

Key factors influencing food security status of vulnerable groups in Inuit communities: A case study of Elders in Nunatsiavut

Nuesslein, S.¹ (shirinnuessle@trentu.ca), Furgal, C.² and McTavish, K.³

¹ MA Candidate in Sustainability Studies, Trent University, Peterborough, ON, Canada

² Indigenous Environmental Studies/Sciences Program, Trent University, Peterborough, ON, Canada

³ Food Security Coordinator, Nunatsiavut Government Department of Health and Social Services, Nain, NL, Canada

BACKGROUND

- Food security is defined as when all people have consistent access to food that is nutritious, safe, affordable, preferred and culturally appropriate
- High food insecurity levels documented among Indigenous peoples in Canada relative to national levels are cause for significant public health and health equity concerns
- Significant research exists on factors influencing food insecurity status and associated health outcomes (e.g. nutritional deficiencies, obesity, chronic diseases, neurological disorders, anxiety and family stress)
- Little is known about Indigenous-specific factors (social and other) influencing food security and which sub-groups within Indigenous populations are vulnerable to food insecurity

RATIONALE

- Need to enhance our understanding of factors influencing food insecurity among vulnerable groups within Indigenous populations
- Understanding vulnerabilities to food insecurity within populations helps to: a) understand health inequities within a population, and b) develop strategically targeted food insecurity mitigation strategies promoting food security for all

RESEARCH QUESTION

What are the key factors influencing the food security status (FSS) of a vulnerable group in Nunatsiavut?

