PROOF
Research to identify policy options to reduce food insecurity

CIHR IRSC

Be it resolved: Household food insecurity is a better metric than a population health policy problem
Speaking for the opposition…..

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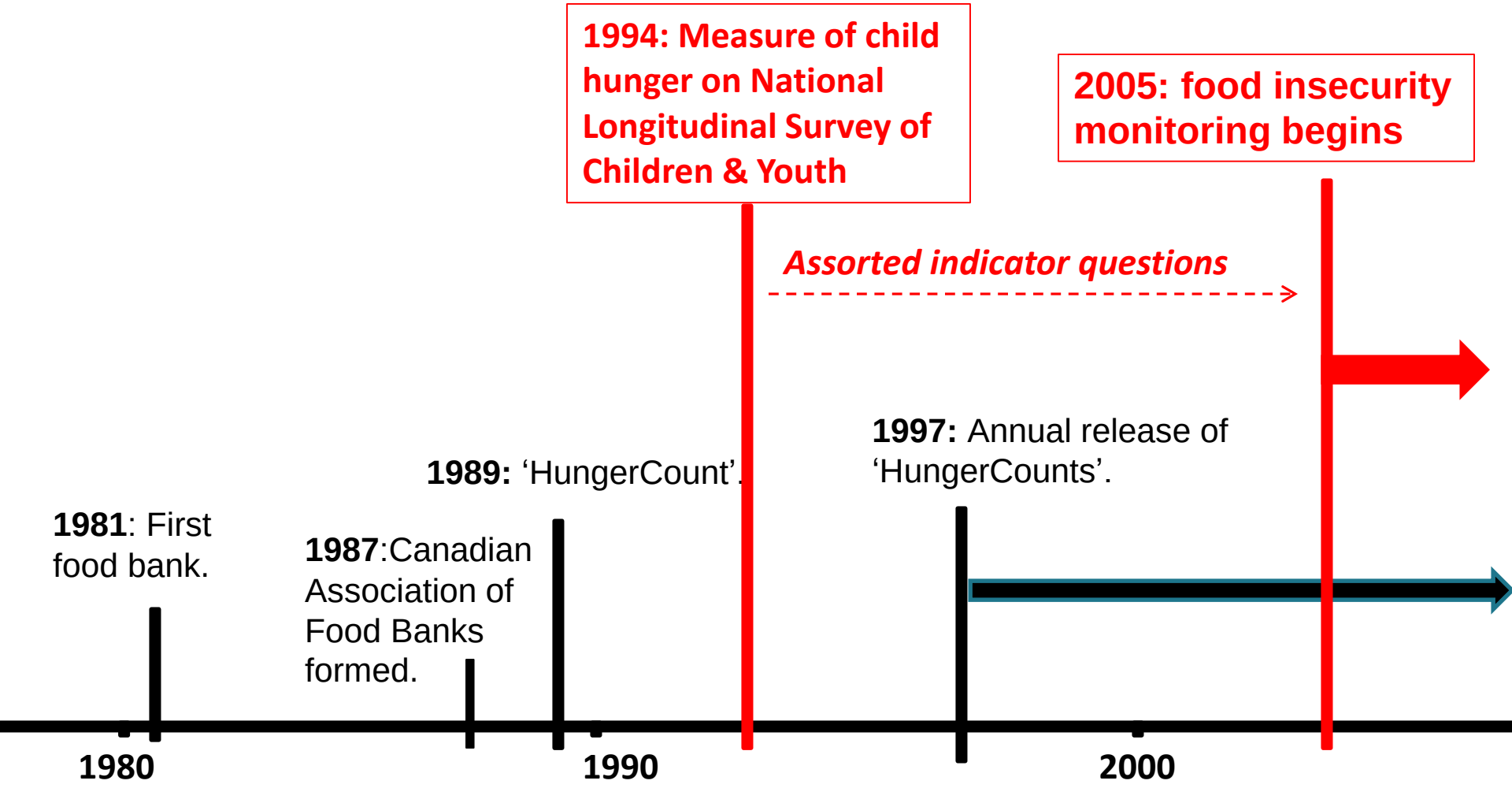
The evolution of food banks and food insecurity measurement:



Through the first decade of measurement in Canada, we never asked the same questions twice.

1994 National Longitudinal Survey of Children & Youth	Child hunger	1.2%
1996-97 National Population Health Survey	Household food insufficiency	4.0%
1998-99 National Population Health Survey	Worry, quality, quantity*	10.4%
2000-01 Canadian Community Health Survey	Worry, quality, quantity*	14.7%

*response categories differ, so results not comparable.

Household Food Security Survey Module

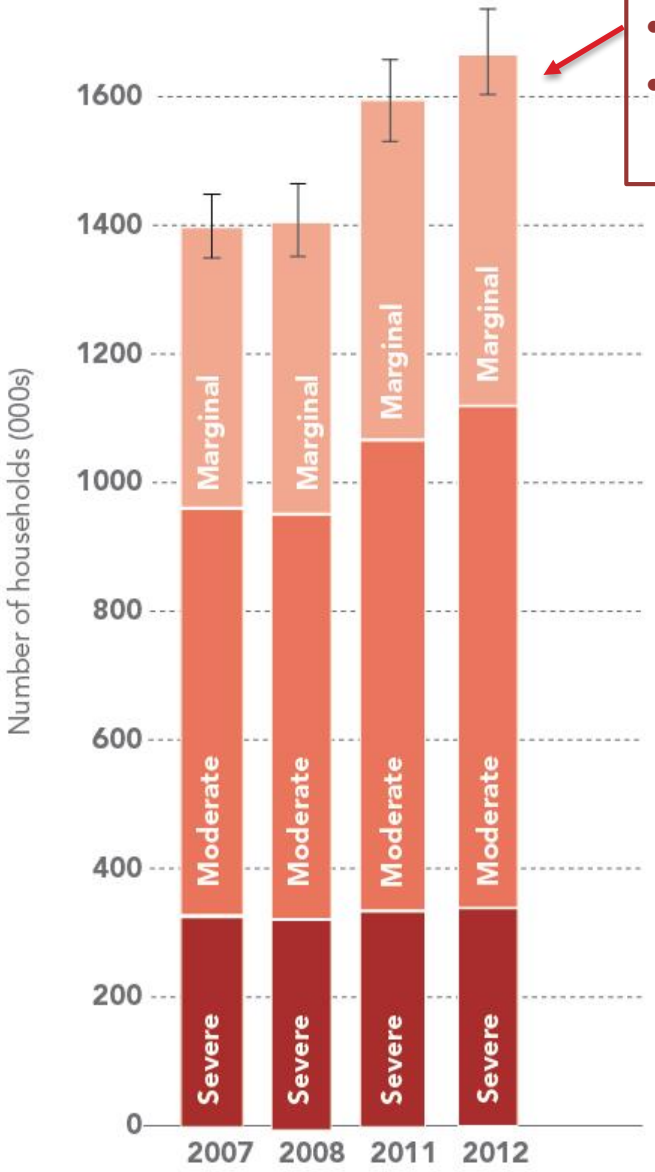
(administered on the Canadian Community Health Survey since 2004)

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/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



- 12.6% of households
- over 4 million Canadians
  (an increase of > 600,000 since 2007)

Marginal food insecurity

Worry about running out of food and/or limit food selection because of lack of money for food.

