The Role of Food Security & Economic Well-Being in Promoting Human Health

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ABSTRACT
Hunger in the United States and Minnesota is on the rise. The impact of hunger effects brain development, academic performance and health outcomes. Access to affordable and healthy foods varies by income levels and neighborhood locations and contributes to health disparities. The face of hunger has changed due to the economic downturn and our diverse Minnesota communities. Local emergency food-assistance programs and youth-serving organizations are responding creatively to these changes. Promising federal initiatives to improve the food offerings in communities, schools and early-care settings will be highlighted. Innovative local interventions of a major Minnesota food bank and school efforts will also be presented.