



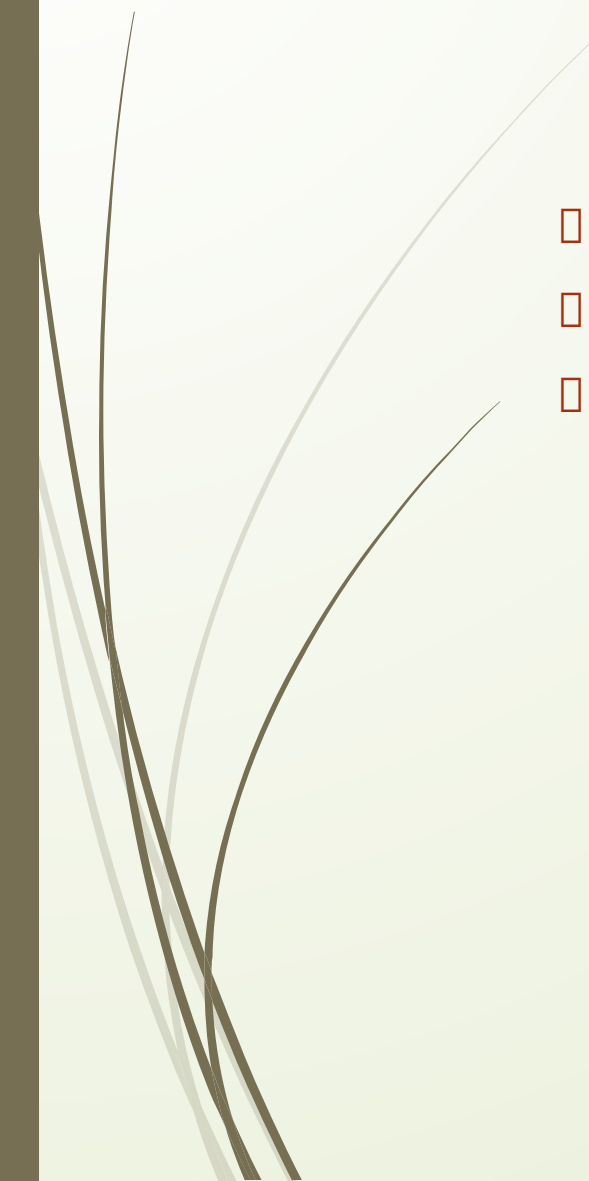
Food security and insecurity:

Developing a common understanding

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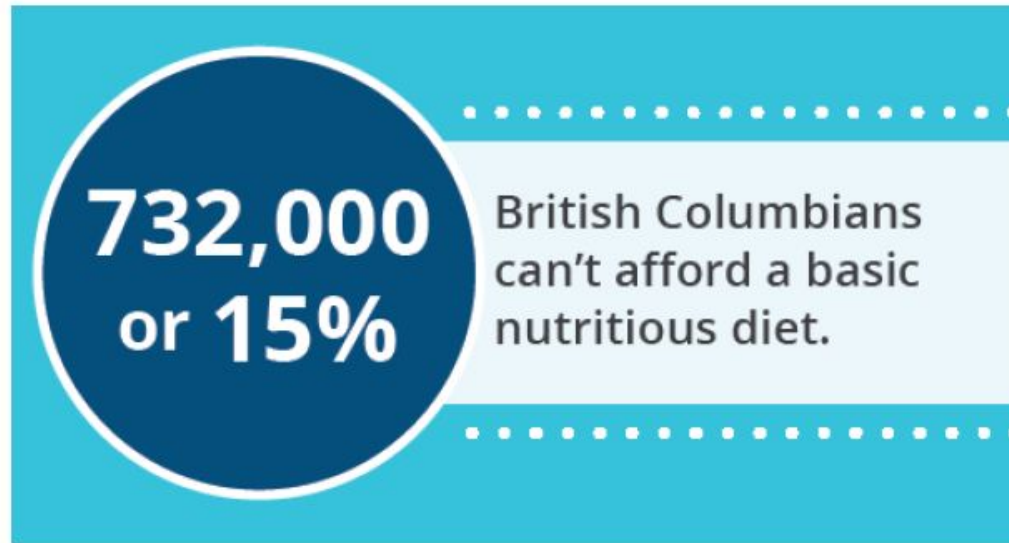


