



Food Insecurity Handout

Definition:

According to the United Nations¹, A person is food insecure when they lack regular access to enough safe and nutritious food for normal growth and development and an active and healthy life. This may be due to unavailability of food and/or lack of resources to obtain food. Food insecurity can be experienced at different levels of severity.

Severity

Moderate- insufficient money or resources for a healthy diet; uncertain about the ability to obtain food

Severe- runs out of food; has gone an entire day without eating at times during the year

Nurse Role

- Screen patients
- Appropriate communication to providers
- Referrals for follow-up

Consider the following: Assist, Refer, Provide, Discuss, and Schedule

Resources:

The FIES Survey Module: <https://www.fao.org/in-action/voices-of-the-hungry/fies/en/>

The State of Food Security and Nutrition in the World:
<https://www.fao.org/3/cb4474en/cb4474en.pdf#page=45>

U.S. Department of Agriculture Food Access Atlas: <https://www.ers.usda.gov/data-products/food-access-research-atlas/go-to-the-atlas/>

References:

1. Food and Agriculture Organization. (2021). The world is at a critical juncture. The State of Food Security and Nutrition in the World 2021. United Nations. <https://www.fao.org/state-of-food-security-nutrition/2021/en/>