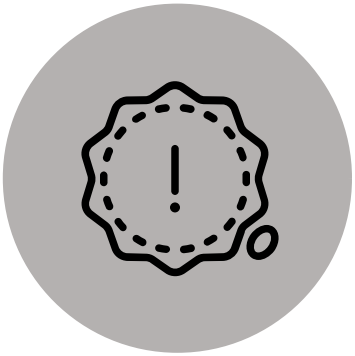
WHAT ARE THE CONSEQUENCES OF BEING FOOD INSECURE?

FoodCommunity



CONSEQUENCES

Negative health implications of food insecurity include reduced physical, mental and spiritual health and wellbeing and an increased risk of chronic diseases.

FOR CHILDREN

- POORER ACADEMIC PERFORMANCE
- POORER GROWTH & DEVELOPMENT
- LOWER SELF-ESTEEM & SELF-EFFICACY
- INCREASED RISK OF IRON DEFICIENCY ANAEMIA
- GREATER WEIGHT GAIN
- INCREASED RATE OF HOSPITALISATION

Increased risk of:

- Kidney disease, cardiovascular disease and diabetes.
- Nutrient deficiencies.
- Mental health issues.

References:

1. Lindberg, R., Lawrence, M., Gold, L., Friel, S., & Pegram, O. (2015). Food insecurity in Australia: Implications for general practitioners. Australian family physician, 44(11), 859-862.
2. Rosier, K. (2012). Food insecurity in Australia what is it, who experiences it and how can child and family services support families experiencing it?. Journal of the Home Economics Institute of Australia, 19(1), 25.
3. Godrich, S., Loewen, O., Blanchet, R., Willows, N., & Veugelers, P. (2019). Canadian children from food insecure households experience low self-esteem and self-efficacy for healthy lifestyle choices. Nutrients, 11(3). doi:10.3390/nu11030675