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## ALPHA Resolution 2023-02 Decreasing Food Insecurity

**WHEREAS**, food insecurity, defined by the United States Department of Agriculture as the lack of consistent access to enough food for an active, healthy life to be nutritionally adequate and meet the individuals' needs, is a public health crisis in the United States and in Alaska.<sup>1</sup>

**WHEREAS**, an estimated 1 in 8 Alaskans are food insecure, with low-income and rural households more likely to be food insecure.<sup>2</sup>

**WHEREAS**, Alaskans with insufficient access to food face long-term negative consequences to their health and wellbeing due to a lower diet quality.<sup>3</sup>

**WHEREAS**, children who live in food insecure households experience higher rates of behavioral problems, depression, suicide, and poor academic progress.<sup>4</sup>

**WHEREAS**, individuals and households who are experiencing food insecurity may choose to forgo food in order to pay for rent, transportation, medications, or other basic necessities.<sup>5</sup>

**WHEREAS**, despite emergency programs intended to help feed those who need it, the underlying causes of the issue have not been addressed.<sup>6</sup>

**THEREFORE, LET IT BE RESOLVED**, that the Alaska Public Health Association supports an Alaska:

- Where there is equal access to food that is nutritionally adequate and culturally appropriate
- Where food security is a fundamental right for all Alaskans
- That supports policies to ensure the procurement of adequate and affordable food without compromising other basic needs
- Where programs that involve food and nutrition assistance are supported, along with the ability to strengthen the social safety nets currently in place.

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## References:

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3. Robaina KA, Martin KS. Food insecurity, poor diet quality, and obesity among food pantry participants in Hartford, CT. *Journal of nutrition education and behavior*. 2013 Mar 1;45(2):159-64.
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6. Kaiser ML, Cafer AM. Exploring long-term food pantry use: differences between persistent and prolonged typologies of use. *Journal of hunger & environmental nutrition*. 2017 Jan 2;12(1):46-63.