

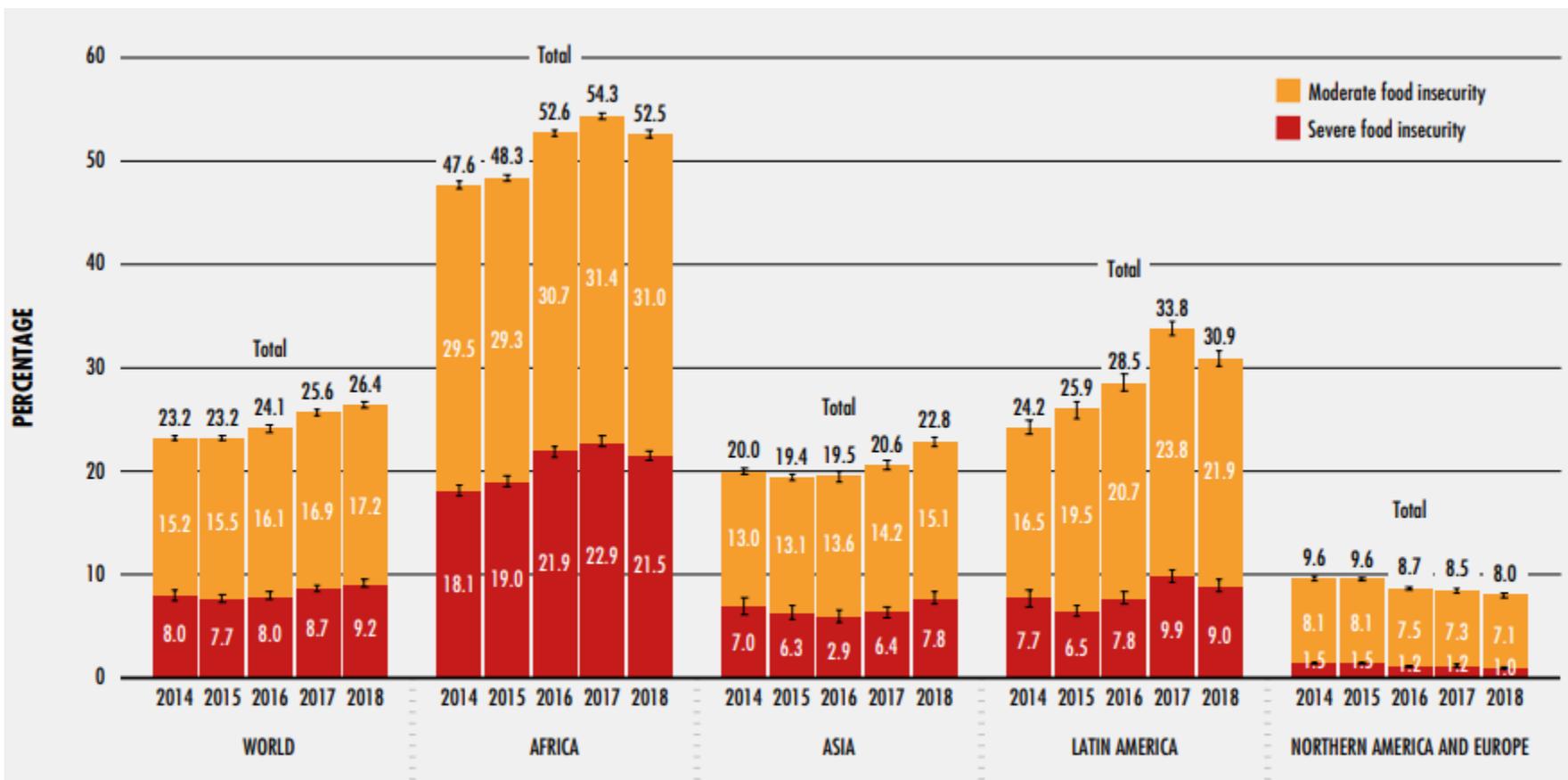


Food insecurity in the UK

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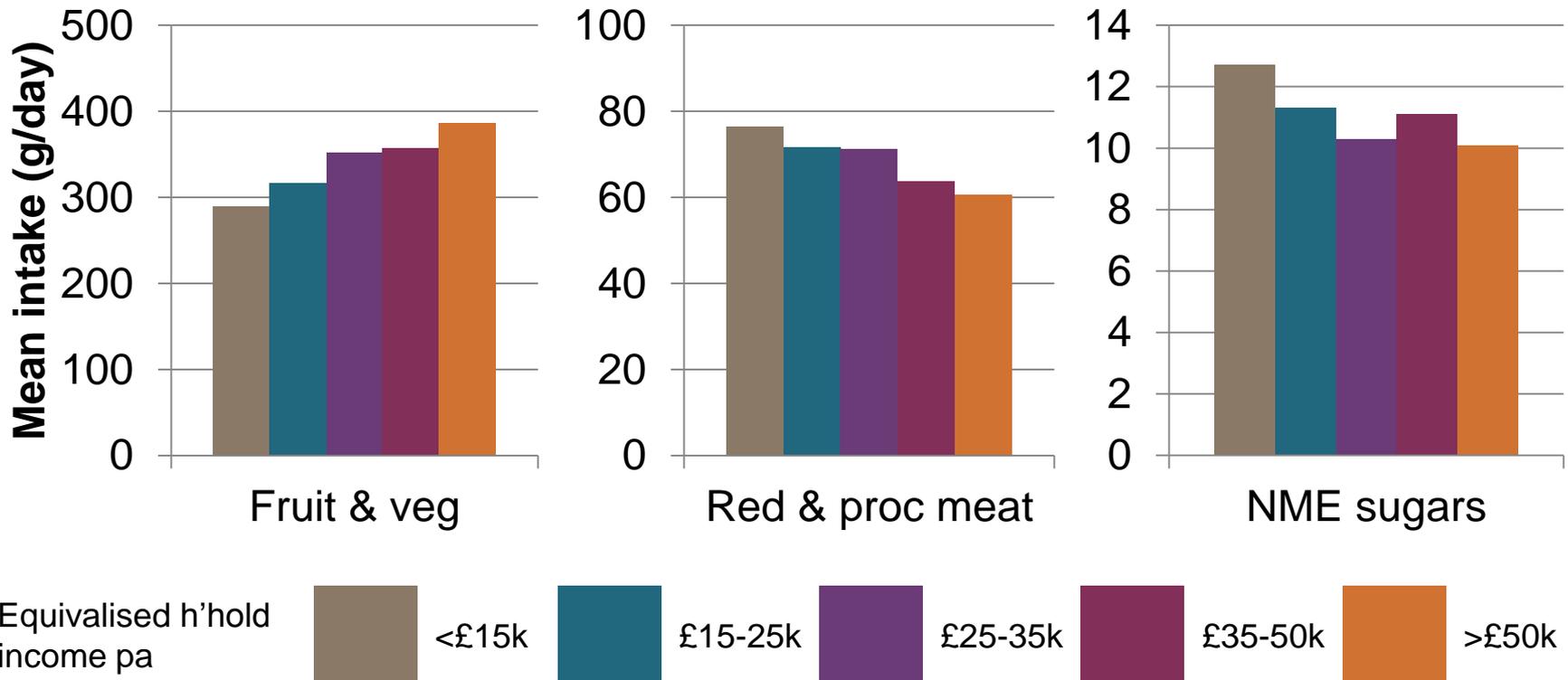
FAO food insecurity: “A situation that exists when people lack secure access to sufficient amounts of safe and nutritious food for normal growth and development and an active and healthy life.”



