

DRIVERS OF HUNGER

CAUSES OF HUNGER

POVERTY & UNEMPLOYMENT

Individuals with limited financial resources often struggle to afford regular meals and may live in areas with few stores offering nutritious food at reasonable prices.

LACK OF AFFORDABLE HOUSING

Even with careful budgeting, the high cost of housing can leave little money for food, making it difficult to afford nutritious meals.

CHRONIC HEALTH CONDITIONS

Long-term health issues can limit a person's ability to work or earn a stable income, while also leading to high medical expenses that make it harder to afford food.

EFFECTS OF HUNGER

PHYSICAL HEALTH

Food insecurity increases the risk of malnutrition, compromised immune systems, and chronic illnesses such as heart disease and diabetes.

MENTAL HEALTH

Lack of access to nutritious food can contribute to depression, anxiety, and heightened stress.

SOCIAL HEALTH

Struggling to meet basic needs like food and shelter can lead to social isolation, stigma, and feelings of shame.

EDUCATION & EMPLOYMENT

Hunger can make it harder to focus, lower energy levels, and increase absenteeism at school and work due to illness.



**Hunger
is not a
personal
failure.**