

Welcome! **We will start the audio at 1pm Eastern.**

Audio will be broadcast over GoToWebinar automatically and all participant microphones are muted.



April 13th, 2017 1:00 – 2:30 PM Eastern

Who is vulnerable to household food insecurity and what does this mean for policy and practice?

Moderator:

Craig Larsen

Executive Director

Chronic Disease Prevention Alliance of Canada

Presenters:

Valerie Tarasuk, PhD

Professor, University of Toronto and PROOF
principal investigator

Lynn McIntyre, MD, MHSc, FRCPC, FCAHS

Professor Emerita, University of Calgary and
PROOF investigator

Pat Vanderkooy, MSc, RD

Public Affairs Manager,
Dietitians of Canada



www.cdpac.ca



[@theCDPAC](https://twitter.com/theCDPAC)



facebook.com/theCDPAC



youtube.com/theCDPAC

Audio is now turned on (microphones muted)

April 13th, 2017 1:00 – 2:30 PM Eastern

Who is vulnerable to household food insecurity and what does this mean for policy and practice?

Moderator:

Craig Larsen

Executive Director

Chronic Disease Prevention Alliance of Canada

Presenters:

Valerie Tarasuk, PhD

Professor, University of Toronto and PROOF
principal investigator

Lynn McIntyre, MD, MHSc, FRCPC, FCAHS

Professor Emerita, University of Calgary and
PROOF investigator

Pat Vanderkooy, MSc, RD

Public Affairs Manager,
Dietitians of Canada



www.cdpac.ca



[@theCDPAC](https://twitter.com/theCDPAC)



facebook.com/theCDPAC

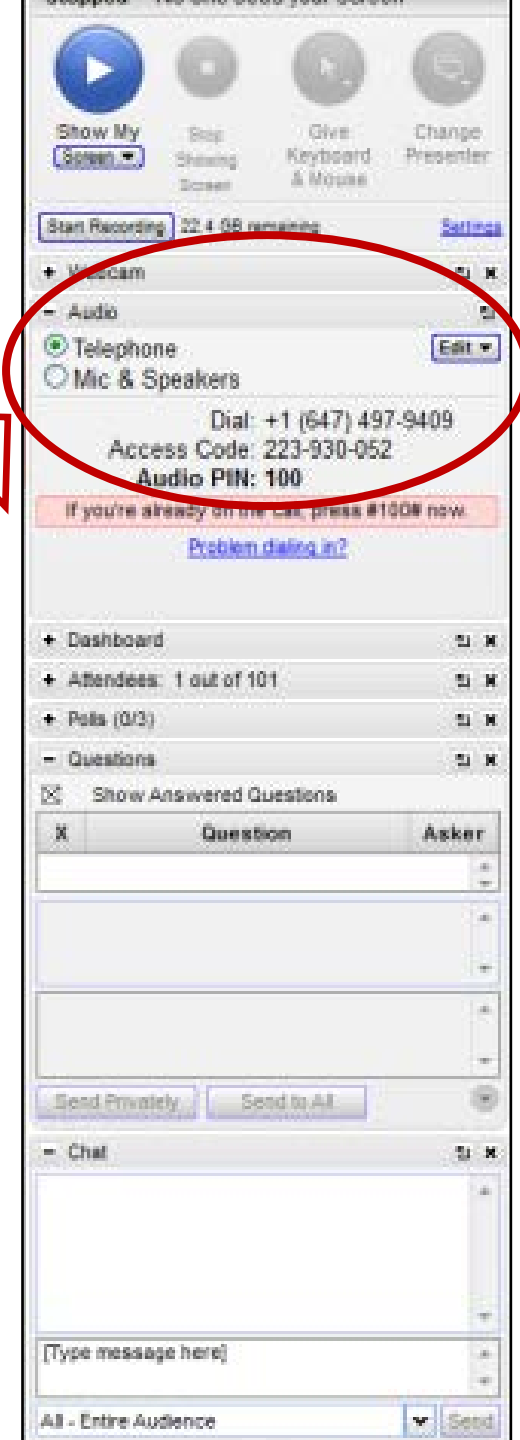


youtube.com/theCDPAC

Quick Overview of GoToWebinar

Audio

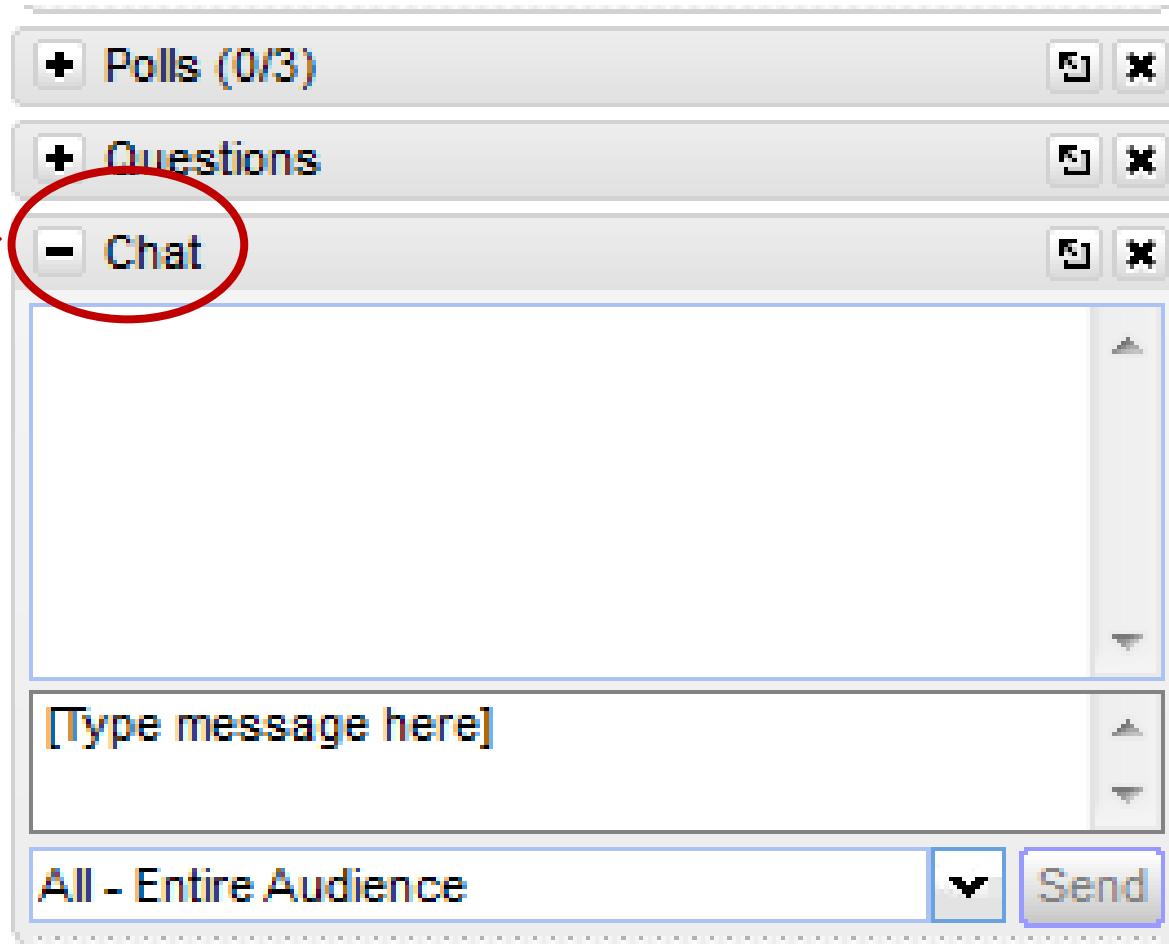
If you successfully downloaded the GoToWebinar software, audio will broadcast on your computer automatically.



Quick Overview of GoToWebinar (cont'd)




Questions

Throughout webinar, type your questions in the chat box




The screenshot shows the GoToWebinar interface with three panels: Polls (0/3), Questions, and Chat. The Chat panel is selected and circled in red. It contains a large text area for typing messages, a smaller text area at the bottom with the placeholder "[Type message here]", and a "Send" button. The audience is set to "All - Entire Audience".

+

 Polls (0/3) 
+ Questions 
- Chat 

[Type message here]

All - Entire Audience  Send

Or e-mail your questions to
admin@cdpac.ca

Where are you located? Où *habitez-vous*?

For those on WebEx:

✓ on your province/territory

✓ sur votre province ou territoire



What Sector are you from?

Public Health

Health
Practitioner/Professional

Provincial /Territorial
Government/Ministry

Social or Human Services

Education/Research
Faculty/Staff/Student

Other (e.g., NGO)

Moderator



Craig Larsen

Executive Director
Chronic Disease Prevention
Alliance of Canada

Presenters



Valerie Tarasuk, PhD

Professor, University of
Toronto and PROOF
principal investigator



**Lynn McIntyre, MD,
MHSc, FRCPC, FCAHS**

Professor Emerita, University
of Calgary and PROOF
investigator



Pat Vanderkooy, MSc, RD

Public Affairs Manager,
Dietitians of Canada



Who is vulnerable to household food insecurity and what does this mean for policy and practice?

PROOF
FOOD INSECURITY
POLICY RESEARCH



Dietitians of Canada
Les diététistes du Canada

Valerie Tarasuk, PhD
*Professor, University of
Toronto and principal
investigator of PROOF*

**Lynn McIntyre, MD, MHSc,
FRCPC, FCAHS**
*Professor Emerita, University of
Calgary and PROOF investigator*


Pat Vanderkooy, MSc, RD
*Public Affairs Manager,
Dietitians of Canada*

Household Food Security Survey Module

(administered on the Canadian Community Health Survey since 2004)

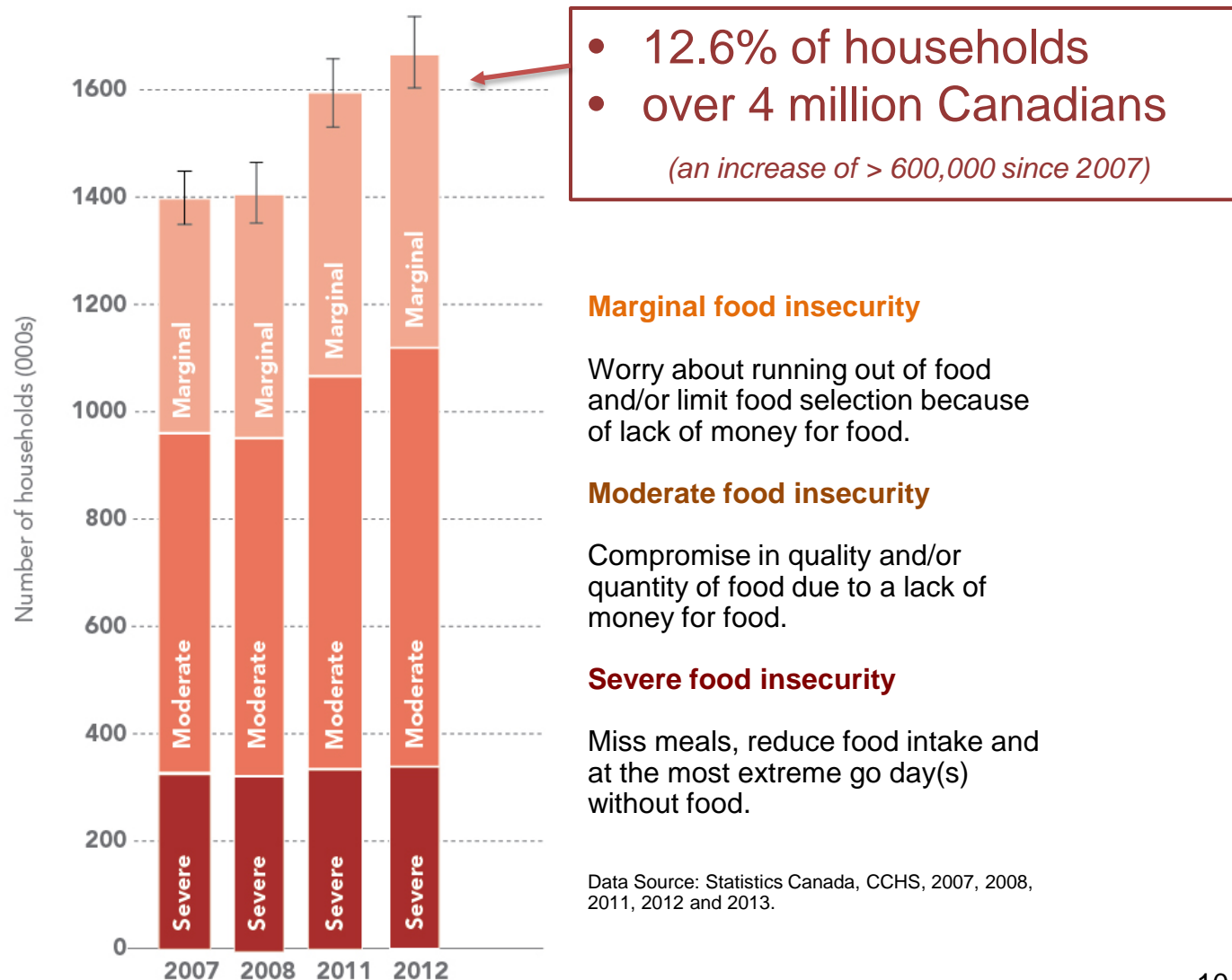
18 questions, differentiating adults' and children's experiences over last 12 months:

