

Understanding Food Insecurity a Researcher's Perspective

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**NORTH BAY
FOOD BANK**

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MON. 9am - 2pm
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FRI. 9am - 2pm

Household Food Security Survey Module

(administered on the Canadian Community Health Survey since 2004)

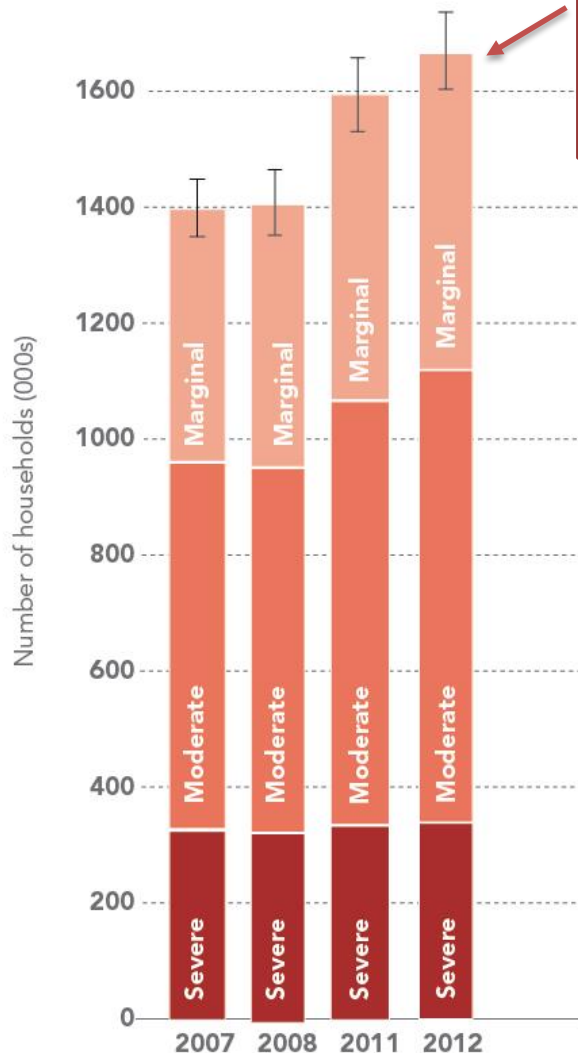
18 questions, differentiating adults' and children's experiences over last 12 months:

- Worry about not having enough food
- Reliance on low-cost foods
- Not being able to afford balanced meals
- Adults/children skip meals
- Adults/children cut size of meals
- Adults lost weight
- Adults/children not having enough to eat
- Adults/children not eating for whole day



“because there wasn't enough money to buy food?”

Household Food Insecurity in Canada



- 12.6% of households in 2012, including 4 million people.
- 600,000 more than in 2007

Marginal food insecurity

Worry about running out of food and/or limit food selection because of lack of money for food.

Moderate food insecurity

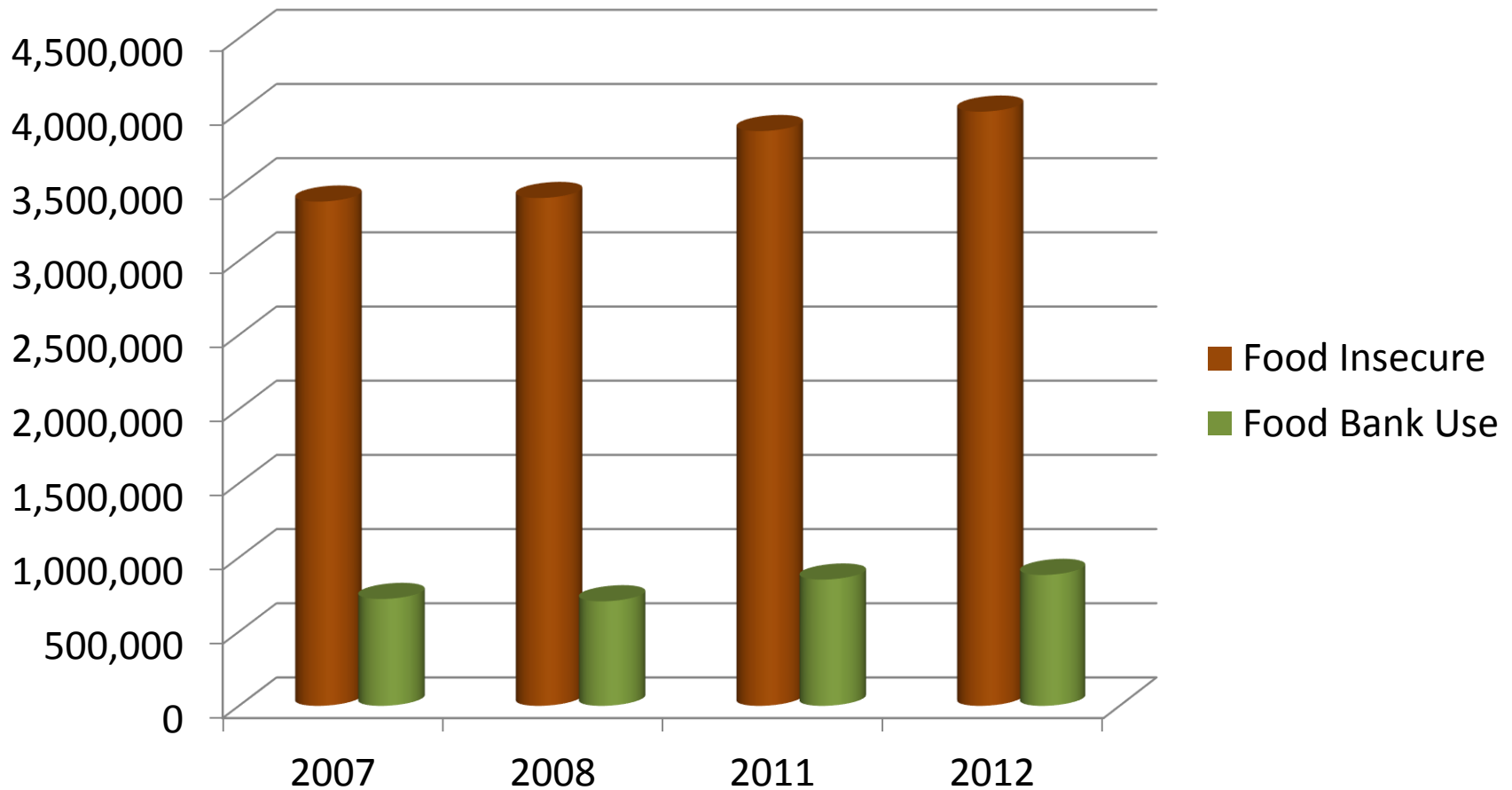
Compromise in quality and/or quantity of food due to a lack of money for food.

Severe food insecurity

Miss meals, reduce food intake and at the most extreme go day(s) without food.

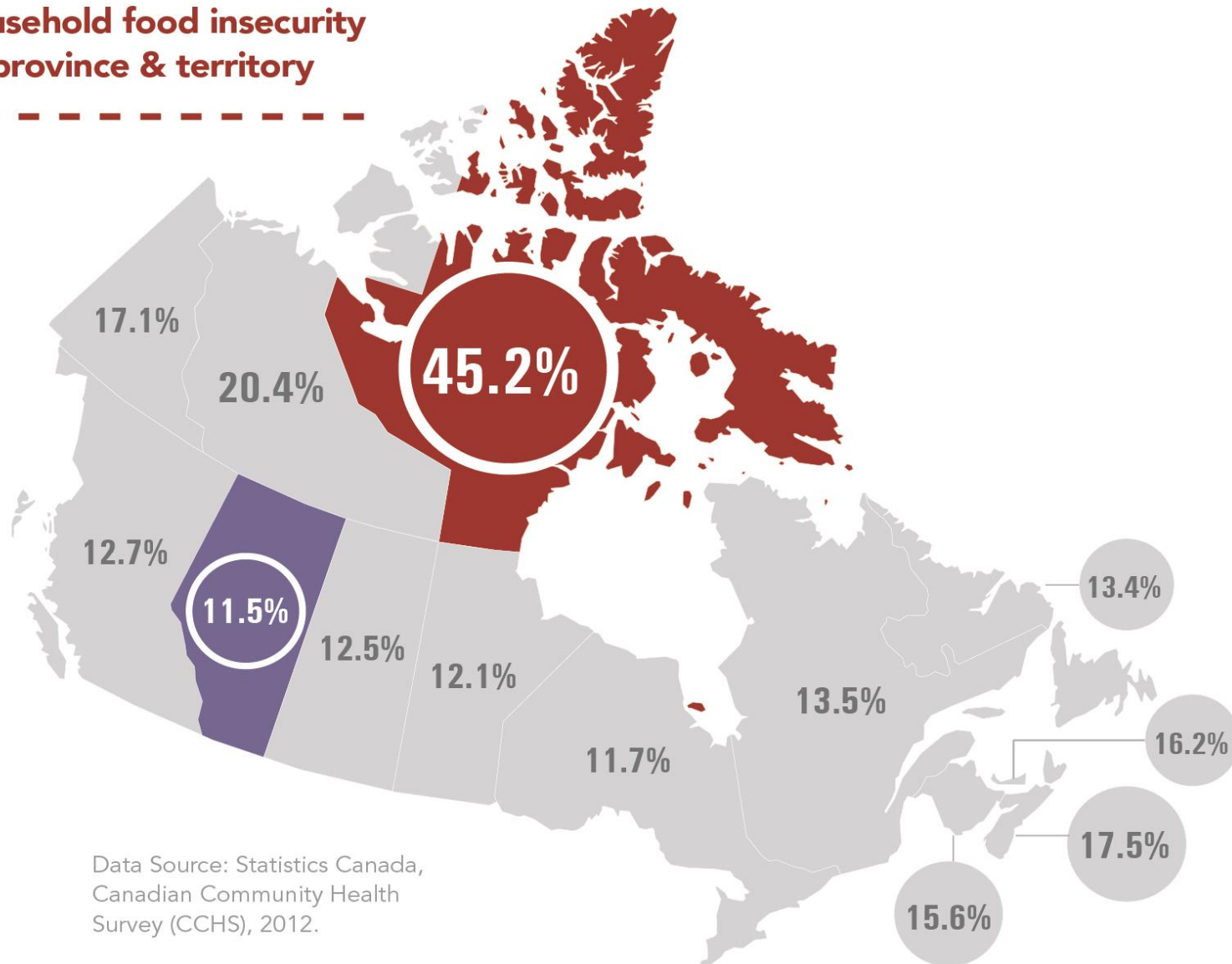
Data Source: Statistics Canada, CCHS, 2007, 2008, 2011, and 2012.

Number of people living in food-insecure households vs number reported to be helped by food banks in March of respective year.



2012

**Household food insecurity
by province & territory**

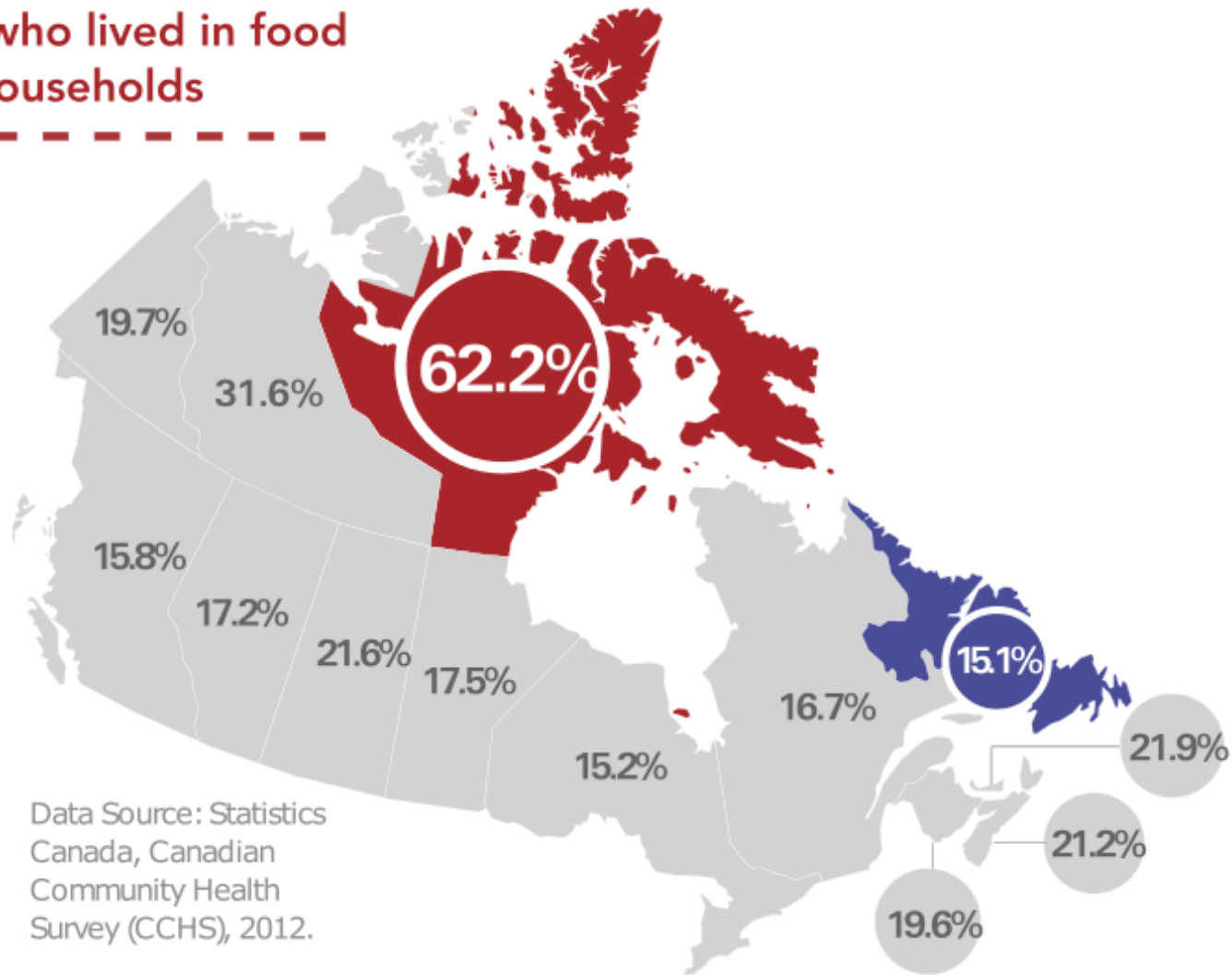


Data Source: Statistics Canada,
Canadian Community Health
Survey (CCHS), 2012.