Moderate food insecurity

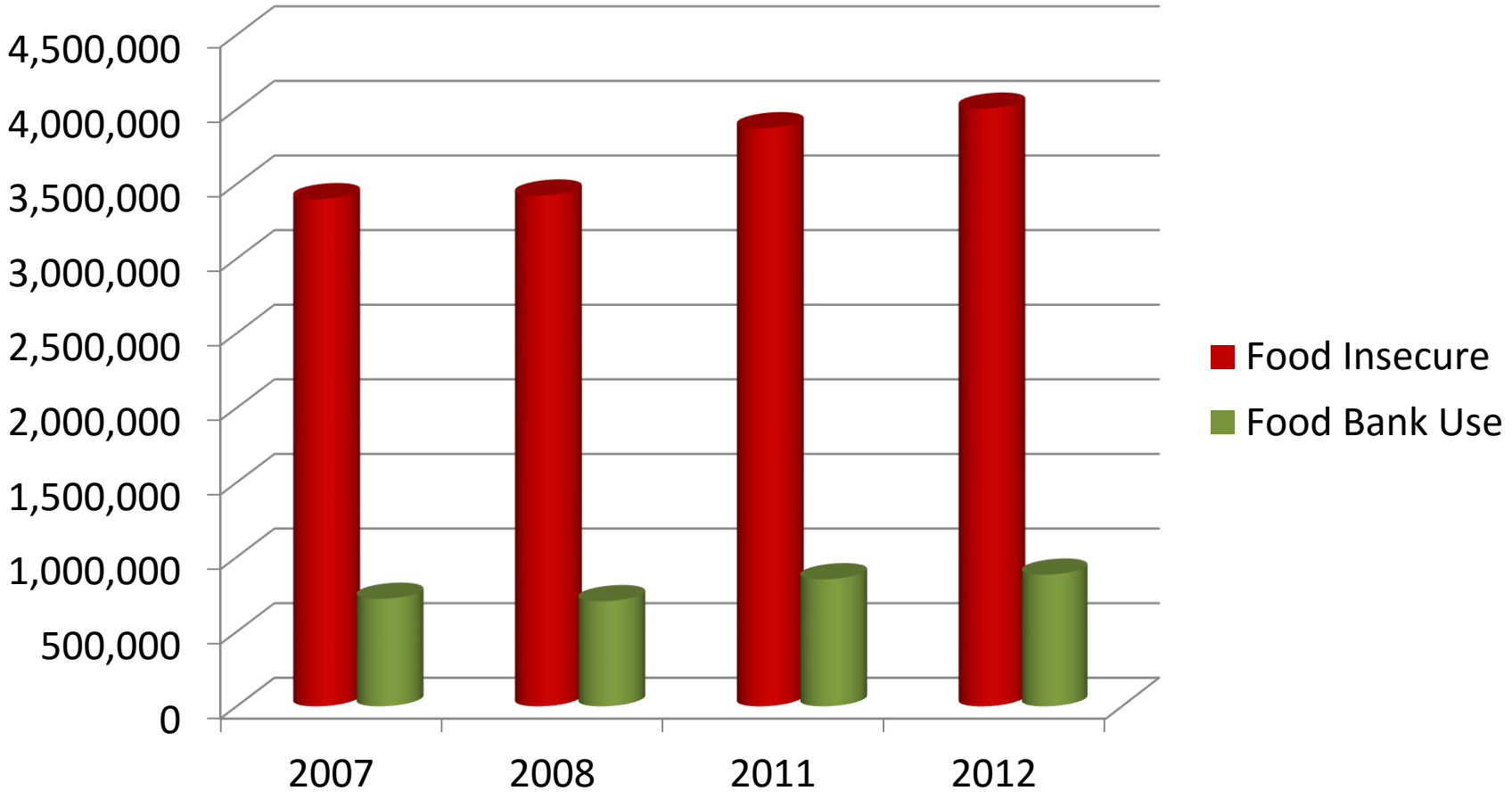
Compromise in quality and/or quantity of food due to a lack of money for food.

Severe food insecurity

Miss meals, reduce food intake and at the most extreme go day(s) without food.

Data Source: Statistics Canada, CCHS, 2007, 2008, 2011, 2012 and 2013.

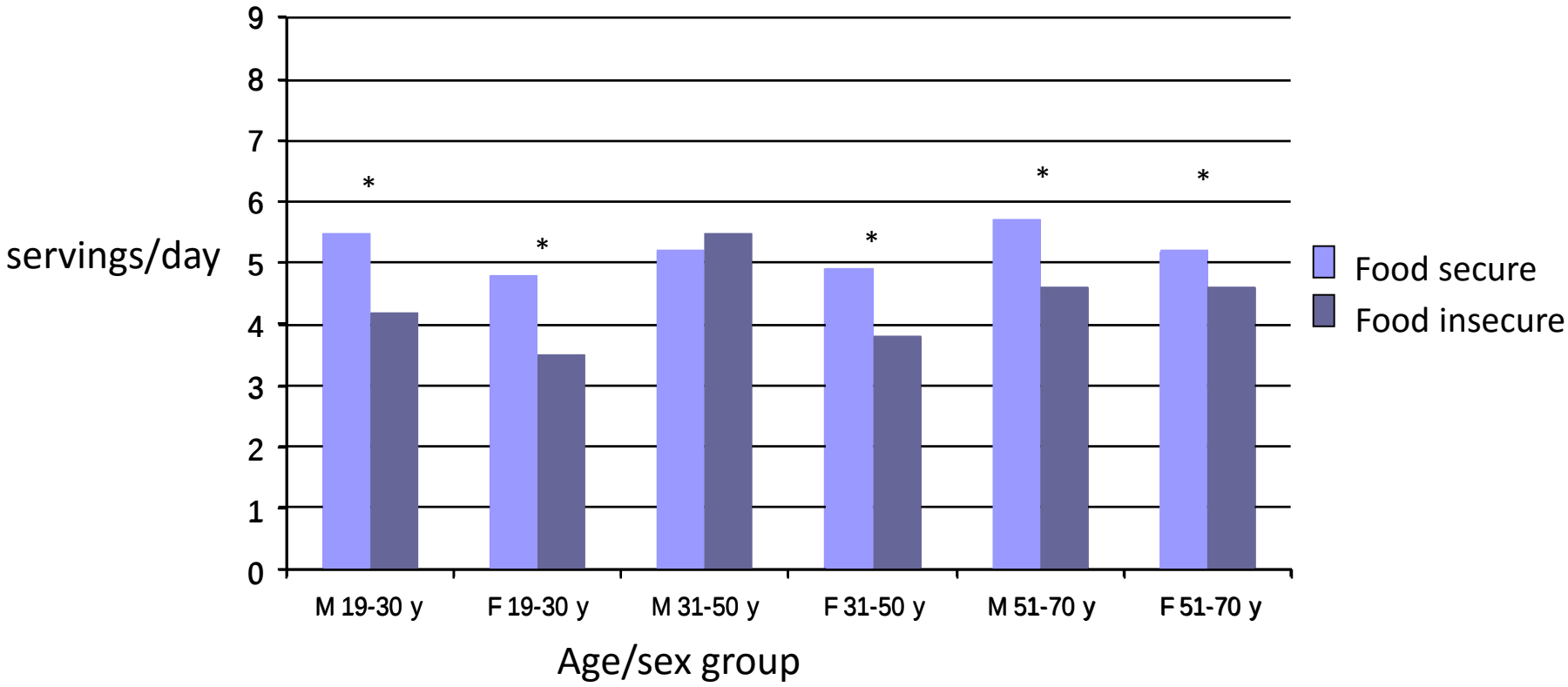
Number of people living in food-insecure households vs number reported to be helped by food banks in March of respective year.



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

Results from CCHS 2004 - Nutrition

Adults' fruit and vegetable consumption, servings per day by food security status



Food insecurity here includes only moderate and severe food insecurity.

*Significant difference between food-secure & food-insecure subgroups, $p<0.05$

(Kirkpatrick & Tarasuk, J Nutr, 2008: 138: 604-612)

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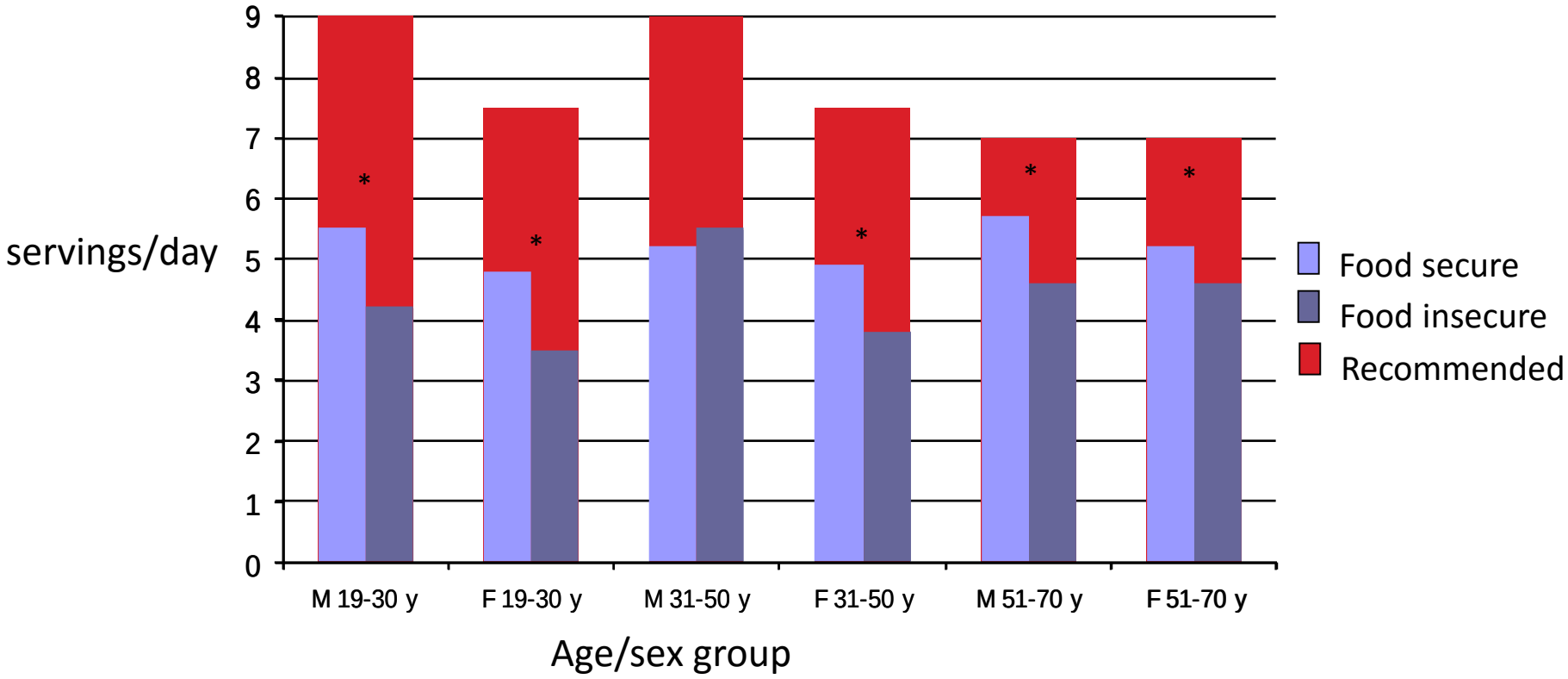

