



**NY HEALTH**  
FOUNDATION

*Improving the state of New York's health*

# Survey of Food and Health

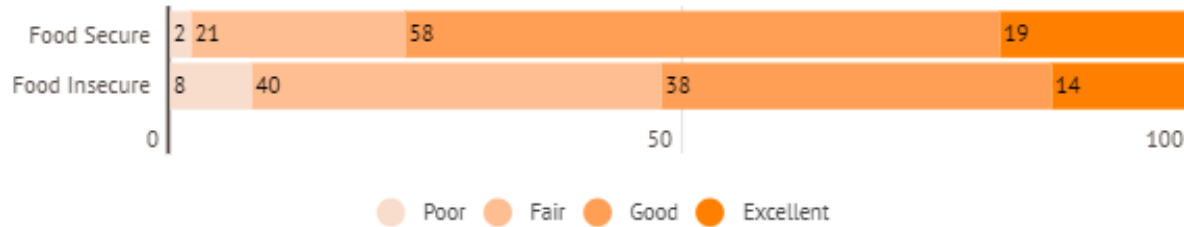
# Food Insecurity in New York State

- Food insecurity is the lack of consistent access to enough food for an active, healthy life.
- Prior to the pandemic, one in ten New Yorkers—nearly two million people—were at risk of going hungry.
- Across NYS, annual health care costs associated with food insecurity top \$3.4 billion, or approximately \$173 per person.