(Tarasuk, Mitchell & Dachner, *Household Food Insecurity in Canada, 2012*. 2014.)

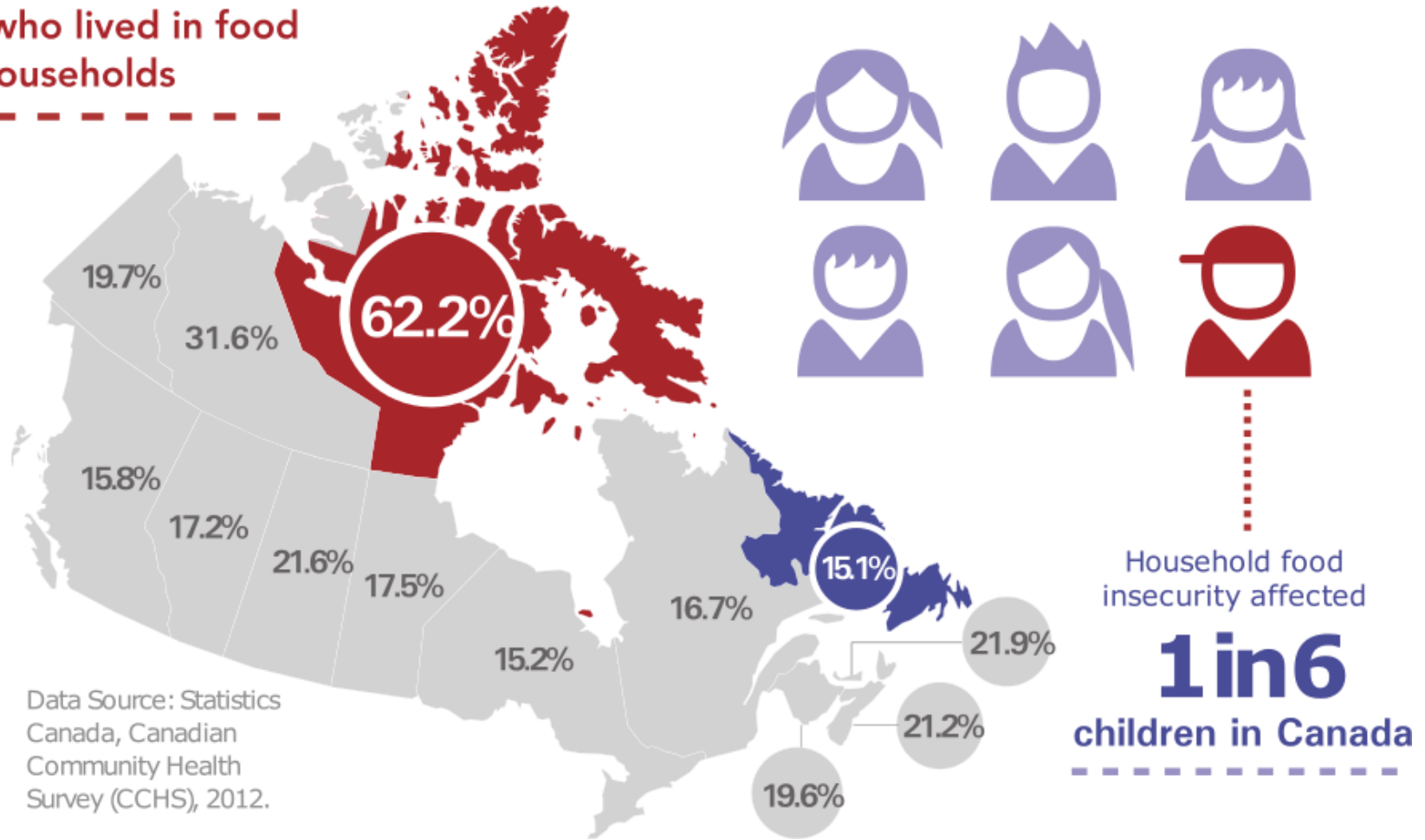
2012

Proportion of children under 18 who lived in food insecure households



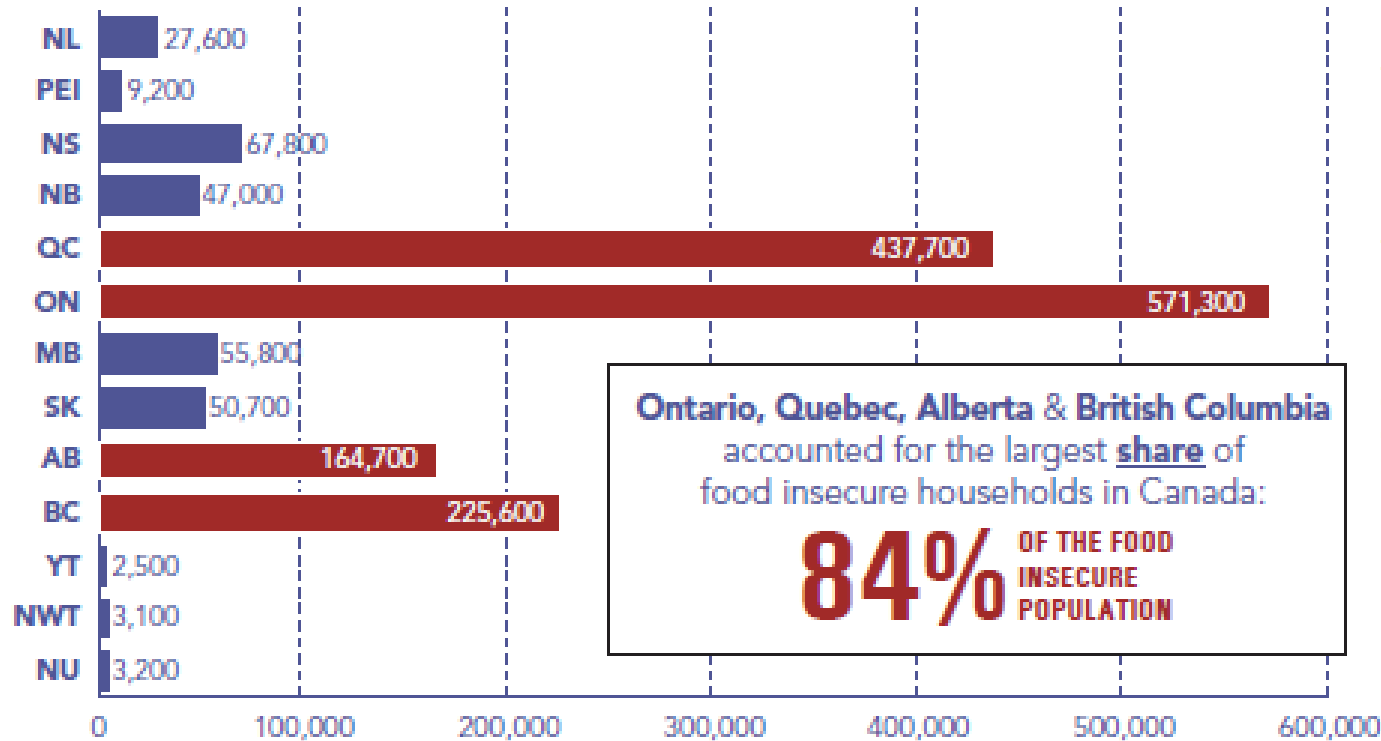
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Proportion of children under 18 who lived in food insecure households



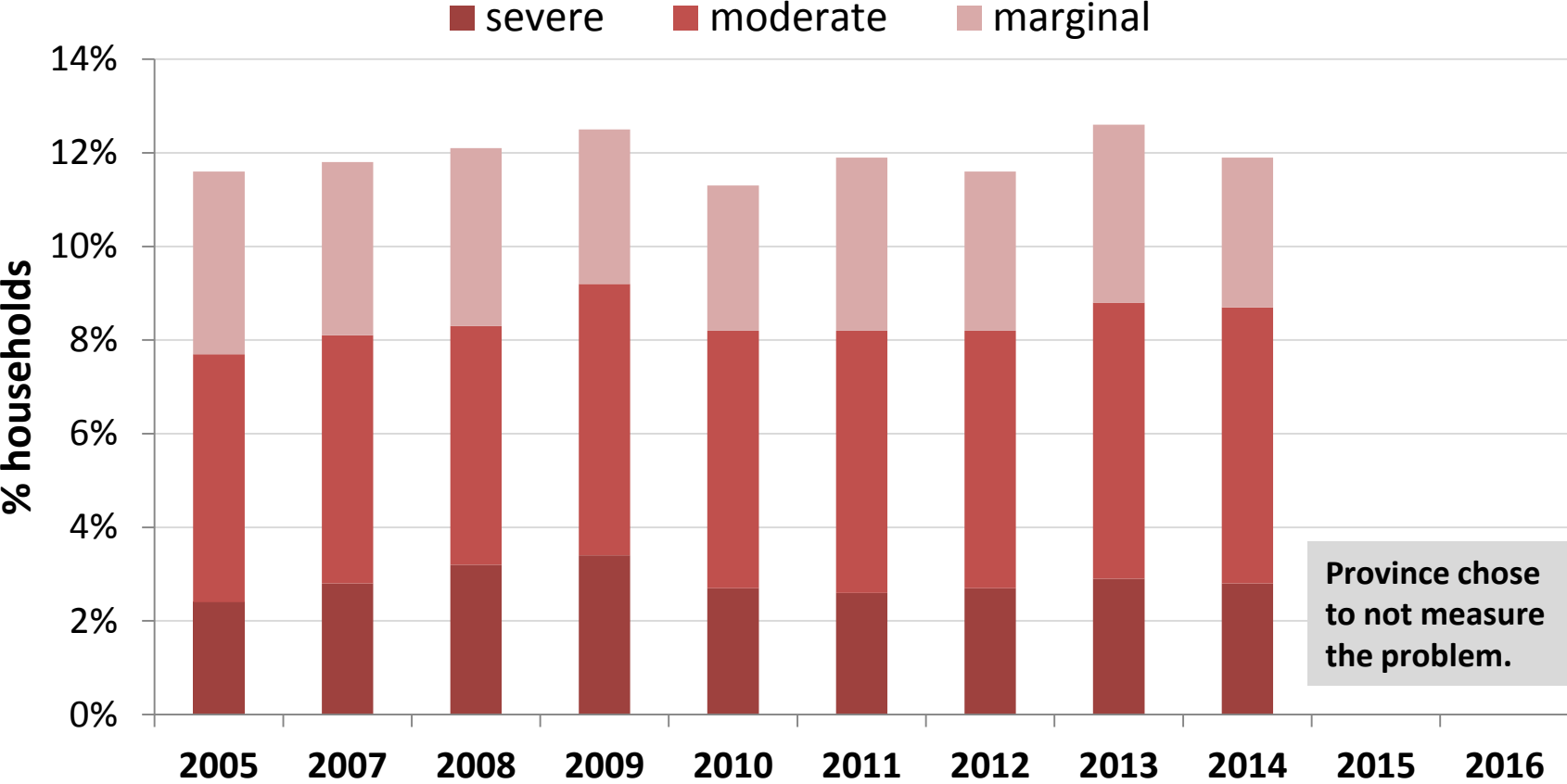
Data Source: Statistics Canada, Canadian Community Health Survey (CCHS), 2012.

Number of food insecure households by province & territory

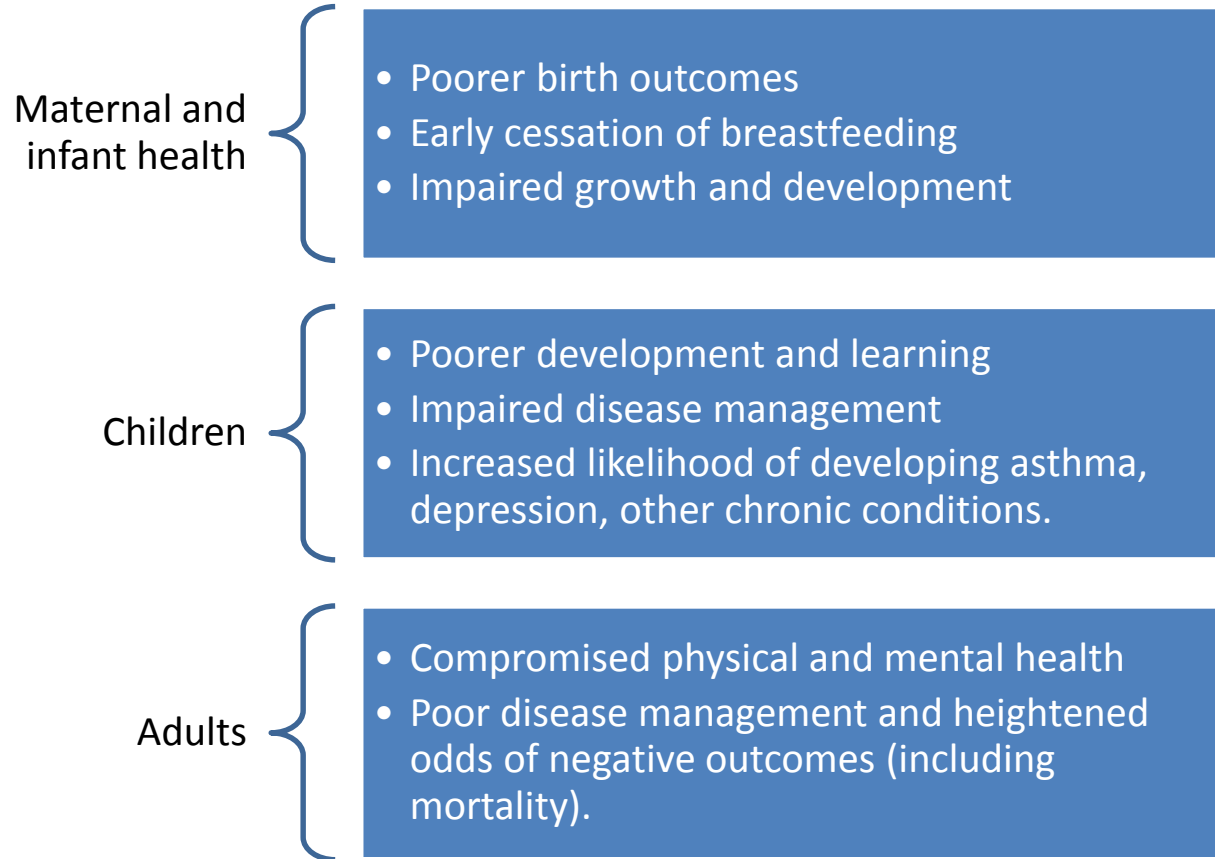


Data Source: Statistics Canada, Canadian Community Health Survey (CCHS), 2012.