Outline

- Examining household food insecurity
 - Defining food security and food insecurity
 - Elements that must be addressed to increase food security
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Household food insecurity

Household Food Insecurity (HFI) is defined by PROOF as *the inadequate or insecure access to food due to financial constraints*

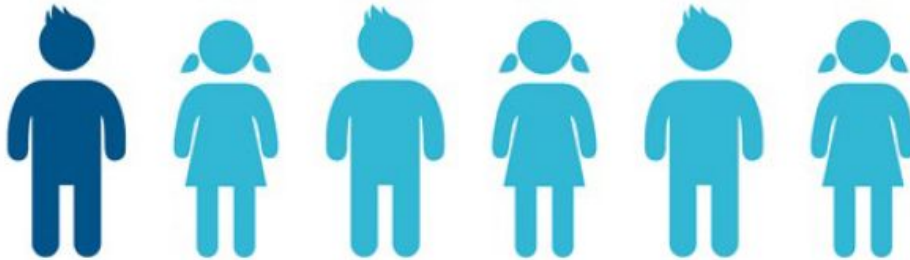


Household Food Insecurity in BC

1 in 7
households



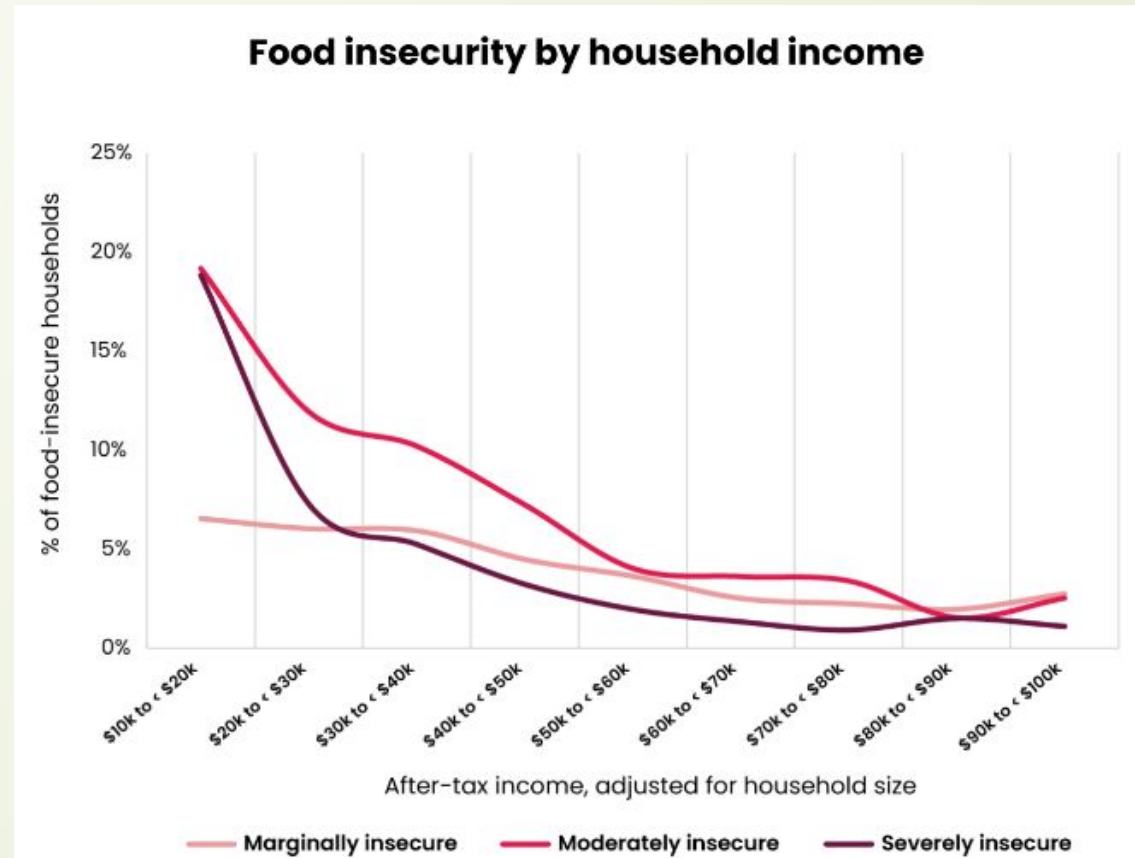
1 in 6
children



BC Centre for Disease Control
Provincial Health Services Authority

Source: Tarasuk V, Li T, Fafard St-Germain AA. Household food insecurity in Canada, 2021. Toronto: Research to identify policy options to reduce food insecurity (PROOF). 2022.

