The purpose of this data summary sheet is to provide an overview of food insecurity prevalence among different population groups across Vancouver Coastal Health (VCH) and Fraser Health (FH). The intent is to provide a better understanding of the factors influencing food insecurity within each health authority at the health service delivery area (HSDA) level.

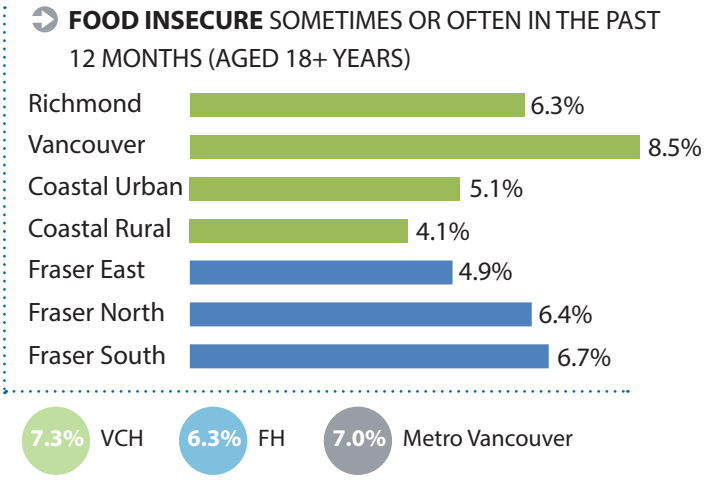
Overview

Food insecurity, which is the inadequate access to healthy and safe food due to financial constraints, is an important public health issue in British Columbia. It has a significant negative impact on physical, mental, and social well-being, and is a considerable economic burden on the healthcare system.[1,2]

Eight percent of persons (12+ years) in British Columbia reported living in households with moderate/severe food insecurity in 2011-12.[3] Food insecurity affects some people more than others; those who are single parents, have lower incomes, have lower education levels, those that rent their dwellings and those who identify as Aboriginal are at higher risk.[2]

Overall food insecurity prevalence

- 7.3% of VCH and 6.3% of FH respondents aged 18+ years reported being food insecure sometimes or often in the past 12 months, which translates to approximately 69,707 and 85,872 people respectively in each health region.
- Vancouver has a significantly higher (8.5%) proportion of respondents who are food insecure compared to rest of the regions. Coastal Urban (5.1%) and Coastal Rural (4.1%) have a significantly lower proportion of respondents being food insecure compared to the overall VCH value.
- For FH, there are no significant differences in the proportion of respondents being food insecure between its regions and the overall FH value.



- The proportion of respondents reported being food insecure is significantly higher than the overall respective health authority value (*see methods*) among the following:
  - male (VCH only)
  - adults aged 18-39 years (FH only)
  - high school education or less
  - household income under $40,000
  - unemployed
  - Aboriginal
  - LGBTQ
  - lone parent
  - female lone parent
  - living alone
  - homeless
  - living in rented dwelling
  - fair/poor self-reported general health
  - fair/poor self-reported mental health
  - diagnosed with mood or anxiety disorder

Methods

Data summarized in this report are from the My Health My Community (MHMC) survey that was conducted between June 2013 and July 2014. People who responded to the survey were 18+ years of age and lived within the VCH or FH regions. Detailed information on the survey tool and questions, recruitment of participants and calculation of indicators can be found in the MHMC Technical Report at: **www.myhealthmycommunity.org/results/technicalnotes**. Note that MHMC sampling methodology and questions asked differ from other recent surveys, therefore the results presented here may not be comparable to other reports.

[1] Tarasuk, V, Mitchell, A, Dachner, N. (2016). Household Food Insecurity in Canada, 2014. Toronto: Research to identify policy options to reduce food insecurity (PROOF).
[2] Provincial Health Services Authority. (2016). Priority Health Equity Indicators for British Columbia: Household Food Insecurity Report. Vancouver, B.C. Provincial Health Services Authority, Population and Public Health Program.
[3] Statistics Canada. (2011-2012). Canadian Community Health Survey. Accessed via: www5.statcan.gc.ca/cansim/a26?lang=eng&id=1050547

Methods (cont'd)

For this report, food insecurity is defined as those who reported not having enough to eat sometimes or often in the past 12 months. The data were further stratified into a number of socio-demographic, health status, lifestyle behaviours and built environment population segments. The proportion of respondents who reported being food insecure and confidence intervals (CI) were calculated for each population segment by HSDA and summarized in Tables 1 and 3. Significant differences exist where confidence intervals do not overlap. Projected population numbers for those who are food insecure found in Tables 2 and 4 were calculated using the food insecurity prevalence and the 2013/2014 population estimates for the specified sex and age population segments available from the BC Statistics Agency (BC Stats).

In contrast to the Community Health Profiles, Neighbourhood Profiles and Atlas where the data are reported by either municipality or neighbourhood, this data summary sheet reports food insecurity prevalence for the larger geographic area of an HSDA.

