

FOOD POLICY FOR A HEALTHIER NORTH CAROLINA

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HUNGER IN NORTH CAROLINA



North Carolina has one of the highest percentages in the United States of **children under 18 who are food insecure on a regular basis: 26.7%**



Nearly 160,000 North Carolinians receive emergency food assistance in any given week, roughly equivalent to feeding nearly every resident of Asheville, Chapel Hill and Elizabeth City every week

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North Carolina Association of Food Banks, 2015

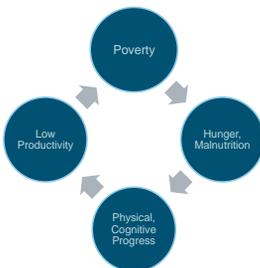
HUNGER'S IMPACT ON OVERALL HEALTH



Hungry children suffer from **2 to 4 times more individual health problems**

- Unwanted weight loss, fatigue, headaches, irritability, inability to concentrate, frequent colds

Low-income children who participate in the School Breakfast Program show an **improvement in standardized test scores** and a **decrease in tardiness** and absenteeism



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Center on Hunger and Poverty at Brandeis University and the Food Research and Action Center (FRAC)

HUNGER'S IMPACT ON OVERALL HEALTH



School-aged children who are hungry cannot concentrate or do as well as others on the tasks they need to perform to learn the basics

Pregnant women who are undernourished are more likely to have low-birthweight babies

- These infants are more likely to suffer delays in their development and are more likely to have behavior and learning problems later in life

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HEALTHY, HUNGER-FREE KIDS ACT OF 2010



Improving nutrition, reducing obesity

Gives USDA the authority to set nutritional standards for all foods regularly sold in schools during the school day

Provides additional funding to schools that meet updated nutritional standards for federally subsidized lunches

Helps communities establish local farm-to-school networks, create school gardens and ensures that more local foods are used in schools

Expands access to drinking water in schools, particularly during meal times

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IMPACTS OF HEALTHY, HUNGER-FREE KIDS ACT



Kids are eating 16% more vegetables and 23% more fruit at lunch (USDA)

Significant improvements seen in consumed key nutrients, reductions in sodium and the percentage of calories from saturated fat, significant increase in fiber (School Nutrition Association)

Over 90 percent of schools report that they are successfully meeting the updated nutrition standards (USDA)



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PANEL DISCUSSION

Alan Briggs, Executive Director, North Carolina Association of Food Banks

Francesca Hyatt, Program Director, Beyond Hunger Relief, Rural Advancement Foundation International

Cardra Burns, Health Director, Halifax County
