



Hunger News & Hope

...a Seeds of Hope publication

Disabilities & Food Insecurity: *An Introduction*

by Craig Gundersen

One of the most important determinants of food insecurity in the United States today is whether someone in a household has a disability.¹ In fact, one can make the argument that disability status is *the* most important determinant of food insecurity. The three articles in this issue present vivid perspectives on why disability status needs to be considered in every discussion about food insecurity in the US. Here, I draw out some of what I see as the particularly salient points.

- *Challenges for all household members.* The impact of disability status extends far beyond just the person who has a disability in a household. The article by Dawn Michelle Michals, “How COVID-19 Affects Food Security in Special Needs Populations” (see page 6) tells of the challenges a mother faces in obtaining enough of the correct types of food for her child with autism. Due to these specific needs, the household has more limited funds available for other foods and, moreover, it potentially limits the mother’s ability to earn more income. To put this differently, the need to care for those with a disability makes it less likely the family will have the financial resources to avoid food insecurity.

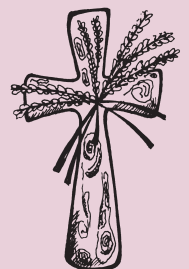
- *Importance of mental health challenges.* In many discussions about disability, attention is focused on those who have visible disabilities of some kind. While concern for these groups is especially important, those with mental health challenges are often invisible. In Paul Vanderbroek’s “Global Disability and Food Insecurity in Our Times” (see page 4), the author correctly notes that those with mental health challenges have particularly high rates of food insecurity, even after controlling for other factors. Therefore, when thinking about potential interventions to alleviate food insecurity among those with disabilities, we need to work with both those with “visible disabilities” and those with “invisible disabilities.”

- *COVID-19.* As is too often the case, the particular hurdles facing persons with disabilities are overlooked in times of crises. This has held true during the

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Cross & Wheat logo by Erin Kennedy Mayer.



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COVID-19 pandemic, where there has often been no discussion about why this pandemic is likely to harm those with disabilities more than any other group. The article by Linda Freeto, “The Best and Worst of Times: How will we Respond to People with Disability?” covers some of these

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challenges. I would especially emphasize that persons with disabilities are more likely to work in jobs that require being present in-person (i.e., when working remotely is often not an option), are less likely to have the savings to weather the loss of a job or reduction in hours, and are more susceptible to COVID-19, making it more dangerous to go to work. Households with a child with a disability are also especially vulnerable as schools close and, when this occurs, finding someone to care for children may be especially difficult. In response, parents may have to stop working, even if they are able to work remotely, in order to care for a child.

The three papers in this issue provide a clear message: We need to pay more attention to those with disabilities

and the challenges they face when trying to avoid food insecurity. I hope this message resonates with those seeking solutions to food insecurity in the United States.

—Craig Gunderson is a Distinguished Professor in the Department of Agricultural and Consumer Economics of the College of Agricultural, Consumer and Environmental Sciences (ACES) at the University of Illinois at Urbana-Champaign. He is also Director of Undergraduate Studies and Managing Editor of *Applied Economic Perspectives and Policy*. His research and analysis are highly acclaimed and sought out by leaders in the anti-hunger movement.

Endnote

1. For a discussion of the determinants of food insecurity see, e.g., Gundersen and Ziliak, 2018. Papers that look specifically at the relationship between food insecurity and disability status see, e.g., Balistreri, 2019; Brucker and Coleman-Jensen, 2017; Noonan et al., 2016; Sonik et al., 2016.

Sources

- Balistreri, K. 2019. “Food Insufficiency and Children with Special Healthcare Needs.” *Public Health* 167: 55-61.
- Brucker, D., and A. Coleman-Jensen. 2017. Food Insecurity Across the Adult Life Span for Persons with Disabilities. *Journal of Disability Policy Studies* 28(2):109-118.
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- Sonik, R., S. Parish, S. Ghosh, and L. Igdalsky. 2016. “Food Insecurity in US households that Include Children with Disabilities.” *Exceptional Children* 83(1):42-57.

ADA's 30th Anniversary Marks Both Progress & Needed Changes

by Katie Cook

July 26, 2020, marked the 30th anniversary of the landmark “Americans with Disabilities Act of 1990” (ADA), which provides protections against discrimination of people with disabilities in the areas of employment, education, health care, recreation, transportation and housing.

Although activists began struggling for recognition of the needs of Americans with disabilities as early as 1960, it took almost four decades for the government to act. Prior to the 1970s, the mainstream opinion among Americans was that disabled people should live in institutions. One of the earliest phases of grassroots advocacy fought against that notion.