- 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



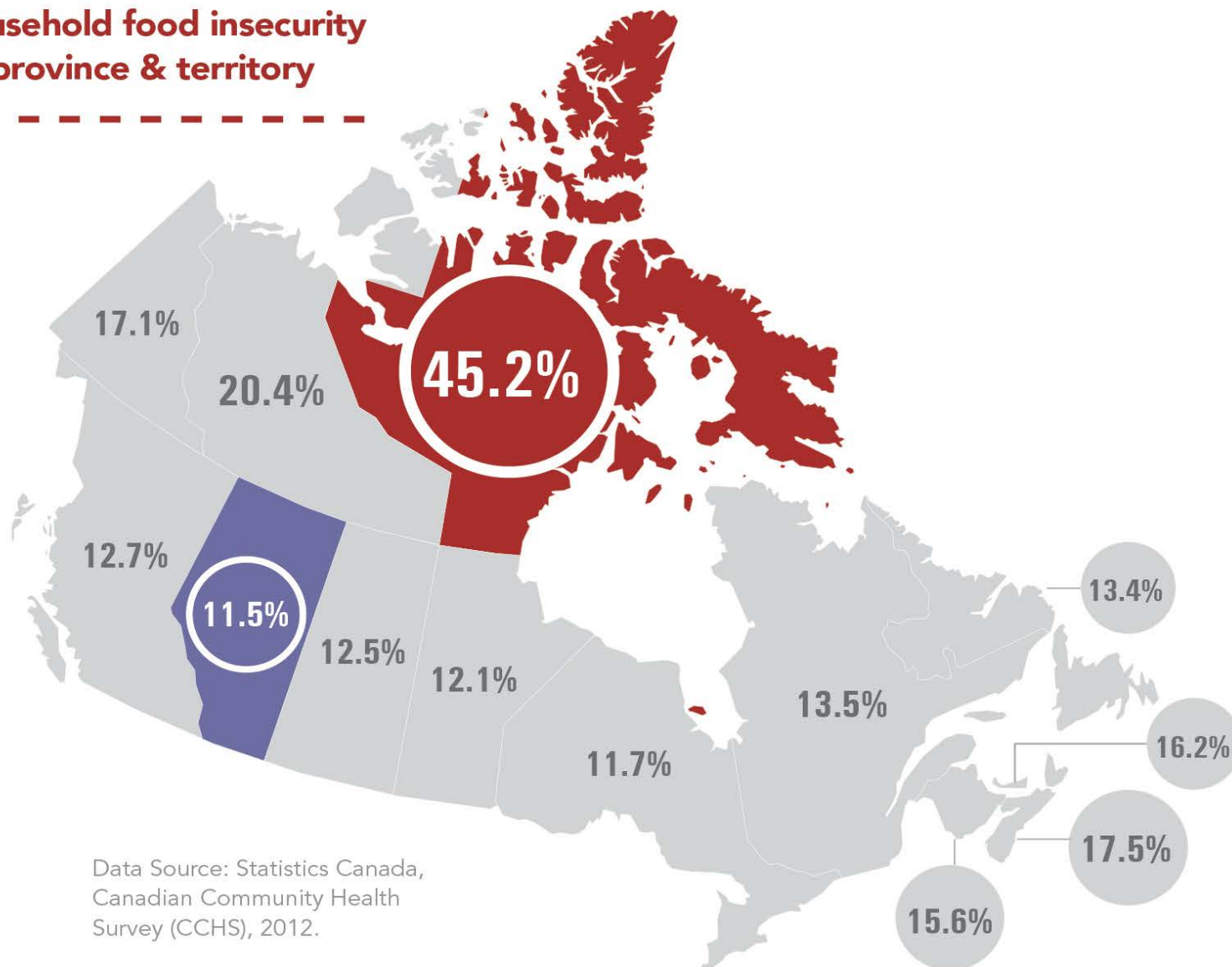
“because there wasn’t enough money to buy food?”

Household Food Insecurity in Canada, 2007 - 2012

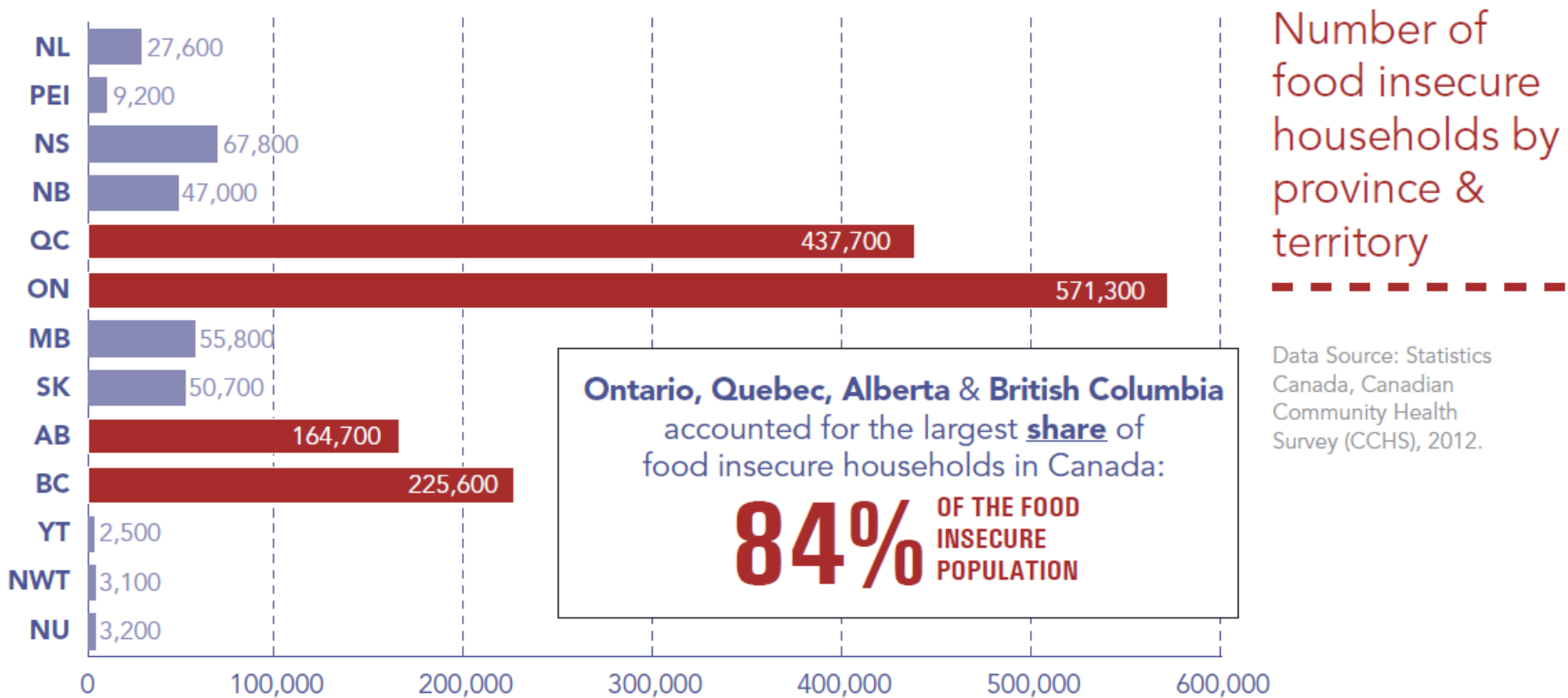


2012

**Household food insecurity
by province & territory**



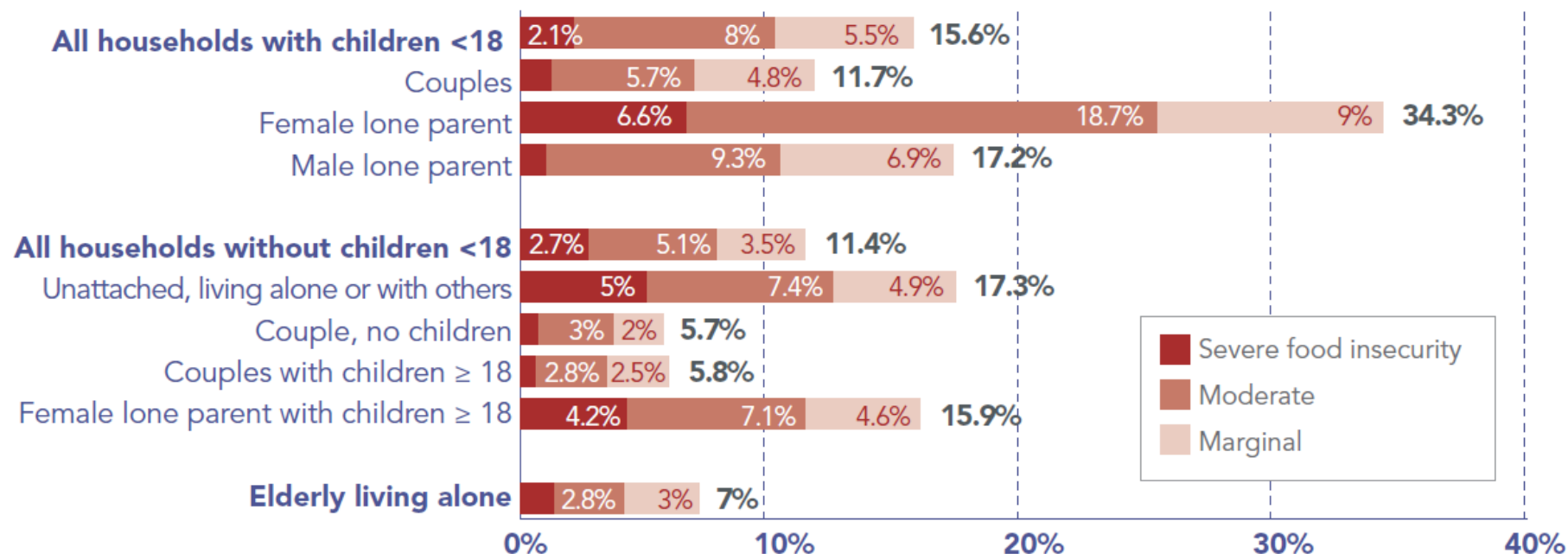
(Tarasuk, Mitchell & Dachner, *Household Food Insecurity in Canada*, 2012. 2014.)



WHO IS FOOD INSECURE?

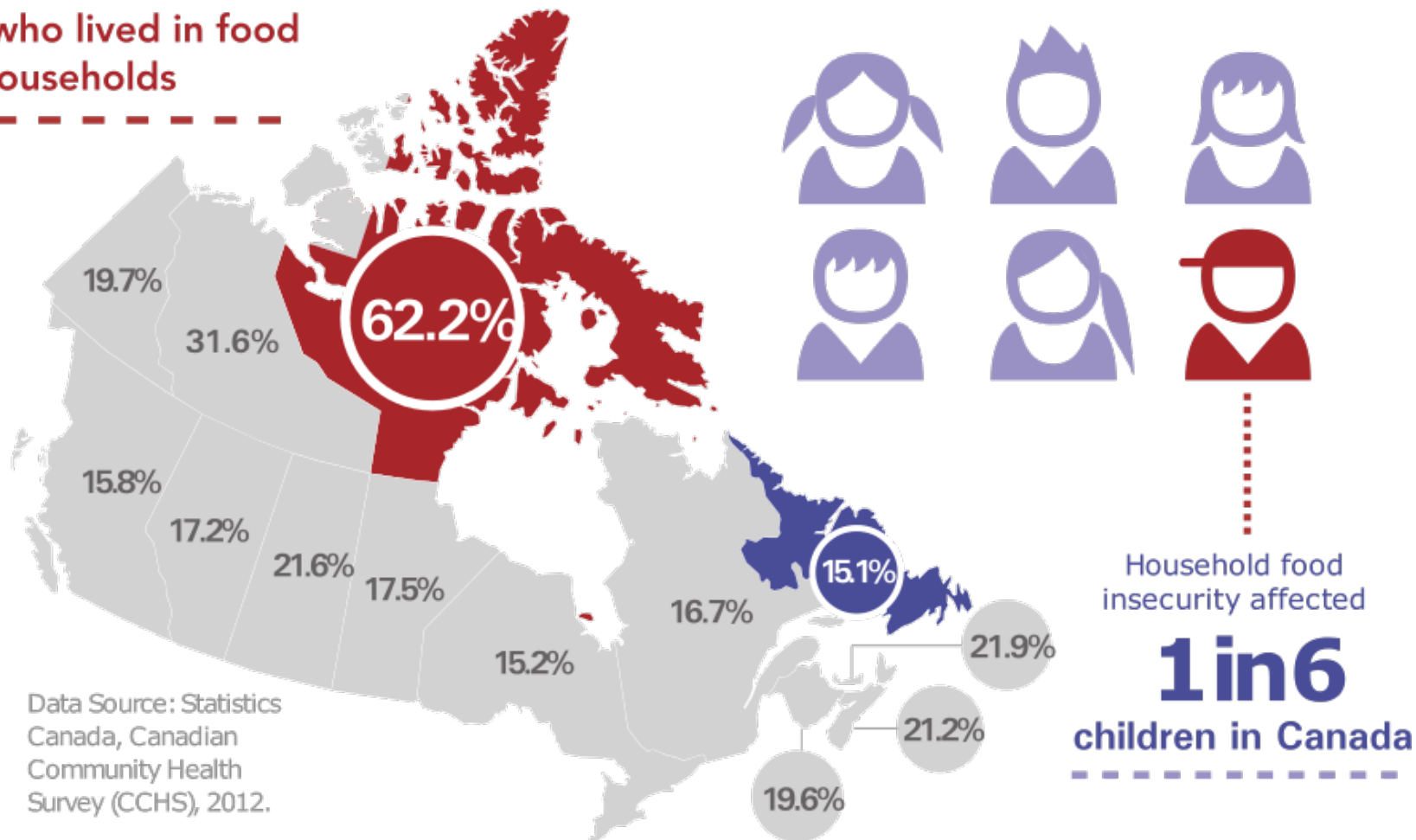
Food insecurity by household composition