Highlights: Vancouver Coastal Health

SOCIO-DEMOGRAPHIC

- Overall for VCH, 9.2% of male and 5.4% of female respondents report being food insecure. Coastal Urban has the lowest proportion of female respondents (3.8%) and Coastal Rural has the lowest proportion of male respondents (3.9%) who report being food insecure among all regions. Richmond has the highest proportion of female respondents (6.4%) and Vancouver has the highest proportion of male respondents (11.4%) who report being food insecure among all regions.
- 9.2% of VCH respondents aged 18-39 years report being food insecure, with Vancouver having the highest proportion (9.0%) and Coastal Rural having the lowest (5.8%). Compared to the rest of the regions, Vancouver also has the highest proportion (9.9%) of respondents aged 40-64 years who report being food insecure. Both Coastal Rural (4.6%) and Coastal Urban (5.1%) have a significantly lower proportion of respondents aged 40-64 years who report being food insecure compared to VCH. VCH respondents aged 65+ years have the lowest prevalence of food insecurity (3.0%) among all age groups.
- 12.0% of VCH respondents with an education level of high school or less report being food insecure, which is significantly higher than those with an education level of Bachelor's degree or higher (2.8%).
- 17.7% of VCH respondents with a household income under $40,000 report being food insecure, which is significantly higher than those with a household income of $100,000 or higher (1.1%).
- 25.0% of VCH respondents who report being unemployed also report being food insecure, which is significantly higher than those employed (4.9%).
- 5.2% of VCH respondents not born in Canada report being food insecure, which is significantly lower than those born in Canada (8.2%).
- Overall for VCH, respondents who identify as Aboriginal have the highest prevalence of food insecurity (23.0%) amongst all ethnic and visible minority groups. Vancouver has the highest proportion of Aboriginal respondents who report being food insecure (27.7%) and Coastal Urban has the lowest (13.9%).
- 14.3% of Vancouver respondents who identify as LGBTQ report being food insecure.
- 12.6% of VCH respondents who are single parents and 13.7% of those who are female single parents report being food insecure.
- 13.3% of VCH respondents who are living alone, 28.7% of respondents who report being homeless and 12.6% of those who live in a rented dwelling report being food insecure, which are all significantly higher than the overall VCH value (7.3%).

Highlights (cont'd): Vancouver Coastal Health

HEALTH-STATUS

- 15.5% of VCH respondents who report having fair or poor general health report being food insecure, which is significantly higher than those who report excellent or very good general health (3.8%).
- 17.5% of VCH respondents who report having fair or poor mental health report being food insecure, which is significantly higher than those who report excellent or very good mental health (3.8%).
- 15.5% of VCH respondents who report having been diagnosed with mood or anxiety disorder report being food insecure, which is significantly higher than the overall VCH value (7.3%).

LIFESTYLE

- 23.9% of VCH respondents who report being a daily or occasional smoker report being food insecure, which is significantly higher than those who are non-smokers (5.2%).
- 13.6% of VCH respondents who report being extremely or quite stressed day report being food insecure.
- 10.0% of VCH respondents who report eating fast food 2+ times per week and 14.4% of respondents who report drinking sugary beverages 3+ times per week report being food insecure.
- 11.0% of VCH respondents who report living in their neighbourhood for less than 2 years report being food insecure, which is significantly higher than those who report living in their neighbourhood 2+ years (5.9%).

BUILT ENVIRONMENT & COMMUNITY RESILIENCY

- 10.2% of VCH respondents whose primary commute mode is walking or cycling and 9.9% of those whose primary mode of commute is public transit report being food insecure, which is significantly higher than the overall VCH value (7.3%).
- 10.0% of VCH respondents whose primary commute mode for errands is walking or cycling report being food insecure.
- 9.8% of VCH respondents who report having a weak or somewhat weak sense of community belonging report being food insecure, which is significantly higher than those who report having a strong or somewhat strong sense of community belonging (4.8%).

Highlights: Fraser Health

SOCIO-DEMOGRAPHIC

- Overall for FH, 7.2% of male and 5.5% of female respondents report being food insecure sometimes or often in the past 12 months. Fraser North has the lowest proportion of female respondents (5.2%) and Fraser East has the lowest proportion of male respondents (4.0%) who report being food insecure among all regions. Fraser South has the highest proportion of female (5.7%) and male respondents (7.9%) who report being food insecure among all regions.
- 8.1% of FH respondents aged 18-39 years report being food insecure, with Fraser South having the highest proportion (9.3%) and Fraser East having the lowest (8.6%). Compared to the rest of the regions, Fraser North has the highest proportion (6.9%) of respondents aged 40-64 years who report being food insecure and Fraser East has the lowest (5.4%). FH respondents aged 65+ years have the lowest prevalence of food insecurity (2.1%) among all age groups.
- 9.6% of FH respondents with an education level of high school or less report being food insecure, which is significantly higher than those with an education level of Bachelor's degree or higher (2.1%).
- 15.6% of FH respondents with a household income under $40,000 report being food insecure, which is significantly higher than those with a household income of $100,000 or higher (1.4%).
- 20.9% of FH respondents who report being unemployed also report being food insecure, which is significantly higher than those employed (4.3%).
- 4.2% of FH respondents not born in Canada report being food insecure, which is significantly lower than those born in Canada (7.1%).
- Overall for FH, respondents who identify as Aboriginal have the highest prevalence of food insecurity (18.5%) amongst all ethnic and visible minority groups. Fraser South has the highest proportion of Aboriginal respondents who report being food insecure (21.7%) and Fraser East has the lowest (15.1%).
- 15.3% of FH respondents who identify as LGBTQ report being food insecure.
- 15.4% of FH respondents who are single parents and 16.7% of those who are female single parents report being food insecure. Fraser East has a significantly lower proportion of female single parent respondents (7.5%) who report being food insecure compared to the FH value (16.7%)
- 11.2% of FH respondents who are living alone, 60.9% of respondents who report being homeless and 13.9% of those who live in a rented dwelling report being food insecure, which are all significantly higher than the overall FH value (6.3%).

