

# Household Food Insecurity

## North Bay Parry Sound District

### When there isn't enough money for food.

In Canada, household food insecurity is measured in relation to income. It ranges from worrying about running out of food, to limiting food choices, to reducing food intake or going without food.

Stronger income-related policies can reduce household food insecurity.



**One in four households**  
live with household food  
insecurity in our district.

**Household food insecurity is a serious public health problem.  
It leads to increased risk of:**

### Poor Physical Health



- Diabetes
- Heart disease
- Oral health issues
- Chronic pain

### Poor Mental Health



- Depression
- Anxiety
- Mood disorders
- Suicidal thoughts

### Higher Healthcare Costs



North Bay Parry Sound District  
**Health Unit**  
  
**Bureau de santé**  
du district de North Bay-Parry Sound

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