

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

Higher Healthcare Costs



Poor Mental Health



- Depression
- Anxiety
- Mood disorders
- Suicidal thoughts

North Bay Parry Sound District
Health Unit
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