

BC Communities Reducing Poverty CoP

Tuesday, July 30, 2019
10:00 – 11:00 am PST

Technical Considerations

- **Visuals:** You must be connected through the meeting URL to see our slideshow.
- **Audio Options** - please select the appropriate setting via your Zoom control bar and **please mute your own line when not in use.**
 - **Computer:** You may connect your audio using your computer's speakers.
 - **Phone:** You can also dial in using your phone. Call **+1 647 558 0588** and use access code **809 542 860**.
- **Tech Support:** If you are not connected by computer speakers or phone please type any questions or comments into the chat box.

Our Agenda

- Welcome and introductions
- Presentation
 - Household Food Insecurity: Look to Root Causes to Inform Solutions (Kristi Estergaard, IH Public Health Dietitian)
- Discussion
 - What are the intersections of food security with income security?
 - How can communities can build understanding of food security from a systems perspective?
 - What are some ways that communities can tackle this issue locally? By influencing policy?
- Closing Announcements / Next Call

Household Food Insecurity: Look to Root Causes to Inform Solutions

Kristi Estergaard, IH Public Health Dietitian



Household Food Insecurity: Look to root causes to inform solutions

Kristi Estergaard, Public Health Dietitian
Interior Health

Presented to BC Communities Reducing Poverty Community of Practice
July 30, 2019



Interior Health
Every person matters

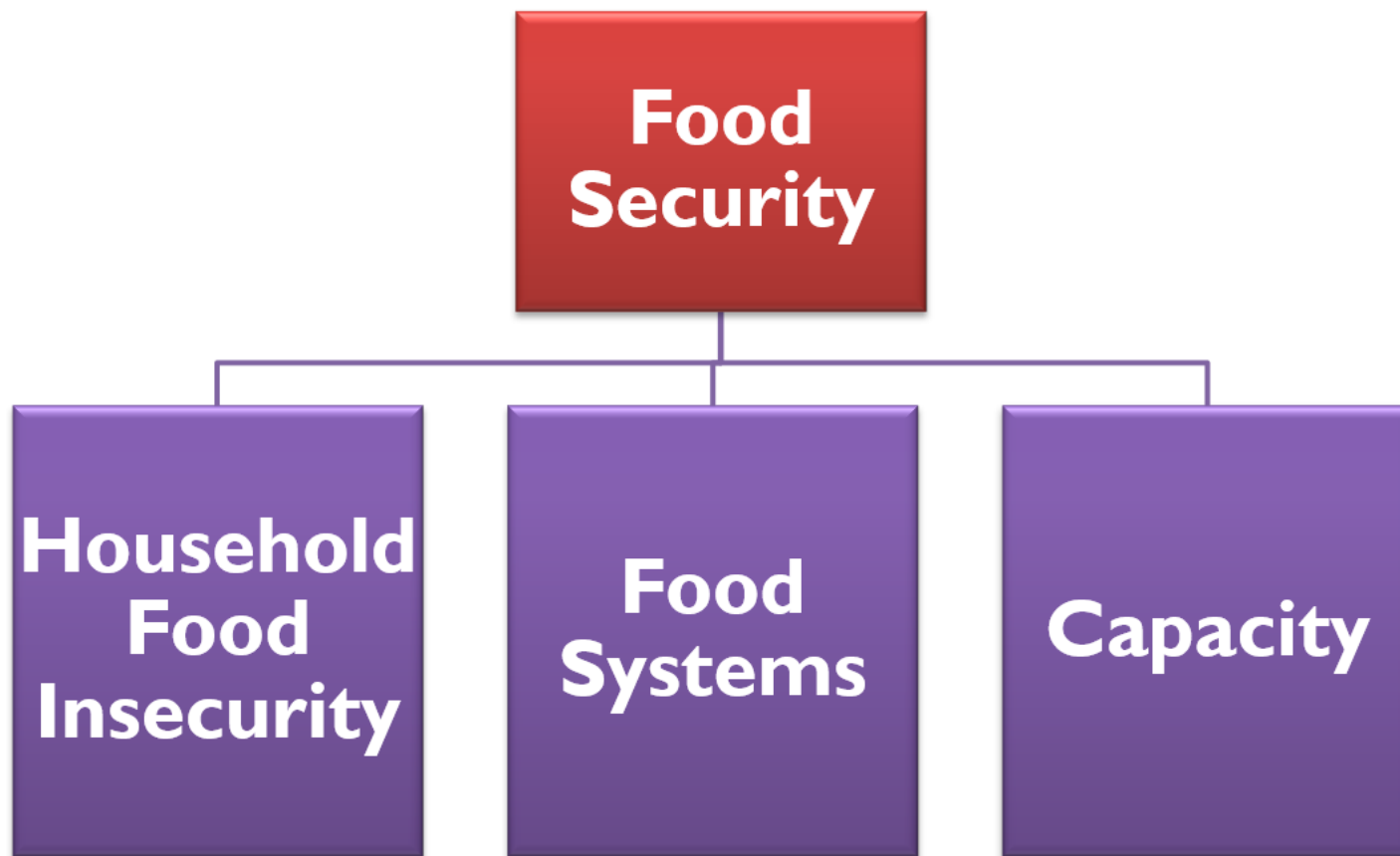
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Food Security ???