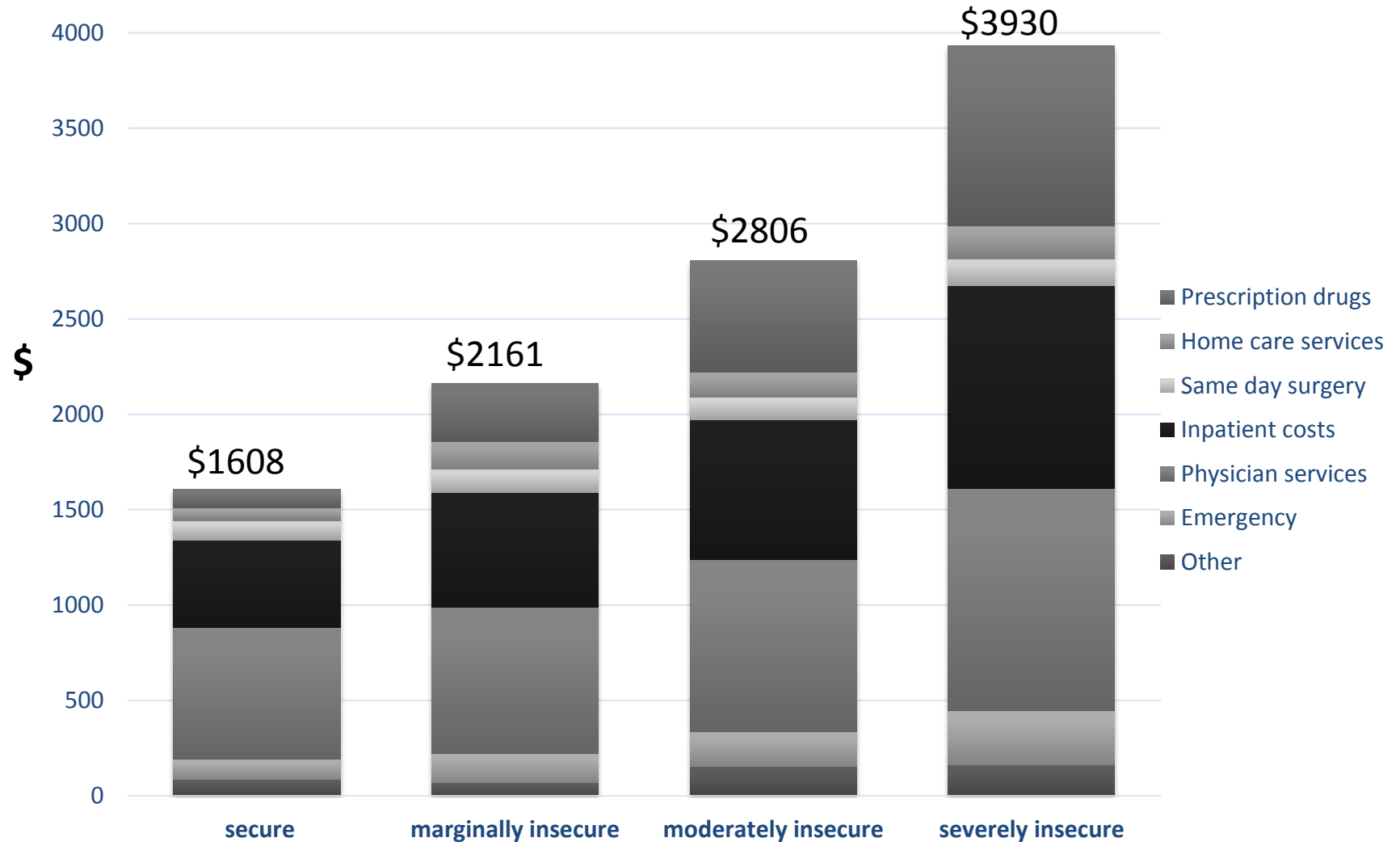
Prevalence of household food insecurity in Ontario, 2005-2014



The health effects of food insecurity

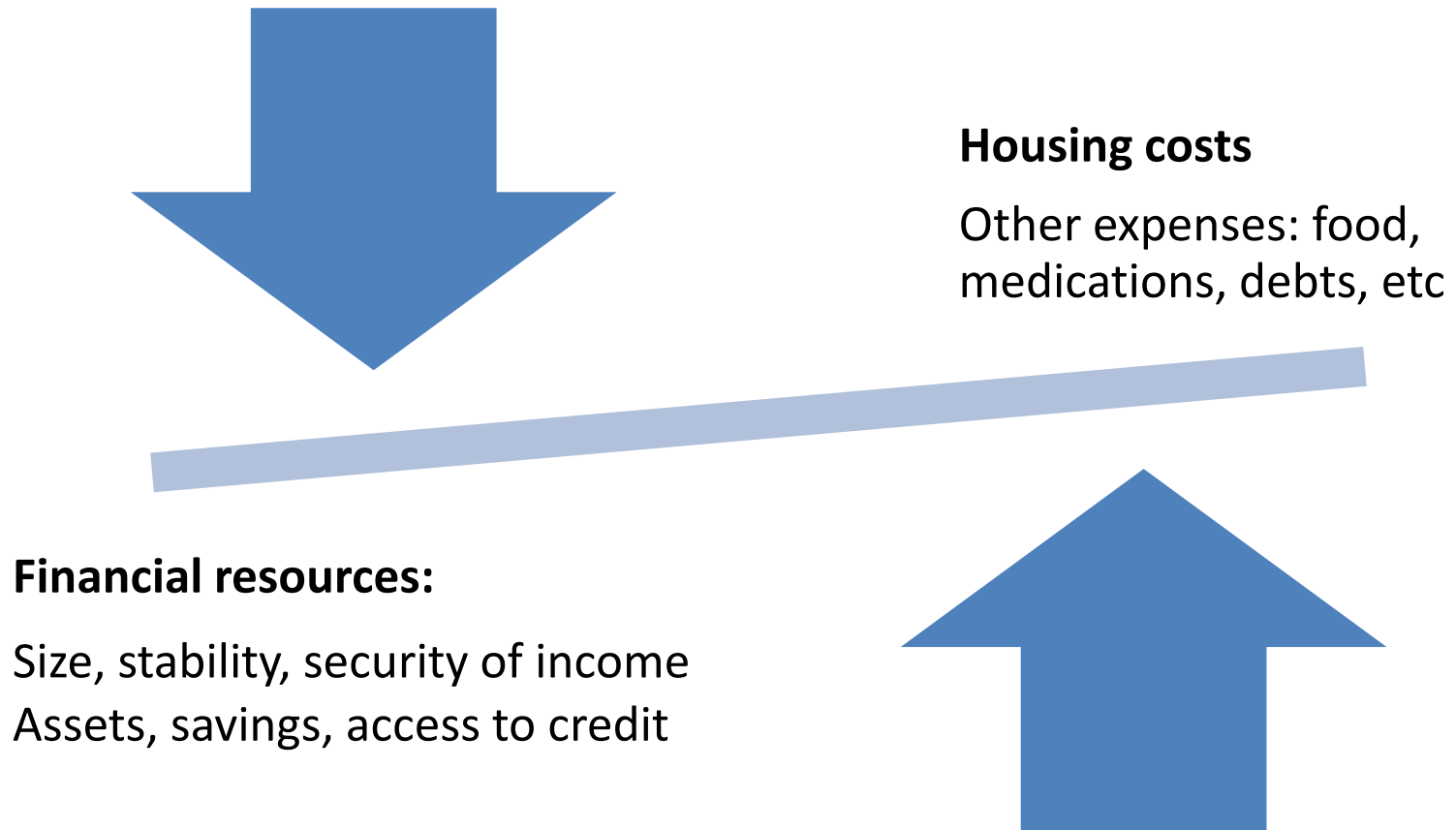


Average health care costs per person incurred over 12 months for Ontario adults (18-64 years of age), by household food insecurity status:

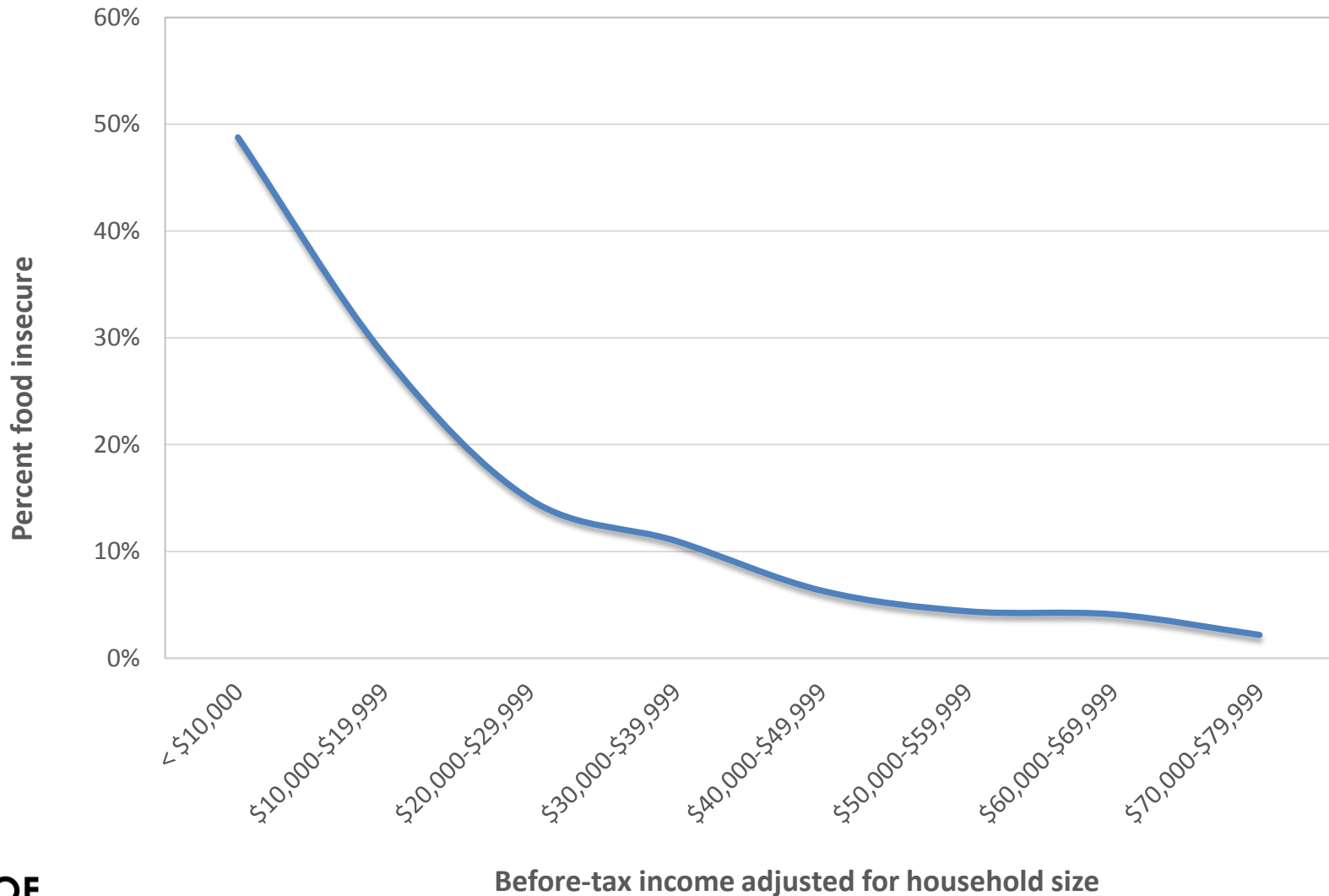


WHAT IS DRIVING THIS PROBLEM?

Food insecurity reflects the imbalance of available financial resources and necessary expenses.

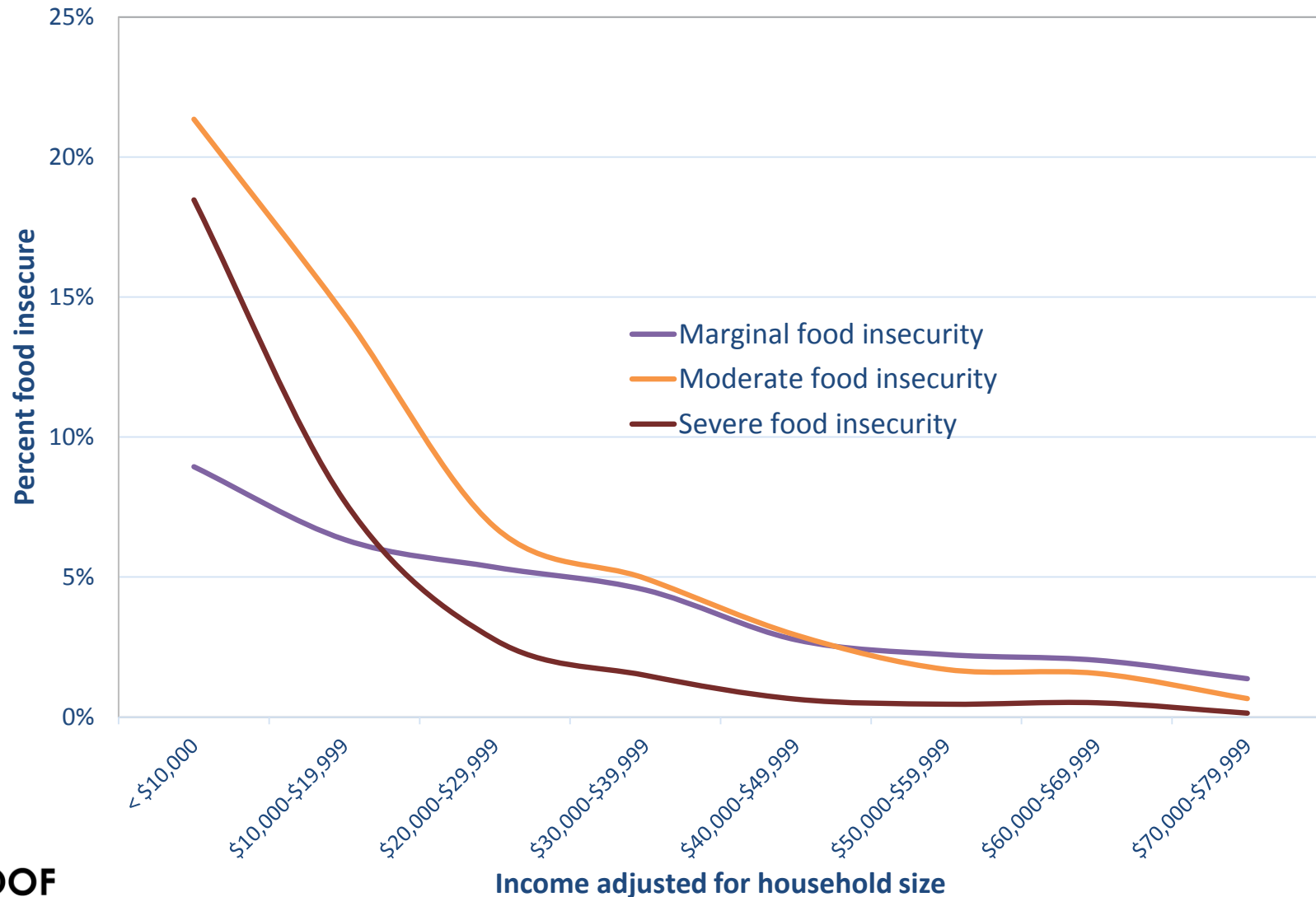


Relationship between food insecurity and household income:

