



## The Correlation between Food Insecurity and Adolescent Development

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### Introduction

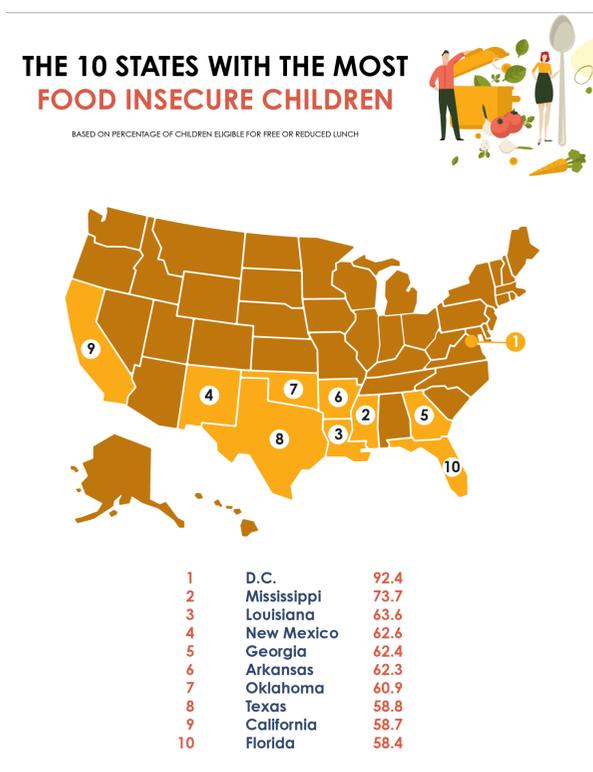
Is there a correlation between food insecurity and adolescent development? Research suggests that food insecurity does share correlations with physical, emotional, social, and cognitive development. If there is a correlation between food insecurity and developing adolescents then further research can examine how to reduce food insecurity in order to have more positive developmental outcomes for developing adolescents.

### Coverage

- The data base searched for this research was Google Scholars
  - The key words used in searching the literature were:
    - Food Insecurity
    - Food Insecurity and Health Outcomes
    - Food Insecurity on Adolescent Development
    - Food Insecurity on Social and Emotional Development
    - Food Insecurity on Cognitive Development
    - Food Insecurity on Physical Development
- The articles chosen were chosen based off of the following criteria
  - Topic Relevance
  - Publication as a scholarly journal
  - Information was current and reported accurate findings
  - Independent study was conducted by the author
- Three articles were chosen as the primary literature sources, and two articles were chosen as secondary sources or supporting literature. These were considered secondary sources because the authors did not conduct research themselves.

### Methodology

- In order to determine whether or not a correlation exists between food insecurity and adolescent development three primary literature and two secondary were examined.
- The primary literature used qualitative data analysis. The qualitative data examined the impacts that food insecurity had on adolescent development.
- The secondary literature was examined using a data collection method. The secondary data collection also used existing data to determine the correlation between food insecurity and adolescent development.



### Significance

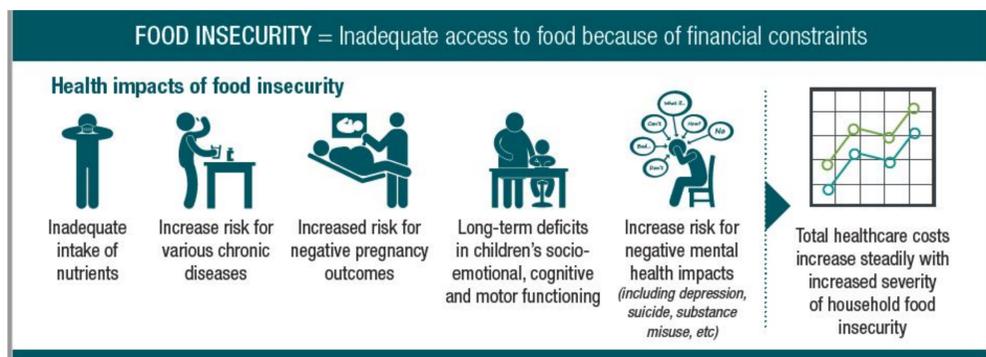
- This topic is significant because it is affecting the lives of young adolescents today. Food insecurity still has a large prevalence in our world and it is affecting the development of our children. Adolescent development is one of the most crucial times of development, therefore adequate nutrition is crucial during this stage of life.

### Results:

The results yielded indications that a correlation does exist between food insecurity and adolescent development. The following results were yielded from the three primary sources:

- “This research has found that food insecurity is associated with increased risks of some birth defects,5 anemia,6,7 lower nutrient intakes,8 cognitive problems,9 and aggression and anxiety.10” (Gundersen, 2015).
- “Specifically, children from families with food insecurity were more likely to demonstrate behavioral trajectories of persistent depression/anxiety (OR=1.79) and inattention/hyperactivity (OR=3.06)” (Althoff, 2016).
- “Although each research report addresses a somewhat different set of correlates of food insecurity and related constructs, there is consistency in the basic findings that emerge from applications of these measures regarding adverse effects on physical and mental health, academic performance, and behavioral and psychosocial problems in preschool-aged and school-aged children” (Cook, 2008).

These findings support the argument that a correlation does exist between food insecurity and adolescent development. The results yielded a positive relationship with the two areas and some articles gave supporting arguments for the needs of improvements in children's nutrition.



### Conclusion

- It can be concluded that evidence from previous research has revealed an existence of a correlation that exists between food insecurity and adolescent development. This research will explore a relationship between food insecurity and adolescent development in order to lay a foundation for future research aimed at improving the lives of growing children in the adolescent phase of development.
- Further research can now examine how to reduce food insecurity in order to have more positive developmental outcomes for developing adolescents.

### References:

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