocols used in those years.

Source: USDA, Economic Research Service, using data from Current Population Survey Food Security Supplement.



# Obesity and Food Insecurity

- What's the relationship between obesity and food insecurity?
- Two hypotheses to link obesity and food insecurity
- Does SNAP help or harm?



# Meal Manager

- Seek out the proper information regarding obesity and food insecurity



# Recommendations

- Educate mothers, fathers, caretakers, and early-care providers
- Writing to legislators in regards to SNAP or other programs



KAHOOT! ... again



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