

**1 in 6 children** here don't know from where their next meal will come...  
enough to fill **Busch Stadium** nearly **three times**



# Consequences of Food Insecurity

**FOOD INSECURITY** = Inadequate access to food because of financial constraints

## Health impacts of food insecurity



Inadequate intake of nutrients



Increase risk for various chronic diseases



Increased risk for negative pregnancy outcomes



Long-term deficits in children's socio-emotional, cognitive and motor functioning



Increase risk for negative mental health impacts (including depression, suicide, substance misuse, etc)



Total healthcare costs increase steadily with increased severity of household food insecurity