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

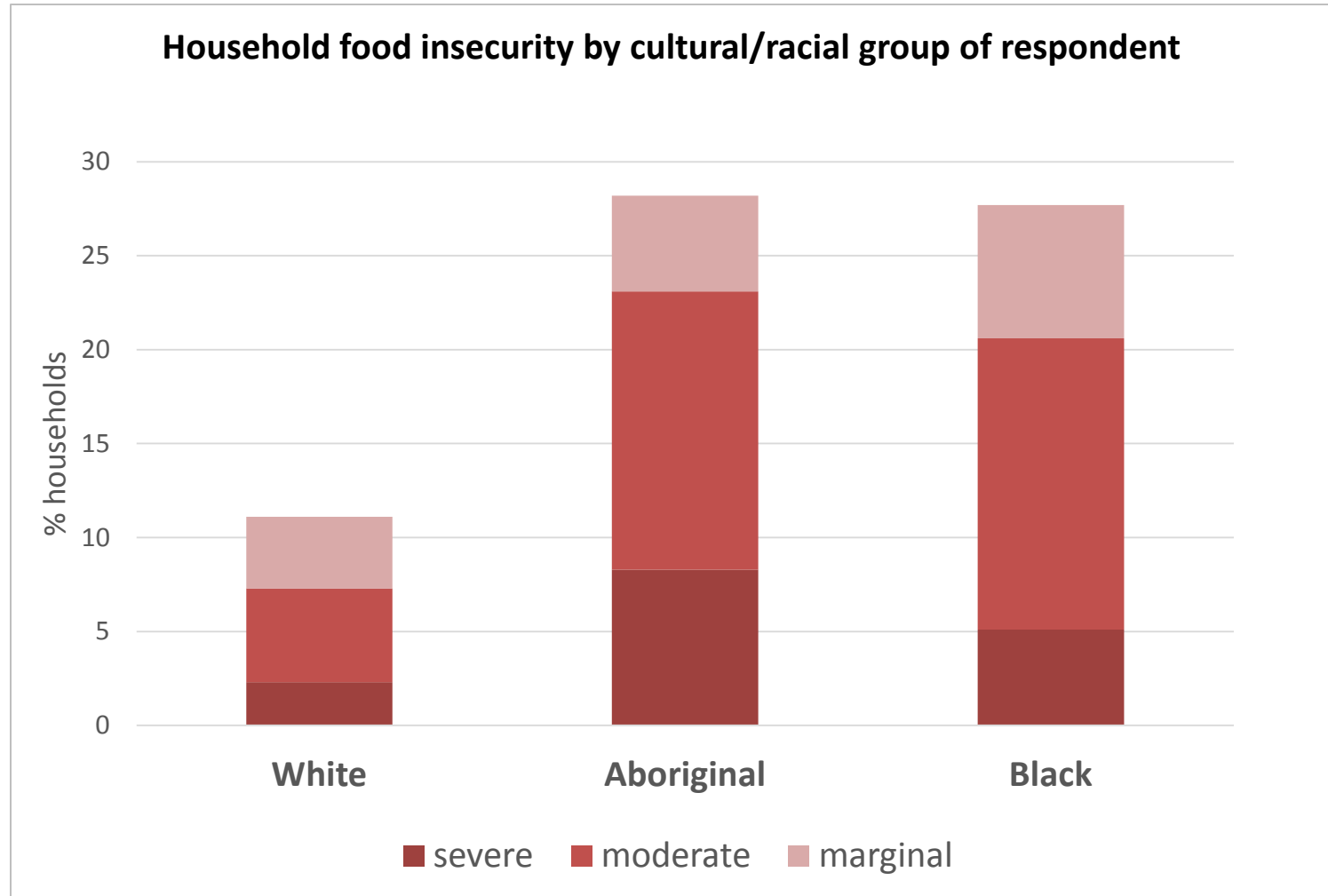


2012

Proportion of children
under 18 who lived in food
insecure households



Food insecurity is racialized.



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

Food insecurity among Indigenous groups

Canadian Community Health Survey, 2012:

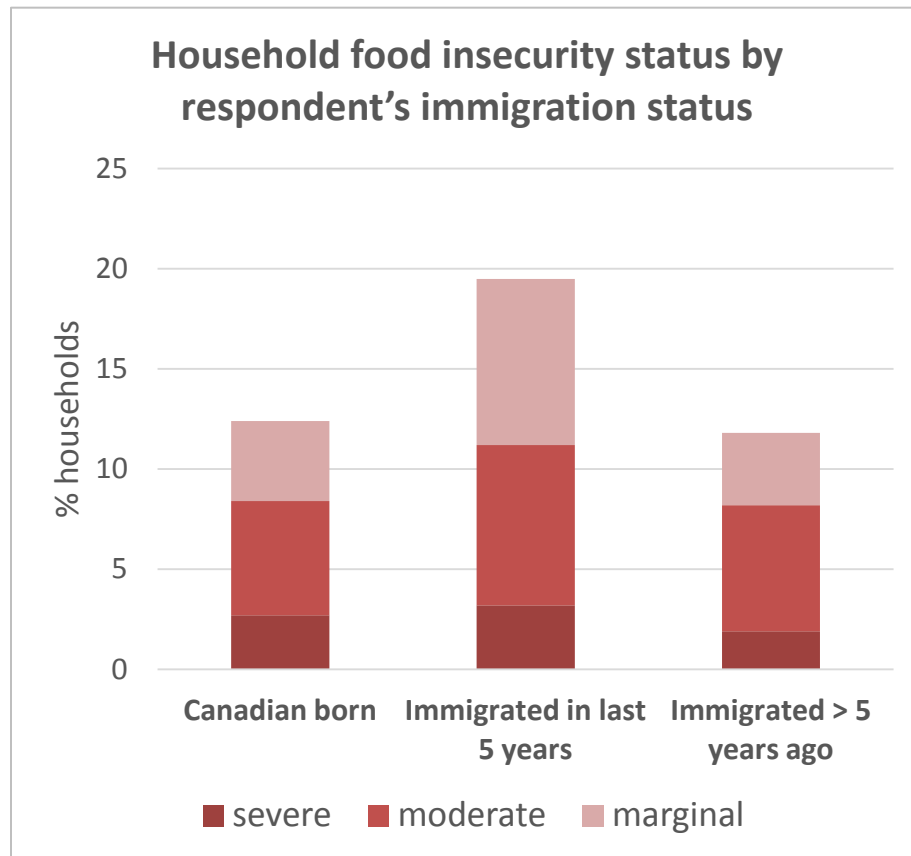
- **28.2%** of households with an aboriginal respondent were food insecure, but CCHS omits people living on First Nations communities and in some northern/remote regions.

Focused surveys among Inuit and First Nations communities:

- **50-70%** prevalences of food insecurity
e.g., Inuit Health Survey 2007-08, Aboriginal People's Survey 2012, First Nations Regional Health Survey 2008/2010

(Arriagada, 2017; Egeland & Nunavut Steering Committee, 2010; Egeland et al, 2010; First Nations Information Governance Centre, 2012; Huet et al, 2012; Wallace, 2014)

Relationship between immigration and food insecurity?



Multivariate analysis, CCHS 2011-12

	OR (95% CI)	aOR (95% CI)
Canadian born	1.00	1.00
Immigrated in last 5 yrs	1.67 (1.37–2.04)	0.72 (0.55–0.94)
Immigrated > 5 yrs	0.92 (0.84–1.00)	0.89 (0.78–1.02)

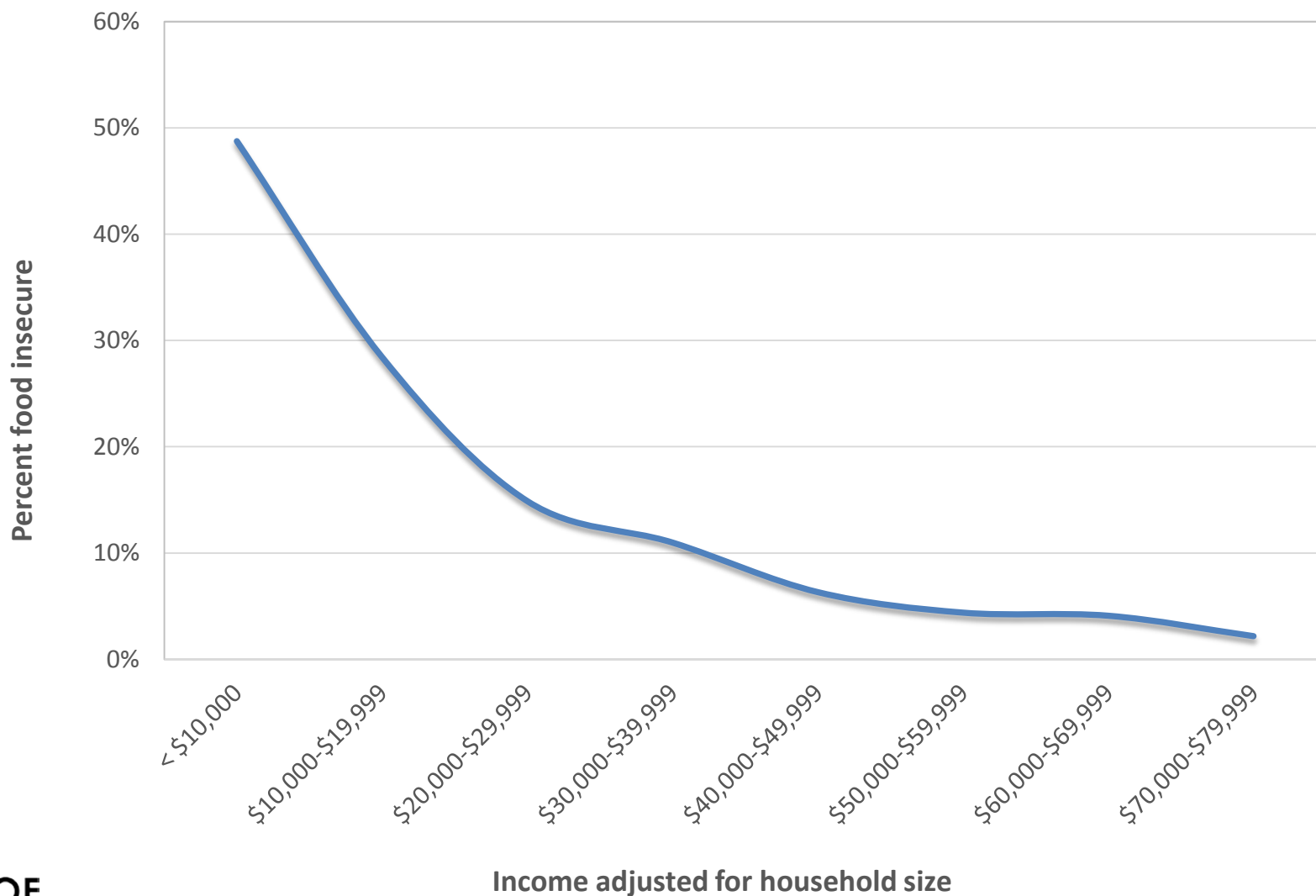
Adjusted Odds Ratio (aOR):
adjusted for household income, education, household composition, home ownership, province/territory of residence, urban/rural location, ethno-racial identity of respondent.

(Source: CCHS 2012. Adapted from Tarasuk, Mitchell & Dachner, *Household Food Insecurity in Canada*, 2012. 2014)

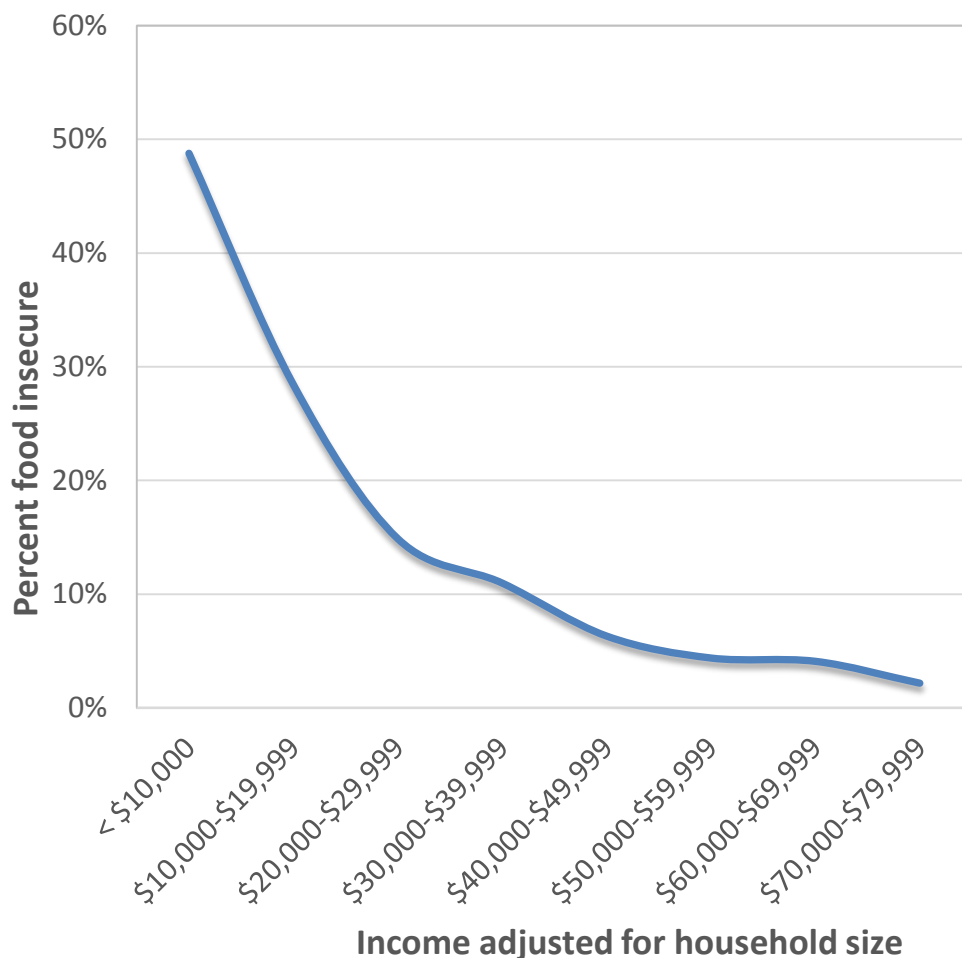
INCOME



Relationship between food insecurity and household income:



Relationship between food insecurity and household income:



Food insecurity captures material deprivation.

