

Understanding the Evidence: SNAP and Health

Six Studies That Highlight How Losing SNAP Can Raise Food Insecurity and Affect Health

1. SNAP reductions are linked to increased food insecurity.

Evidence: [Associations Between Ending Supplemental Nutrition Assistance Program Emergency Allotments and Food Insufficiency](#) (JAMA Health Forum, 2023)

2. An increase in food insecurity has been connected to a rise in heart-related deaths among adults younger than 65.

Evidence: [Food Insecurity and Cardiovascular Mortality for Nonelderly Adults in the United States From 2011 to 2017: A County-Level Longitudinal Analysis](#) (Circulation: Cardiovascular Quality and Outcomes, 2020)

3. State policies to increase SNAP participation have been associated with a lower rise in diabetes prevalence.

Evidence: [Changes in Supplemental Nutrition Assistance Program Policies and Diabetes Prevalence: Analysis of Behavioral Risk Factor Surveillance System Data From 2004 to 2014](#) (Diabetes Care, 2021)

4. SNAP participants had fewer inpatient admissions and lower health care costs among older adults dually eligible for Medicare and Medicaid, leading to \$2,360 lower annual Medicaid spending per person.

Evidence: [Supplemental Nutrition Assistance Program Participation and Health Care Use in Older Adults: A Cohort Study](#) (Annals of Internal Medicine, 2021)

5. Food-insecure children face more physical and mental health problems compared with food-secure peers.

Evidence: [Food Insecurity and Child Health](#) (Pediatrics, 2019)

6. SNAP participation has been linked to lower premature deaths from all causes among adults ages 40–64.

Evidence: [The Effect of the Supplemental Nutrition Assistance Program on Mortality](#) (Health Affairs, 2019)

For more see: [Briefing: Health Implications of SNAP - Penn LDI](#)