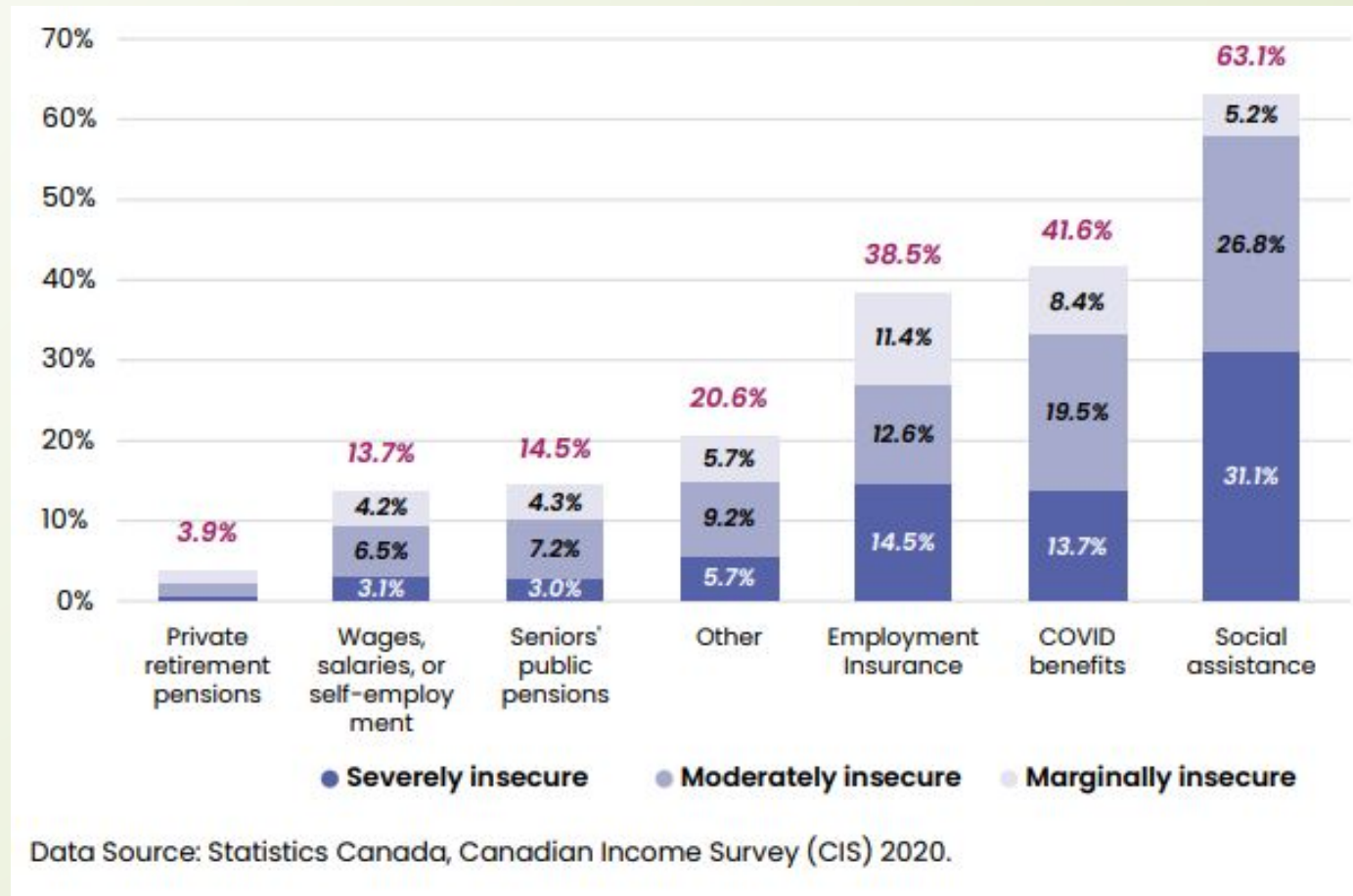
Income and food insecurity



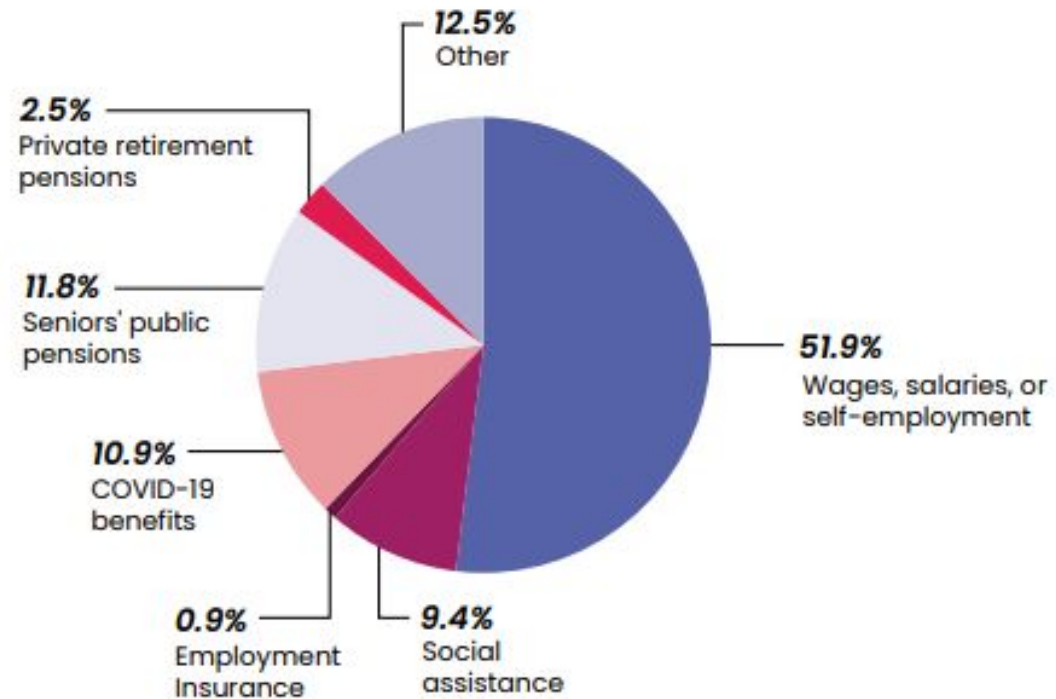
Data Source: Statistics Canada, Canadian Income Survey (CIS) 2020.

From *Household Food Insecurity in Canada, 2021* by Tarasuk, Li, & Fafard St-Germain, 2022.

