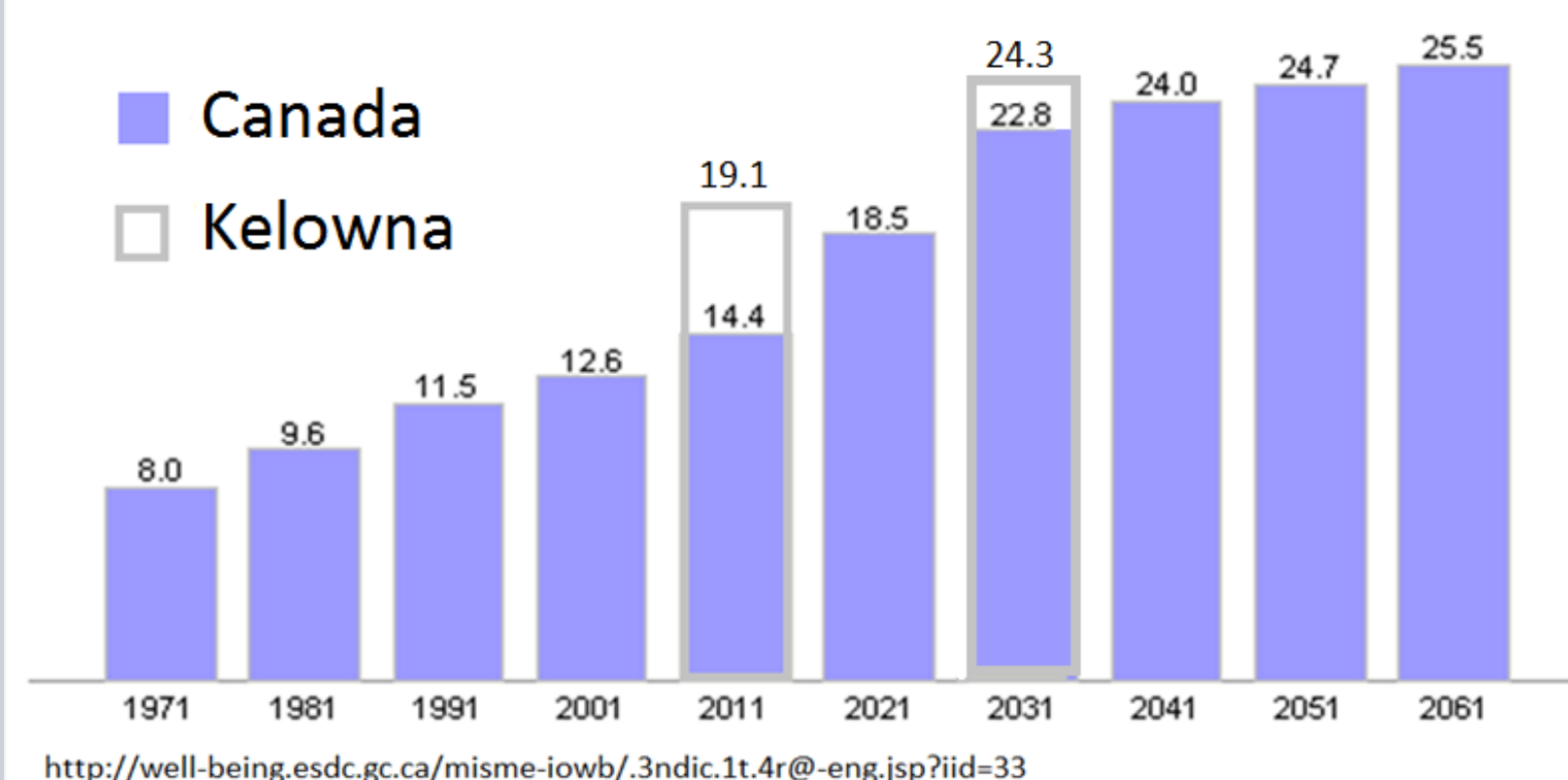


Background

- Kelowna is becoming a regional centre for alternative food initiatives that offer new ways to access local food (Michaels, 2014)
- Despite the focus on local food, access to sufficient, safe, and nutritious food remains a problem (Jeffery, 2014; Li, Dachner, & Tarasuk, 2016)
- Community Food Assessments (CFA) explore and evaluate options, services, spaces, programs and policies that affect food security (Just Food, 2011)
- To date, assessments have identified, but not focused on, seniors, who are at an increased risk of food insecurity (Cook, 2008)

Older Adults – Target Population

Canadian population 65 years and over projections (percent)



- Interior Health has identified older adults as a priority population
- Kelowna's current older adult population is higher than the Canadian average – 20.4 % vs 16.1% (City of Kelowna, 2015; Statistics Canada, 2015)
- Kelowna's older adult population now is what is expected across Canada in mid-2020s

Methods

Qualitative methodologies – including focus groups, interviews and thematic analysis. Community Based Participatory Action Research principles guided engagement.

