

# Inequalities in Food Insecurity in Canada

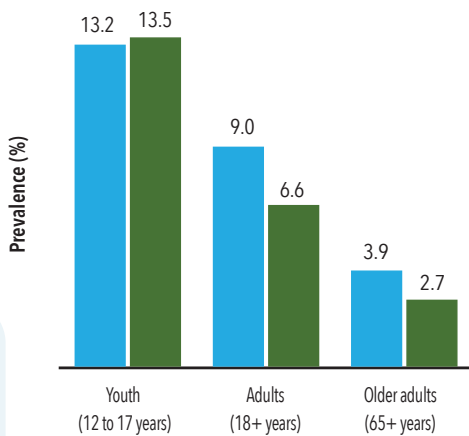
## The Experience of Youth, Adults and Older adults



Food insecurity occurs when at least one member of the household does not have the variety or quantity of food they need due to lack of money<sup>1,2</sup>. Here, food insecurity includes moderate and severe food insecurity as defined in the Canadian Community Health Survey (CCHS).

Large inequalities in food insecurity exist in Canada for a number of communities<sup>1</sup>.

Women<sup>ii</sup> and youth (girls and boys) are the most impacted by food insecurity



There are inequalities in food insecurity for youth and older adults related to living arrangement:

Prevalence of household food insecurity is:

- 2.8x HIGHER** for youth living with a single parent, compared to youth living with both parents
- 3.0x HIGHER** single parents living with children, compared to couples without children
- 2.0x HIGHER** for older adults living alone, compared to older adults in other living arrangements

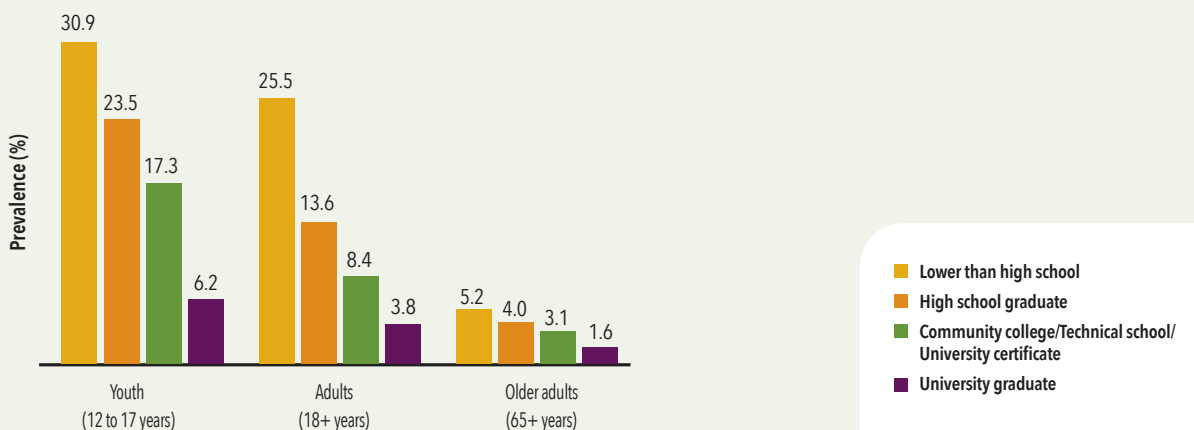


Household education level is a strong determinant of food insecurity, for all age groups:

Compared to people living in a household with university level education, the proportion of people with food insecurity living in a household with a lower than high school education is:

- 5.0x HIGHER** among youth
- 6.8x HIGHER** among adults
- 3.2x HIGHER** among older adults

