

Effect of Food Insecurity on Students

Food insecurity is defined as **a lack of consistent access to enough food for every person in a household to live an active, healthy life**. To measure food insecurity among students in Maryland's schools, the following food insecurity question was added to the 2018 Youth Risk Behavior Survey (YRBS)/ Youth Tobacco Survey (YTS) survey. ([Source](#))

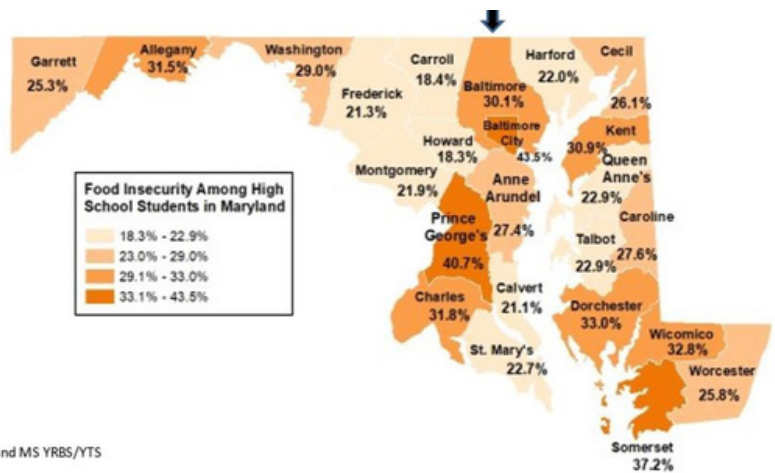
“During the past 12 months, how often was your family worried that your food would run out before you got money to buy more?”

Answer choices: Often, sometimes, never

Note: The maps and graphics below are from “Food Insecurity Among Middle and High School Students in Maryland,” which was written in part by Tam Lynne Kelley, a SSN Board member and Chair of the Advocacy Committee for the Network. (Source:

<https://state.nokidhungry.org/maryland/wp-content/uploads/sites/8/2020/08/Food-Insecurity-Among-Middle-and-High-School-Students-in-Maryland-Aug-27-2020.pdf>

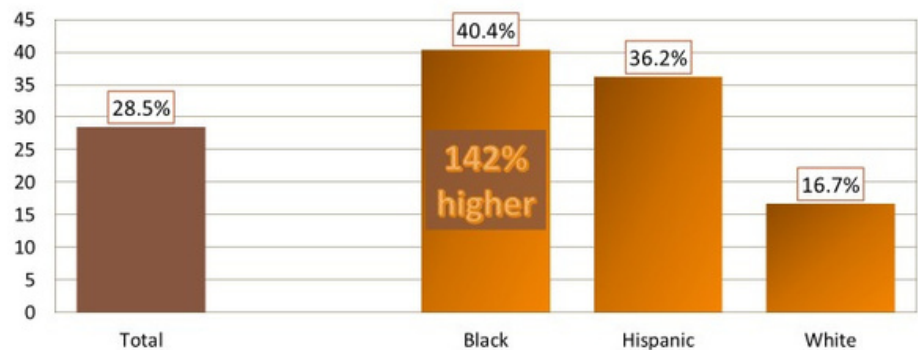
The survey found that 28% of all Maryland High School students are food insecure. The rate of food insecurity for High School students in Baltimore County Public Schools is 30.1%.



Source: 2018 Maryland MS YRBS/YTS

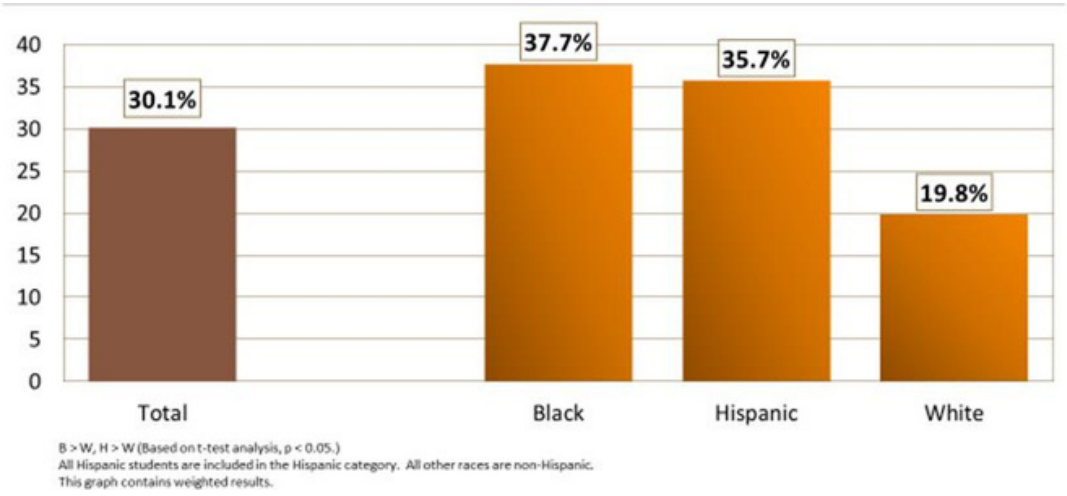
The food insecurity rate for Middle School Students in Baltimore County is 28.5% - like the food insecurity rate for High School Students, the Middle School Student rate is also higher than the state average (25%).

Percentage of Food Insecure Baltimore County Middle School Students



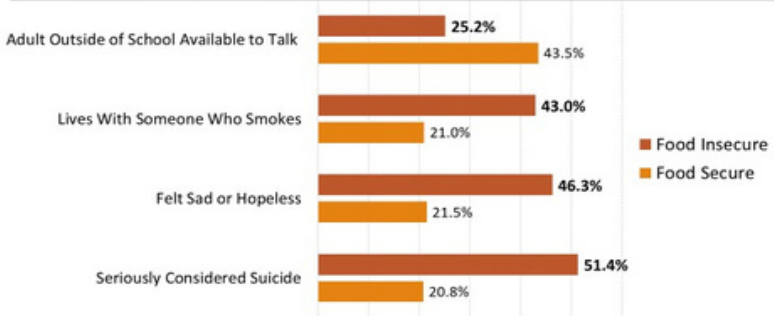
^aB > W, H > W (Based on t-test analysis, p < 0.05.)
All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.
This graph contains weighted results.

Students of color attending BCPS are at a much higher risk of food insecurity. The following chart shows the disparities for High School Students in BCPS. The disparities by race are even more pronounced in Middle School Students, with 40% of Black students and 36% of Hispanic Middle School Students in Baltimore County experiencing food insecurity as compared to 17% of white Middle School Students.



As indicated in the charts below, the YRBS/YTS survey results also indicate that students who are food insecure are at an increased risk for poor health and risky health behaviors.

Health Disparities for Baltimore County Middle School Students Who are Food Insecure



Health Disparities for Baltimore County High School Students Who are Food Insecure