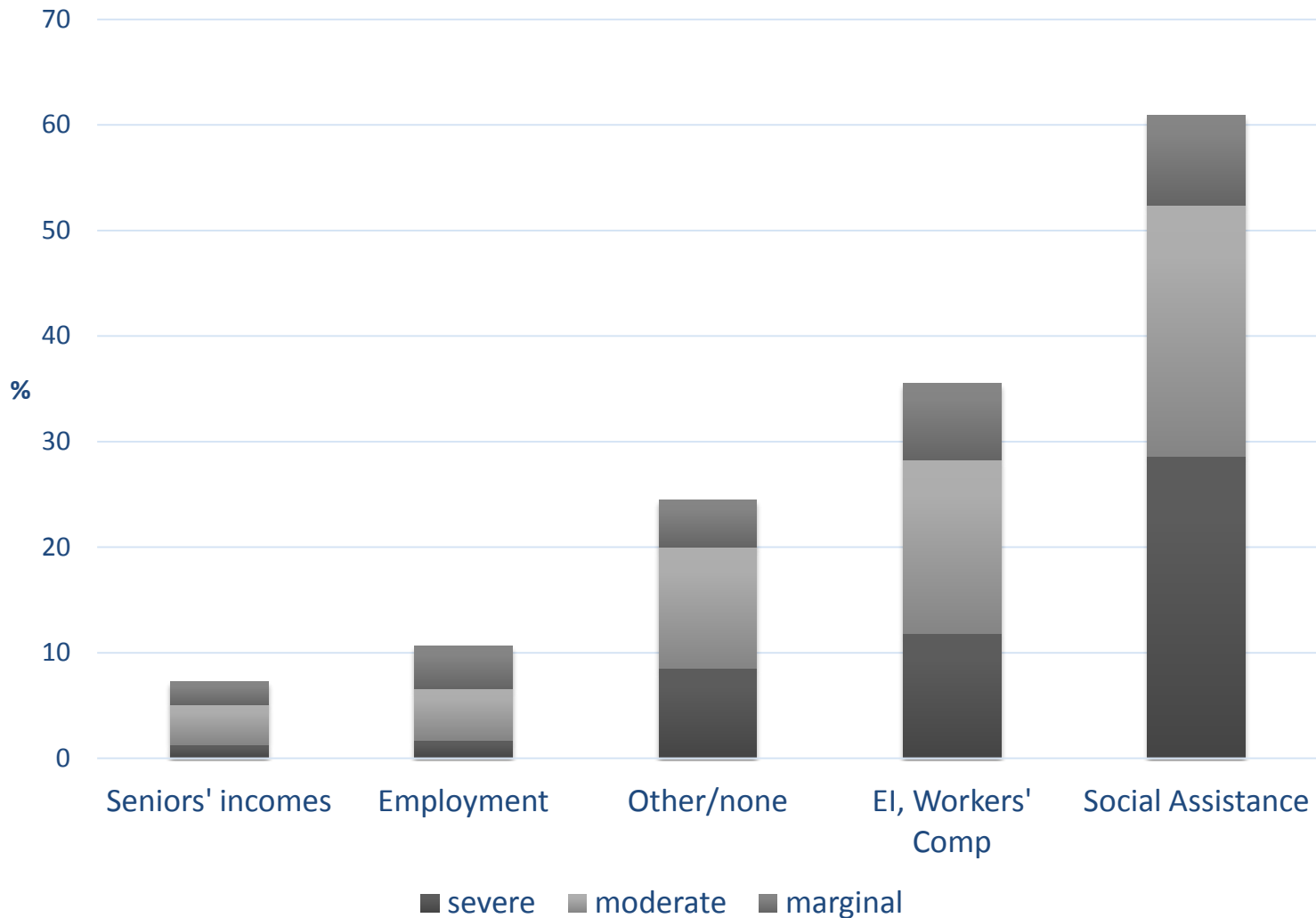
the product of ...
income

- stability
- adequacy relative to expenses (e.g., shelter, food, medications, debt)
- income shocks

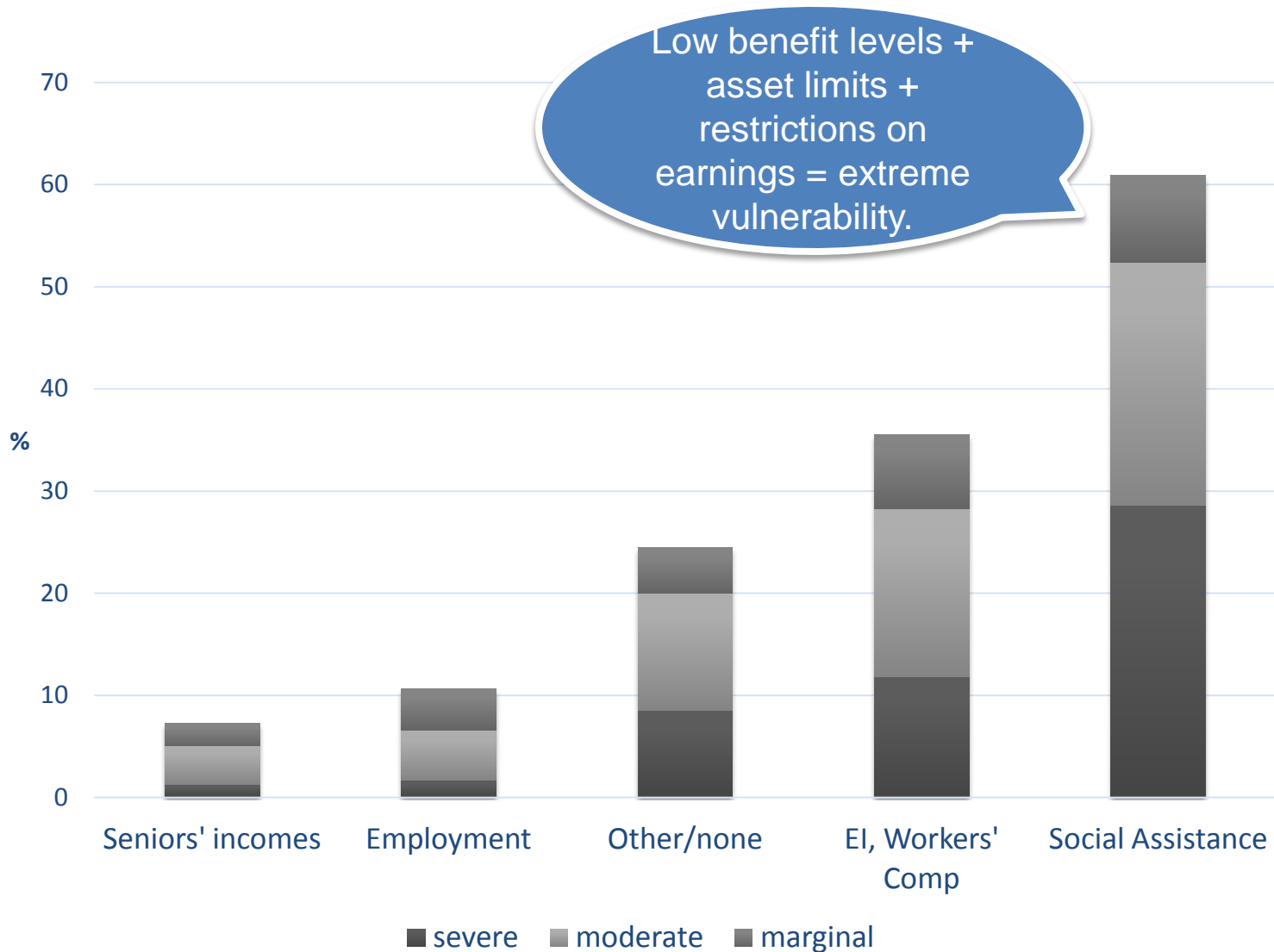
and assets

- home ownership

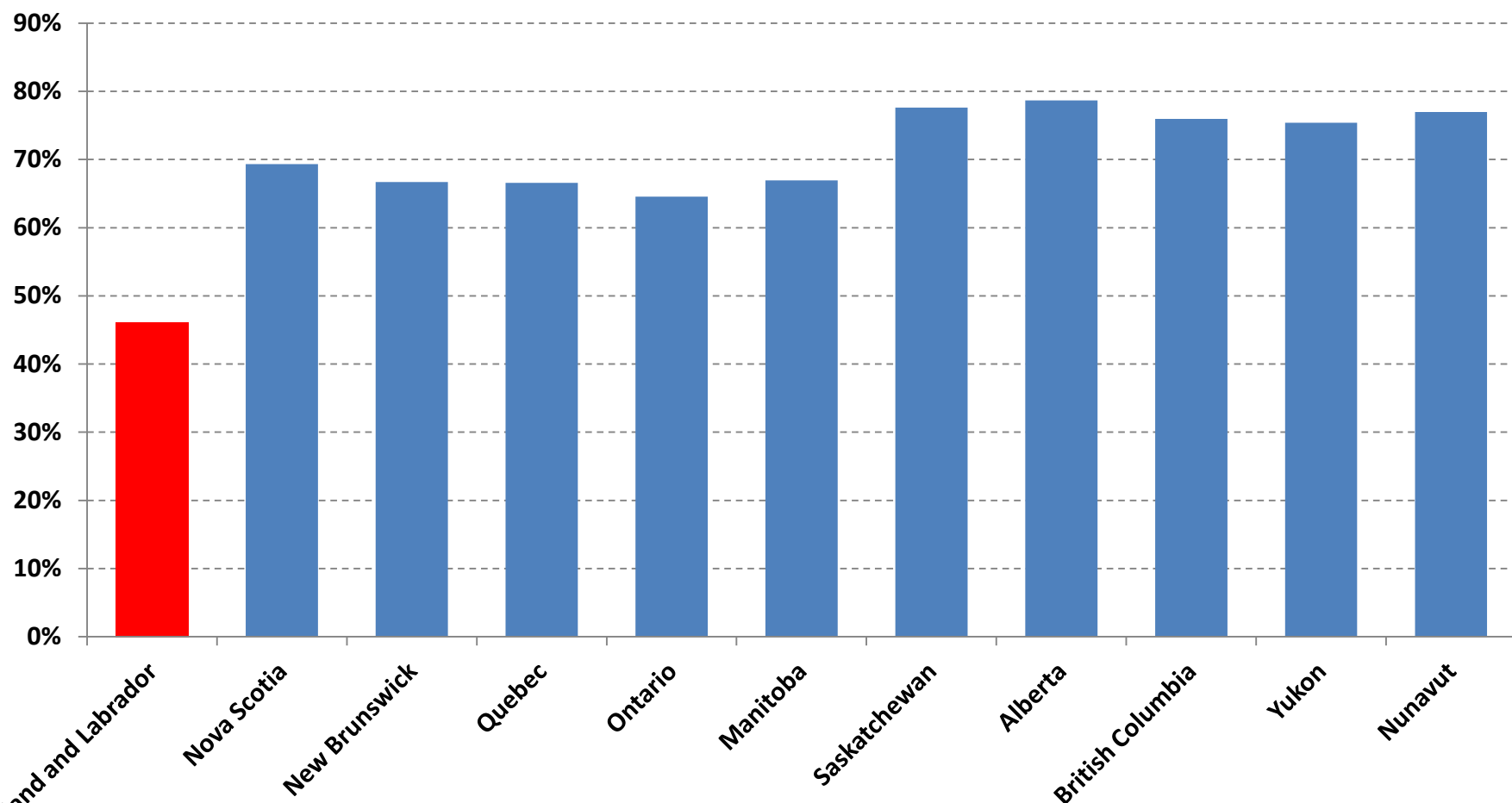
Prevalence of food insecurity by main source of income, 2014



Prevalence of food insecurity by main source of income, 2014

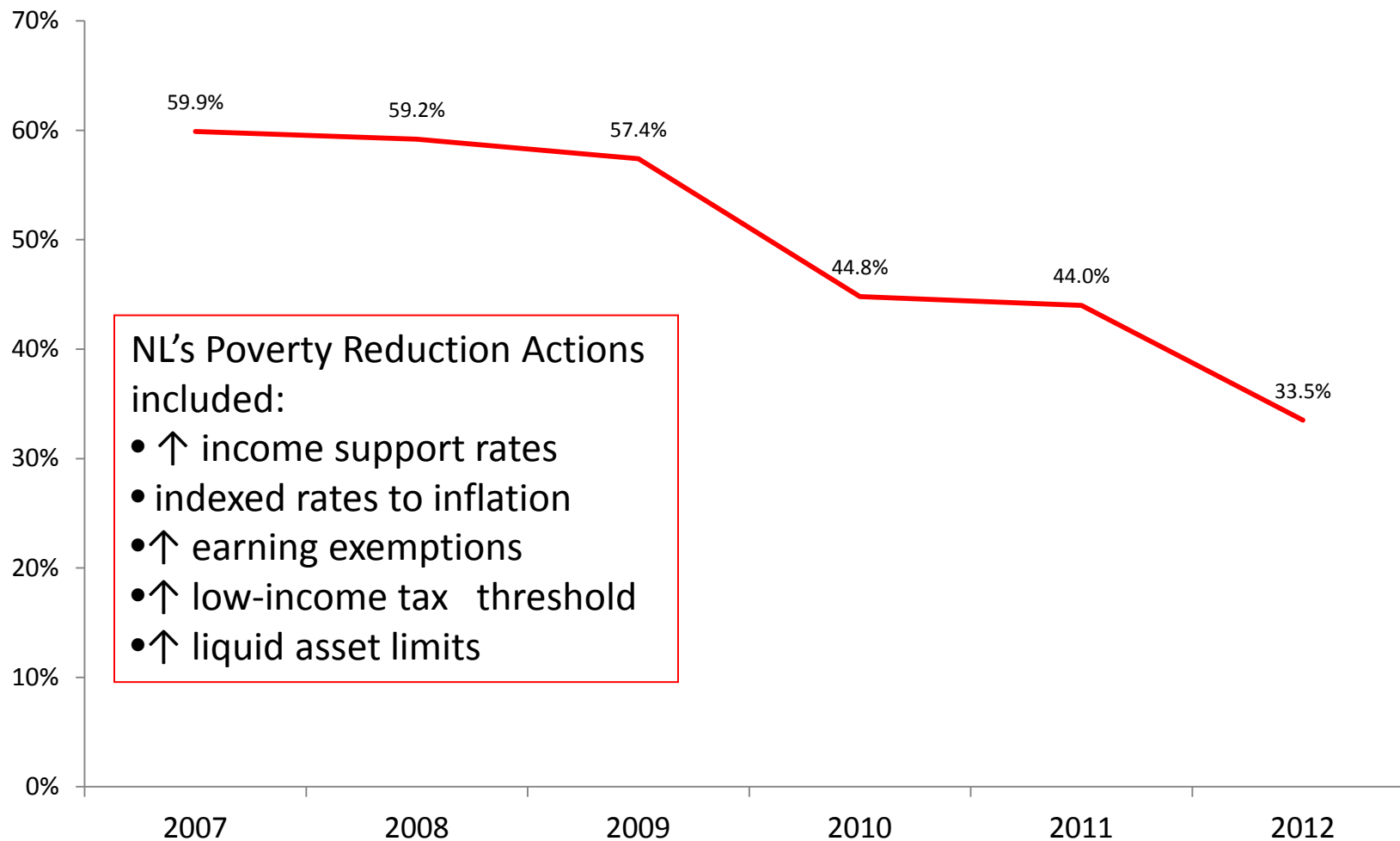


Prevalence of food insecurity among households whose main source of income was social assistance, by province/territory, 2011-12