HEALTH-STATUS

- 15.1% of FH respondents who report having fair or poor general health report being food insecure, which is significantly higher than those who report excellent or very good general health (3.7%).
- 17.9% of FH respondents who report having fair or poor mental health report being food insecure, which is significantly higher than those who report excellent or very good mental health (3.7%).
- 14.4% of FH respondents who report having been diagnosed with mood or anxiety disorder report being food insecure, which is significantly higher than the overall FH value (6.3%).

Highlights (cont'd): Fraser Health

LIFESTYLE

- 18.7% of FH respondents who report being a daily or occasional smoker report being food insecure, which is significantly higher than those who are non-smokers (4.8%).
- 12.7% of FH respondents who report being extremely or quite stressed day report being food insecure.
- 10.4% of FH respondents who report drinking sugary beverages 3+ times per week report being food insecure.
- 11.5% of FH respondents who report report living in their neighbourhood for less than 2 years report being food insecure, which is significantly higher than those who report living in their neighbourhood 2+ years (5.1%).

BUILT ENVIRONMENT & COMMUNITY RESILIENCY

- 15.9% of FH respondents whose primary commute mode is walking or cycling and 11.2% of those whose primary mode of commute is public transit report being food insecure, which is significantly higher than the overall FH value (6.3%).
- 16.3% of FH respondents whose primary commute mode for errands is walking or cycling report being food insecure.
- 8.7% of FH respondents who report having a weak or somewhat weak sense of community belonging report being food insecure, which is significantly higher than those who report having a strong or somewhat strong sense of community belonging (3.7%).

Data Tables: Vancouver Coastal Health

Table 1a. Proportion of survey respondents aged 18+ years by indicator who report food insecurity.

