

Food is like medicine and a **doctor-prescribed meal-delivery program** has been associated with fewer hospital and skilled nursing admissions and less overall medical spending.

An estimated **1 in 8 Americans do not have access** to quality healthy foods. That's 40 million Americans including more than 12 million children.

START ANYWHERE



INNOVATION



FOOD ECOSYSTEM

Food production dominates land use at 40%, but the **ecosystem is misaligned with dietary recommendations**. Subsidy distribution and land use allocations make the ability to provide enough healthy food for all, a concern.

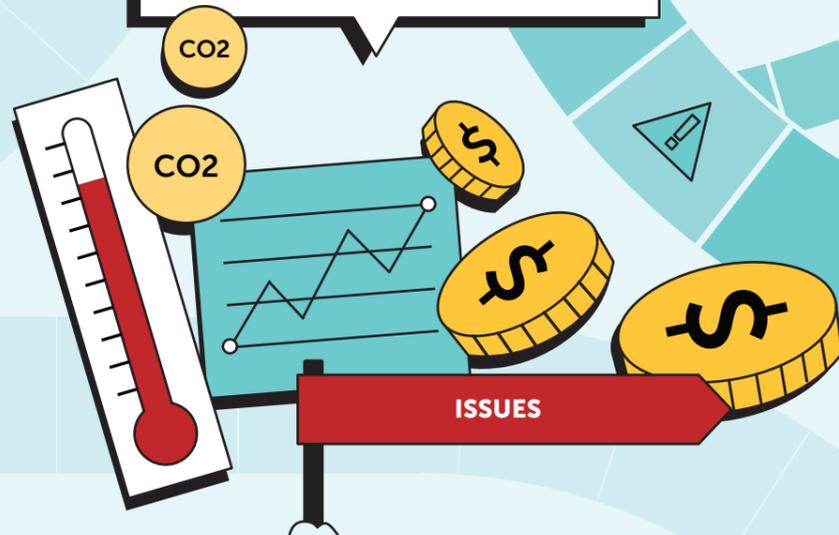
Food production is responsible for **19% to 29% of annual greenhouse gas emissions globally**, with substantial waste during distribution and consumption.

The diets of Americans have a long way to go to meet the AHA's recommendations for a healthy diet. A healthy diet is a critical success factor to preventing CVD and stroke. Developing a healthy, sustainable food system requires an innovative approach including global, federal, state, and local policies; the food industry; the agricultural industry; public health and medicine; communities, worksites, and schools; and individuals and families.



STAGES

ISSUES





FOOD ECOSYSTEM

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STAGES

- One-third of the world's food is lost or wasted between the farm and the plate, valued at over \$940 billion.
- 19 million people in the U.S are more than 1 mile from the nearest grocery store in an urban area, and more than 10 miles in a rural area.
- Between 1920 and 2007, black farmers lost 80 percent of their land. 100 years ago an estimated 14% of farmers were black; by 2012, it was 1.58%.
- Food chain workers use food assistance at 2x the rates of the general population.

STAKEHOLDERS

- In the US 14% of farmers are women generating \$12.9 billion in sales annually.
- Farms operated by Hispanics, Blacks, Native Americans, and Asians increased from 2012 to 2017.
- Many farmworkers suffer from poor health, a function of poverty, stress, poor diet, limited access to health care, and high rates of diet related diseases-diabetes, obesity and hypertension.
- Big box stores and grocery chains are key food retailers with nearly \$52 billion, capturing 82% of all food stamp dollars.

ISSUES

- Developing a sustainable food system requires a full accounting of the benefits and impacts all along the food supply chain.
- 89% of retiring farmers don't have succession plans.
- Farmers around the world are one of the occupations with the highest rates of suicide and rates of depression.
- Children from food-insecure homes are more likely to have lower math scores and repeat a grade. A lack of consistent, nutritious food can also impair their language, motor skills, and behavior.

INNOVATION

- A Food Justice Certification requires workman's comp, disability, unemployment, social security, unpaid sick leave, parental leave, and safe working conditions even for migrant and seasonal workers.
- Floating farms produce 20 tons of vegetables daily encouraging locals to grow their own food, saving money and giving birth to new jobs.
- Today in Seoul, a staggering 95 percent of food waste is recycled – a leap from less than 2% in 1995.

SCIENCE



Learn more about AHA's scientific position at heart.org/loremispumdolor

POLICY



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TAKE ACTION



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NEWSSTAND

Decreasing food waste, increasing food access

When Maria Rose Belding was 14, she saw expired food being discarded – while a line of hungry people waited to be fed in Philadelphia. The moment sparked her mission to minimize food waste and decrease hunger.

In college, Belding founded the MEANS Database, that connects soup kitchens and homeless shelters with fresh food that would otherwise go to waste.

"MEANS was started with the belief it should be easy for those with excess food to share it with those in need."

The need for programs like MEANS is critical – the U.S. throws away about a third of its food supplies every day –

that's 133 billion pounds of food annually. But getting usable food to communities in need can be challenging.

"Most of our food is going to agencies less than two miles away in the same low-income communities, but the agencies have no way to transport it," said Belding.

MEANS received a \$20,000 grant in 2017 from the American Heart Association's first annual EmPOWERED to Serve Business Accelerator.™ MEANS used the grant to partner with Food Connect in Philadelphia to close the transportation gap.

Read more at heart.org/loremispumdolor