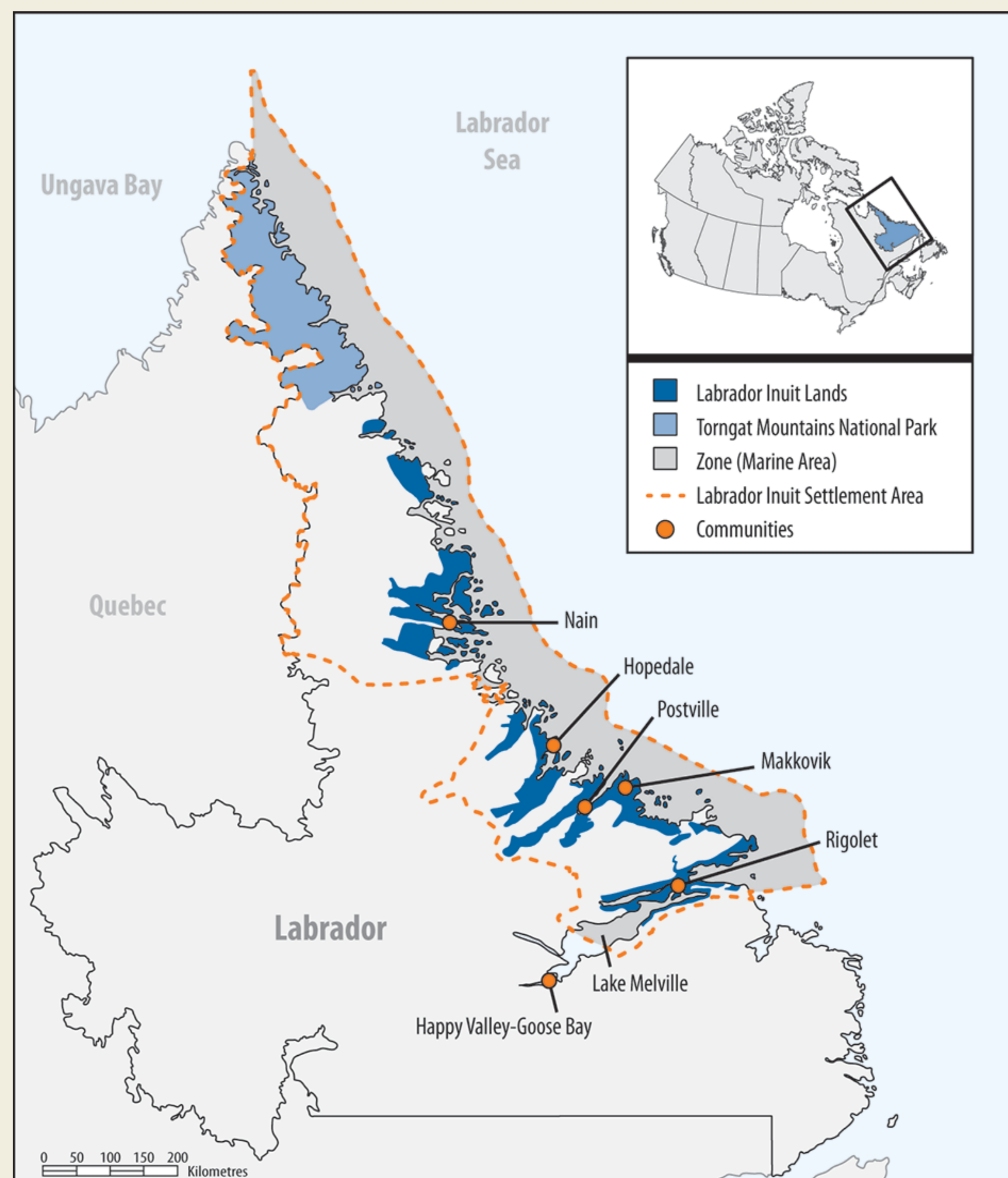
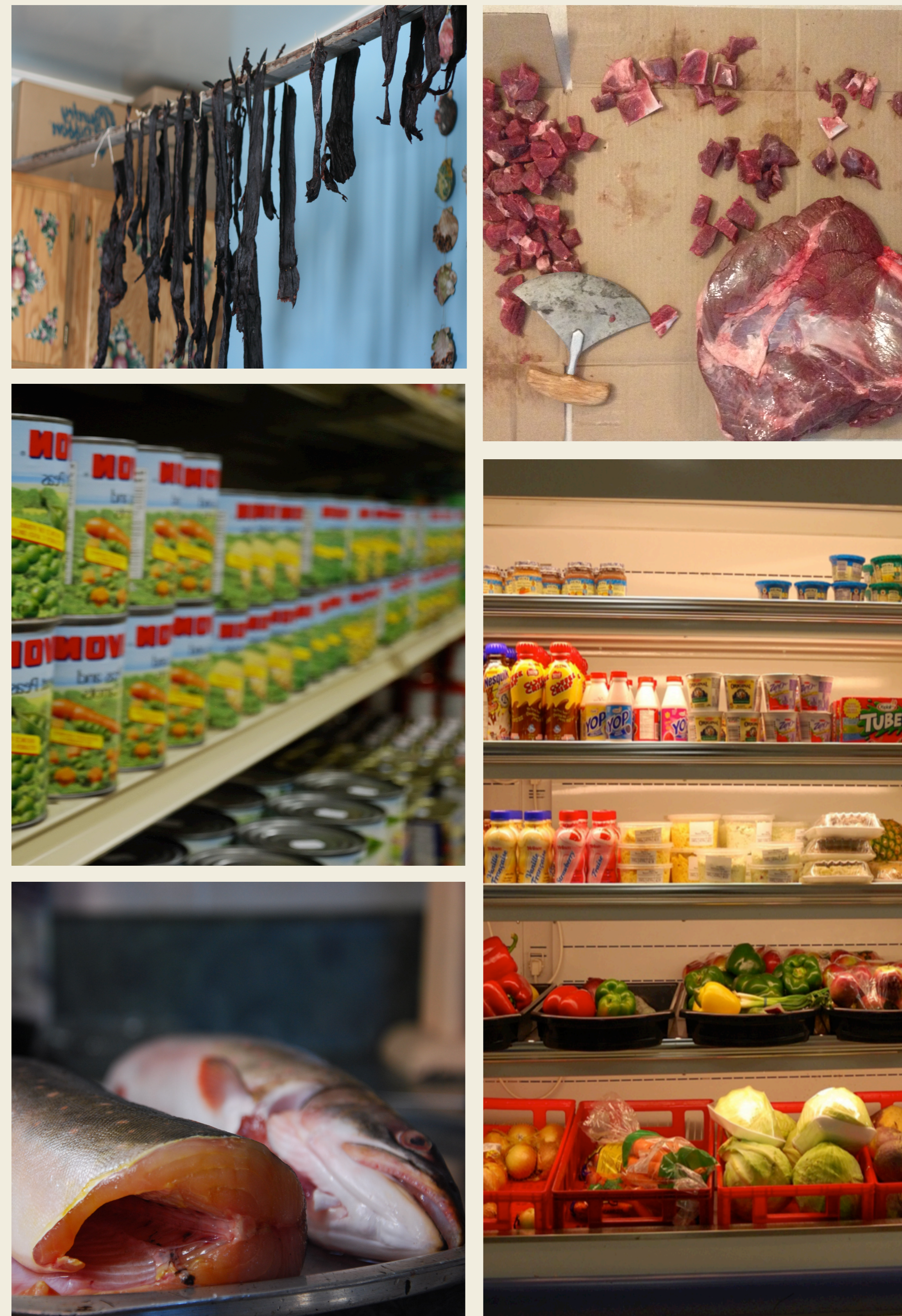
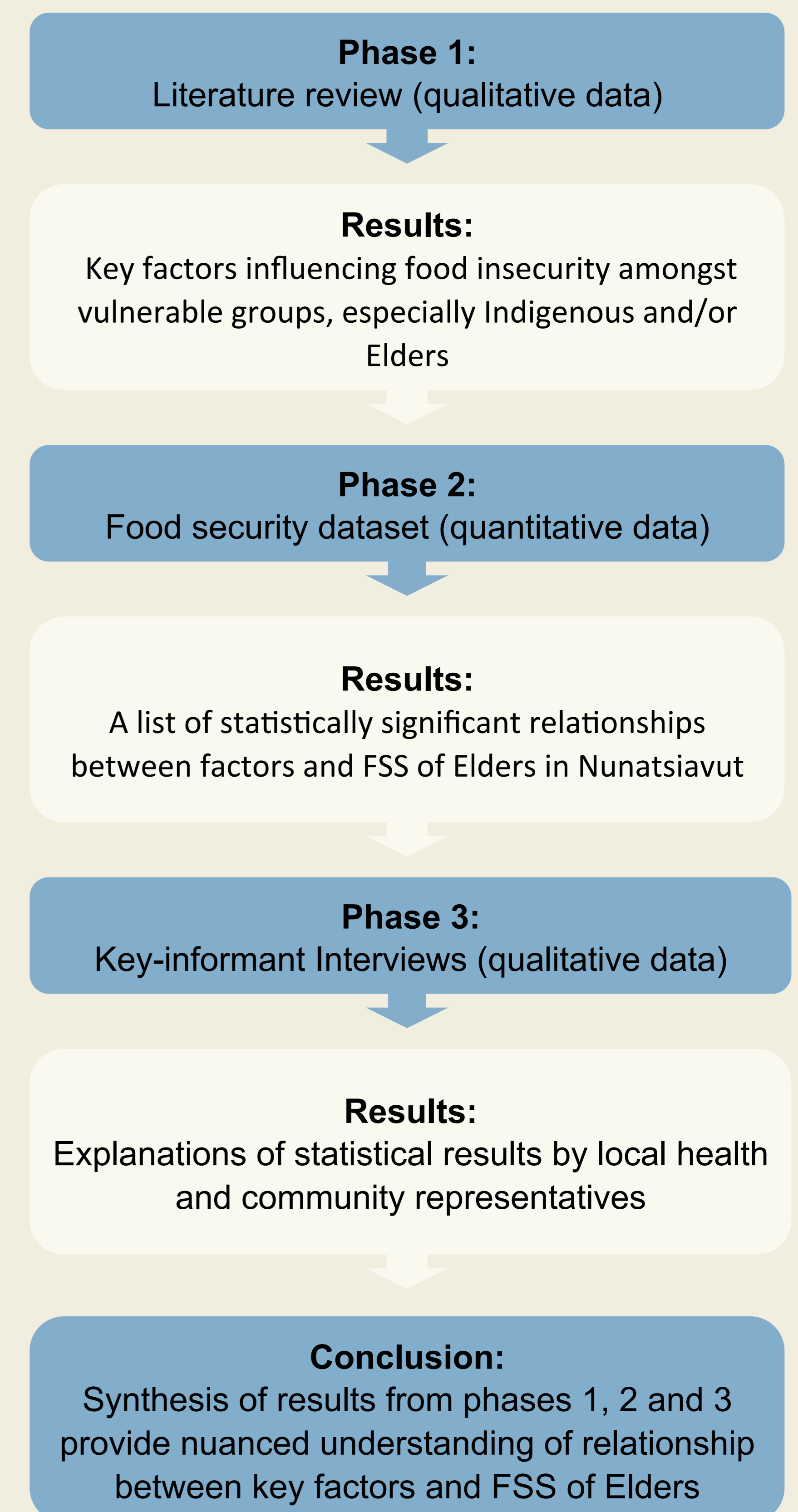


Figure 1. Inuit Settlement Area of Labrador comprised of five communities: Rigolet, Postville, Makkovik, Hopedale, and Nain

METHODS

- Exploratory and explanatory sequential mixed-method design in case region of Nunatsiavut
- Results from each phase of analysis inform the approach for the next phase



EXPECTED OUTCOMES

- Nuanced understanding of the vulnerabilities for food insecurity experienced within the Inuit population and the conditions required to promote food security and health for all residents, including vulnerable groups, such as Elders
- Contribution to the development of interventions and a regional food security strategy led by the Nunatsiavut Government Department of Health and Social Development