Domain	Indicator	Richmond (n=142)			Vancouver (n=530)			Coastal Urban (n=90)			Coastal Rural (n=64)			VCH (n=826)			Metro Vancouver (n=1,296)		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	Sometimes/often did not have enough to eat (past 12 months)	6.3	5.0	7.5	8.5	7.7	9.2	5.1	3.7	6.4	4.1	2.8	5.4	7.3	6.7	7.8	7.0	6.5	7.5
Socio-Demographic	Female	6.4	5.0	7.9	5.7	4.9	6.5	3.8	2.6	5.0	4.3	2.9	5.8	5.4	4.9	6.0	5.5	5.0	6.0
	Male	6.2	4.1	8.3	11.4	10.0	12.8	6.4	3.9	8.8	3.9	1.5	6.2	9.2	8.2	10.2	8.6	7.7	9.5
	Young adults aged 18-24 years	7.1	3.3	10.9	10.2	7.4	13.0	s			s			9.7	7.4	11.9	9.0	7.3	10.6
	Adults aged 18-39 years	8.0	5.5	10.4	9.0	7.7	10.2	6.7	3.5	10.0	5.8	2.7	8.9	8.4	7.4	9.4	8.5	7.7	9.4
	Adults aged 40-64 years	5.7	4.0	7.4	9.9	8.6	11.2	5.1	3.6	6.7	4.6	2.7	6.4	7.8	7.0	8.7	7.2	6.4	8.0
	Seniors age 65+ years	4.6	2.3	7.0	2.9	1.7	4.2	s			s			3.0	2.1	3.9	2.6	1.8	3.5
	Education level high school or less	8.6	5.8	11.5	14.5	12.5	16.5	8.8	5.4	12.3	5.1	2.7	7.5	12.0	10.5	13.4	11.2	10.0	12.3
	Education level Bachelor's degree or higher	3.4	2.2	4.7	2.9	2.4	3.4	1.7	0.9	2.5	s			2.8	2.4	3.2	2.5	2.2	2.8
	Household income under $40,000	13.9	10.4	17.5	19.2	17.0	21.3	18.7	13.1	24.4	9.4	5.7	13.2	17.7	16.0	19.3	17.3	15.8	18.8
	Household income $100,000+	0.5	0.0	0.9	1.5	0.8	2.2	s			s			1.1	0.7	1.5	1.2	0.8	1.7
	Employed	4.3	3.0	5.7	5.6	4.8	6.4	3.4	1.8	4.9	3.7	2.3	5.2	4.9	4.3	5.5	4.7	4.3	5.2
	Unemployed	23.7	13.5	33.8	27.6	22.5	32.7	17.2	8.3	26.0	s			25.0	20.9	29.0	23.6	19.9	27.4
	Born in Canada	6.0	3.9	8.1	9.8	8.7	10.9	5.8	4.0	7.6	4.1	2.7	5.6	8.2	7.4	9.0	8.0	7.3	8.7
	Not born in Canada	6.3	4.7	7.8	5.4	4.3	6.4	2.9	1.5	4.4	s			5.2	4.4	6.0	4.8	4.1	5.4
	Time in Canada 0-5 years	11.5	6.9	16.2	8.2	4.4	12.0	s			s			8.6	6.0	11.2	8.5	6.3	10.6
	Time in Canada 6-15 years	8.6	4.9	12.3	6.8	3.7	9.8	s			s			6.8	4.8	8.9	6.3	4.5	8.1
	Time in Canada 16+ years	2.6	1.2	4.1	4.4	3.2	5.7	s			s			3.7	2.8	4.5	3.4	2.6	4.2
	Aboriginal	s			27.7	21.5	33.8	13.9	5.7	22.2	14.1	5.8	22.4	23.0	18.3	27.6	21.8	17.9	25.6
	Caucasian	6.3	3.9	8.7	7.8	6.8	8.9	3.8	2.6	5.0	2.4	1.4	3.4	6.3	5.6	7.0	6.4	5.8	7.1
	Chinese	6.5	4.8	8.2	5.6	4.2	7.0	s			s			6.1	4.9	7.2	5.8	4.7	6.8
	South Asian	s			s			s			s			3.1	1.2	5.1	3.8	2.3	5.3
	LGBTQ	s			14.3	11.1	17.4	s			s			13.1	10.3	15.8	14.5	11.2	17.8
	Parents with children at home (0-4 years)	8.6	4.3	12.9	2.7	1.4	4.1	s			s			3.9	2.7	5.1	5.0	3.8	6.3
	Parents with children at home (5-17 years)	6.2	4.0	8.5	4.2	2.6	5.8	3.2	1.5	4.9	s			4.6	3.6	5.6	5.4	4.5	6.4
	Lone parent	11.6	5.5	17.8	12.2	6.5	17.8	s			s			12.6	8.8	16.3	15.1	11.9	18.4
	Female lone parent	12.9	6.1	19.7	13.3	6.9	19.8	s			s			13.7	9.5	17.8	16.8	13.4	20.2
	Male lone parent	s			s			s			s			s			s		
	Living alone	10.0	5.6	14.4	14.7	12.7	16.7	9.6	5.6	13.6	6.6	2.9	10.3	13.3	11.7	14.9	12.7	11.1	14.3
	Seniors living alone	s			s			s			s			2.8	1.2	4.5	s		
	Homeless	s			27.3	16.0	38.6	s			s			28.7	18.7	38.7	43.8	31.3	56.3