In 1973, the Rehabilitation Act, signed into law by US President Richard Nixon, banned organizations that received federal funding from discriminating against disabled people. However, it took four more years for the law to be successfully enforced.

In 1977, activists organized a spate of nationwide protests. Most of them lasted a few hours, but one turned into a 28-day nonviolent occupation of a federal building in San Francisco by 100 mostly disabled people. After this, the US public took notice of the law and its ramifications.

Finally, in 1986, the National Council on Disability recommended the enactment of an Americans with Disabilities Act and drafted the first version of the bill, which was introduced in the House and Senate in 1988. Although the bill was slow to gain traction, the activists were not willing to back down.

Shortly before the act was passed, people with disabilities organized a protest in front of the Capitol Building. *The Los Angeles Times* reported that they shed their crutches, wheelchairs and other assistive devices and crawled up the 100 steps of the Capitol.

The final version of the bill was signed into law by President George H. W. Bush. It was later amended in 2008 and signed by President George W. Bush.

Over the years, the proposed implementations of the law encountered opposition from lawmakers who wanted to exclude some groups like people with HIV / AIDS. Also, the business community and—to our everlasting shame—churches and religious institutions reacted from fear of expensive alterations to building structures. It seemed that the political will to make the law real was sadly lacking.

Over the last 30 years, there have been real gains in access to public health programs. Schools and workplaces

now have ramps, elevators, designated parking places, curb cuts, and provide accessibility for people with impaired vision and hearing.

However, inequalities still exist for the 61 million people in the US with disabilities, and, as the other articles in this *Hunger News & Hope* issue point out, one of the most devastating falls within the relationship between disability and food insecurity. A majority of disabled people still find it difficult to find jobs—even more so since the COVID-19 pandemic began. Before the pandemic, the unemployment rate for disabled people was twice the rate of nondisabled people. In June 2020, the number was 16.5 percent—twice as high as before the pandemic.

And the list of inequities goes on. Affordable housing is often not accessible. Disabled students are less likely to graduate from high school and far less likely to go to college. Because of these things, disabled people are almost twice as likely to live in poverty. They are more likely to become homeless. They are almost twice as likely to be sent to prisons and jails that, again, are often not accessible.

Now a new movement has arisen among disabled people around the concept of *disability justice*. This involves people with disabilities who also experience oppression because of race, sexual orientation, gender identity and other identities—including immigration status.

Throughout this 30th anniversary year, the Civil Rights Division of the US Department of Justice plans to recognize the many ways in which the ADA has enabled a generation of Americans with disabilities to thrive. You can go to adaanniversary.org to access a 30th Anniversary Toolkit and learn more about what has been done and what still needs to be done.

—Katie Cook is the *Seeds of Hope* editor. Sources: US Department of Justice Civil Rights Division (ADA.gov); US Centers for Disease Control; *The Los Angeles Times*, *C & G News*; *Time Magazine*; *The Seattle Times*, *Atlas Obscura*.

For further reading, see Abigail Abrams, “30 years after a landmark disability law, the fight for access and equality continues,” *Time Magazine*, August 3-10, 2020; Naomi Ishisaka, “30 years after the ADA, disability justice activists are rethinking what true equity looks like,” *The Seattle Times*, August 3, 2020; Britta Shoot, “The 1977 Disability Rights Protest that Broke Records and Changed Laws,” *Atlas Obscura*, November 6, 2017; and the current *New York Times* series, “The ADA at 30: Beyond the Law’s Promise.”

Global Disability & Food Insecurity in Our Times

by Paul Vanderbroek

Throughout all of human history, hunger has been linked with people's disabilities and their influences on an individual's capacity to obtain their own sustenance. It's hard enough for anyone to figure out a plan to provide one's basic needs. The added difficulty of having a disability makes that process even harder.

Before attempting to understand the link between disability and food insecurity, it's important to define what disability is. According to the International Classification of Functioning, Disability and Health,

Disability is defined as an umbrella term for impairments, activity limitations and participation restrictions. It is the interaction between individuals with a health condition (e.g. cerebral palsy, Down syndrome and depression) and personal and environmental factors (e.g. negative attitudes, inaccessible transportation and public buildings, and limited social supports).

Additionally, the World Health Organization (WHO) says that about 15 percent of the total world's population is estimated to have some form of disability.¹

Obviously, that's a huge number of people going through life with a disability. Whether it be a physical disability, such as multiple sclerosis, or a mental disability, such as dementia, society's expectations for people's ability to earn provisions for themselves can often be unrealistic and impossible to meet.

These days there are a number of places to which one can go for help with food, and yet disability can make even the act of seeking assistance a trial.

