



BY ALEXANDRIA CITY HIGH SCHOOL



Sabia Samus and Ashley Juarez-Osorio

TOPIC

Baby Food For Teen Parents Based On Income

TOPIC DESCRIPTION

While the data doesn't explicitly address teen parents, it's reasonable to assume that teen parents, who are also raising children, may be particularly vulnerable to food insecurity due to financial constraints and limited resources. This alarming trend threatens infant health, strains state resources, and limits economic potential. Our initiative tackles this crisis through expanded WIC access, community support programs, and policy reformation aligned alongside Virginia's child health goals.

Key Impacts & Solutions:

- Health Crisis: Infants born to food-insecure teen parents face malnutrition risks, leading to developmental delays and long-term health issues
- Economic Toll: Costs Virginia 150M+ in lost workforce productivity by 2035
- Systemic Gaps: 60% of eligible teen parents currently miss WIC benefits due to complex enrollment and stigma
- CYCP Alignment: Supports Goal 2 (Child Health) by targeting 40% reduction in nutrition related developmental delays by 2030
- Regional Focus: Virginia shows 25% higher rates, demanding targeted solutions

RESULT

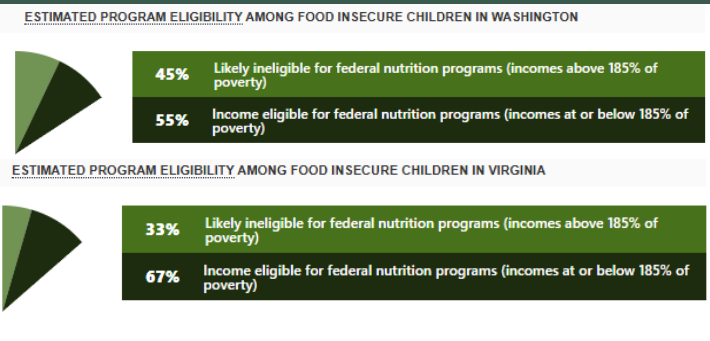
Food insecurity rate amongst children in Virginia has seen a significant rise since 2021 to 2022, ever since the food insecurity rate amongst children has seen a very slow but gradual increase, projecting up to roughly 18% in 2025. Our goal is to drop food insecurity rates as close to 0% as possible.



SIGNIFICANCE

Virginia's teen parent food insecurity crisis shows alarming growth, **child food insecurity rate in the current years within Virginia is 13.6%** rising from around **8.8% between 2021-2025** according to recent studies. Projections indicate this **could reach up to 33% and a projection of a much higher number for teen parents by 2035** (60 out of 100 teen parents estimated) if current trends persist. Virginia's teen parent food insecurity crisis (2021-2025) carries major economic consequences. Solving it would:

- Increase graduation rates, reducing future welfare dependence.
- Save **\$12M yearly in avoided Medicaid** costs and medical costs due to malnutrition in citizens.
- Add **\$150M+ to Virginia's economy** by **2035 through workforce** participation
- **Reduce** regional disparities **holding back Virginia's development.**



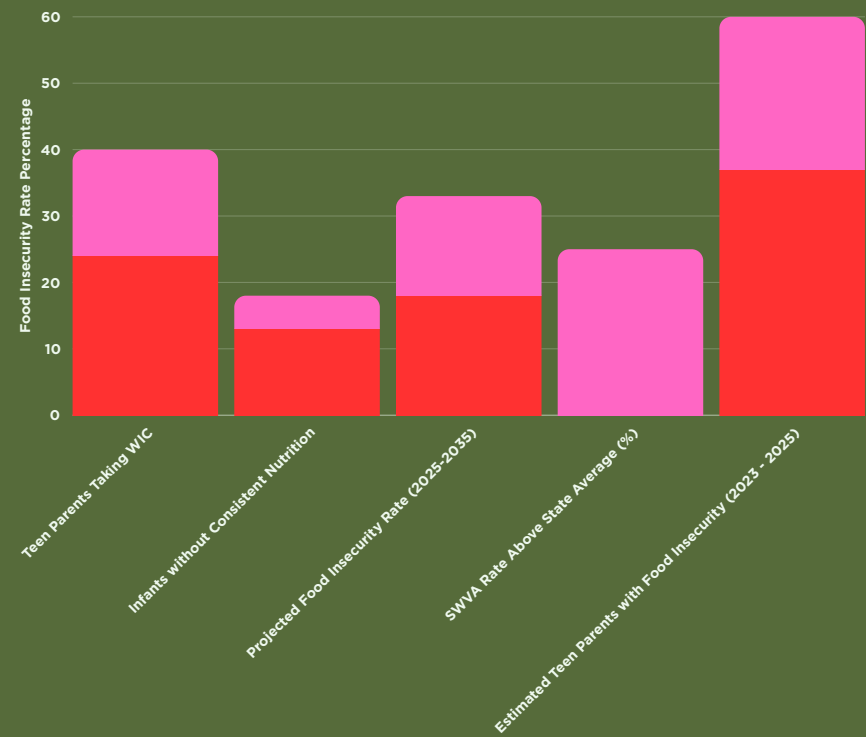
Due to the eligibility issues and the lack of support for teen parents and their children overall who are included in this report, the state is forced to provide unnecessary extra funding to medical aid which is caused by malnutrition in children, the economic impact of this issue in hind sight may not amount to much but on further research the impact is revolutionary.

