

# Effects of Food Insecurity on the Student Body

Food insecurity impacts the entire community. When someone lacks regular access to enough nutritious food for an active life, they will struggle. Their dysregulation will impact their surroundings whether that is a teacher, friend, small group, whole classroom, or the entire school. **Food insecurity is "our" problem.**

## Body Aches

- Stomach Ache
- Headache

*Usually with decreased energy and fatigue*



## Developmental Delays

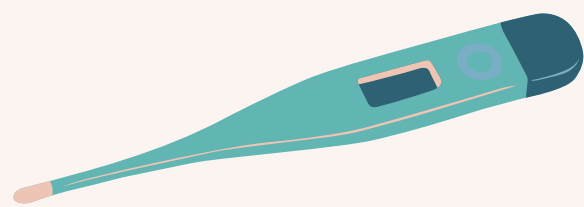
- Food insecure students may:
- have stunted growth,
  - be more likely to repeat a grade, or
  - require special education services.



## Get Sick More Often

Poor diet reduces immune system activity making people more susceptible to hospitalizations.

*In the long term, they're more likely to have diabetes, heart disease, & high blood pressure.*



## Poor Mental Health

*The unrelenting stress of food insecurity rewires the young brain causing permanent changes.*

Hungry kids experience higher rates of **anxiety** and **depression**. They can also display PTSD-like behavior.



## Decreased Engagement & Participation

Chronic absenteeism is twice as prevalent among economically disadvantaged students.

*Students who are poor for half of their childhood are 90% more likely NOT to complete high school.*



## Trouble Learning

Hungry students are often distracted, leading to:

- poor attention span,
- difficulty focusing,
- poor memory, and
- learning disabilities.

*The brain needs energy to function.*



## Social-Behavioral Dysregulation

Hungry students are more likely to be:

- cranky,
- hyperactive,
- aggressive,
- bullying,
- reactive,
- impulsive,
- dysregulated, and/ or
- anti-social.

*If hunger is the root cause, these symptoms will disappear almost immediately when the student eats!*

