

Tackling Food Insecurity for Better Health

Anthem.

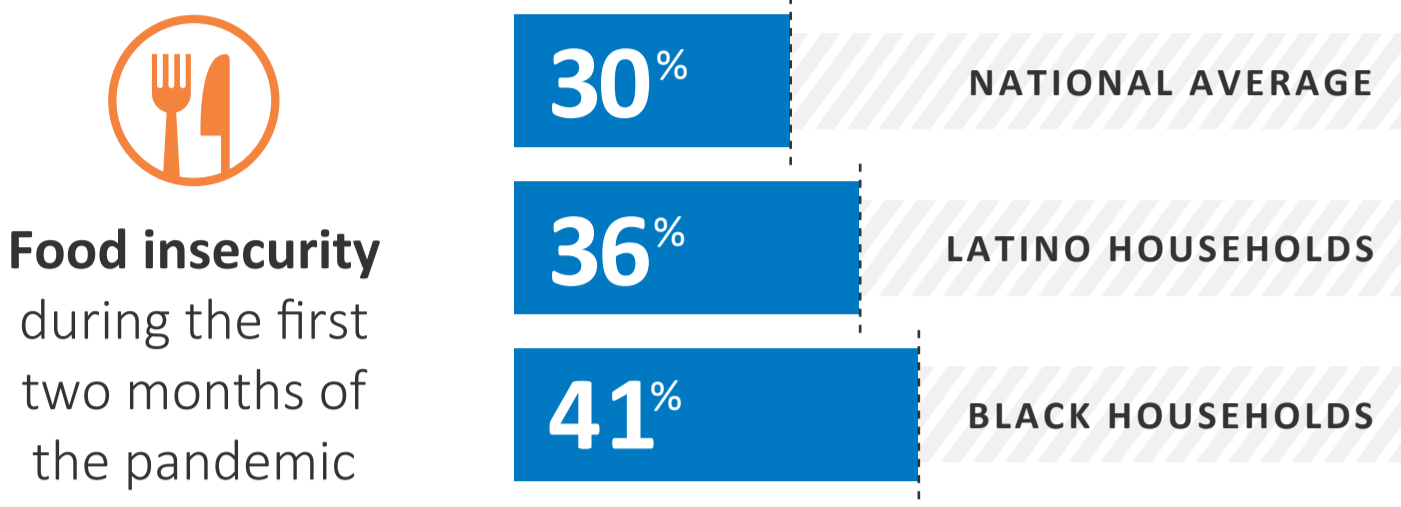
AN ISSUE FOR TOO MANY AMERICANS

Food insecurity – the lack of consistent access to healthy, nutritious food – is the most commonly reported unmet social need in the United States.¹



are estimated to experience food insecurity in 2020 – up **45 percent** since 2018.²

Food insecurity hits our most vulnerable populations especially hard – and **COVID-19 has widened the gap.**^{3,4}



FOOD SECURITY IS VITAL TO HEALTH

2/3 of households served by the nonprofit Feeding America have to choose between food and medical care.⁵

Food-insecure young adults are **more likely to experience depression, anxiety, and thoughts of suicide.**⁶

Children in food-insecure households are **more likely to skip needed medical care and use emergency rooms instead.**⁷

Reducing food insecurity means reducing chronic health issues, lowering healthcare costs, easing strains on the healthcare system, and improving quality of life in communities across the country.

HOW ANTHEM IS COMBATING FOOD INSECURITY

Anthem has long championed better access to nutritious foods in the communities we serve. We're taking a multi-faceted approach to address food insecurity, using our scale and scope to drive meaningful change.

In Our Communities

Millions of families projected to be served in 2020 through Anthem Foundation grants



\$16M

in active Anthem Foundation grants as of June 2020

50K+

individual food insecurity screenings and interventions performed since April 2019 as part of Anthem Foundation's Food is Medicine program, a partnership with Feeding America

2020 Associate Actions



1,400+

Associate volunteer hours

\$1M+

generated through Associate match program

In the Benefits We Offer



Structuring consumer benefits to recognize that **food security is central to whole health needs**



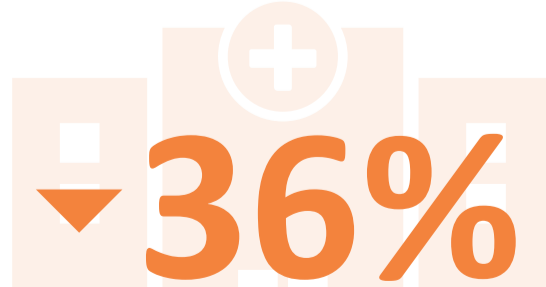
Integrating medically tailored meals and food delivery into affiliated health plan benefits

1M+

meals delivered to food-insecure Medicare and Medicaid members

as part of coordinated response to COVID-19 crisis.

36% reduction in hospital readmissions among CareMore patients receiving medically tailored meals after hospitalization.



Anthem.

¹ McKinsey & Company: Insights from McKinsey's Consumer Social Determinants of Health Survey (accessed July 2020): <https://www.mckinsey.com/industries/healthcare-systems-and-services/our-insights/insights-from-the-mckinsey-2019-consumer-social-determinants-of-health-survey>

² Feeding America: The Impact of the Coronavirus on Local Food Insecurity (accessed September 2020): https://www.feedingamerica.org/sites/default/files/202005/Brief_Local%20Impact_5.19.2020.pdf

³ United States Department of Agriculture: Food Insecurity in the U.S. (accessed July 2020): <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics>

⁴ Northwestern Institute for Policy Research: How Much Has Food Insecurity Risen? Evidence from the Census Household Pulse Survey (accessed July 2020): <https://www.ipr.northwestern.edu/documents/reports/ipr-rapid-research-reports-pulse-hh-data-10-june-2020.pdf>

⁵ Feeding America: Hunger in America 2014 (accessed July 2020): <http://help.feedingamerica.org/HungerInAmerica/hunger-in-america-2014-full-report.pdf>

⁶ Journal of Adolescent Health: Food Insecurity is Associated with Poorer Mental Health and Sleep Outcomes in Young Adults (accessed July 2020): [https://www.jahonline.org/article/S1054-139X\(19\)30419-7/fulltext](https://www.jahonline.org/article/S1054-139X(19)30419-7/fulltext)

⁷ Official Journal of the American Academy of Pediatrics: Food Insecurity and Child Health (accessed July 2020): <https://pediatrics.aappublications.org/content/144/4/e20190397>