

BRITISH COLUMBIA

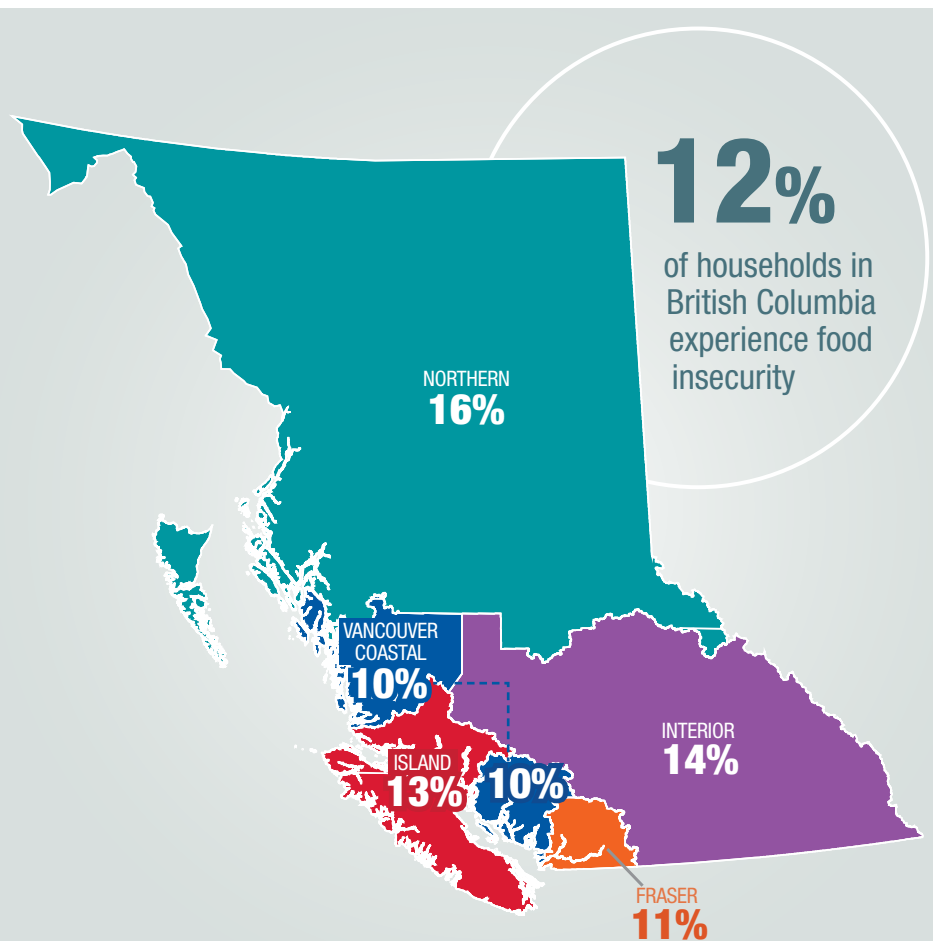
Household FOOD INSECURITY

in 2011-2012

INTRODUCTION

Household food insecurity is when a household worries about or lacks the financial means to buy healthy, safe, personally acceptable food.

RATES OF FOOD INSECURITY BY HEALTH AUTHORITY



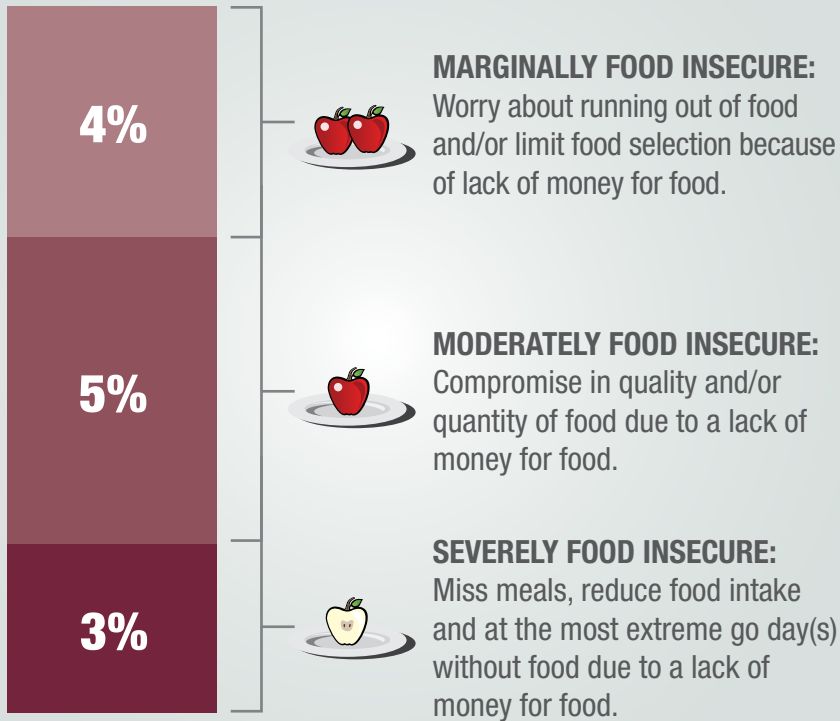
Adults who are food insecure are at increased risk of chronic conditions^{1,2} and have more difficulty managing their diseases.^{3,4} Food insecurity also impacts social and mental well-being and can increase the likelihood of depression, distress, and social isolation.⁵