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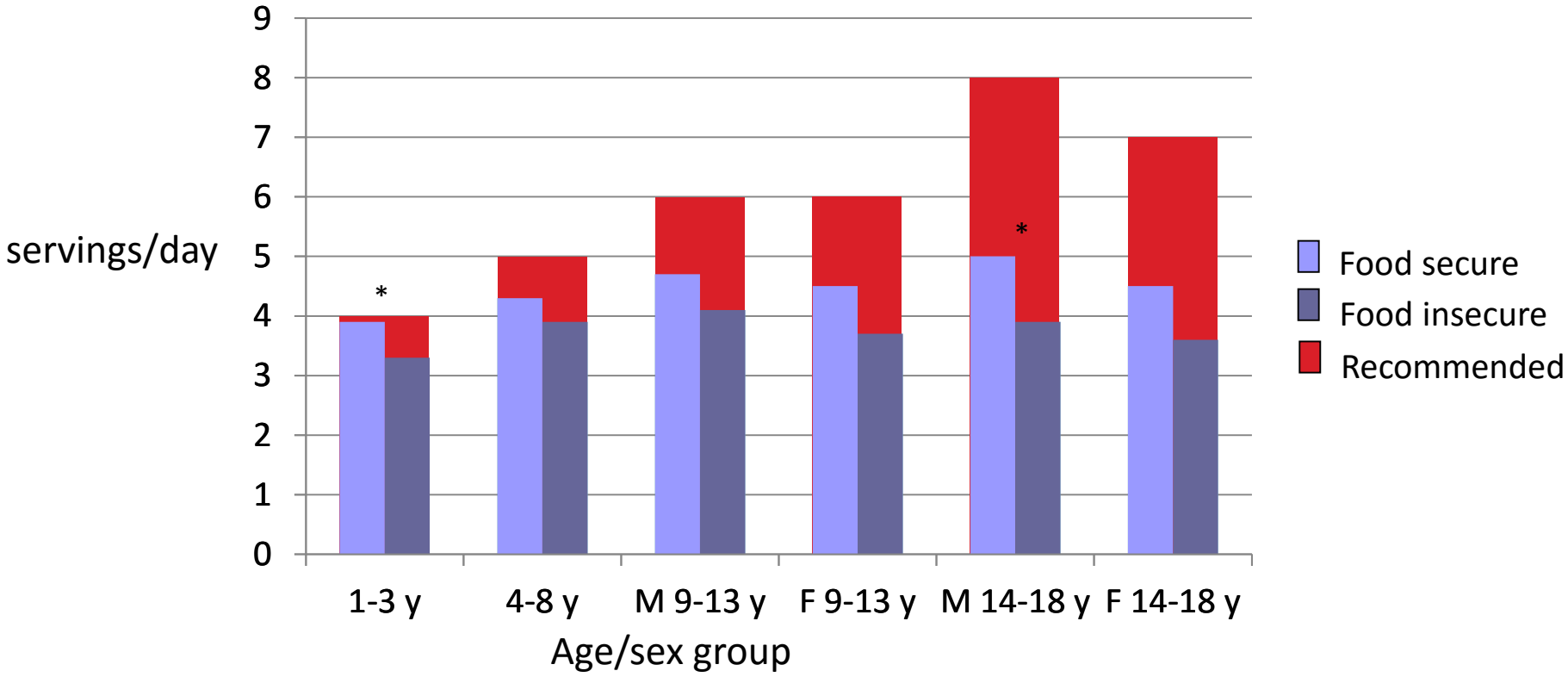
Children's fruit and vegetable consumption, servings per day by food security status



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Severe food insecurity in childhood takes a lasting toll on health.

Analyses of National Longitudinal Survey of Children and Youth (10+ years of follow-up):

- Children and youth who experienced hunger (ever) were more likely to have poorer health.
- More extensive exposure to hunger was associated with higher odds of chronic conditions, including asthma.
- Child hunger predicted depression and suicidal ideation in late adolescence and early adulthood.
- These effects persist even after taking into account household socio-demographic characteristics (including income and education) and baseline health status.

(Kirkpatrick et al., Archives of Pediatric and Adolescent Medicine 2010; McIntyre et al., Journal of Affective Disorders 2013.)

