

The background of the slide is a photograph of several burlap sacks filled with different types of grains and beans. The sacks are arranged in a way that shows the texture of the fabric and the variety of the food items. The colors range from light beige for some grains to dark brown for others. The overall tone is warm and natural.

# Food Insecurity

---

ALL WALKS SOCIOLOGY

© MARK DURIEUX (PHD)

HIGHLIGHTS AND NOTES



# Food Security – a basic human right

---

- Humans have several basic needs.
- Among them, the need for **food**.
- Today, every human being is recognized as having the **right to food security**,
- which is freedom from **food insecurity**.





# Food Insecurity, Globally

---

- Yet, globally, vast numbers of people - **one in ten, or an estimated 800 million** - live under the specter of food insecurity.
- But it's not as if that 10% lives "somewhere else," and not in our global north communities.





# Food Insecurity, Locally

---

- True, some peoples living in certain faraway regions may be disproportionately affected, perhaps due to famine.
- But, in our times those experiencing food insecurity can be our neighbors.
- The truth of this has been especially evident given the devastating impacts of **Covid19**
  - Upon our economies and the physical, mental, and social health of communities.





# What is Food Insecurity?

---

- Simply, food insecurity is a lack of adequate food due to **resource** or **economic** constraints
  - So, food insecurity is not due to dieting or appetite loss, for example.





# How is Food Insecurity experienced?

---

1. Future food availability or accessibility is uncertain.
  2. There's not enough good food currently available or accessible to maintain good health.
  3. People are getting their food in socially unacceptable ways.
- These experiences can be **frequent** or of **prolonged** duration.





# Food Insecurity and the Household

---

- Food insecurity is treated as a **household** problem.
- And it often leads to **hunger**
  - Longer periods of unwanted lack of food leading to discomfort, pain, weakness, and illness.
- And **malnutrition**
  - Not enough nutrients to meet biological requirements.





# Food Insecurity and the Household (cont'd)

---

- But **not everyone** in a food insecure household will be hungry or malnourished.
- That fate may be reserved for infants and children or the elderly.
- This all depends on how scarce resources are allocated within the household,
  - perhaps in order to ensure its long-term viability.





# Food Insecurity outcomes

---

- Food insecurity can associate with many observed outcomes beyond hunger and malnutrition, such as:
  - Behavioral problems, impaired learning, poor school performance, and adverse health outcomes for children.
  - Depression in adolescents.
  - Risk of being overweight in women.
  - Premature death
    - <https://mbdxhdr.com/2VcZtVh>





# Food Insecurity outcomes (cont'd)

---

- With that, it's not hard to imagine the negative impact of food insecurity on **healthcare systems**
  - Marginal food insecurity for adults in one case increased health care costs 34%, Moderate by 75%, and Severe by 144%
  - <https://mbdxhdr.com/2VcZtVh>
- and the impact on the larger adaptive **social fabric**.





# A Food Security Roadmap

---

- To establish Food Security, it's good to think in terms of Principles, Policies, and Strategies.
- The **primary** principles are:
  1. Adequacy of food supply
  2. Stability of food supply and access





# P1: Adequacy of Food Supply

---

1. **Nutritional** adequacy
2. **Food safety and quality**
3. **Cultural** acceptability (i.e., begging, scrounging, stealing for food as deviant)

➤ Policies and strategies:

- Food production, storage, transport, handling, and processing \*
- Public nutrition education and information dissemination \*
- National and local food controls, buffer schemes \*
- Food trade

Note: potential for community involvement exists with all policies and strategies. But re \* see slide 14.





# P2: Stability of food supply and access

---

## 1. **Environmental** stability

### ➤ Policies and strategies:

- Community and public resource management and conservation

## 2. **Social** stability

### ➤ Policies and strategies:

- Community support mechanisms \*
- Economic policies affecting income distribution and markets
- Social security schemes

Note: potential for community involvement exists with all policies and strategies. But re \* see slide 14.





# A Few Food Security Roadmap Ideas

---

- *Remembering the untapped holistic potential of the Roadmap,*
  - some jurisdictions are moving ahead with initiatives such as:
- Offering **nutritional education** to disadvantaged populations
  - to optimize quantity of quality foods at lower cost.
- Coupling the above with food preparation in **community kitchens**
  - perhaps provided by community associations or faith-based institutions.
- Supporting local growers, urban agriculture, produce recovery and redistribution, local food banks, etc.





# Sources:

---

- Initial research revealed 30 promising sources, shortlisted to 8 (+1).
- <https://www.nap.edu/read/11578/chapter/5>
- <https://proof.utoronto.ca/food-insecurity/>
- <https://aifs.gov.au/cfca/publications/food-insecurity-australia-what-it-who-experiences-it-and-how-can-child>
- <https://www.healthaffairs.org/doi/10.1377/hlthaff.2015.0645>
- <https://foodprint.org/issues/hunger-and-food-insecurity/>





# Sources: (cont'd)

---

- [https://www.scielo.br/scielo.php?script=sci\\_arttext&pid=S1415-52732008000700003](https://www.scielo.br/scielo.php?script=sci_arttext&pid=S1415-52732008000700003)
- <http://www.fao.org/state-of-food-security-nutrition>
- <https://study.com/academy/lesson/what-is-food-insecurity-definition-impact-prevention-efforts.html>
- This last resource is the inspiration for the Food Supply Roadmap:
- Global food security: what matters?  
<https://mbdxhdr.com/3dEqPnA>