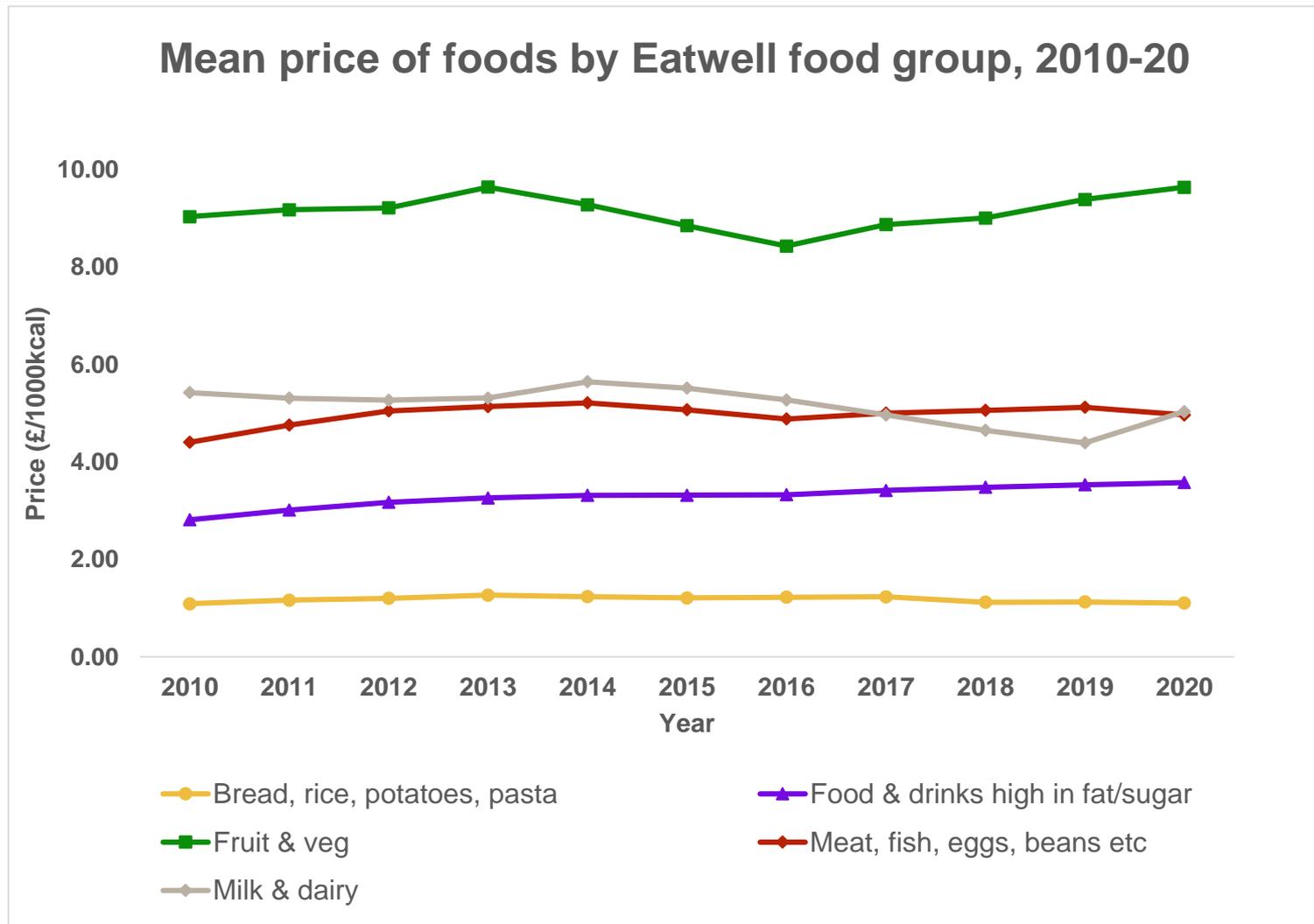
NOTES: Differences in total are due to rounding of figures to the nearest decimal point.

SOURCE: FAO.