Distribution of food-insecure households by main source of income, 2021

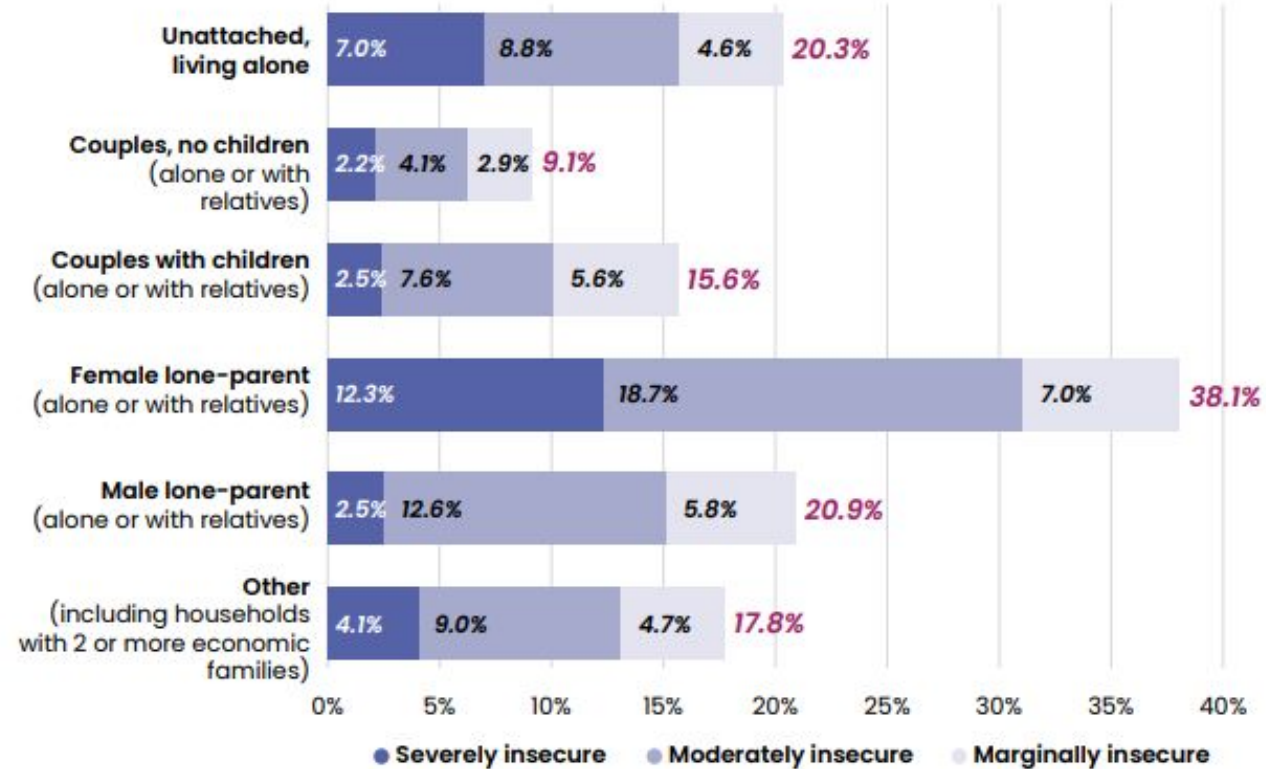


Distribution of food-insecure households by main source of income



Data Source: Statistics Canada, Canadian Income Survey (CIS) 2020.

Household food insecurity by household type, 2021



Data Source: Statistics Canada, Canadian Income Survey (CIS) 2020.



Household food insecurity disproportionately affects some populations

- Visible minorities experience higher rates of food insecurity than people identifying as white