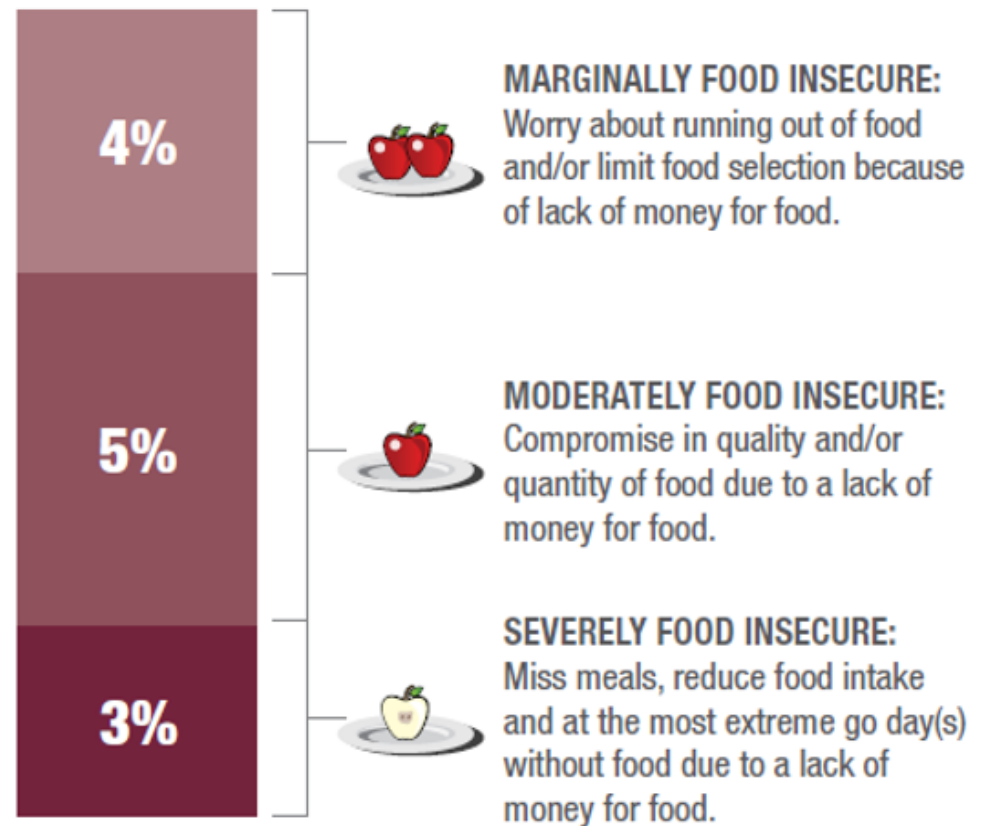
The goals of *food security* are to increase physical, social, and economic access to nutritious, safe, personally acceptable food with a focus on increasing availability of healthy food produced in a sustainable manner.