	Dwelling rented	9.9	6.8	12.9	13.5	12.1	15.0	10.6	6.9	14.3	7.8	4.6	11.1	12.6	11.4	13.8	13.4	12.3	14.5
	Dwelling owned w/ mortgage	4.6	2.9	6.2	2.5	1.7	3.2	s			s			2.8	2.2	3.4	3.0	2.5	3.5
	Dwelling owned w/out mortgage	4.0	2.1	5.9	1.6	0.8	2.4	s			s			2.3	1.6	3.0	2.3	1.7	3.0
Health Status	General health (excellent/very good)	2.9	1.7	4.2	4.4	3.6	5.2	2.4	1.0	3.9	3.4	1.5	5.3	3.8	3.2	4.3	3.9	3.4	4.4
	General health (fair/poor)	14.5	10.4	18.5	16.5	13.8	19.1	14.4	8.7	20.1	10.4	5.0	15.8	15.5	13.5	17.6	15.2	13.4	17.1
	Mental health (excellent/very good)	3.0	1.7	4.2	4.7	3.9	5.5	2.5	1.4	3.6	2.7	1.2	4.1	3.8	3.3	4.4	3.9	3.4	4.4
	Mental health (fair/poor)	15.1	10.7	19.5	18.3	15.7	21.0	17.0	10.6	23.4	14.6	6.7	22.6	17.5	15.3	19.6	18.1	16.1	20.2
	Underweight (BMI under 18.5)	s			14.9	6.2	23.6	s			s			12.1	6.0	18.3	11.2	6.1	16.4
	Healthy weight (BMI 18.5-24.9)	6.2	4.3	8.1	7.7	6.6	8.9	6.1	3.3	8.8	s			6.9	6.0	7.8	7.1	6.2	7.9
	Overweight/obese (BMI 25+)	5.9	4.0	7.9	7.6	6.5	8.7	4.4	3.0	5.9	4.1	2.5	5.7	6.5	5.7	7.2	6.3	5.7	7.0
	Obesity (BMI 30+)	6.5	3.0	10.0	9.3	7.1	11.5	6.7	3.6	9.8	4.1	1.7	6.6	7.8	6.3	9.3	7.4	6.3	8.6
	Diabetes	s			11.0	7.2	14.7	s			s			9.5	6.8	12.1	9.6	7.0	12.3
	Mood or anxiety disorder	13.1	7.4	18.8	17.2	14.7	19.8	12.3	7.6	17.0	8.9	4.1	13.7	15.5	13.5	17.5	15.6	13.8	17.4
	Multiple chronic conditions[1]	10.2	4.2	16.1	12.1	8.1	16.0	s			s			10.0	7.3	12.7	9.0	6.9	11.1
Lifestyle	Binge drinking (1+ times/month)[2]	6.8	3.0	10.7	10.6	8.8	12.4	s			4.3	1.8	6.8	9.0	7.6	10.4	8.3	7.1	9.6
	Physical activity (150+ minutes/week)	6.4	4.1	8.7	7.5	6.3	8.7	4.4	2.4	6.5	3.0	1.5	4.4	6.4	5.5	7.3	6.5	5.7	7.3
	Smoker (daily/occasional)	19.0	10.3	27.8	26.5	22.5	30.4	20.0	11.9	28.2	13.0	5.9	20.1	23.9	20.7	27.0	22.0	19.3	24.6
	Non-smoker	4.9	3.8	6.0	6.0	5.3	6.7	3.7	2.4	4.9	2.8	1.7	3.9	5.2	4.7	5.7	5.1	4.7	5.6
	5+ servings of fruits and vegetables (/day)	1.7	0.6	2.7	4.3	3.3	5.3	s			s			3.4	2.7	4.1	3.4	2.7	4.1
	0-4 servings of fruits and vegetables (/day)	7.5	5.9	9.1	9.7	8.7	10.8	5.2	3.6	6.9	4.4	2.9	6.0	8.3	7.5	9.0	7.9	7.3	8.6
	Stress (extremely/quite stressed)	11.4	6.8	16.1	15.7	13.1	18.2	10.3	6.5	14.1	5.5	2.5	8.6	13.6	11.7	15.4	13.3	11.8	14.8
	Stress (any) due to financial situation	10.1	7.5	12.8	14.0	12.5	15.5	10.1	7.1	13.2	7.6	5.0	10.2	12.4	11.3	13.6	12.2	11.2	13.2
	Fast food consumption (2+ times/week)	6.5	4.0	8.9	12.4	10.3	14.4	6.0	2.8	9.2	s			10.0	8.5	11.4	9.1	8.0	10.2
	Sugary beverage consumption (3+ times/week)	8.8	3.8	13.9	18.2	14.7	21.7	7.9	3.2	12.6	10.6	4.8	16.5	14.4	12.0	16.9	12.3	10.6	14.1
	Sleep (6 hours or less/day)	6.3	4.2	8.4	10.3	8.6	12.0	8.2	5.1	11.4	5.6	2.4	8.8	9.0	7.8	10.2	9.0	7.9	10.1
	Sleep (7+ hours/day)	5.7	4.3	7.2	6.7	5.9	7.6	3.6	2.2	4.9	3.3	2.0	4.7	5.8	5.2	6.4	5.6	5.1	6.1
	Time living in neighbourhood (less than 2 years)	12.8	8.2	17.3	11.8	9.7	13.9	7.4	3.8	11.0	s			11.0	9.4	12.7	11.8	10.2	13.3
	Time living in neighbourhood (2+ years)	4.5	3.3	5.6	7.0	6.2	7.9	4.4	3.0	5.9	3.4	2.1	4.6	5.9	5.3	6.5	5.6	5.1	6.1