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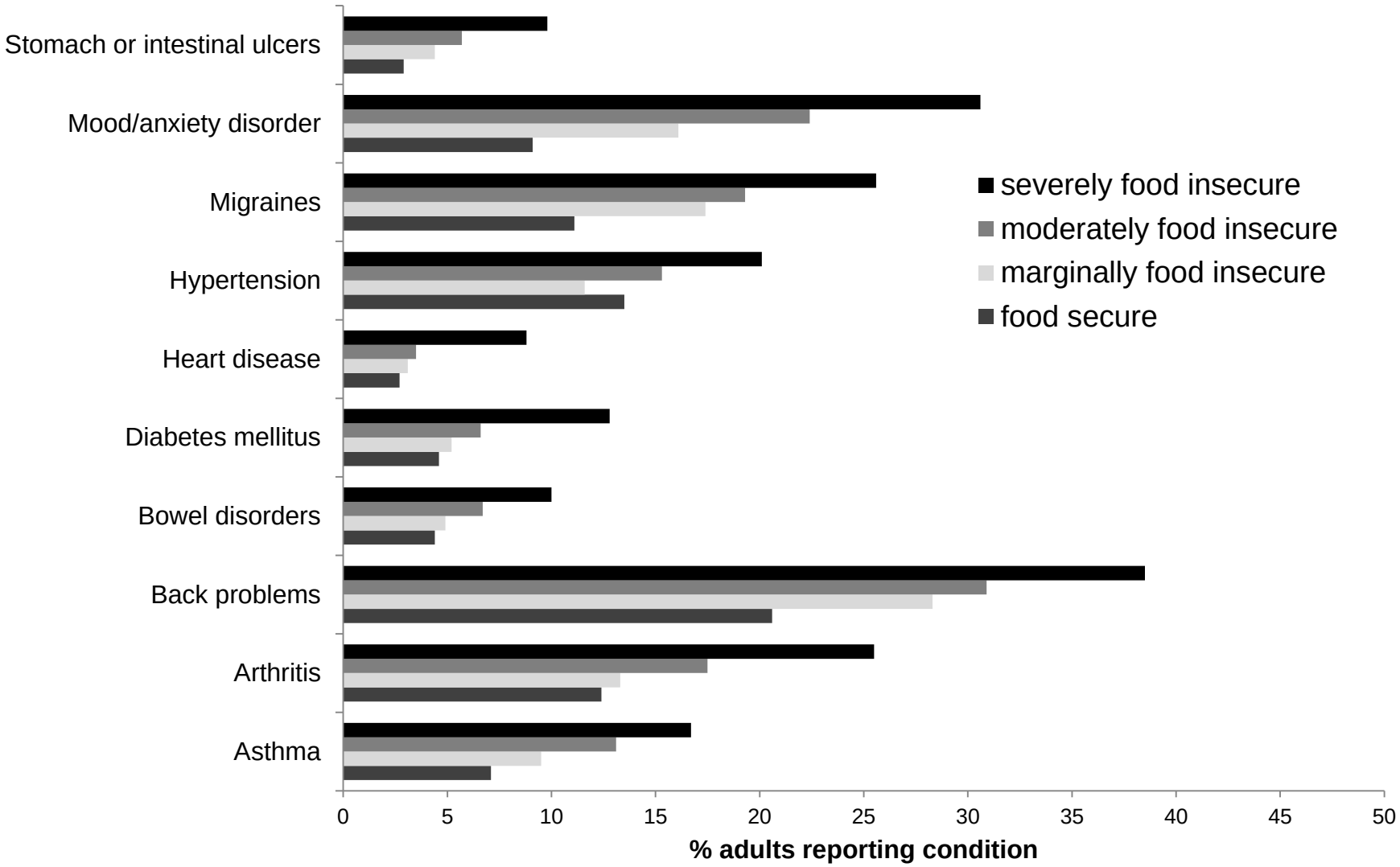
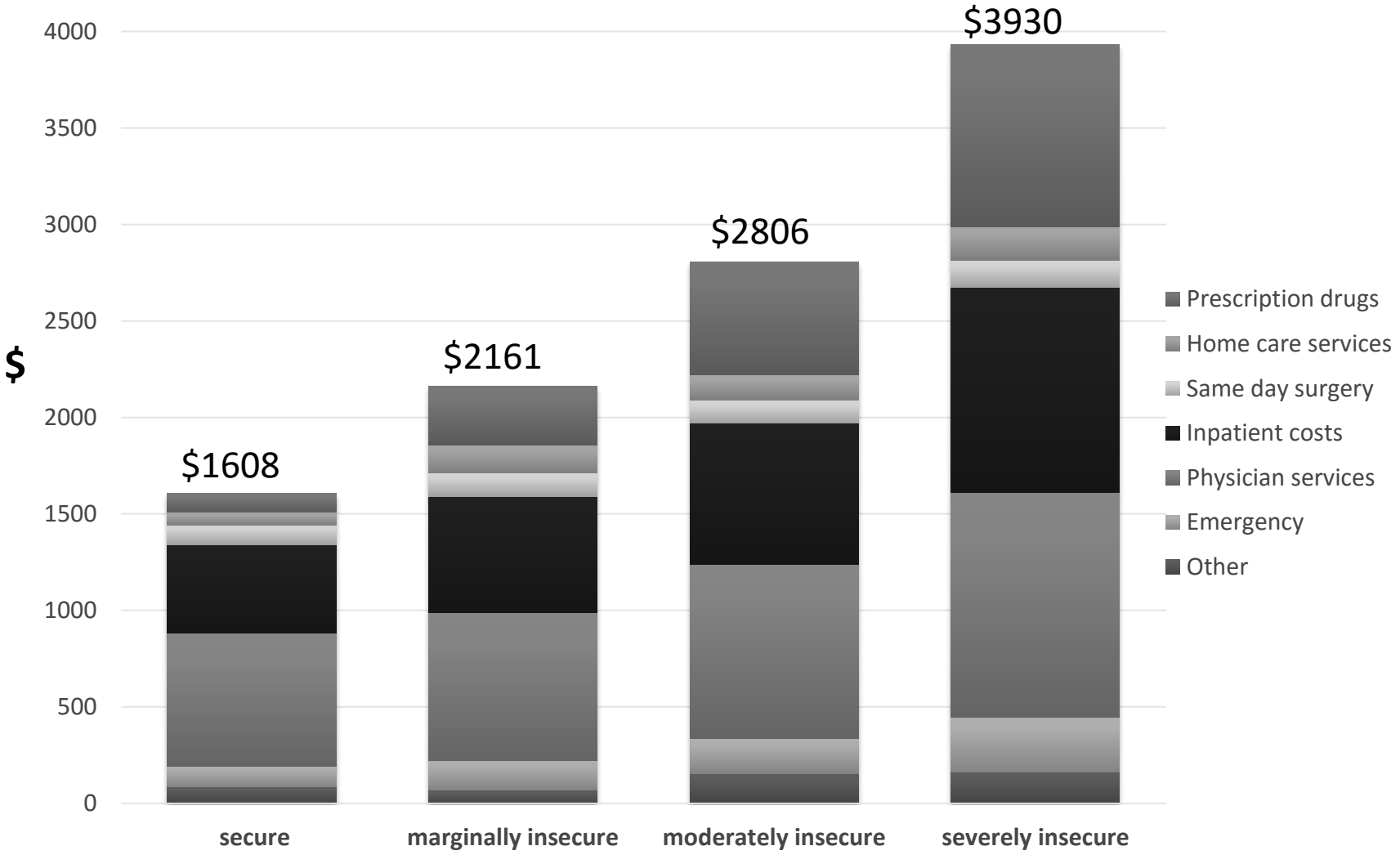
Prevalence of selected chronic conditions among adults, 18-64 years of age, by household food security status (Canadian Community Health Survey, 2007-08).



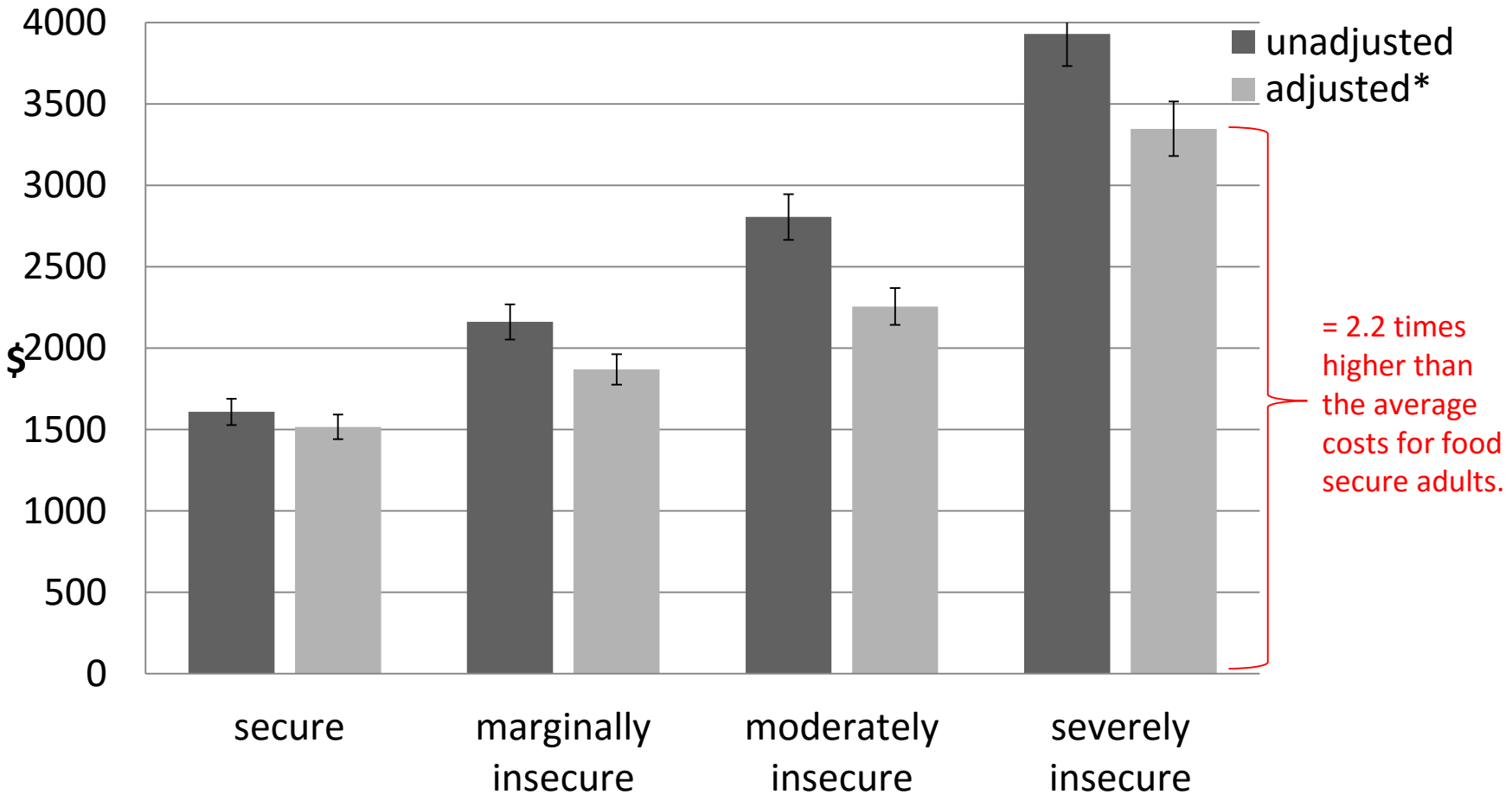
(Adapted from Tarasuk V, Mitchell A, McLaren L, & McIntyre L. Chronic physical and mental health conditions among adults may increase vulnerability to household food insecurity. *Journal of Nutrition. 143(11)*, 1785-93.)

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



(Tarasuk et al, *Canadian Medical Association Journal*, 2015)

Average health care costs per person incurred over 12 months for Ontario adults (18-64 years of age), with and without adjustment for other socio-demographic factors:



*Adjusted for age, sex, respondent's education, number of adults and children in household, homeownership, and neighbourhood income quintile.

