

How does hunger affect people in all aspects of health?

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Introduction

Hunger affects many people throughout the world, and many people are unaware about how many are affected. Hunger also affects the three aspects of health for people. These aspects are known as: Physical, Mental, and Social health.



Facts

- 1 in 7 people are hungry today
- 1/3 of food is wasted
- Hunger affects health, as people develop diseases and high blood pressure from hunger
- About 795 million people do not have enough food to lead an active healthy life
- Every 5 seconds, at least one child dies from hunger

Observation

The field observation consisted of traveling to various locations of people living close to the poverty line and handing out lunches and toiletries. The observation lasted 4 hours.

Everyone seemed to share a sense of relief from receiving the food and toiletries. It is true that hunger is indeed a serious problem, and this observation expanded my viewing on how much these people needed help.



Survey

We surveyed 40 people in our school.

- Only 17.5% of people knew that more than 100 million people were affected by hunger
- 57.5% of people knew that hunger affects all three aspects of health (physical, mental, social), meaning that everyone else is unaware of this
- Only 22.5% realize hunger was a result of poverty.

Recommendations

As our action, we volunteered at churches and passed out food to those in need. To help reduce the hunger population in our world, you can:

1. Get involved in hunger communities that help feed people in need.
2. Donate to provide food to the hungry; just \$2 can save someone from hunger.
3. Use your voice to convince the government to support the people in need of food.



Main References

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