

# Research Rundown

## Article:

## Food Insecurity and Pediatric Obesity: A Double Whammy in the Era of COVID-19

## What did this study examine?

This review examined ways in which food insecurity relates to obesity in children and adolescents by examining diet and diet-related behaviors as well as taking into consideration the role of stress.

## Key findings:

### Food insecurity in relation to...



#### Dietary Intake in Children

Children experiencing food insecurity often eat less nutrient-dense foods and more calorie-dense processed foods.



#### Chronic Stress & Eating Behaviors

Children are aware of household food insecurity & are psychologically affected by it, often feeling anger, frustration, and sadness.



#### Obesity Prevention & Management

Families often receive nutrition education but are then unable to apply what they learn.



#### Policy & Advocacy

SNAP/WIC provide families with food but are not monitored for high sugar/sodium items.

## COVID-19 Impact on Food Insecurity + Obesity

Too early to confirm the correlation. However, COVID-19 has had the following impacts:



As low-income caregivers work longer hours, children may rely on more processed meals



Safe spaces for physical activity are closed or unavailable



Children's screen time has significantly increased

## Put it into practice!

Many children depend on meals provided by schools and child care centers, and wide-spread school closures exacerbated food insecurity.

- Consider increasing access to grab and go meals by adding more pick up locations, such as bus stops
- Extend your window of time for meal pick-up and consistently market your meal services

## Reference:

Tester JM, Rosas LG, Leung CW. Food Insecurity and Pediatric Obesity: a Double Whammy in the Era of COVID-19. *Curr Obes Rep.* 2020 Dec;9(4):442-450. doi: 10.1007/s13679-020-00413-x.



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