The primary income earners of a household might struggle to perform at a certain level in any number of occupations, and such a struggle can significantly lower the chance of employment. Without work to bolster financial assets, the acquisition of food is understandably more difficult, and an individual in such a cycle caused by disability will have to rely upon assistance from relatives, organizations, the government and other such sources. These days there are a number of places to which one can go for help with food, and yet disability can make even the act of seeking assistance a trial.

Clearly, there is a need to draw attention to this matter in hopes that those suffering from such negative cycles might receive more support than they are receiving now.

Region	Level of food insecurity
East Asia	18.3 percent
Australia & New Zealand	19.6 percent
North America	21.8 percent
Europe	25.8 percent
Southeast Asia	41.3 percent
East & North Africa	42.2 percent
Russia & the Caucasus	43.6 percent
Central Asia	46 percent
South Asia	48.2 percent
Latin America & the Caribbean	51.1 percent
Sub-Saharan Africa	76.3 percent

The presence of disability and subsequent food insecurity is not a local problem. Given that, it's important to attempt to provide a broad portrayal of how disability is affecting food security for individuals globally.

Global awareness of such a problem can help us to understand how disability can lead to food insecurity, who is affected by it and where it might be experienced more heavily. There are a number of studies on disability and food security. Research that was funded by the United States Department of Agriculture (USDA) discovered that "adults with a mental health disability were three to five times more likely to live in a food-insecure household, depending on age, than demographically similar adults without a disability."²

Of the disabilities studied (which consisted of ambulatory, cognitive, hearing, vision, and mental health), mental health was found to be most responsible for food insecurity. Fortunately, the link between disability and food insecurity is well-enough known that there is a plentiful number of such studies.

But while this is true, it's important to keep in mind that most of these studies occurred at least a few years ago. It takes a long time for the methods, results, analyses, and conclusions to be compiled and written, not to mention scholarly peer reviews to verify the validity of the studies and the subsequent publishing process of the articles.

It also must be taken into account that the world in the summer of 2020 is a vastly different place than it was even just a few years ago. The reason, then, to still access these reports, is that they are the best we have to pool together what information the world has gathered concerning disability and food insecurity. Indeed, the margin of accuracy may have changed in width over time—and even over the last few months, but credible studies should still be a valu-

able resource even as the world changes and the realities of hunger along with it.

In “Food Insecurity and Mental Health Status: A Global Analysis of 149 Countries,” Andrew Jones examines the link between mental health and food insecurity with a broad scope across the world. Conducting this study involved many participants from a large variety of regions, and, based upon the results, we can see the clear variance in food insecurity by region.³ (See the table on page 4.)

So, yes, the link between disability and food insecurity has been thoroughly verified, but it's not as if we can't do anything about it. We can.

With this information, we can surmise that there are clear disparities between regions of the world in terms of food insecurity, and that disparity varies greatly. We all know that developing countries such as those found in Sub-Saharan Africa are and have been struggling economically for a long time. It's understandable that the levels of food insecurity are higher there. But is it justifiable? Absolutely not. And yet, it is the case.

In 2020, with COVID-19 affecting every corner of the world, these numbers will probably increase as self-isolation mandates and business shutdowns affect already fragile infrastructures. Individuals, families, and whole cities and countries will have to struggle even more to meet their needs.

However, the data above is just one part of the data that Jones' study produced. The other half was concerned with the mental health of the participants. The research concluded that “individual-level (food insecurity) is associated with poorer mental health outcomes across all global regions, independent of socioeconomic factors.” This means that people undergoing mental health issues and those who suffer from mental disorders have a higher likelihood of being food-insecure than those who do not.

However, there is hope in the article. “The consistency of this association suggests that scaling up successful (food insecurity) interventions may yield benefits to mental health outcomes across a diversity of settings.” So, yes, the link between disability and food insecurity has been thoroughly verified, but it's not as if we can't do anything about it. We can.

Human interventions help lessen the level of food insecurity found around the world. One such large-scale intervention that occurred in the 21st century was the world's assistance of Haiti after its 2010 earthquake. Unfortunately, while Haiti was helped in many ways by countries around the world, there was a lot that went wrong with the intervention.

With disasters happening in the Amazon rainforest and fires across Australia, we saw the world attempt to help

both nature and mankind—with donations to organizations devoted to minimizing the effects of the disasters and assisting as much as possible those that were harmed by them.

