



FOOD SECURITY

QANUILIRPITAA? 2017 HEALTH SURVEY

Nunavimmiut eat foods that come from stores as well as country foods that are hunted, fished or gathered on the land. Eating enough healthy, nutritious, safe and desired foods daily is critical for peoples' health and well-being.

KEY FINDINGS

Nearly 8 out of 10 Nunavimmiut (78%) experienced some level of food insecurity in the year prior to the 2017 survey. This included having to compromise on food **QUALITY**, **WORRYING** about not having enough food, or having actually **LACKED FOOD** because of a lack of resources to get food.

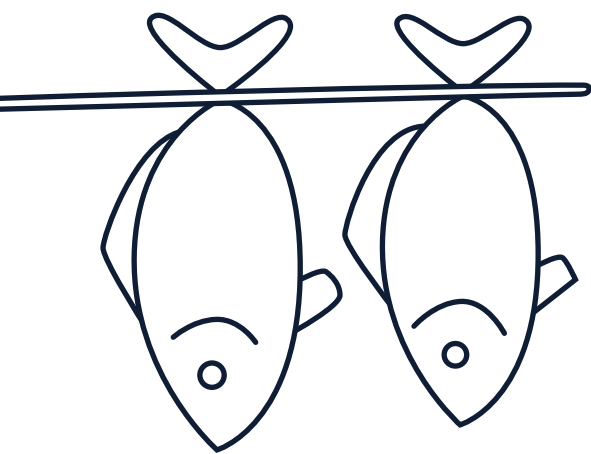
Specifically:

- 66% worried that the food they had would run out;
- 55% mentioned they were unable to access healthy foods;
- 23% reported experiencing hunger and not being able to get food to eat;
- 12% declared having to go a full day without eating.

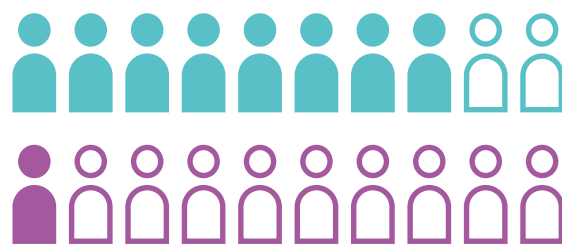


While most individuals were affected by food insecurity, the survey identified that certain groups tended to be more at risk than others, namely:

- youth between the ages of 16 and 19 years old;
- women who were pregnant in the year before the survey;
- individuals living in a household with children;
- individuals with lower incomes;
- people who spent less time on the land.

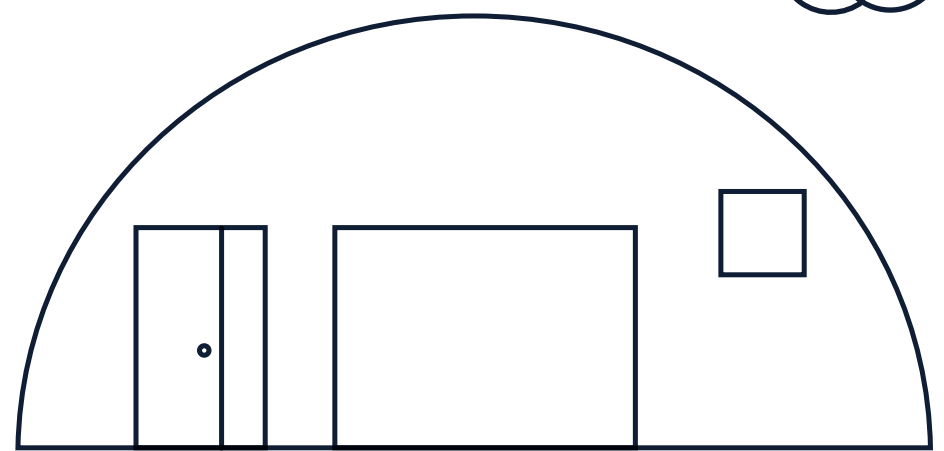
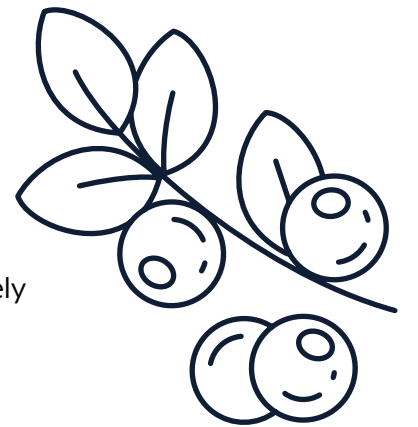


The proportion of individuals reporting that there was a time during the previous month when there was no food to eat in their home **INCREASED** from 22% in 2004 to 35% in 2017.



Food insecurity was much more common in Nunavik than in the general population of Canada in 2017 (78% versus 13%)*.

COMMUNITY FREEZERS were the most widely used food support program during the year before the survey (82% of Nunavimmiut).



SHARING FOOD is widely practised in Nunavik: the vast majority of people (97%) reported either giving or receiving foods in the year prior to the survey.

* The percentage for Canada is by households and the percentage for Nunavik is by individuals. The questionnaires used are two similar (but slightly different) adapted versions of the USDA's Household Food Security Survey Module (HFSSM).

Regional organizations are committed to working with the communities to support access to a sufficient amount of quality food for all Nunavimmiut by reinforcing local and regional initiatives as well as by advocating for resources at the provincial and national levels.

Qanuilirpitaa? 2017 is a population health survey carried out in Nunavik from August to October 2017. A total of 1 326 Nunavimmiut aged 16 and over from all 14 villages participated in this survey.



574 aged 16-30
752 aged 31 and +



873 women



453 men



ᑲᑎᕐᕐᕐᕐᕐᕐᕐᕐ Qanuilirpitaa?
NUNAVIK 2017

For more information:
nrhss.ca/en/health-surveys

Nakurmiik to all Nunavimmiut who contributed to this important health survey!