



FOOD INSECURITY IN TEXAS

WHAT IS FOOD INSECURITY?

Food insecurity is defined as the lack of access to enough food for an active, healthy lifestyle. Food insecurity is driven by a lack of money or other resources and is associated with numerous adverse social and health outcomes. It is increasingly considered a critical public health issue.

Multiple interventions have been shown to reduce food insecurity, including participation in food assistance programs like SNAP and broader societal-level improvements in economic stability.

Texas has the second-highest rate of food insecurity in the nation at

15.5%

- more than 4% higher than the U.S. average.



In Texas, nearly 1 in 6 households are food insecure.

This is approximately 4.6 million Texans total.

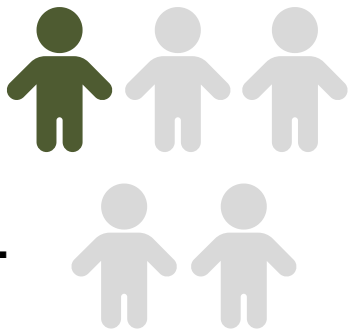
CAUSES OF FOOD INSECURITY

Food insecurity is a systemic issue that can happen to anyone, not a personal failure. Many people facing hunger struggle with high living costs, expensive housing, and low-wage jobs. Even people with steady income and access to affordable housing can experience temporary setbacks that lead to food insecurity, including job loss, medical emergencies, natural disasters, or family crises.

Food insecurity affects people from all walks of life. Millions of Texans are just one crisis away from hunger. But hunger doesn't affect everyone equally - some groups like children, seniors, veterans, rural Texans, and people of color face hunger at much higher rates.



1 in 5
Texas children
experience hunger.



8.5% of Texas seniors are
at risk for hunger.

**Texas has the eighth-highest rate of
senior food insecurity in the nation.**

HOW DOES FOOD INSECURITY IMPACT TEXANS?



Physical health

People who experience food insecurity are more likely to experience malnutrition and chronic conditions like heart disease and diabetes.



Mental health and well-being

Food insecurity can hurt people's mental health and result in depression, anxiety, and stress. Not meeting basic needs like food and shelter can lead to social isolation, stigma, and shame.



School and work

Without enough food, people who experience food insecurity may have difficulty concentrating, have low energy, or miss school and work due to illness.

Sources and Resources for Additional Information

- USDA's Household Food Security in the United States in 2022 Report
<https://www.ers.usda.gov/webdocs/publications/107703/err-325.pdf?v=3767.4>
- Feeding America's Map the Meal Gap
<https://map.feedingamerica.org/county/2021/overall/texas>