- Provincial Health Services Authority

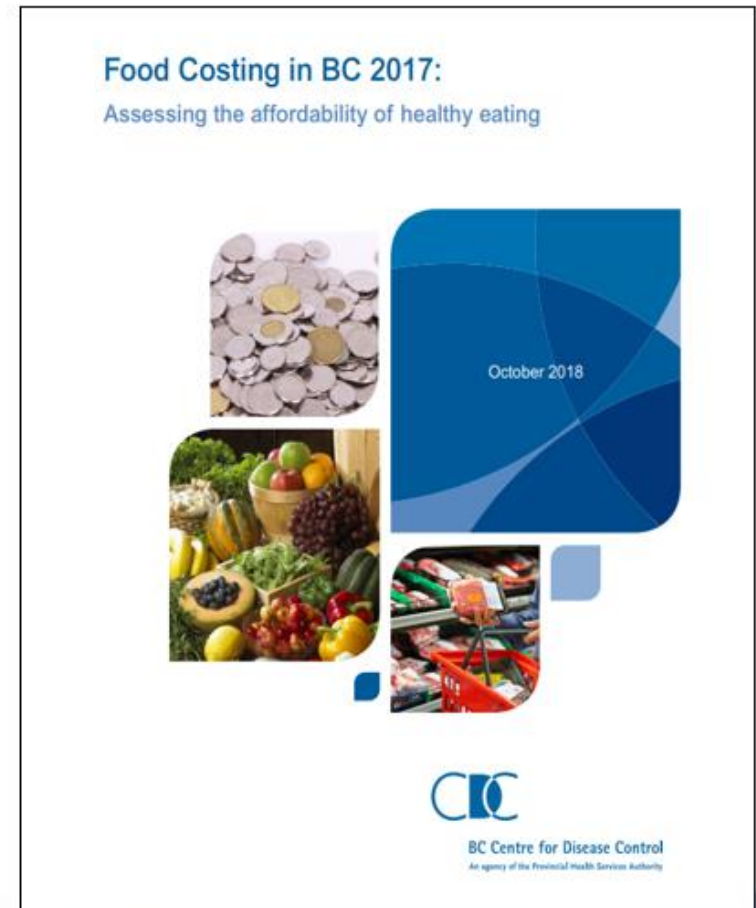
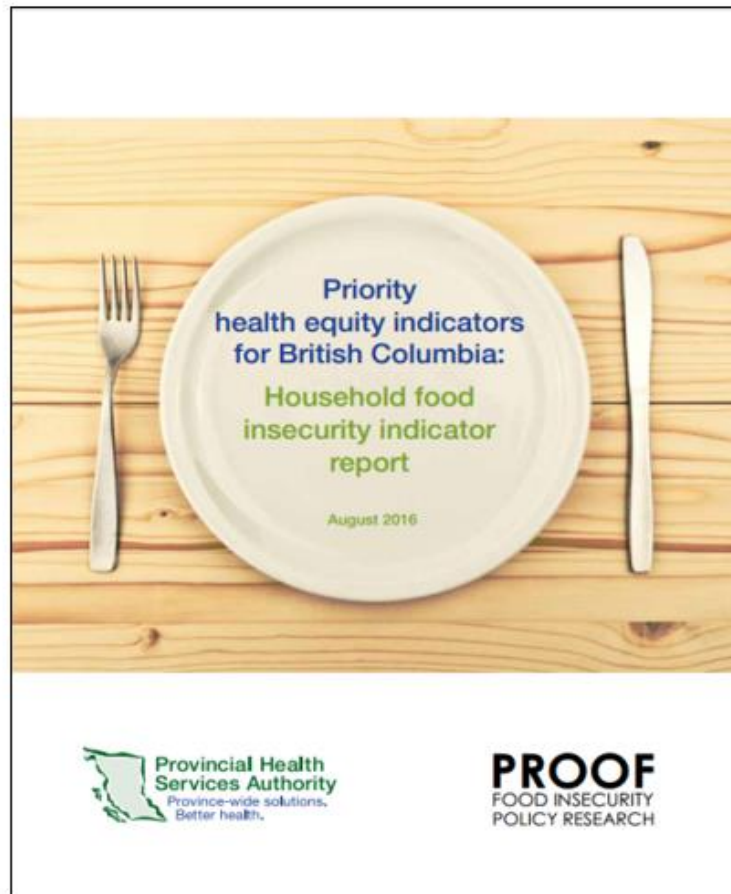


