

Project Background

- ❖ Most jurisdictions in Canada use household profiles to examine the relationship between food costs, income and other basic household expenses.
- ❖ These profiles help position the affordability of healthy eating within the everyday experience of populations who are at higher risk for household food insecurity.
- ❖ In Canada, there is no defined process on how to design profiles that truly represent households at higher risk for food insecurity in a specific region.

Why Create Household Profiles?

- ❖ To illustrate the complex dynamics between a household's composition, income, healthy food costs and other essential life expenses.
- ❖ To explore whether representative household profiles are able to afford adequate amounts of healthy food within their current income level.

Project Description

- ❖ Nutrition Services developed a process that applies demographic, health and socioeconomic data to design a reasonable number of profiles that accurately reflect those households at higher risk for food insecurity in Alberta.
- ❖ Nutrition Services then used these profiles to assess whether at-risk households could afford to follow a basic, healthy diet once they had paid for their other essential living expenses.

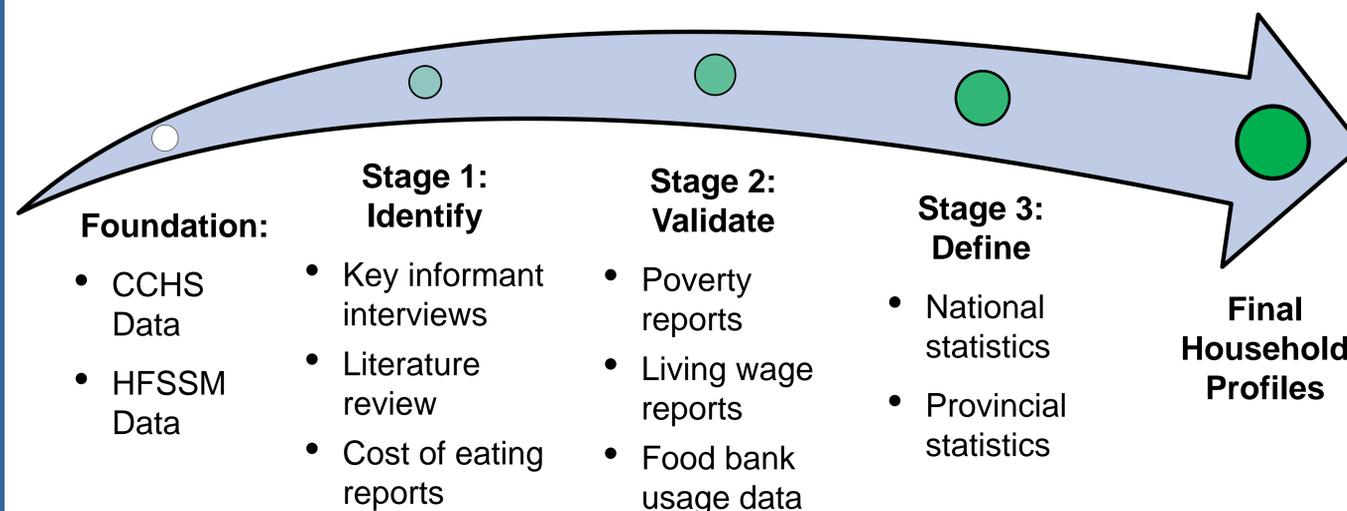
How Were the Household Profiles Designed?

The design of the household profiles progressed through three key stages:

Stage 1: Identify households at highest risk for food insecurity through primary data.

Stage 2: Validate whether these households aligned with secondary data sources.

Stage 3: Define household composition and income source through statistical data.



Which Household Profiles Represent Alberta?



Father 31-50 years old	Lone Mother 25-30 years old	Single Woman 25-29 years old	Single Man 25-29 years old	Senior Woman 67 years old
Mother 31-50 years old	Child of either sex 4-8 years old			
Male child 9-13 years old	Female child 4-8 years old	Single Income	Income Support	Minimum Wage
		Minimum Wage	Canada Pension Plan + Old Age Security	

Why Establish a Design Process?

- ❖ To form an objective, consistent and reproducible approach based on current data and research.
- ❖ To characterize the households at higher risk for food insecurity in a specific jurisdiction or region.
- ❖ To define the age, sex and number of individuals in each profile in order to calculate household food costs.
- ❖ To determine the most appropriate income sources for each profile in order to estimate household income.
- ❖ To ensure that an analysis of the affordability of healthy food reflects the reality of those households at higher risk for food insecurity within a defined region.
- ❖ To identify household profiles whose risk for food insecurity is reduced by current social policy.
- ❖ To offer other jurisdictions a reference point if they wish to create their own process to design representative profiles for their region.

References

- Alberta Health Services. (2016). *Process for the selection of household profiles*. Available from: www.albertahealthservices.ca
- Alberta Health Services. (2016). *The affordability of healthy eating in Alberta*. Available from: www.albertahealthservices.ca

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