



Short Communication

## The Hidden Cost of Inflation: A Threat to Health and Nutrition

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### ABSTRACT

The rising tide of inflation is affecting various aspects of our daily lives, but one area of deep concern is its impact on health and nutrition. The FAO food price index reached a record high in March 2022, standing 116% higher than its value in 2000. When the cost of living rises, more households struggle to afford enough food, leading to malnutrition or undernutrition. This situation is particularly concerning for vulnerable populations, such as children, who require adequate nutrition for proper growth and development, and the elderly, who often have specific dietary needs and may live on fixed incomes. As costs for medical services and medications rise, many individuals may delay or skip necessary care. This is especially concerning for those managing chronic conditions, where consistent treatment and medication adherence are crucial. Addressing the health and nutrition consequences of inflation requires a multi-faceted approach. Policymakers must consider economic measures that stabilize food prices and healthcare costs alongside public health initiatives that promote affordable nutrition. Coping strategies include individual and family-level strategy implementation, community and non-profit interventions, government intervention, policy advocacy and awareness, private sector, and business engagement in various aspects.

**Keywords:** Health, inflation, food security, economic burden, Nutrition

### INTRODUCTION

The rising tide of inflation is affecting various aspects of our daily lives, but one area of deep concern is its impact on health and nutrition. As inflation continues to rise, its impact reaches far beyond the obvious increase in living costs. The current economic climate is not just a financial concern; it has significant public health implications as individuals and families are forced to make difficult choices at the expense of their well-being. The most immediate effect of inflation is the rising cost of food, particularly nutritious items such as cereals, oil, meat, sugar, fruits, vegetables, lean proteins, and dairy products. The Food and Agriculture Organization food price index reached a record high in March 2022, standing 116% higher than its value in 2000.<sup>1</sup> As these essentials become more expensive, many families are forced to make tough choices, often opting for cheaper, calorie-dense, and nutrient-poor alternatives. This shift can lead to a decline in overall diet quality, increasing the risk of chronic diseases such as obesity, diabetes, and cardiovascular disease. For children, inadequate nutrition can impair growth and cognitive development, setting the stage for lifelong health challenges.<sup>2</sup>

### WHAT FOOD INSECURITY CAN LEAD TO?

Food insecurity is a critical issue exacerbated by inflation. When the cost of living rises, more households struggle to afford enough food, leading to malnutrition or undernutrition. This situation

is particularly concerning for vulnerable populations, such as children, who require adequate nutrition for proper growth and development, and the elderly, who often have specific dietary needs and may live on fixed incomes.<sup>3</sup> The impact is most severe on vulnerable populations, including low-income families, the elderly, and those in rural areas. For these groups, even minor price increases can significantly affect access to healthy food and healthcare services.<sup>4</sup> This situation underscores the need for targeted support, such as subsidies for nutritious foods, financial aid for healthcare, and community programs that provide access to affordable, healthy food options.<sup>5</sup>

## HEALTH IMPLICATION BEYOND NUTRITION

The health implications extend beyond nutrition. Healthcare affordability is a matter of concern here. As costs for medical services and medications rise, many individuals may delay or skip necessary care. This is especially concerning for those managing chronic conditions, where consistent treatment and medication adherence are crucial. The financial stress caused by these increased costs can further exacerbate health issues, leading to a vicious cycle of deteriorating well-being. The stress and anxiety associated with economic insecurity also contribute to mental health issues,<sup>5,6</sup> creating a vicious cycle that further undermines overall health and well-being.

## ADDRESSING THE HEALTH AND NUTRITION DURING THIS CRISIS

Addressing the health and nutrition consequences of inflation requires a multi-faceted approach. Policymakers must consider economic measures that stabilize food prices and healthcare costs alongside public health initiatives that promote affordable nutrition. Community support systems, such as food banks and education programs, are also vital in bridging the gap for those in need. Inflation is not just an economic issue; it is a pressing public health challenge that affects the well-being of our entire society. We must act collectively to ensure that the rising cost of living does not become a barrier to healthy living. In these challenging times, we mustn't overlook the profound impact of inflation on health and nutrition. By taking proactive steps, we can help ensure that all members of our community have the resources they need to live healthy and fulfilling lives.

## COPING STRATEGIES

To mitigate the impact of inflation on health and nutrition, governments and organizations can implement various strategies:

### Individual and family strategies

#### *Budgeting and financial planning*

Individuals and families can benefit from financial literacy programs that teach budgeting and money management

skills, helping them allocate resources effectively and prioritize spending on essential needs.

#### *Smart shopping and cooking*

Learning how to shop for and cook nutritious meals on a budget can make a significant difference. This includes buying seasonal produce, using coupons, shopping sales, and learning to prepare meals that are both cost-effective and nutritious.

### Community and non-profit interventions

#### *Food banks and community kitchens*

Supporting and expanding food banks and community kitchens can provide immediate relief to those struggling with food insecurity. These organizations can offer free or low-cost nutritious meals and groceries.

#### *Nutrition education programs*

Community-based nutrition education programs can teach individuals and families how to prepare healthy meals on a budget. These programs can also promote an understanding of nutrition labels and the benefits of various food groups.

#### *Community gardens and urban agriculture*

Promoting community gardens and urban agriculture initiatives can help increase access to fresh produce. These programs can empower communities to grow their food, improving food security and promoting healthy eating habits.

### Policy advocacy and awareness

#### *Advocacy for policy change*

Advocacy groups and concerned citizens can work to influence policy by raising awareness about the impact of inflation on health and nutrition. This can include lobbying for increased funding for food assistance programs, healthcare access, and public health initiatives.

#### *Public awareness campaigns*

Educating the public about the impact of inflation on health and nutrition can help build support for necessary policy changes. Campaigns can highlight the importance of maintaining a nutritious diet and accessing preventive healthcare, even during economic downturns.

### Private sector and business engagement

#### *Corporate social responsibility*

Encouraging businesses to engage in corporate social responsibility initiatives can lead to partnerships with non-

profits and government programs to support food security and health initiatives. This can include donating surplus food, funding nutrition programs, or offering discounts on healthy food items.

### *Incentives for healthy food retailers*

Providing incentives for grocery stores and markets to stock affordable, healthy food options in underserved areas can improve access to nutritious foods. This might include tax breaks or grants for businesses that offer fresh produce and whole foods at lower prices.

## **Government interventions**

### *Food assistance programs*

Expanding and increasing funding for food assistance programs like the Supplemental Nutrition Assistance Program can help ensure that low-income families have access to nutritious food. These programs should also include educational components to guide recipients in making healthy food choices.

### *Subsidies and price controls*

Implementing subsidies for essential food items and healthcare products can help reduce costs for consumers. Price controls on basic necessities can also prevent excessive price increases during periods of high inflation.

### *Healthcare access and insurance*

Strengthening public healthcare systems and expanding access to affordable health insurance can help individuals manage their health needs without incurring prohibitive costs. This includes preventive care and mental health services, which are crucial during times of economic stress.

These strategies, when implemented together, can help mitigate the negative effects of inflation on health and nutrition, ensuring that all individuals have the opportunity to lead healthy lives. In conclusion, the effects of inflation on health and nutrition are profound and far-reaching. We must address these issues with urgency and compassion, ensuring that all members of our community have the resources they need to thrive. By taking a proactive approach, we can help protect the health and well-being of our society during these challenging times.

## **CONCLUSION**

Inflation poses a substantial threat to health and nutrition, driving up the cost of nutritious food and healthcare while increasing financial stress, particularly for vulnerable groups like low-income families, children, and the elderly. This has led to poorer diet quality, higher risks of chronic diseases,

and delayed or skipped medical care, creating a cycle of deteriorating well-being. Addressing these challenges requires a multifaceted approach. Policymakers must stabilize food prices, expand healthcare access, and support food assistance programs. Community initiatives, such as food banks, nutrition education, and urban agriculture, can bridge gaps in access to healthy foods. Public awareness campaigns and corporate social responsibility efforts can further amplify the impact of these measures. By working together to prioritize health and nutrition during economic instability, we can reduce disparities, protect public health, and build resilience against future challenges.

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