s = Estimates with coefficients of variation (CV) greater than 33.3% were considered unreliable due to small sample size and were suppressed. CI = Confidence interval.
[1] Reported diagnosis of two or more of the following: Diabetes, heart disease, stroke, high blood pressure or chronic breathing conditions.
[2] Five or more drinks on one occasion for males and 4 or more drinks on one occasion for females.
For indicator definitions, please refer to Technical Notes at: www.myhealthmycommunity.org/Results/TechnicalNotes

Data Tables: Vancouver Coastal Health

Table 1b. Proportion of survey respondents aged 18+ years by indicator who report food insecurity.

Domain	Indicator	Richmond (n=142)			Vancouver (n=530)			Coastal Urban (n=90)			Coastal Rural (n=64)			VCH (n=826)			Metro Vancouver (n=1,296)		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
Primary Care Access	Family doctor access	5.4	4.1	6.6	6.8	5.9	7.7	4.1	2.8	5.3	2.9	1.7	4.0	5.8	5.2	6.4	5.6	5.1	6.1
	Visited health care professional (past 12 months)	6.1	4.7	7.4	8.2	7.3	9.1	4.9	3.6	6.2	3.5	2.3	4.8	7.0	6.4	7.6	6.8	6.2	7.3
Built environment	Commute - car	4.2	3.0	5.3	3.3	2.4	4.2	3.3	1.4	5.1	3.9	2.1	5.7	3.6	2.9	4.2	4.0	3.4	4.5
	Commute - public transit	10.1	6.1	14.0	10.5	8.9	12.0	5.4	2.4	8.4	s			9.9	8.6	11.2	10.4	9.2	11.6
	Commute - walk or cycle	7.6	3.1	12.0	10.8	8.8	12.7	7.2	2.8	11.6	11.8	4.9	18.8	10.2	8.6	11.9	12.5	10.4	14.6
	Primary mode to run errands - walk or cycle	12.9	6.9	18.8	10.0	8.6	11.5	8.0	4.5	11.5	8.1	3.0	13.1	10.0	8.7	11.3	12.0	10.5	13.5
	Amenities within walking/cycling distance (strongly/somewhat agree)	5.9	4.4	7.5	7.3	6.4	8.1	4.4	3.1	5.8	5.0	2.6	7.3	6.5	5.9	7.2	6.6	6.0	7.2
	Large selection of fruits/vegetables available (strongly/somewhat agree)	5.2	3.8	6.6	6.6	5.8	7.3	4.1	2.9	5.4	3.8	2.0	5.7	5.8	5.2	6.4	6.0	5.4	6.5
	Feel safe walking alone after dark (strongly/somewhat agree)	4.7	3.1	6.3	6.5	5.7	7.4	4.2	2.9	5.6	3.8	2.2	5.4	5.6	5.0	6.3	5.7	5.1	6.3
	Transit stop (less than 5 minute walk)	5.8	4.3	7.3	7.8	7.0	8.6	5.0	3.5	6.5	3.6	2.1	5.1	6.8	6.2	7.4	6.7	6.1	7.2
Community resiliency	Emergency supplies (3+ days)	4.5	2.4	6.5	3.7	2.6	4.7	3.6	1.5	5.7	s			3.7	2.9	4.5	3.3	2.7	3.9
	Community belonging (strong/somewhat strong)	4.6	2.9	6.3	5.6	4.7	6.6	3.5	1.9	5.0	3.3	1.8	4.8	4.8	4.1	5.5	4.3	3.7	4.8
	Community belonging (very weak/somewhat weak)	7.3	5.4	9.3	11.2	9.8	12.6	7.6	4.9	10.2	5.0	2.8	7.2	9.8	8.7	10.8	9.5	8.6	10.3
	4+ people to confide in/turn to for help	4.7	3.1	6.3	5.0	4.1	5.9	2.1	0.9	3.4	s			4.3	3.7	4.9	4.2	3.6	4.8

s = Estimates with coefficients of variation (CV) greater than 33.3% were considered unreliable due to small sample size and were suppressed. CI = Confidence interval.
For indicator definitions, please refer to Technical Notes at: www.myhealthmycommunity.org/Results/TechnicalNotes

Table 2. Projected popoulation aged 18+ years by indicator who report food insecurity.

