

# Food Insecurity and Health in Canada

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# Health Consequences Associated with Food Insecurity

- Children

- birth defects
- anemia
- lower nutrient intakes
- cognitive problems
- aggression and anxiety
- being hospitalized
- being in poorer general health
- having asthma
- behavioral problems
- depression
- worse oral health

- Adults

- lower nutrient intakes
- mental health problems
- diabetes
- hypertension
- hyperlipidemia
- poor outcomes on health exams
- being in poor or fair health
- poor sleep outcomes
- depression
- having limitations in activities of daily living

# Food Insecurity and Health Care Costs

- What is the impact of food insecurity on health care costs?
  - Does this differ by severity of food insecurity?
- Data from Canada
  - matched administrative records from Ontario health care system with food security survey information
    - 67,033 observations between 18 and 64
  - difficult to do for U.S.
    - selection issue
    - lack of health care information to be matched with survey data
- Results
  - differences in health care costs when compared to individuals in fully food secure households
    - marginally food insecure: 23% higher
    - moderate food insecure: 49% higher
    - severely food insecure: 121% higher

# Food Insecurity and Mortality

- What is the impact of food insecurity on mortality?
  - Does this differ by severity of food insecurity?
- Data from Canada
  - matched administrative records from Ontario health care system with food security survey information
    - 90,368 observations for over age 18
  - difficult to do for U.S.
    - lack of mortality information that can be merged with survey data
- Results
  - differences in probability of mortality when compared to individuals in fully food secure households
    - marginally food insecure: 28% higher
    - moderate food insecure: 49% higher
    - severely food insecure: 160% higher