Children and youth also suffer the impacts of food insecurity, which is associated with micronutrient deficiencies, as well as increased risk of chronic conditions such as asthma and depression.^{6,7,8}



LEVELS & RATES OF FOOD INSECURITY

LEVELS OF FOOD INSECURITY



RATES OF FOOD INSECURITY

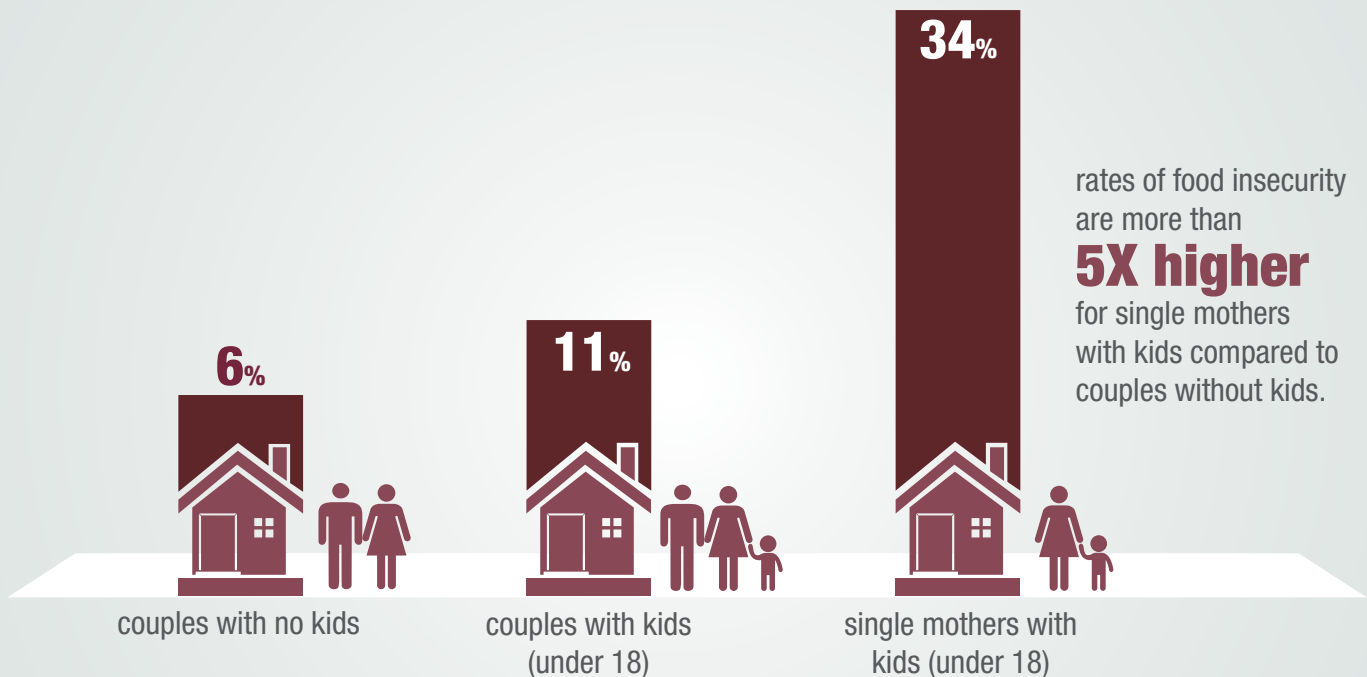


1 in 10 HOUSEHOLDS (12%) experience food insecurity



1 in 6 CHILDREN live in food insecure households

HOUSEHOLD COMPOSITION & RATES OF FOOD INSECURITY





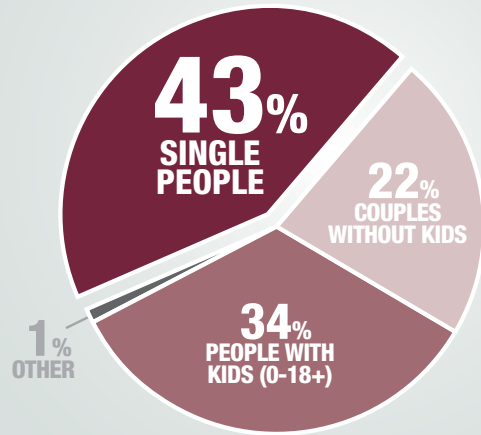
CHARACTERISTICS OF FOOD INSECURE HOUSEHOLDS

