



Inequalities in Food Insecurity in Canada

Household food insecurity is reported by adults living in households which cannot afford the quality or quantity of food needed for good health.

7% of Canadian adults live in households with food insecurity. Food insecurity can contribute to:



Nutritionally inadequate diets



Poor mental health (e.g. depression, anxiety)



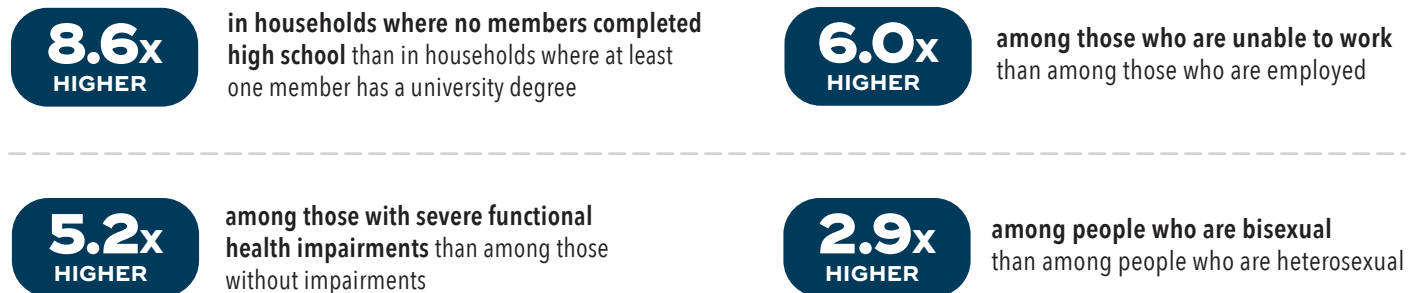
Poor physical health (e.g. diabetes, obesity)



Increased use of health care services

The lower the socioeconomic status, the higher the prevalence of household food insecurity.

Prevalence of household food insecurity for adults is:



Prevalence of household food insecurity is:



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.

Reducing inequalities in food insecurity requires changing the social, economic and environmental conditions that affect the costs of food production and distribution, as well as people's income and ability to afford food.

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Source: Canadian Community Health Survey - Annual Component (2009-2012; NB and PE only 2011-2012).

For more data on health inequalities in Canada, visit: <https://infobase.phac-aspc.gc.ca/health-inequalities/>

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