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A. Physical Access to Healthy Food

25.8 million Americans live in **food deserts**, areas where physical access to nutritious food is limited. Just under half are low-income. Physical access to healthy food has been shown correlated with lower prevalence of obesity.

Recommendations: Promote farmers' markets, community-supported agriculture, supermarkets, and healthy food vendors through federal and local initiatives, and food distributors. **Eliminate food deserts in America in 7 years.**

B. Food Pricing

“Over the last 30 years, prices for fruits and vegetables increased nearly twice as fast as the price of carbonated drinks”. Prices of unhealthy and healthy foods can influence consumption habits.

Prices can be affected by subsidizing farmers for growing certain crops, subsidizing consumers for buying certain foods, and taxing unhealthy foods (already present in some states). However, changing *crop* prices only slightly changes the retail price.

Recommendation: Provide economic incentives to grow *and* buy fruits and vegetables.

C. Product Formulation

If unhealthy processed foods aren't available, people can't eat them. Food industry has responded to demand for more nutritious foods.

Recommendation: They should be encouraged to continue this, because many healthy foods do appeal to children.

D. Hunger and Obesity

Food insecurity is related to obesity, “Because the low cost of nutrient-poor, energy-dense foods promotes overconsumption of calories”. Federal programs (already in place), including food stamps, school lunches, and school breakfast can help solve childhood obesity.

In fact, poor diet is by and large, not a low-income problem. In some cases the poor consume healthier foods, possibly due to federal programs.

Recommendation: Expand federal nutrition programs.