

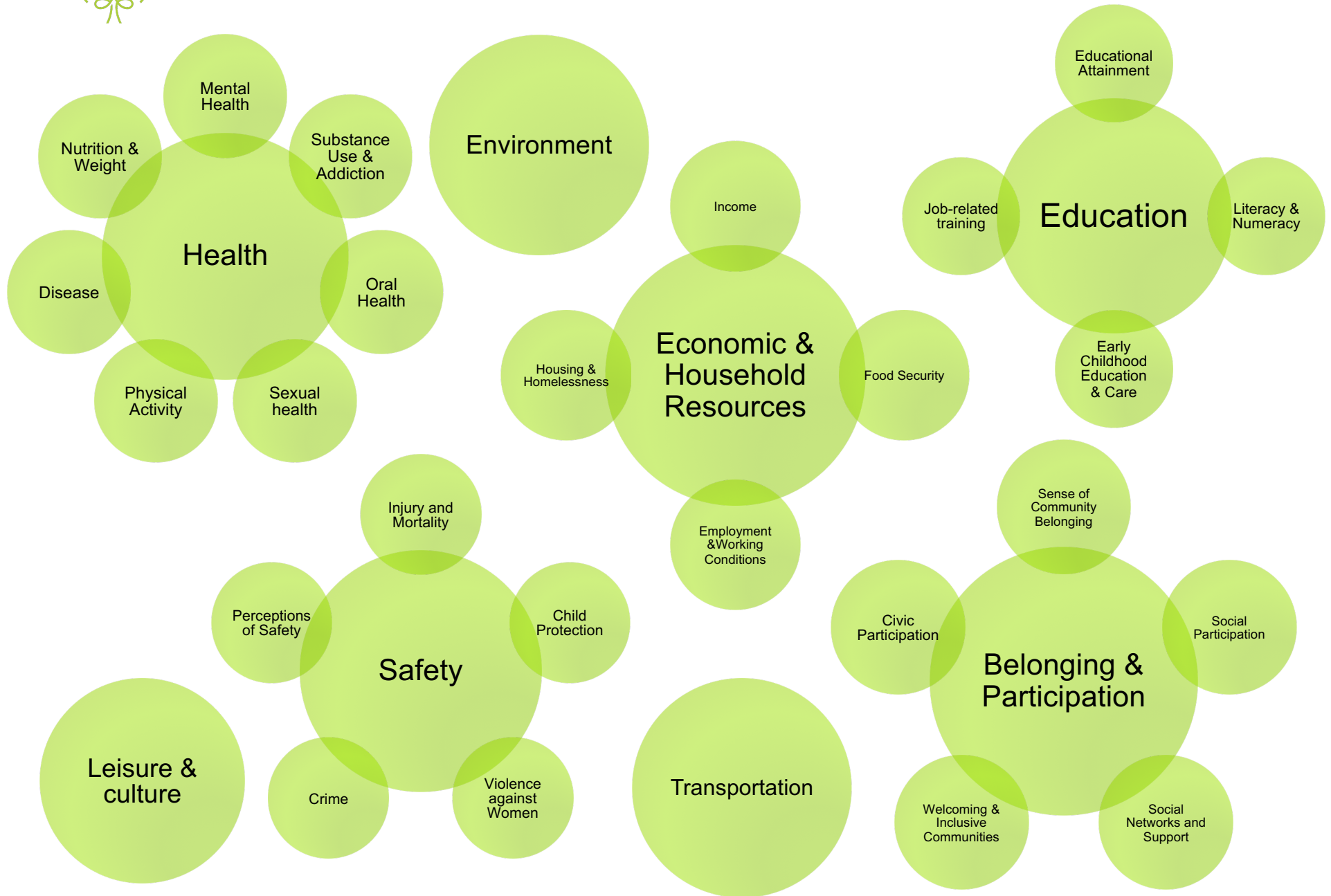


ACCESS TO AFFORDABLE, NUTRITIOUS FOOD, FOOD INSECURITY, & WELLBEING

Sarah Haanstra, Co-chair Smart Cities Nutritious Food
Workstream; Manager, Toward Common Ground
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Wellbeing Framework



Social Determinants of Health

- Low Income
- Food insecurity
- Transportation
- Employment
- Education
- Immigrant Status
- Social Supports
- Healthy Child Development
- Housing

Income is perhaps the most important social determinant of health.