- Indigenous Peoples have the highest rates at 30.7%
- Household food insecurity varies greatly by age:
 - Prevalence among children and young adults is more than triple the prevalence among those 75 years and older.

Ages 0-24

18.0 – 20.0%

Ages 75+

6.1%

Health impacts of household food insecurity



Household food insecurity affects people's physical, social and mental health, and overall wellbeing.



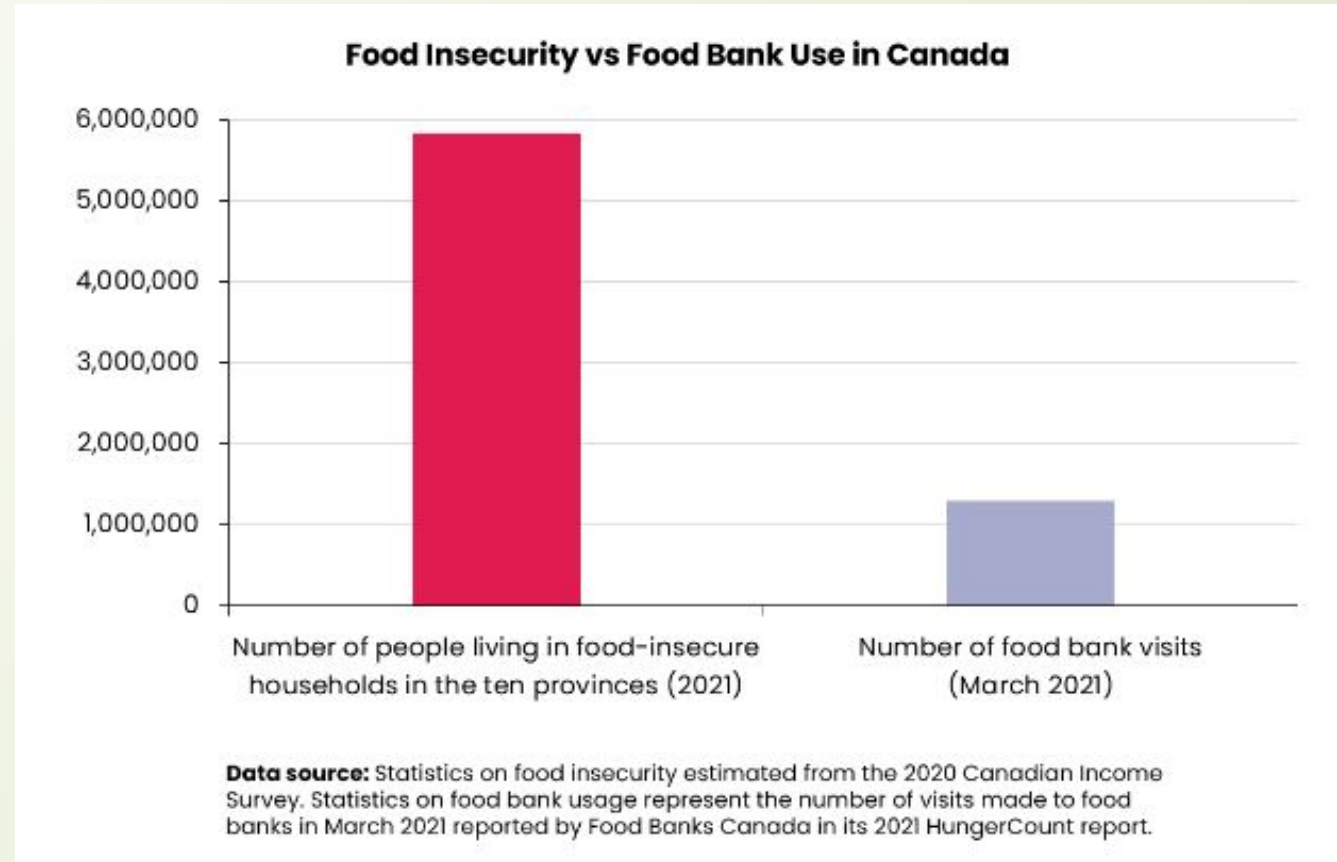
Compared to food secure households, health care costs are up to **76% higher** for food insecure households.




