

BC Community of Practice
Communities Ending Poverty
July 18, 2023

Gratitude & Acknowledgement

We begin this community of practice by acknowledging that we are meeting on Indigenous land. I am a settler, and I am grateful for the opportunity to meet and we thank all the generations of Indigenous peoples who have taken care of this land.

Recognition of the contributions and historic importance of Indigenous peoples must be clearly connected to our collective commitment to make the promise of Truth and Reconciliation real in our communities.

Please use the chat box to introduce yourself, which lands you are calling in from, and what questions you are bringing to today's call.



Today's Call

Agenda

- **Welcome and acknowledgment**
- **Introductions**
- **Food Costing in BC – 2022 Report**
- **Q & A**
- **Upcoming Learning Opportunities**

Introductions

Janelle Hatch MHSc, RD

Lead, Food Security
Population & Public Health
Provincial Health Services Authority
BC Centre for Disease Control



Seri Niimi-Burch Msc

Coordinator, Food Security
Population & Public Health
Provincial Health Services Authority
BC Centre for Disease Control



Advancing Food Security in BC

Seri Niimi-Burch, Msc

Janelle Hatch, RD, MHSc

Food Security, Population and Public Health

BC Centre for Disease Control



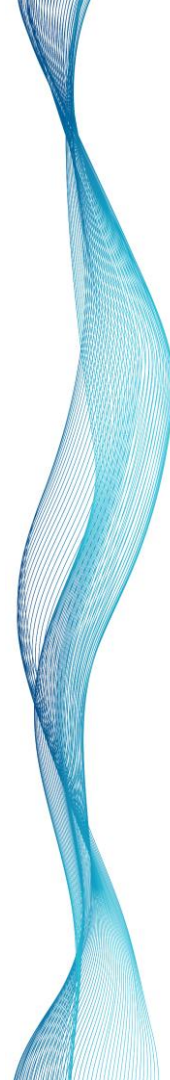
BC Centre for Disease Control
Provincial Health Services Authority

Tuesday July 18, 2023

Tamarack BC Communities Ending Poverty CoP

Contents

- About Our Program
- Food Security Definitions
- Household Food Insecurity in BC
- Food Costing 2022
 - Background
 - Methods
 - Key Findings and Discussion
 - Call to Action and Conclusion
- Next Steps



About Our Program

Program Goal: To improve food security, reduce food insecurity and uphold Indigenous food sovereignty

How we work to achieve this goal:

- Foundational principles
- Collaborate with partners
- Mobilize knowledge and generate evidence to inform policy and practice



Defining Food Security and Food Insecurity in BC



Factors that contribute to food insecurity:



Economic | Environmental | Social | Geographic

Household Food Insecurity in BC

Household Food Insecurity (HFI) is defined by PROOF as *the inadequate or insecure access to food due to financial constraints*



Household Food Insecurity in BC

1 in 7
households



1 in 6
children



Health impacts of household food insecurity



Household food insecurity affects people's physical, social and mental health, and overall wellbeing.