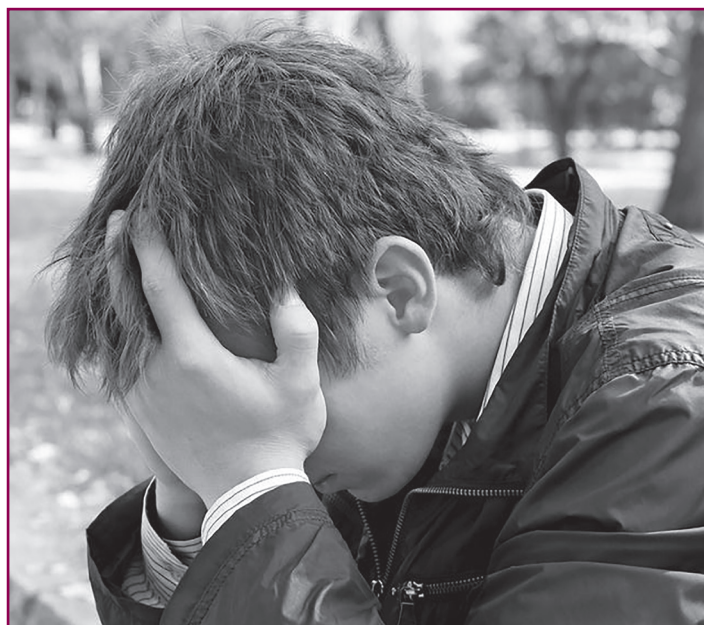
And now, COVID-19. We have a bona fide pandemic right before our eyes with subsequent poverty and mass hysteria. The public eye has shifted its attention towards flattening the curve, and more recently, towards the horrors of police brutality and systemic racism, aiming to seek justice for those who have been wronged by both individuals and the system at large.

People without disability are struggling in such rigorous times of sickness and disorder. How much more will those *with* disability be struggling? How might we be able to help them? While we continue to focus on these larger issues, we should also devote time and effort to people with disabilities who are suffering in the background, to those who might not have food on the table from no fault of their own. Perhaps, once we can go outside again, we should seek out the doors of people with disabilities and knock. But before that happens, we should consider what we can do from a distance.

—Originally from Southern California, Paul Vanderbroek was, at this writing, a Professional Writing student at Baylor University in Waco, TX. By press time, he will have graduated. He plans to work in the publishing industry or as a librarian.

Endnotes

1. “Disability and Health,” World Health Organization (www.who.int).
2. Debra L. Brucker and Alisha Coleman-Jensen, “Food Insecurity Across the Adult Lifespan for Persons with Disabilities,” *Journal of Disability Policy Studies*. June 10, 2017.
3. Andrew D. Jones, “Food Insecurity and Mental Health Status: A Global Analysis of 149 Countries,” *American Journal of Preventive Medicine*, April 27, 2017.



How COVID-19 Affects Food Security in Special Needs Populations

by Dawn Michelle Michals

Editor's note: Dawn Michelle Michals (Chelle to us) doesn't have to look afar to find information about how the current pandemic is affecting food security among people with disabilities. She has a special needs daughter. Because of that, the story below is not just a gathering of information; it is personal.

According to the World Health Organization (WHO), “More than a billion people are estimated to live with some form of disability, or about 15 percent of the world’s population (based on 2010 global population estimates).”

When COVID-19 hit, our world rocked as a tsunami of a disease swept across our planet. For those with disabilities, an already complicated situation became much worse.

Disabilities & Unemployment

In the most recent *World Report on Disability* published in 2011, significant research by the WHO determined that people living with disabilities are more likely to be unemployed and generally earn less even when employed. The report states,

On average, persons with disabilities and households with a disabled member experience higher rates of deprivations—including food insecurity, poor housing, lack of access to safe water and sanitation and inadequate access to health care....

In the United States, a report published by the University of New Hampshire’s Institute on Disability (UNH-IOD), shows that nearly one million working-age people with disabilities lost their jobs since the pandemic began translating into a 20 percent drop in the number of workers with disabilities in the US. Most of these jobs are estimated not to return.

Children Suffer the Most

Since the onset of the virus, school days have ceased in 189 countries. Estimates show that COVID-19 school closures have forced about 369 million children around the world to miss meals.

The Center for Global Development puts it simply:

School meals represent a lifeline for some children, keeping them from hunger and malnutrition. With schools closed, that lifeline is disappearing—creating a window for greater short-term, acute malnutrition (and vulnerability to infection) plus potential long-term effects on vulnerable children’s health and cognition.

For children with disabilities who already suffer from weakened immune systems and cognitive challenges, lack of food further decreases their bodies’ defenses, making them more susceptible to contracting illnesses.

“These families are really concerned,” says Dennis Z. Kuo, associate professor of pediatrics in the Jacobs School of Medicine and Biomedical Sciences at University of Buffalo¹ and chair of the Council on Children with Disabilities of the American Academy of Pediatrics.

