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

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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

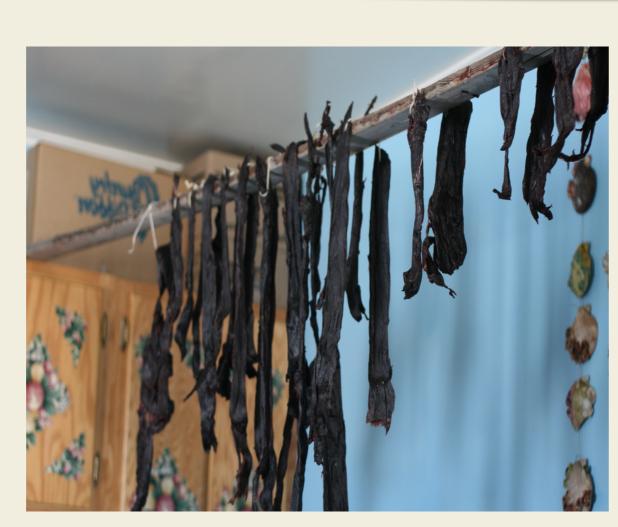
- Need to enhance our understanding of factors influencing food insecurity among vulnerable groups within Indigenous populations
- Understanding vulnerabilities to food insecurity within populations helps to: a) understand health inequities within a population, and b) develop strategically targeted food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

RESEARCH QUESTION

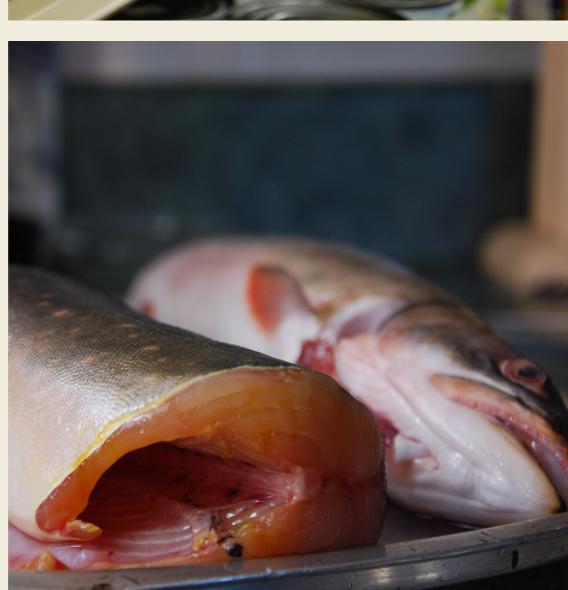
What are the key factors influencing the food security status (FSS) of a vulnerable group in Nunatsiavut?

