

# The affordability of healthy eating in Revelstoke



**Results of the BCCDC Food Costing in BC 2017 Report**

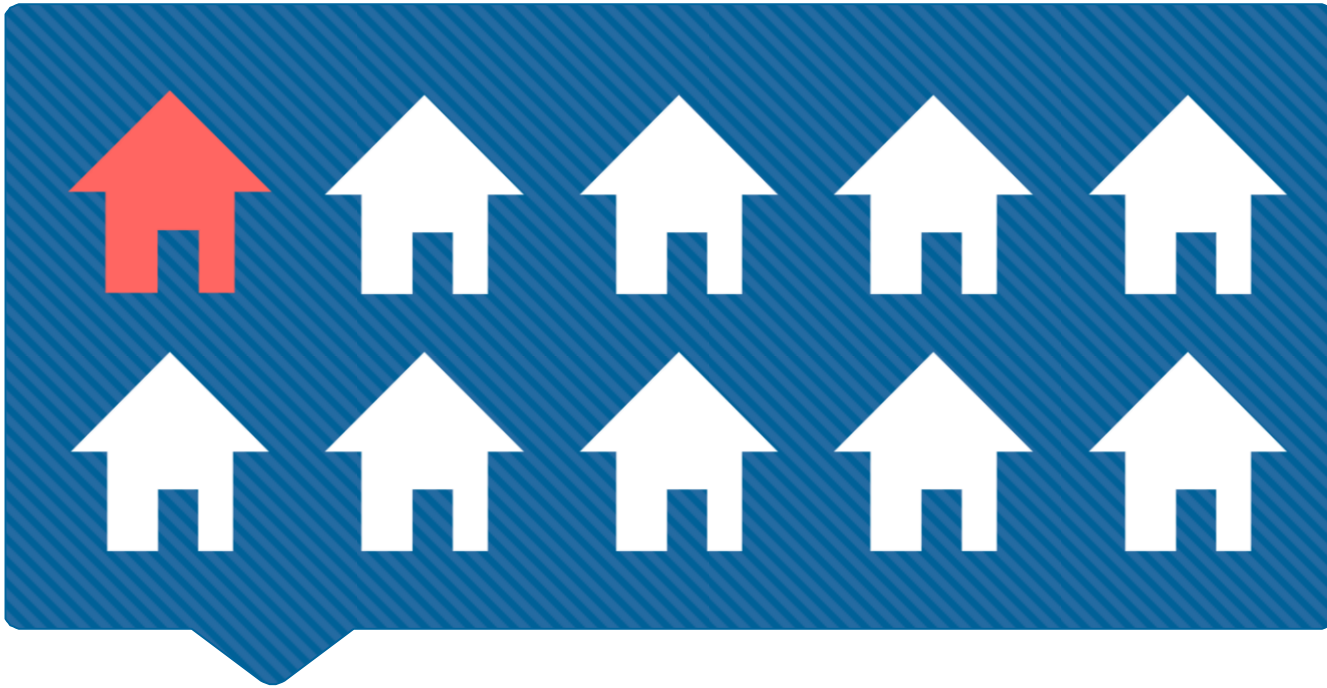
**Melissa Hemphill, Revelstoke Food Security Coordinator and  
Anita Ely, Specialist Environmental Health Officer, Interior Health**



“I knew we would need help from this community as we had previously from the city we fled...”

**Half a million** British Columbians can't afford a basic healthy diet. Are rising food costs really to blame?





**1 in 7** households in the Interior Health region experience food insecurity - a term for the inadequate or insecure access to food due to financial constraints.

Household food insecurity takes a  
**major toll on our health**—and our  
health care system.

**1 in 6** children in  
BC live in  
homes that  
struggle to feed  
them what they  
need to grow  
and thrive.





Food insecure adults are more vulnerable to **DEPRESSION, HEART DISEASE** and other chronic conditions.



Health care costs  
are  
**2X higher**

for food insecure households compared to those who are food secure.