“We’re finding, for example, that some specialized feeding formulas that are needed by children who get fed through feeding tubes may be difficult to find because of hoarding.” He continues, “We are having to switch their formulas. We were seeing this even before the country started shutting down.”

Most European countries, the United States and some low- and middle-income countries are offering programs to keep school children fed during the crisis. However, the scale in which they can successfully keep these children fed varies by locality.

For Mary Ompad and her sons Damian and Darion in Waco, TX, the COVID-19 pandemic meant more than a simple lack of food. For her sons, who are both on the autism spectrum, it meant that the only foods they will eat were gone.

Damian, who is 18, is considered severely autistic and is nonverbal. After attending feeding therapy sessions for several years, Damian still likes one food for dinner every single night—spaghetti with tomato sauce. And, with a pandemic, all the spaghetti was gone.

Mary’s biggest fear was that Damian would stop eating all together. “What do I do? He doesn’t understand. All the pastas were gone. I looked at what other pastas I had and mixed them together to see if that would work. I tried anything I could do.” She even tried making spaghetti from scratch. With no tomato sauce on the shelves, Mary bought tomatoes and learned to make her own.

In the end, Mary resorted to eating food from restaurants—a lot.

As a single mom, I’m on a budget and it’s predetermined. I had my financial budget completely planned for this year. I don’t pay for them to eat at school and with COVID-19, that all changed. It totally wrecked my budget.” Mary is completing her master’s degree and was a corrections officer before resigning to stay home with her

sons. She'd saved enough money for them to live while she finished school.

When the boys' school told her that they would not be returning after Spring Break, she went to the store to stock up on the foods they will eat. Mary's other son, Darion, only eats French fries for lunch, so weekly, she would purchase seven bags. When limits were placed on food items, panic set in again. The limit was four, but the store employees knew Mary and her children. "They said, 'just take it,'" Mary recalls. She went home with seven bags to feed her son.

"I would rush to stores during their therapy sessions to find food. I quit going and started calling. I'd go to all these places and they were wiped out." With tenacity, Mary searched, and getting leads, she found food items she needed in unlikely places. What she couldn't find, family members combed through store shelves or even their own pantries to provide the boys the food they needed.

USDA Hopes Virtual SNAP Will Help

When COVID-19 hit the US, we experienced bare shelves, panicked shoppers and no toilet paper. It was a huge inconvenience that we all suffered together.

But for some people in our country, it is not just an inconvenience. For those with disabilities, including compromised immune systems, a trip to the supermarket could turn deadly.

Prior to the pandemic, 11 million people with disabilities depended on SNAP benefits to provide food for their families. This number has only increased since March 2020.

Thirty-seven states are currently participating in the SNAP Online Purchasing Pilot from the United States Department of Agriculture (USDA), which allows shoppers to purchase food online for pick-up or delivery by using SNAP. Delivery fees and additional charges are not covered by federal benefits.

To further assist our most vulnerable populations, food pantries have significantly changed their procedures to allow for drive-through food distribution services and increased delivery options for disabled clients to ensure a no-contact experience.

In some states, delivery services have been implemented specifically for elderly and disabled clients—those most vulnerable to contracting the coronavirus. In Los Angeles County, CA, Workforce Development Aging and Community Services started its Critical Deliv-

ery Service in response to COVID-19 and the California Safer at Home Initiative. Participants 60 years and older, individuals with a permanent or temporary disability, or dependent adults between the ages of 18 and 59 qualify to have groceries, household items and vital necessities delivered up to four times a month.