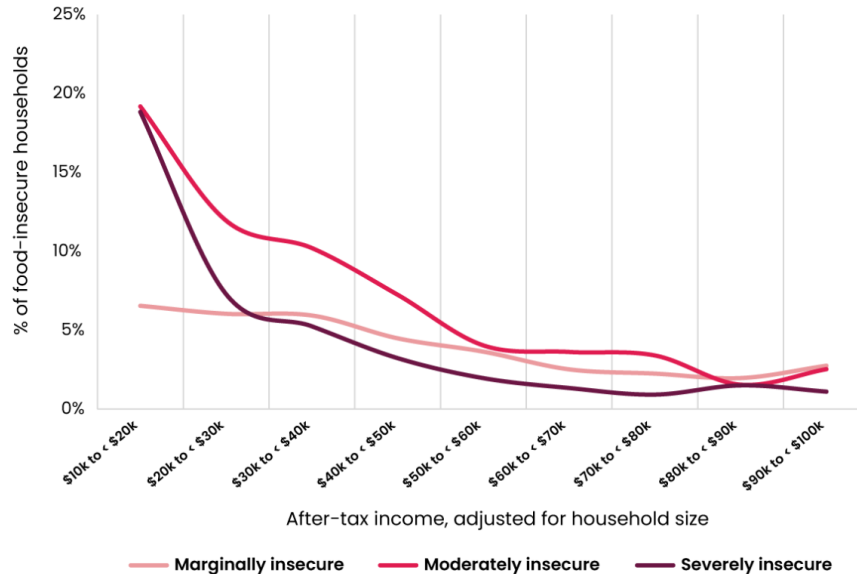


Compared to food secure households, health care costs are up to **76% higher** for food insecure households.

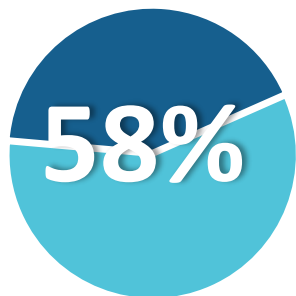


HFI is tightly linked to income and poverty

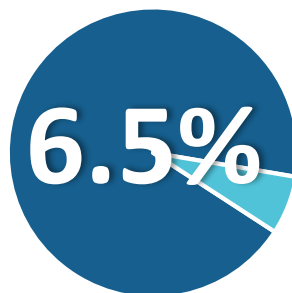
Food insecurity by household income



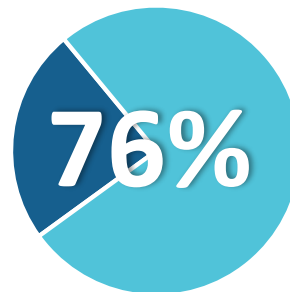
HFI disproportionately impacts different populations



Percentage of BC households **reliant on social assistance who are food insecure.**



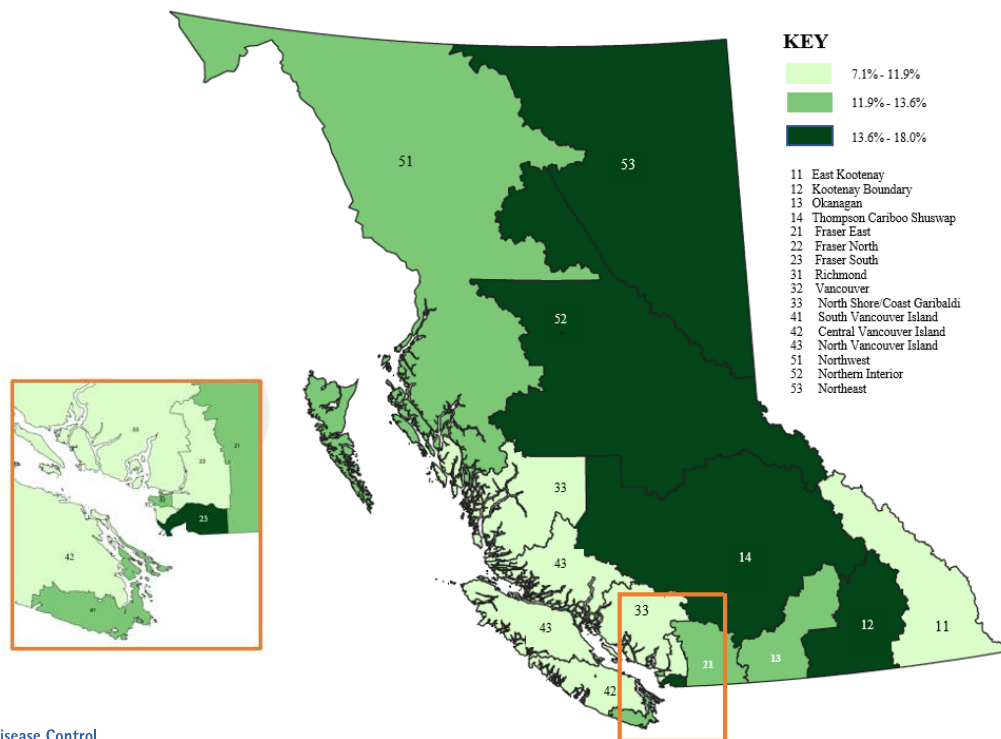
Percentage of BC households **reliant on senior's income from government.**