(Tarasuk et al, *Canadian Medical Association Journal*, 2015)

Other insights from linkage of food insecurity information from CCHS with Ontario health administrative data:

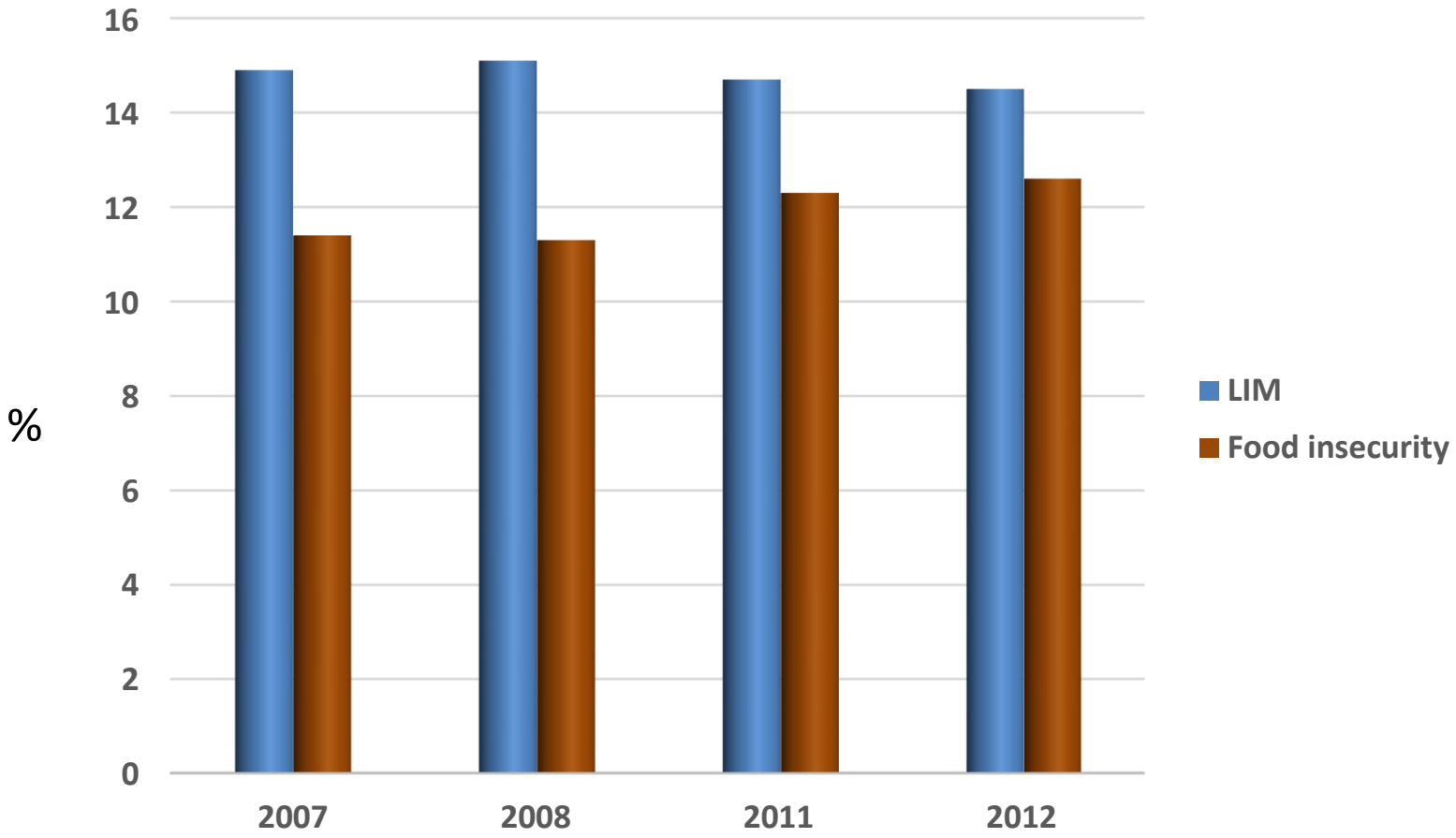
- 46% greater odds of high-cost health care use in next 5 years, after taking into account baseline morbidity and other socio-demographic risk factors. (Fitzpatrick et al, Am J Prev Med, 2015)

- Increased odds of mortality in 4 years following CCHS interview, after taking into account other socio-demographic risk factors :

Marginal food insecurity	1.19 (0.95, 1.50)
Moderate food insecurity	1.65 (1.37, 1.98)
Severe food insecurity	2.31 (1.82, 2.93)

(Gundersen et al, under review)

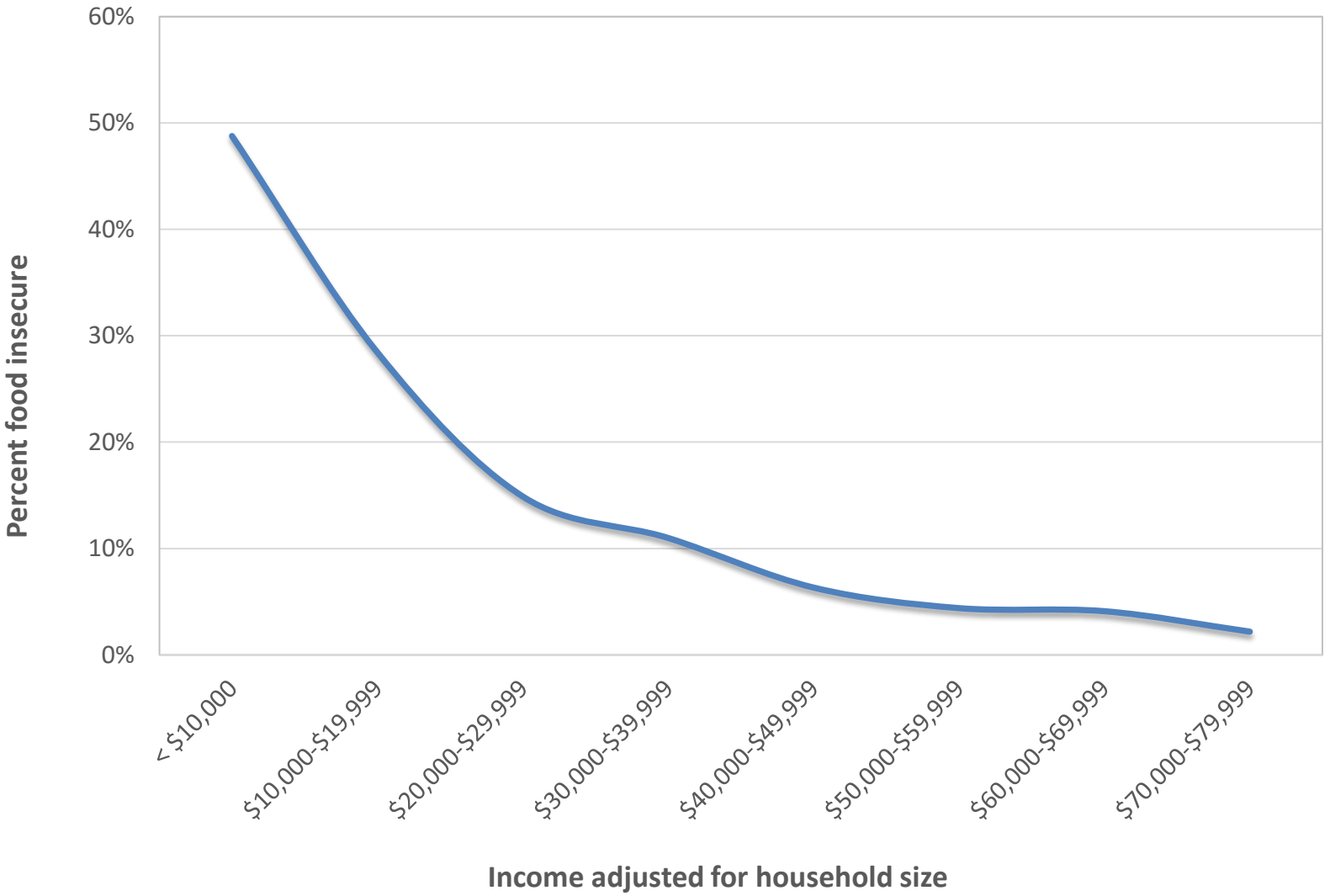
National prevalence of household food insecurity and poverty (defined as income < Low-Income Measure), 2007, 2008, 2011, 2012.



LIM: 50% of median household income, adjusted for household size.

Source: PROOF calculations from CCHS 2007-08, 2011-12 and Statistics Canada. CANSIM. Table 111-0015 Family characteristics, Low Income Measures (LIM), by family type and family type composition.