Diet & Socio-economic position



Healthier foods are more expensive in the UK



Healthier diets are more expensive in the UK

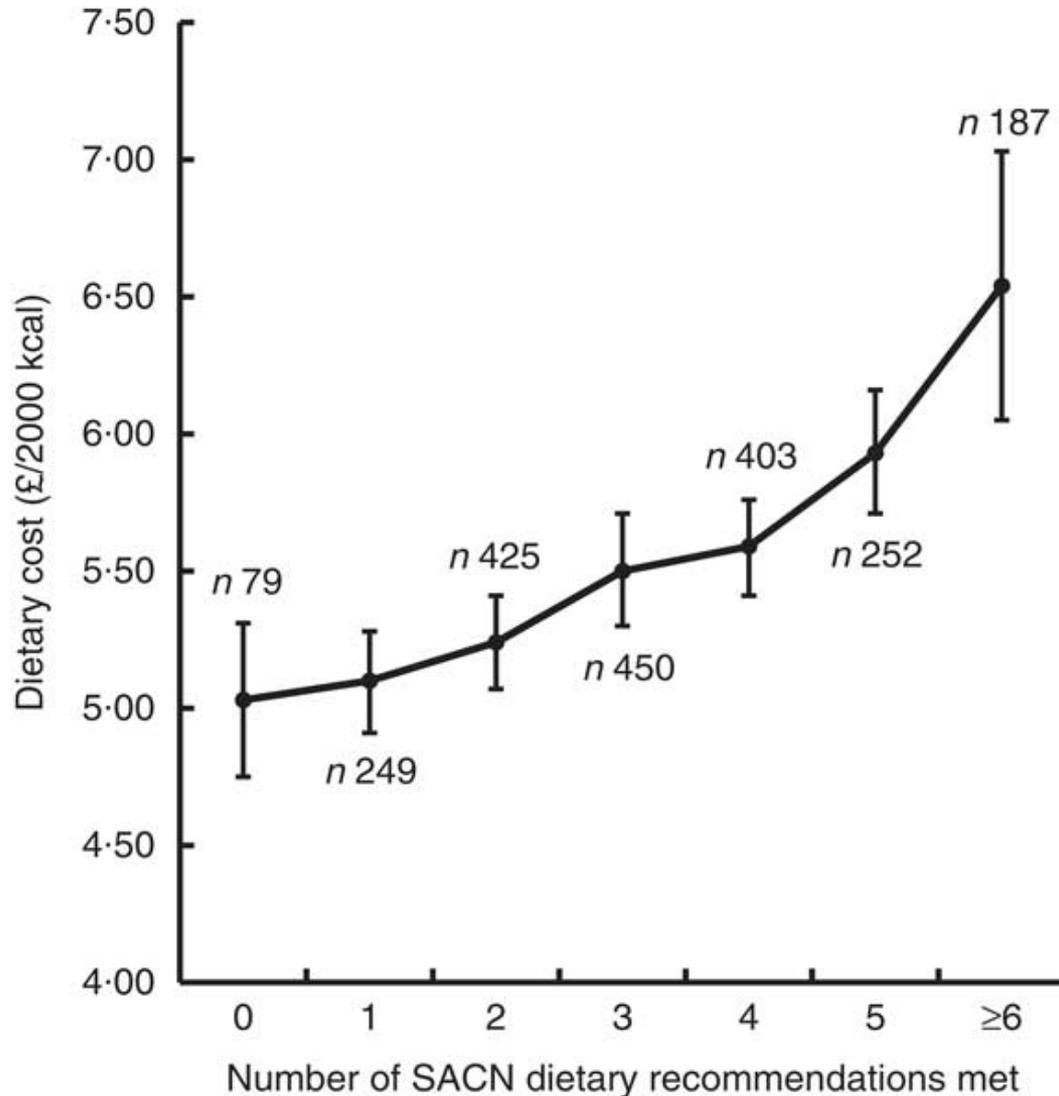


Fig. 2 Mean diet cost (with 95 % CI) for diets in relation to the number of UK dietary recommendations met adjusted for age, sex and occupational social class. Dietary data from 2045 adults participating in Years 1–4 of the UK National Diet and Nutrition Survey Rolling Programme, 2008–2012 (1 kcal=4.184 kJ)

