

understanding the link between hunger, poverty, health, and COVID-19

summary handout



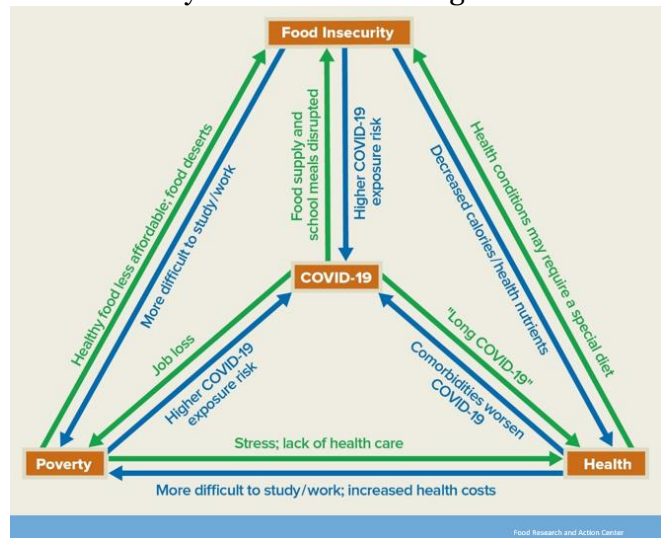
Food Insecurity in America—The Big Picture: COVID-19 amplified and exacerbated disparities that differ according to population

- 38 million people in US experienced hunger in 2020
- > 42 million people experience hunger as a result of COVID-19
- African American, Latinx, and Native Americans hardest hit due to systemic racial injustice

Pandemic Electronic Benefit Transfer (P-EBT) – Federal Nutrition Program developed because of the pandemic, where benefits helped replace the free and reduced-price school meals that children lost access to when schools closed in response to the pandemic. Families receive money on a new or existing EBT card to help fill the meals gap.

Racial and Ethnic Disparities in Health and COVID-19

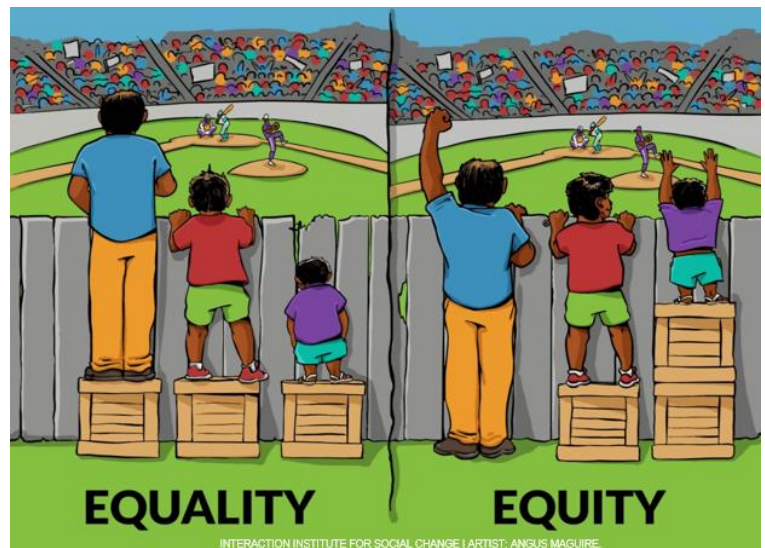
- 24% of African Americans experienced food insecurity in 2020
- Food insecurity increased from 16% in 2019 to more than 19% in 2020 among LatinX Americans
- 1 out of 3 Indian/Alaska Natives live in poverty
- Hunger is part of a larger feedback cycle between poor health outcomes and poverty. The COVID-19 pandemic has applied unique pressures to these relationships



Nutrition professionals have a role to play in improving food equity, where 60% of healthcare workers are white.

Terms to know:

- **Racism** – A form of devaluing, denigrating and exploiting based on socially constructed ideas about skin color, ethnic backgrounds, sexual orientation and gender identity
- **Implicit Bias** - The attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner
- **Microaggressions** – A result of an individual's implicit biases which can be displayed verbally, behaviorally or through environmental slights and often occur automatic or unintentional on a daily basis
- **Stereotypes/Generalizations** – a type of hypothesis, or guess, or what we expect to encounter when we interact with a certain culture



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