Relationship between food insecurity and household income:



(Tarasuk, Mitchell & Dachner, *Household Food Insecurity in Canada, 2014*. 2016)

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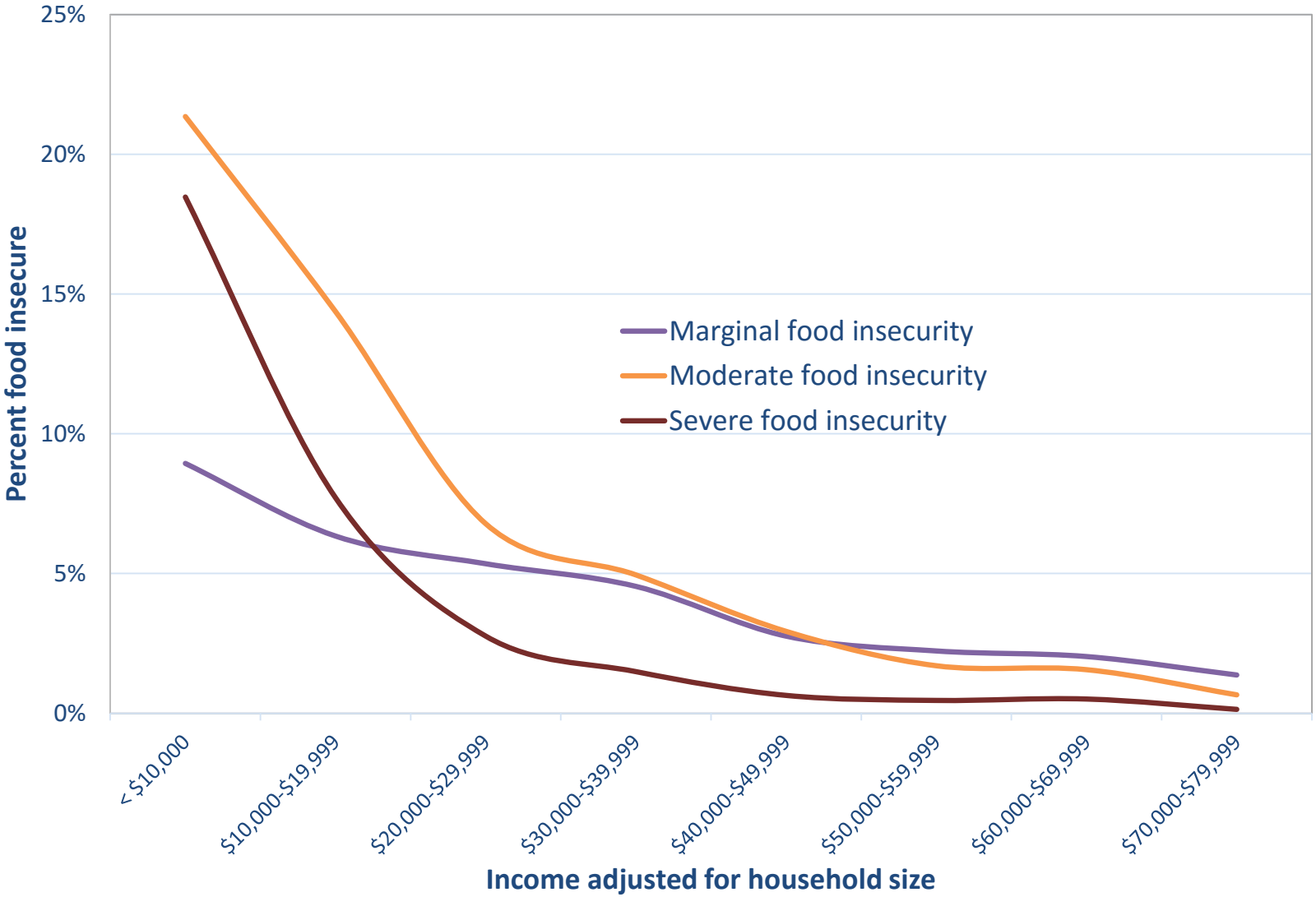

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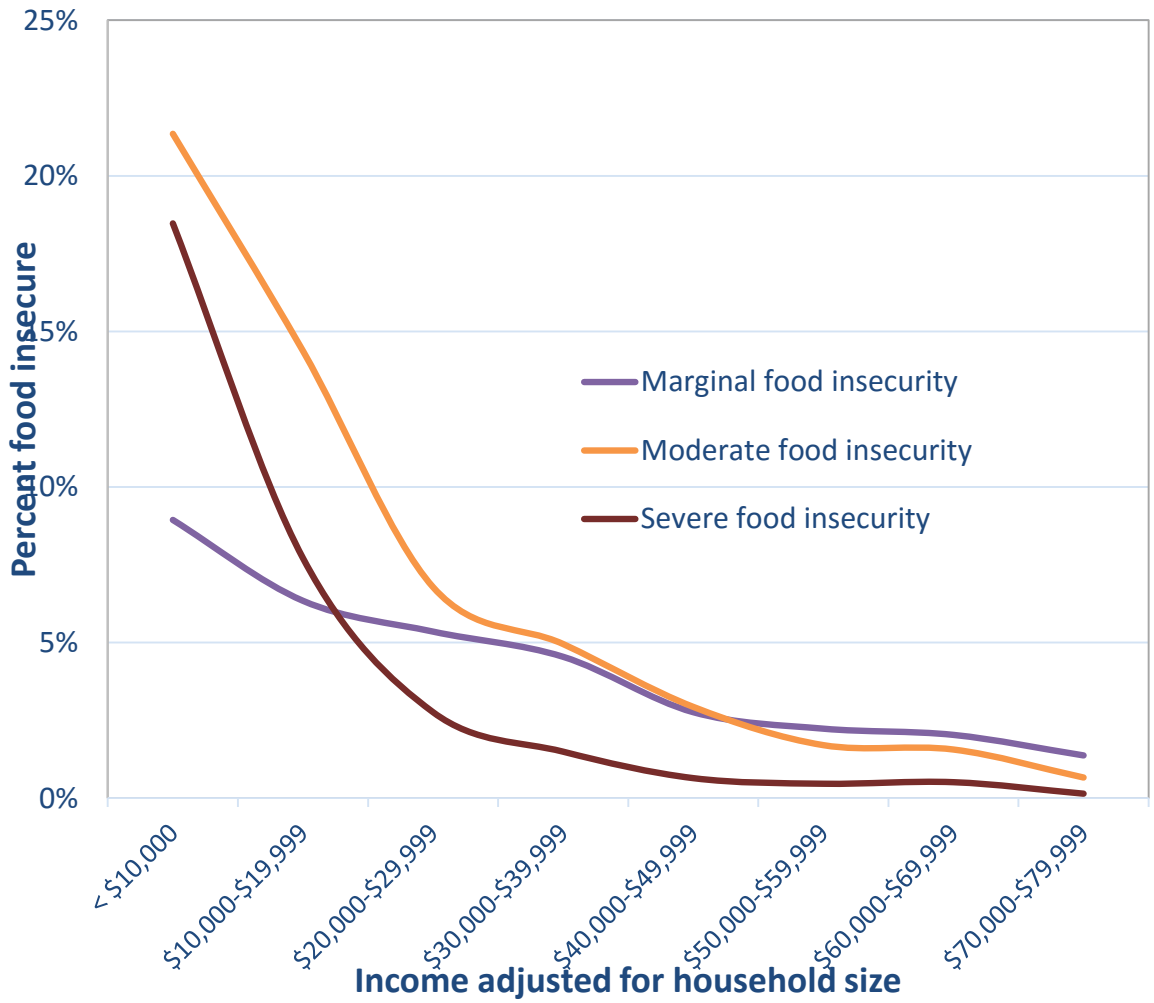