Percentage of BC households **who are food insecure and employed.**



HFI disproportionately impacts different populations



Data Source: Statistics Canada, 2017-2018
Canadian Community Health Survey
(CCHS)
Source: BCCDC Household Food Insecurity
Health Equity Indicator Report (Publication
Pending)

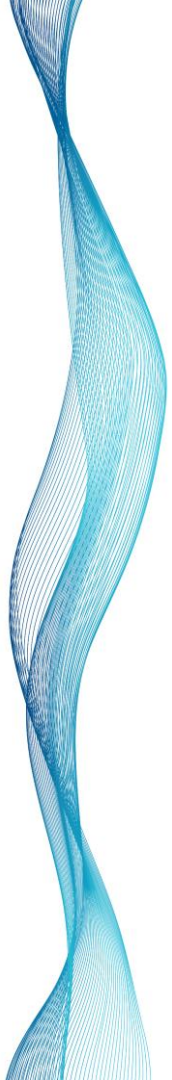


The Affordability of Healthy Eating in BC

Food Costing 2022

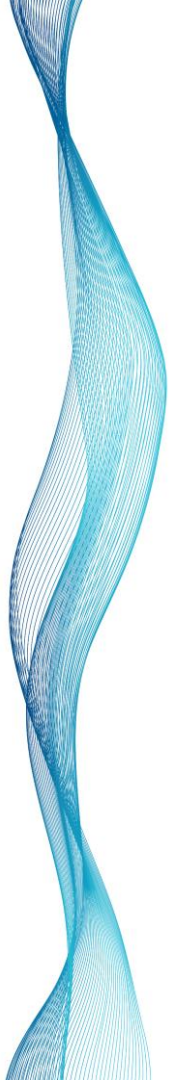


BC Centre for Disease Control
Provincial Health Services Authority



Background

- The affordability of healthy eating in BC is a key provincial indicator of food security.
- Food costing is led by BCCDC in collaboration with MOH and health authorities (including RHAs and FNHA).
- The report provides valuable information for population and public health planning, monitoring and to inform policy.



The National Nutritious Food Basket

- Health Canada's National Nutritious Food Basket (NNFB) is used to calculate food costs in this report.
- This tool is used by many stakeholders to monitor the cost and affordability of healthy eating.
- The 2019 NNFB includes 61 food items (vegetables and fruits, protein foods, grains, and oils and fats) and their quantities for individuals in various age and sex groups.
- NNFB food items are minimally processed, require preparation and are considered to be commonly eaten by most people in Canada.

www.canada.ca/en/health-canada/services/food-nutrition/food-nutrition-surveillance/national-nutritious-food-basket.html



Methods

- The cost of 61 food items was recorded at 245 full service grocery stores across BC over a 2 week period in May and June 2022.
- The data is weighted by popularity and amount of food required by a person.
- Limitations
 - Largely excludes rural, remote and Indigenous communities.
 - Traditional and non-market food sources are not included.
 - NNFB was updated and no longer allows for direct comparisons to previous years.