CYCP GOAL AND STRATEGIC AREA

Our project is aligned with Virginia's CYCP Goal 2 to promote optimal health for all children by addressing teen parent baby food insecurity. It seeks to decrease malnutrition-related delays in child development by 40% by the year 2030 through enhanced WIC access and social capital.

- CYCP (Child Health & Development)
- Strategic Focus: Nutrition Equity for Vulnerable Families.
- Closes WIC access gaps (Estimated 60% of eligible teen parents currently miss benefits.)

HOW ARE WE DOING?



60% of Virginia teen parents experience food insecurity, (VPLC 2023) which is projected to rise to 80% at the same rate of change.

Only a projected rate of 40% eligible teen parents take WIC benefits, according to VDH WIC Data.

Virginia's rates are 25% higher than the state average.

Child food insecurity rate in the current years within Virginia is 13.6% rising from around 8.8% between 2021-2025.

IMPLEMENTATION

Food Resources

Alive:

“ALIVE! Serves 20,000 individuals each month by providing food, transitional shelter, financial help, eviction prevention and furniture and housewares”

Inova (Children’s Resources Directory - Childrens and Family Community Resources):

RX for Food is a, “partnership between Innova and Food for others to provide a local food pantry or ‘pharmacy’ to give out patients special access to food”

Alexandria Food Pantry:

“We provide perishable and non-perishable food, including fresh produce, dairy, and meat, and basic items such as cereal, canned vegetables, rice, and beans”

PARTNERSHIPS

Teen Wellness Center



WIC



PERFORMANCE EFFORT

Prevention’s

- Grants
- Tenants and workers united
 - Education for teens (Sex Ed)
- Capital youth
- Soccer (mainly for male Middle and High School students)
- Teen mom group (International Wing, (preventing pregnancies)
- Child Care services
- Peer advocacy
- DC diaper distributions
- ALX closet----> (clothing for the child)
- Economic Support----> (stamps)
- Temporary Assistance for Needy families.
- WIC---> Women Infants and children is a program that improves the health and dietary needs of low income families

PERFORMANCE EFFECT

The Hispanic/Latino and African (immigrant) demographic have been worse off, due to a language barrier.

“Four populations were identified in the research process as ‘under-resourced:’ the unhoused, older adults, immigrants and non-English speakers, and the Latino/a/e/ community. These populations are disproportionately impacted by food insecurity, and present specific challenges in providing access, such as knowledge of services, transportation, language barriers, lack of trust, and specific cultural and/or health needs” (Food Insecurity Report).

RECOMMENDATIONS

Prevention for teen pregnancies for girls and boys.

Add \$150M+ to Virginia's economy by 2035

Affordable baby food’s

Free resources for the child!



ONLINE

- **ALEXANDRIA CAMPAIGN ON ADOLESCENT PREGNANCY-----> (A PROGRAM THAT ALLOWS MORE INFORMATION ABOUT TEEN PREGNANCIES)**
- **TENANTS AND WORKERS UNITED-----> (IS A DEMOCRATICALLY CONTROLLED ORGANIZATION COMMITTED TO BUILD COMMUNITY POWER TO WIN SOCIAL AND ECONOMIC JUSTICE ACROSS NORTHERN VIRGINIA)**

IN PERSON

Leia Stuart

email: Leia.Stuart@alexandriava.gov

Felicia Parks

email: Felicia.Parks@alexandriava.gov

CITATIONS

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