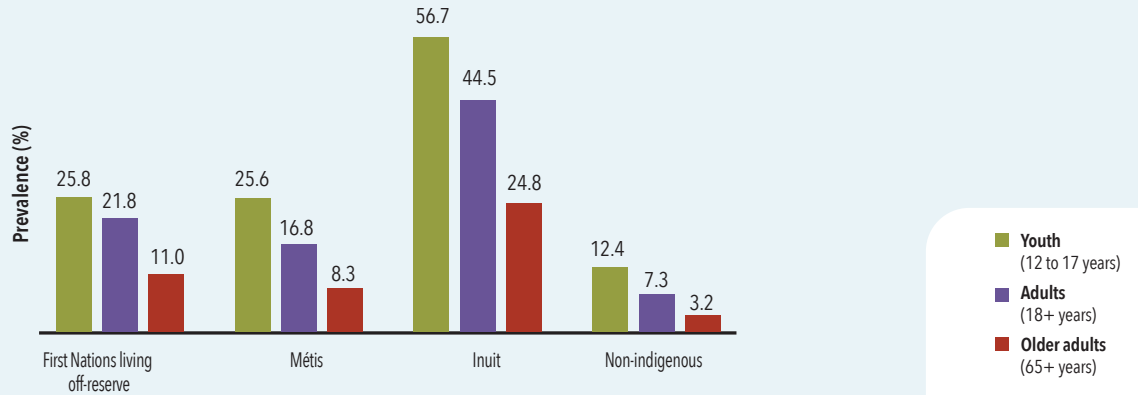
Proportion of people with food insecurity increases as household education level decreases



Through the life course, the proportion of people experiencing food insecurity is higher among First Nations, Métis and especially Inuit communities, compared to non-Indigenous communities.

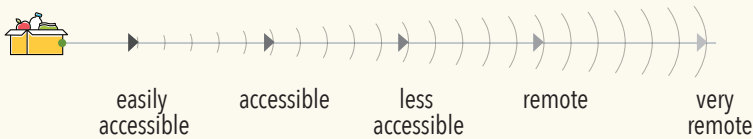


### Food insecurity is higher among First Nations, Métis and especially Inuit populations



**Inequities experienced by First Nations, Inuit and Métis populations are anchored in colonial policies and practices that began with Residential Schools, loss of cultural continuity, territories and languages. Unaddressed intergenerational trauma adds to the ongoing challenges faced by Indigenous peoples.**

Remoteness refers to an area's geographic proximity to service centres and population centres<sup>3</sup>. In Canada, areas are considered:



Across all ages, people living in 'very remote areas' are

**MORE LIKELY**

to experience food insecurity, compared to those living in all other areas.

**Compared to people living in easily accessible areas, the proportion of food insecurity for people living in very remote areas is**

**2.7x HIGHER**

for youth

**4.3x HIGHER**

for adults

**5.1x HIGHER**

for older adults

**Interventions aimed at the social determinants of food insecurity (for example, Universal Child Care Benefit, poverty reduction strategies, affordable housing) are promising solutions for reducing the overall prevalence and severity of food security, but also inequalities between Canadian populations<sup>1</sup>.**



To view these data and others on health inequalities in Canada, visit: <https://health-infobase.canada.ca/health-inequalities/data-tool/>

Follow us @GovCanHealth

Source for all data presented in this infographic: **Canadian Community Health Survey 2015-16, 2017-18**

**References:**

- <sup>1</sup> PROOF: Food Insecurity Policy Research. (2022). Household Food Insecurity in Canada. <https://proof.utoronto.ca/food-insecurity/#policy>.
- <sup>2</sup> Public Health Agency of Canada. (2018). Key Health Inequalities in Canada: A National Portrait. Inequalities in Household Food Insecurity in Canada. <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/science-research/key-health-inequalities-canada-national-portrait-executive-summary/hir-full-report-eng.pdf>.
- <sup>3</sup> Statistics Canada. (2022). Index of Remoteness. <https://www150.statcan.gc.ca/n1/en/catalogue/17260001>.

<sup>1</sup> Rates presented in this infographic for adults are age-standardized based on the 2016 Canadian population

<sup>2</sup> No data were available among people who identify as Non-binary, as information on gender was not collected in CCHS 2015-18. For more information, visit: <https://www150.statcan.gc.ca/n1/en/catalogue/982000012021001>