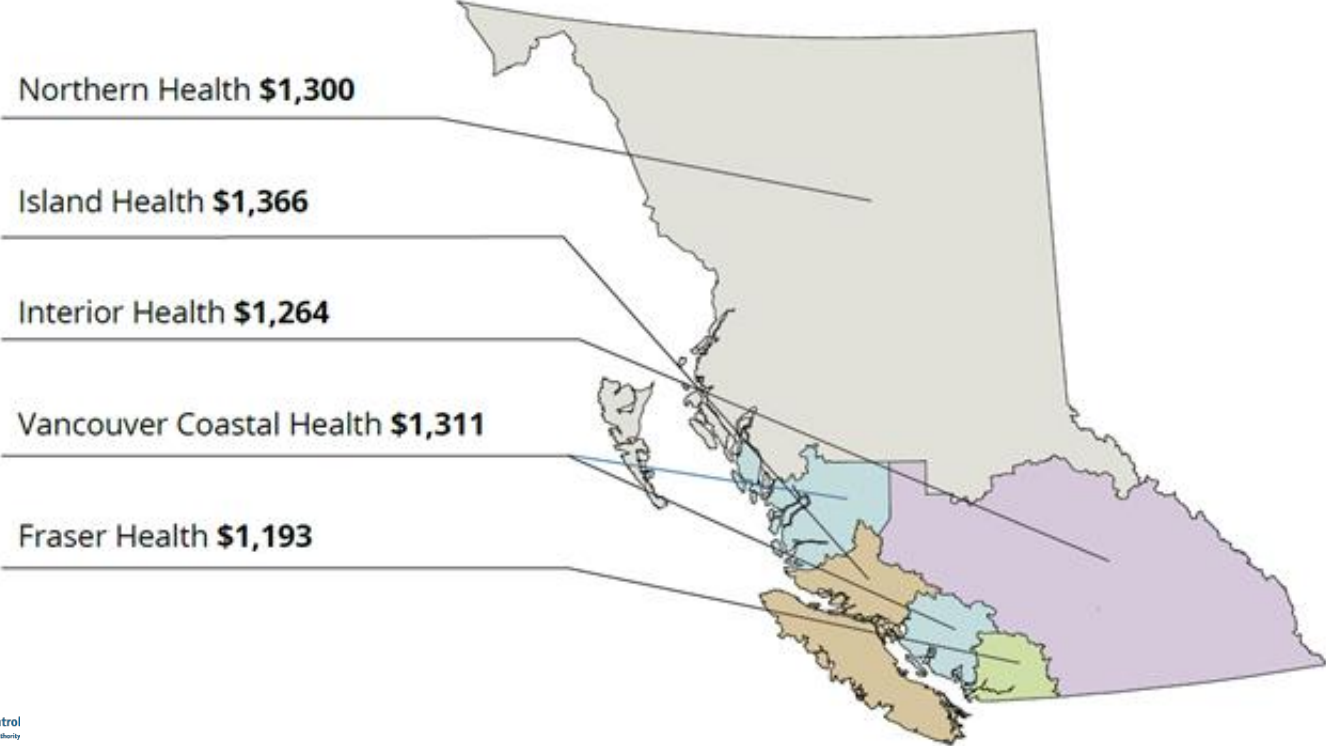
Average Monthly Food Basket Cost

Average monthly cost of the nutritious food basket for a reference family of four across BC regional health authorities in 2022

	Average Monthly Cost	Number of Stores Sampled
British Columbia	\$1,263	245
Fraser Health	\$1,193	88
Interior Health	\$1,264	39
Northern Health	\$1,300	18
Vancouver Coastal Health	\$1,311	62
Island Health	\$1,366	38



BC Average Monthly Food Cost - \$1,263



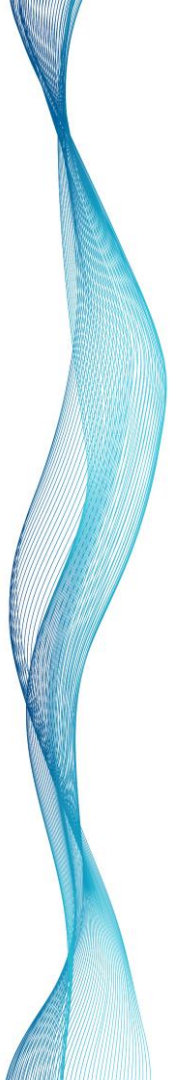
The impact of food costs on household budget