Sources:

- Mikkonen, J. & Raphael, D. (2010). *Social Determinants of Health: The Canadian Facts*. Toronto: York University School of Health Policy and Management. Available at: http://www.thecanadianfacts.org/The_Canadian_Facts.pdf
- https://www.wdgpulichealth.ca/sites/default/files/file-attachments/report/ht_report_2013-addressing-social-determinants-of-health-in-wdg_fullreport_access.pdf



Key Definitions

Food security is when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active lifestyle

Food insecurity: This refers to inadequate or insecure access to food because of financial constraints – or limited access.

Sources

- Food and Agriculture Organization of the United Nations (n.d). *Chapter 2. Food security: concepts and measurement*. Available at: <http://www.fao.org/docrep/005/y4671e/y4671e06.htm>
- Tarasuk, V., Mitchell, A, Dachner, N. (2014). *Household Food Insecurity in Canada 2014*. Available at: <http://proof.utoronto.ca/wp-content/uploads/2016/04/Household-Food-Insecurity-in-Canada-2014.pdf>

Why is access to nutritious, affordable food important?

- Access is directly connected to income
- People living with low income are most impacted
- Lack of access to safe, nutritious food:
 - missing key nutrients
 - negative physical and mental health outcomes



Sources

- Holben D, American Dietetic Association. (2010) *Position of the American Dietetic Association: food insecurity in the United States*. Journal of American Dietetic Association. Available at: <http://www.ncbi.nlm.nih.gov/pubmed/20821887>
- Vozoris NT, Tarasuk VS. (2003). *Household food insufficiency is associated with poorer health*. The Journal of Nutrition 133(1): 120-126

Cost of a Nutritious Food Basket in Wellington Dufferin Guelph (2018)

\$210.09

Cost of a nutritious food
basket for a family of
four

Source:

- Needham, L. (2016, 2017, 2018). Nutritious Food Basket for WDG 2016, 2017, 2018. Wellington-Dufferin-Guelph, ON: WDG Public Health



