



New York Hunger Survey

Hunger Spreading in New York, with Parents Hit Hardest and Even Middle-Income Households Now Facing Food Insecurity; New Yorkers Say It's Harder to Afford Groceries, Taking a Toll on Mental Health, By 9-1 Majority, New Yorkers Want Bipartisan Action From Elected Officials

Hunger in New York

A new poll from Change Research of 1,189 New York adults conducted April 3-10, 2023¹ shows that many New Yorkers experienced hunger in the past 12 months due to lack of money or other resources. Two-in-five adults (38%) report one or more symptoms of food insecurity in the last year. Even those with middle incomes are facing hunger: one-third (35%) of respondents with annual household incomes between \$50,000 and \$100,000 experienced one or more symptoms of food insecurity. (New York's median household income is [\\$75,157](#).)

Select all that apply. During the last 12 months, was there a time when, because of lack of money or other resources:

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	All Adults	Parents of Kid(s) in Public School	Annual Income < \$50k	Annual Income \$50k - \$99k	NYC
You were unable to eat healthy and nutritious food	23	29	37	21	18
You were worried you or members of your household would not have enough food to eat	22	29	37	21	20
You ate only a few kinds of foods	19	20	29	18	16
You had to skip a meal	15	17	25	12	14
You ate less than you thought you should	13	13	21	9	10
You were hungry but did not eat	13	13	23	10	13
You went without eating for a whole day	10	12	21	6	10
Your household ran out of food	9	14	16	6	7
None of these	62	58	39	65	61

Parents are really struggling. In the past year, more than a quarter of parents (29%) worried their household would not have enough food, and two in five (40%) had to decide between purchasing food or another necessity (e.g., utility bill, clothing, rent, gas, etc.). In the survey, respondents shared these anecdotes showcasing current challenges around food and hunger in their own households.

With inflation and everything I skip meals very often so I know my child will never be hungry. My family doesn't qualify for food stamps but 98% of our income goes to rent and Central Hudson.

(35-49 Female, Ulster County)

I had to choose between feeding my children or paying my light bill because there just isn't enough food resources out here.

(35-49 Female, Bronx County)

We're in a two income household with a combined salary of 80,000 a year and are STILL living paycheck to paycheck because of the cost of food, increase on the price of gas, electric, utilities, health insurance and child care. This is not sustainable.

(18-34 Female, Orleans County)

¹ Using its Dynamic Online Sampling Engine to obtain a sample reflective of the adult population in New York, Change Research polled 1,189 people statewide from April 3-10, 2023. The modeled margin of error is 3.3%. Post-stratification weighting was performed on age, race/ethnicity, sex, education, region, and 2020 Presidential vote choice. Weighting parameters were based on US Census and voter file data. You can find methodology details and topline results [here](#).

Food insecurity is especially pronounced among Hispanic New Yorkers. Nearly half (48%) of Hispanic respondents experienced one or more symptoms of food insecurity in the past 12 months (versus 35% of white non-Hispanic respondents). Nearly two in three (63%) Hispanic respondents say they would feel worried about their ability to afford groceries if faced with an unexpected \$500 expense, including 48% who say they would be very worried. Their white non-Hispanic counterparts would also be worried but not to the same degree (53% say they would be worried, 31% very worried).

Affording Groceries is Getting Harder, Affecting Mental Health

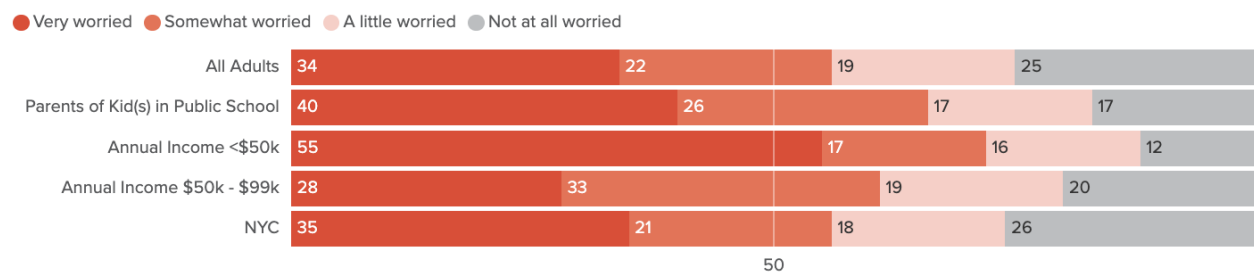
Three-quarters (73%) of New York’s adults are having a harder time affording groceries now compared to this time last year (April 2022), and a majority (59%) report feeling stressed, anxious or depressed as a result of figuring out how to afford enough nutritious food for themselves and their household. Parents, especially, are suffering negative mental health consequences: two-thirds (68%) of parents have experienced stress, anxiety or depression in the past 12 months because they are struggling to figure out how to afford food for their families. People of color are more likely to experience negative mental health consequences as a result of figuring out how to cover their food costs: 63% of people of color say that figuring out how to afford enough nutritious food for oneself or one’s household has made them feel stressed, anxious or depressed in the past 12 months, versus 57% of white New Yorkers.

Living on the Margin

Many New Yorkers are just one minor emergency away from facing hunger. More than half (56%) of all respondents and two-thirds (66%) of parents say they would be very or somewhat worried about their ability to buy groceries if faced with an unexpected \$500 expense. Of those who worry about their ability to buy groceries if they were faced with an unexpected \$500 expense, 42% say they would NOT know where to go to access meals or other forms of assistance.

If you were faced with an unexpected expense, like a \$500 car repair or medical bill, how worried would you be about your ability to buy groceries for your household?

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New Yorkers Want Action to Address Hunger

Nearly all (90%) New Yorkers agree that ending childhood hunger should be a top priority for the state’s elected officials, and 93% say that addressing childhood hunger should be a bipartisan issue. Among policies that would help address the hunger crisis, no-cost school meals enjoy wide support. An overwhelming majority (88%) say these programs should be expanded. Elected officials in New York should consider this and other popular policies that would make a real difference in reducing New Yorkers’ struggle with hunger.

Do you agree or disagree with the following statements?

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