

We're in this Together

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The Food Research and Action Center (FRAC) reported that in 2015, sixteen percent of households reported having experienced food hardship (2016). Hunger is often hidden in our communities by families or individuals that do not want to share their economic hardships with their neighbors (Food Research and Action Center, 2016). Many working age adults are unemployed or underemployed making it difficult to maintain a household (Food Research and Action Center, 2016).

Hunger does not just affect individuals. Hunger affects the healthcare system, education system, and the economy as well (National Commission on Hunger, 2015). It affects the health of many adults which can reduce worker productivity and lead to higher rates of absences among workers (National Commission on Hunger, 2015). Hunger can disrupt childhood development which can lead to poor health and poor academic performance placing a burden on our healthcare and education systems (National Commission on Hunger, 2015). Adults affected by hunger report higher rates of obesity and diabetes which increases the strain on healthcare (National Commission on Hunger, 2015).

Hunger is does not just affect individuals alone. It can reduce worker productivity and increase absenteeism which affects our economy. It creates health problems not just for adults, but for children and adolescents as well. This leads to consequences for our education and health care systems that could have been prevented if the needs of each of these individuals been meet. Here at T's 4 Hope, we wish to spread awareness about hunger and the consequences it has on individuals, communities, and our nation as a whole. If you would like to volunteer, please contact us at Ts4Hope@yahoo.com or 954-867-6765.

References:

Food Research and Action Center. (2016).

National Commission on Hunger. (2015).