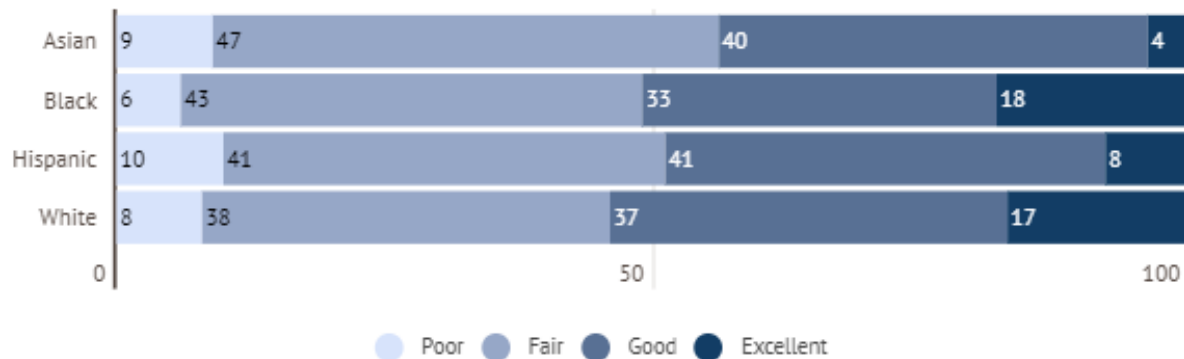
# Food Insecurity and Health

Food-insecure New Yorkers are twice as likely to report unsatisfactory health

## Self-Reported Health (Overall)

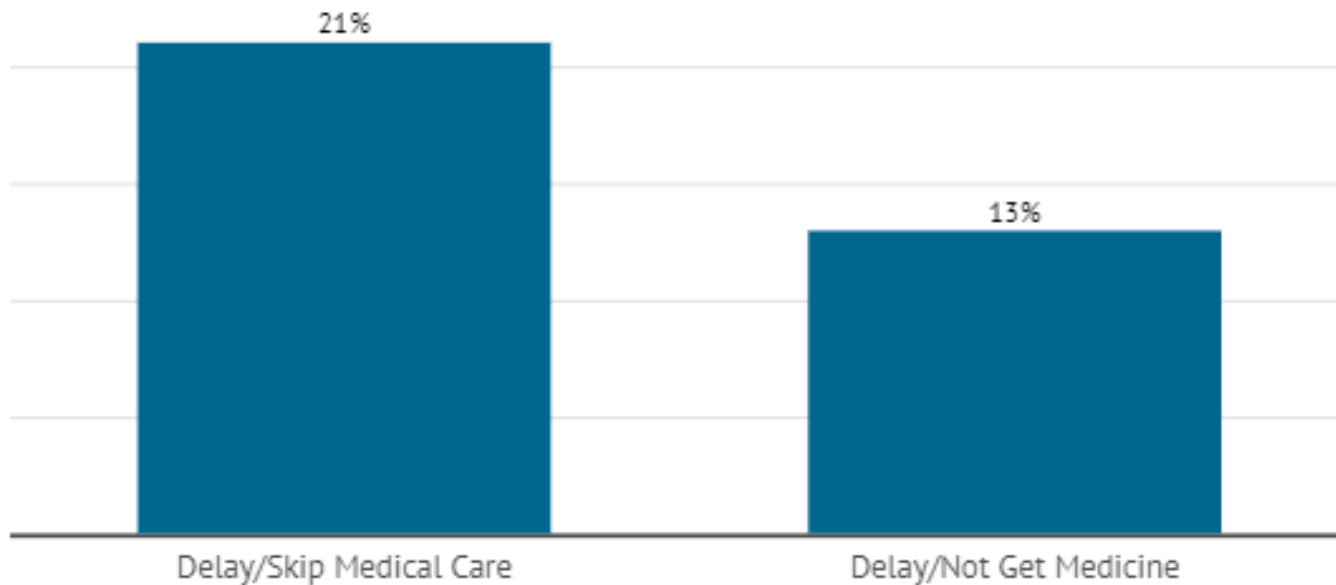


