

## American Heart Association defines and advises on nutrition security in new policy report

A trip to the grocery store can be stressful if a limited budget means you must opt for less nutritious choices. The American Heart Association believes in the right to healthy food for all people to live their best lives, yet it's estimated that one in 10 American households experience [food insecurity](#).

When you don't have enough food and must choose between food and other necessities, it can be difficult to achieve a heart-healthy dietary pattern, which can lead to an increased risk of heart disease. The COVID-19 pandemic increased awareness of the problem and its disproportionate impact on under-resourced communities.

To address inequities in nutrition and to help ensure everyone can be healthy, the American Heart Association recently released a policy [roadmap](#). In the statement, nutrition security is defined as having equitable and stable availability, access, affordability, and consumption of foods and beverages that promote well-being and prevent and treat disease.

Skipping meals repeatedly can lead to poor health, including an increased risk of heart disease, diabetes and some cancers. It can also lead to increased stress and deteriorated mental health, additionally poor nutrition can cause children and teens to have trouble in school.

The AHA has an array [of resources](#) for healthy eating with budget-friendly recipes, shopping guidance and budget-stretcher tips. You can also learn from our [science-based tools](#) to help discover, choose and prepare healthy meals to achieve a heart-healthy eating pattern. These Healthy for Life Educational Experiences were created by Aramark and the American Heart Association as part of our Healthy for Life® Initiative.