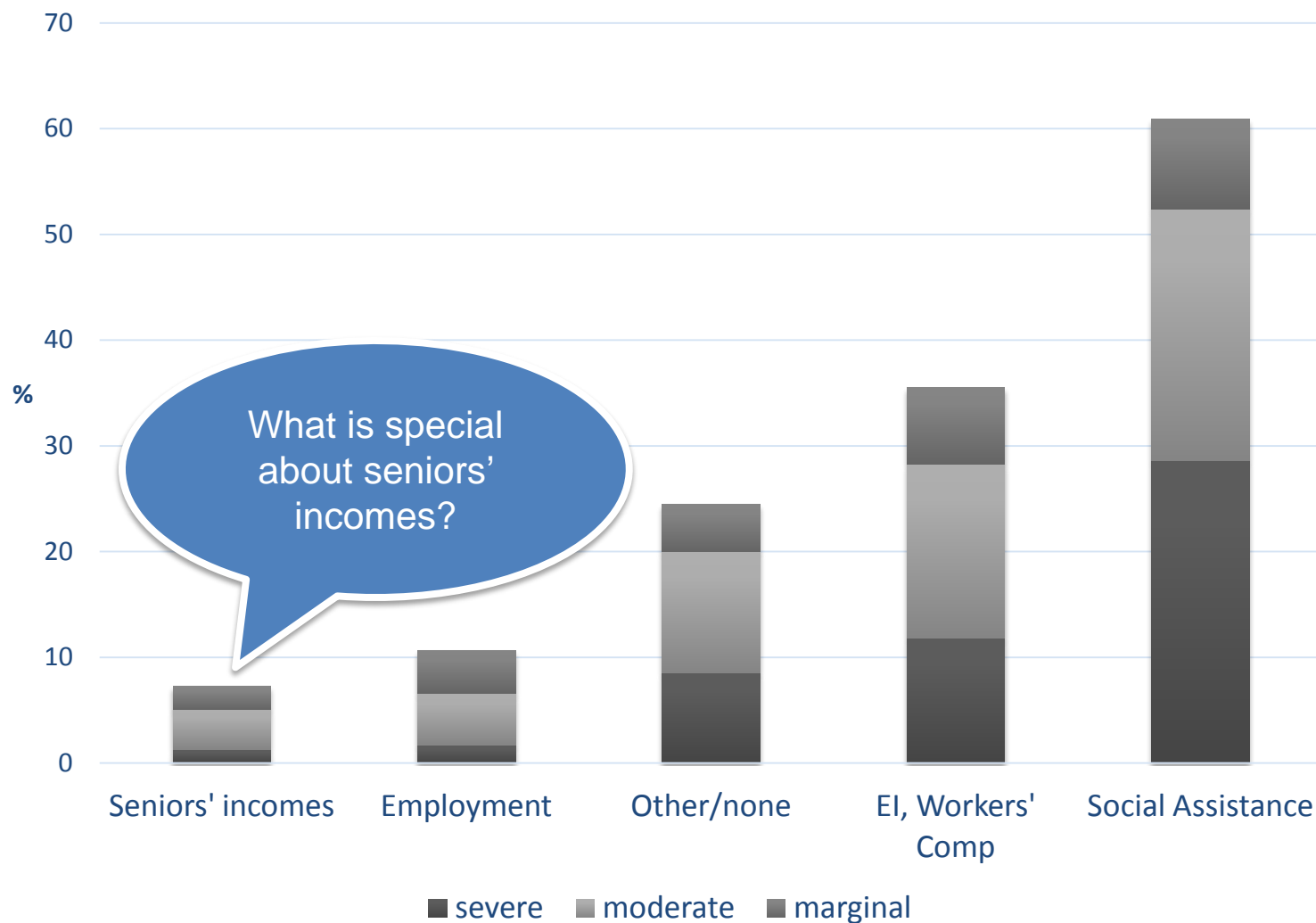


Note: PEI and Northwest Territories have been omitted because of the small size of the samples there.

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



Prevalence of food insecurity by main source of income, 2014

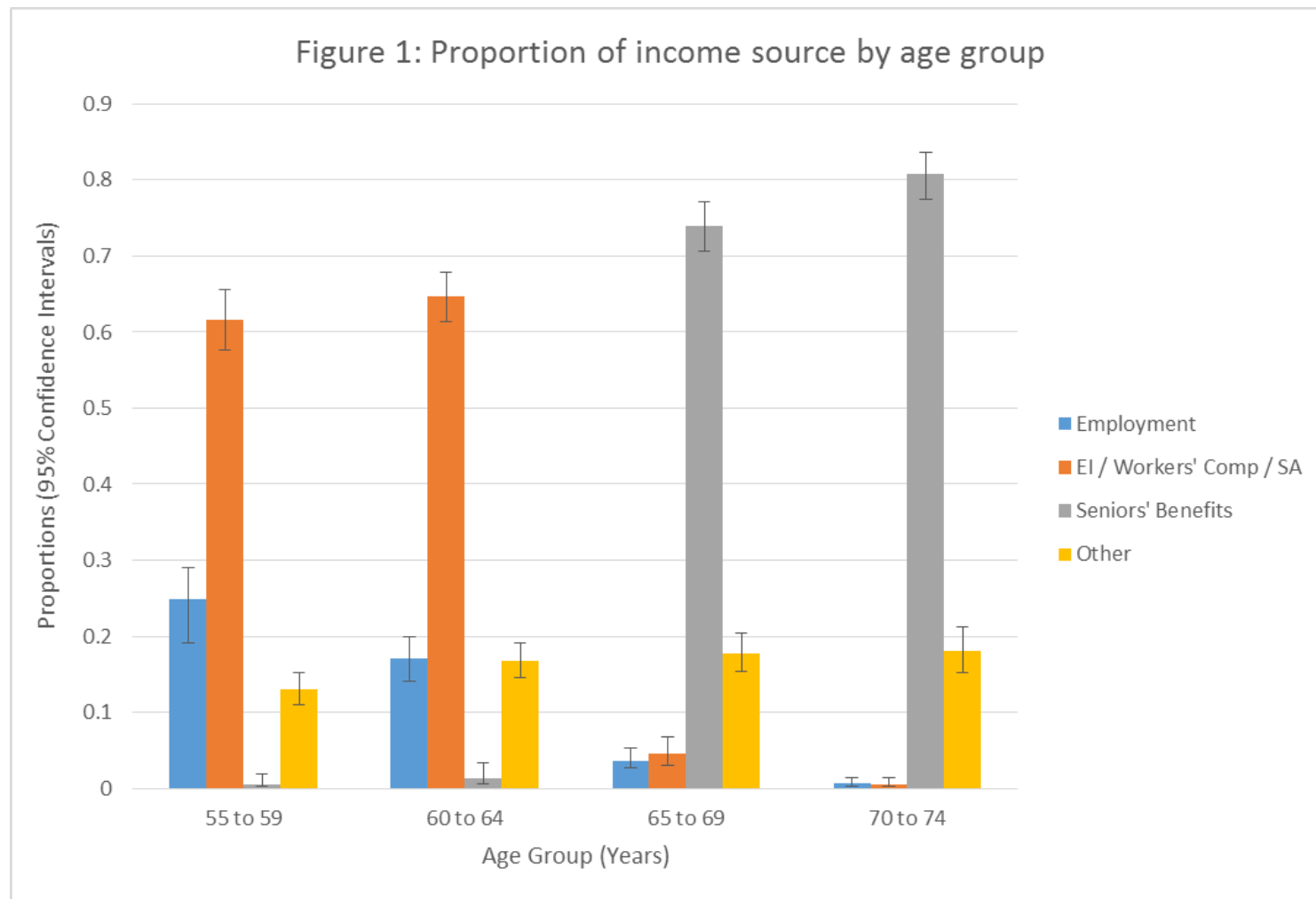


How Seniors' Benefits Function as a Guaranteed Annual Income

Comparison of food insecurity outcomes of low income Canadians aged 55-64 (largely non-eligible) vs 65-74 (Old age security; Guaranteed Income Supplement eligible)

- Used CCHS cycles spanning 2007 to 2013
 - Household income \$20,000 or less
 - Personal income \$20,000 or less
 - Not married

Main Personal Income Source for Low-Income Unattached Respondents by Age Group (Weighted), CCHS 2007-2013



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



Implication for policy intervention:

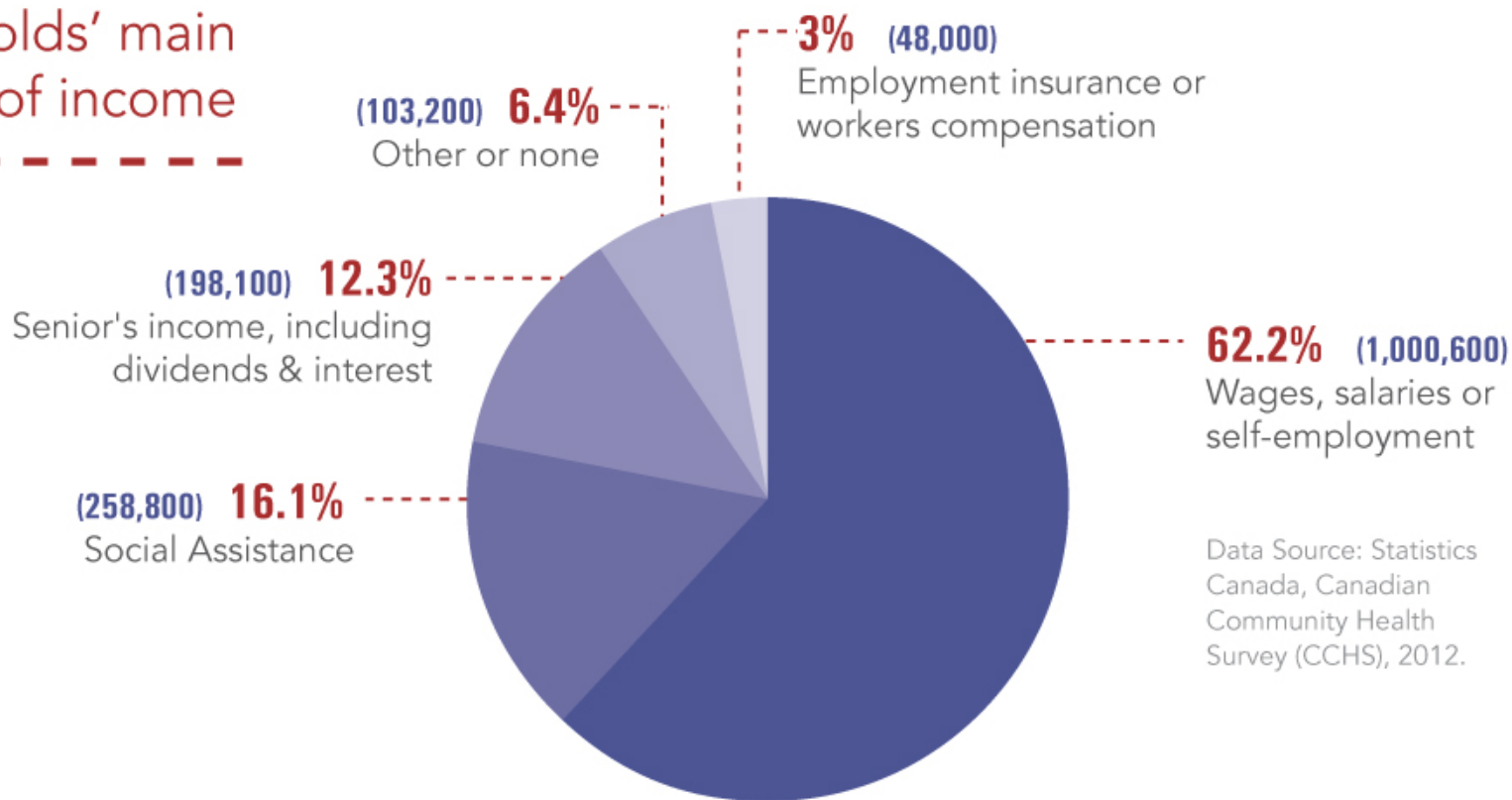
- Both the prevalence and severity of food insecurity are reduced by policy interventions that improve the financial circumstances of vulnerable households.