Monthly Income and Costs	 Family of four, income assistance	 Family of four, minimum wage	 Single parent with one child, income assistance	 Single young male adult, disability assistance	 Single female senior, income assistance
Disposable income [*]	\$3,232	\$5,251	\$2,050	\$1,421	\$1,875
Cost of housing	\$1,657	\$1,657	\$1,500	\$1,150	\$1,300
% income required for housing	51%	32%	73%	81%	69%
Cost of food	\$1,263	\$1,263	\$661	\$481	\$327
% income required for food	39%	24%	32%	34%	17%
What's left after housing and food	\$311.89	\$2,330.69	-\$111.82	-\$210.73	\$248.20



Discussion

- Based on the rise in the Consumer Price Index, the cost of healthy eating has likely increased since this data was collected.
- The price of food does not impact everyone equally. It has the biggest impact on those with the lowest incomes.
- Household food insecurity is a key public health issue, affecting the physical, social and mental health and wellbeing of the people of BC.
- Household food insecurity can't be fixed through food-based initiatives or charitable efforts like food banks. Policy action to improve incomes is urgently needed.

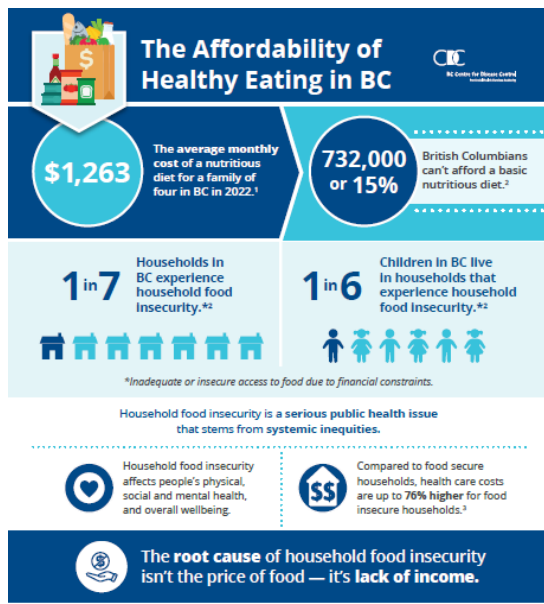


Remote & Indigenous Communities

- This report was not able to reflect the experiences of remote and Indigenous communities in BC.
- A project with remote Indigenous and non-Indigenous communities exploring food costs and climate change is underway.
- Community stories and recommendations will be shared later in 2023.



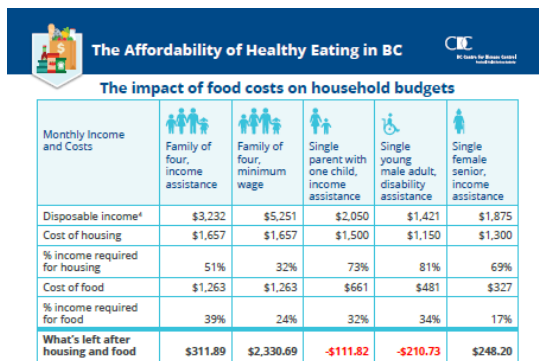
Infographic



1 Numbers don't capture other costs related to food such as transportation or accessing traditional foods, which can be significant for remote and Indigenous communities.

2 Source: Tarasuk V, U T, Fajard St-Germain AA. Household food insecurity in Canada, 2021. Toronto: Research to identify policy options to reduce food insecurity (PROOF), 2022.

3 Source: Tarasuk V, Cheng J, de Oliveira C, Dachner N, Gundersen C, Kurdyak P. Association between household food insecurity and annual healthcare costs. *Can Med Assoc J*. 2015 Aug; 10:1871(4):E429-E436.