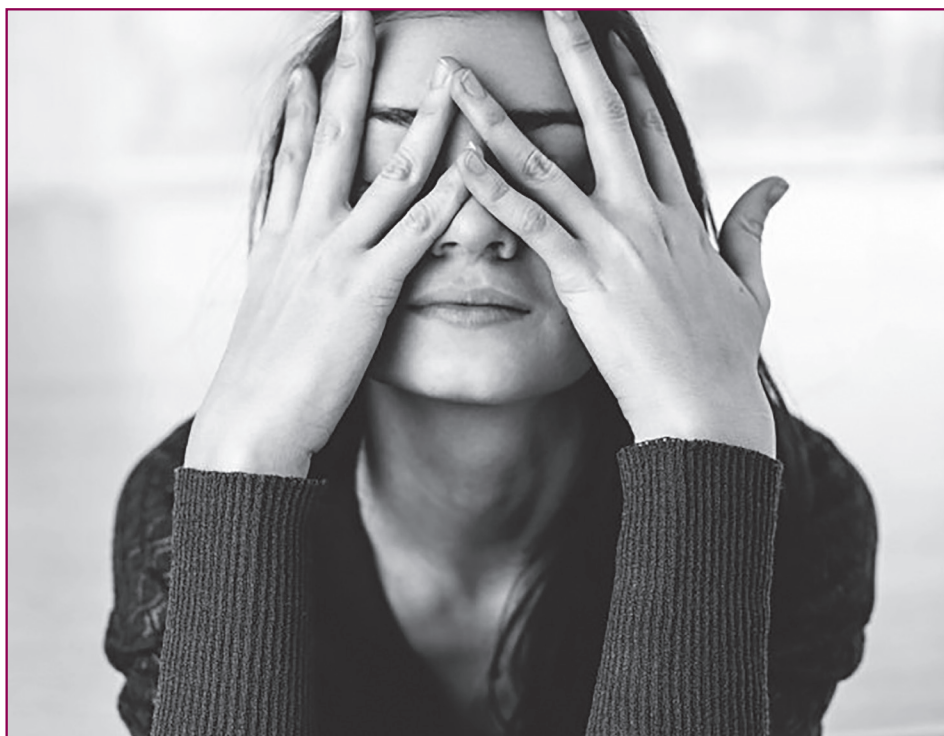
Now We Feel What Others Have Faced

For many of us, COVID-19 introduced us to food insecurity face to face. Whether it was a nervousness of whether we'd find our favorite bread, chips or toilet tissue—or whether it was the panic of heading to the store and seeing no food at all—we've now all experienced some level of the anxieties that too many people face daily throughout our world. Hunger is real. And, when hunger is exacerbated with a disability, our special needs populations become even more vulnerable than before.

—Dawn Michelle Michals is a freelance writer and social media specialist living in Waco, TX. She is the Seeds of Hope Social Media editor and an award-winning reporter for Hunger News & Hope. Our readers will have seen her work under the name Chelle Samaniego. Please visit www.dawnmichellemichals.com for more information. Sources: United States Department of Agriculture; World Health Organization; United Nations Children's Fund (UNICEF); United States Department of Labor (PUA); Center for Global Development; UBNOW (campus newspaper at State University of New York at Buffalo).

Endnote

1. The full name of the school is State University of New York at Buffalo.



The Best & Worst of Times: How Will We Respond to People with Disability?

by Linda Freeto

"It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair...."

The first few lines of Charles Dickens' book *"A Tale of Two Cities"* (1859) could have been written for today. The COVID-19 pandemic has us reeling in uncertainty and fear that has increased day by day in the United States and the world. There is the fear that there won't be enough food. Hundreds of thousands of people around the world are dying from a virus that seems to be uncontrollable.

People everywhere report feeling isolated and anxious. Racial tensions have exploded. From the last of December—when we first began hearing of an unknown virus in China, to now—six months of pandemic in the US, we have seen hundreds of thousands of deaths. We are seeing riots across the world, in small towns and large cities. And the numbers of deaths keep rising.

In all the chaos, there is one group of people who seem to be forgotten—people with disabilities.

Food insecurity is a global problem, and it occurs in high-income countries in Europe and North America, where, in spite of relative prosperity, between 10 and 13 percent of the population experience food insecurity.¹ Included in this group are large numbers of people with disabilities. In the US there are 57 million disabled people; one in 5 people are classified as disabled.² According to Inclusive City Maker, there are 2 billion disabled people around the world.³

Certain populations are at a greater risk of household food insecurity, including single parent households, families with children, minority populations, immigrants, and those with chronic illness or a disability.⁴

People with disabilities have the same aspirations as non-disabled persons. They want to live on their own, have

In all the chaos, there is one group of people who seem to be forgotten—people with disabilities.

jobs with which they can support themselves, have access to places that are important for them to survive and even enjoy entertainment. However, the cost of their medical expenses makes it almost impossible to live on their own.

Even though children around the world dream of living independently, one in six in the US is not able to do so, according to the United States Centers for Disease Control and Prevention (CDC). Many disabled children grow up to be dependent adults, supported by a parent or under the care of professional caregivers.

In the US, the average income of a disabled person is about \$18,000.00 a year, and this includes disability benefits.⁵ A National Public Radio poll, conducted with the Robert Wood Johnson Foundation and the Harvard T.H. Chan School of Public Health, found that 79 percent of Americans with disabilities cannot afford a sudden expense of \$1,000.00.⁶ For example, if a tooth should break and needs a cap, the cost is formidable.