50g + 150g Carrots (50p/kg SB) - 10p.
 200g spaghetti (20p/500g SB) - 8p.
 300g onion (50p/kg S.GS) - 15p.
 125g mushrooms (54p/250g A) - 27p.
 100g + 150g Spring greens (52p/500g T) - 26p.
 1 tsp soy sauce - 54p/150ml + (5p)
 3 tsp oil - 4/11 - 5p.
 2 tsp ^{white} vinegar - 29p/568ml (2p).
 garlic - NE -
 500g chx thighs (€1.68/kg F.A) - 84p.
 6 ~~8~~ ^{OR} sausages - 30p - 80p.
 2x 400g baked beans (25p/400g SB) - 50p.
 1x 400g kidney beans (30p/400g - A/A) 30p.
 500g passata (32p/500g B + T.GH) - 32p.
 25g d. chocolate - 30p/100g - A) - 5p.
 2 tsp ^{4.6g} cumin (€1.15/100g EE@T) - 5p.
 2 tsp paprika - (€1.15/100g EE@T) - 5p.
 200g leeks (€1.20/kg A) - 24p.
 500g rice (45p/1kg S.B) - 23p.

A GIRL CALLED JACK

100 DELICIOUS BUDGET RECIPES



JACK MONROE

Household food insecurity in the UK

In the past 12 months:

- You and other household members worried that food would run out before you got money to buy more
- The food that you and other household members bought just didn't last, and there wasn't any money to get more.
- You & other household members couldn't afford to eat balanced meals.

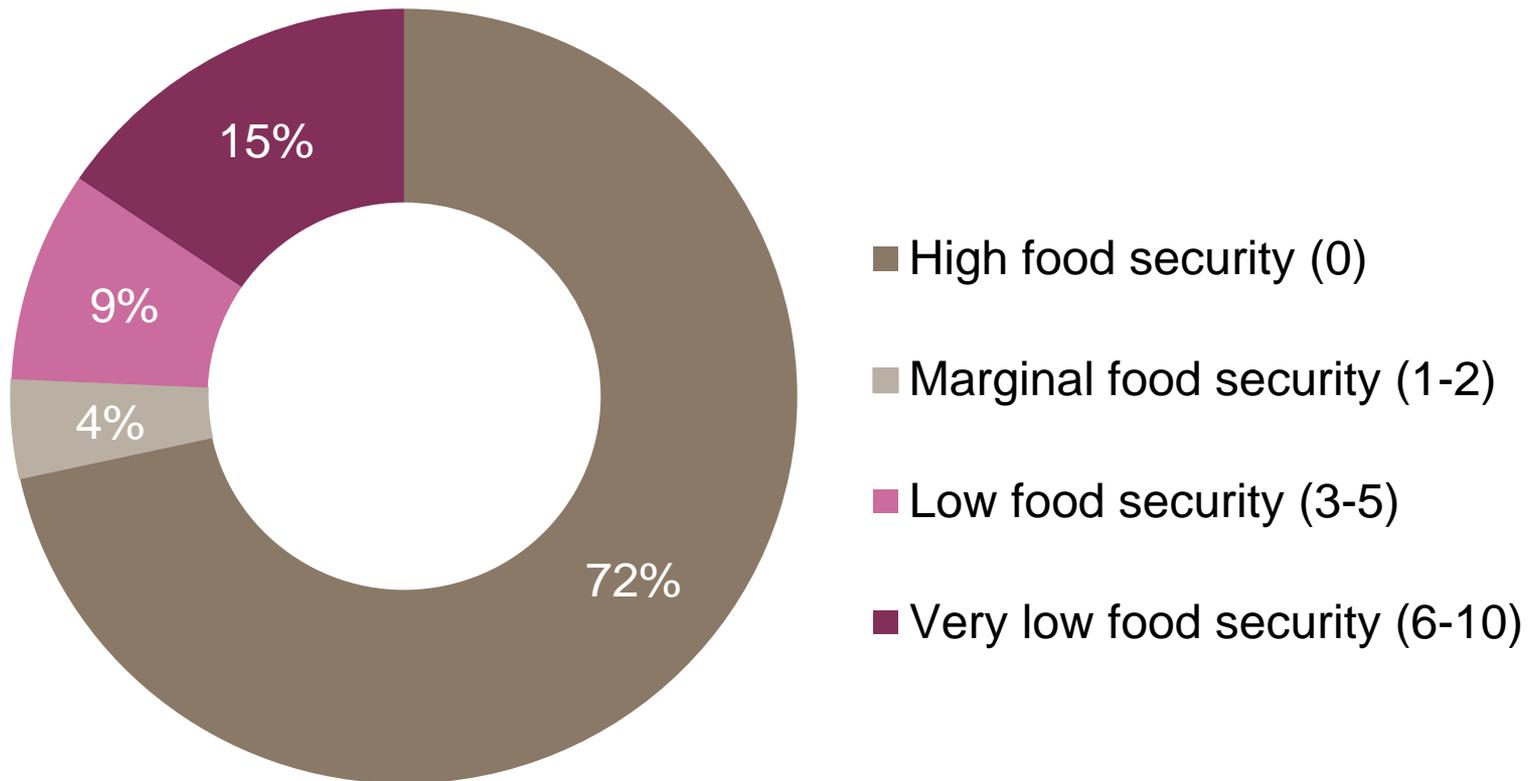
If often or sometimes true for any, continue to: In the last 12 months:

