

# HUNGER AMONG STUDENTS K-12 IN SACRAMENTO



**1 in 4 children in Sacramento County live in poverty**

**Nearly 50 percent of people in Sacramento County who are food insecure have children under 18 living in the home.**

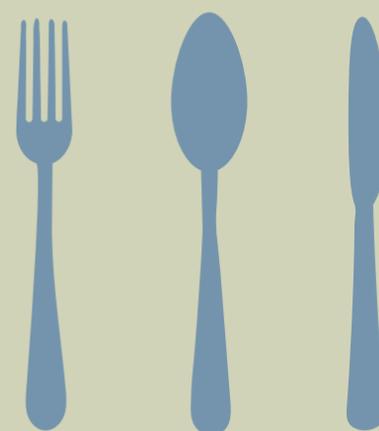
## 119,422

**Students Eligible for Free or Reduced-Price School Meals**

## IMPACT OF HUNGER ON YOUTH

**Poverty has a particularly adverse effect on the academic outcomes of children, especially during early childhood.**

**In young children, food insecurity has been linked to delayed development, adversely impacting their concentration, memory, and ability to learn. It also can lead to chronic illnesses like asthma and anemia; and behavioral problems like hyperactivity and anxiety.**



## 36,612

Low-Income Students Reached by School Breakfast

## 31 %

Of Low-Income Students Reached By School Breakfast

## 89,077

Low-Income Students reached by School Lunch

## 75 %

Of Low-Income Students Reached by School Lunch



For more information please contact:

Jeremy Racik

Food Equity Organizer

Sacramento Hunger Coalition

Jeremy@srceh.org / 201-566-1701

# STUDENT HUNGER ACROSS THE CSU



## SYSTEM

**41.6%** of California State University (CSU) students reported food insecurity

**20%** experienced low food security

**21.6%** experienced very low food insecurity

First-generation African American Students experienced the highest rate of food insecurity (**65.9%**) and homelessness (**18%**)

## STUDENT HUNGER AT SACRAMENTO STATE

At least **47%** of Students at Sacramento State have reported Food Insecurity

**12.6% have** reported experiencing homelessness

Sacramento State offers a variety of basic needs resources to students in need, for more information visit:

<https://www.csus.edu/basicneeds/>

## IMPACT OF HUNGER ON ACADEMIC SUCCESS

Students who reported food insecurity, homelessness, or both endured physical and mental health ramifications that led to lower academic performance.

These students had lower grade-point averages and suffered from anxiety, fatigue and suicidal feelings.



## CSU POLICY RECOMMENDATIONS

- Developing affordable housing and food options for students
- Targeting strategies to address the student populations that report the highest levels of food insecurity and homelessness, particularly first generation African American college students
- Utilizing strategies like CalFresh enrollment and food pantries as preventative measures for food insecurity

For more information please contact:

Jeremy Racik

Food Equity Organizer

Sacramento Hunger Coalition

Jeremy@srceh.org / 201-566-1701

<https://www.srceh.org>