



Food Security

We Believe in a Healthy Louisiana

In 2020, Ochsner Health unveiled Healthy State, a bold plan to partner with local and state leaders and organizations to realize a more equitable and healthier Louisiana. By engaging with healthcare, education and policy organizations from every sector and corner of the state, we are working together to tackle the leading causes of poor health and to create profound impact for Louisiana residents. Find out more at LiveHealthyState.org.

About the Healthy State Food Security Focus

Food insecurity has broad effects on health due to the mental and physical stress that it places on the body. Food insecurity is a focus for Healthy State because:

TOP 20

Food insecurity is one of the **top 20 drivers of poor health** in Louisiana.

15.8%

In Louisiana, 15.8% report being unable to provide adequate food for one or more household members due to lack of resources **compared to 11.7% of households in the U.S.**

37M

In 2018, an estimated 37 million Americans, **including 11 million children**, were food insecure.

Source: Explore Food Insecurity in Louisiana | 2020 Annual Report, America's Health Rankings

What Are the Impacts of Food Insecurity?

- ✓ Among women, food insecurity is associated with **obesity, anxiety and depressive symptoms**, risky sexual behavior, and negative pregnancy outcomes such as low birth weight and gestational diabetes.
- ✓ Children are particularly susceptible to the negative impacts of food insecurity because their brains and bodies are still developing.
- ✓ Among children, food insecurity is associated with anemia, asthma, depression and anxiety, cognitive and behavioral problems, and higher risk of being hospitalized.
- ✓ Lost economic productivity, education costs (such as special education support and costs of school dropout), and charity to combat hunger brings the total cost of food insecurity to \$178.9 billion.
- ✓ A Centers for Disease Control and Prevention study found that food-insecure adults had annual healthcare expenditures \$1,834 higher than food-secure adults, for a cumulative median cost of \$687 million per state.



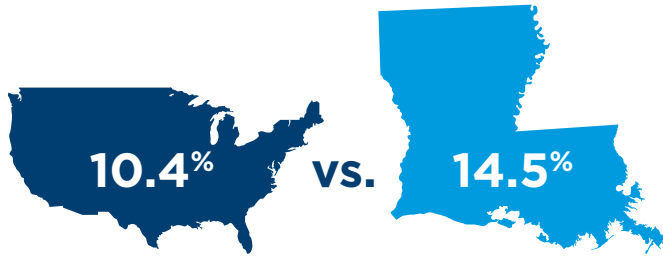
Health-related costs attributed to hunger were conservatively estimated at \$160 billion in 2014.

Source: America's Health Rankings 2020

Sources: Explore Food Insecurity in Louisiana | 2020 Annual Report, America's Health Rankings Centers for Disease Control

Louisiana Food Insecurity Rate: 14.5%

The percentage of households unable to provide adequate food for one or more household members due to lack of resources.



Source: County Health Rankings and Roadmaps, 2020 | America's Health Rankings, 2022 Annual Report | AHR

Impacted Groups

Individuals with the greatest disparities in food security identify as being a part of the following categories:

- ✓ Black or Hispanic
- ✓ Lower-income households
- ✓ Single parents
- ✓ Older adults
- ✓ Residents of Orleans, East Baton Rouge, Jefferson, Caddo, St. Landry and Washington parishes

Annual Impact by 2030: >25,000 Lives

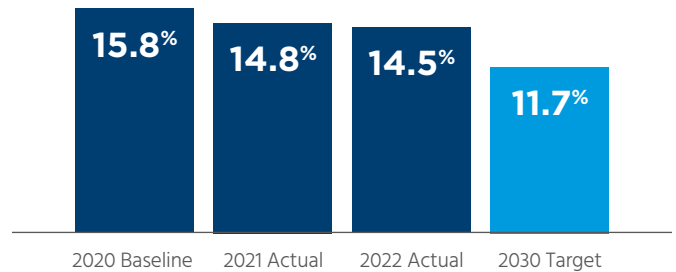
Food security programs available to key target audiences can positively impact more than 25,000 lives in Louisiana.



Success Measures

Goal: 72,000 more food-secure households

- ✓ Decrease the percentage of households with food insecurity by 4.1% annually by 2030.



Questions?

Email healthystate@ochsner.org