**New report**  
**Food Costing in BC 2017:**  
**Assessing the affordability**  
**of healthy eating**

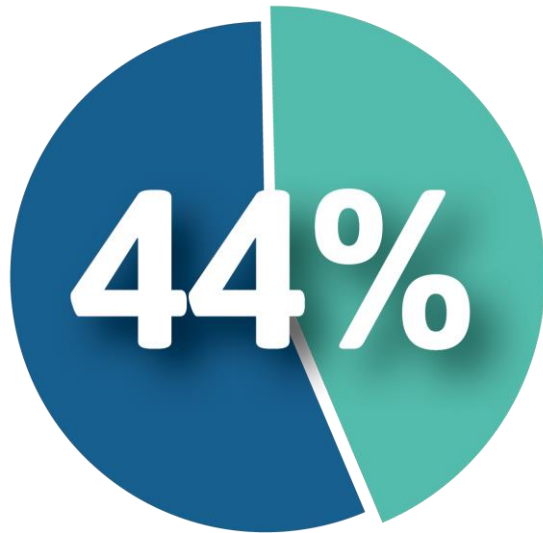


In 2017, the average monthly cost of a basic healthy diet for a family of four in Interior Health increased to **\$1019**.

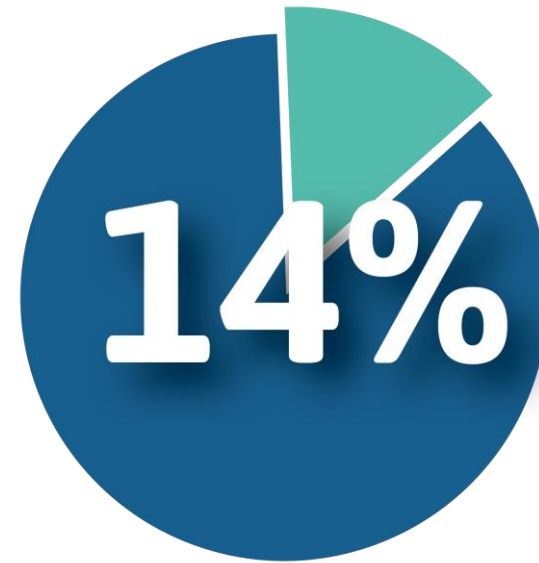


The root cause of household food  
insecurity isn't the price of food—  
it's **poverty**.

