

Introduction

For the last few months, we have been working on how hunger affects high school student's mental and emotional health and their academics. We have a lot of students that cannot focus because they do not eat as much as other students and their guardians do not have enough income for food. These students have mental outbursts when they do not eat for a certain amount of time.



Facts

According to Jaimie Sutton of the *Washington Post*, "Food insecurity is a family that has enough money to buy groceries three out of four weeks; it's a mom skipping dinner; it's having to choose between buying groceries and paying rent."

Observation

Children who experience chronic, unsatisfied hunger are at risk of not getting the appropriate intake of necessary vitamins and minerals to ensure reaching developmental milestones . Many kids will have trouble focusing in an academic setting due to a lack of energy and motivation .



Survey

Out of the students surveyed, 77% said that hunger does affect the way they learn . The majority of the students surveyed have seen students struggle learning because they were hungry or have not eaten in days.

When asked if they have witnessed mental outbursts from students affected by hunger, 56% of the students said they have not.

Recommendations

- ~ Hand out reminders with the time breakfast starts
- ~ Give out food baskets
- ~ Extend breakfast times before classes starts



Main References

https://www.washingtonpost.com/news/parenting/wp/2017/03/09/reading-writing-and-hunger-more-than-13-million-kids-in-this-country-go-to-school-hungry/?utm_term=.72e7bed4f187

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