

Food Security*

Position Statement

Healthy food choices are essential to good diabetes management and to help prevent type 2 diabetes. All Canadians should have access to affordable, sufficient, safe and nutritious food.

For people living in remote or northern communities, or those with below average income, the affordability of healthy food choices should not be a barrier.

Governments should work together to develop and implement social policies and programs, including educational programs, to ensure all Canadians have food security.

Definition

Food security exists when all people, at all times, have physical and economic access to sufficient, safe, and nutritious food to meet their dietary needs and food preferences for an active and healthy life.

Background and Rationale

Food security is a key social determinant of health and is a public health issue that affects many Canadians living with or at risk of developing diabetes.

Diabetes can often be prevented or well-managed with proper nutrition. Individuals living with food insecurity often consume low-cost foods which may be calorically dense and nutritionally inadequate. To support people in choosing healthy food, it must be affordable and readily available in the local community.

It is equally important that people are educated about healthy eating, including meal planning, food budgeting, and food preparation.

(*Formerly Nutrition)