# What does it take for a family of four\* to eat a healthy diet in BC?



Percentage of income  
for families **on income  
assistance**

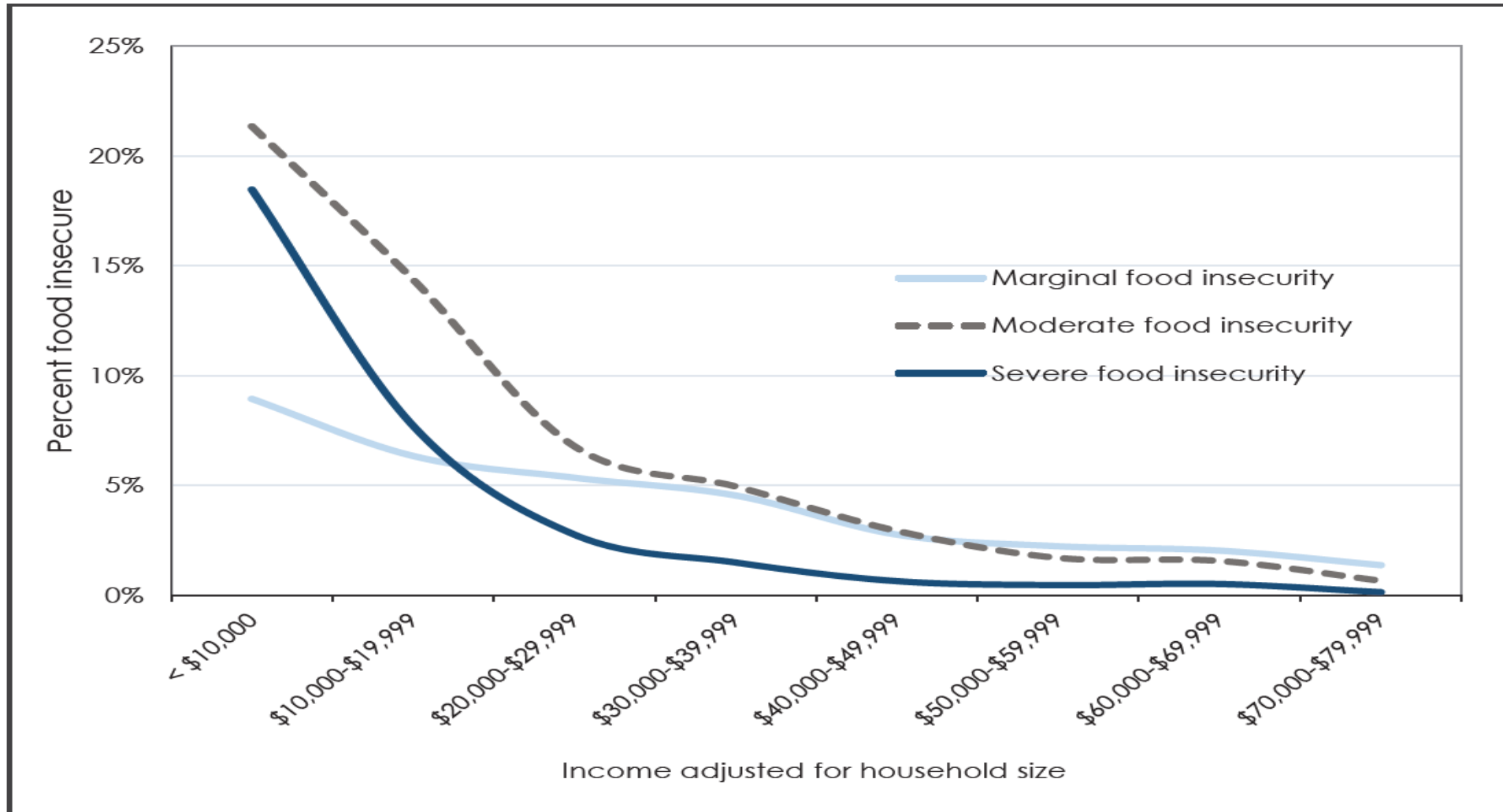


Percentage of income  
for families **earning a  
median wage**

\* Based on a family with two incomes

# Prevalence of food insecurity compared with income

**Figure 3.** Relationship between food insecurity and household income



Source: Statistics Canada, Canadian Community Health Survey 2013-2014.

# Can charitable food programs solve food insecurity?



Community Connections' Food Bank



Food Recovery Program



Community gardens and other local food programs can support important objectives like **social connectedness** and a more **sustainable** food system.

**Research shows** that household food insecurity can't be fixed through food-based initiatives or charitable efforts.

Household food insecurity is an  
**INCOME-BASED PROBLEM** and  
needs **INCOME-BASED SOLUTIONS.**

**Now is the time to take action on the  
root causes of food insecurity and  
poverty.**



# Resolution

Whereas more than one in ten households in BC, [1 in 7 households in the Interior Region], experience household food insecurity and are more vulnerable to chronic conditions leading to health care costs that are 2x higher than food secure households;

And whereas the root cause of household food insecurity is lack of income demonstrated by a sharp increase in the prevalence of food insecurity as household income falls;

And whereas rates of household food insecurity are not reduced by efforts that focus on charitable food programs, food waste redistribution, and cooking and gardening programs as these actions do not address lack of income and extreme material deprivation that are at the root of household food insecurity.

Therefore be it resolved that UBCM frame food insecurity as an income-based problem and advocate to provincial and federal governments for evidence-based policy solutions to food insecurity.



“I knew we would need help from this community as we had previously from the city we fled...”

# Thank you!

*Food Costing in BC 2017 report and Affordability of Healthy Eating in BC Infographic at:*

<http://www.bccdc.ca/our-services/service-areas/population-public-health/food-security>

Join the conversation: **#foodaffordabilityBC**



**Melissa Hemphill**, Food Security Coordinator, Community Connections [melissa.lei.hemphill@gmail.com](mailto:melissa.lei.hemphill@gmail.com)

**Anita Ely**, Specialist Environmental Health Officer, Interior Health [anita.ely@interiorhealth.ca](mailto:anita.ely@interiorhealth.ca)

**Linda Boyd**, Public Health Dietitian, Interior Health [linda.boyd@interiorhealth.ca](mailto:linda.boyd@interiorhealth.ca)