1) Environmental Scan:

- Secondary Data gathered - literature and policy review
- Primary data gathered - advisory team, focus groups, interviews

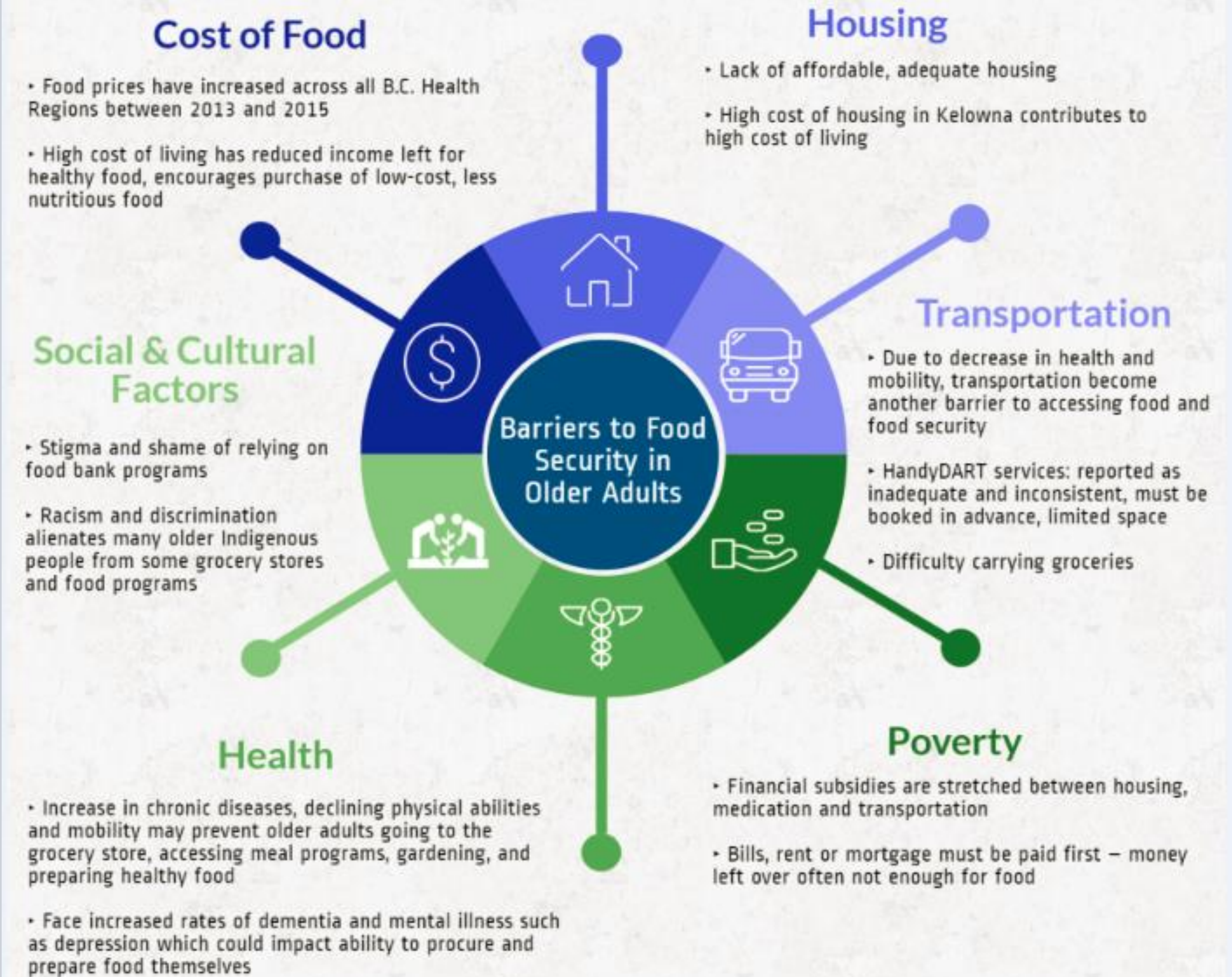
2) Asset & Gap Analysis: explored data to assess the needs, strengths, and assets of Kelowna's local food system as it pertains to older adult food security

- QSR NVivo software - used to organize and review data set, develop initial codes, and categorize into themes. Coding framework based on PHSAs' Community Food Assessment Guide (2008)

3) Community Priority Setting, 4) Recommendations for Proposed Action, 5) Plan of Action, including agreed-to outcome measures, and 6) Implementation

- completed with advisory team

Results



Discussion

- Challenges reaching older adults to engage in the CFA process. Barriers they experience related to food security may also prevent them from participating in the CFA process
- Other populations at risk of food insecurity may face similar challenges
- Findings from this study reveal unique recommendations to improve food security in comparison to existing CFAs
- limited best practices and resources available on how to engage vulnerable in the CFA process
- CFAs can be a resource intensive process. A community may not have the capacity to engage with specific populations at risk of food insecurity
- CFA framework is linked to community food security which values local food production, but is often critiqued as being a middle to upper class movement (Slocan, 2007; Guthman, 2008; Beischer, 2016). CFAs may reproduce these values and exclude vulnerable populations
- When conducting a CFA, populations at risk of food insecurity should be identified and an engagement plan developed

CFAs aim to address food security at the community level with a focus on the physical access to food. Household food insecurity (economic access to food) must be addressed at the same time. Household food insecurity was identified as a barrier to achieving community food security for older adults in Kelowna through this study. While community food security and household food security focus on different areas, they are still very much related.

CFAs are one of many tools to address food security. Approaching food security from the community level is one piece of the puzzle, and there needs to be a collaborative approach from many stakeholders to improve all aspects of food security.