

FOOD INSECURITY AND MENTAL HEALTH ISSUES SHOULD BE TACKLED TOGETHER!



Food insecurity: inadequate or insecure access to food due to lack of money

Mental health: mental well-being as part of daily life (including the experience of stress)

We explored the association between food security and mental health using data from the Canadian Community Health Survey Cycle 2.2

Our Findings

Food Insecurity

Not having enough and the kind of food wanted

Worried that food would run out

Could not afford to eat balanced meals

Predicts



Mental Health

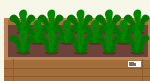
Poorer mental health

Higher stress level

What can MPPs do?



Push for **income solutions** to alleviate food insecurity (3)



Increase **funding** for programs that support both food security and mental health (urban agriculture) (4)

Why should MPPs care?

11.2% of Canadians were **food insecure** in 2020 (1)

11.7% of Canadians reported self-perceived **poor or fair mental health** in 2021 (2)

Households with moderate or severe food insecurity

11x



More likely to report **poor mental health**

Households with moderate or severe food insecurity

4x



More likely to report **extreme stress**

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