Domain	Indicator	Richmond #	Vancouver #	Coastal Urban #	Coastal Rural #	VCH #	Metro Vancouver #
	Sometimes/often did not have enough to eat in past 12 months	10,574	47,723	7,867	2,992	69,707	140,974
Demographic	Female	5,619	16,433	3,078	1,560	26,775	56,520
	Male	5,001	31,400	4,696	1,433	43,082	84,947
	Young adults aged 18-24 years	1,562	6,719	s	s	10,837	22,391
	Adults aged 18-39 years	4,930	22,044	3,246	1,397	31,862	67,616
	Adults aged 40-64 years	4,311	22,370	3,677	1,495	31,903	62,841
	Seniors age 65+ years	1,403	2,710	s	s	5,186	9,309

Population source: BC Statistics Agency, Population Estimates, 2016.

Data Tables: Fraser Health

Table 3a. Proportion of survey respondents aged 18+ years by indicator who report food insecurity.

Domain	Indicator	Fraser East (n=127)			Fraser North (n=258)			Fraser South (n=276)			FH (n=661)			Metro Vancouver (n=1,296)		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	Sometimes/often did not have enough to eat (past 12 months)	4.9	3.8	6.1	6.4	5.3	7.5	6.7	5.7	7.7	6.3	5.7	7.0	7.0	6.5	7.5
Socio-Demographic	Female	5.9	4.3	7.4	5.2	4.2	6.2	5.7	4.7	6.7	5.5	4.9	6.2	5.5	5.0	6.0
	Male	4.0	2.2	5.7	7.8	5.7	9.9	7.9	6.1	9.6	7.2	6.0	8.4	8.6	7.7	9.5
	Young adults aged 18-24 years	8.6	3.8	13.5	7.8	4.5	11.1	8.8	5.5	12.1	8.4	6.3	10.5	9.0	7.3	10.6
	Adults aged 18-39 years	6.1	3.9	8.2	7.7	5.9	9.5	9.3	7.4	11.1	8.1	7.0	9.3	8.5	7.7	9.4
	Adults aged 40-64 years	5.4	3.6	7.1	6.9	5.1	8.7	6.2	4.8	7.7	6.4	5.4	7.4	7.2	6.4	8.0
	Seniors age 65+ years	s			s			s			2.1	1.0	3.2	2.6	1.8	3.5
	Education level high school or less	6.5	4.3	8.7	10.5	7.8	13.1	10.3	8.2	12.4	9.6	8.2	11.0	11.2	10.0	12.3
	Education level Bachelor's degree or higher	1.2	0.6	1.9	1.9	1.3	2.5	2.4	1.6	3.2	2.1	1.6	2.5	2.5	2.2	2.8
	Household income under $40,000	11.8	8.0	15.6	17.2	13.3	21.0	15.9	12.7	19.2	15.6	13.5	17.8	17.3	15.8	18.8
	Household income $100,000+	s			s			1.5	0.5	2.4	1.4	0.8	2.0	1.2	0.8	1.7
	Employed	2.8	1.8	3.9	4.8	3.8	5.8	4.3	3.3	5.2	4.3	3.7	4.9	4.7	4.3	5.2
	Unemployed	15.7	7.5	24.0	25.2	14.5	35.8	19.6	12.6	26.6	20.9	15.6	26.3	23.6	19.9	27.4
	Born in Canada	5.3	4.0	6.6	7.4	5.9	8.9	7.8	6.4	9.1	7.1	6.3	8.0	8.0	7.3	8.7
	Not born in Canada	s			4.4	2.9	5.9	4.2	2.7	5.7	4.2	3.2	5.2	4.8	4.1	5.4
	Time in Canada 0-5 years	s			8.8	4.1	13.5	7.7	2.7	12.7	8.4	5.0	11.7	8.5	6.3	10.6
	Time in Canada 6-15 years	s			3.3	1.3	5.3	7.5	3.1	12.0	5.2	2.7	7.7	6.3	4.5	8.1
	Time in Canada 16+ years	s			3.9	1.7	6.2	2.2	0.9	3.5	3.1	1.9	4.3	3.4	2.6	4.2
	Aboriginal	15.1	8.0	22.2	17.3	8.7	26.0	21.7	13.7	29.7	18.5	13.8	23.1	21.8	17.9	25.6
	Caucasian	4.0	2.8	5.2	6.2	4.6	7.7	6.3	5.0	7.6	5.8	4.9	6.6	6.4	5.8	7.1
	Chinese	s			4.6	2.3	6.9	7.0	2.5	11.5	5.3	3.3	7.3	5.8	4.7	6.8
	South Asian	s			s			3.3	1.4	5.2	3.7	2.0	5.4	3.8	2.3	5.3
	LGBTQ	s			s			16.2	6.7	25.7	15.3	8.6	22.0	14.5	11.2	17.8
	Parents with children at home (0-4 years)	5.9	2.3	9.6	4.7	2.4	6.9	6.8	4.0	9.6	5.9	4.2	7.5	5.0	3.8	6.3
	Parents with children at home (5-17 years)	3.6	1.6	5.7	4.7	3.1	6.4	7.1	4.9	9.2	5.6	4.4	6.9	5.4	4.5	6.4
	Lone parent	8.9	3.4	14.3	13.4	7.3	19.5	19.2	12.5	25.9	15.4	11.4	19.4	15.1	11.9	18.4
	Female lone parent	7.5	2.8	12.3	15.9	8.9	22.8	20.6	13.9	27.4	16.7	12.6	20.9	16.8	13.4	20.2
	Male lone parent	s			s			s			s			s		
	Living alone	8.5	4.4	12.6	12.4	7.9	16.9	11.0	7.4	14.7	11.2	8.7	13.7	12.7	11.1	14.3
	Seniors living alone	s			s			s			s			s		
	Homeless	s			67.8	43.5	92.1	53.7	23.7	83.7	60.9	41.7	80.1	43.8	31.3	56.3
	Dwelling rented	12.3	8.6	16.1	12.0	9.6	14.4	16.1	13.1	19.2	13.9	12.1	15.6	13.4	12.3	14.5
	Dwelling owned w/ mortgage	2.4	1.2	3.6	3.1	2.0	4.2	3.1	2.2	4.0	3.0	2.4	3.6	3.0	2.5	3.5
	Dwelling owned w/out mortgage	s			3.1	1.3	4.9	1.6	0.6	2.5	2.3	1.5	3.2	2.3	1.7	3.0
Health Status	General health (excellent/very good)	2.0	1.0	2.9	3.1	2.1	4.2	4.8	3.5	6.1	3.7	2.9	4.4	3.9	3.4	4.4
	General health (fair/poor)	16.6	11.0	22.3	12.9	8.5	17.4	16.3	12.4	20.2	15.1	12.5	17.7	15.2	13.4	17.1
	Mental health (excellent/very good)	2.7	1.7	3.7	3.7	2.6	4.8	4.1	3.1	5.2	3.7	3.1	4.4	3.9	3.4	4.4
	Mental health (fair/poor)	14.4	8.7	20.1	17.9	12.9	22.9	19.4	14.9	23.9	17.9	15.0	20.9	18.1	16.1	20.2
	Undwerweight (BMI under 18.5)	s			s			s			s			11.2	6.1	16.4
	Healthy weight (BMI 18.5-24.9)	5.0	2.8	7.1	7.3	5.0	9.5	6.7	4.8	8.5	6.7	5.4	8.0	7.1	6.2	7.9
	Overweight/obese (BMI 25+)	4.8	3.2	6.3	5.9	4.5	7.2	6.4	5.1	7.7	5.9	5.1	6.7	6.3	5.7	7.0
	Obesity (BMI 30+)	5.8	3.4	8.2	6.0	4.1	8.0	7.7	5.5	10.0	6.8	5.4	8.1	7.4	6.3	8.6
	Diabetes	5.8	2.1	9.5	10.0	1.9	18.1	9.3	5.1	13.4	8.8	5.5	12.1	9.6	7.0	12.3
	Mood or anxiety disorder	10.3	6.3	14.4	15.2	11.0	19.5	15.5	11.9	19.2	14.4	12.0	16.8	15.6	13.8	17.4
	Multiple chronic conditions[1]	5.0	2.0	8.0	5.6	2.5	8.7	9.7	5.4	14.0	7.6	5.1	10.1	9.0	6.9	11.1
Lifestyle	Binge drinking (1+ times/month)[2]	4.1	1.9	6.2	7.0	4.0	9.9	7.7	5.3	10.1	6.8	5.1	8.4	8.3	7.1	9.6
	Physical activity (150+ minutes/week)	3.6	2.1	5.1	7.0	4.8	9.2	5.8	4.2	7.3	5.9	4.8	7.0	6.5	5.7	7.3
	Smoker (daily/occasional)	12.3	7.0	17.6	19.3	13.2	25.5	20.6	15.5	25.7	18.7	15.3	22.1	22.0	19.3	24.6
	Non-smoker	4.0	2.9	5.1	4.8	3.8	5.8	5.0	4.1	6.0	4.8	4.2	5.4	5.1	4.7	5.6
	5+ servings of fruits and vegetables (/day)	2.3	1.0	3.7	4.1	2.0	6.1	2.6	1.4	3.7	3.1	2.1	4.1	3.4	2.7	4.1
	0-4 servings of fruits and vegetables (/day)	5.8	4.3	7.3	7.3	5.9	8.7	7.7	6.4	8.9	7.2	6.4	8.0	7.9	7.3	8.6
	Stress (extremely/quite stressed)	12.3	7.7	16.9	12.1	9.3	14.9	13.4	10.3	16.5	12.7	10.8	14.6	13.3	11.8	14.8
	Stress (any) due to financial situation	8.5	6.3	10.7	11.2	9.0	13.5	12.2	10.1	14.2	11.2	9.9	12.5	12.2	11.2	13.2
	Fast food consumption (2+ times/week)	4.2	2.1	6.3	7.4	5.1	9.7	9.1	6.9	11.4	6.7	5.4	8.0	9.1	8.0	10.2
	Sugary beverage consumption (3+ times/week)	8.3	4.8	11.8	10.3	6.9	13.7	11.3	8.2	14.4	10.4	8.4	12.4	12.3	10.6	14.1
	Sleep (6 hours or less/day)	6.2	3.8	8.6	9.8	7.0	12.5	7.9	6.0	9.8	8.4	6.9	9.9	9.0	7.9	10.1
	Sleep (7+ hours/day)	3.8	2.6	5.1	4.8	3.7	5.8	5.8	4.6	6.9	5.1	4.4	5.7	5.6	5.1	6.1
	Time living in neighbourhood (less than 2 years)	7.9	4.5	11.3	11.9	8.0	15.8	12.5	9.2	15.7	11.5	9.3	13.7	11.8	10.2	13.3
	Time living in neighbourhood (2+ years)	4.2	2.9	5.4	5.2	4.1	6.3	5.3	4.2	6.3	5.1	4.4	5.7	5.6	5.1	6.1

