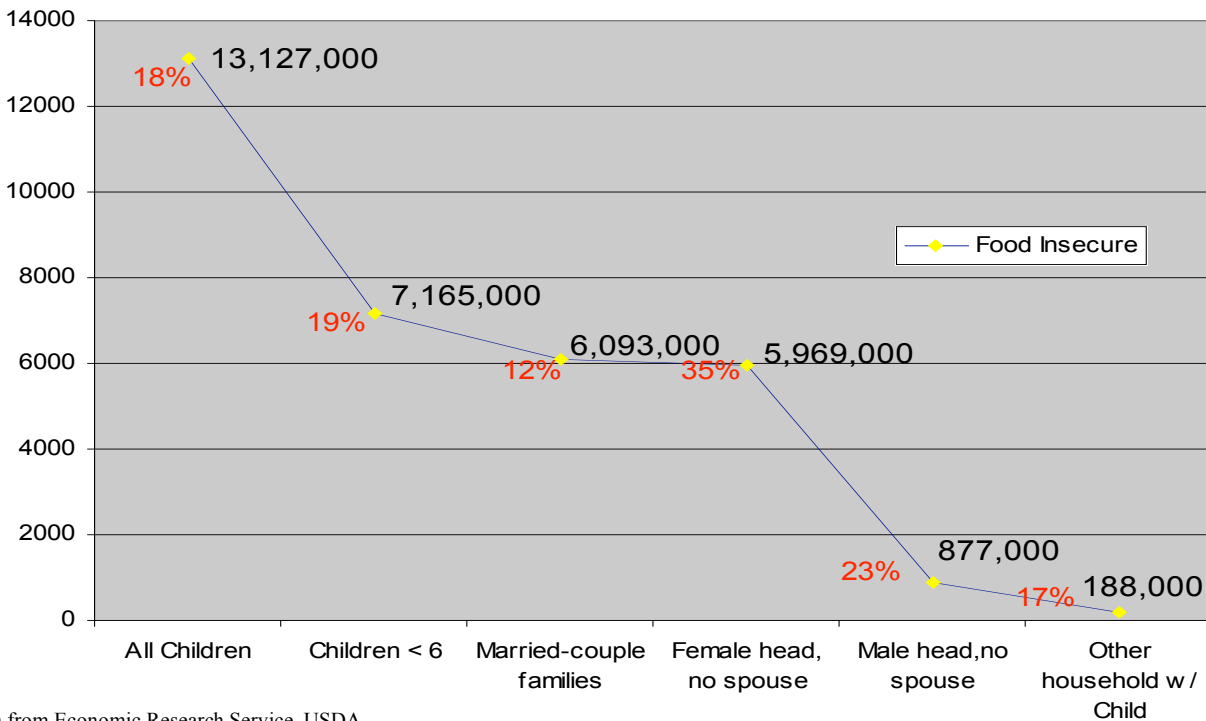

The 13.1 million...

13,127,000 children in the U.S. live in households that experience hunger or the risk of hunger.

Number of children food insecure by household make-up



Effects of hunger on children

- ✓ Hunger has a negative impact on children's ability to learn in school.
- ✓ Hungry children suffer from two to four times as many individual health problems, such as unwanted weight loss, fatigue, and headaches as low-income children whose families do not experience food shortages. The relationship between hunger and health problems existed regardless income.
- ✓ In addition to having a detrimental effect on the cognitive development of children, under nutrition results in lost knowledge, brainpower, and productivity for the nation.
- ✓ The infant mortality rate is closely linked to inadequate quantity or quality in the diet of the infant's mother.
- ✓ Pregnant women who are undernourished are more likely to have low-birth weight babies.
- ✓ Stunting (low height for age) in children results from inadequate nutrition.
- ✓ Iron-deficiency anemia in children can lead to adverse health effects such as developmental and behavioral disturbances