After paying for housing and food, little to no money remains for other necessities.



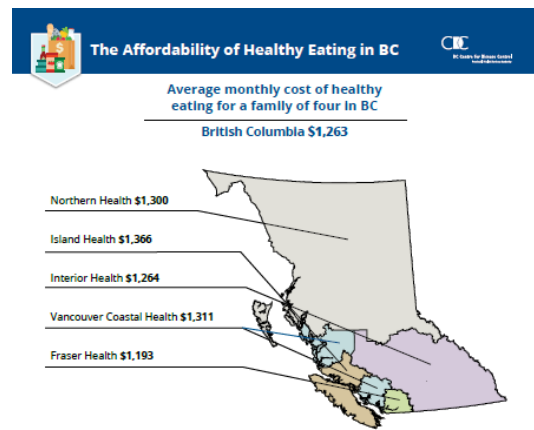
Many economic, social, environmental and geographic factors impact food insecurity, but **income is the strongest predictor.**

Research shows that household food insecurity can't be fixed through food-based initiatives or charitable efforts like food banks - it needs income-based solutions.

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%.⁵

4 Disposable Income refers to income remaining after deduction of taxes and other mandatory charges. Information on data sources used for these calculations can be found in the food costing report.

5 Source: McIntyre L, Dutton D, Rivok C, et al. Reduction of food insecurity in low-income Canadian seniors as a likely impact of a Guaranteed Annual Income. *Canadian Public Policy*. 2016;42(3):274-86.



Individuals, communities and governments all have a role to play in making BC food secure.



FACE the facts on food insecurity

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

Assess the affordability of healthy eating in your community using BC's latest data on the cost of food.

Connect and collaborate with others who are working on food security, poverty reduction, affordable housing and other related issues.

Engage in policy action to ensure everyone in BC has equitable access to food that is affordable, culturally preferable, nutritious and safe.

For more information, see the **Food Costing in BC 2022 report**.



Individuals, communities and governments all have a role to play in making BC food secure.

FACE the facts on food insecurity



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

Assess the affordability of healthy eating in your community using BC's latest data on the cost of food.

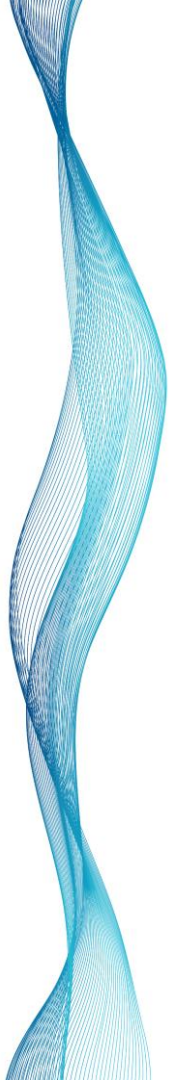
Connect and collaborate with others who are working on food security, poverty reduction, affordable housing and other related issues.

Engage in policy action to ensure everyone in BC has equitable access to food that is affordable, culturally preferable, nutritious and safe.



Conclusion

- **Household food insecurity is an income-based problem and needs income-based solutions.**
- Multiple system level factors besides income also contribute to HFI- economic, social, environmental and geographic.
- The impacts of intersecting issues such as climate change and food availability must also be considered.



Response to Report Release



north shore news

Support Us

News | Opinion | Arts & Life | Features | Classifieds | Obituaries | Readers Choice

Healthy food is costly in B.C. — and it's worrying public health officials

"Households and individuals that experience household food insecurity face numerous health and social challenges," public health officials warn in their Food Costing in BC 2022 study.