% Increase in Cost of a Nutritious Food Basket

26%

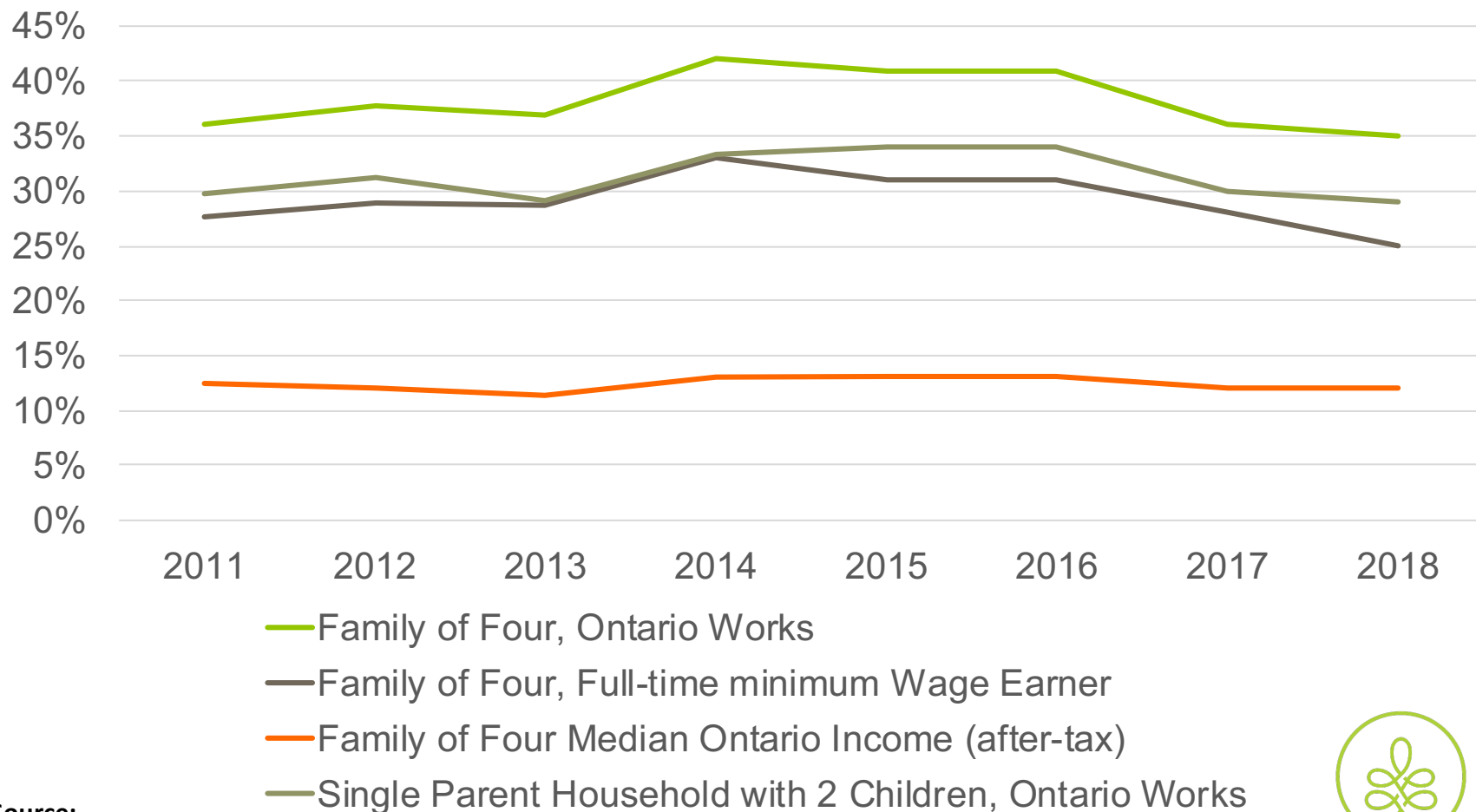
Increase in cost of a
nutritious food basket
from 2009

Source:

- Needham, L. (2016, 2017, 2018). Nutritious Food Basket for WDG 2016, 2017, 2018. Wellington-Dufferin-Guelph, ON: WDG Public Health



Percent of Total After-Tax Income required to buy Healthy Food by Family Type and Year



Source:

- Needham, L. (2016, 2017, 2018). Nutritious Food Basket for WDG 2016, 2017, 2018. Wellington-Dufferin-Guelph, ON: WDG Public Health



% of household experiencing marginal, moderate or severe food insecurity (2012-2014)

17.1

Guelph

8.7

Wellington (does
not include Guelph)



