

Healthy Food for All

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Chair

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Food Poverty

“the inability to access a nutritionally adequate diet and the related impacts on health, culture and social participation”

(Friel and Conlon 2004)

What causes it?

- 🍏 **Economic:** low income / high costs of healthy food
- 🍏 **Social:** awareness, knowledge, lifestyles
- 🍏 **Physical:** type of shops in vicinity, transport

Why is food poverty a problem?

- 🍏 health: overweight / obesity, Type 2 diabetes, cardiovascular diseases, certain cancers, asthma, etc
- 🍏 Economic: affecting school performance / personal development - people don't fulfil their potential – low-income?
- 🍏 Social / cultural: participation in society

Who is affected by food poverty?

- 🍏 People on low income
- 🍏 Vulnerable groups:
 - 🍏 lone parents,
 - 🍏 migrants,
 - 🍏 older people.

How big is the problem?

Overweight & obese

🍏 ROI:

adults 64% (Slan 2008);

children aged 5-12: 22% (IUNA 2005)

NI:

adults 59% (NISRA Health and Wellbeing Survey 2005-6)

children aged 4.5-5.5: 20-25% (DHSSPS 2006)

How **big** is the problem?

- 🍏 In ROI, 16.6% of school children report going to school or to bed hungry because there is not enough food at home (Doyle 2009)
- 🍏 In 2008 9.1% of the ROI population were unable to afford to have family or friends around for a meal once a month (CSO 2009)
- 🍏 In NI about 20% of people live in low-income families, with 25% of children living in poverty (Joseph Rowntree Foundation 2009)

Healthy Food for All

Multi-agency initiative tackling food poverty, promoting access, availability and affordability of healthy food for low-income groups on the island of Ireland.

HFfA working areas

HFfA operates on 3 connected levels:

- 🍏 Policy
- 🍏 Networking
- 🍏 community

Policy and Networking

- 🍏 Policy & advocacy: promoting awareness of food policy across relevant aspects of public policy; e.g. briefing doc on affordability of healthy eating for low-income households
- 🍏 Networking: fostering a learning network to identify best practice on promoting healthy food for low-income groups. e.g. directory, website, network meetings

Community

Support community and sectoral initiatives which promote availability and access to healthy and affordable food for low-income groups.



Important experience & evidence

Demonstration Programme of Community Food Initiatives

Demonstration Programme

- 🍏 3-year programme of 7 projects
- 🍏 Development worker to provide support
- 🍏 Extensive (self) evaluation
- 🍏 Networking & learning from each other
- 🍏 Inform HFfA policy development

Synergy of 3 HFfA levels

Policy



Community

Network

Thank You!