Further support:

- reduction in food insecurity among households with children < 6 yr following introduction of Universal Child Care Benefit in 2006. (Ionescu-Iltu et al, Prev Med 2015)
- reduction in food insecurity among social assistance recipients in BC following one-time increase in rates (Li et al, Prev Med 2016)
- 2 studies of changes within individual households over time both found improvements in food security related to improvements in income **and employment**. (Loopstra & Tarasuk, J Nutr 2013; McIntyre et al, J Poverty 2014)

Canada, 2012

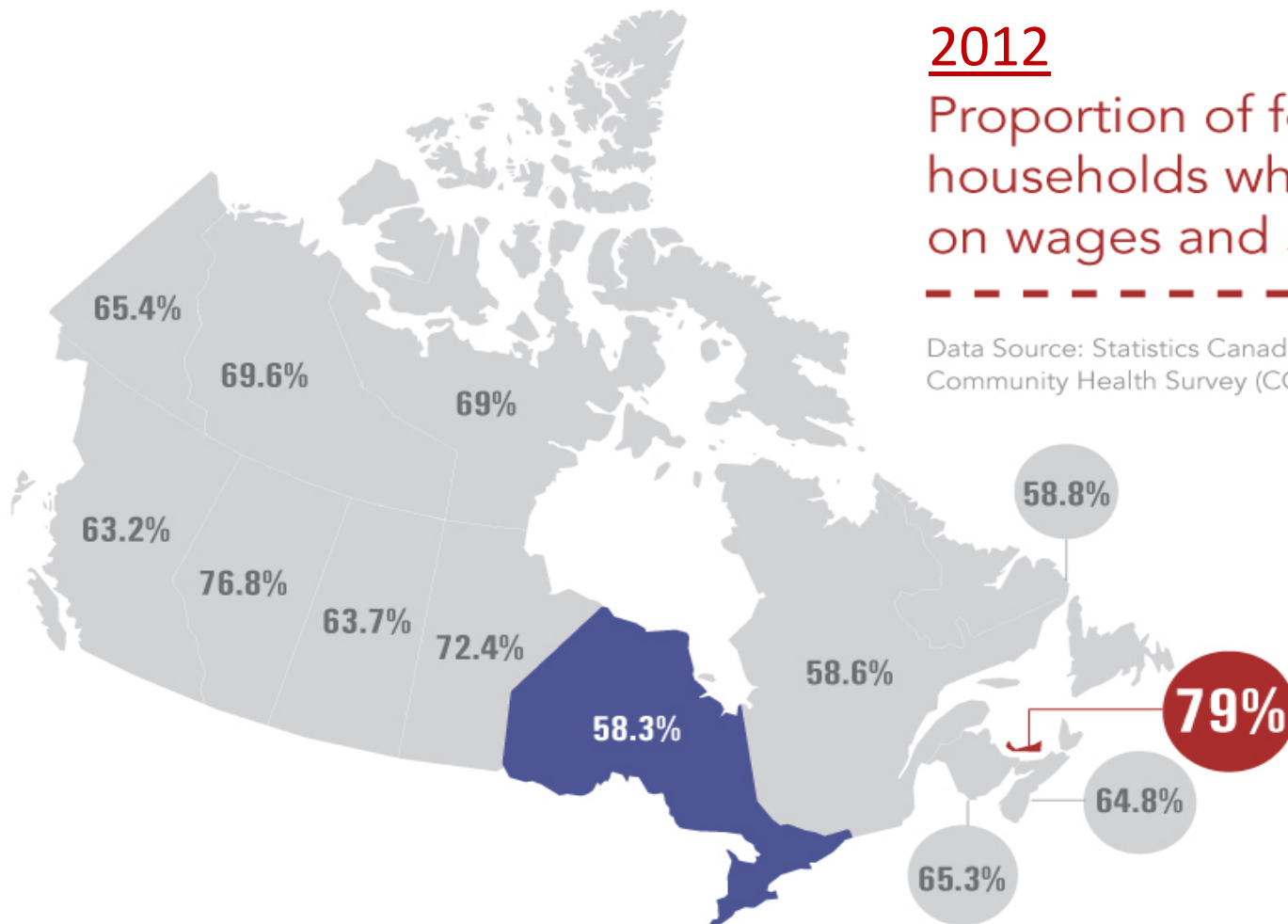
Food insecure
households' main
source of income



2012

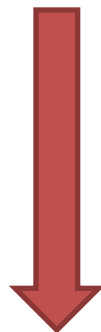
Proportion of food insecure households who were reliant on wages and salaries

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

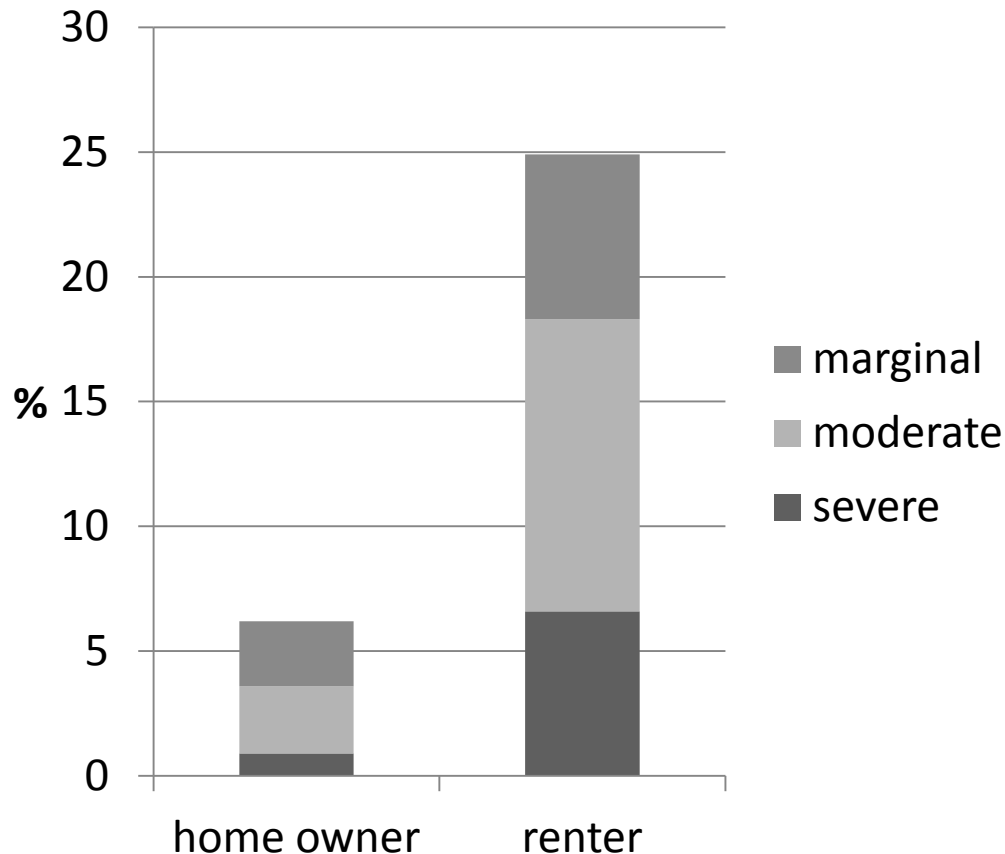


↑ minimum wages or living wages will not alter vulnerability rooted in *not having enough work*

HOUSING



Food insecurity among home owners and renters, CCHS 2014



- 64% of food insecure households are renters.
- After adjustment for socio-demographic characteristics, renters still have 2-3 times the odds of food insecurity.

What accounts for the difference in household food insecurity between homeowners and renters?

- Renters are more likely than homeowners to have socio-demographic and socio-economic characteristics associated with increased odds of food insecurity.
e.g., lower incomes, lower education levels, younger, less likely to be married.
- These characteristics account for 70.9% of the overall difference in the odds of being moderately or severely food insecure.
- This leaves 29.1% of the gap attributable to the protective impact of homeownership over renting.

(McIntyre et al, J Hous and the Built Environ, 2016)

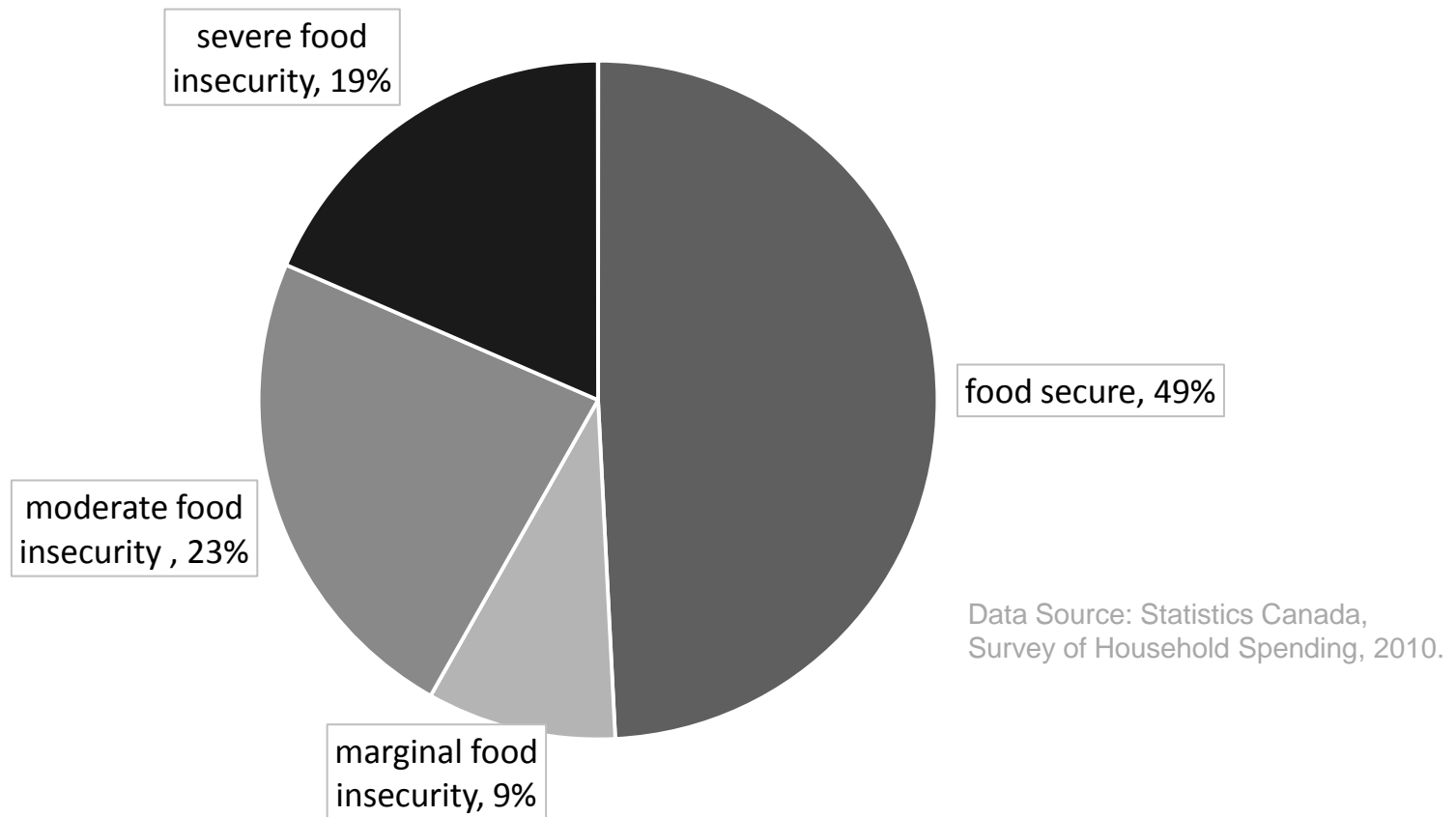
Why is homeownership protective against household food insecurity?

- For owners, ‘hedge’ against inflation
 - compared to renting appears to provide a household with insurance against rental cost inflation
- Source of self-insurance against transitory income shocks
 - reflects greater assets and access to credit
 - unclear implications depending on mortgage indebtedness
- Government policies favour homeownership

(McIntyre et al, J Hous and the Built Environ, 2016)

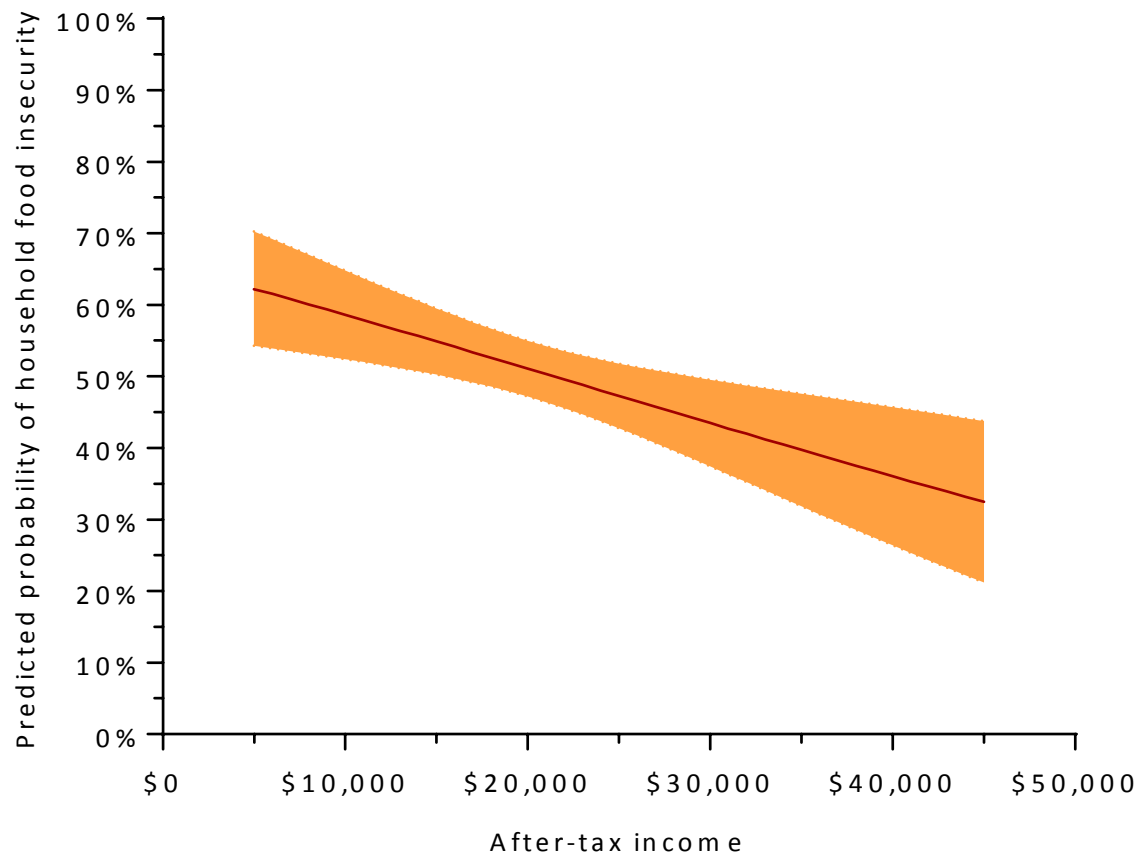
Subsidized housing?

