More than 1.8 million Alabamians, including half a million children, live in communities with little to no access to fresh, healthy food.¹

WHY DOES INCREASING ACCESS TO HEALTHY FOOD MATTER FOR ALABAMA’S CHILDREN?

- Alabama ranks among the top 10 states in the country for the highest percentage of residents with low access to fresh, healthy foods.²
- Thirty-five percent of Alabama children are considered overweight.² More than 18 percent of Alabama children aged 10-17 are obese.²
- Children without access to healthy food are more likely to develop chronic diseases such as high blood pressure, Type 2 Diabetes, bone and joint problems and breathing problems such as asthma – diseases that will follow them into their adult life.²
- Obese children are 80 percent more likely to be obese as an adult than non-obese children.² Alabama is the nation’s fifth most obese state.²
- Over the course of one’s lifetime, health care costs for obese children is estimated to be at least three times higher than it is for children who are not obese.²

Percent of children 18 and under with low access to healthy food

Source: VOICES for Alabama’s Children 2014 Alabama Kids County Data Book

AN ALABAMA SOLUTION TO REVERSE CHILDHOOD HEALTH TRENDS

Alabama can reverse statewide health trends and reduce long-term health costs by providing loans and other financial resources, to encourage healthy food retailers – such as grocery stores and farmers markets – to open in areas of the state where residents don’t have access to healthy food. Increasing access to healthy food can also mean more jobs and a stronger local economy.

Phone: 334-213-2410 | P.O. Box 4576, Montgomery, AL 36103-4576 | www.alavoices.org
WHAT WOULD INCREASING ACCESS TO FRESH, HEALTHY FOOD MEAN FOR ALABAMA?

Healthy kids: Research shows that the closer a family lives to fresh, healthy foods outlets, the more likely they are going to choose the healthier option. 9

Billions in statewide savings in obesity-related health care costs: If Alabama reduces its average BMI by five percent, the state could save approximately $3.38 billion in obesity-related health care costs by 2020. 10

Boosting state and local economies: Each year, independent grocery stores in Alabama are responsible for more than $2.19 billion in sales and more than $198 million in state and local taxes. Revitalizing existing grocery stores and adding new ones in communities that need them most can stimulate the local economy, revive neighborhoods, and generate more revenue for local governments to provide basic services and programs for residents. 11

More job opportunities for unemployed Alabamians: Opening new small and independent grocery stores in Alabama will build on the more than 15,000 jobs and the $460 million in wages already created by independent grocers. 12

1. VOICES for Alabama’s Children and The Food Trust, https://d3n8a8pro7vhmx.cloudfront.net/alavoices/pages/27/attachments/original/1428409463/2015_AL_HFA_Mapping_Report_FINAL.pdf?1428409463
8. See note 5.
9. See note 5.
12. See note 11.

WHAT YOU CAN DO!

1. Be an advocate
   Become an advocate for Healthy Food Access by visiting www.alavoices.org/healthy_food_access_for_all and sign a Letter of Support. Invite your family, friends and colleagues to sign a Letter of Support.

2. Educate your network
   Post and share information about Healthy Food Access through emails, social media and other networking opportunities. Invite VOICES for Alabama’s Children to present at your meetings or host an educational event.

3. Share a statement
   Add your voice by letting VOICES for Alabama’s Children know why you believe every child should have access to healthy food. Visit facebook.com/AlaVoices, write a letter to the editor or speak at a public hearing.

Jada Shaffer | Campaign Manager
jshaffer@alavoices.org | ext. 105