## Self-Reported Health by Race (Food Insecure)



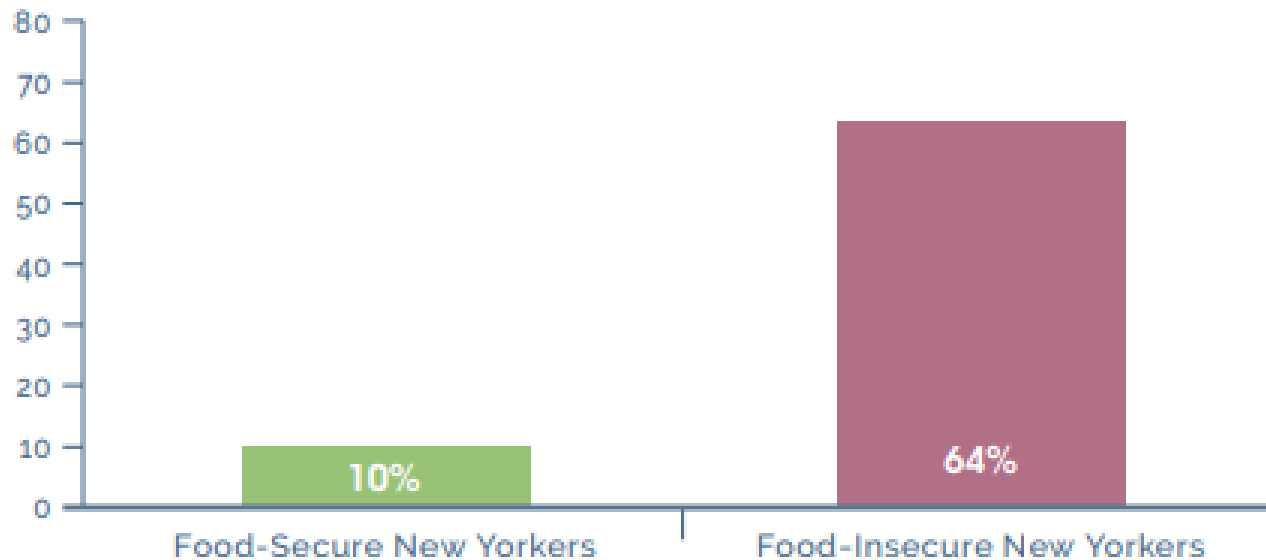
# Food Insecurity and Health

## Health Care Sacrifices Among Food-Insecure New