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FACT SHEET

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THE IMPACTS OF INSECURITY ON AMERICAN CHILDREN

Food Insecurity in The United States

- [10.5%](#) (13.8 million) American households were food insecure at some time in 2020.
- Household food insecurity impacted [14.8%](#) of American households with children in 2020.
- According to an estimate by researchers at Northwestern University, food insecurity [more than doubled](#) in the United States between 2019-2020.

Impacts of Childhood Food Insecurity on Health

- Children who grow up in food insecure homes often experience cognitive, emotional, and physical [delays](#).
- Food-insecure children are almost [twice as likely](#) to be in fair or poor health when compared to food-secure children and are significantly more likely to be hospitalized.
- Food-insecure families are [significantly more likely](#) than food-secure families to report eating unhealthy foods.

Impacts of Childhood Food Insecurity on Education

- Children from food-insecure families show [smaller gains in both reading in math](#) when compared to their food-secure peers.
- By the time they are teenagers, children from food-insecure families are [twice as likely](#) as their food-secure peers to have been suspended from school.
- Food-insecure children and teenagers are [more likely](#) than food-secure peers to need to repeat a grade in school and are less likely to graduate high school.

Additional Information

- For more information about combating food insecurity, contact Ship Community Outreach, 919-817-2825, admin@shipoutreach.org