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Food Insufficiency in New York— A look at the data from 2020–2023

Emilia Cobbs

Policy and Research Associate, NYHealth

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Overview of Food Insufficiency Data

- Hunger and health are closely linked. Food insecure New Yorkers are twice as likely to report poor health than their food-secure counterparts.
- Food insufficiency is when a household ‘sometimes or often has not had enough to eat in the past week.’
- U.S. Census Household Pulse Survey began in May 2020 to get near real-time data on the COVID-19’s economic impacts on households.
- NYHealth has monitored trends and policies affecting food insufficiency in New York since 2020.

1. New York Health Foundation. “NYHealth Survey of Food and Health.” August 2022. <https://nyhealthfoundation.org/resource/nyhealth-survey-of-food-and-health-2022/>,

Timeline of Policies Affecting Food Insecurity

2020:

- Free school meals for all students begin
- Pandemic Electronic Benefits Transfer (P-EBT) payments issued
- Supplemental Nutrition Assistance Program (SNAP) Emergency Allotments (EAs) begin

2021:

- Expanded Child Tax Credits (CTCs) issued
- SNAP benefits temporarily increased

2022:

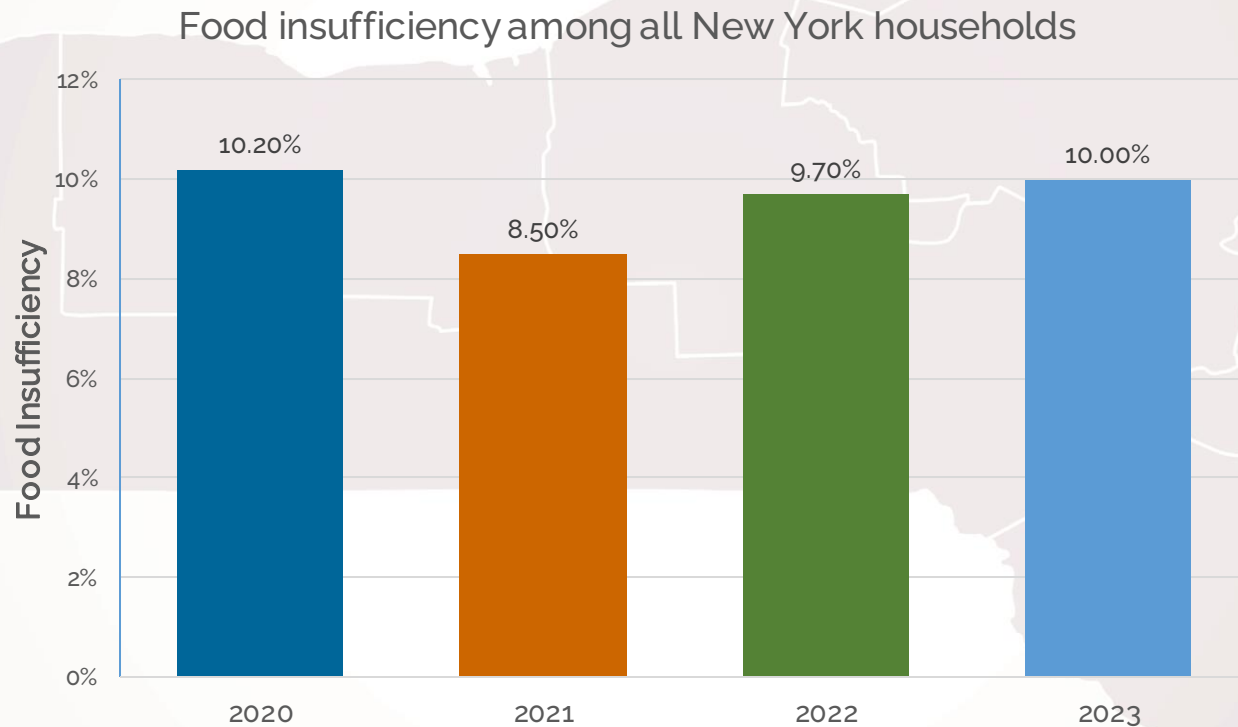
- Expanded CTCs end
- Free school meals for all students ends
- SNAP benefits updated

2023:

