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Analysis of anxiety and depression in Detroit adolescents receiving Supplemental Nutrition Assistance Program (SNAP) benefits.

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Analysis of anxiety and depression in Detroit adolescents receiving Supplemental Nutrition Assistance Program (SNAP) benefits.

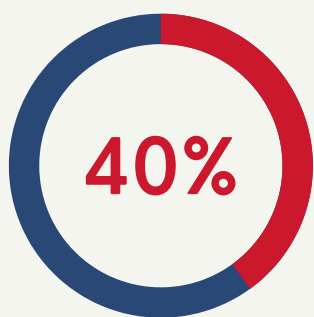
What are Anxiety, Depression, and Food Insecurity?

- **Anxiety** is an emotion characterized by feelings of tension and worry, with associated physical changes such as high blood pressure.
- **Depression** is more than just feeling sad. Depression can lead to decreased interest in daily activities as well as insomnia, lack of energy, or self harm.
- **Food insecurity** is the disruption of food intake or eating patterns due to lack of money and other resources.

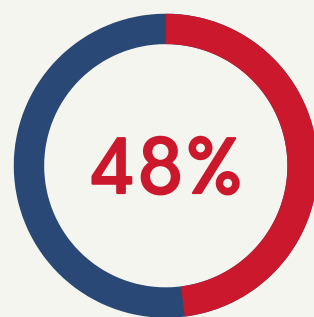
Research shows that food insecure patients participating in food benefits, such as SNAP, have a lower likelihood of experiencing anxiety and depressive symptoms.



Delivery System Design: Advocate for vulnerable populations



40% of households in Detroit rely on SNAP benefits



48% of Detroiters are facing food insecurity

Our Plan:

1. Improve community resources by advocating for additional funding for SNAP and subsidization of healthy produce stores for the community
2. Advocate for formation and funding of a depression/ anxiety support group that members of the community may utilize to help cope with their struggles

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Worrall, Hugh, et al. "The effectiveness of support groups: a literature review." *Mental Health and Social Inclusion* (2018).