Yorkers

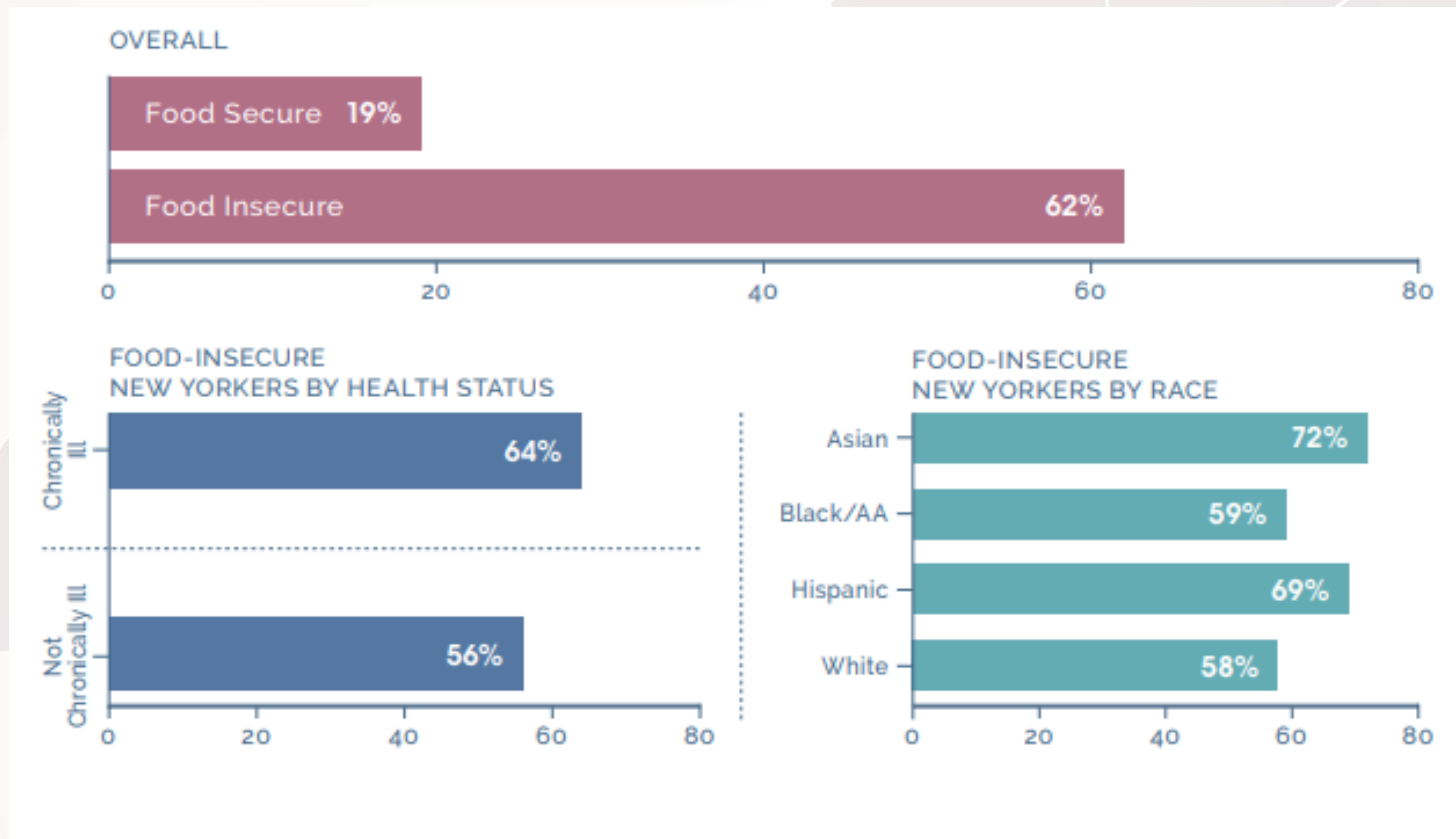


# Difficulty Affording Food

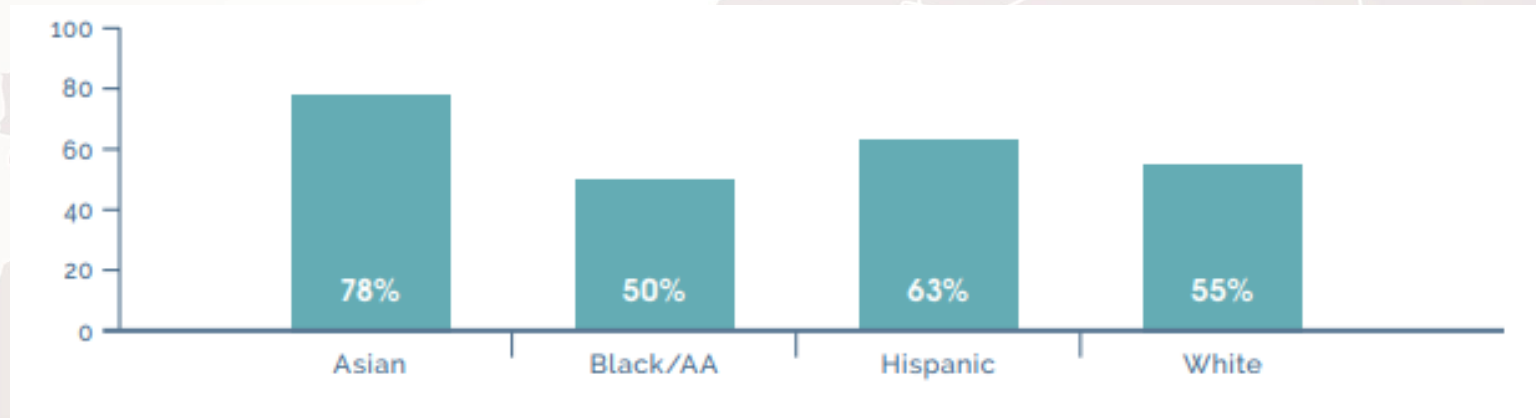
FIGURE 6: New Yorkers Who Say Affording Food is Extremely or Somewhat Difficult