Defining food insecurity in BC

When a household worries about or lacks the financial means to buy healthy, safe, personally acceptable food.



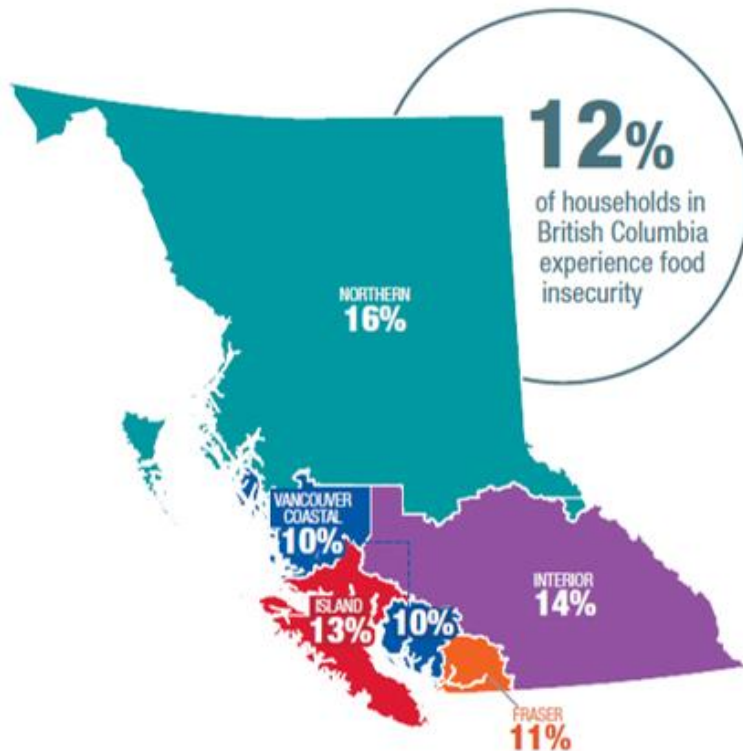
Background Reports



www.phsa.ca/populationhealth

Nearly half a million British Columbians face food insecurity

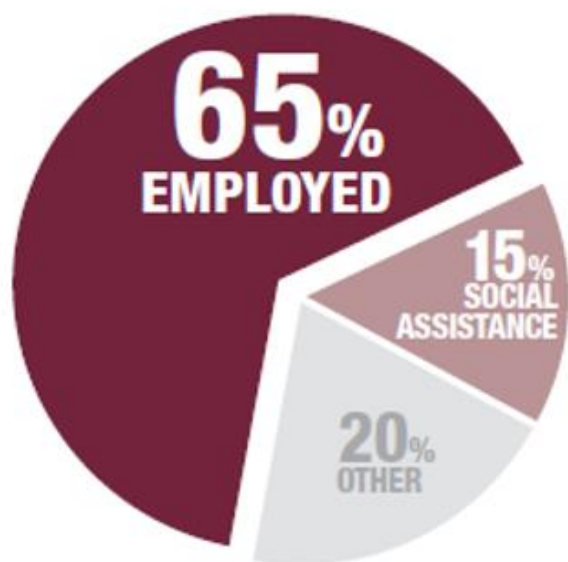
BY HEALTH AUTHORITY



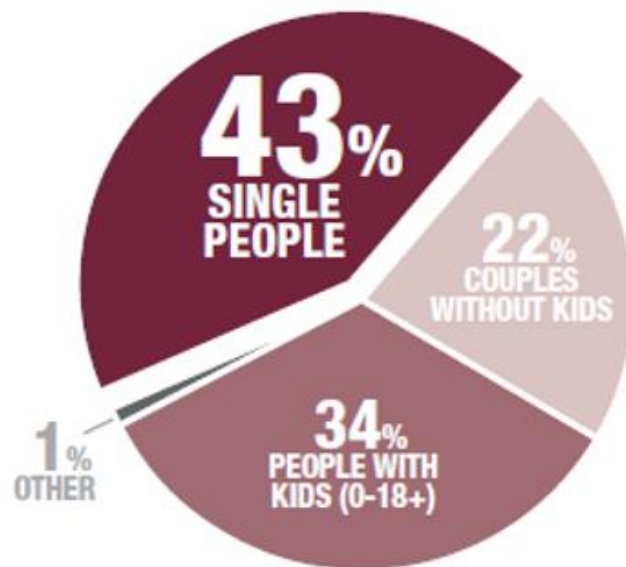
1 in 10 HOUSEHOLDS (12%)
experience food insecurity

Of all food insecure households:

The majority are employed



The majority are single people





HEALTH

The new Canada Food Guide highlights the biggest obstacle to healthy eating—poverty

Opinion: The nutritious diet recommended by Ottawa is out of reach for millions of Canadians. The next, obvious steps are decent living wages and fairer social benefits

