

A SURVEY OF HUNGER IN COLORADO

ECONOMIC INSECURITY, HUNGER AND THE PANDEMIC

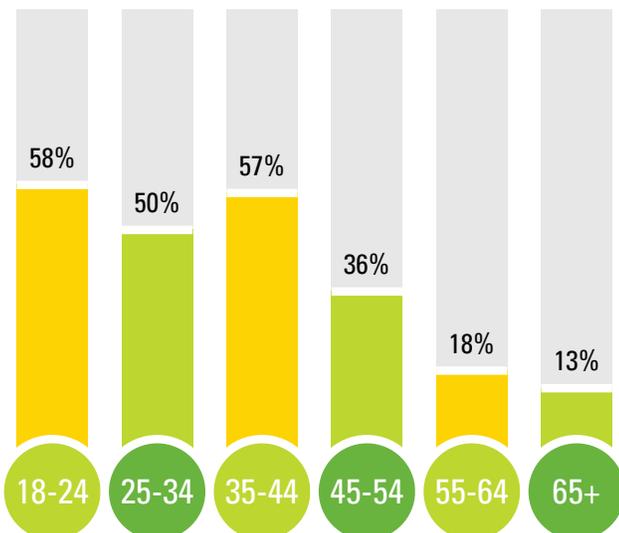
The COVID-19 pandemic has disrupted many aspects of Colorado life, most prominently jobs and our economy, leading to historic unemployment and hunger. Hunger Free Colorado's quarterly survey tracks the impact of COVID-19 on **hunger, officially known as food insecurity or lack of consistent, reliable access to nutritious, culturally relevant food**. These findings come from a December 2020 survey of more than 560 Coloradans. The overall sample has a margin of error of +/- 4.1 percentage points at a 95 percent confidence level.

2 IN 5 COLORADANS (38%) ARE STRUGGLING WITH HUNGER

This is the highest rate reported since the start of COVID-19 and more than two times what Colorado experienced during the Great Recession. Even more startling are the clear inequities along racial and demographic lines when examining hunger, showing **younger Coloradans, people of color, parents, and those with disabilities** all facing food insecurity above 50 percent.

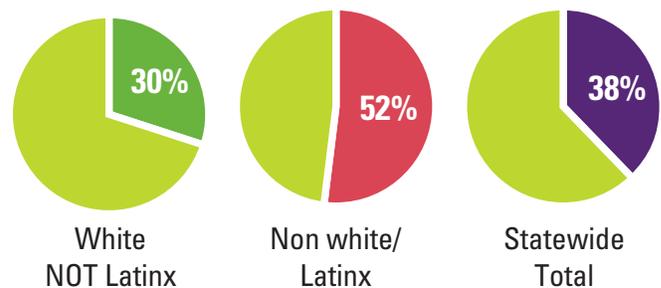
Among working age adults, more than 50 percent of those 44 years old and younger reported struggling to maintain regular access to food, with those 18 to 24 years old hit the hardest.

FOOD INSECURITY BY AGE



Percentage of respondents who were food insecure Oct. – Dec. 2020, based on the USDA 6-question food insecurity survey. Source: Hunger Free Colorado COVID Food Insecurity Survey, Dec. 2020

FOOD INSECURITY BY RACE/ETHNICITY



Percentage of respondents who were food insecure Oct. – Dec. 2020, based on the USDA 6-question food insecurity survey. Source: Hunger Free Colorado COVID Food Insecurity Survey, Dec. 2020

MORE THAN HALF (52%) OF INDIVIDUALS OF COLOR ARE NOW STRUGGLING TO PUT FOOD ON THE TABLE

Long-standing disparities in access to healthy food have grown dramatically due to the pandemic. Among Coloradans surveyed, 51 percent of non-white and Latinx Coloradans also reported a drop in income since the start of the pandemic. In comparison, 30 percent of white Coloradans are struggling to put food on the table and 35 percent reported a drop in income.



1 IN 5 CHILDREN (20%) ARE NOT GETTING ADEQUATE NUTRITION

Households with children are also at the forefront of Colorado's hunger crisis, with more than half of families with children (52%) unable to consistently put healthy food on the table, posing risks to the long-term health and well-being of hundreds of thousands of children across the state. Among households with children, 37 percent of adults also reported having to regularly cut back or skip meals because there wasn't enough money to buy food.

FOOD INSECURITY BEFORE AND DURING COVID-19

COVID-19 has had a dramatic impact on our communities' health, economy, and food security. Below are common measures of food security over time – immediately after the great recession, immediately before the pandemic and at various points since until December 2020.

We need a response commensurate to the scale of the crisis we are facing, including an investment in long-term solutions for strengthening nutrition programs and other economic supports. Without a comprehensive and urgent response to address the hunger and economic crisis created by COVID-19, Colorado will be left feeling the aftereffects for years to come.

FOOD INSECURE

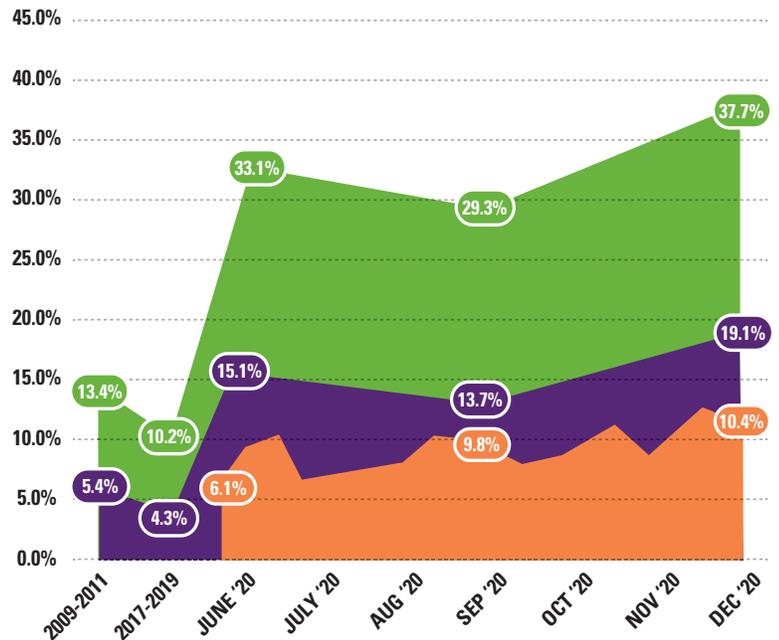
Households classified as "food insecure" had **limited or uncertain access to adequate nutritious food over the last three months**. This includes those who **reduced the quality, variety, or desirability of their diet with little indication of reduced food intake AND** those experiencing **VERY LOW FOOD SECURITY** and **ACUTE FOOD SCARCITY** (SEE RIGHT).

VERY LOW FOOD SECURITY

Households having "very low food security" were food insecure to the extent that **eating patterns of one or more household members were disrupted** and their **food intake reduced**, at least some time **during the last three months**, because they could not afford enough food.

ACUTE FOOD SCARCITY

Households experiencing food scarcity indicated they **did not have enough to eat in the last 7 days**.



HUNGER FREE COLORADO



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Hunger Free Colorado connects people to food resources to meet existing needs and drives policy, systems and social change to end hunger.

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