OF ALL FOOD INSECURE HOUSEHOLDS IN BC:

The majority are employed



The majority are single people



EDUCATION & FOOD INSECURITY

Households where at least one member HAS A UNIVERSITY DEGREE



Households where members DID NOT FINISH HIGH SCHOOL



SOCIAL ASSISTANCE & FOOD INSECURITY

76% of households on social assistance in British Columbia experience food insecurity



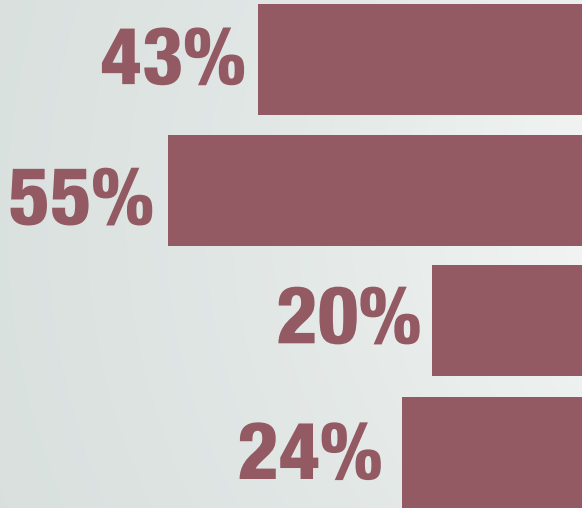
Food Insecure

Food Secure

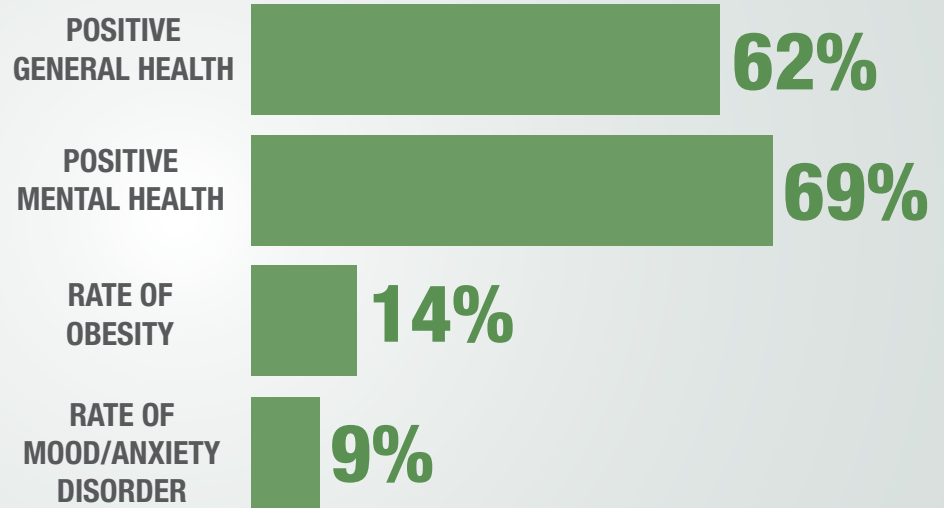


HEALTH & FOOD INSECURITY

FOOD INSECURE



FOOD SECURE



DATA SOURCES & METHODS

The Population and Public Health program collaborated with PROOFⁱ at the University of Toronto to assess the prevalence of household food insecurity in BC. The findings presented here summarize the data from the full report, *Priority Health Indicators for BC: Household food insecurity* report. Findings are based on data collected through the Canadian Community Health Survey (CCHS) in 2011-12.ⁱⁱ

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i. PROOF is an interdisciplinary research team in Canada exploring policy options to address household food insecurity.
 ii. The 2011-12 data represents the most recent data available for the province as BC did not participate in the optional food insecurity module during the 2013-14 CCHS cycle.

CONCLUSION



Food insecurity is a public health issue that influences physical and mental health across the lifespan. A recent study shows that people who are food insecure use up to 121% more healthcare dollars compared to those who are food secure,⁹ demonstrating that reducing food insecurity could offset considerable public expenditures in healthcare.

The root cause of household food insecurity is lack of income. Policy interventions at the provincial or federal level that address household income can make a significant difference to improve food insecurity.

For more information, including a regional health authority infographics and the full report, visit www.phsa.ca/populationhealth