This pattern holds worldwide. According to a joint World Hunger Organization/World Bank report, about 15 percent of the world's population lives with some form of disability, of whom 2-4 percent experience significant difficulties in functioning. This global estimate for disabilities is on the rise due to an aging population and the rapid growth of chronic diseases.⁷

Charles Dickens could have been speaking for us when he wrote "It was the best of times, it was the worst of times." Today the whole world is facing uncertainty and fear of



what will happen next, but, for vulnerable populations, especially people with disabilities, the realities are worse. In households with disabled people, choices are already being made between—on the one hand—prescriptions and medical treatments, and—on the other hand—food on the table.

For persons with disabilities to experience “the best of times” and excel in creating a full and healthy life, it will require partnership between governments, agencies and individuals. Changing the limiting forces and offering

Charles Dickens could have been speaking for us when he wrote “It was the best of times, it was the worst of times.”

services to the disabled will offer chances for persons to have a full life.

—Linda Freeto, a frequent contributor to Hunger News & Hope, has received a number of Associated Church Press (ACP) awards for her Special Section reports in the HNH summer issues. Her special report on Women and Poverty from the summer 2016

issue was included in ACP’s new volume, Best of the Christian Press 2016. Linda, a former Seeds volunteer Business Manager, is a member of the Seeds Council of Stewards. Sources: Radio.com, NBC News, Fox News, National Public Radio.

Endnotes

1. “Disability and Food Access and Security,” ResearchGate, 2019 (researchgate.net).
2. “Social Security Disability Programs,” Donna Meltzer, *Huffington Post* (www.huffingtonpost.com).
3. “Disabled People in the World: Facts and Figures,” Inclusive City Maker (www.inclusivecitymaker.com). Inclusive City Maker is an organization that works to make cities more accessible for disabled people.
4. ResearchGate.
5. “Rural Health: Financial Insecurity Plagues Many Who Live with Disability,” *All Things Considered*, National Public Radio.
6. “Poll: Many Rural Americans Struggle with Financial Insecurity, Access to Health Care,” National Public Radio.
7. “Disabilities: World Report 2011,” World Health Organization (www.who.int).

Facts about Disability & Food Insecurity

compiled by Linda Freeto

Most people living on disability benefits receive an income of about \$18,000 a year.

—National Public Radio (NPR)

Close to two in five households with very low food security included an adult with a disability.

—United States Department of Agriculture (USDA)

An estimated 38 percent of households with very low food security include an adult with a disability.

—“Disability Is an Important Risk Factor for Food Insecurity,” USDA

According to a World Health Organization/World Bank report, about 15 percent of the world’s population lives with some form of disability, of whom 2-4 percent experience significant difficulties in functioning.

—World Health Organization (WHO)

People with disability are among the most marginalized groups in the world. People with disability have poorer health outcomes, lower education achievements, less

economic participation and higher rates of poverty than people without disability.

—WHO

Financial instability and poverty contribute to poor health, and the cycle of poor health and poverty hits people with disabilities particularly hard.

—NPR

On December 3 every year, the United Nations honors disabled people with International Day of Persons with Disabilities.

—MSNBC

Persons living with disabilities face the same risk of becoming infected or have unrecognized illness from COVID-19 as everyone else. COVID-19 is a new virus that attacks the respiratory and weakened immune systems. All people who have chronic lung disease, a serious heart condition, or a weakened immune system will be at a higher risk of infection than those who do not.

—US Center for Disease Control

Resources & Opportunities

Food Insecurity Among Households With Working-Age Adults with Disabilities

Economic Research Report Number 144; 2013; by the United States Department of Agriculture: Alisha Coleman-Jensen and Mark Nord; 44-page publication; no cost listed for online publication (www.ers.usda.gov).

This book includes research into the reality of families that have persons living in the household with different kinds of disabilities and how the differences affect the economics of the family. The book focuses on two groups of households: 1) households with working-age adults with disabilities that prevent them from working; 2) households with disabled adults who can work outside the home.

Disability and Food Insecurity: Is Disability shock Food Security?

2014; by Aklog Abebe; paperback; cost \$61.00 from Amazon and \$ 76.48 from Ebay.