VANCOUVER SUN

News / Local News / Local Health / Life / Health / Family & Child

ES f t in u

Food insecurity: A healthy diet cost a B.C. family \$1,263 a month last year, report says

People and households on low incomes, especially those on income or disability assistance, can't afford a healthy diet after paying rent




World Canada Local Politics Money Health Entertainment Lifestyle

HEALTH

Grocery prices making healthy food unaffordable for B.C. families, report says

By **Darrian Matassa-Fung** · Global News
Posted May 25, 2023 1:29 pm · Updated May 25, 2023 4:06 pm

Evaluation



Reach What audiences are engaging with the food costing report? Who else needs to be engaged?

Uptake To what extent is the food costing report being discussed in the media and public forums, and how is it being discussed?
To what extent is it being 'taken up' within organizations?

Application How is the food costing report being used? What are the barriers and facilitators of use?

Outcomes What were the short, intermediate, long term outcomes of the costing report release?

Impact What were the ultimate impacts of the costing report release?

1 year +

What's next

- Food Costing evaluation
- Upcoming reports
 - Household Food Insecurity indicator update report
 - Food costing and climate change stories project report
- Convene provincial food security partners
- Development of provincial food security indicators



Acknowledgements

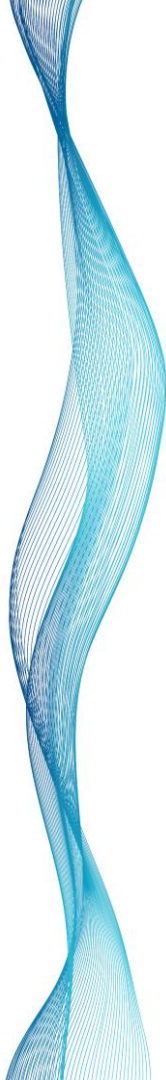
BCCDC Population and Public Health team members:

- Seri Niimi-Burch
- Janelle Hatch
- Crystal Li
- Drona Rasali
- Melanie Kurrein

With thanks to our colleagues at First Nations Health, Fraser Health, Island Health, Northern Health, Interior Health, and Vancouver Coastal Health authorities and at BC Ministry of Health. And our many volunteers who supported data collection.

This work took place across the unceded traditional territories of many Indigenous and First Nations communities who have stewarded these lands now known as British Columbia for hundreds of years.

<https://www.bcafn.ca/first-nations-bc/interactive-map>



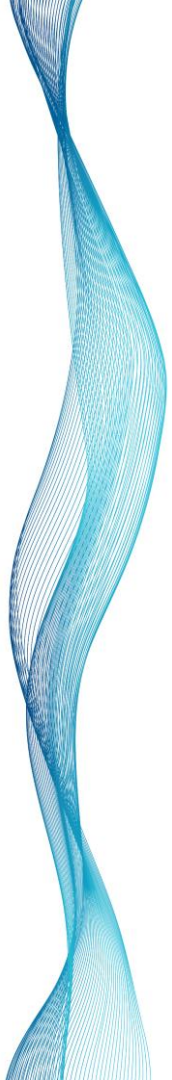
Questions

Food Security webpage

<http://www.bccdc.ca/our-services/programs/food-security#Reports--&--resources>

If you have further questions please contact:

foodsecurity@bccdc.ca



Upcoming Learning Opportunities

[WEBINAR](#) Businesses Reducing Poverty

TOMORROW July 19 10 am – 11 am PT

Businesses are a cornerstone of multi—sector poverty reduction efforts. Join us to hear insights from a recent partnership with TD Bank in convening a working group to increase the financial inclusion of the working poor.

[WEBINAR](#) Five Community-Driven Pathways for Systems Change

Aug 2 – 12:30 pm - 1:30 pm PT

This webinar highlights the work of a group of changemakers from New Zealand, who are at the front line of systems change, as they explore the most effective skills, practices and contexts needed to achieve progress.

Next Call

Notes and resources from this call will be sent out in a follow-up email.

Next BC CoP: September 19, 2023 – The Changing Role of Public Libraries

Send your ideas for topics and speakers to jill@tamarackcommunity.ca

