

Food Insecurity

Why Is This Important?

A household is food insecure if a lack of money prevents consistent access to enough nutritious food. While food insecurity affects everyone in a household, it may affect individuals differently. Adults are more likely to report poor self-rated health and self-rated mental health, and chronic illnesses such as diabetes, heart disease, depression and HIV. Household food insecurity also affects people's ability to manage their chronic illnesses. Adults and adolescents in food-insecure households have lower [vegetable and fruit consumption](#). Households with the lowest incomes are most likely to be food insecure.

What Is Being Done?

[PROOF](#) provides information and research about food insecurity in Canada. [CHEP](#) and the [Food Bank & Learning Centre](#) lead community programs to reduce food insecurity in Saskatoon.

[Poverty Costs](#) calls for a comprehensive provincial poverty reduction plan.

What More Can Be Done?

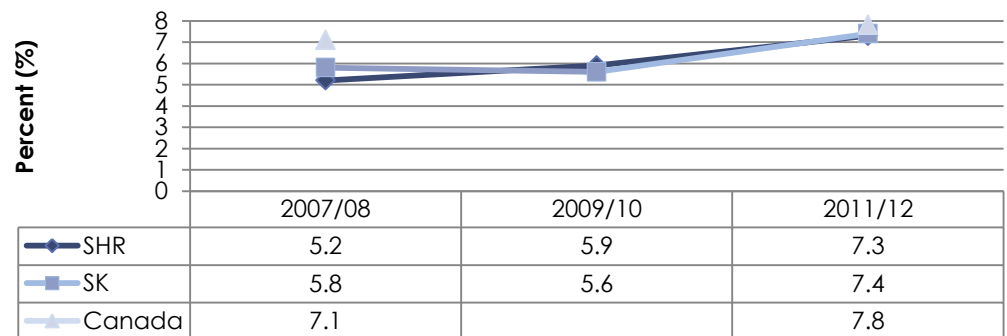
[What is Health Equity?](#) A Primer for the Health Care System
Chief Medical Health Officer's [Call to Action](#)

Highlights

Food insecurity is increasing in Saskatoon Health Region.

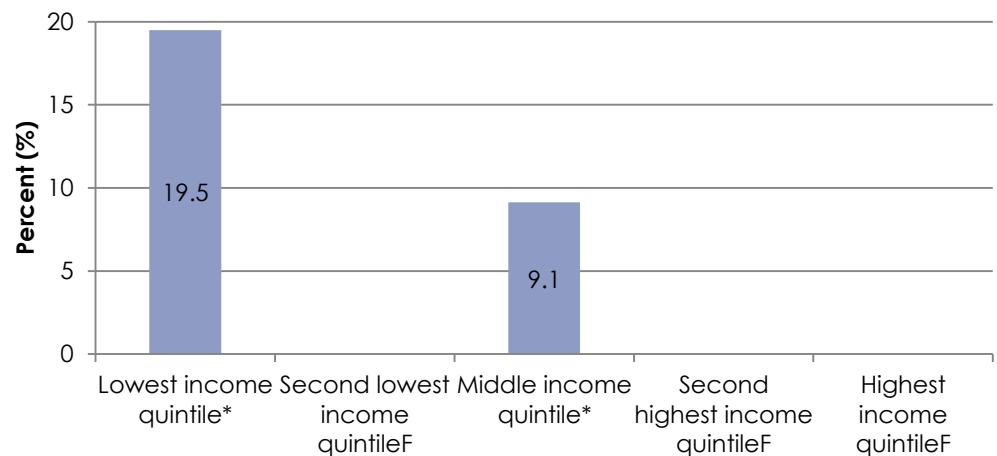
- More than 7% of Region residents reported either moderate or severe food insecurity in 2011/12. This is close to the Canadian average of 7.8% and has increased since 2007/08 (Figure 1). This means almost 20,000 people reported food insecurity.
- Households in the lowest income quintiles had much higher food insecurity rates (19.5%) than the regional average of 7.3% (Figure 2).
- Food insecurity varies by [sub-group](#), including household income and neighbourhood deprivation.

Figure 1: Prevalence of Household Food Insecurity (Moderate or Severe), Saskatoon Health Region, Saskatchewan and Canada, 2007/08 to 2011/12



Source: [Statistics Canada](#).

Figure 2: Prevalence of Household Food Insecurity (Moderate or Severe) by Household Income Quintile, Saskatoon Health Region, 2010 to 2012



*High variability. Use with caution. F value too low to publish.

Source: [Statistics Canada](#). This study was conducted, in part, with data provided by the Saskatchewan Ministry of Health to the Health Quality Council. The interpretations and conclusions herein do not necessarily represent those of the Saskatchewan Ministry of Health or Government of Saskatchewan. The analyses are based on data from Statistics Canada and the opinions expressed do not represent the views of Statistics Canada.