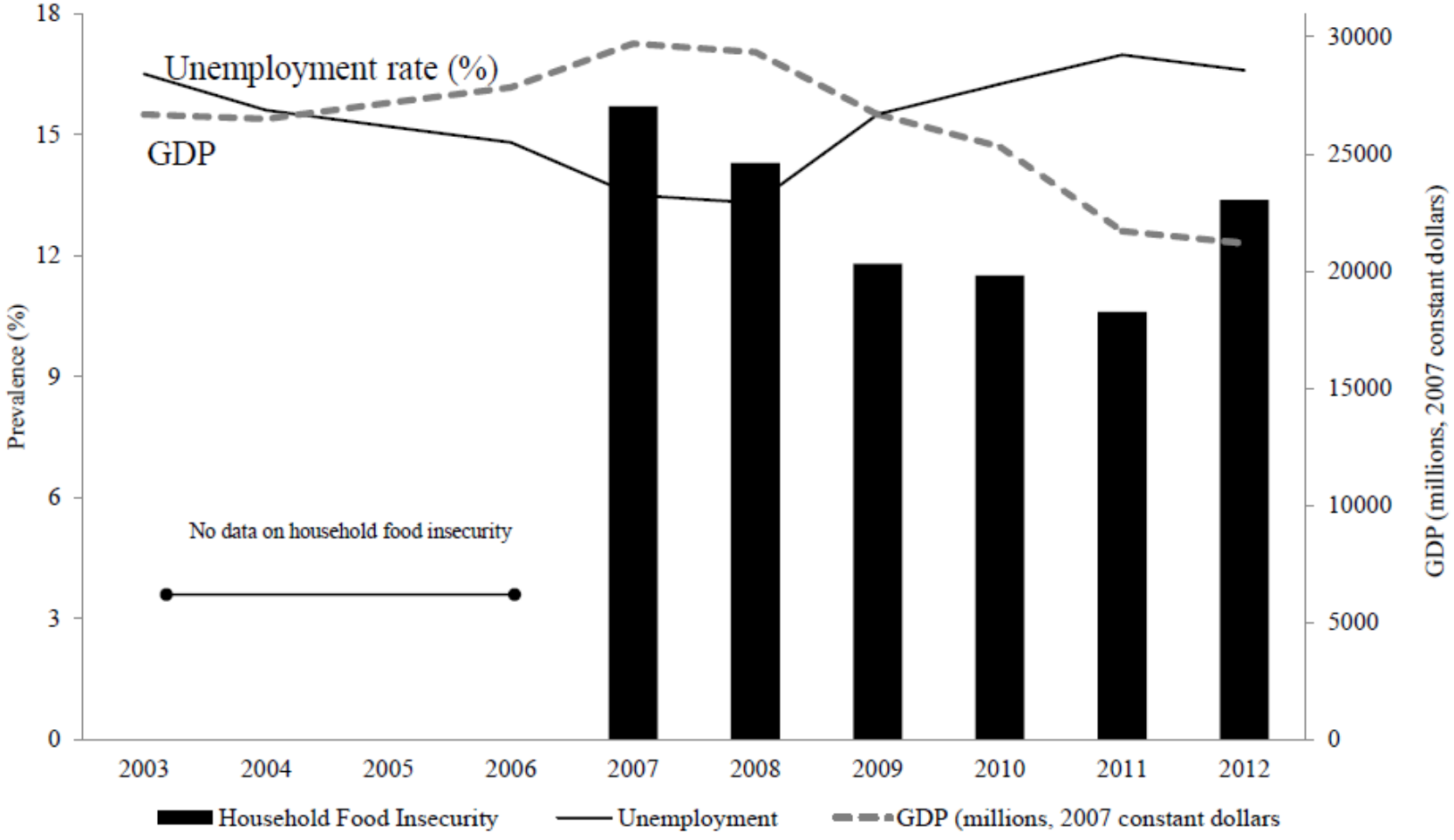
Food insecurity captures <u>material deprivation.</u>

the product of

- income (size, security, stability)
- assets / home ownership
- access to credit
- expenses (shelter, food, medications, debt, etc)

(Tarasuk, Mitchell & Dachner, *Household Food Insecurity in Canada, 2014*. 2016)

Household food insecurity in Newfoundland and Labrador



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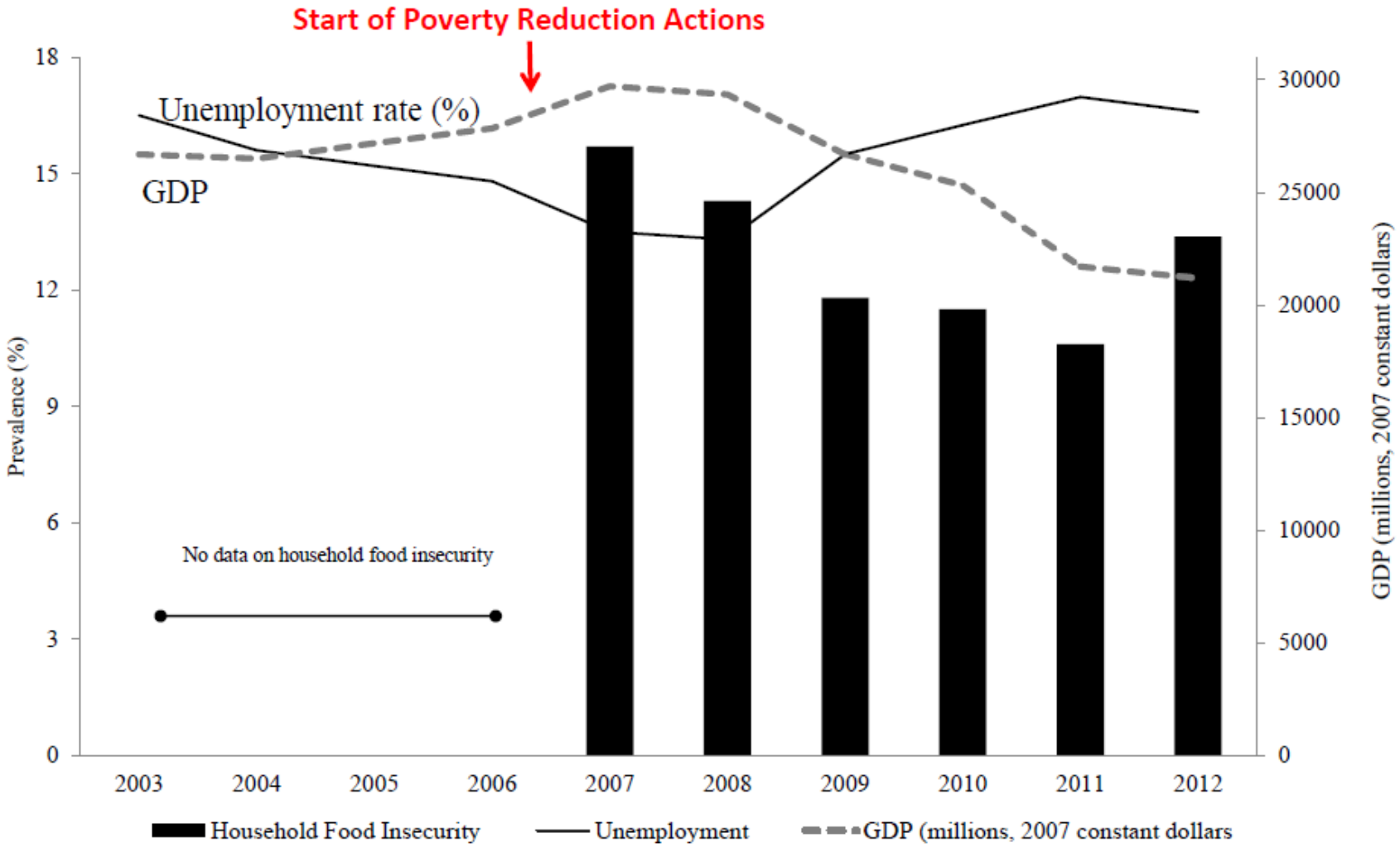
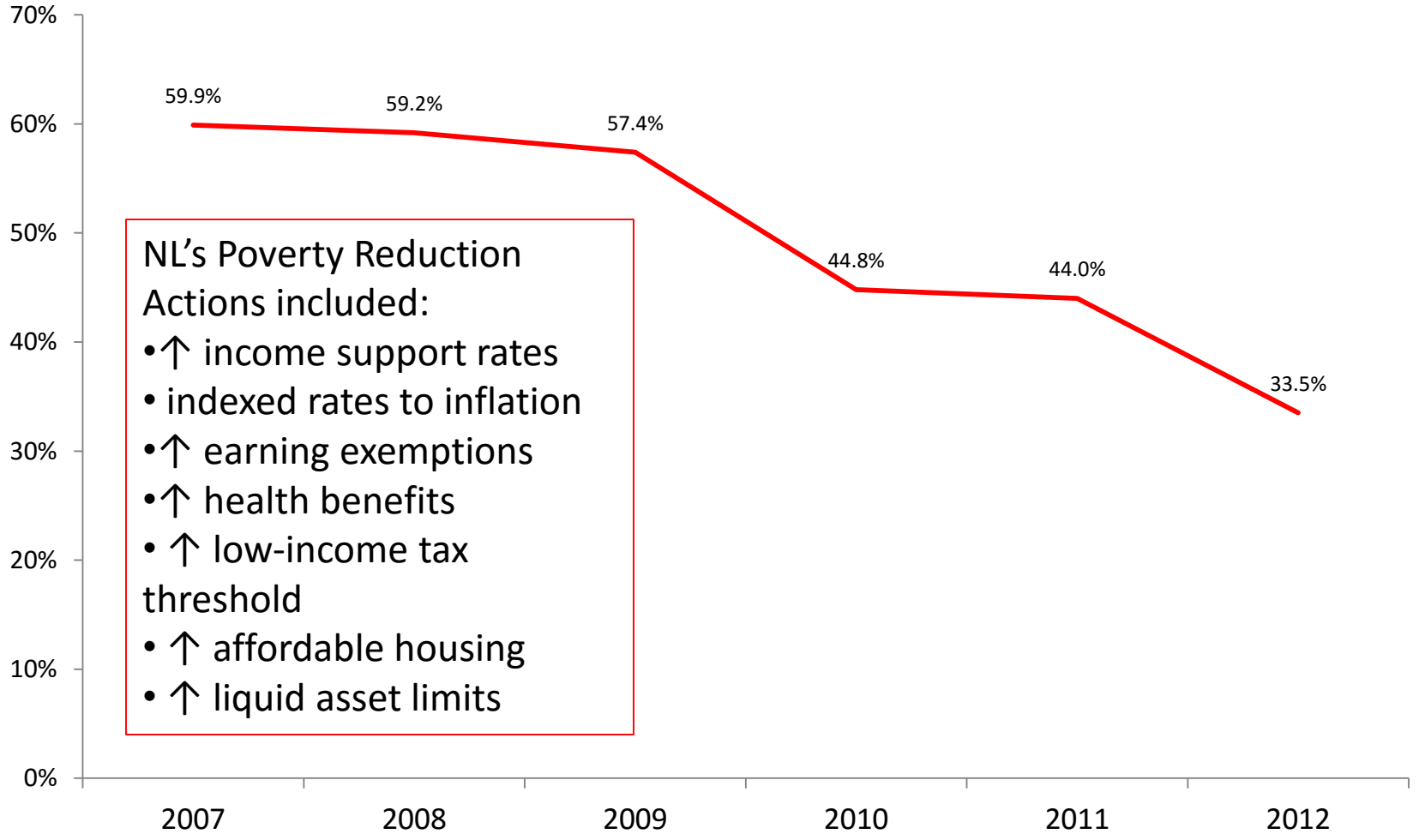