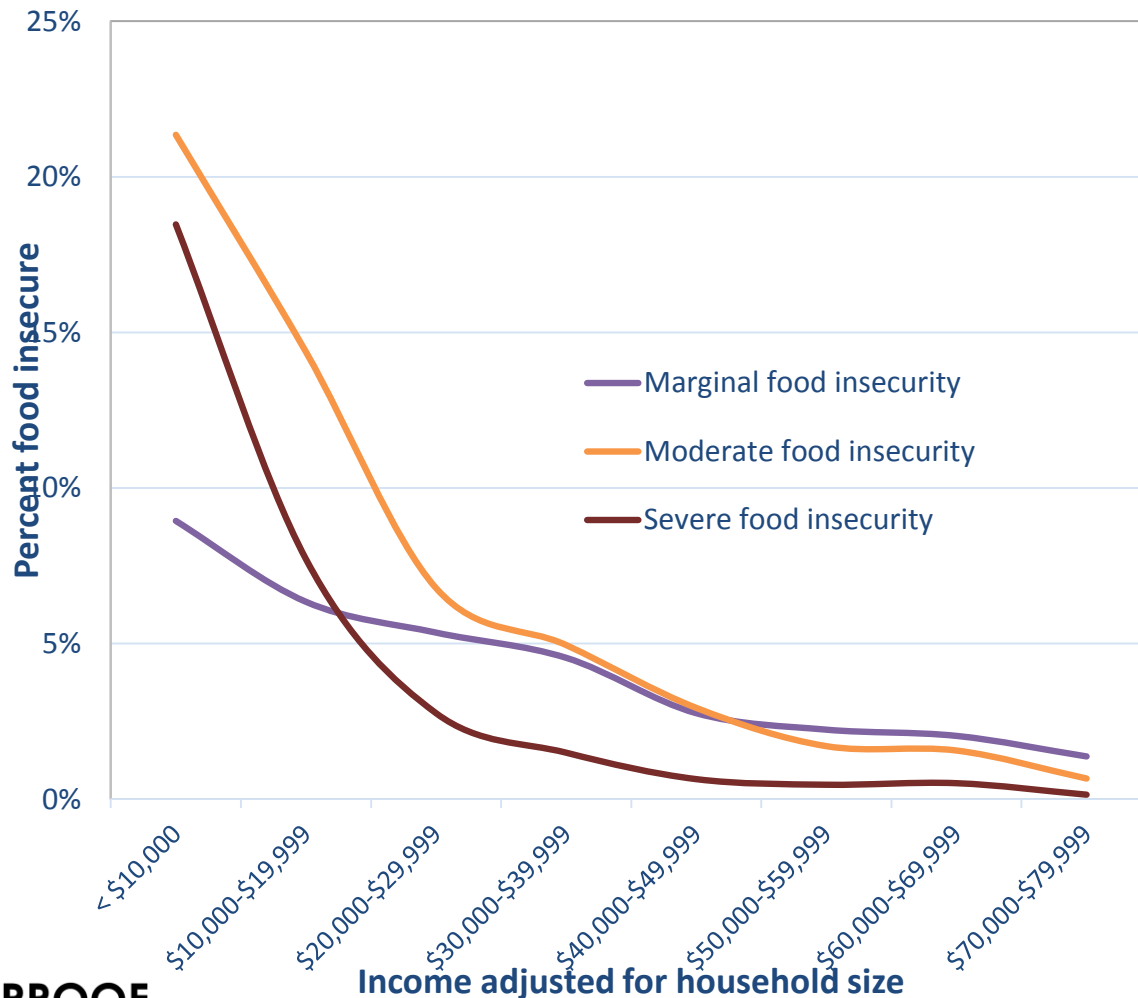


(Tarasuk, Mitchell & Dachner, *Household Food Insecurity in Canada*, 2014. 2016)

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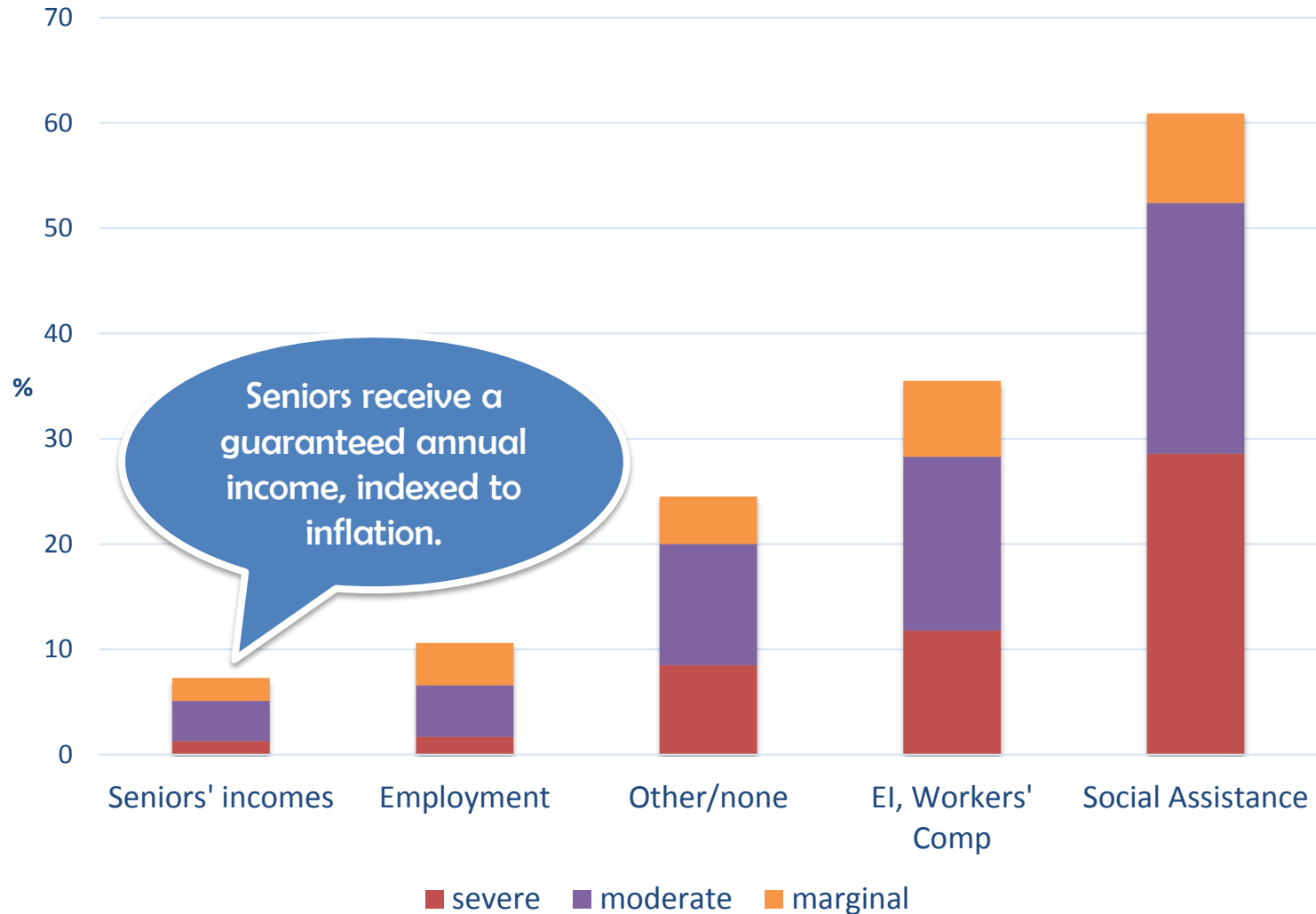
Food insecurity captures material deprivation.

the product of ...

- **income** - stability, security, and adequacy relative to expenses (e.g., shelter, food, medications, debt)
- **assets** / home ownership

WHAT IS EFFECTIVE IN REDUCING HOUSEHOLD FOOD INSECURITY?

Prevalence of food insecurity by main source of income, 2014

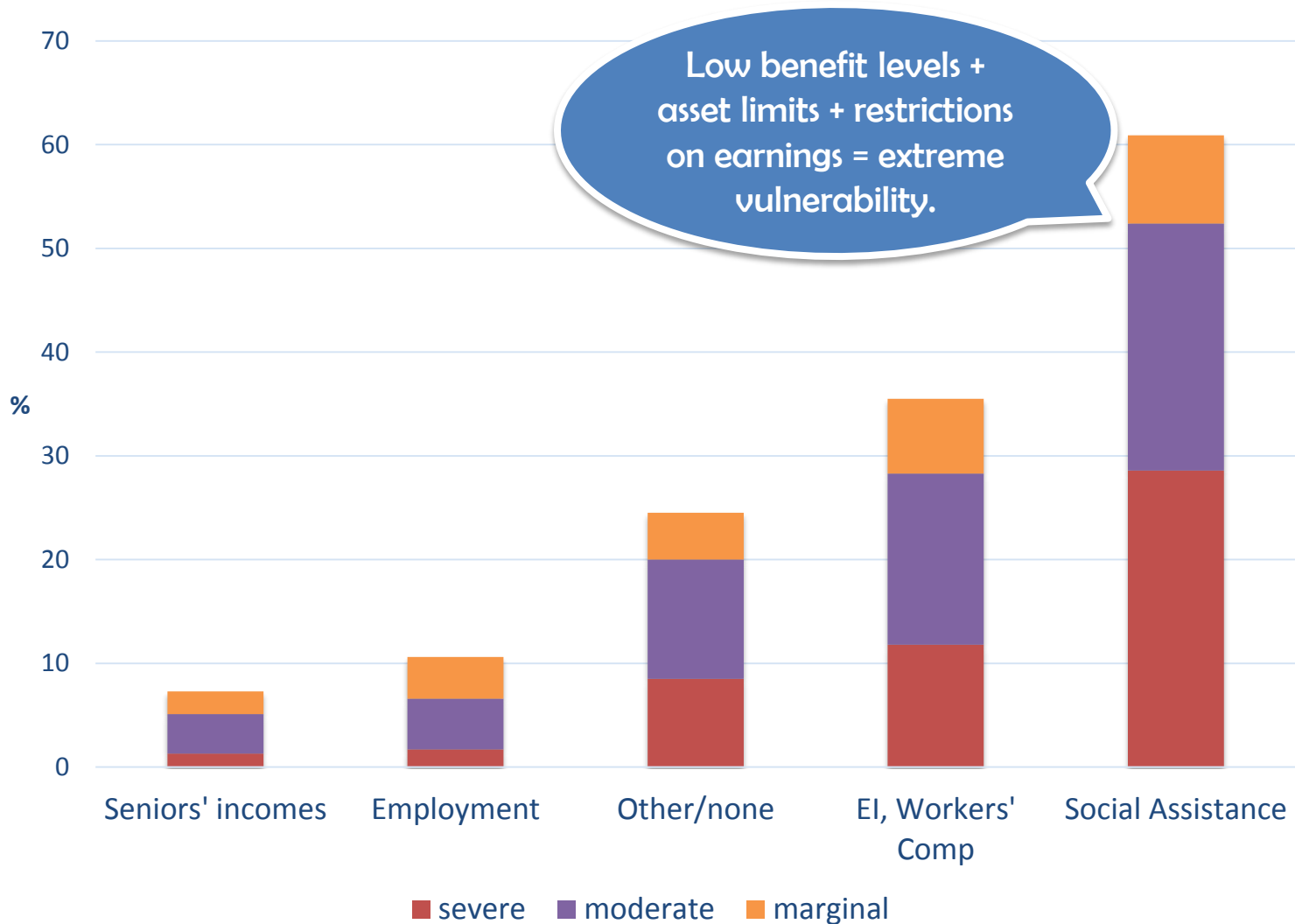


(Tarasuk, Mitchell & Dachner, *Household Food Insecurity in Canada, 2014*. 2016)

Probability of moderate and severe food insecurity by age among low-income unattached adults (CCHS 2007-13)



Prevalence of food insecurity by main source of income, 2014



The Cost of Healthy Eating

North Bay Parry Sound 2016

\$885  Local monthly cost to feed a family of 4.

Household food insecurity = Not enough money to buy healthy food

Higher rates of:
Diabetes
Heart disease
Depression
High blood pressure

In children, higher rates of:
Asthma
Depression later in life

12% of Ontario households are food insecure

12%

59% of food insecure households in Ontario have income from employment

What is left after monthly rent and food costs?

	
Family of Four on Ontario Works	Individual on Ontario Works
\$2,245	\$780
INCOME	INCOME
- \$1,131	- \$550
RENT	RENT
- \$885	- \$297
FOOD	FOOD
+ \$229	- \$67
REMAINING	MINUS BALANCE

For heat, hydro, telephone, child care, transportation, clothing, out of pocket health costs etc.

Social assistance rates are inadequate
All people should have access to a nutritious, adequate and culturally appropriate diet

What can you do?

Share these messages

- Poverty is the root cause of food insecurity
- Implement a basic income guarantee for all
- Increase social assistance and minimum wage rates
- Ensure health benefits for all
- Strengthen employment standards to reduce unstable employment and improve working conditions

Talk or write to your local MP and MPP

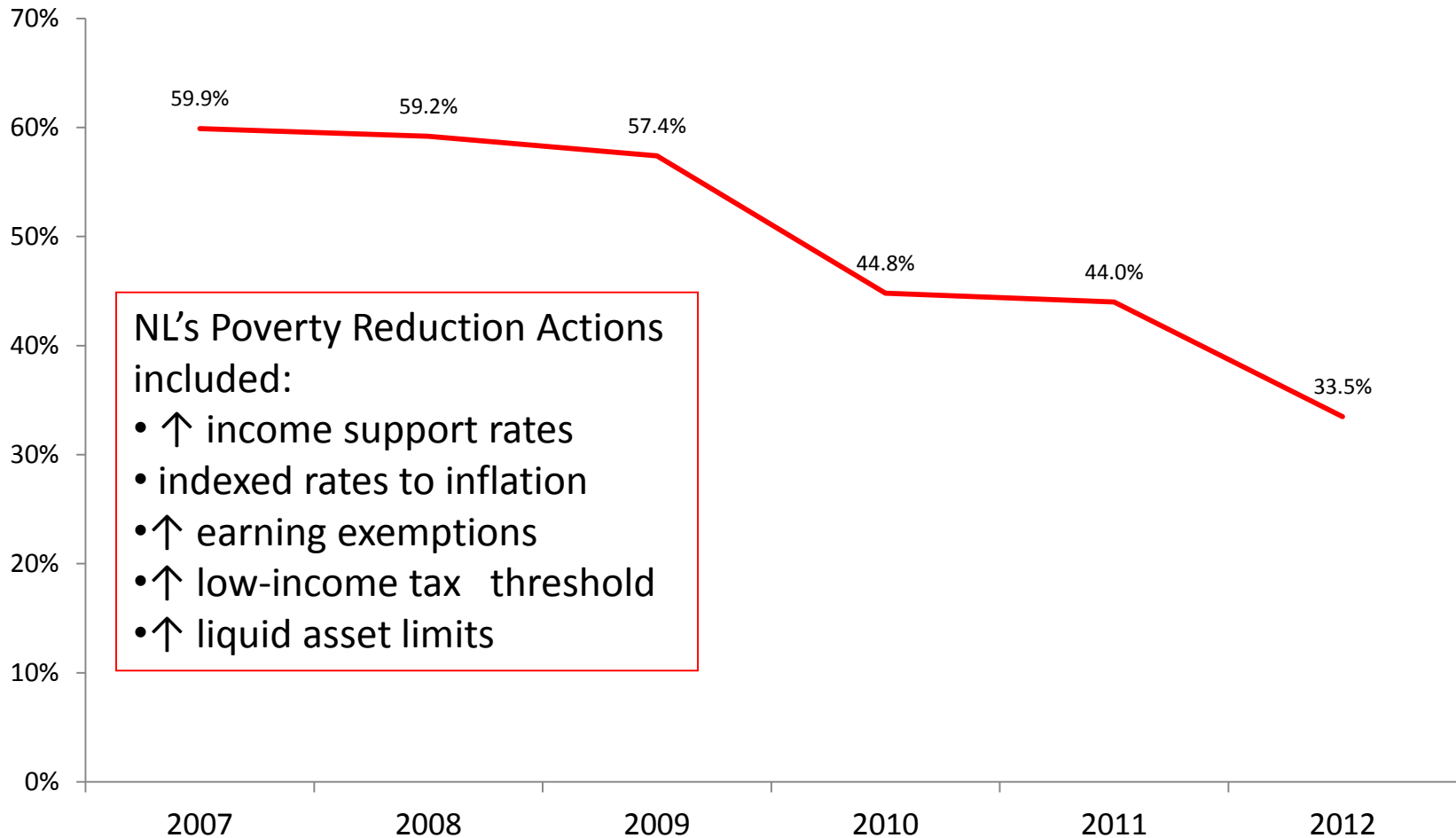
Sign your local food charter at:
www.nipissingareafood.ca
www.parrysoundareafood.com

Learn more

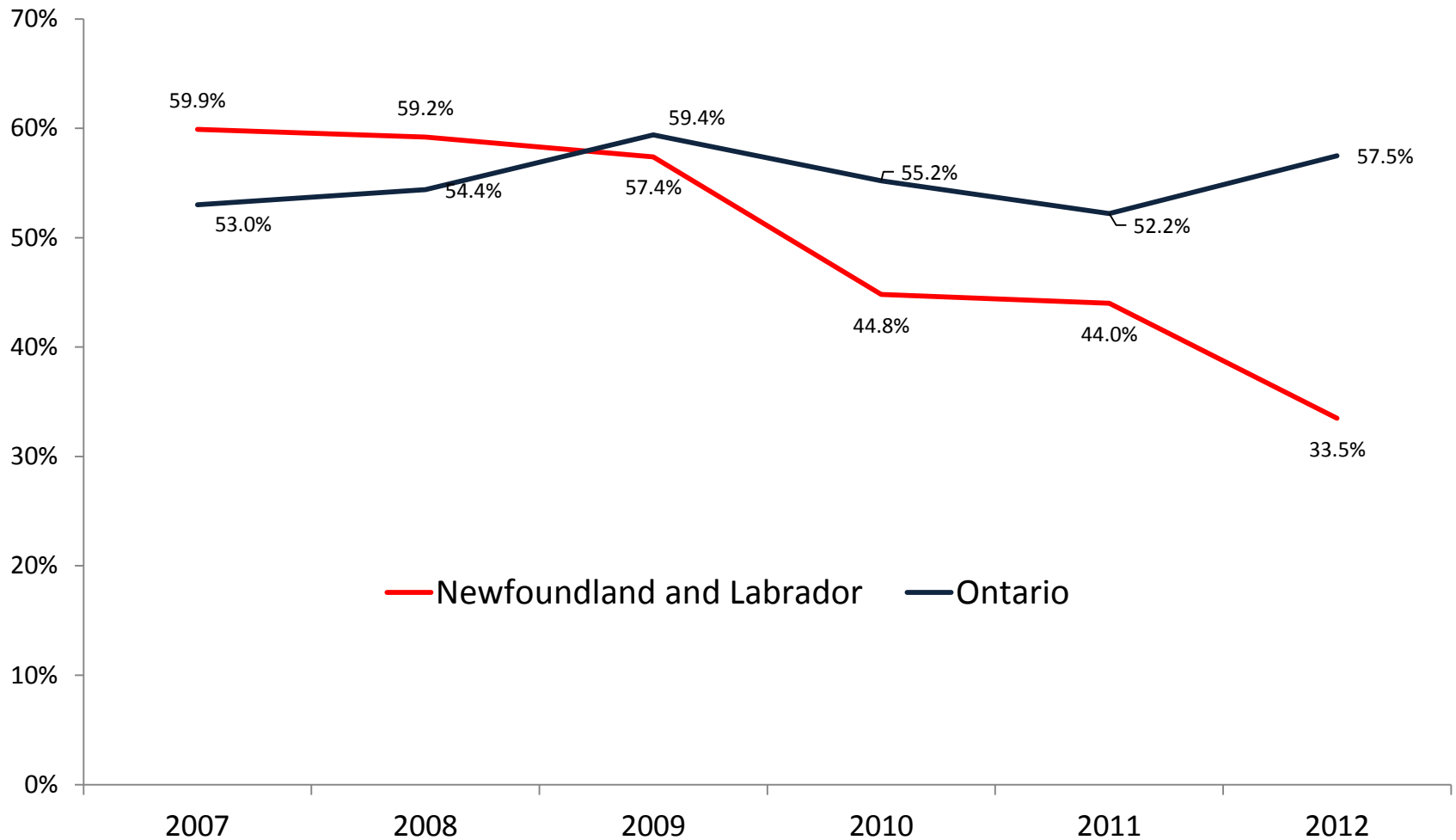
www.myhealthunit.ca @NBPSDHealthUnit facebook.com/NorthBayParrySoundDistrictHealthUnit

 North Bay Parry Sound District Health Unit

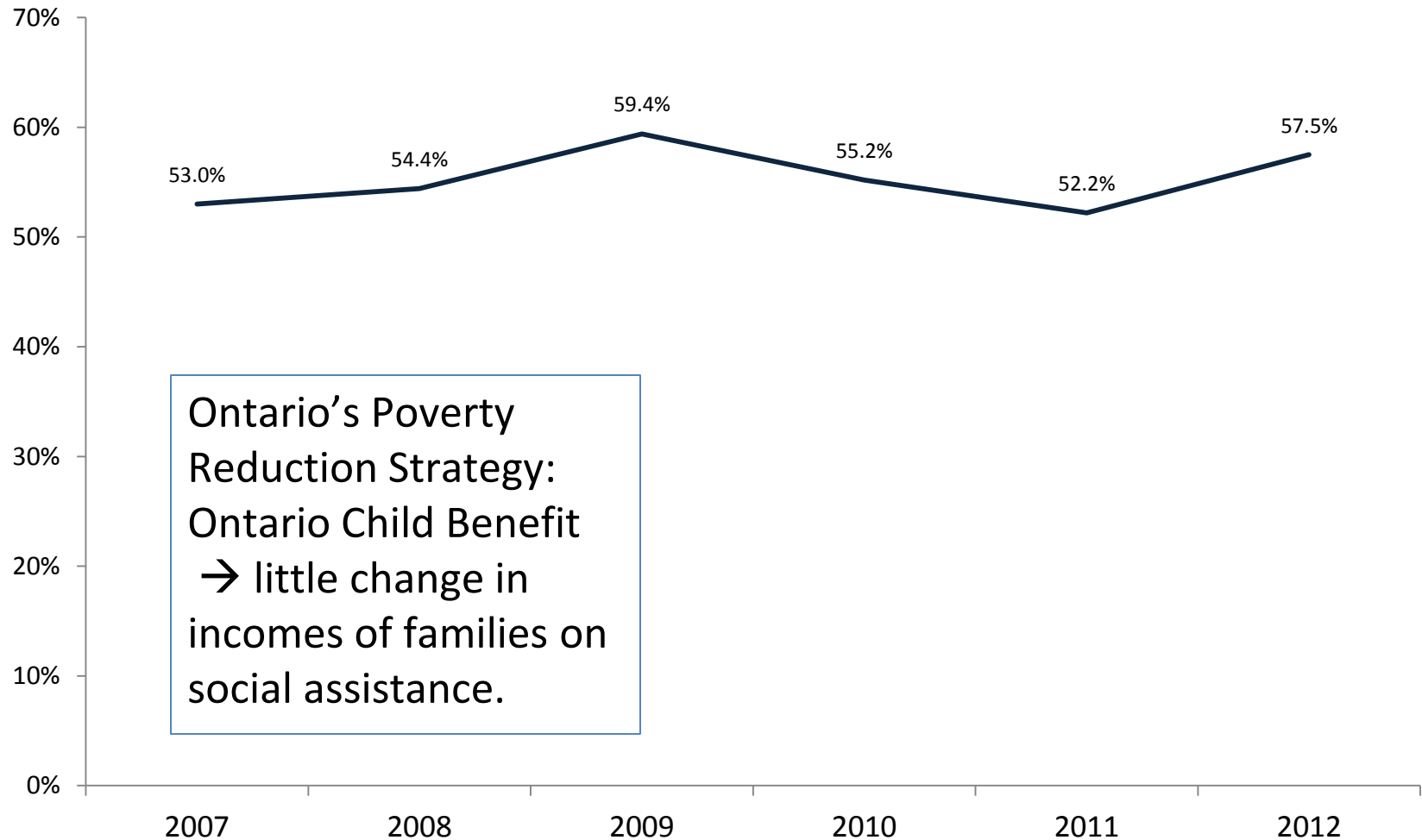
Prevalence of food insecurity among households in Newfoundland and Labrador, reporting any income from social assistance, 2007-2012



Prevalence of food insecurity among households reporting any income from social assistance: Newfoundland and Labrador vs Ontario.

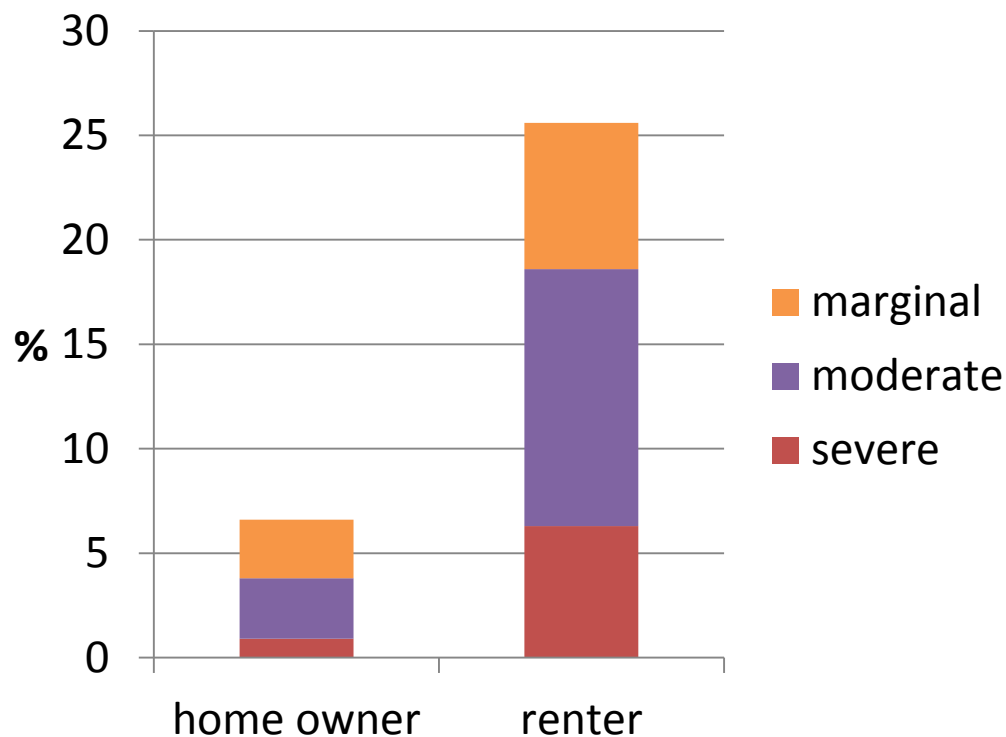


Prevalence of food insecurity among households reporting any income from social assistance in Ontario.

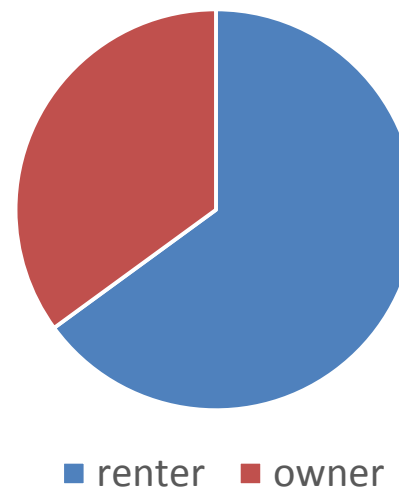


Housing tenure also defines risk.

