Handout #4 » Hunger’s Impact on Children and Others

Children

Impacts on Behavior

» Aggression
» Hyperactivity
» Difficulty paying attention
» Anxiety
» Difficulty getting along with others
» More need for mental health services
» Poorer mental health
» Behavioral disorders
» Depression and suicide
» Impaired social and emotional development

Impacts on Learning

» More absences, suspensions
» Impaired cognitive development
» Lower math and reading test scores
» Poorer school achievement
» Repeating a grade
» Need for more special education

Impacts on Health

» Poorer overall health
» Sick more often: colds, stomach-aches, headaches, infections
» Iron deficiency anemia
» More frequent doctor visits and hospitalization
» Low birth weight
» Birth defects
» Impaired physical growth and development
» Poor oral health
» Chronic health problems

Others

Adults May Experience...

» Overall poorer health
» Health problems such as diabetes, heart disease, hypertension, cardiovascular disease, cancer, osteoporosis, anemia and other chronic conditions
» Depression
» Obesity
» Lost work days due to child’s illness
» Household stress

Impacts on the Community

» Weakened workforce productivity
» Increased health care costs
» Increased demands on social services and criminal justice system
» Reduced economic activity and tax revenues because of lower incomes
» Loss of human potential

Sources: