

Welcome! **We will start the audio at 1pm Eastern.**
Audio will be broadcast over GoToWebinar
automatically and all participant microphones are
muted.



February 8th, 2017 1:00 – 2:30 PM Eastern

Food Insecurity Measurement in Canada: Interpreting the Statistics

Moderator:

Craig Larsen

Executive Director

Chronic Disease Prevention Alliance of Canada

Presenters:

Valerie Tarasuk, PhD

Professor, University of Toronto
PROOF Principal Investigator

Suzanne Galesloot, MSA, RD

Public Health Nutrition Provincial Lead
Alberta Health Services

Tracy Woloshyn, RD

Public Health Nutritionist
York Region Public Health



www.cdpac.ca



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

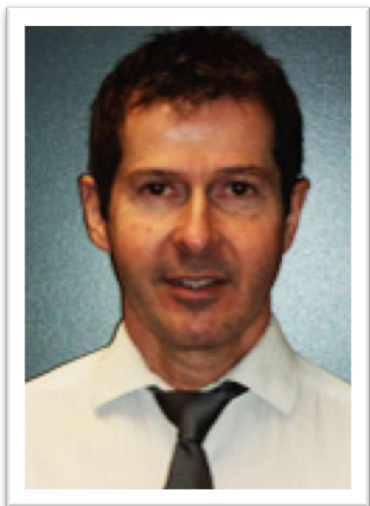


facebook.com/theCDPAC



youtube.com/theCDPAC

Moderator



Craig Larsen

Executive Director
Chronic Disease Prevention
Alliance of Canada

Presenters



Valerie Tarasuk

Professor-University of
Toronto
PROOF Principal Investigator



Suzanne Galesloot

Public Health Nutrition
Provincial Lead
Alberta Health Services



Tracy Woloshyn

Public Health Nutritionist
York Region Public Health



Food Insecurity Measurement in Canada: Interpreting the Statistics



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



Suzanne Galesloot, MSA, RD
*Public Health Nutrition
Provincial Lead at Alberta
Health Services*



Tracy Woloshyn, RD
*Public Health Nutritionist
at York Region Public
Health*

Are You Going Hungry Tonight? 4 Million Canadians Are

Posted: 02/12/2014 5:00 pm EST | Updated: 04/14/2014 5:59 am EDT

1 in 8 Canadian families struggle to put food on table, study says

Nunavut, Prince Edward Island and New Brunswick among hardest hit

CBC News | Posted: Jul 29, 2013 8:13 PM AT | Last Updated: Jul 29, 2013 9:11 PM AT

**What's for dinner?
Not enough for
many Canadians:
StatsCan report**



Dene Moore

National Affairs Contributor

Food insecurity in Canada growing worse

Report indicates 4 million Canadians suffering some degree of food insecurity

CBC News | Posted: Feb 06, 2014 8:37 AM AT | Last Updated: Feb 06, 2014 1:16 PM AT

NEWS

There's a Food Security Crisis in Canada and It's Worse Than You Think

Food insecurity in Canada remains persistently high

Tuesday, April 19, 2016

RT REBECCA TUCKER
Dec 7 2015, 4:00pm

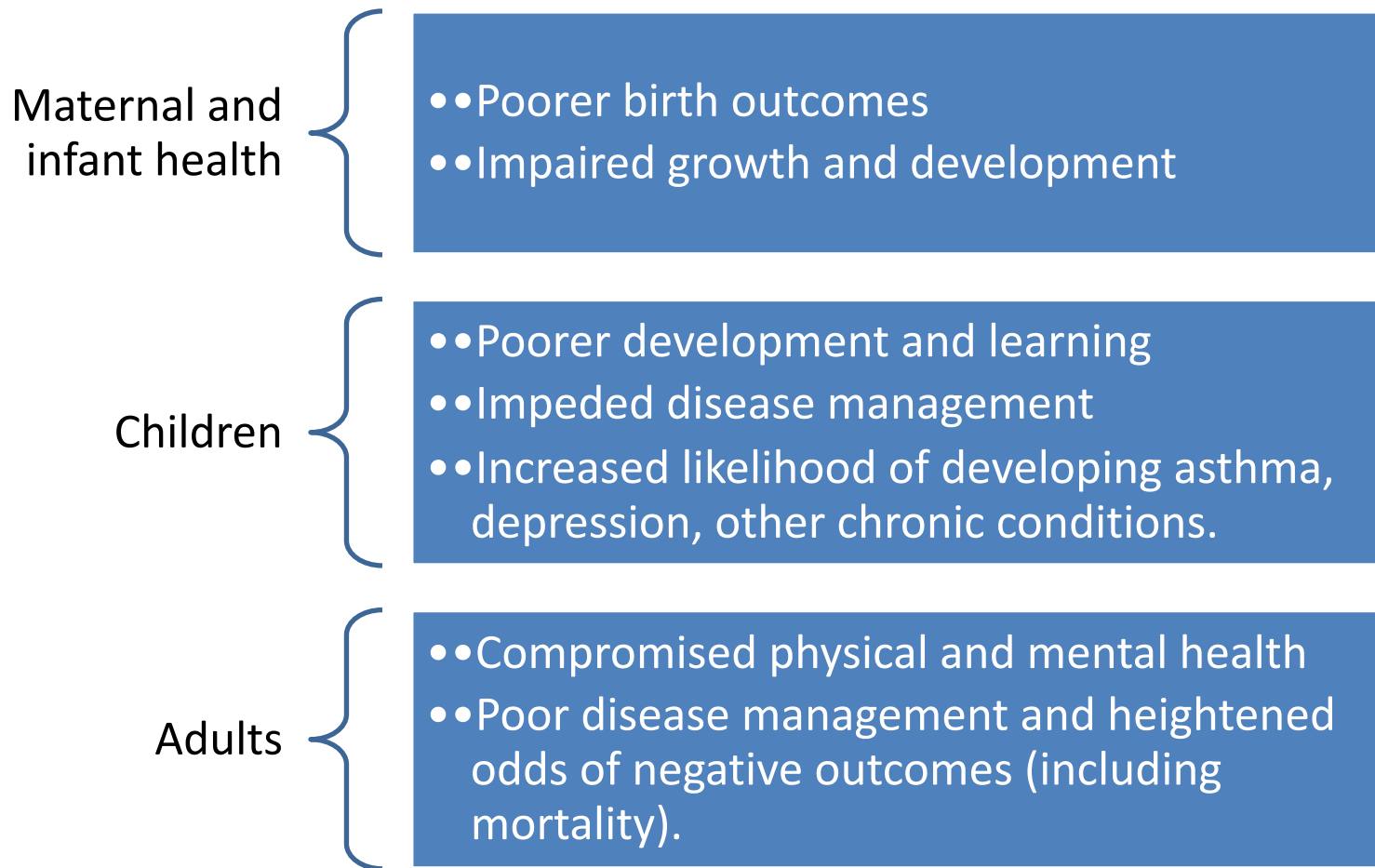
CANADA

February 6, 2014 3:45 pm

Updated: February 6, 2014 4:11 pm

Food insecurity: Millions of Canadians struggle to put food on the table

The health effects of food insecurity



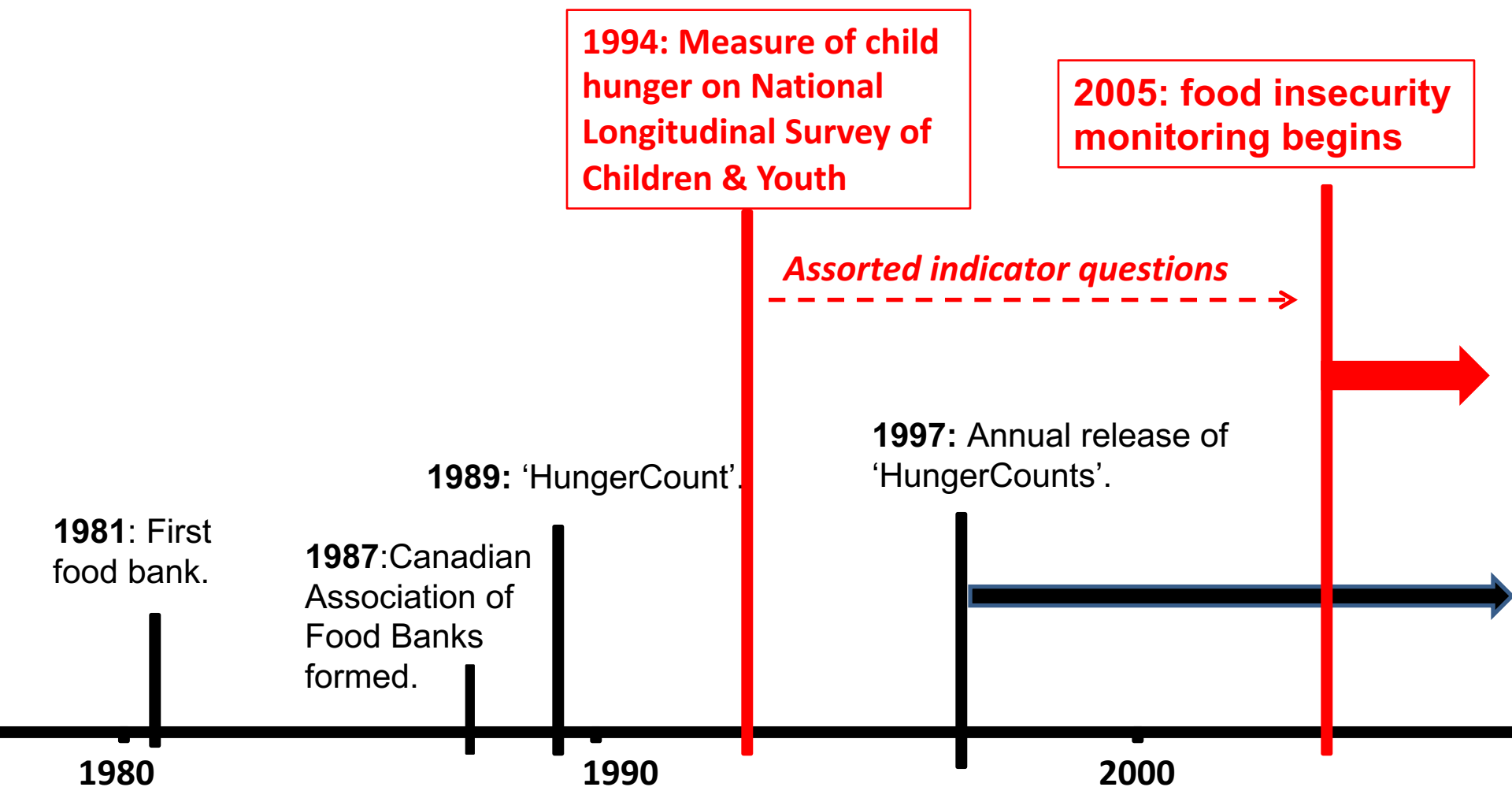
Getting the facts straight:

- What exactly are we monitoring?
- How many people are food insecure?
- Is this problem getting better or worse?

A BRIEF HISTORY OF FOOD INSECURITY MEASUREMENT IN CANADA



The evolution of food banks and food insecurity measurement:




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?”

What exactly are we monitoring?

Household food insecurity, as measured in Canada:

insecure or inadequate access to food due to financial constraints

“Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.” (Canada’s Action Plan on Food Security, 1998)

Household food insecurity is not the opposite of food security.

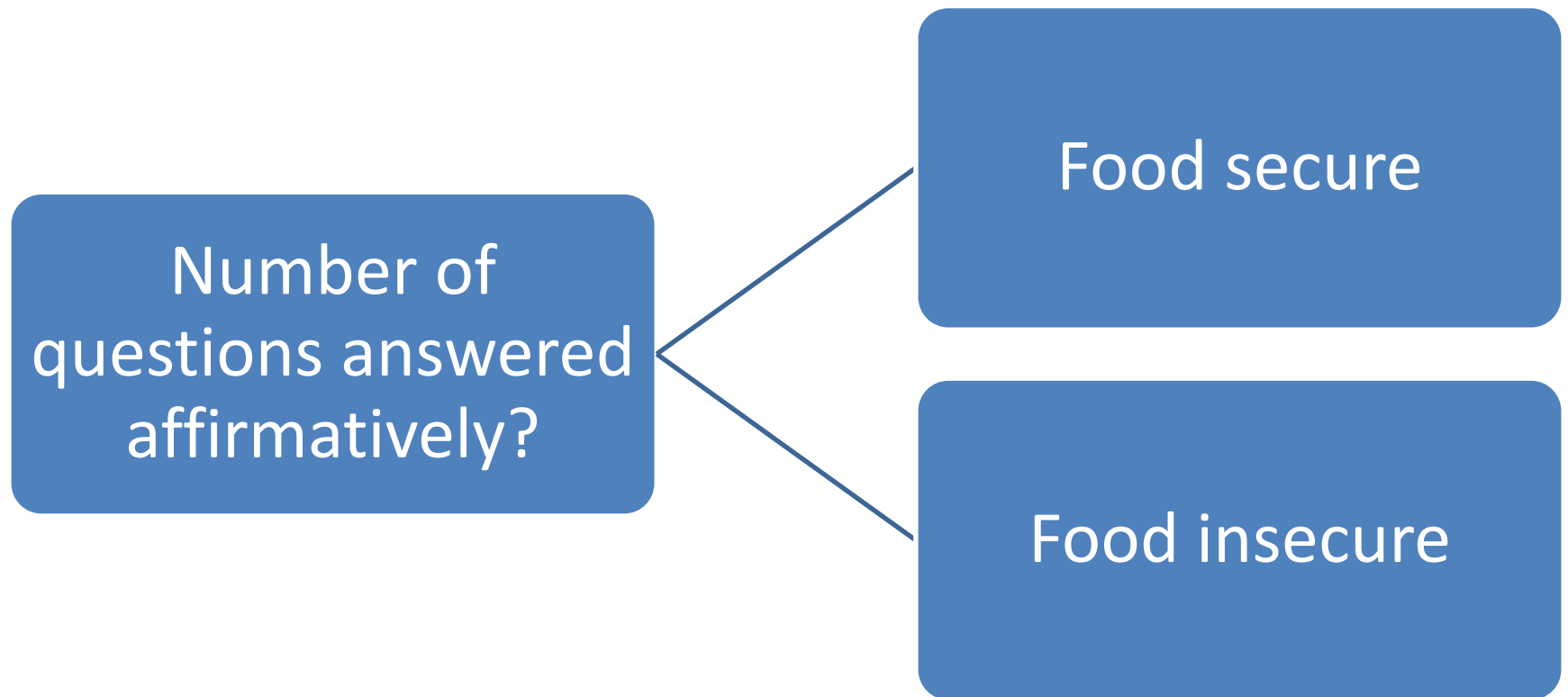
Food insecurity is monitored using the Canadian Community Health Survey (CCHS)

- Conducted annually by Statistics Canada to monitor the health of the population.
- Each 2-year cycle comprises a population-representative survey of 130,000 individuals, 12 years of age and older.
- Omits people living on reserves and in institutions, members of the Armed Forces, and people who are homeless.

Food insecurity is only mandatory content on alternate cycles of the Canadian Community Health Survey.

CCHS cycle	Food insecurity measurement?
2005	Missing Manitoba, Saskatchewan, New Brunswick, and Newfoundland and Labrador
2007-2008	National
2009-2010	Missing Prince Edward Island and New Brunswick
2011-2012	National
2013-2014	Missing British Columbia, Manitoba, Newfoundland and Labrador, and Yukon

Determining household food insecurity status from the 18-item Household Food Security Survey Module:

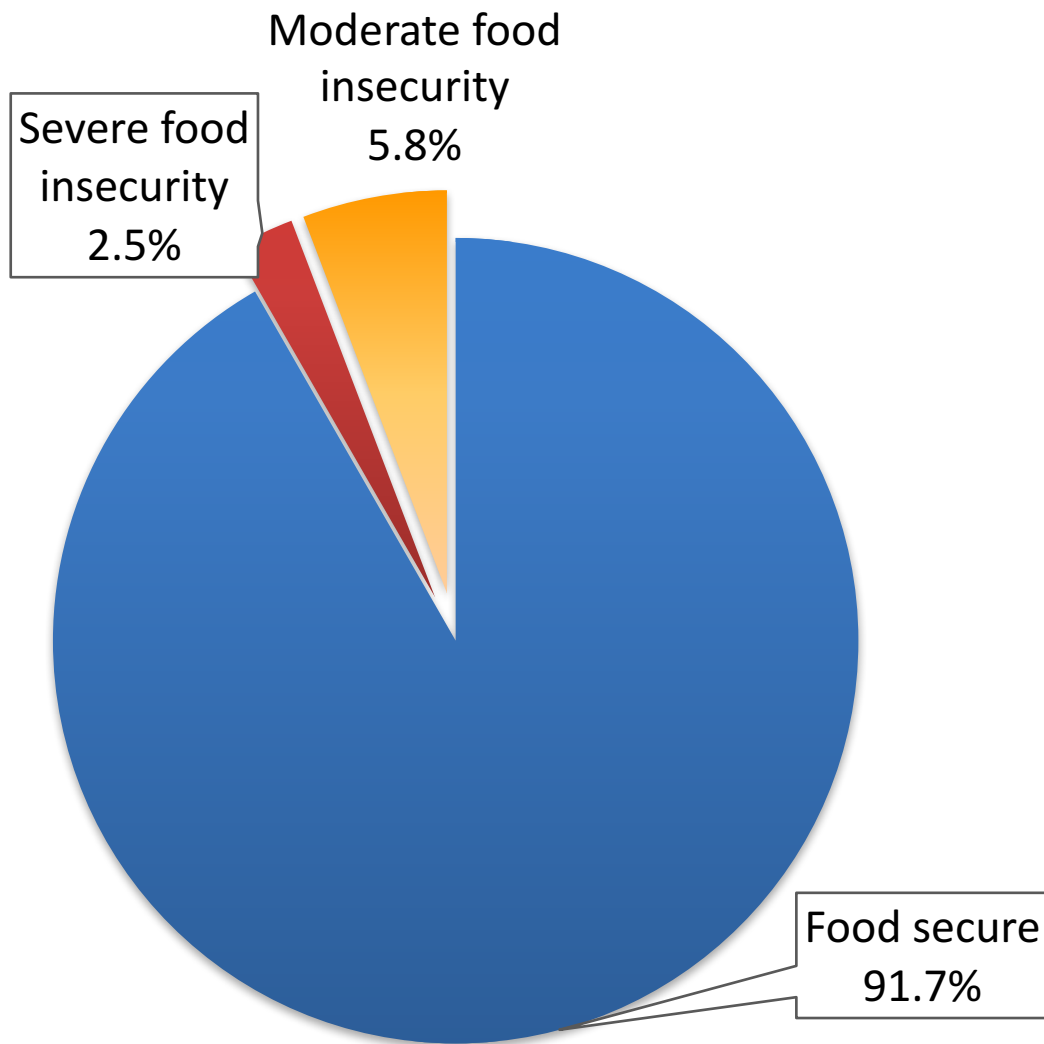


Household food insecurity status, as defined by Health Canada (2007):

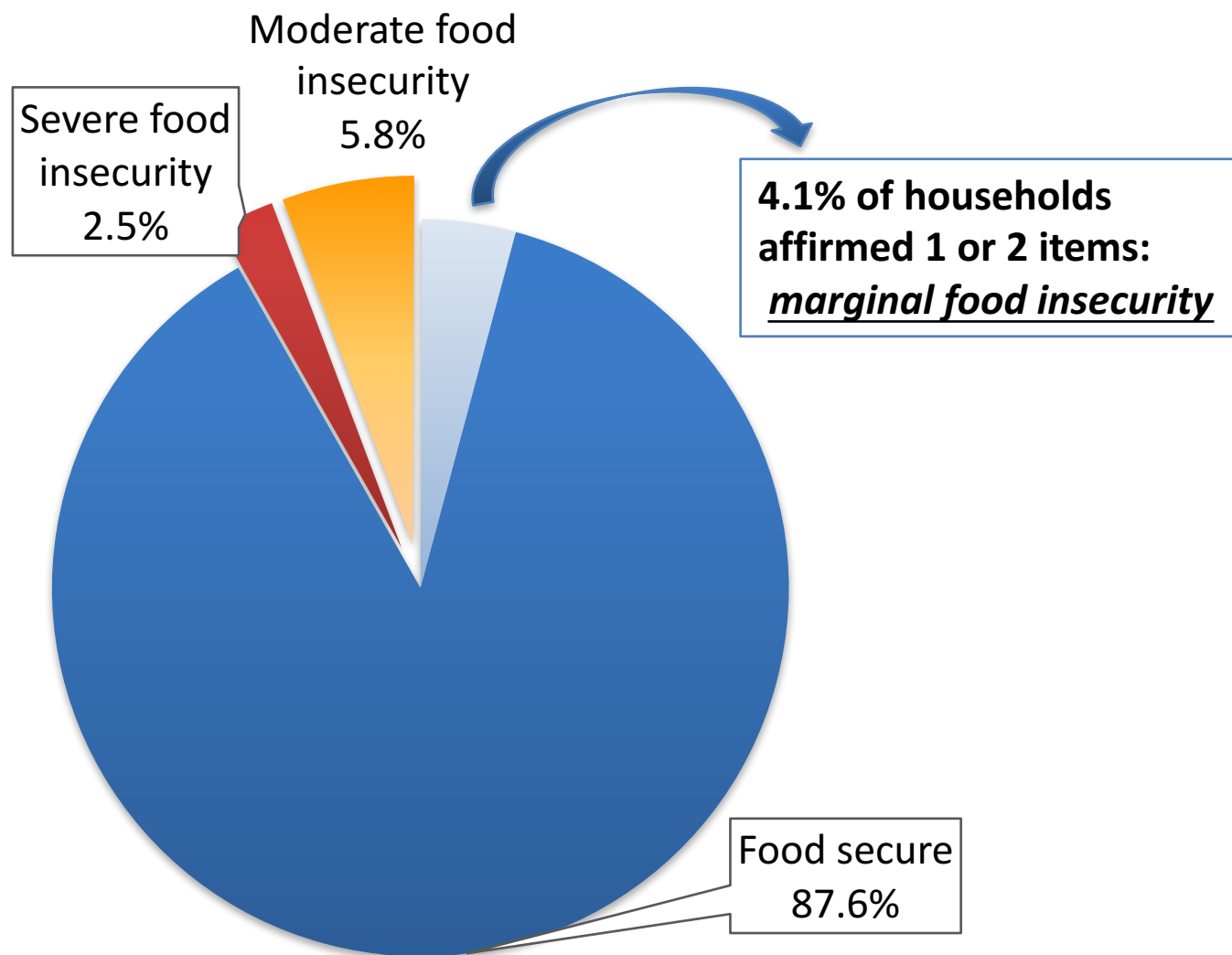
		Status	Interpretation	10 item adult scale	8 item child scale
		Food secure	No or one indication of difficulty with income-related food access.	0 or 1 item on either scale	
Food insecure	{	Moderate food insecurity	Compromise in quality and/or quantity of food consumed.	2 to 5 positive responses	2 to 4 positive responses
		Severe food insecurity	Indication of reduced food intake or disrupted eating patterns.	6 or more positive responses	5 or more positive responses

Source: Health Canada, 2007. Income-Related Household Food Insecurity in Canada.

Household food insecurity in Canada, 2011-12



Household food insecurity in Canada, 2011-12

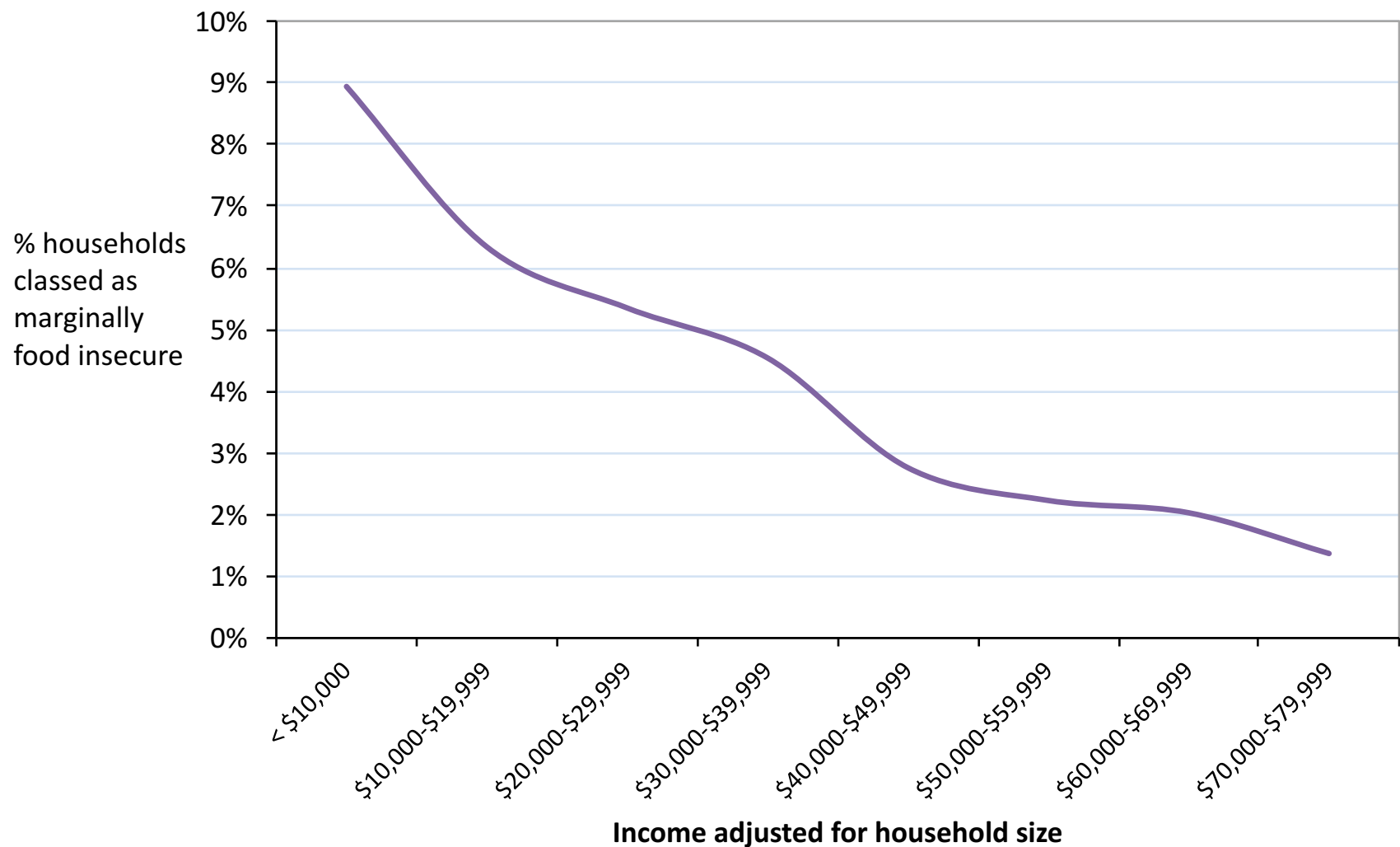


What experiences of food insecurity do marginally food insecure households report?

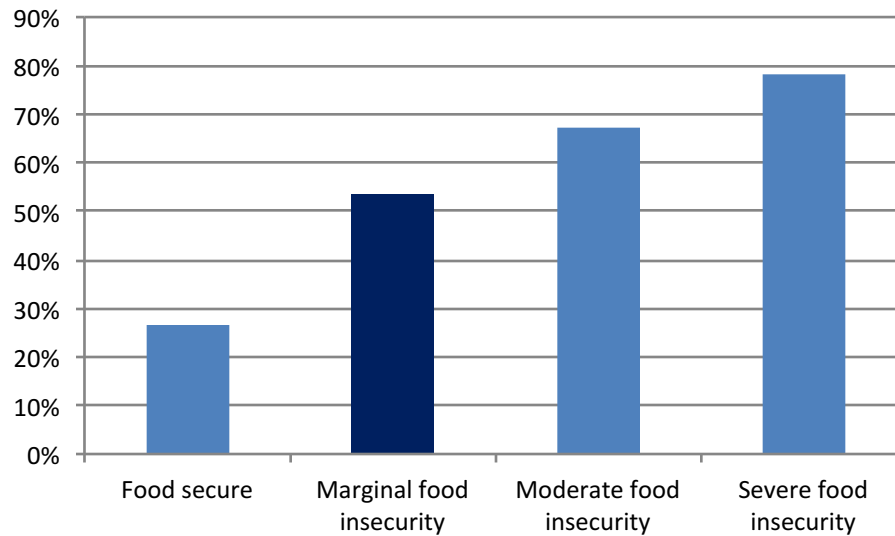
Analysis of responses of marginally food insecure in CCHS 2011-12:

Question	Proportion affirming
Worried food would run out	45.5%
Could not afford to eat balanced meals	34.2%
Food bought just didn't last and no money to get more	13.1%
Relied on a few kinds of low-cost food to feed children	10.7%
Any other question	1.8%

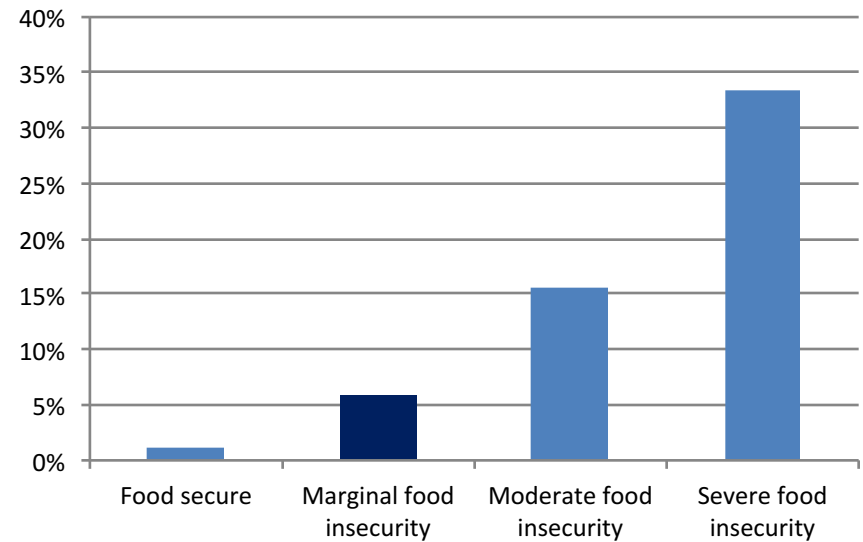
Relationship between marginal food insecurity and household income:



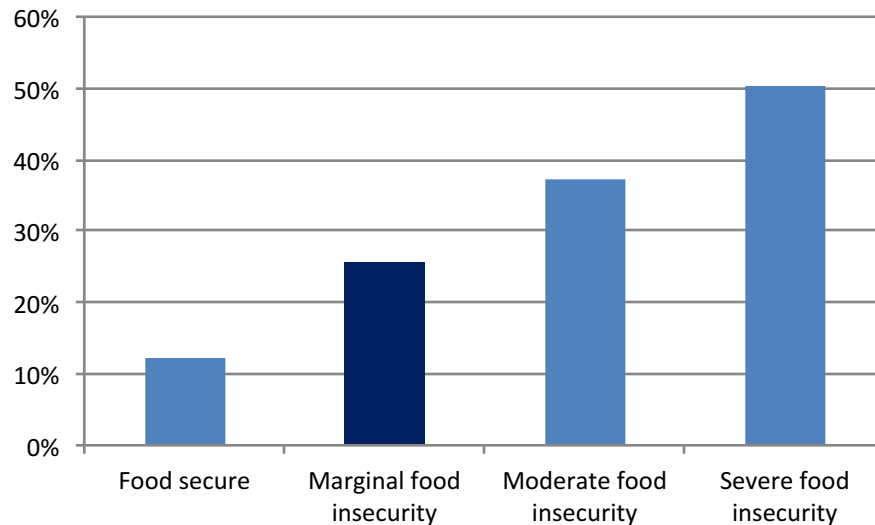
Renting dwelling



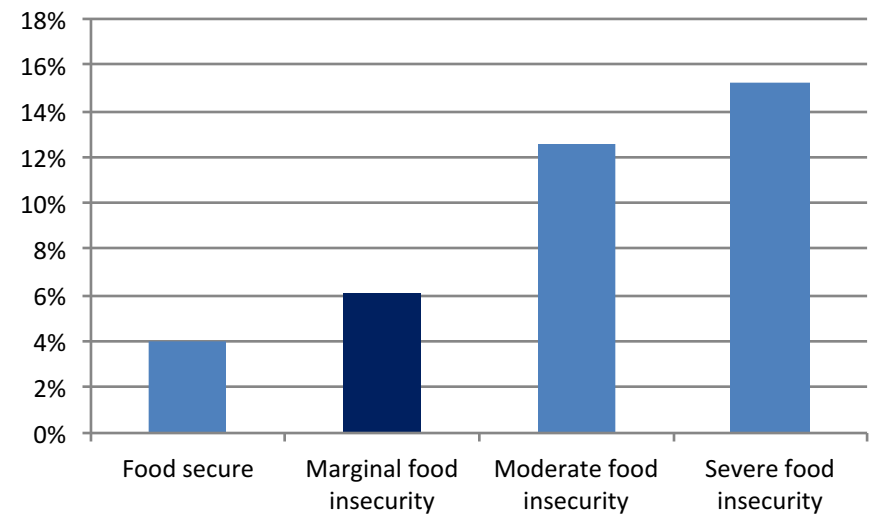
Reliance on social assistance



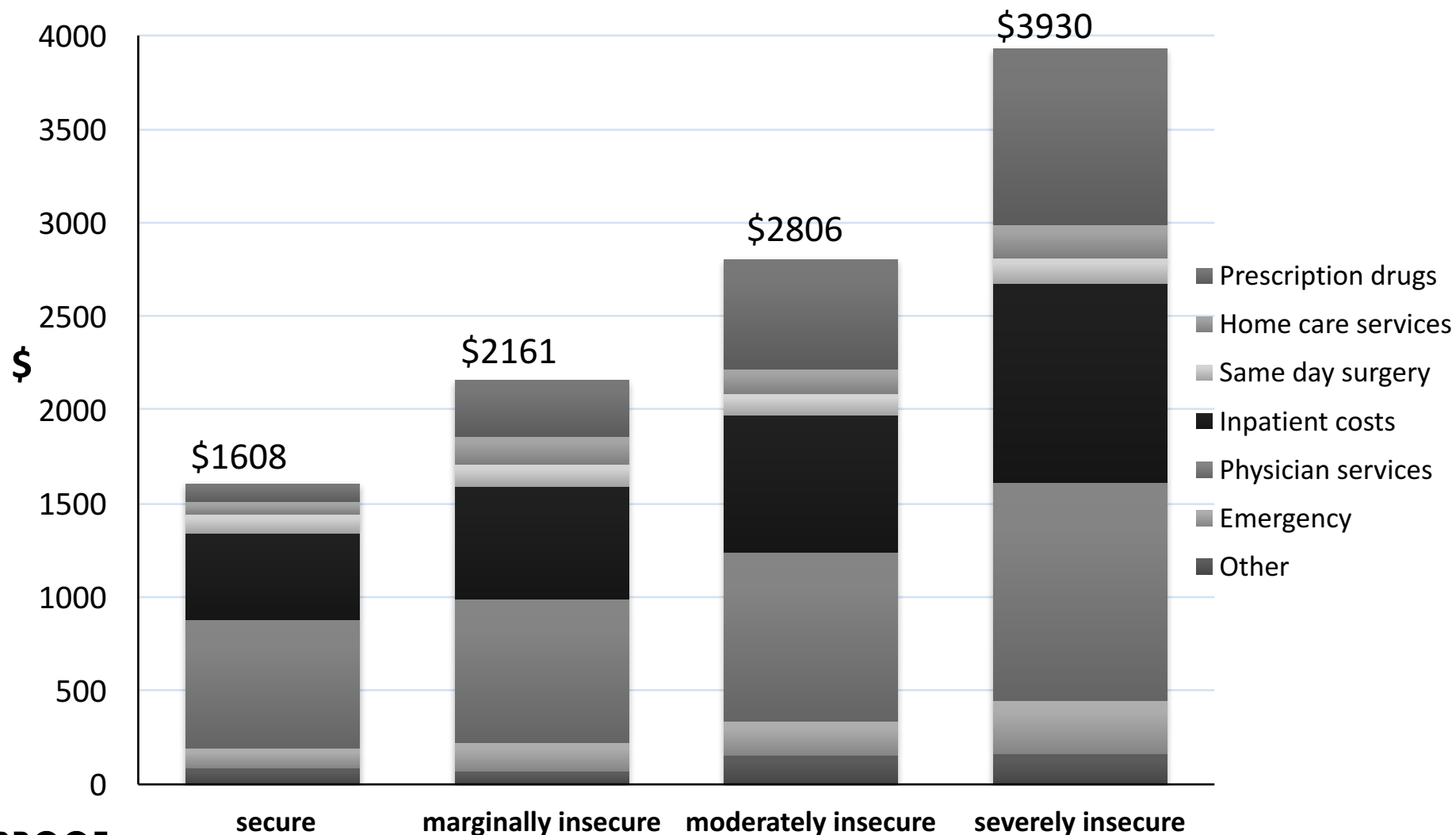
Households with children under 18 led by a female lone parent



Aboriginal respondent



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



An expanded definition of household food insecurity status:

		Status	Interpretation	10 item adult scale	8 item child scale
		Food secure	No report of income-related problems of food access.	No items affirmed	No items affirmed
Food insecure		Marginal food insecurity	Some indication of worry or an income-related barrier to adequate, secure food access.	Affirmed no more than 1 item on either scale	
		Moderate food insecurity	Compromise in quality and/or quantity of food consumed by adults and/or children due to a lack of money for food.	2 to 5 positive responses	2 to 4 positive responses
		Severe food insecurity	Disrupted eating patterns and reduced food intake among adults and/or children.	6 or more positive responses	5 or more positive responses

THE MAGNITUDE OF THE PROBLEM

CCHS 2011-12:

333,500 severely food insecure households

+

759,600 moderately food insecure
households

~~= 1,093,200 food insecure households~~

+

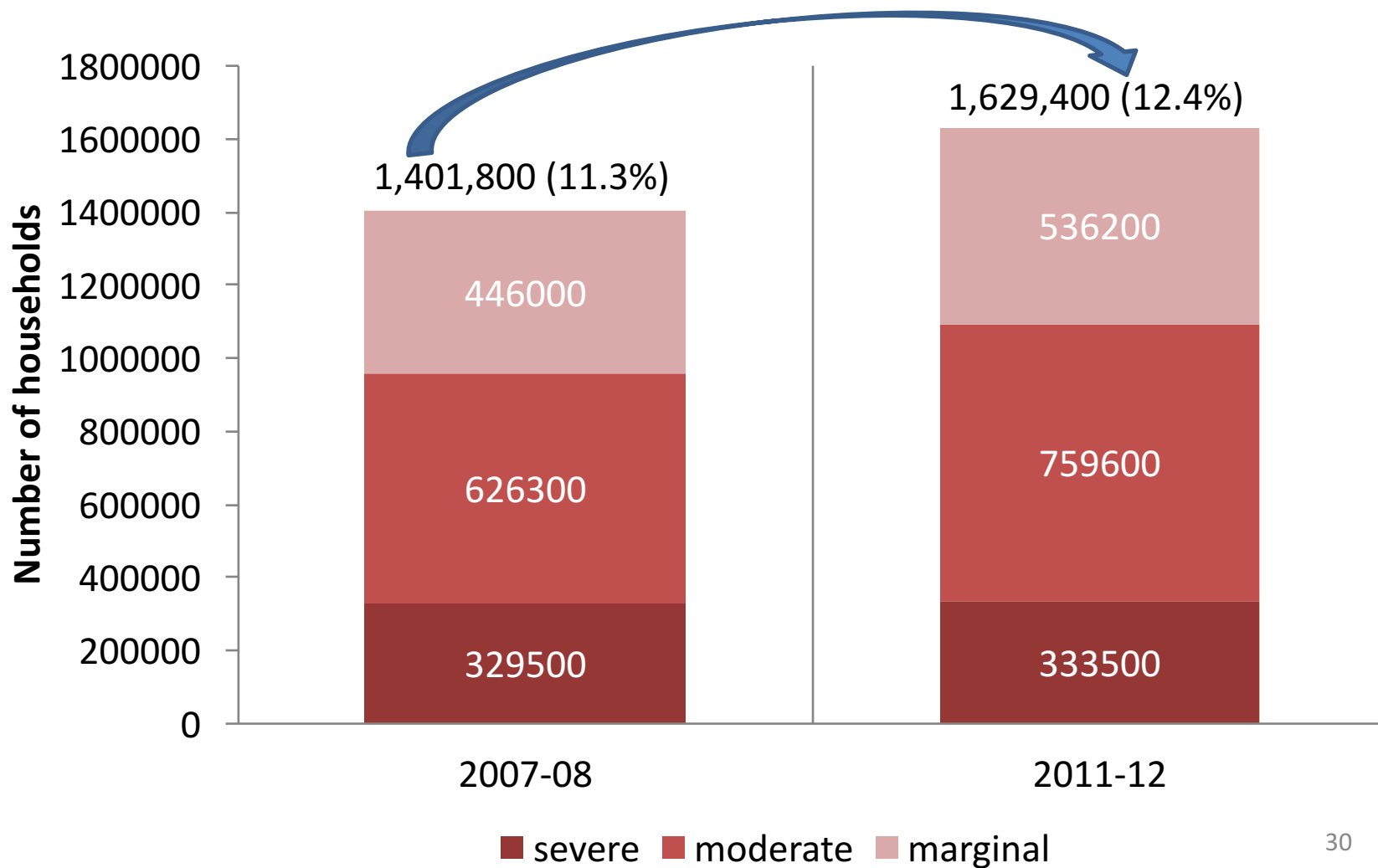
536,200 marginally food insecure

=

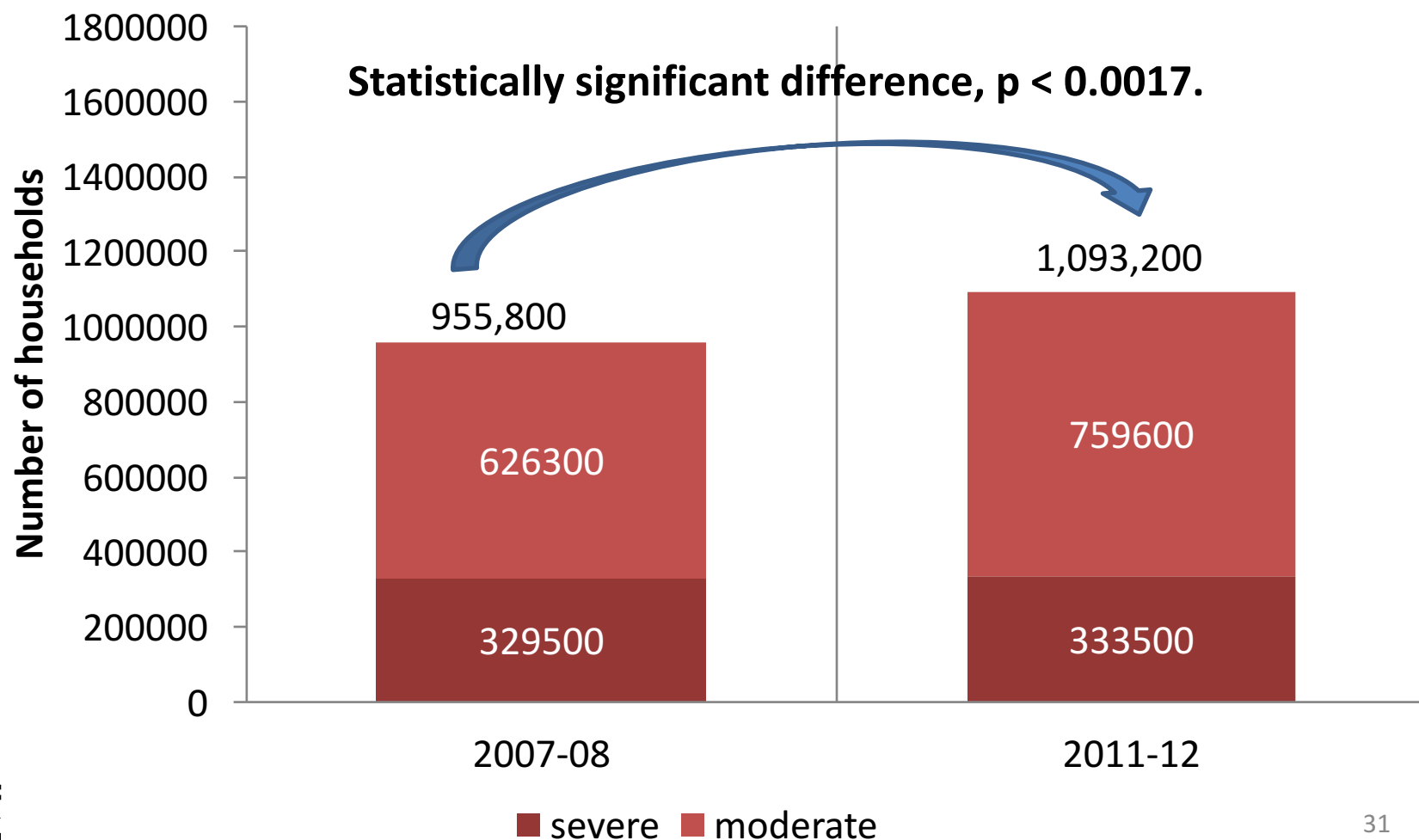
1,629,400 food insecure households

From 2007-08 to 2011-12, the problem has gotten worse.

Statistically significant difference, $p < 0.0001$.



From 2007-08 to 2011-12, the problem has gotten worse.



Household Food Insecurity in Canada, 2012.

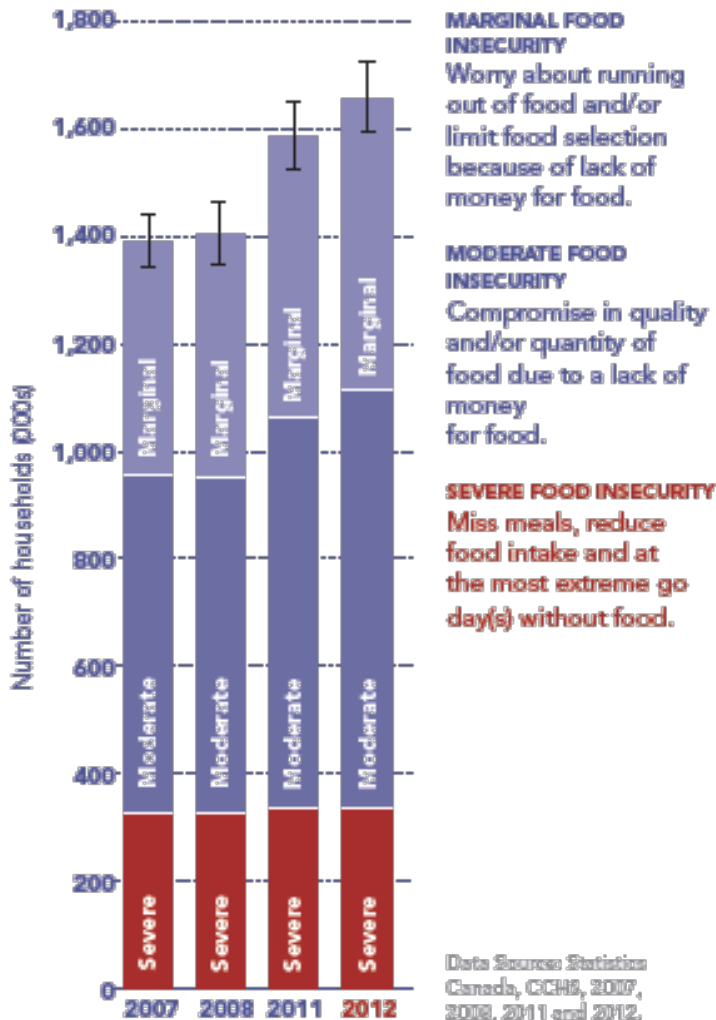
1.7 million
Canadian households
experienced food insecurity

This amounts to nearly
one in eight households



4 million
individuals, including
1.15 million children

Household food insecurity

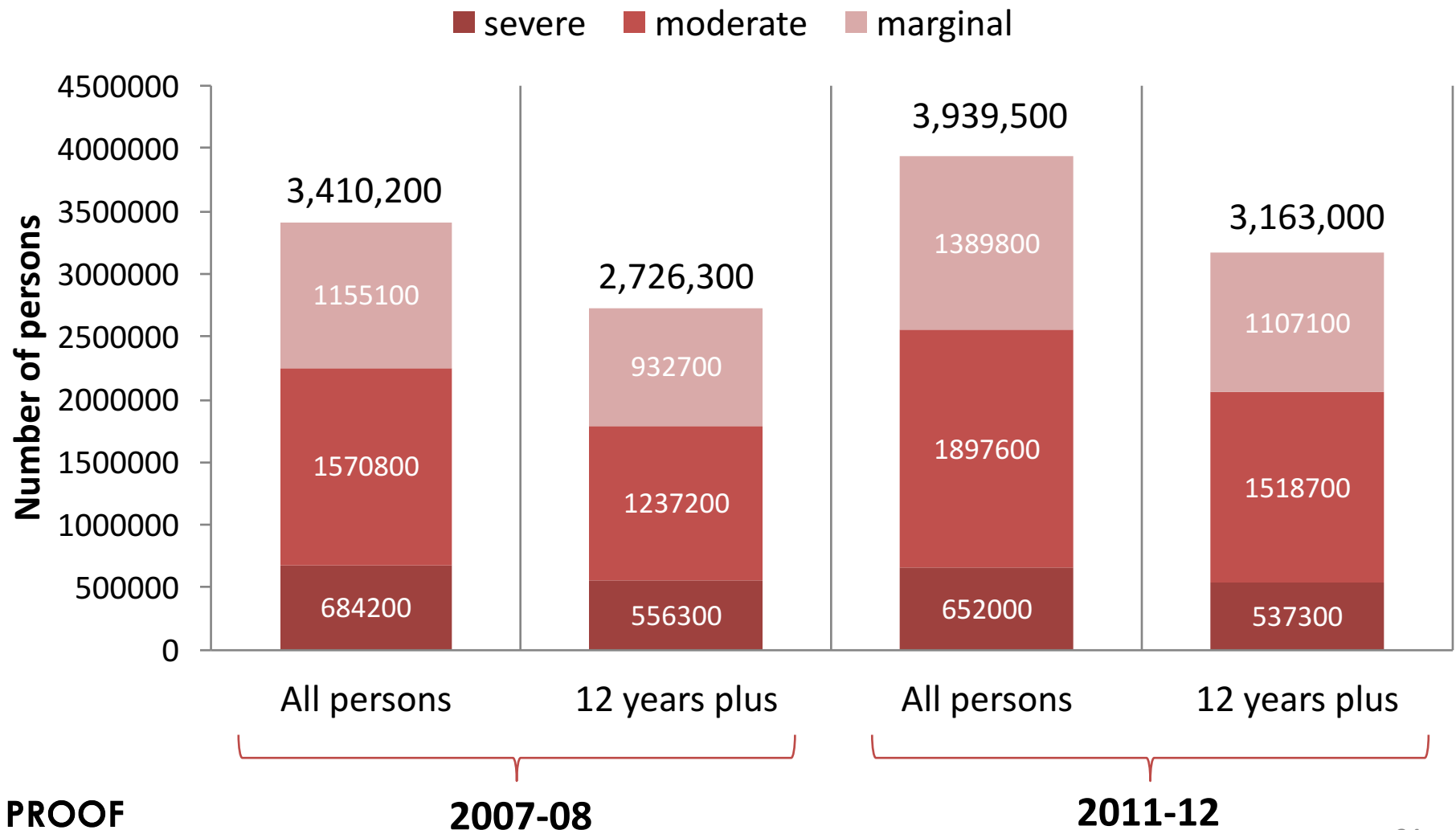


Estimating the number of persons living in food-insecure households:

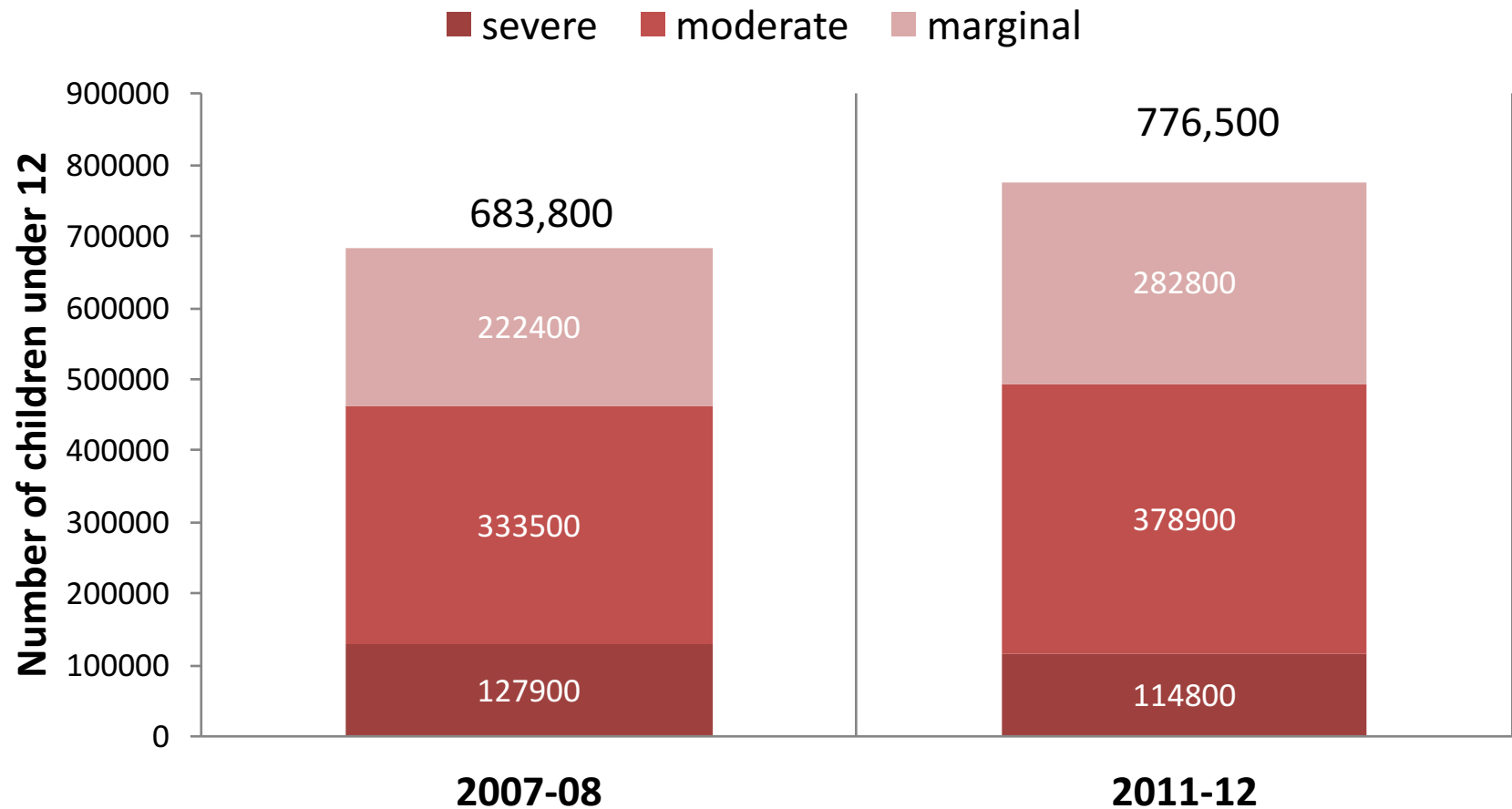
2 options:

- Determine the number of CCHS respondents living in food insecure households and apply person weights to get a population estimate (e.g., Statistics Canada CANSIM tables).
 - But, CCHS respondents are 12 years or older.
- Use data on the number of people in each food insecure household and apply household weights to get a population estimate (PROOF).

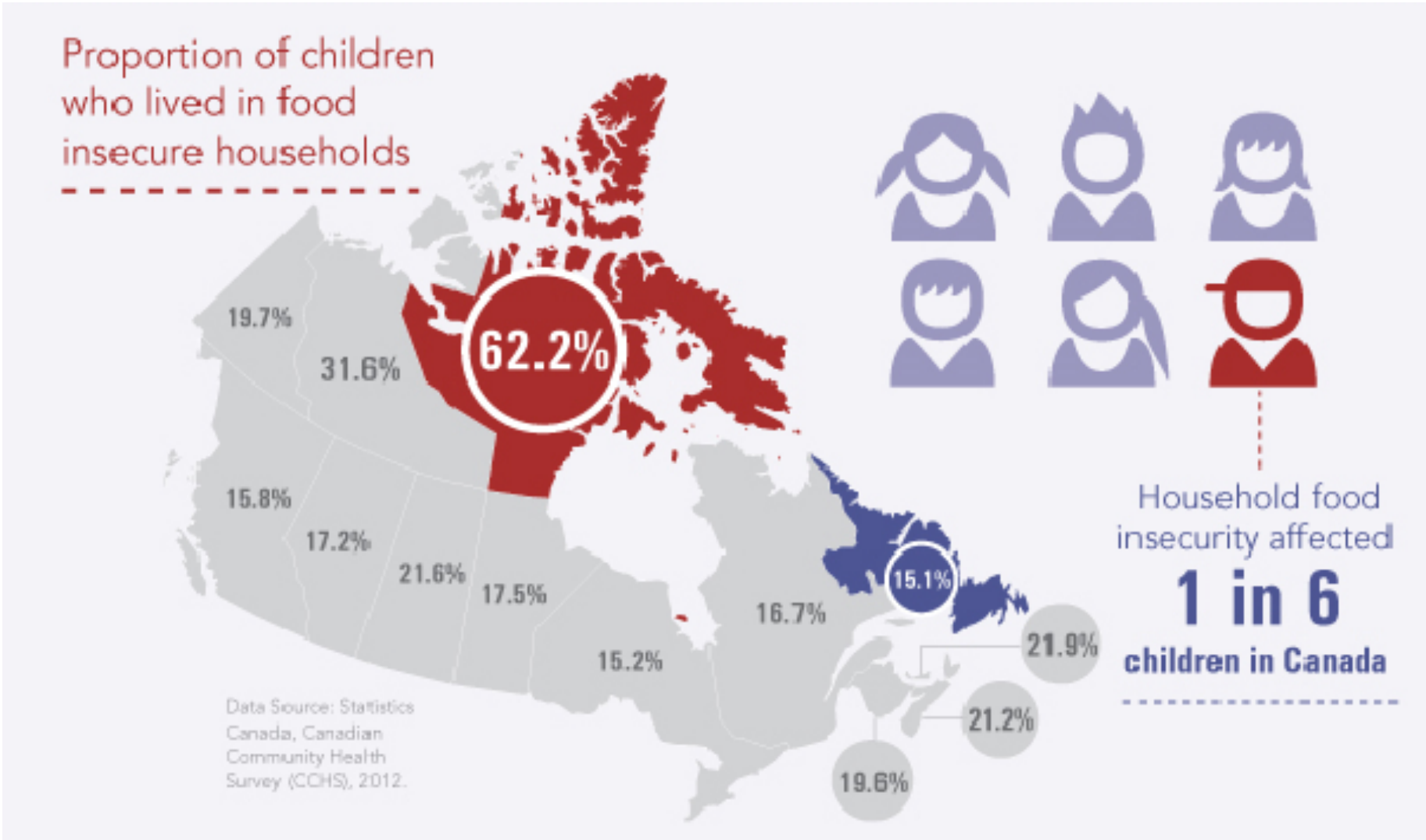
Number of Canadians in food insecure households: 2007-08 vs 2011-12



Number of children under 12 years of age living in food insecure households: 2007-08 vs 2011-12

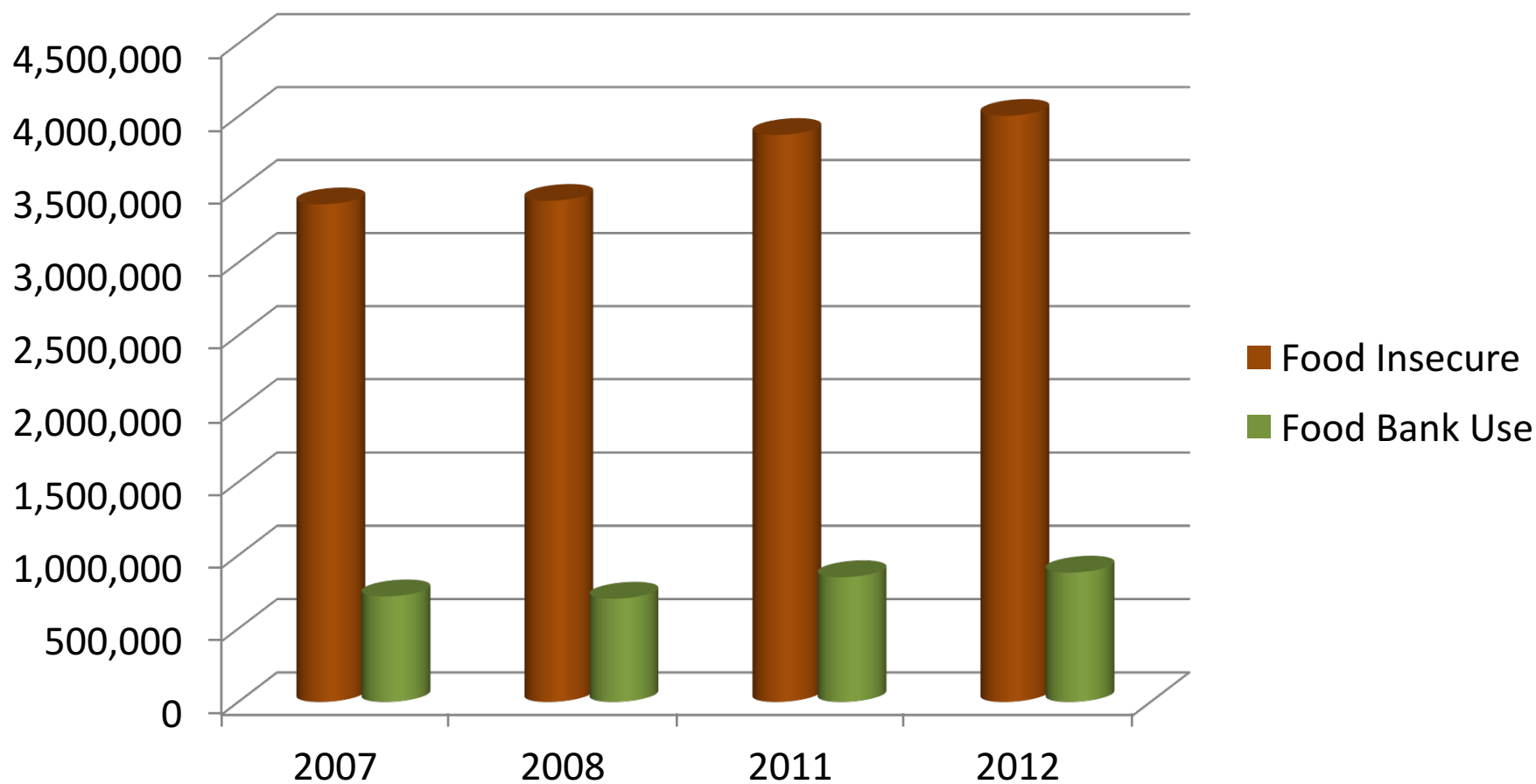


Household Food Insecurity in Canada, 2012.



RELATION BETWEEN HOUSEHOLD FOOD INSECURITY AND FOOD BANK STATISTICS

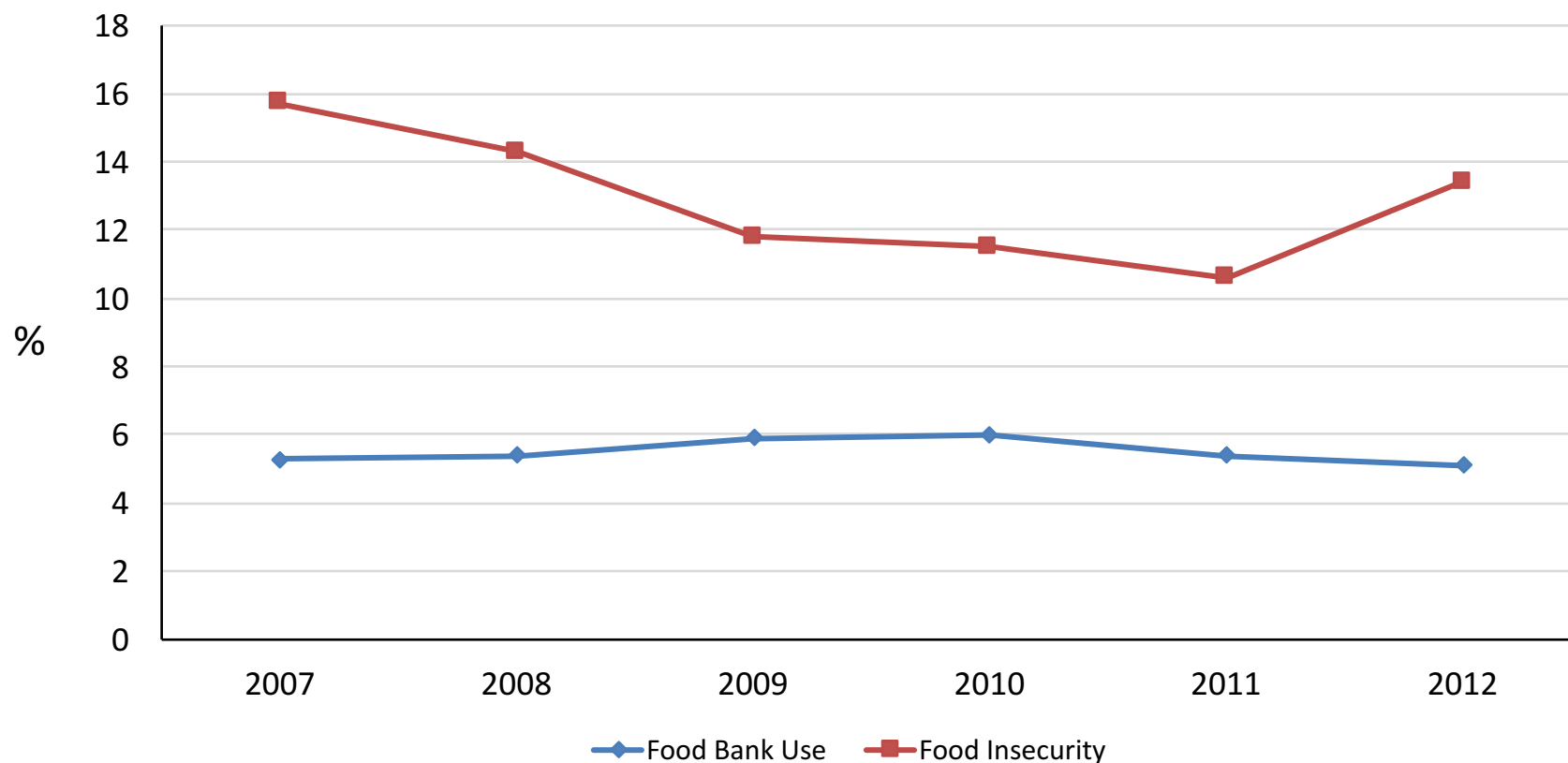
Number of people living in food-insecure households vs number reported to be helped by food banks in March of respective year.



Data Sources: Statistics Canada, Canadian Community Health Survey (CCHS), 2007, 2008, 2011 and 2012, and Food Banks Canada, HungerCount, 2007, 2008, 2011 and 2012.

Changes in food bank usage do not track with changes in household food insecurity prevalence.

e.g., Newfoundland and Labrador



Sources: Data for Newfoundland and Labrador drawn from Food Banks Canada, HungerCount, 2007-2012 and CCHS, 2007-2012.

ACCESSING DATA ON HOUSEHOLD FOOD INSECURITY TO REPORT PREVALENCE LOCALLY

Options for accessing data from the Canadian Community Health Survey:

Source	Access	Availability of household weights*?	Capacity to estimate marginal food insecurity?
Microdata files	Statistics Canada Research Data Centres	Yes	Yes
Share files	Provincial and territorial governments	Yes	Yes
Public use files	Online – public access	No	Yes
CANSIM tables	Online – public access	No	No

*NOTE: Household weights are necessary to compute the number of persons living in food insecure households. Without them, you can only get the number of persons 12 years of age and older who are in food insecure households.

Statistics Canada

Canada

Information for... Browse by subject Browse by key resource About StatCan

Home > CANSIM

Table 105-0547 1, 2, 24

Household food insecurity, by age group and sex, Canada, provinces, territories, health regions (2013 boundaries) and peer groups
occasional (number)

Data table Add/Remove data Manipulate Download Related information Help

The data below is a part of CANSIM table 105-0547. Use the [Add/Remove data](#) tab to customize your table.

Selected items [Add/Remove data]

Geography 3, 4 = Canada [0]

Sex = Both sexes

Characteristics 15, 16, 17, 18, 19, 20, 21 = Number of persons in households

Age group	Household food insecurity status 14	2007-2008	2011-2012
Total, 12 years and over	Food secure	24,848,772	26,009,035
	Food insecure, moderate and severe	1,904,376	2,188,739
12 to 19 years	Food secure	2,881,085	2,802,642
	Food insecure, moderate and severe	287,920	290,483
20 to 34 years	Food secure	5,850,526	6,035,938
	Food insecure, moderate and severe	554,490	607,421

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).



Nutrition Services, AHS Use of Household Food Insecurity Data

Presented by Suzanne Galesloot, MSA, RD
Public Health Nutrition Provincial Lead
Nutrition Services, Population & Public Health

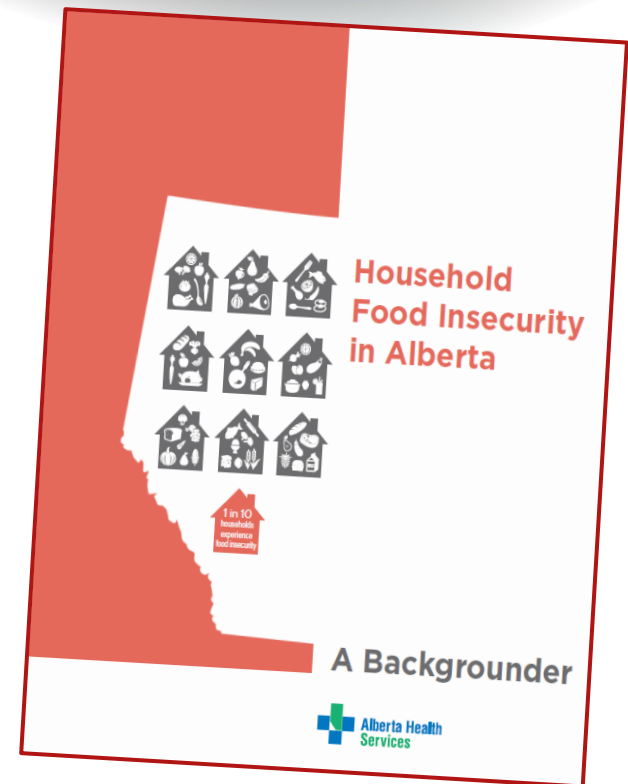
Monitor & Report

Leadership from Alberta Health

- ▶ Support uninterrupted monitoring of HFI in Alberta

Ongoing KT activities

- key stakeholders are aware of current and reliable HFI prevalence evidence.
- reports that describe the relationship between income, health and HFI in Alberta.



Messaging based on HFI Statistics

- ▶ HFI is an income-based issue
- ▶ HFI is not the same as 'hunger'
- ▶ Specific populations experience HFI at much higher rates than the general public
- ▶ There is a strong association between HFI and the development of different chronic conditions



Monitor & Report

Promote and use
validated measures of
Household Food
Insecurity

- instead of data that
describes some of the
experiences of food insecure
populations

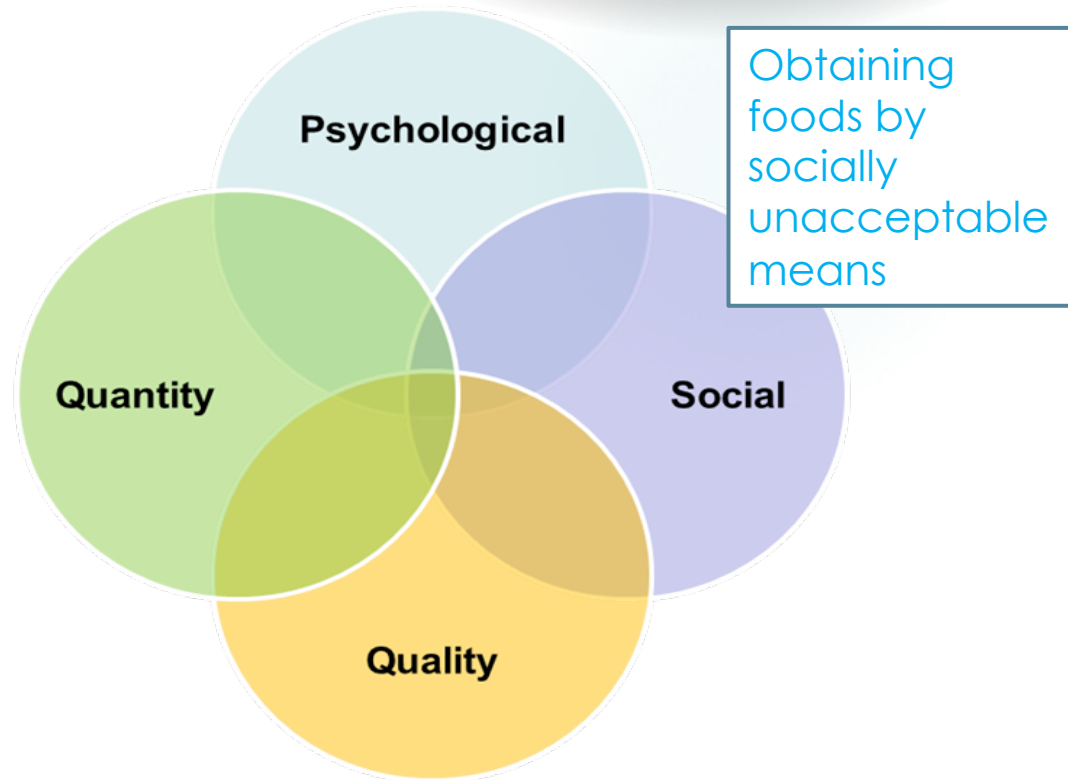
Examples of important data not
interchangeable with HFI

- Food bank usage information
- Unemployment figures
- Social assistance rates
- Housing and homelessness statistics

HFI \neq Hunger

Survey instruments such as the Household Food Security Survey Module measure the

- Psychological
- Qualitative and
- Quantitative domains of food insecurity



Interpret & Apply

Data providing information on both prevalence and severity of HFI is critical to its application in health.