BC Centre for Disease Control
Provincial Health Services Authority

Source: Tarasuk V, Cheng J, de Oliveira C, Dachner N, Gundersen C, Kurdyak P. Association between household food insecurity and annual healthcare costs. *Can Med Assoc J.* 2015 Aug. 10;187(14):E429-E436.

Food Insecurity vs Food Bank Use in Canada





What can we do about household food insecurity?

- Help meet people's immediate food needs
 - Vernon Survival Guide <https://socialplanning.ca/>
 - Enderby Survival Guide
 - Dial or text 2-1-1 or email <https://bc.211.ca/>
- Help ensure people are getting all of the financial benefits they are entitled to
 - Government of Canada Benefits Finder <https://www.canada.ca/en/services/benefits/finder.html>
- Advocate for income policy solutions
 - <https://www.bcpovertyreduction.ca/>
 - Assessing the Affordability of Healthy Eating in BC Report



Defining food security and food insecurity in BC

“Food security and food insecurity have sometimes been framed as opposite concepts; however, this is a simplistic comparison given the evidence that food insecurity can exist in the presence of food security.”

The focus of the definitions is on highlighting specific elements of each term.

Food Insecurity

- Food insecurity exists when factors outside an individual's control negatively impact their access to enough foods that promote well being.

MAJOR FACTORS THAT CONTRIBUTE TO FOOD INSECURITY



Economic

- Inadequate income to afford food or the means to acquire food (e.g., hunting/fishing supplies)
- Housing status (e.g., security of tenure)



Social

- Colonization and systemic discrimination that excludes specific social identities



Environmental

- Climate change
- Contamination of land and water
- Unsustainable agricultural practices



Geographical

- Unstable food supply chains
- High food and transportation costs in remote areas



Food Security

- **Food security** means that:
 - 1 □ everyone has equitable **access** to food that is affordable, culturally preferable, nutritious and safe;
 - 2 □ everyone has the **agency** to participate in, and influence food systems;
 - 3 □ and that **food systems** are resilient, ecologically sustainable, socially just, and honour Indigenous food sovereignty.

Food Security





8 Elements that must be addressed to increase food security

- Adequacy
 - Acceptability
 - Availability
 - Affordability
 - Accessibility
 - Agency
 - Social Justice
 - Sustainability
- 

Summary

- Food security and food insecurity have distinct elements and are not opposites
- Targeted actions are needed to address specific food security elements
- Addressing household food insecurity requires income-based policy solutions in addition to meeting people's immediate food needs





Thank you!