- SNAP EAs end

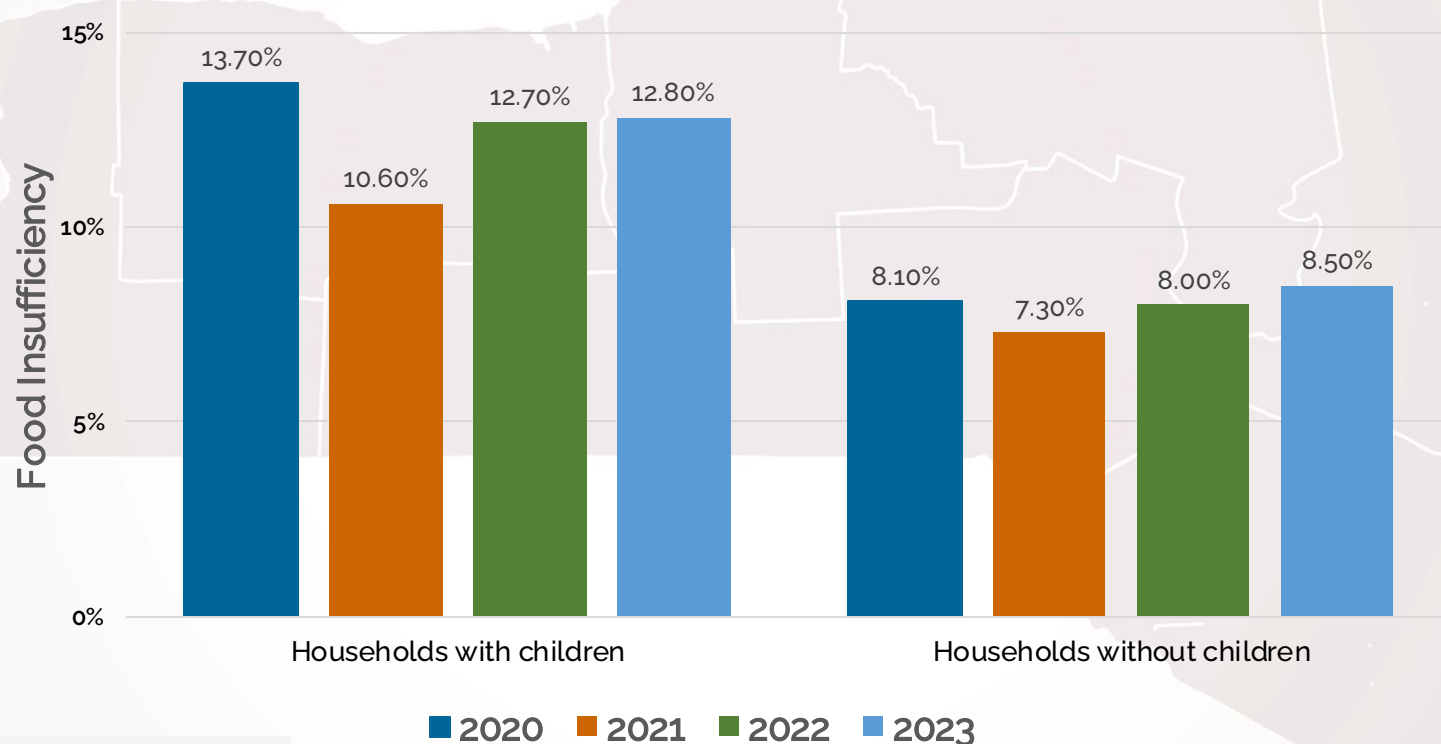
Food Insufficiency in New York State

Food insufficiency rose in 2023. One in 10 (10.0%) New Yorkers experienced food insufficiency.



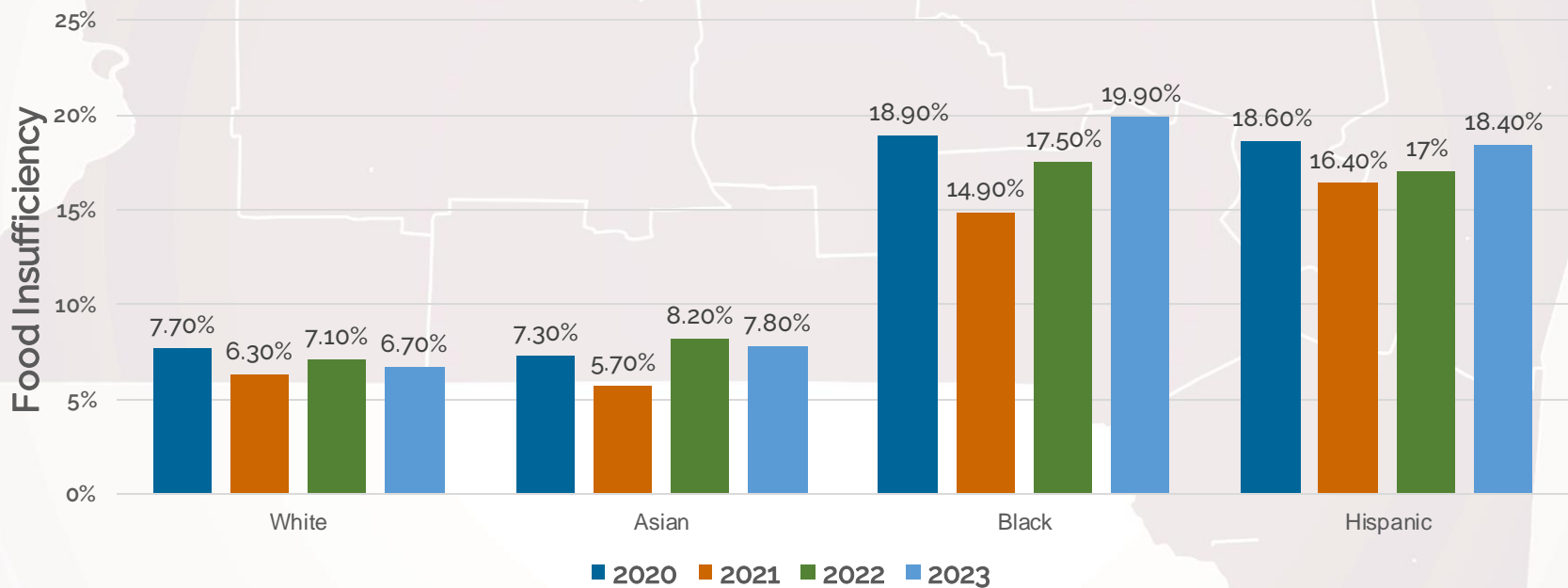
Food Insufficiency for Households with and without Children