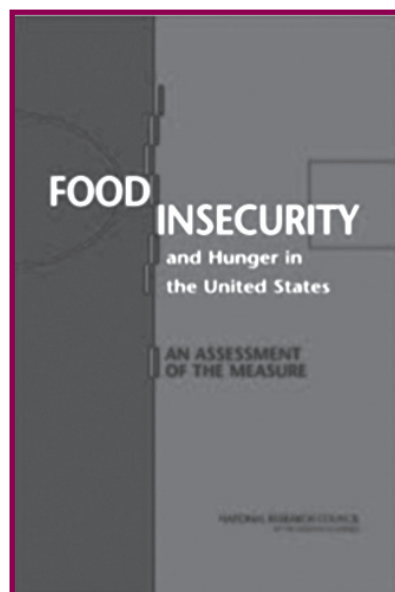
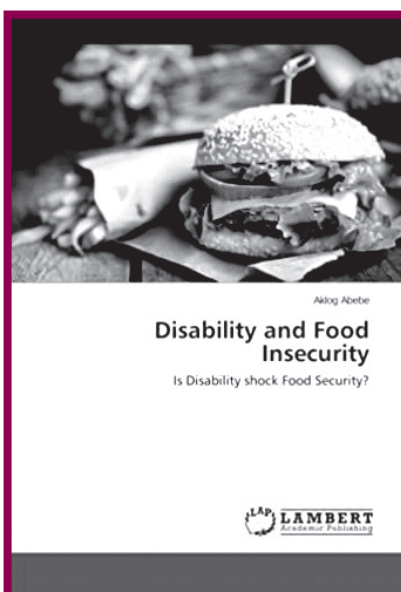
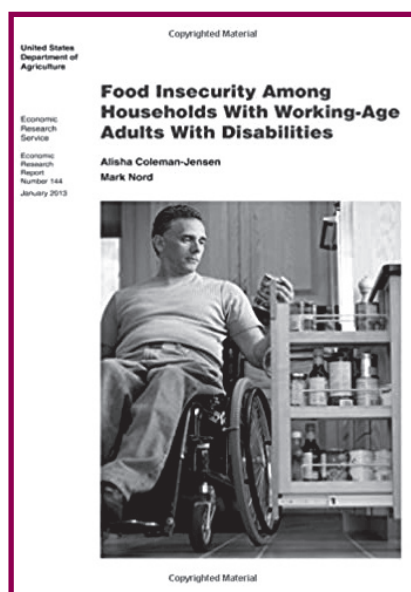
This book, written by Aklog Abebe, is a study of people with disabilities who face low income and high expenditures in the South Gondar zone of Ethiopia's Amhara National Regional State. The main objective of this study is to investigate the major determinants of disabled households with food insecurity as a factor. Descriptive statistics were used to understand the effects of various socioeconomic, demographic environmental and institutional factors on

disabled household's food insecurity as well as to identify the relative importance of each factor in affecting disabled household food insecurity.

Food Insecurity and Hunger in the United States: An Assessment of the Measure

National Research Council, Division of Behavioral and Social Sciences and Education; paperback; \$51.00 from Amazon.

As most of our readers know, although the United States is viewed by the world as a country with plenty of food, not all households in America are food secure—meaning that they have access at all times to enough food for an active, healthy life. A proportion of the population experiences food insecurity at some time in a given year because of food deprivation and lack of access to food due to economic resource constraints. Since 1995, the US Department of Agriculture (USDA) has annually published statistics on the extent of food insecurity and food insecurity with hunger in US households. These estimates are based on a survey measure developed by the US Food Security Measurement Project, an ongoing collaboration among federal agencies, academic researchers, and private organizations. After 10 years, the USDA requested the Committee on National Statistics of the National Academies to convene a panel of 10 experts to undertake a two-year study in two phases to review the concepts and methodology for measuring food insecurity and hunger and the uses of the measure. This book is the final report from the panel. ■



The resources on this page were compiled by Linda Freeto.

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Statement of Purpose

Seeds of Hope is a private, independent group of believers responding to a

Quotes, Poems & Pithy Sayings



*Hope has two beautiful daughters;
their names are Anger and Courage.
Anger at the way things are, and Courage
to see that they do not remain as they are.*

-St. Augustine

common burden for the poor and hungry people in God's world, and acting on the strong belief that biblical mandates to feed the poor were not intended to be optional. The group seeks out people of faith who feel called to care for poor and vulnerable people; and to affirm, enable and empower a variety of responses to the problems of poverty.

Editorial Address

Seeds is housed by the community of faith at Seventh & James Baptist Church. Mailing address: 602 James Ave., Waco, TX 76706; Phone: 254/755-7745; Fax: 254/753-1909; E-mail: seedseditor1@gmail.com. Web: www.seedspublishers.org. Copyright © 2020; ISSN 0194-4495. Seeds of Hope, Inc., holds the 501(c)3 nonprofit tax status.

Seeds also produces *Sacred Seasons*, a series of worship materials for Advent, Lent and an annual Hunger Emphasis—with an attitude “toward justice, peace and food security for all of God’s children.” These include litanies, sermons, children’s and youth activities, bulletin art and drama.

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