

DIET & MENTAL HEALTH

During COVID-19

The pandemic has triggered or exacerbated mental health issues such as anxiety and depression. These are caused by the long-term isolation, financial insecurity, job loss, and fear. Many have experienced lifestyle changes that have impacted their nutrition.

HEALTH

Your health does primarily regard your physical and mental condition. But, it also relates to your creativity, relationships with friends and family, emotional state, and food.

GLOBAL IMPACT

- Struggling industries
- Faltering food supply chains
- Halting economic activities

LOCAL GOVERNMENTS CAN PROTECT

- **Food availability:** secure food stocks with the help of private sectors
- **Food access:** ensure population can obtain food (especially for the vulnerable)
- **Food utilization:** educate the public about the increased risks and work to solve malnutrition with the help of the national government

GROUPS AT RISK

People with:

- limited or irregular income
- no accessible emergency fund
- poor health or immunodeficiency

People who are:

- vulnerable (elderly, children)
- homeless and/or jobless
- rely on markets for food
- working in essential jobs
- caregivers

TIPS FOR GOOD EATING HABITS

- **Food journaling:** track what you eat and your emotions when you eat those food
- **Hydrate:** drink the recommended amount of water (Adults: 11.5 cups for females and 15.5 cups for males)
- **Monitor your cravings:** too much of one thing can lead to craving of another (example: eating food rich in sugar can cause a craving for meat)

TIPS FOR A HEALTHY MIND

- Take breaks from the media and news
- Meditate or take deep breaths
- Talk to family and friends
- Exercise for 150 minutes per week
- Sleep for the recommended time (sleep an average of 7 - 9 hours daily)
- Avoid substance use
- Connect to your religious community

ORGANIZATIONS

- Covid-19 Hunger Relief:
 - Los Angeles Dream Center
 - World Central Kitchen
- City Hunger Relief:
 - Los Angeles Regional Food Bank
 - Project Angel Food
 - Food Forward
- Homelessness Hunger Relief:
 - Lunch on Me
 - Midnight Mission
 - Downtown Women's Center

CITATIONS & MORE INFO

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- <https://medicine.umich.edu/dept/psychiatry/michigan-psychiatry-resources-covid-19/your-lifestyle/making-nutrition-priority-during-pandemic>
- https://www.paho.org/disasters/index.php?option=com_docman&view=download&category_slug=tools&alias=533-pandinflu-leadershipduring-tool-7&Itemid=1179&lang=en
- <https://foodforward.org/2020/06/hunger-relief-organizations-in-los-angeles/>
- <https://la.eater.com/2020/8/11/21295502/how-to-help-during-coronavirus-covid-19-volunteer-donate-los-angeles-la-communities>