Prevalence of food insecurity among households in Newfoundland and Labrador reporting <u>any</u> income from social assistance.



(Loopstra, Dachner & Tarasuk, *Canadian Public Policy*, September, 2015)

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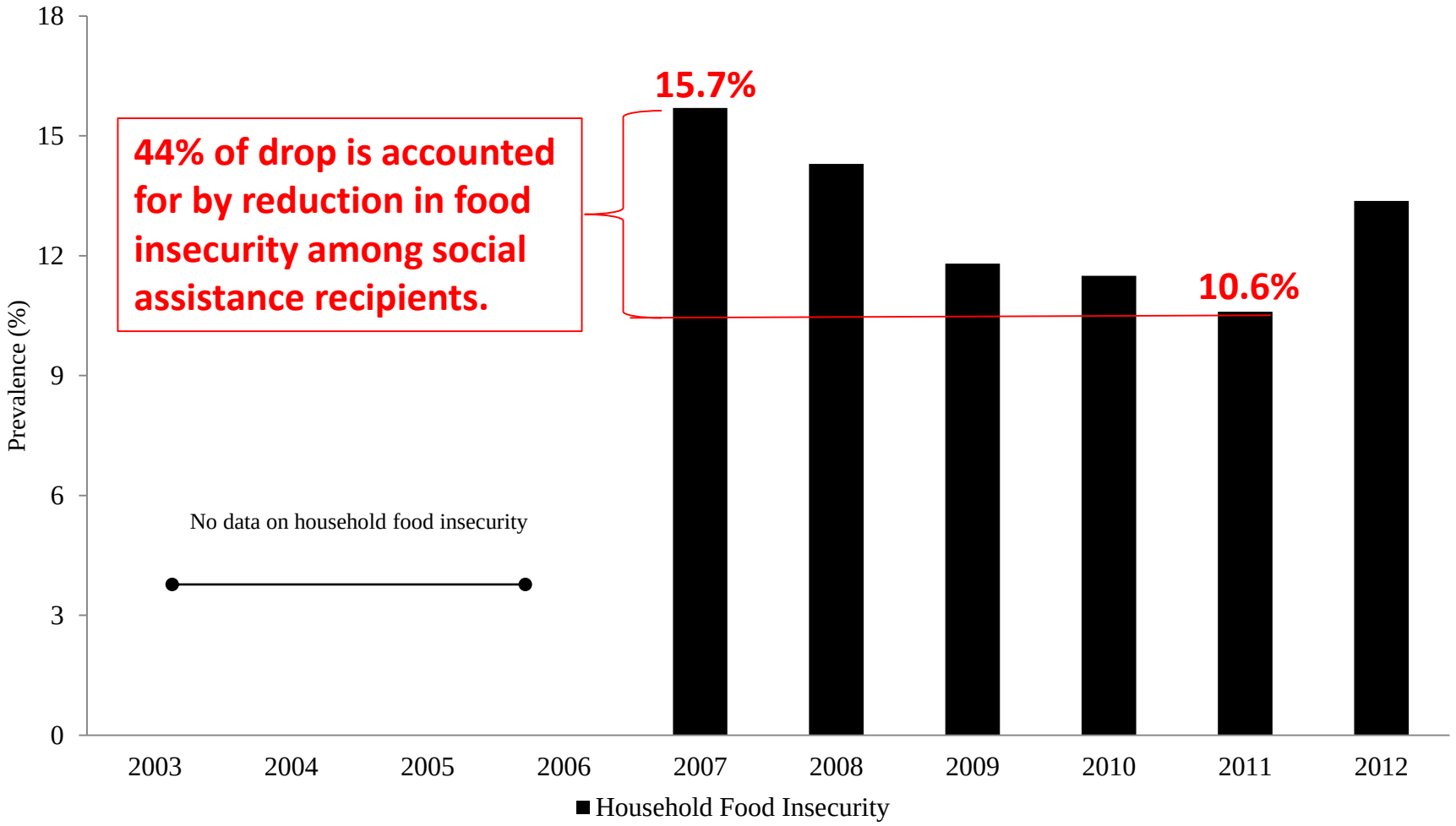


The value in keeping a focus on food insecurity

- Revealing a layer of vulnerability in our population that was previously unknown and unknowable.

- Measurement borne out of need to understand community food charity activity, and it has delivered. But, need for clarity regarding community 'responses' persists.

- Examinations of effects of specific policy and program interventions on food insecurity cast 'poverty reduction' actions in a different light.

Seeds of change now?

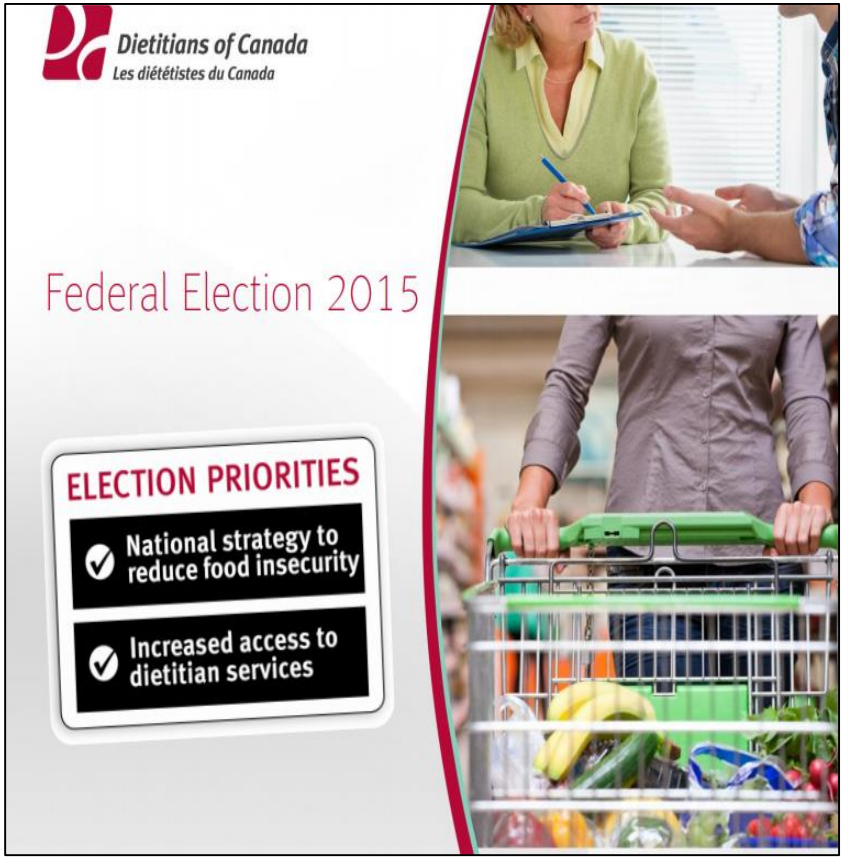
- Active dissemination of evidence through PROOF* → ↑awareness of magnitude and seriousness of the problem.
- Clarity regarding limits of community efforts and need for non-food response.
- Emerging research on sensitivity of food insecurity to policy decisions → identification of possible solutions.

PROOF: a research program funded by the Canadian Institutes of Health Research.

Advocacy for a basic income to address food insecurity

Eat Think Vote

FSC RAD
Food Secure Canada
Réseau pour une alimentation durable



OSNPPH releases position statement on responses to food insecurity

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