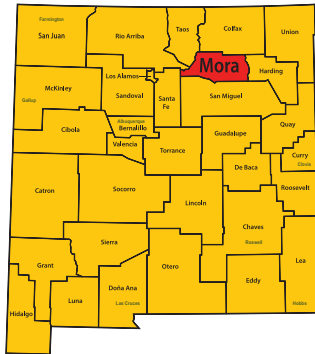




# MORA



## Hunger is a Growing Crisis for Families in Northern New Mexico



### Hunger by the Numbers for MORA COUNTY

Number of Food Insecure Persons  
710 total (15.7%)  
150 children (24.7%)

Average Cost of Meal – \$3.16

Annual Food Budget Shortfall  
\$362,000

Population of Mora County – 4,196

Unemployment Rate – 5.10%

People Living in Poverty – 884 (19.8%)

Children Living in Poverty – 189  
(26.10%)

SNAP Person Participation – 509  
(11.4%)

WIC Person Participation – 0

#### Data Sources:

- (1) Hunger - Feeding America Map the Meal Gap
- (2) Population - U.S Census Bureau 2020-2021 Data & Maps
- (3) Unemployment - NM Workforce Connection, Labor Market Information 10/2022
- (4) Poverty - The Annie E. Casey Foundation Kids Count Data Center 2020
- (5) SNAP - NM Health and Human Services Data Book 2022.2
- (6) WIC - NM Department of Health 10/2022

(Fact sheet created - December 2022)

### What is Food Insecurity?

Food insecurity refers to USDA’s measure of lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods. Food-insecure households are not necessarily food insecure all the time. Food insecurity may reflect a household’s need to make trade-offs between important basic needs, such as housing or medical bills, and purchasing nutritionally adequate foods.

### Hunger by the Numbers...

#### UNITED STATES

Number of Food Insecure Persons	38,287,000 (11.8%)
Number of Food Insecure Children	11,722,000 (16.1%)
Average Cost of Meal	\$3.25
Annual Food Budget Shortfall	\$20,033,673,000
Population of USA (July 1, 2022 Census)	332,838,183

#### NEW MEXICO

Number of Food Insecure Persons	271,210 (12.9%)
Number of Food Insecure Children	99,100 (20.5%)
Average Cost of Meal	\$3.02
Annual Food Budget Shortfall	\$131,722,000
Population of NM (July 1, 2021 Census)	2,115,877
People Living in Poverty	381,026 (18.6%)
• NM ranks 3 <sup>rd</sup> in poverty of the 50 states	
Children Living in Poverty	121,373 (25.6%)
• NM ranks 3 <sup>rd</sup> in childhood poverty of the 50 states	

### Why are New Mexicans Food Insecure?

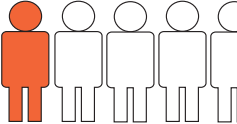
The **leading causes of food insecurity** in America cited in order of frequency in studies by the *Food Research and Action Center* are:

1. unemployment
2. underemployment
3. low-paying jobs
4. high housing costs
5. medical or health costs
6. homelessness
7. poverty or lack of income
8. substance abuse
9. mental health problems
10. reduced public benefits
11. child care costs
12. limited life skills

## In New Mexico, Who Does Hunger IMPACT?

### Hunger Deprives our Children of More Than Just Food

#### It's a simple fact:

A child's chance for a bright tomorrow starts with getting enough food to eat today. But in New Mexico, **1 in 5 children** may not know where they will get their next meal.  For the 99,100 food insecure children in New Mexico, getting the energy they need to learn and grow can be a daily challenge.

**84% of households served report buying the cheapest food** – *instead of healthy food* – in order to provide enough to eat.

#### Hungry children are more likely to:

- be hospitalized
- face higher risks of health conditions like anemia and asthma
- have problems in many social situations
- struggle in school – and beyond. They are more likely to:
  - repeat a grade in elementary school
  - experience developmental impairments in areas like language and motor skills
  - have more social and behavioral problems

The Food Depot has a vision of healthy, hunger-free communities in Northern New Mexico.

### SENIORS: As America Ages, Hunger Pains Grow

The rate of hunger among seniors aged 60 and older has increased by 45% since 2001. At the current rate, the number of food-insecure seniors may grow to more than **8 million by 2050**.

- 63% of senior households served by New Mexico food banks are forced to **choose between food and medical care**.
- An increasing number of seniors are raising their grandchildren.

While hunger is in and of itself a danger for the health of many older Americans, it can also directly threaten various other aspects of a senior's wellness: physical health, heart disease, depression, diabetes, safety and financial resources.

### RURAL AREAS: Rural New Mexicans Face Many Challenges

People who live in rural areas often **face hunger at higher rates**, in part because of the unique challenges living remotely presents. These challenges include an increased likelihood of food deserts with the nearest grocery store potentially hours away, job opportunities that are more concentrated in low-wage industries, and higher rates of unemployment and underemployment.

### NATIVE AMERICAN FAMILIES AND COMMUNITIES:

Hunger impacts every community in the United States, yet Native Americans are *more likely to face hunger*. Today, **1 in 5 Native Americans face hunger** – more than *three times the rate of white individuals*. Native Americans experience many unique challenges and are more likely to face hunger:

- According to the *American Community Survey*, **1 in 3 Native Americans lives in poverty** due to a lack of stable employment and low wages.
- The *USDA* found that only 26% of Native communities are within one mile from a supermarket, compared to 59% of all people living in the United States. This makes it very difficult for people living in Native communities to benefit from federal food programs like SNAP.

### LATINO COMMUNITIES: Latino Communities Experience Hunger at a Much Higher Rate

In 2020, **more than 19%** of all Latinos in the United States was food insecure.

- Racial prejudice and language, education, and cultural barriers create inequalities that make *Latino communities more vulnerable* to food insecurity.
- Latino workers, especially Latinas, are more likely to be employed in the leisure and hospitality industries that have been devastated by the coronavirus pandemic. Workers in these industries continue to face the highest unemployment rate.
- According to Feeding America, in 2021, *Latinos were 2.5 times more likely to experience food insecurity* than white individuals. **1 in 6 Hispanic individuals experienced food insecurity**.