- did you or other adults in your household ever reduce the size of your meals or skip meals because there wasn't enough money for food?
- did you ever eat less than you felt you should because there wasn't enough money for food?
- did you lose weight because there wasn't enough money for food?

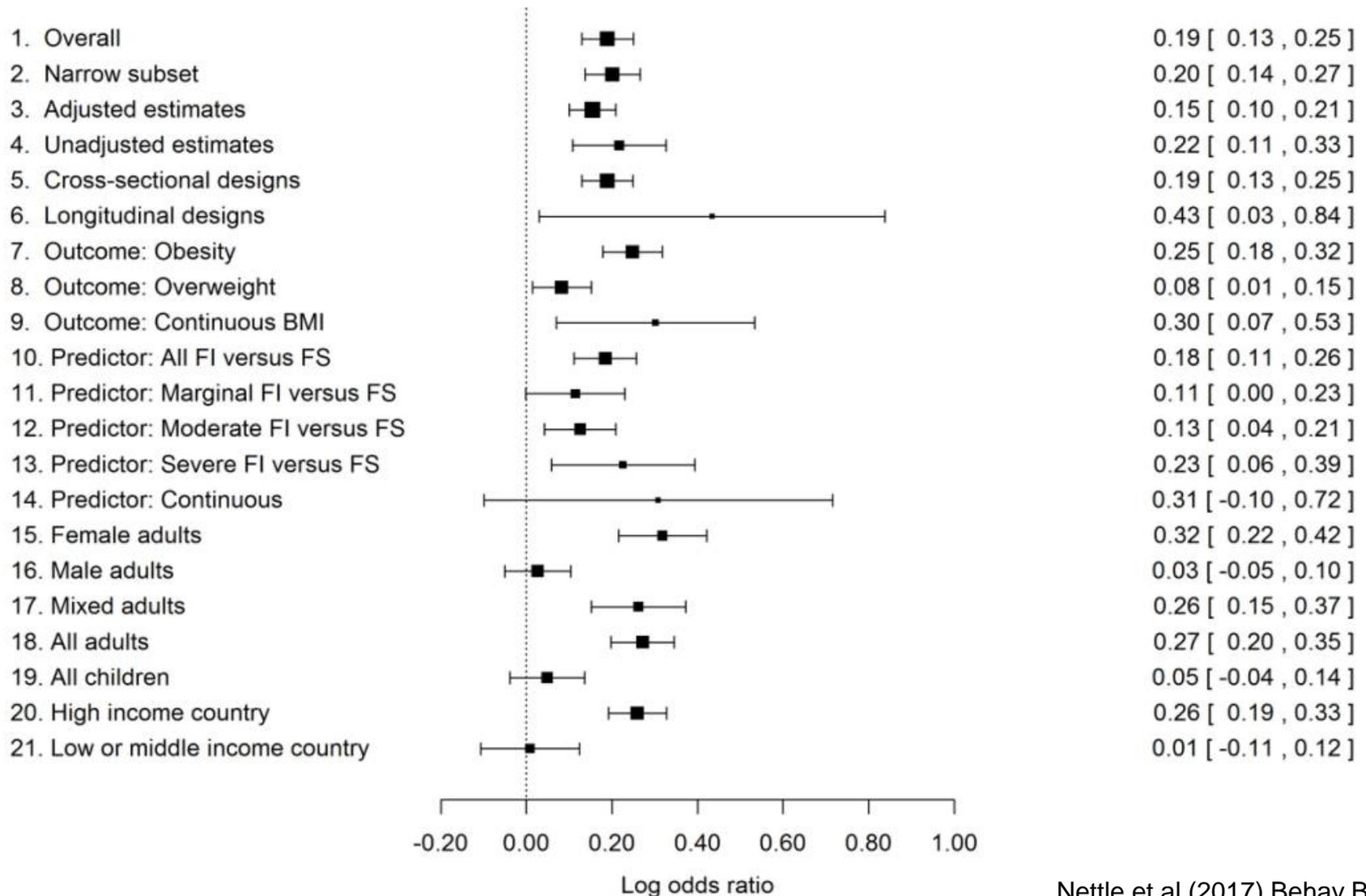
If yes to any, continue to: In the last 12 months:

