



USDA ACTIONS ON NUTRITION SECURITY

WHAT IS NUTRITION SECURITY?

Consistent and equitable access to healthy, safe, and affordable foods that promote optimal health and well-being.



HOW DOES NUTRITION SECURITY INTERSECT WITH HEALTH EQUITY?

Structural racism increases food insecurity and the risk of diet-related chronic diseases for historically underserved populations. Efforts to improve nutrition security also promote health equity.

WHY DOES NUTRITION SECURITY MATTER?



Poor nutrition is a leading cause of illness in the United States.

600,000
Americans die each year due to diet-related diseases



Obesity



Diabetes



Heart Disease



Diet-related chronic diseases disproportionately impact historically underserved populations and hit hardest in communities with high food insecurity.

3x

Black households experience food insecurity at more than triple the rate of white households.



Beyond health, this has negative impacts on other things.

85%

of health care spending is related to diet-related chronic disease



Military Readiness



Healthcare Costs



Productivity

HOW WILL WE ACHIEVE NUTRITION SECURITY?



MEANINGFUL SUPPORT

Provide nutrition support throughout all stages of life.



HEALTHY FOOD

Connect all Americans to healthy, safe, affordable food sources.



COLLABORATIVE ACTION

Develop, translate, and enact nutrition science through partnership.



EQUITABLE SYSTEMS

Prioritize equity every step of the way.

WHAT IS USDA DOING TO PROMOTE NUTRITION SECURITY?

USDA's approach to nutrition security recognizes that structural barriers and inequities make it hard for many Americans to maintain an active, healthy life. Therefore, our efforts emphasize equity to ensure all Americans have access to the nutrition they need.

Some of our key initiatives underway include:

ADJUSTING SNAP BENEFITS

USDA re-evaluated the [Thrifty Food Plan](#), the basis for calculating SNAP benefit amounts, to make sure SNAP participants can afford a healthy, and practical diet.

UPDATING SCHOOL NUTRITION STANDARDS

Working closely with school meal stakeholders, USDA is developing practical, long-term [school nutrition standards](#) that build on the success of the school meal programs.

REVISING THE WIC FOOD PACKAGES

USDA is updating the WIC food packages to align with recommendations from the National Academies of Sciences, Engineering, and Medicine and the latest Dietary Guidelines for Americans (DGA).

PROMOTING NUTRITION EDUCATION

USDA supports a variety of nutrition education efforts such as [SNAP-Ed](#), [MyPlate](#), and [WIC breastfeeding support](#). The department will continue to invest in data-driven strategies that acknowledge diversity and help people put the DGA into action.

Learn more about USDA's actions to promote nutrition security at www.usda.gov/nutrition-security.