

ADEQUACY

How the food system meets our needs.

What makes a diet adequate?

When every individual is able to acquire sufficient quantities of safe, culturally appropriate, nutritious, and sustainably produced food without resorting to emergency or charitable food sources. The food available will be of the quality and quantity to promote health and manage chronic disease. This is often described as individual or household food security.



So what is "food insecurity"?

Food insecurity is the "inability to acquire or consume an adequate quality diet or a sufficient quantity of food in socially acceptable ways, or the uncertainty that one will be able to do so."*

When talking about populations, the term community food security is often used to describe "a state when all community residents have access to enough healthy, safe food through a sustainable food system that maximizes community self-reliance and social justice."**

*Davis, B. & Tarasuk, V. (1994). Hunger in Canada. *Agriculture and Human Values*, 11(4), 50-57.

**Hamm, M.W. & Bellows, A.C. (2003). Community food security and nutrition educators. *Journal of Nutrition Education and Behavior*, 35(1), 37-43.

Sufficiency

Ensures every resident has enough appropriate food to meet their nutritional needs & for a healthy, active life.



Almost 1 in 7 (15%) Halifax households are food insecure.



Only 2 of 5 (38.2%) Halifax residents over the age of 12 reported meeting their daily fruits & vegetables requirements of 5 or more per day.

Households earning less than \$20,000 per year were most likely to consume fewer than 5 fruits & vegetables per day.

Health

Good nutrition allows for normal growth & development, & helps in the prevention of illness & disease.

Rates of chronic disease in Nova Scotia are among the highest in Canada.

Healthy eating helps to prevent and support the management of chronic diseases, like heart disease & diabetes.



6% of babies born in Nova Scotia are born at a low birth weight.

Low birth weights are associated with an increased risk for future chronic disease, speaking to the importance of optimal nutrition for mothers during pregnancy.

In the Halifax region:

85%

of mothers initiate breastfeeding.



13.8%

of mothers breastfed exclusively for 6 months.

Breastfeeding is the optimal method of feeding infants and supports all elements of community food security because it is a readily available local food supply. Exclusive breastfeeding during the first six months, and continued breastfeeding for up to two years (or beyond) is recommended by Health Canada and the World Health Organization.

Appropriateness

People have access to personally & culturally-acceptable food in ways that maintain their dignity.

71%

of farmer's markets included vendors offering culturally diverse foods.

64 ethnic retail food stores exist in the Halifax municipality



ADEQUACY

For further information and sources download a copy of the Halifax Food Assessment at: www.cdha.nshealth.ca/public-health/halifax-food-assessment