Household food insecurity status of households living in subsidized housing (n=455)



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

Predicted probability of household food insecurity among households in subsidized housing in relation to their after-tax income*



* Predicted probabilities calculated from multivariable logistic regression with the other variables fixed at the observed values. Range of after-tax income based on the 5th and 95th percentile rounded to nearest \$5,000.

(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. Just like owners, renters need to be able to buffer income shocks to remain food secure.

Household characteristics/conditions examined in multivariate analyses predicting household food insecurity status

Increased odds:

- Lower income
- Reliance on social assistance
- Renter (vs home owner)
- Presence of children under 18 yr (vs couple without children)
- Lone-parent female-led households
- Aboriginal or black respondent

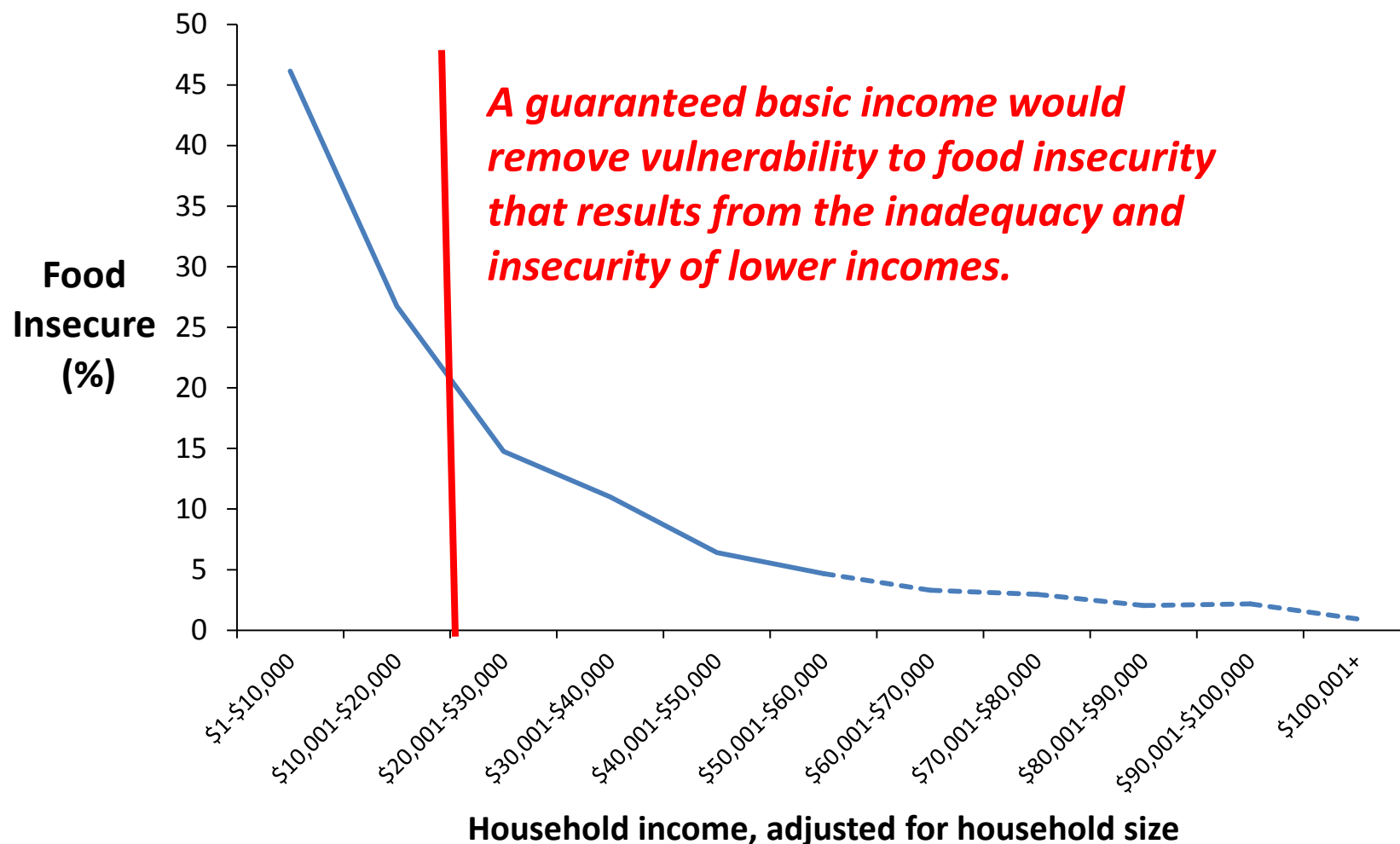
Decreased odds:

- Reliance on seniors' pension or retirement income
- Immigrant vs Canadian born

No evidence of association:

- Food skills
- Use of home or community garden for food
- Proximity to food retail (*only small-scale studies*)

The Case for a Basic Income



Dietitians of Canada

Position and Recommendations: Household Food insecurity

What does it mean for policy & practice?

Pat Vanderkooy, MSc, RD

Manager Public Affairs, Dietitians of Canada

April 13, 2017

pat.vanderkooy@dietitians.ca

Dietitians of Canada: Household Food Insecurity

1980s - Dietitians of Canada (DC)/ Canadian Dietetic Association (CDA)
– more awareness & advocacy

1991 - First position paper: *The official position paper of the Canadian Dietetic Association on hunger and food security in Canada*

2005 - Second position paper: *Individual and Household Food Insecurity in Canada: Position of Dietitians of Canada*

2007 - Position paper: *Community Food Security*

meanwhile....

2007 - Health Canada

2012 - UN Special Rapporteur

2013 - 2016 – PROOF reports

2016 - Third time, with updates and recommendations: *Backgrounder, Position & Recommendations*

HEALTH CANADA 2007: Income-related Household Food Security

Definition: “.... physical & economic access to sufficient, safe, nutritious food to meet dietary needs and food preferences...” (FAO,1996)

food secure = no, or one, indication of difficulty with income-related food

moderately food insecure = compromised quality/quantity

severely food insecure = reduced food intake, disrupted eating pattern

Implications: research & monitoring, public policy:

“....tackling income-related food insecurity in a sustainable way will require addressing factors associated with income ... [including] adequate and affordable housing, education, secure employment and financial support”

PROOF publications.... from 2013 to ?

Household Food Insecurity in Canada 2011-2014

&.... identifying policy options to reduce food insecurity

UN SPECIAL RAPPORTEUR 2012: Visit & Report

“...to examine the way in which the human right to adequate food is being realized in Canada”

- Situation
- Legal, institutional & policy framework
- Food availability: agricultural policies
- Food accessibility: among poorest
- Food adequacy
- Food aid, development cooperation
- Indigenous peoples

UNES
ES NATIONS UNIES
L'HOMME

CIALES DU
S DE L'HOMME



UNITED NATIONS
OFFICE OF THE UNITED NATIONS
HIGH COMMISSIONER FOR HUMAN RIGHTS

SPECIAL PROCEDURE
THE HUMAN RIGHTS

Mandate of the Special Rapporteur on the right to food

Mr. De Schutter, Special Rapporteur on the right to food:
Visit to Canada from 6 to 16 May 2012

The Special Rapporteur on the right to food conveyed to the Government of Canada his preliminary reflections on his visit. Later that day, he addressed the public in Ottawa at the National Press Theatre. He opened the press conference with some preliminary remarks on the visit. The statement is set out in the annex.

http://www.srfood.org/images/stories/pdf/officialreports/201205_canadaprelim_en.pdf

2012: What dietitians said about food insecurity

Definition includes: quantity & quality of food – 60%,
food as a basic human right – 30%

Causes: income inadequacy – 77%, food prices – 42%, housing – 40%

Effectively address HFI (vs actual practice):

short term relief - 29% (vs 38%); capacity building - 85% (vs 45%);
system change - 88% (vs 18%)

Why? immediacy of individual client needs, complexity of issue, lack of knowledge/skill/confidence needed to redesign strategies, lack of employer support (via mandate and time) to engage in long term solutions - a professional dilemma

Role for professional associations: 1) clarify appropriate role for dietitians in food security, 2) lobby government, position statements.

Reference: Johnson, C., Maki, J., King, B., et al. (2012). *Food Security Knowledge, Practice Needs & Capacity Amongst Canadian Dietitians Project Report*. (CFDR) <http://researchroom.cfd.ca/Profile-Research.aspx?pid=102&query=&cfd=1>

.... 2013 – 2016

Authors: Elaine Power
+ 3 contributing

Advisory Committee:
19 DC members

Reviews: 60+ DC
members, DC
Aboriginal Nutrition
Network, DC Nutrition &
Food Security Network,
Gov't departments

**Updates &
presentations**

When will we finish this paper???!?

- *PROOF was beginning to publish ++*
- *Indigenous Peoples surveys – FNFNES, IHS*
- *CCHS, CHMS*
- *Mental Health Commission*
- *Engaging DC members*
- *Commitment to make official recommendations*

Acknowledgements	
Primary Author:	Elaine Power, PhD (ON)
Contributing Authors:	Delaine Abernombie, MPH, RD (AB) Andree-Anne Falardeau St-Germain, BSc, PhD student, RD (ON) Pat Vanderkooy, MSc, RD (ON)
Advisory Committee:	comprised of DC members who graciously volunteered their time
	Elaine Power, PhD, RD (BC) Roberta Larsen, MEd, RD (PE) Suzanne Galesloot, PhD, RD (ON) Elisa Levi, MPH, RD (ON) Karen Pituk, PhD, RD (ON) Ashley Motran, MPH, RD (ON) Sandra Fitzpatrick, PhD, RD (ON) Eric Ng, MPH, RD (ON) Suzanne Galesloot, MSc, RD (ON) Tanya L'Heureux, BSc, RD (AB) Gerjinder Gill, MSc, RD (ON) Tracy Sanden, MPH, RD (SQ) Gerry Kasten, MSc, RD, FDC (BC) Christopher Seely, RD (ON) Stephanie Kendel, BSc, RD (SQ) not DC Christopher Seely, MSc, RD (ON) Sharon Kirkpatrick, PhD, RD (ON) Heather Seely, PhD, RD (ON) Melanie Kurrein, MA, RD (BC)
DC Networks providing input and support:	
Aboriginal Nutrition Network – co-Chairs Elisa Levi, MPH, RD (ON) and Emily Murray, BSc, RD (NU), and members: BSc, RD (ON)	
Nutrition and Food Security Network – Chair Jan Hillis, BSc, retired (BC)	
Special thanks to the following people for their additional input and review in the sections of this paper which speak to food insecurity amongst Indigenous Peoples:	
Brenda McIntyre, MHS (NS), Malek Batal, PhD (QC), Mary Tifonopoulos, MSc, RD (ON), Tania Morrison, MHS, RD (BC), Anne Garrett, MEd, RD (NU), Sara Statham (NU), Allison MacRury, MPH, RD (NU), Jen Cody, MHS, RD (BC), Suzanne Johnson, BSc, RD (BC), Elsie de Rooze (NT and AB), Hannah Neufeld, PhD (ON)	

Check the Acknowledgements page!

Backgrounder; Position Statement & Recommendations; and Executive Summary

The screenshot shows the Dietitians of Canada website. The header includes the logo, navigation links (Administration, Member Community, Renew, Store, FR), and a user profile (HI Patl). The main navigation bar lists: Your Health, Dietitians' Views, Learn, Become a Dietitian, About Us, Media, and Member. A search bar is also present. The breadcrumb trail reads: Dietitians' Views > Food Insecurity > Household Food Insecurity. The page title is "Household Food Insecurity". Below the title is the URL www.dietitians.ca/foodinsecurity. The "Background" section features an image of a woman with a tablet and text stating that one in eight Canadian households lack the money for safe and nutritious food, leading to public health issues and chronic conditions. The "Position" section states that all households must have sufficient income for nutritious food and that a pan-Canadian government-led strategy is needed to reduce food insecurity. Two promotional boxes are on the right: "Food Insecurity in Canada" with a "Download the handout" button, and "eaTracker.ca" with a "Start tracking!" button.

Dietitians of Canada
Les diététistes du Canada

Administration | Member Community | Renew | Store | FR

HI Patl


Your Health | Dietitians' Views | Learn | Become a Dietitian | About Us | Media | Member

Search

Dietitians' Views > Food Insecurity > Household Food Insecurity

Household Food Insecurity

www.dietitians.ca/foodinsecurity



Background

One in eight Canadian households do not have enough money to buy safe and nutritious food. Household food insecurity, the inadequate or insecure access to food because of financial constraints, is a serious public health issue in Canada. For individuals living in food insecure households, there is greater likelihood of having or developing one or more chronic physical and/or mental health conditions and becoming a 'high cost user' of health care services.

Position

All households in Canada must have sufficient income for secure access to nutritious food after paying for other basic necessities. Given the alarming prevalence, severity and impact of household food insecurity in Canada, it is essential that a pan-Canadian, government-led strategy be put in place to specifically reduce food insecurity at the household level, including policies that address the unique challenges of Indigenous Peoples.

Regular monitoring of the prevalence and severity of household food insecurity across all of Canada is required. Research must continue to address gaps in knowledge about household vulnerability to food insecurity and to evaluate the impact of policies developed to eliminate household food insecurity in Canada.

Food Insecurity in Canada

Learn more about food insecurity in Canada and proposed solutions.

[Download the handout](#)

eaTracker.ca

eaTracker helps you track your eating and activity choices, analyze your recipes, plan your meals and more...

[Start tracking!](#)

August
2016

← DC
website
Dietitians'
Views
[www.dietitians.ca/fo
odinsecurity](http://www.dietitians.ca/foodinsecurity)

endorsements →



Actions

In August 2016, Dietitians of Canada released 3 documents addressing household food insecurity in Canada:

1. the **Background Paper** - including information about the prevalence, severity and causes of household food insecurity in Canada, with references,
2. the **Position Statement and Recommendations** - addressing the issues related to household food insecurity, with referenced rationale, and
3. the **Executive Summary** - which includes the position statement, recommendations and key information from the two larger, referenced documents.

