

# CAUSES OF FOOD INSECURITY: A SYSTEMATIC REVIEW

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## EXTENDED ABSTRACT

Food insecurity is recognized as one of the major public health crises in the United States [Gunderson and Iliac, 2018]. According to the US Department of Agriculture (USDA), about 10.2 percent (13.5 million) of the U.S. households were food insecure at some time during 2021 [USDA, 2021]. Food insecurity refers to a condition where one's ability to access adequate (sufficient, safe, and nutritious) food is limited because of insufficient money, difficulty to acquire, time constraints, and various other mediums. Various studies have shown that food insecurity is associated with several health outcomes [Gunderson and Iliac, 2018], such as mental health problems and depression, diabetes, obesity, hypertension, and hyperlipidemia [Gunderson and Iliac, 2004]. The impact of food insecurity is serious and is increasing daily.

In this study, we have reviewed the literature and identified different socioeconomic and environmental factors that have contributed to the prevalence of food insecurity. Our review showed that prevalence of food insecurity varies for different genders, age groups, as well as races and ethnicities. This is mainly due to different socioeconomic and environmental condition these demographic subpopulations are facing. Our review showed some contributing factors listed in different studies are household size, financial status (income level), educational degree, educational institutions, occupation, housing status, as well as medical care availability.

The body of this paper discusses the mechanism underlying the relation between each one of contributing factors mentioned above and the food insecurity. We also analyze different methods in the literature such as statistical analysis and simulation that have been used for studying the issue related to food insecurity. This analysis will help us find out the areas where we can intervene by introducing public policies.

## REFERENCES:

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