# Transportation Is a Barrier

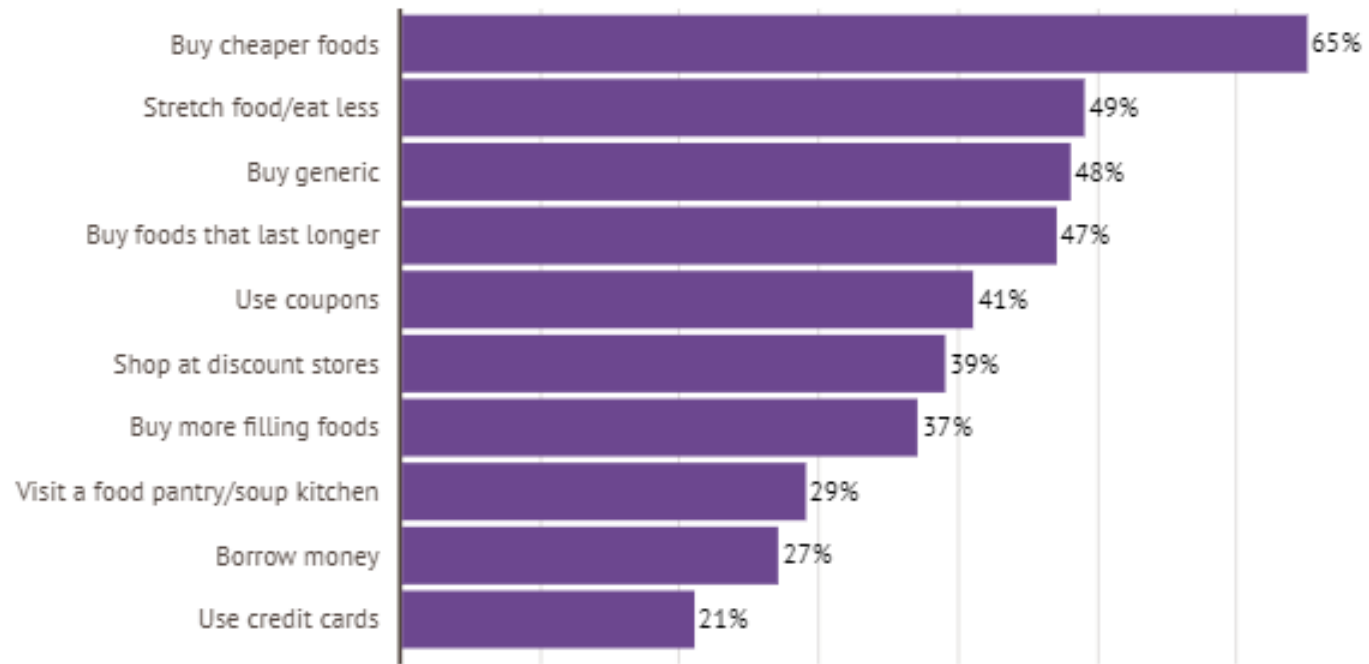


# Trouble Cooking at Home



# Tradeoffs

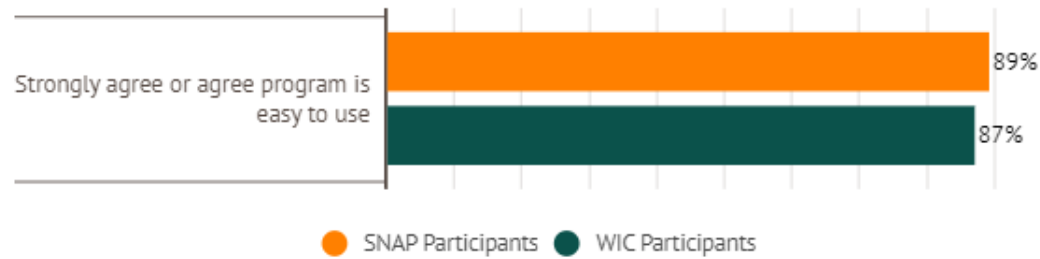
## New Yorkers make tough tradeoffs to afford food



