

A summary of key datapoints: “[Household Food Security in the United States in 2021](#)”, USDA.

By Ana Poblacion, PhD, MSc

Research Scientist and Director of Multisite Operations, Children’s HealthWatch

National Average Prevalence of Food Security in 2021:

- Household Food Insecurity: 10.2% (not significantly different from 10.5% in 2020)
 - Low Food Security: 6.4% (not significantly different from 6.6% in 2020)
 - Very Low Food Security: 3.8% (not significantly different from 3.9% in 2020)
- State prevalence 2021:
 - MA: 8.4%
 - PA: 9.2%
 - MN: 7.4%
 - AR: 15.0%
 - MD: 8.7%

Prevalence of FI within Households with Children under 18 years in 2021

- Food-insecure HH with children: 12.5% (14.8% in 2020). NOTE: FI prevalence within HH with children is significantly higher than HH without children (10.2%).
 - Food-insecure adults only in HH with children: 6.3% (7.2% in 2020)
 - Food Insecurity among children: 6.2% (significantly different from 7.6% in 2020)
 - Low Food Security among children: 5.5% (significantly different from 6.8% in 2020)
 - Very Low Food Security among children: 0.7% (not significantly different from 0.8% in 2020)

Prevalence of FI within Households with Children under 6 years in 2021

- Food-insecure HH with children: 12.9% (15.3% in 2020).
 - Food-insecure adults only in HH with children: 6.4% (8.3% in 2020)
 - Food Insecurity among children: 6.5% (7.0% in 2020)
 - Low Food Security among children: 6.0% (6.3% in 2020)
 - Very Low Food Security among children: 0.5% (0.7% in 2020)

Highlights of Prevalence Increase 2020-2021:

- households with no children: 9.4% (2020: 8.8%)
- households with no children headed by women living alone: 13.2% (2020: 11.0%)

Highlights of Prevalence decrease 2020-2021:

NOTE: despite decrease, prevalences identified with an asterisk are still significantly higher than national average (10.2%)

- households with children under age 18*: 12.5% (2021: 14.8%)
- households with children under age 6*: 12.9% (2020: 15.3%)
- households with children headed by single females*: 24.3% (2020: 27.7%)
- households with children headed by married couples: 7.4% (2020: 9.5%)
- households with Black, non-Hispanic reference persons*: 19.8% (2020: 21.7%)
- households with Hispanic reference persons*: 16.2% (2020: 17.2%)
- households with income <185%*: 26.5% (2020: 28.6%)