CASE STUDY: Inuit Elders in Nunatsiavut

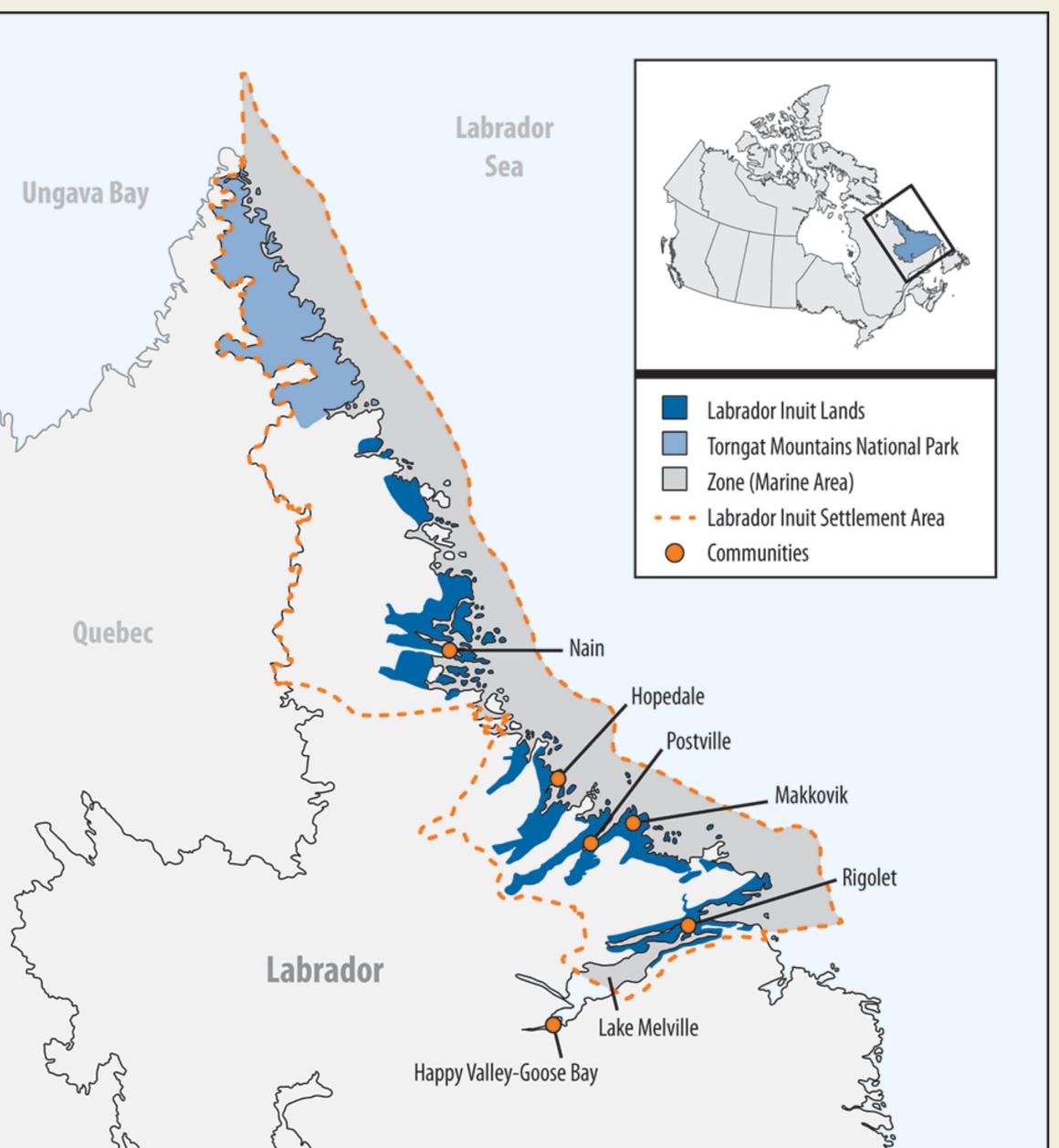
- Inuit communities in the Canadian North experience the highest levels of food insecurity in the country
- Examining the relationship between factors (social and other) and household food insecurity status of vulnerable sub-groups within the Inuit population is a research priority to inform evidence-based food insecurity mitigation strategies
- The existing household food insecurity dataset for Nunatsiavut (Inuit Settlement Region of Labrador) is the only community representative dataset of its kind for an Indigenous population in Canada to-date
- The Nunatsiavut Government has identified the need for further research with Elders to inform their development of interventions and a regional food security strategy

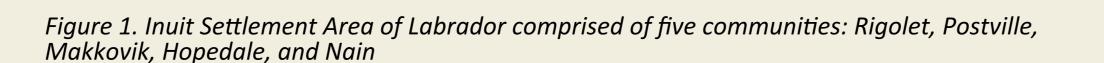












METHODS

- 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

Phase 1:

Literature review (qualitative data)

Results:

Key factors influencing food insecurity amongst vulnerable groups, especially Indigenous and/or Elders

Phase 2:

Food security dataset (quantitative data)

Results:

A list of statistically significant relationships between factors and FSS of Elders in Nunatsiavut

Phase 3:

Key-informant Interviews (qualitative data)

Results:

Explanations of statistical results by local health and community representatives

Conclusion:

Synthesis of results from phases 1, 2 and 3 provide nuanced understanding of relationship between key factors and FSS of Elders

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