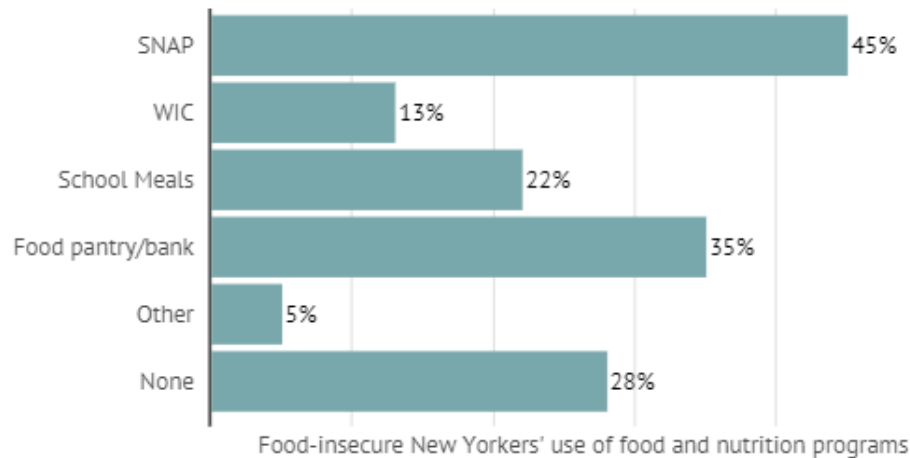


# Program Participation

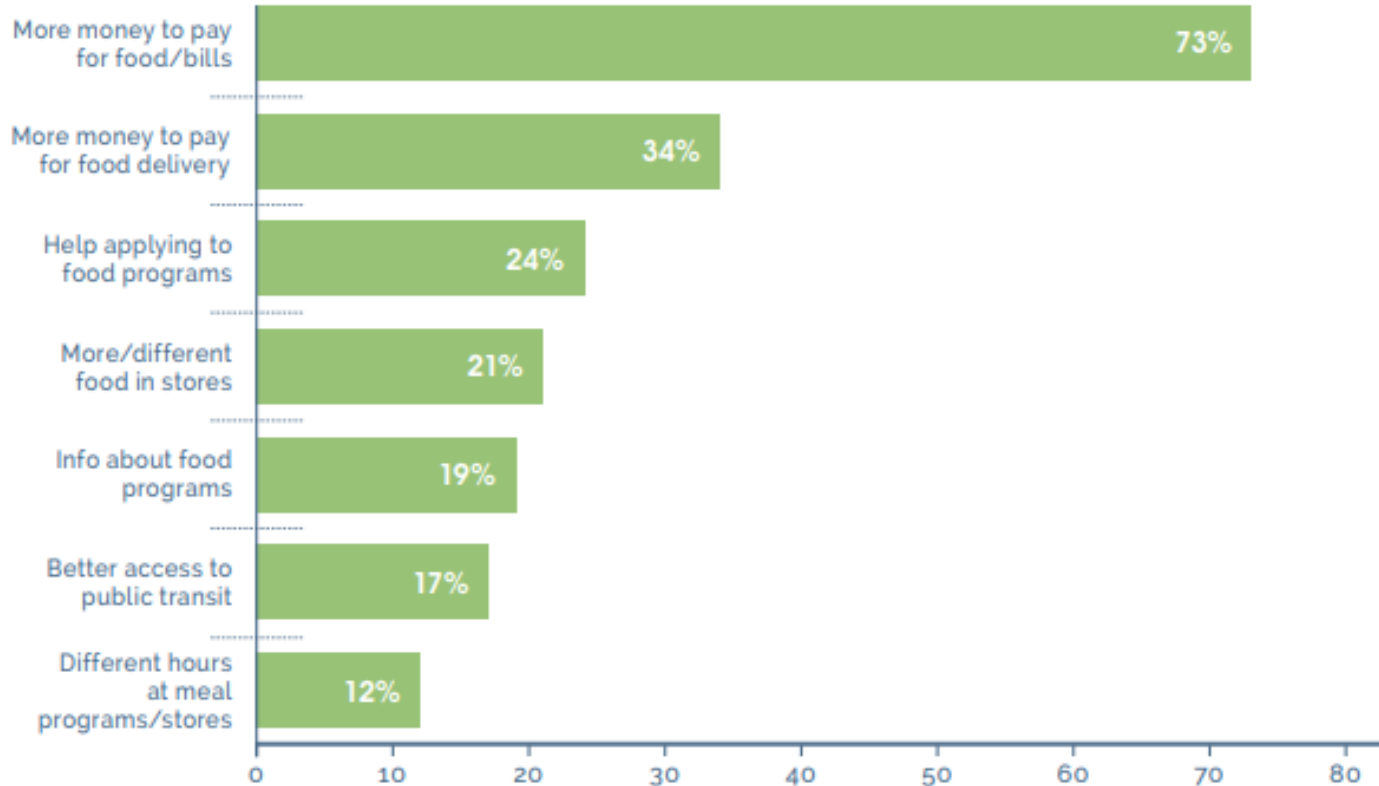
New Yorkers who participate in food and nutrition programs rate them highly



