

Food Insecurity and its Impact on Health

Community Chats- August 2021

We recognize that our community's health is interconnected with all aspects of life, and we hope Community Chats help to provide a look at the bigger picture and how all of our work is connected. Prior to each chat we've sent out resources for attendees to review.

Topic Resources:

- [What are the Connections Between Food Insecurity and Health?](#)
 - This article from Feeding America examines the connections between food insecurity and health and looks at how households are coping with food insecurity. This post also includes an explainer video and links to other research articles.
- [A Town Called Malnourished](#)
 - An intimate look at food deserts in rural America and the impact on individuals' health. Following the story of one man who, after being laid off from his job in the coal industry turned to farming and brought healthy food options to his community.
- [Social Determinants of Health: Food Insecurity in the United States](#)
 - A research brief that breaks down food insecurity into different levels and the factors behind it. The article then goes on to discuss solutions at both a federal and state level as well as asks what role healthcare plays in this due to the impact food insecurity has on one's health.
- [Food Apartheid: What Does Food Access Mean In America?](#)
 - A compelling article that discusses the importance of language. Is 'food desert' the correct term for lack of access to food? The author argues that it is not. These environments are not naturally occurring but instead man made and are more properly referred to as 'food apartheid'.
- [Food Deserts in Urban and Rural America](#)
 - Food deserts are not specific to one part of the country. This video from an Iowa PBS station examines the differences between food deserts in rural and urban communities, and their impact on the folks that live there.