- did you or other adults in your household ever not eat for a whole day because there wasn't enough money for food?

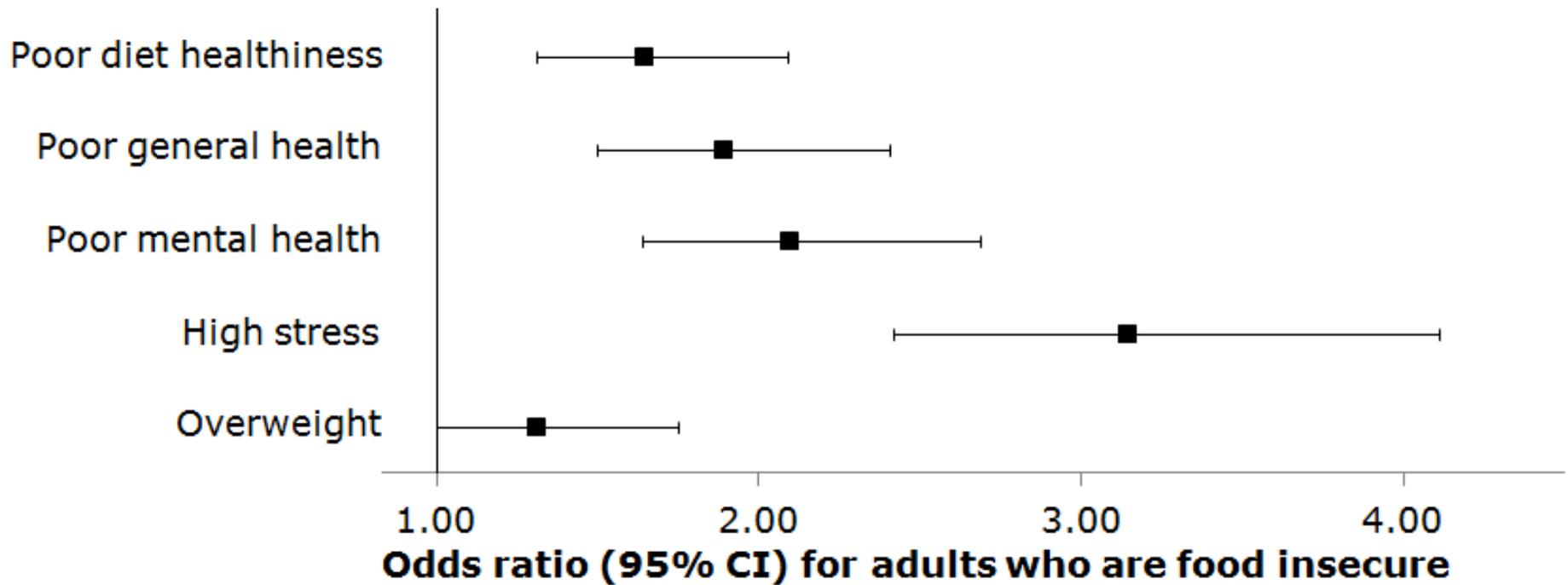
Food insecurity in the UK adults, aged 18-65y



