

Household Food Insecurity in Manitoba

14.4%



of Manitobans are Food Insecure¹

These statistics are based on data from the Canadian Community Health Survey. They do not include Indigenous people living on reserves or people experiencing homelessness.² The total number of food insecure Manitobans is likely higher.

FOOD INSECURITY IS BEING HUNGRY DUE TO A LACK OF MONEY



42,439 Manitobans (3.1%) are experiencing severe food insecurity¹

They are more likely to have a chronic disease and die 9 years earlier compared to someone who is food secure⁴

THERE ARE DIFFERENT LEVELS OF FOOD INSECURITY

Food insecurity can look different for many people.³

Marginal

People at this level are worrying about food. They are buying discounted food or not eating enough fruits, vegetables and lean proteins. This affects 4.2% of Manitobans.¹



Moderate

People are limited in what foods they can get. They don't have enough money to buy fresh food. Instead, they are buying cheaper packaged foods that are higher in salt, sugar and fat and lower in nutrients. This affects 7.1% of Manitobans.¹



Severe

People are drastically reducing the amount of food they eat and skipping meals. They lack enough money for basic living. They must make difficult choices like choosing between paying rent or buying groceries.



PEOPLE WHO EXPERIENCE FOOD INSECURITY ARE UNHEALTHIER

Food Insecurity has been Linked to Negative Health Outcomes

Food insecure people are more likely to live with⁵

- Chronic diseases like diabetes, hypertension, heart disease and asthma
- Mental health conditions like depression, anxiety and other mood disorders

Diet Related Diseases Cost Manitoba Billions

Cost of diabetes alone in Winnipeg is projected to be over:

**\$1 billion
per year
by 2030⁶**

Children and Food Insecurity

- 1 in 5 children are food insecure in Manitoba⁷ and are likely to experience nutrient deficiencies from not eating enough healthy foods⁸
- Academic performance is also affected as kids that go to school without one or more meals do not have enough energy for the day⁹



- The stigma, low self-esteem and social isolation from food insecurity only worsens conditions
- Impact of childhood hunger is evident in higher risk of depression and suicidal thoughts in teens and young adults¹⁰



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2. Statistics Canada. Canadian Community Health Survey – Nutrition. <https://www23.statcan.gc.ca/mdb/p2SV.pl?Function=getSurvey&SDDS=5049>

3. PROOF. Household Food Insecurity in Canada. <https://proof.toronto.ca/food-insecurity/>

4. Men, Fei, Craig Gundersen, Marissa L. Urquiza, and Valerie Tarasuk. "Association between household food insecurity and mortality in Canada: a population-based retrospective cohort study." *CMAJ* 192, no. 3 (2020): E53–E60.

5. Tarasuk, Valerie, Andrew Mitchell, Lindsay McLaren, and Lynn McIntyre. "Chronic physical and mental health conditions among adults may increase vulnerability to household food insecurity."

6. Manitoba Collaborative Data Portal. Projection of Diabetes Cases and Costs, 2016 - 2032. <http://www.mbcdp.ca/res.html>

7. Tarasuk V, Mitchell A. (2020) Household food insecurity in Canada, 2017-18. Toronto: Research to identify policy options to reduce food insecurity (PROOF). Retrieved from <https://proof.toronto.ca/>

8. Dremmen, C. R., et al (2019). Food Insecurity, Health, and Development in Children Under Age Four Years. *Pediatrics*, 144(4), e20190824

9. Fiase, B. H., Gundersen, C., Koester, B., & Washington, L. (2011). Household Food Insecurity: Serious Concerns for Child Development and commentaries. *Social Policy Report*, 25(3), 1-27

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Please visit www.foodmattersmanitoba.ca for more information | March 2020