Food insecurity among home owners and renters, CCHS 2011-12

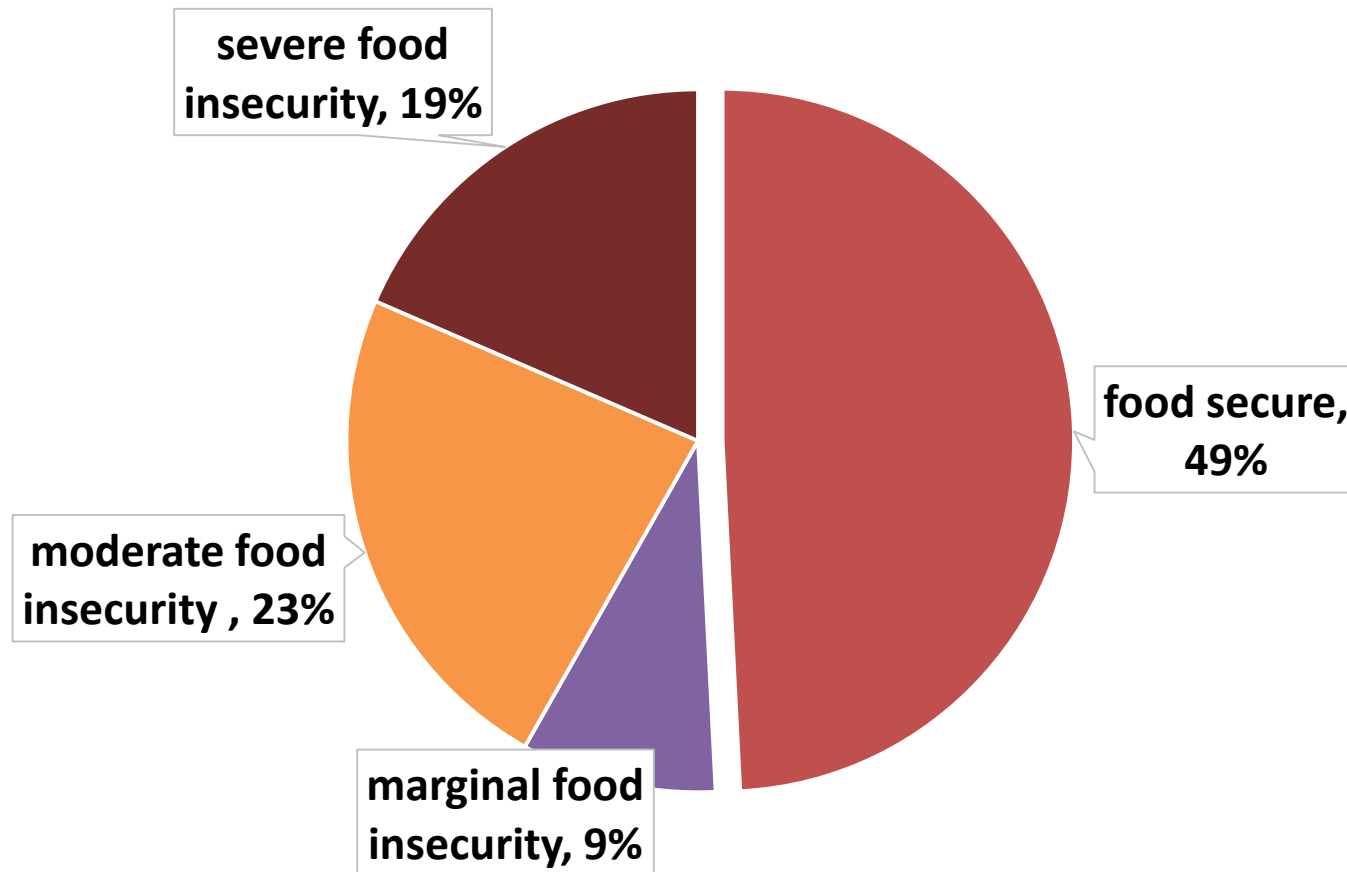


Food insecure households



Subsidized housing?

Household food insecurity status of households living in subsidized housing
(n=455, drawn from 2010 Survey of Household Spending)



(Fafard-St Germain & Tarasuk, Can J Public Health 2017)

Addressing the heightened vulnerability of renters:

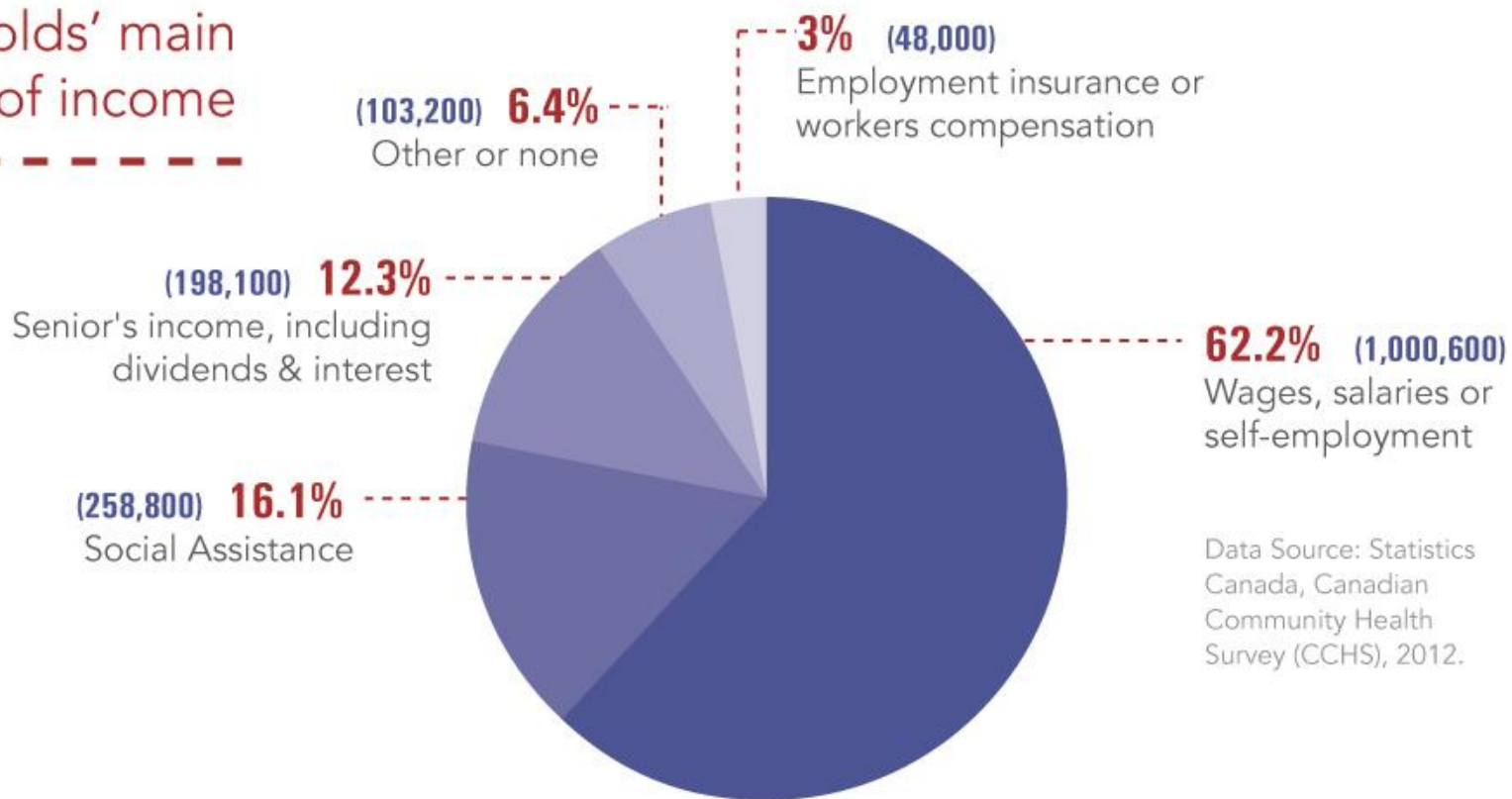


Fixing rent at 30% of income does not ensure adequate \$\$ for food. It depends on household income.

- Policies and programs to improve housing affordability need to ensure the adequacy of household incomes.

Canada, 2012

Food insecure households' main source of income

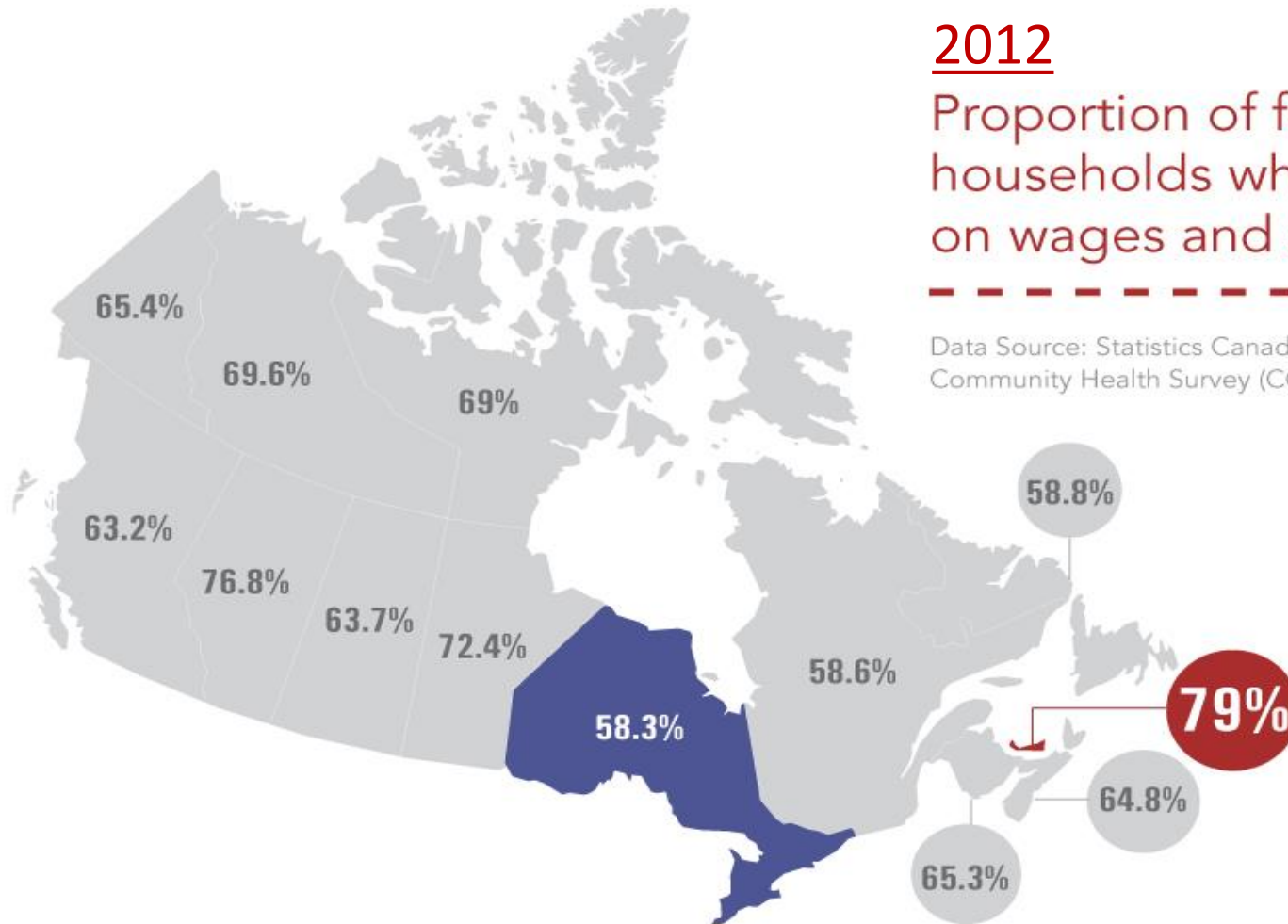


Data Source: Statistics Canada, Canadian Community Health Survey (CCHS), 2012.

2012

Proportion of food insecure households who were reliant on wages and salaries

Data Source: Statistics Canada, Canadian Community Health Survey (CCHS), 2012.



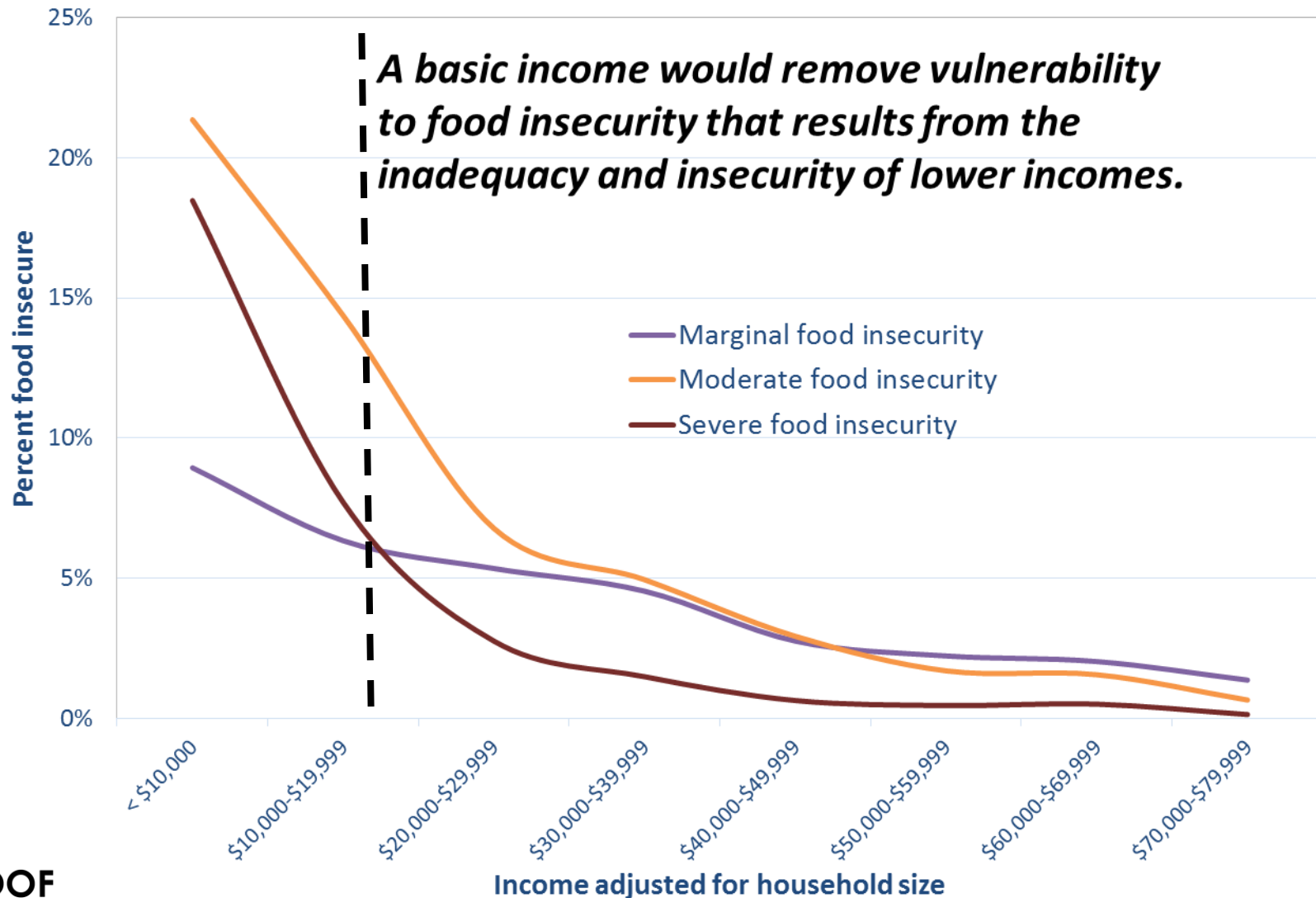
Why are so many households reliant on employment incomes food insecure?

