

# WHO IS HUNGRY IN ALASKA?

The face of hunger is changing in our state. Here are results from *Hunger in America – Alaska Report 2014*, conducted by Food Bank of Alaska and the Alaska Food Coalition.

- 32% are children under 18
- 13% are seniors aged 60 and older
- Over 23% have a veteran in the household, almost 3% are active duty military
- 87% have a high school diploma or GED, 35% have education beyond high school
- Over 60% were employed in the last 12 months, 43% in the last month, often part-time
- Of those not working, 69% have a disability and 21% are retired



## WHAT WOULD YOU CHOOSE? Hungry Alaskans face difficult choices



HAD TO CHOOSE BETWEEN  
FOOD AND UTILITIES



HAD TO CHOOSE BETWEEN  
FOOD AND TRANSPORTATION



HAD TO CHOOSE BETWEEN  
FOOD AND MEDICAL CARE



HAD TO CHOOSE BETWEEN  
FOOD AND HOUSING

## Hungry Alaskans face other challenges to

- 26% have a family member with diabetes; high blood pressure affects 47% of families
- 56% of households report having unpaid medical bills
- 15% don't have anywhere to preserve fresh food, 7% don't have a stove or hot plate
- 45% of households participate in SNAP, but benefits last 3 weeks or less for 81% of these

## HOW WOULD YOU COPE? Families in need use these and other coping strategies



81%  
PURCHASE  
INEXPENSIVE,  
UNHEALTHY FOOD



54%  
RECEIVE HELP  
FROM FRIENDS  
OR FAMILY



37%  
WATER DOWN  
FOOD OR DRINKS

(The *Hunger in Alaska* study is based on 77 visits to programs from Wrangell to Barrow. 619 clients were sampled with a 56% response rate.)

1 in 7 Alaskans (105,000) cannot always count on their next meal. This includes 1 in 5 children.