



2017 FACT SHEET

Some 795 million people worldwide do not have enough to eat to lead a healthy and active life. The issue of hunger in the U.S. and around the world is complex. Here are just a few examples of how hunger impacts people in different situations:

Rural Hunger¹

- About 7.4 million Americans in rural areas live below the poverty line. Unemployment and underemployment are greater in rural areas. Employment is concentrated in low-wage paying industries and sectors.
- An estimated 2.8 million people or 15% of rural households are food insecure in the U.S. Half of the counties with the highest rates of food insecurity are in rural areas.
- Three-quarters of all hungry people around the world live in rural areas such as villages in Asia and Africa.
- Last year, 620,000 families with at least one member in the military needed help from foodbanks.
- Want to get involved? Help bring nutritious food to a rural community by [Gardening for Good](#).

Child Hunger²

- Approximately 16.2 million children live in households that lack the resources and means to get enough nutritious food on a regular basis in the U.S. and 25% of youth living in large cities are food insecure.
- Poor nutrition causes about 45% of deaths in children, 3.1 million under the age of 5 worldwide every year.
- More than 20 million kids and teens get a free or reduced-price school lunch on an average day.
- The National Summer Food Service Program serves 200 million meals to children from low-income households when school is not in session.
- Children who struggle with hunger get sick more often and have difficulty concentrating and performing well in school.
- Do more! Help put together [Smart Breakfast Kits](#) so kids have nutritious food in the morning.

¹ <http://www.feedingamerica.org/hunger-in-america/impact-of-hunger/rural-hunger/rural-hunger-fact-sheet.html?referrer=https://www.google.com/>

² <https://www.nokidhungry.org/pdfs/2011-childhood-hunger-facts.pdf>

Senior Hunger

- More than 10 million senior citizens, age 60 and older in the U.S. struggle with hunger.
- About 4.8 million use the Supplemental Nutrition Assistance Program (SNAP) to help buy healthy food.
- However, 3 out of 5 seniors who qualify for the SNAP program do not participate because of barriers related to mobility, technology and stigma.
- Help collect canned goods for local senior citizens by hosting a sports tournament. You can request a can of food as their admission ticket. [See our step-by-step guide here.](#)

Resources

- [Feeding America](#) has great information on to learn more about the issue of hunger.
- [Doing Good Together](#) put together a list of children's books that discuss hunger, homelessness and poverty.
- [Learning to Give](#) has great ready-made lesson plans to help youth learn more about the issue and deepen their service experience.
- Check out our [Make Your Mark on Hunger Fact Sheet](#) to learn more about hunger and food insecurity.
- Interested in doing more? Check out generationOn's project guides for [kids](#) and [teens](#).

