The Great Chasm in Child Nutrition: Obesity and Hunger in the United States

Why are children obese, food insecure, or both in the richest nation on earth?

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Outcomes of this Presentation

1. Assimilate an overview of the literature associated with child nutrition.
2. Develop clinical interventions to help maintain adequate nutrition and weight for children.
3. Discuss health policy and issues related to federal food assistance.

The speakers have no conflicting interests or disclosures

What area of child health are you working?
- A. Hospital
- B. Clinic
- D. Faculty in Education
- E. Other

What would you estimate the percentage of obese school-aged children in the United States?

What are the biggest risk factors for food insecurity in the United States? (Select All That Apply)
- a. location the child resides.
- b. family income.
- c. parental substance abuse.
- d. parental education.
Obesity Issues
Fast food, high calorie beverages, high fat and carbohydrate rich diets

Obesity Data
• Estimated 9 million overweight children/4.5 million obese
• Children: 2-5 years 8.9%
• Children: 6-11 years 17.5%
• Adolescents: 12-18 years 20.5%
• White 14.7%
• Black 19.5%
• Hispanic 21.9%
Same pattern for male/female

Obesity Interventions:
֍ Healthy Foods
֍ Exercise

Children with Food Insecurity
• Estimated that 1 in 5 children are food insecure (Nord, Andrews & Carlson, 2005).
• 14-20% of households with children are food insecure (Baxter et al., 2015; Gunderson, Lohman, Eisenmann, Garasky, & Stewart, 2017; Skalicky et al., 2006).

Issues Related to Food Insecurity
Etiology:
• Poverty Level
• Residence
• Education
• Immigrant
• Substance Use by Adults
Interventions:
• Federal Nutrition Programs
• Availability of Grocery Stores and Fresh Food Access
• Nutritional Education
• Cigarette, alcohol, drug use of adults in household
Impact on Children

### Physical Issues
- Headaches
- Abdominal pain
- Increased Health Issues & Hospitalizations-iron and nutrient deficiencies
- Delayed Growth and Development

### Psychosocial Issues
- Behavioral Problems
- More likely to have criminal activity
- Diminished concentration and academic performance
- Hyperactivity

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Health Policy

Advocating for Child Nutrition
- HR 3384 School Lunch Affordability Act (2017-2018)
- HR 1760 (2017-2018) Amend the Food and Nutrition Act of 2008 voiding waiver for high unemployment
- HR 1189 Anti-Hunger Empowerment Act of 2017-3/10/17-to Nutrition Subcommittee
- HR 4881 Healthy Food Act of 2106-3/3/16 sent to Nutrition Subcommittee
- HR 1332 Early Childhood Nutrition Improvement Act
- HR 3268-2017-2018 Appropriations for the Agriculture, Rural Development, FDA, & related agencies-commodities and nutritional assistance funding.

Government Assistance Programs: What Works and What Does Not

#### Good Start and Intentions
- WIC
- SNAP
- Child Nutrition Programs
  - School Breakfast
  - National School Lunch
- Summer Food Service Program

#### What Fails
- Family Food Choices and Lack of Knowledge on Stretching the Allocation over Month
- Some food regulations had healthy and food challenged children hungry
- School arrival on buses to late for meal to be consumed. Eating all 3 meals from 0730-1530.
- Lack of Transportation to the Summer Food Sites.

Questions and Discussion