by Nick Saul Jan 29, 2019



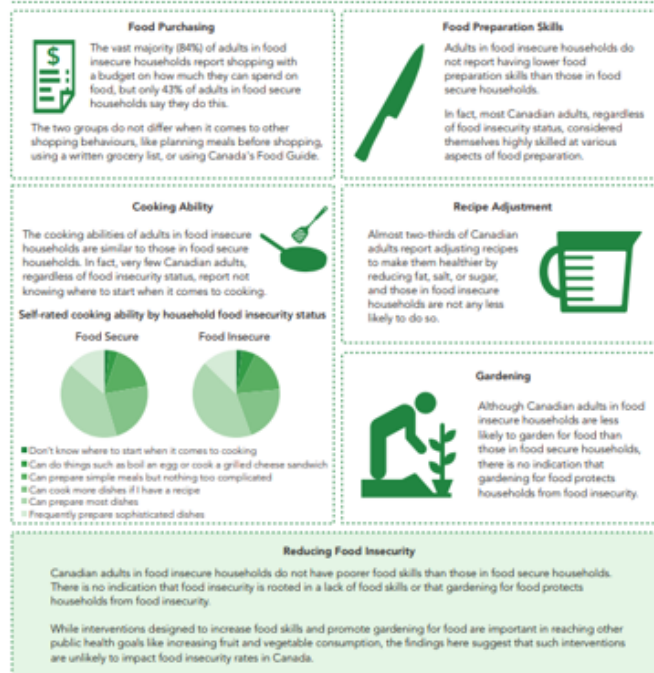
Food skills are not the root of the problem



Food Procurement, Food Skills & Food Insecurity

Food insecurity - the inadequate or insecure access to food due to financial constraints - is a serious public health problem, with over 4 million Canadians living in food insecure households. It negatively impacts physical, mental, and social health, and costs our healthcare system considerably.

Statistics Canada began monitoring food insecurity in 2005 through the Canadian Community Health Survey (CCHS). In 2012 and 2013, questions were included on the CCHS to assess the food skills and practices of adults with sample of 10,000 Canadians for each year. This factsheet summarizes the findings from a recent study using that data.¹