- low-waged jobs
- short-term, part-time, contingent, '*precarious*' work
- multi-person households reliant on wages of one earner

coupled with

- inadequacy of income transfers provided to supplement low employment incomes

The case for a basic income:

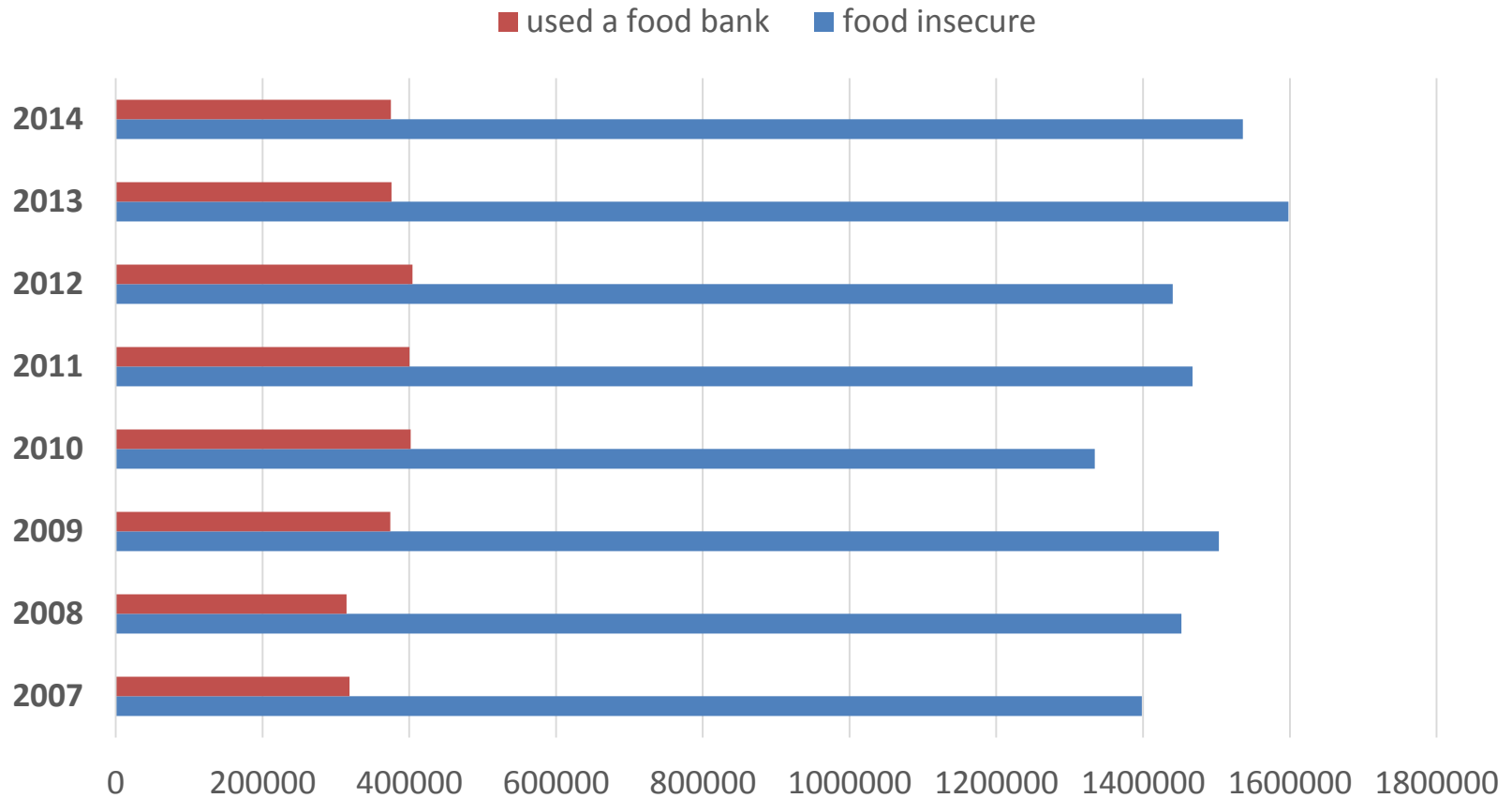


WHAT CAN COMMUNITIES DO?

Responses to food insecurity?

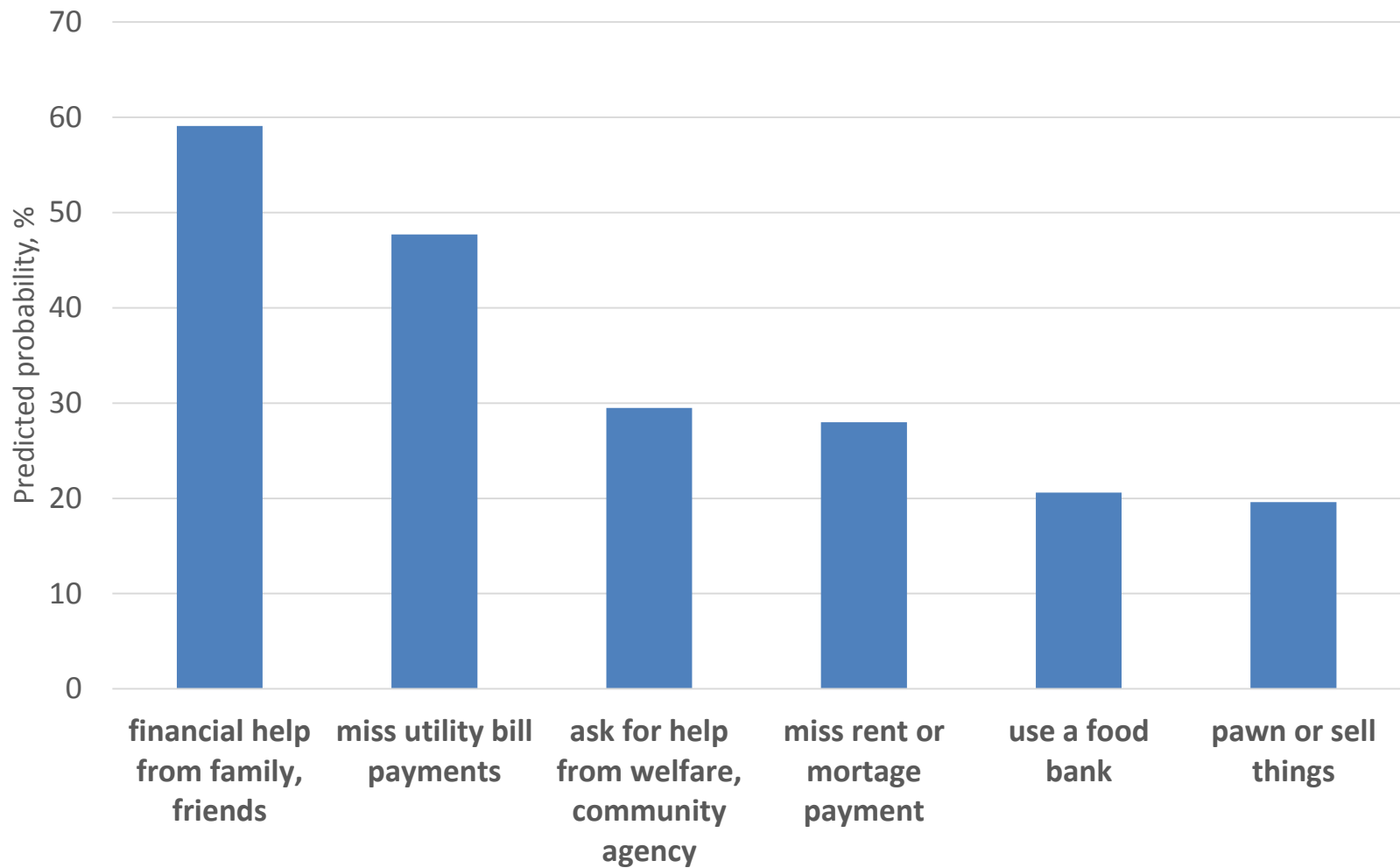
- Food banks and charitable meal and snack programs
'Doing something in the meantime'
- Programs intended to, among other goals, increase access to nutritious foods and foster healthy eating among low-income groups
e.g., community kitchens, community gardens, communal meal programs, vouchers for farmers' markets, 'Good Food Boxes', nutrition education programs

Number of Ontarians living in food insecure households vs number reported to be helped by food banks, March 2007-2014.



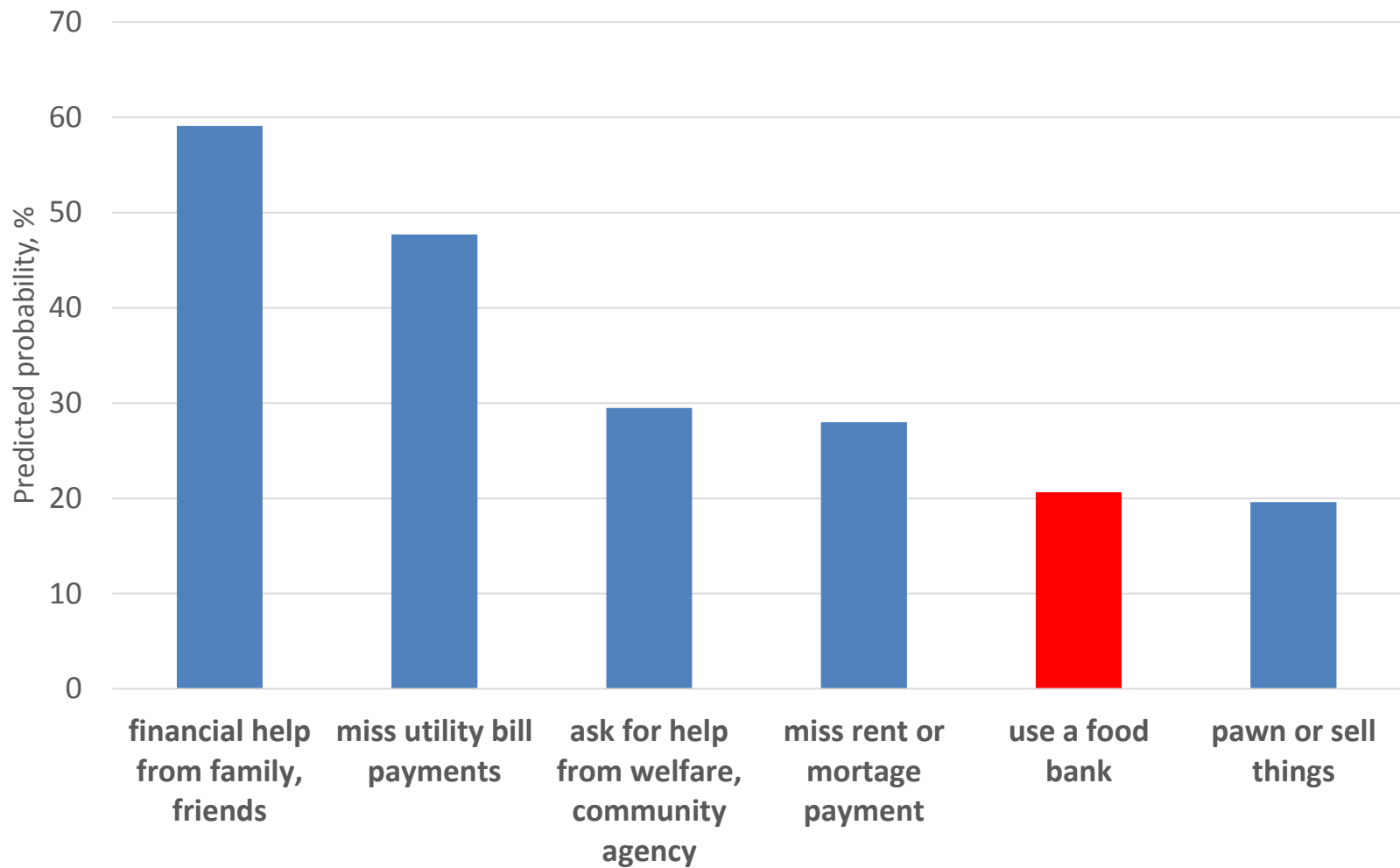
(Sources: Statistics Canada, Canadian Community Health Survey 2007-14; Food Banks Canada, HungerCounts 2007-14)

What do moderately/severely food insecure households do in their efforts to cope with scarce resources?



(Tarasuk et al, study under review)

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Relationship between food insecurity and food bank use?

- People who use food banks tend to be severely food insecurity, but food bank use doesn't make them food secure.

Why not?

- Food bank supplies are a function of donations.
- Demands for assistance always exceed supply.
- Food banks are limited in the help they can give anyone.