s = Estimates with coefficients of variation (CV) greater than 33.3% were considered unreliable due to small sample size and were suppressed. CI = Confidence interval.
[1] Reported diagnosis of two or more of the following: Diabetes, heart disease, stroke, high blood pressure or chronic breathing conditions.
[2] Five or more drinks on one occasion for males and 4 or more drinks on one occasion for females.
For indicator definitions, please refer to Technical Notes at: www.myhealthmycommunity.org/Results/TechnicalNotes

Data Tables: Fraser Health

Table 3b. Proportion of survey respondents aged 18+ years by indicator who report food insecurity.

Domain	Indicator	Fraser East (n=127)			Fraser North (n=258)			Fraser South (n=276)			FH (n=661)			Metro Vancouver (n=1,296)		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
Primary Care Access	Family doctor access	4.3	3.0	5.5	5.3	4.1	6.4	5.3	4.2	6.4	5.1	4.4	5.8	5.6	5.1	6.1
	Visited health care professional (past 12 months)	5.1	3.8	6.5	6.0	4.8	7.2	6.7	5.6	7.8	6.2	5.4	6.9	6.8	6.2	7.3
Built environment	Commute - car	3.1	1.9	4.3	3.6	2.5	4.7	4.6	3.6	5.7	4.0	3.3	4.6	4.0	3.4	4.5
	Commute - public transit	16.4	6.5	26.4	10.0	7.3	12.8	12.3	9.0	15.5	11.2	9.2	13.3	10.4	9.2	11.6
	Commute - walk or cycle	8.9	4.0	13.9	18.8	10.8	26.8	15.9	9.3	22.6	15.9	11.5	20.4	12.5	10.4	14.6
	Primary mode to run errands - walk or cycle	21.1	11.9	30.2	16.0	10.7	21.3	15.9	11.1	20.6	16.3	12.9	19.6	12.0	10.5	13.5
	Amenities within walking/cycling distance (strongly/somewhat agree)	5.1	3.5	6.6	6.9	5.3	8.4	6.3	5.0	7.6	6.4	5.5	7.2	6.6	6.0	7.2
	Large selection of fruits/vegetables available (strongly/somewhat agree)	4.6	3.1	6.2	6.0	4.6	7.3	6.1	4.9	7.2	5.8	5.0	6.6	6.0	5.4	6.5
	Feel safe walking alone after dark (strongly/somewhat agree)	3.6	2.2	5.0	6.1	4.6	7.6	5.1	3.8	6.5	5.3	4.4	6.2	5.7	5.1	6.3
	Transit stop (less than 5 minute walk)	5.0	3.6	6.4	6.2	5.0	7.5	6.5	5.2	7.7	6.1	5.4	6.9	6.7	6.1	7.2
Community resiliency	Emergency supplies (3+ days)	s			2.2	1.2	3.2	3.5	2.0	5.0	2.7	1.9	3.5	3.3	2.7	3.9
	Community belonging (strong/somewhat strong)	3.6	2.3	4.9	4.3	3.0	5.7	3.1	2.2	4.1	3.7	3.0	4.4	4.3	3.7	4.8
	Community belonging (very weak/somewhat weak)	6.8	4.5	9.1	8.2	6.4	10.0	9.8	8.0	11.7	8.7	7.6	9.9	9.5	8.6	10.3
	4+ people to confide in/turn to for help	3.2	1.8	4.6	4.0	2.6	5.5	4.0	2.8	5.2	3.9	3.1	4.7	4.2	3.6	4.8

s = Estimates with coefficients of variation (CV) greater than 33.3% were considered unreliable due to small sample size and were suppressed. CI = Confidence interval.
For indicator definitions, please refer to Technical Notes at: www.myhealthmycommunity.org/Results/TechnicalNotes

Table 4. Projected popoulation aged 18+ years by indicator who report food insecurity.

Domain	Indicator	Fraser East #	Fraser North #	Fraser South #	FH #	Metro Vancouver #
	Sometimes/often did not have enough to eat in past 12 months	11,137	33,646	41,056	85,872	140,974
Demographic	Female	6,667	13,841	17,529	38,035	56,520
	Male	4,447	20,183	23,622	48,311	84,947
	Young adults aged 18-24 years	2,386	5,265	6,799	14,445	22,391
	Adults aged 18-39 years	5,052	15,822	21,535	42,397	67,616
	Adults aged 40-64 years	5,104	16,083	16,500	37,728	62,841
	Seniors age 65+ years	s	s	s	5,094	9,309

Population source: BC Statistics Agency, Population Estimates, 2016.