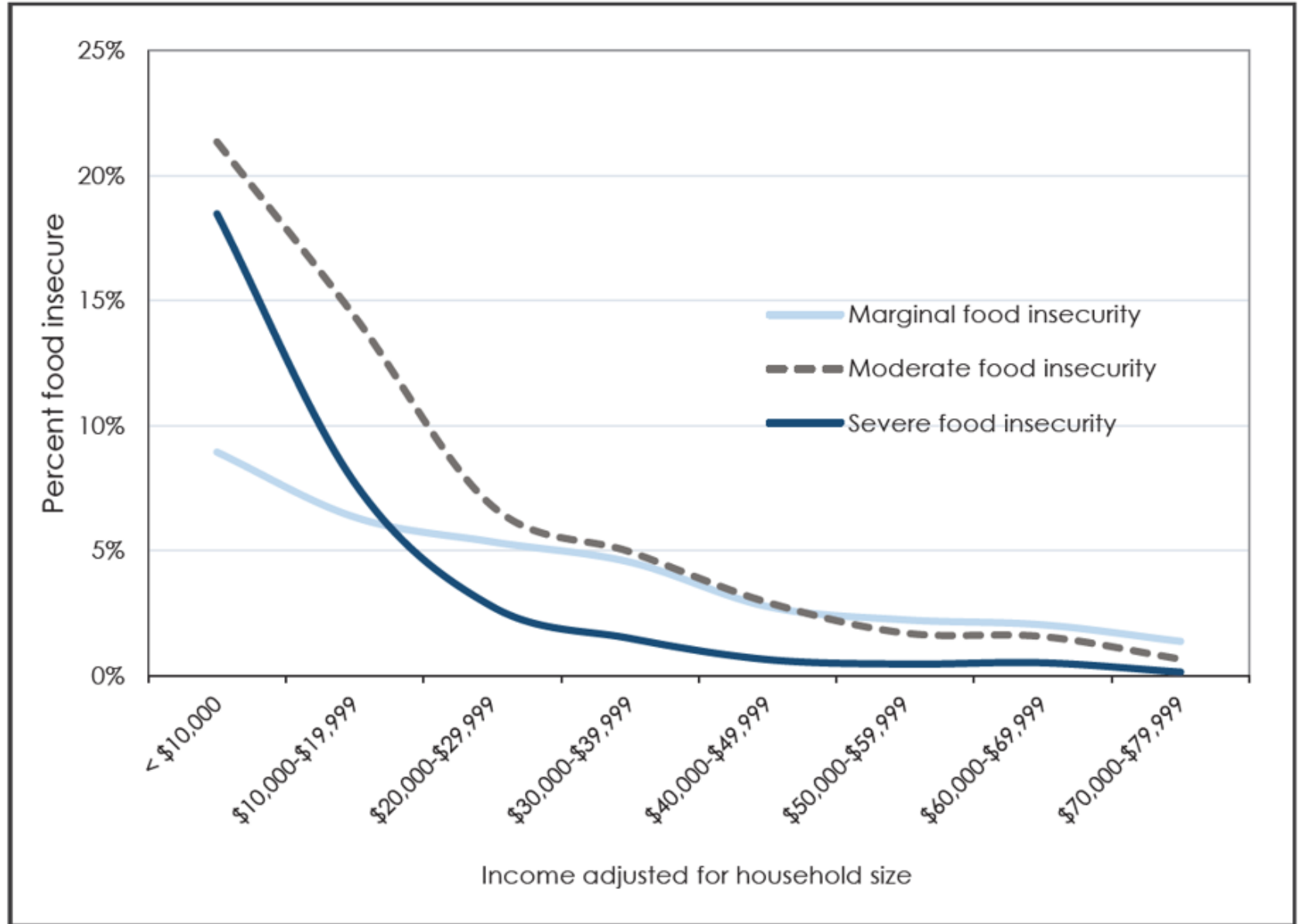
<https://proof.utoronto.ca/resources/factsheets/#foodskills>

PROOF
FOOD INSECURITY
POLICY RESEARCH

PROOF is a CHRF-funded, interdisciplinary research program working to identify effective policy interventions to reduce household food insecurity in Canada. For more information, visit proof.utoronto.ca or [@proofcanada](https://twitter.com/proofcanada)

¹ For more information about this research, see: Husken, A., Oh, S. K., & Tarasuk, V. (2017). Adults' food skills and use of gardens are not associated with household food insecurity in Canada. *Canadian Journal of Public Health, 107*(8), e526-e532

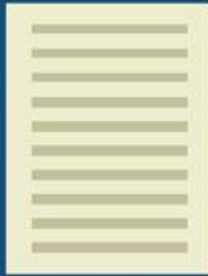
Figure 3. Relationship between food insecurity and household income



Source: Statistics Canada, Canadian Community Health Survey 2013–2014.