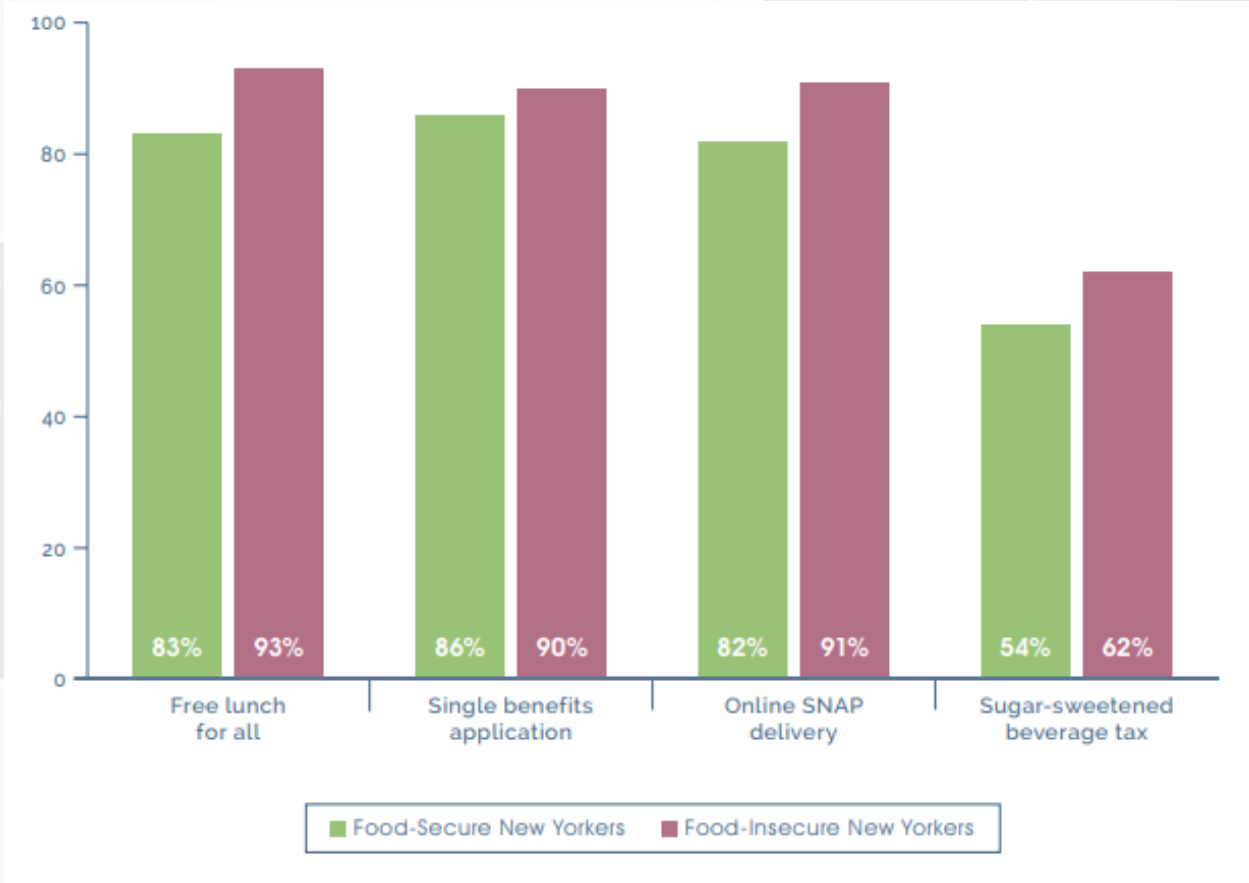
...but not all food-insecure New Yorkers enroll or are eligible



# Potential Solutions



# New Yorkers Support Policy Change



# Where Do We Go from Here?

## Policy Recommendations

- Increase outreach, including targeted outreach, for SNAP and WIC.
- Make application and recertification measures easier for SNAP and WIC participants.
- Work with federal partners to cover the costs of online grocery delivery.
- Make universal school meals permanent. New York State should continue to push the federal government to extend universal school meals permanently.
- Explore ways to prevent food insecurity in the summer.