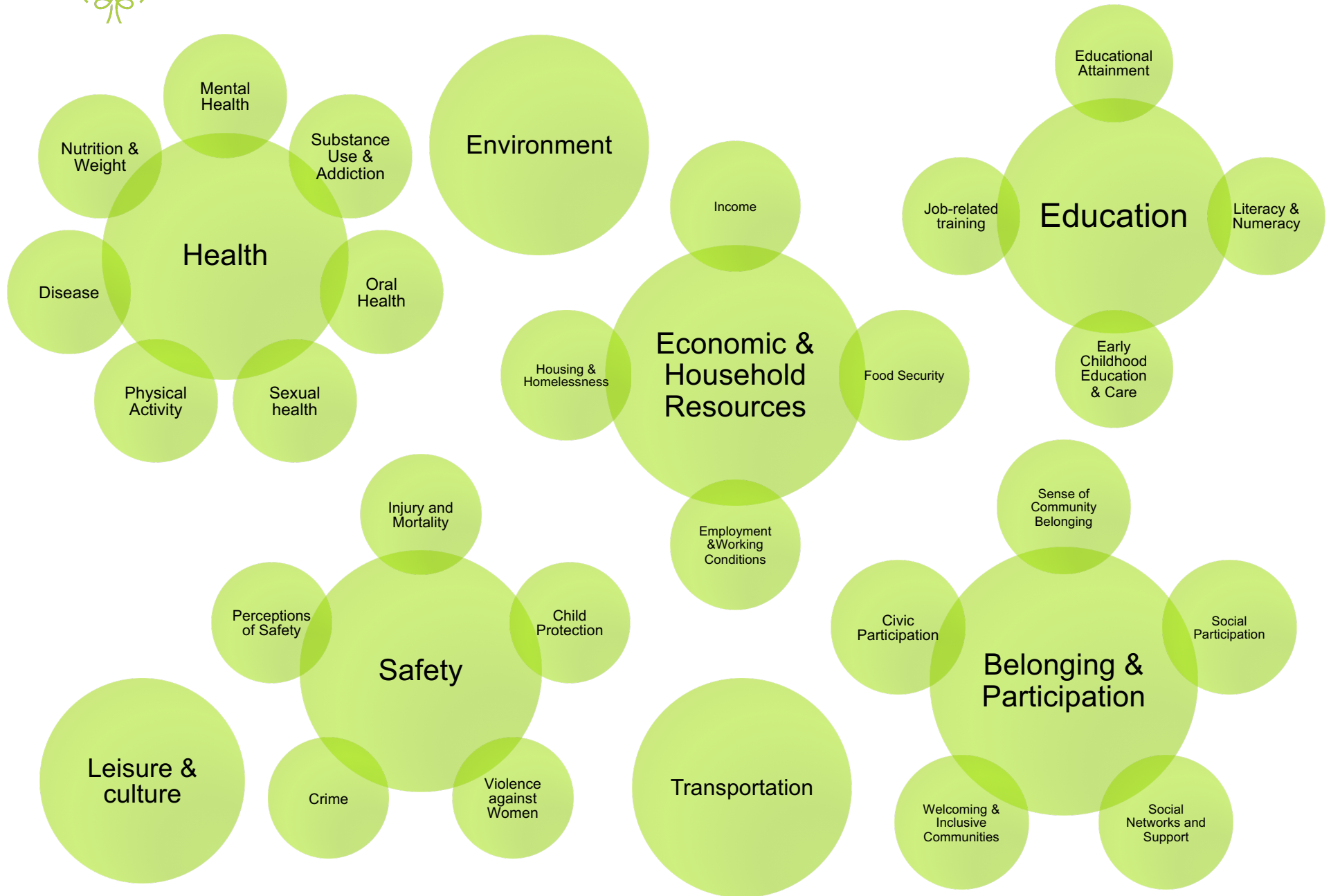
Source:

Canadian Community Health Survey (CCHS). Statistics Canada, Annual Content (2009-2014), Ontario Share File distributed by the Ontario Ministry of Health and Long-Term Care.

Prepared by: Wellington-Dufferin-Guelph Public Health. Last updated October 2017.



Wellbeing Framework



Questions



Local Data and Information

- Wellington Dufferin Guelph Report Card
 - <http://www.wdgreportcard.com>
- Toward Common Ground
 - www.towardcommonground.ca
- Wellington Dufferin Guelph Interactive Reports
 - <https://bi.wdgpulichealth.ca>
- Vital Signs
- Open Data Guelph
- Canadian Institute for Health Information
- WW Local Health Integration Network
- Cancer Care Ontario