	Family of Four on Income Assistance	Family of Four Minimum Wage (\$11.35/hr)	Family of Four Median Wage (\$24.92/hr)
Disposable Income (2017 BC data)	\$2294.06	\$4324.07	\$7241.50
Cost of Housing (2018 CMHC data* average rent for a 3 bedroom, Kelowna)	\$1397	\$1397	\$1397
Cost of Food (2017 food costing IH, Okanagan HSDA data)	\$1020	\$1020	\$1020
% of income needed for food	44%	24%	14%
Money left for all other costs	-122.94	1907.07	4824.50

Household food insecurity is an **INCOME-BASED PROBLEM** and needs **INCOME-BASED SOLUTIONS**.



Policies to improve household income are the **MOST EFFECTIVE WAY** to lower food insecurity.

For example, once low income adults reach the age of 65 and become **ELIGIBLE FOR SENIORS' PENSION PROGRAMS** (a form of guaranteed basic income) **THEIR RISK OF BEING FOOD INSECURE DROPS BY 50%**.

Call to Action



TOGETHER, LET'S F.A.C.E THE FACTS ON FOOD INSECURITY

FRAME household food insecurity as an income-based problem that needs income-based solutions.

ASSESS the affordability of a healthy diet in your community using BC's latest data on the cost of food.

CONNECT with others who are working on poverty reduction.

ENGAGE in the need for policy action to ensure all British Columbians have the income they need to eat healthy.

For more information, see the **Food Costing in BC 2017 report**.

Resources

- Food Costing in BC 2017

<http://www.bccdc.ca/pop-public-health/Documents/food-costing-BC-2017.pdf>

- Food Costing 2017 Infographic

<http://www.bccdc.ca/pop-public-health/Documents/food-security-infographic-2017.pdf>

- Household Food Insecurity Indicator Report, 2016

http://www.bccdc.ca/pop-public-health/Documents/Household%20food%20insecurity%20in%20BC_full%20report.pdf

- Implications of a BIG for Household Food Insecurity, June 2017

<https://proof.utoronto.ca/wp-content/uploads/2017/06/Paper-Tarasuk-BIG-EN-17.06.13-1712.pdf>

- PROOF Food Insecurity Policy Research Fact Sheets

<https://proof.utoronto.ca/resources/fact-sheets/>

Discussion

- What are the intersections of food security with income security?
- How can communities can build understanding of food security from a systems perspective?
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Upcoming Learning Opportunity

Putting Community into Food Security

August 27th from 12:00 – 1:00 pm ET
Speakers: Jill Umbach and the Bruce Grey Poverty Taskforce

Learn how the Bruce Grey Poverty Task Force has transformed approaches to food security in the area through: food security conversations, a community food centre model and the use of a food charter as a policy tool.

An invitation will be sent to convenors.



New Resource



DIMENSIONS OF POVERTY HUB

The *Dimensions of Poverty Hub* monitors progress towards the targets of Canada's poverty reduction strategy, *Opportunity for All*. Beyond Canada's Official Poverty Line, the dashboard houses 12 indicators selected to track dignity, opportunity, and inclusion.

<https://www.statcan.gc.ca/eng/topics-start/poverty>



Cities Reducing Poverty Member Gathering 2019

Participate in interactive exercises, learn from exciting keynotes, and practice new skills.

- Future Search – CRP 2020
- Successes and failures
- PiPs and workshops
- Cultural experiences
- 2-night accommodations covered



Registration Available Soon!

Next Call

- Notes and resources from this call will be sent out in a follow up email
- Next BC CoP Call: September 17th at 10am PT / 11am MT / 12PM CT