- All three categories – marginal, moderate and severe - have important health implications
 - Marginal HFI category – analysis and data uniquely provided in PROOF annual reports
 - HFI severity can only be captured through the full 18-item HFSSM

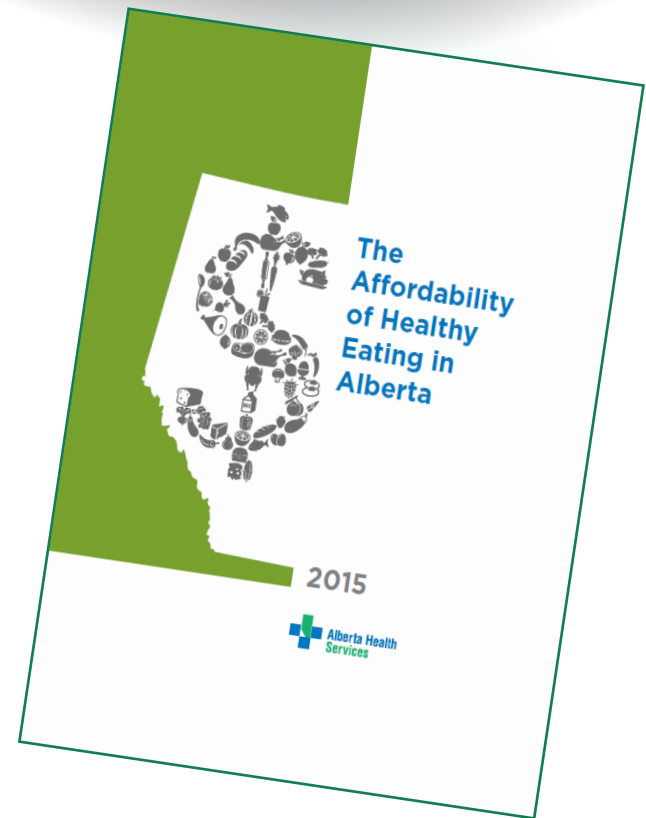
Interpret & Apply

- Explore prevalence of HFI in clinical practice and compare to national and provincial prevalence
 - local research in a clinical setting
- Provide clear communication to stakeholders that HFI is experienced differently between and within households
 - marginal, moderate & severe prevalence data
 - research findings of children being most protected in a household

Policy and Program Planning

Affordability of Healthy Eating

- Analysis of whether households at higher risk for HFI have adequate income to follow a nutritious diet after meeting other basic household expenses.
- HFI Prevalence Data
 - provided the foundation for the development of household profiles at higher risk for HFI
 - enabled the portrayal of experiences of food insecurity within different households



Policy Message: HFI is a Health Equity Issue



Household Food Insecurity Evidence:

- Support positioning of HFI as a Health Equity Issue
- Prevent conflation of HFI with the broad discussion around community and global food security

Contact:

Suzanne Galeslout, MSA, RD
Nutrition Services

suzanne.galeslout@ahs.ca

403-943-6752

PublicHealthNutrition@ahs.ca



Program Planning in Public Health Using Household Food Security Survey Module Data

Tracy Woloshyn, RD
York Region Public Health



CCHS Household Food Security Survey Module

- Measures experiences “...because there wasn’t enough money to buy food”
- Results show thousands of households in each health unit area experience food insecurity
 - E.g., 24,700 households in York Region

Definitions

- Food insecurity: “...due to financial constraints”
- Food security: “...when all people, at all times, have physical and economic access to sufficient, safe and nutritious food....”

Important Public Health Goals

- Increasing vegetable and fruit intake
- Increasing food literacy
- Improving the food system (production, distribution, access, consumption, waste management)
- Supporting mental health

Framing programs around their important public health goals

- Community gardens to increase V and F intake
- Community kitchens to improve food literacy
- “Buy local” programs to support the food system

Local example of re-framing

Community Health Results Area:

Residents are healthy and are able to make healthy choices. This includes programs that focus on **healthy eating** and food safety, smoking cessation and mental health supports.

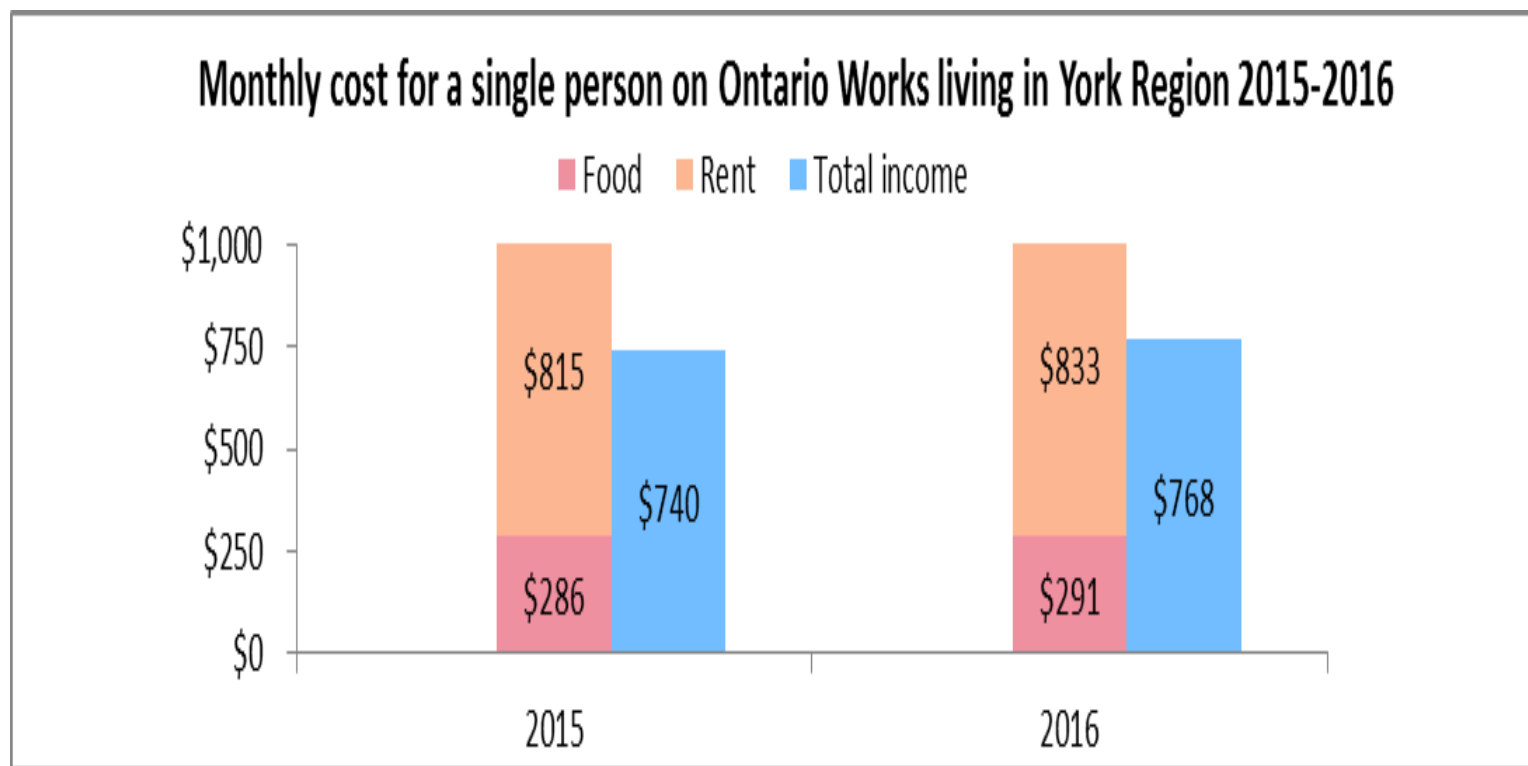
Public Health Goal

- Increasing incomes to reduce economic barriers

Food Insecurity Actions

- Conducting Nutritious Food Basket costing and writing reports and recommendations related to income adequacy
- Working with local groups that address poverty
- Using of OSNPPH Position Statement on Responses to Food Insecurity

Nutritious Food Basket



15 local health units have endorsed



Ontario Society of Nutrition
Professionals in Public Health
La société ontarienne des professionnel(le)s
de la nutrition en santé publique

www.osnp-ph.on.ca
@RDsPubHealthON

Position Statement on Responses to Food Insecurity

November 2015

Background

Food insecurity – inadequate or insecure access to food because of financial constraints – is a serious social and public health problem in Ontario. In 2013, 624,200 Ontario households (12.5%) experienced food insecurity.¹ This translates into 1,598,200 people, of which 485,700 were under the age of 18 (Valerie Tarasuk, PhD, email communication, August 27, 2015).

The root cause of food insecurity is poverty.² The magnitude of poverty in the country contravenes Canada's commitment to ensure the basic human right to food for all citizens.³ The majority (57.5%) of Ontario families struggling to put food on the table are part of the labour force but trapped in low-paying or unstable jobs.¹ Food insecurity affected 64.5% of Ontario

It is the position of the Ontario Society of Nutrition Professionals in Public Health (OSNPPH) that food insecurity is an urgent human rights and social justice issue for local, provincial and federal public policy agendas. Food charity is an ineffective and counterproductive response to food insecurity because it does not address the root cause which is poverty. An income response is required to effectively address food insecurity.

Available at
www.osnp-ph.on.ca



Solution to Food Insecurity: Having Enough Money to Buy Food

\$886.18

The monthly cost of feeding a family of four



Food Insecurity = Not having enough food or worrying that there is not enough to eat

Fact: Over 1 in 10 households in our region are food insecure.



We all need enough money to buy food and to live.

A single person on Ontario Disability spends

70% Housing

6% Other

24% Food

52% Housing

8% Other

Families on Ontario Works spend

40% Food

No more than 30% of income should be spent on housing

Leaves only \$77.08 for a single person on Ontario Disability and \$184.32 for a family on Ontario Works to pay for:



Food banks and other food charity programs do a great job to provide short term relief for hunger but they are not the solution...

The only solution is INCOME!

Urge all government and support efforts to-

- **Initiate a Basic Income Guarantee (BIG) (visit www.basicincomecanada.org)**
- **Increase social assistance rates**
- **Provide basic employment standards to reduce unstable work**



Contact 1 866 888-4577 or go to www.RethinkPoverty.ca Share this message on social media

Thank you!

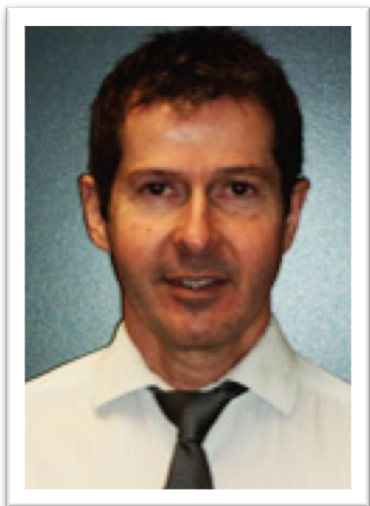
Tracy Woloshyn, RD

tracy.woloshyn@york.ca

905-895-4512 Ext.74352



Moderator



Craig Larsen

Executive Director
Chronic Disease Prevention
Alliance of Canada

Presenters



Valerie Tarasuk

Professor-University of
Toronto
PROOF Principal Investigator



Suzanne Galesloot

Public Health Nutrition
Provincial Lead
Alberta Health Services



Tracy Woloshyn

Public Health Nutritionist
York Region Public Health

SURVEY

Tell us what you think!

Help us improve by providing feedback on today's webinar:

<https://goo.gl/TYuHsD> (copy and paste link from text chat →)



www.cdpac.ca



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



facebook.com/theCDPAC



youtube.com/theCDPAC