Food insecurity and excess body weight



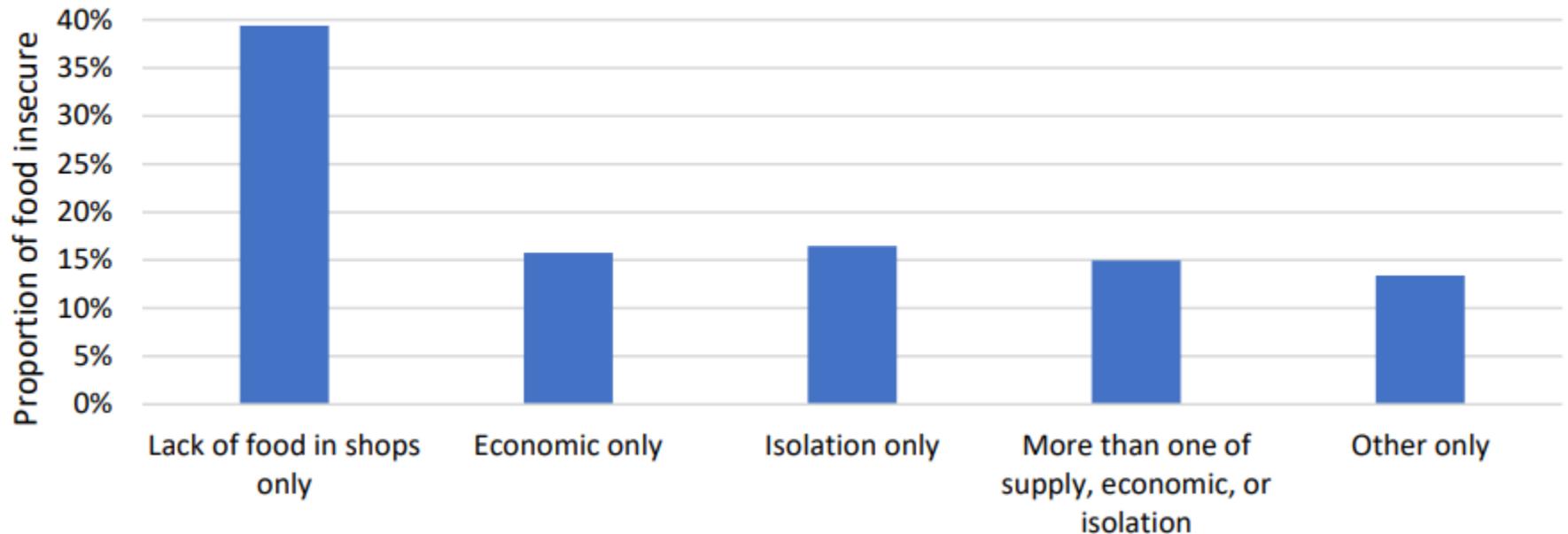
Food insecurity is not a healthful experience



Recent Covid-related developments

- 7-9 April 2020: 16% reported food insecurity in last 3 weeks
 - cf 8% in last 12 months from F&Y survey (assume ~4% in last month)

Figure 1 Proportion of adults experiencing food insecurity arising from a lack of food in shops alone or for other reasons.



What should we do about FI in the UK?

- Emergency relief
 - Food banks and other food charity
- Increase lowest incomes
 - Abolish 5 week wait for Universal Credit
 - Increase minimum wage
 - National minimum income
- Reduce cost of food; and relative difference in cost of healthier vs less healthy food
 - Taxes and subsidies – targeted at consumers, retailers, producers