Daily Bread Food Bank's 'Who's Hungry, 2017' report:

77%*

Food banks that had to give people less food than usual because they were running out

59%*

Food banks that had to buy more food than usual due to lack of donations

13%*

Food banks that had to close early or not open due to lack of food

21%*

Food banks that had to turn people away because there was no food left to give out

22%*

Food banks that had difficulty in providing waiting room to accommodate people accessing the program

**Percentages for Daily Bread member agencies only*

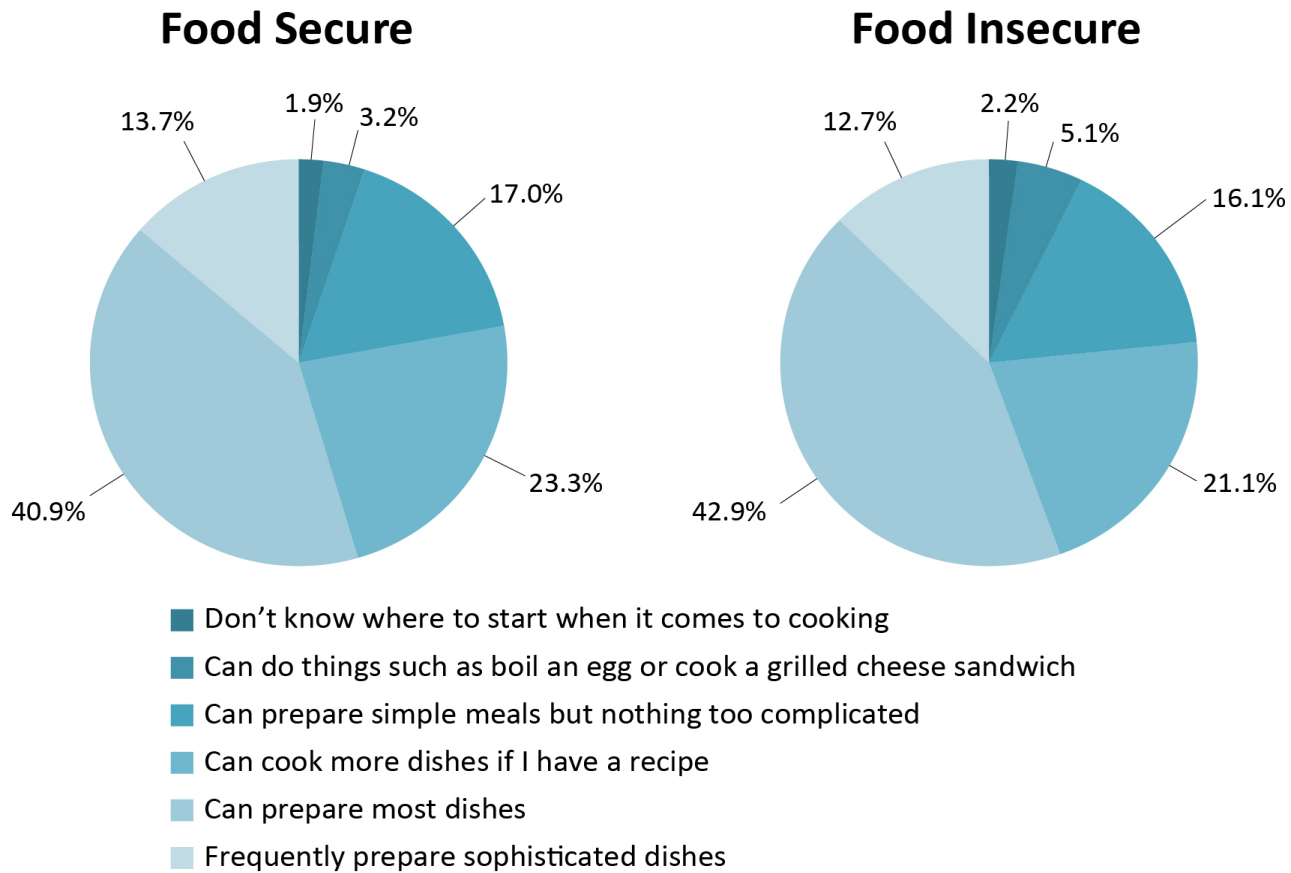
2017 WHO'S HUNGRY REPORT

<http://www.dailybread.ca/wp-content/uploads/2017/09/Whos-Hungry-2017.pdf>

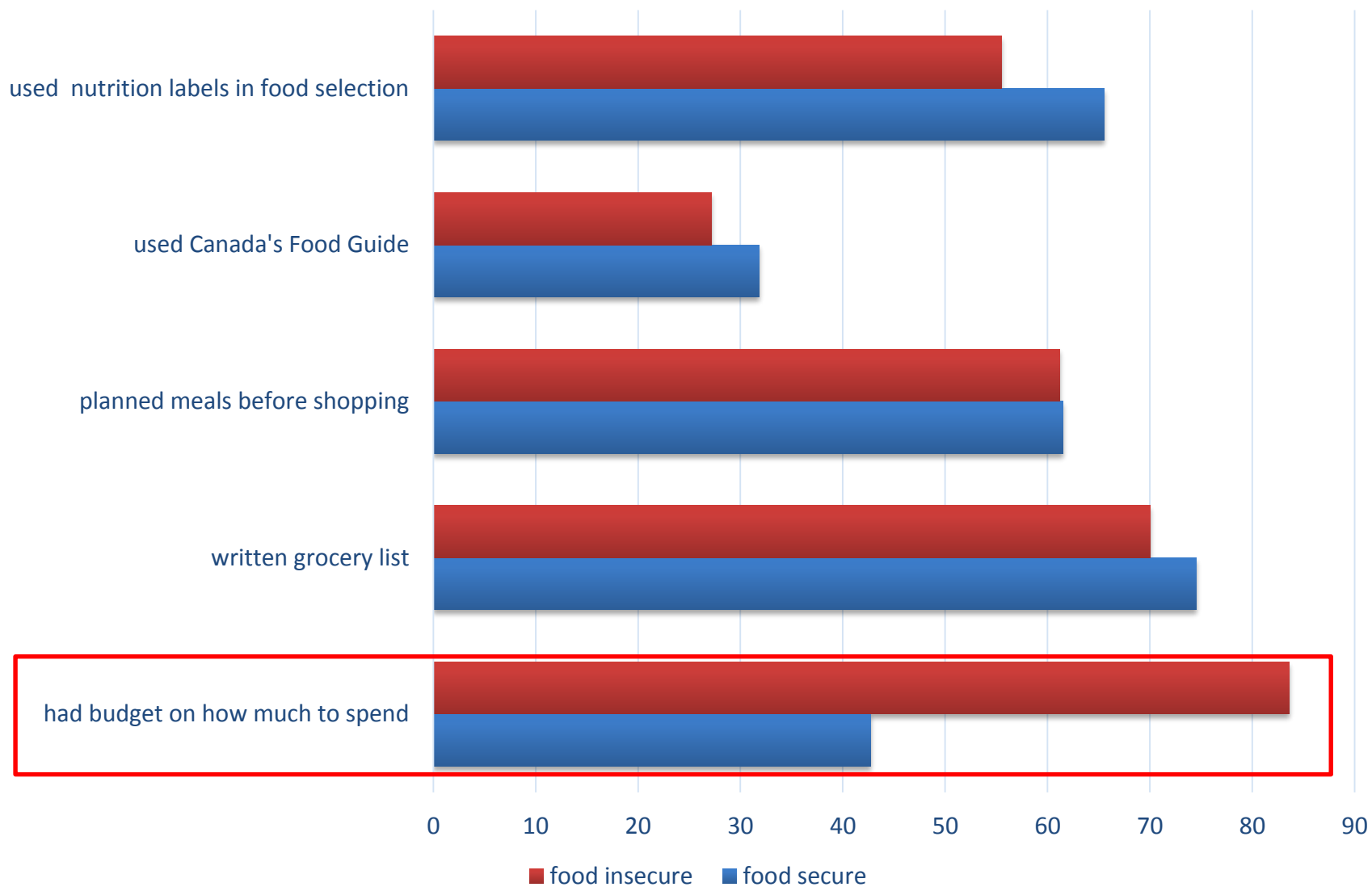
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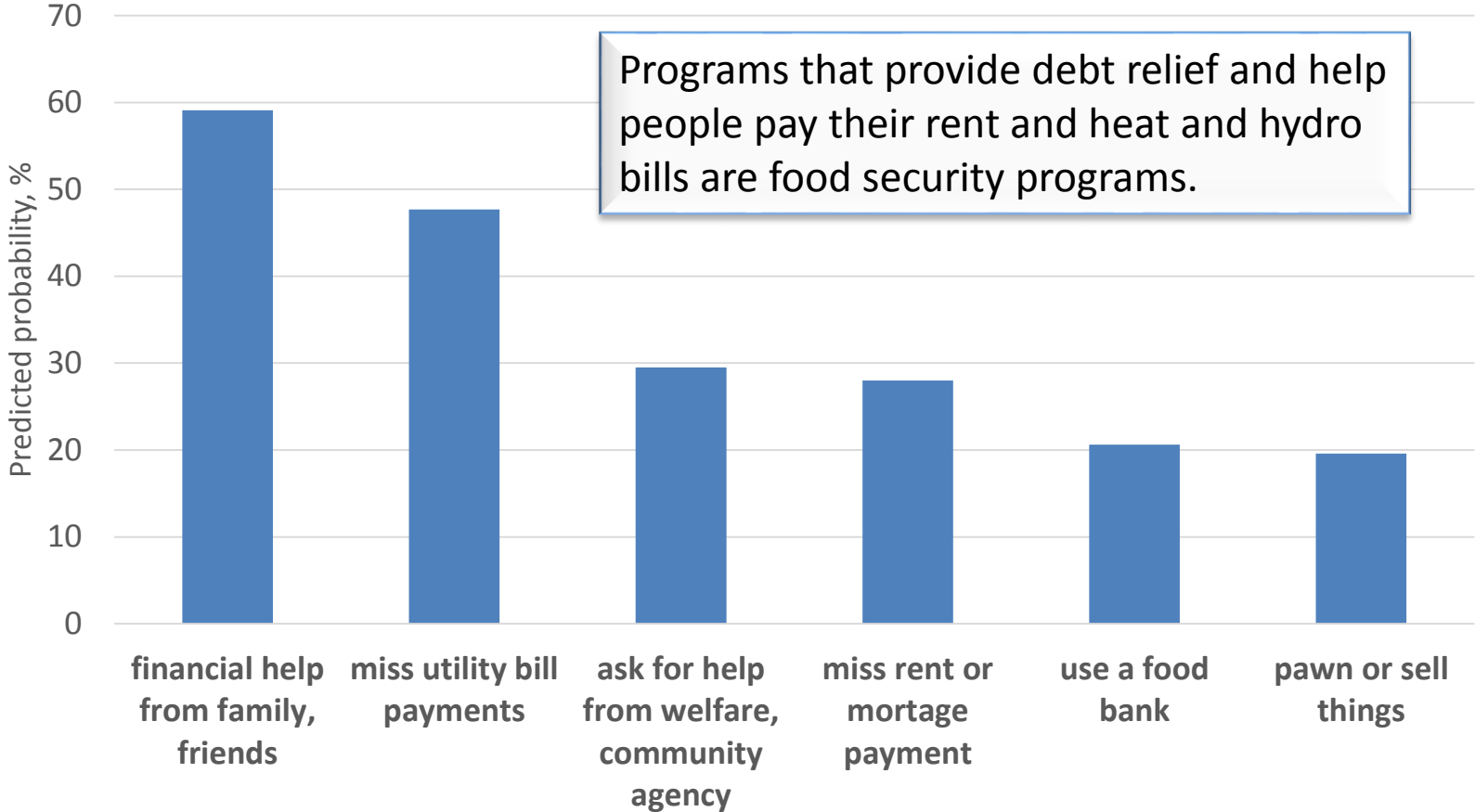
Cooking skills of Canadian adults by food insecurity status:



Food shopping behaviours, by food insecurity status



Beyond food programs, what else can communities do about food insecurity?



What else can communities do?

**Advocate for policy changes to
address this problem.**



centsless

Reducing Household Food Insecurity



Food or school supplies? Bus fare or winter boots? Imagine month after month not having enough money to put healthy food on your family's table and to pay for rent and other basics like clothing, school supplies, transportation and phone bills. This situation is known as "food insecurity" or "food poverty"—not enough money for healthy food. It hits hard close to home—about 1 in 8 Simcoe Muskoka households experience some degree of food insecurity, from worrying about enough money for the next meal to going without food for the whole day.

Why should we be concerned? Food insecurity can have a serious impact on physical, mental and social health from childhood up—and this leads to greater health care use and higher health-care costs.

Why are so many people still struggling to put healthy food on the table? No money for food is Cent\$less. What can be done to make sure once and for all that everyone can afford to feed themselves and their families? Income solutions like a basic income guarantee, living wage, social assistance rates geared to the real cost of living are needed so that everyone has the means to afford their basic needs, including food.

REDUCING THE NEED FOR FOOD BANKS

#HUNGERCOUNT



To significantly reduce the need for food banks in Canada, HungerCount recommends:

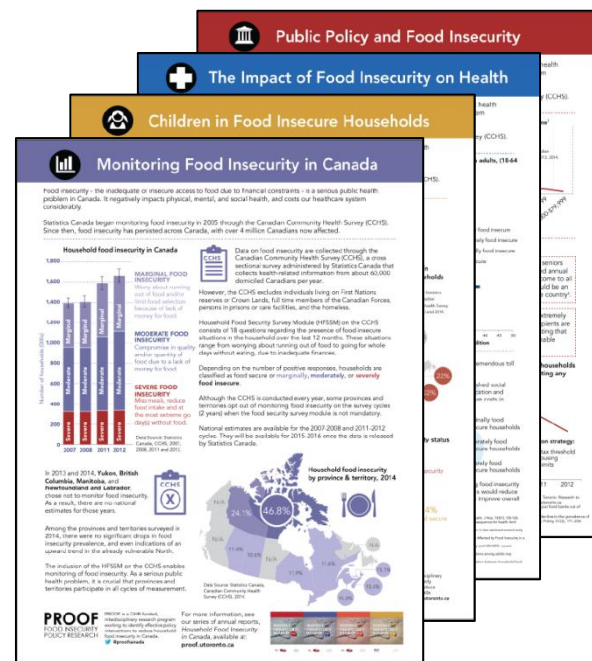
- A national poverty reduction strategy by October 1st, 2017
 - A basic liveable income in Canada
 - A new deal for Canadians on social assistance
 - Significant new investments in Northern food security
-

PROOF

FOOD INSECURITY
POLICY RESEARCH

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