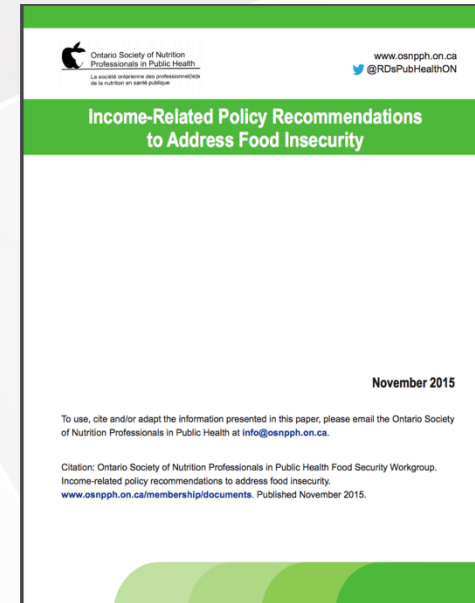
DC's Public Policy Statement on Household Food Insecurity is available in English and French in the **Journal of Canadian Dietetic Practice and Research 2016;77:159**

ÉNONCÉ DE POSITION - L'Insécurité Alimentaire des Ménages au Canada (Rev can prat rech diétét. 2016; 77:159)

We refer to our position and recommendations in DC advocacy work, such as submissions to consultations and government briefs - see Resources below for some examples. In August 2016, Dietitians of Canada also endorsed the **OSNPPH Position Statement on Responses to Food Insecurity**.

Dietitians of Canada has invited other organizations to endorse our position statement and recommendations on Household Food Insecurity. The following list is updated as we continue to receive endorsements.

↑ DC website www.dietitians.ca/foodinsecurity



Endorsing Agencies:



The **College of Family Physicians of Canada (CFPC)** supports the Household Food Insecurity Position Statement and Recommendations offered by Dietitians of Canada. Anti-poverty measures play an important role in improving health outcomes and the CFPC continues to advocate for attention to these issues for all in Canada, focusing on marginalized populations at risk of food insecurity such as Indigenous populations in remote locations.

The **Royal College of Physicians and Surgeons of Canada** applauds the Dietitians of Canada for its effort to address food insecurity in Canada. By emphasizing the deleterious effects of food insecurity on populations at risk, especially children and Indigenous Peoples, we are united in our effort to achieve the best health for all.



1. Prevalence, Severity and Impact of Household Food Insecurity (HFI): A Serious Public Health Issue (Backgrounder)

Right to Food, Definitions

Measuring HFI

Prevalence

Income and HFI

Physical & Mental Health Consequences

Populations Disproportionately Affected

- Life stage, gender, racialization, health and other risks
- Indigenous Peoples: unique challenges
- Housing factors
- Newcomers to Canada

Managing HFI – Strategies Used to Attempt to Cope

*Updated
literature
review*

+

*Added focus
on Indigenous
Peoples*

2. Addressing Household Food Insecurity in Canada: Position Statement & Recommendations

Position Statement

Poverty & HFI concerns of health professionals

Poverty & HFI are costly health issues

Current responses to HFI

1. Income-based strategies
2. Unique challenges - Indigenous Peoples
3. Monitoring and Reporting
4. Research Gaps

Summary of Recommendations

*Evidence for
action
(thank you,
PROOF!)*

+

*4 official
recommendations*

Executive Summary

Addressing Household Food Insecurity in Canada: Position Statement and Recommendations

DIETITIANS OF CANADA

AUGUST 2016

Position Statement

It is the position of Dietitians of Canada that household food insecurity is a serious public health issue with profound effects on physical and mental health and social well-being. All households in Canada must have sufficient income for secure access to nutritious food after paying for other basic necessities.

Given the alarming prevalence, severity and impact of household food insecurity in Canada, Dietitians of Canada calls for a pan-Canadian, government-led strategy to specifically reduce food insecurity at the household level, including policies that address the unique challenges of household food insecurity among Indigenous Peoples. Regular monitoring of the prevalence and severity of household food insecurity across all of Canada is required. Research must continue to address gaps in knowledge about household vulnerability to food insecurity and to evaluate the impact of policies developed to eliminate household food insecurity in Canada.

[pour la déclaration et les recommandations position en français, voir page 8]

Sommaire

Aborder l'insécurité alimentaire des ménages au Canada : Énoncé de position et recommandations

LES DIÉTÉTISTES DU CANADA

AOÛT 2016

Énoncé de position

Les diététistes du Canada sont d'avis que l'insécurité alimentaire des ménages est un enjeu de santé publique sérieux ayant d'importants effets sur la santé physique et mentale de même que sur le bien-être social. Tous les ménages au Canada doivent disposer d'un revenu suffisant pour avoir un accès adéquat à des aliments nutritifs après avoir payé les autres nécessités de base.

En raison de la prévalence, de la gravité et de l'impact alarmants de l'insécurité alimentaire des ménages au Canada, Les diététistes du Canada demandent qu'une stratégie pancanadienne chapeautée par le gouvernement soit mise en place pour réduire directement l'insécurité alimentaire au niveau des ménages, y compris des politiques qui s'attaquent aux défis uniques propres à l'insécurité alimentaire dans les ménages des peuples autochtones. Une surveillance régulière de la prévalence et de la gravité de l'insécurité alimentaire des ménages est requise à l'échelle du Canada. Par ailleurs, la recherche doit continuer d'aborder les lacunes en matière de connaissances au sujet de la vulnérabilité des ménages à l'insécurité alimentaire et d'évaluer l'impact des politiques mises au point pour éliminer l'insécurité alimentaire des ménages au Canada.

(under review)
one pager

3. Executive Summary – English & French

Food Insecurity in Canada

What causes food insecurity?
Financial constraints. When income is too low or unstable, there is not enough money left to pay for sufficient healthy food after paying for housing, utilities, transportation and health expenses.

How serious is food insecurity?

- One in eight households experience food insecurity – that's over 4 million adults and children.
- The highest rates of food insecurity are in the Territories, especially in Nunavut (45%).
- Households are more likely to experience food insecurity if they:
 - receive their income from minimum wages, part time jobs, workers compensation, employment insurance or social assistance
 - are first Nations, Métis or Inuit
 - have children (especially with a lone mother)
 - are homeless
 - are new immigrants
 - have chronic health problems.

Food insecurity and health issues go together

- Living with food insecurity doubles the risk of poorer health and health care costs.
- Rates of chronic disease, depression and suicidal thoughts are higher among children and adults living in food insecure households.

The solution to food insecurity: enough money to buy food
Canada needs a comprehensive, integrated strategy to reduce food insecurity, ensuring sufficient incomes and benefits, so that all Canadian households can pay for basic needs, including food.

Elements of a national strategy to address food insecurity should include:

- Government policies and programs that tackle the problems of material deprivation. For example, food insecurity rates have dropped:
 - among citizens of Newfoundland and Labrador whose income was from social assistance or low paying jobs, following improved financial interventions.
 - when Canadian seniors turn 65 and receive Old Age Security and the Guaranteed Income Supplement.
 - as more affordable housing options are available.
- Addressing the unique challenges of food insecurity among Aboriginal peoples, especially in northern/remote communities. Nunavut has by far the highest rate of food insecurity in Canada – a solution is urgently needed.
- A commitment to regular monitoring of food insecurity rates in all provinces and territories.

Household food insecurity is much more than a food problem
While emergency food initiatives in communities may provide some food relief, food insecurity is reduced by addressing the underlying problems of poverty or material deprivation.

All Canadians pay the price of health and social problems related to food insecurity.

Dietitians of Canada
Les diététistes du Canada
www.dietitians.ca

PEN APPROVED
United Nations 2016

Facebook: /dietitiansCAN
Twitter: @dietitiansCAN

© Dietitians of Canada 2016. All Rights Reserved. No part may be reproduced without permission.

Dietitians of Canada Position Statement

It is the position of Dietitians of Canada that household food insecurity is a serious public health issue with profound effects on physical and mental health and social well-being. All households in Canada must have sufficient income for secure access to nutritious food after paying for other basic necessities.

..... focus on health impacts and need for income security

..... with recommendations

Dietitians of Canada Recommendations:

1. Development and implementation of a **pan-Canadian government-led strategy** that includes coordinated policies and programs, to ensure all households have consistent and sufficient income to be able to pay for basic needs, including food. The strategy should consider:
 - income protection
 - benefits (families & unattached individuals)
 - social assistance, disability pension
 - feasibility of guaranteed annual income
 - housing options
 - high cost of food - remote/northern regions; Nutrition North Canada or other programs

see also: OSNPPH 2015 Income-related Policy Recommendations to Address Food Insecurity

2. Implementation of a federally-supported strategy to comprehensively address the **additional & unique challenges** related to household food insecurity **among Indigenous Peoples**, including:

- reconciliation (*Truth and Reconciliation Commission & United Nations Declaration on the Rights of Indigenous Peoples*)
- fair resolution of land/resource disputes per Indigenous and Treaty rights - food sovereignty, traditional/country foods
- traditional/country foods: supports & barriers - hunting, fishing or gathering/cultivating
- store-bought/market foods: reserves, northern/ remote communities; food prices, Nutrition North Canada subsidies and/or other programs
- education and employment, income adequacy and security

3. Commitment to **mandatory, annual monitoring and reporting** of the prevalence and severity of household food insecurity **in each province and territory across Canada**, including among vulnerable populations. Measurement of household food insecurity must be included in **impact/outcome evaluation of strategies**. Data collection and reporting should include:

- mandatory annual data collection using a standardized tool such as the HFSSM - vulnerable populations, all regions; some longitudinal studies
- regular analysis and public reporting of HFI in Canada - include all levels of marginal, moderate and severe food insecurity
- regular evaluation of the impact of poverty reduction strategies - reduce HFI, improve health indicators; maximize reach & impact
- protocols for screening in health care system - identify HFI & poverty, and malnutrition

4. Support for **continued research** to address gaps in knowledge about populations experiencing greater prevalence and severity of household food insecurity and **to inform** the implementation and evaluation of **strategies and policies** that will eliminate household food insecurity in Canada. Research is needed on topics such as:

- vulnerability amongst populations experiencing more HFI
- social, political and healthcare costs/ benefits of income-based policy responses
- outcome evaluation following implementation of public policy and poverty reduction strategies - measured impacts on HFI and health

DC Role paper: under construction

DC Advocacy

using new position/recommendations:

- ✓ Election questions
- ✓ Pre-budget submissions
- ✓ Social Assistance reviews
- ✓ Cost of Healthy Eating (Nutritious Food Basket) reports
- ✓ Nutrition North Canada
- ✓ Canada's Healthy Eating Strategy
- ✓ Poverty Reduction Strategies
- ✓ National Food Policy
- ✓ Letters/Discussions with gov't staff & political reps
- ✓ DC reps at policy tables

Role for professional associations:

- 1) clarify appropriate role for dietitians*
- 2) lobby government, position statements*

last slide!

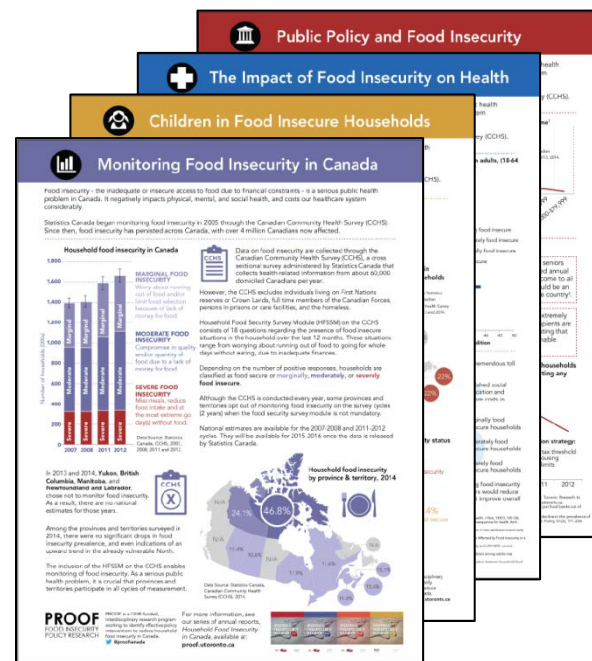
PROOF

FOOD INSECURITY
POLICY RESEARCH

For emerging research and resources, please visit our website: proof.utoronto.ca



@proofcanada



Investigators:

Valerie Tarasuk (PI, U Toronto), Craig Gundersen (co-PI, U Illinois), Lynn McIntyre (U Calgary), Herb Emery (U Calgary), Catherine Mah (Memorial U), Jurgen Rehm (CAMH), Paul Kurdyak (CAMH)

Funding:

PROOF is supported by a Programmatic Grant in Health and Health Equity, Canadian Institutes of Health Research (CIHR) (FRN 115208).





National Collaborating Centre
for Determinants of health

Centre de collaboration nationale
des déterminants de la santé

Upcoming Webinar: Taking action on the root cause: Inadequate income and food insecurity

Tuesday, April 18, 2017 1–2:30 p.m. EDT

Presenters:

- Tracy Woloshyn, Public Health Dietitian, York Region Public Health Services (Ontario)
- Christine Johnson, Health Equity Lead, Nova Scotia Health Authority
- Meghan Martin, Community Health Specialist, Fraser Health Authority (British Columbia)

Facilitator: Dianne Oickle, Knowledge Translation Specialist, NCCDH

***Please join PROOF and CDPAC for Webinar #3.
Date and time to be announced next week.***

Webinar #3: The Relationship between Food Insecurity and Health

Valerie Tarasuk, PhD
*Professor, University of
Toronto and principal
investigator of PROOF*

**Lynn McIntyre, MD, MHSc,
FRCPC, FCAHS**
*Professor Emerita, University of
Calgary and PROOF investigator*

Moderator



Craig Larsen

Executive Director
Chronic Disease Prevention
Alliance of Canada

Presenters



Valerie Tarasuk, PhD

Professor, University of
Toronto and PROOF
principal investigator



**Lynn McIntyre, MD,
MHSc, FRCPC, FCAHS**

Professor Emerita, University
of Calgary and PROOF
investigator



Pat Vanderkooy, MSc, RD

Public Affairs Manager,
Dietitians of Canada