- More than one in eight households with children (12.8%) reported food insufficiency in 2023. This rate is 1.5x greater than for households without children.



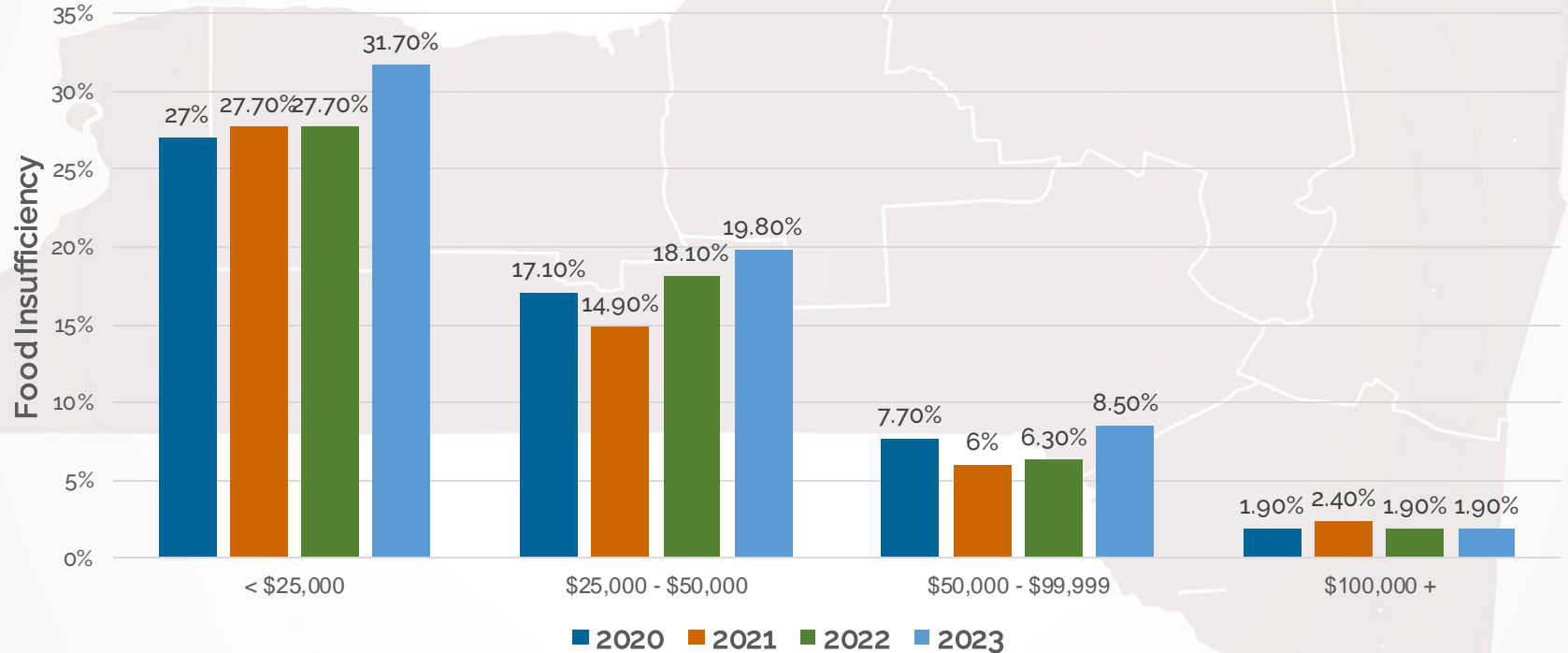
Food Insecurity by Race and Ethnicity

- Food insecurity increased for Black and Hispanic New Yorkers in 2023 (19.9% and 18.4%) to early pandemic highs.
- Widest racial/ethnic disparities in food insecurity reported.



Food Insufficiency by Income

- In 2023, food insufficiency rose for all income groups except for the highest income earners.



Discussion and Policy Implications

As the end of the pandemic-era safety net programs has contributed to the rise of food insufficiency, several policies may help support New Yorkers:

Findings:

Families with children have higher food insufficiency

Programs ending severely affected historically marginalized groups

Policy recommendations:

Enact free healthy school meals for all students

Successfully launch the Summer EBT program for children

Expand outreach, ensure timely enrollment, and maximize benefits for SNAP and WIC

Ensure adequate funding for emergency food programs