

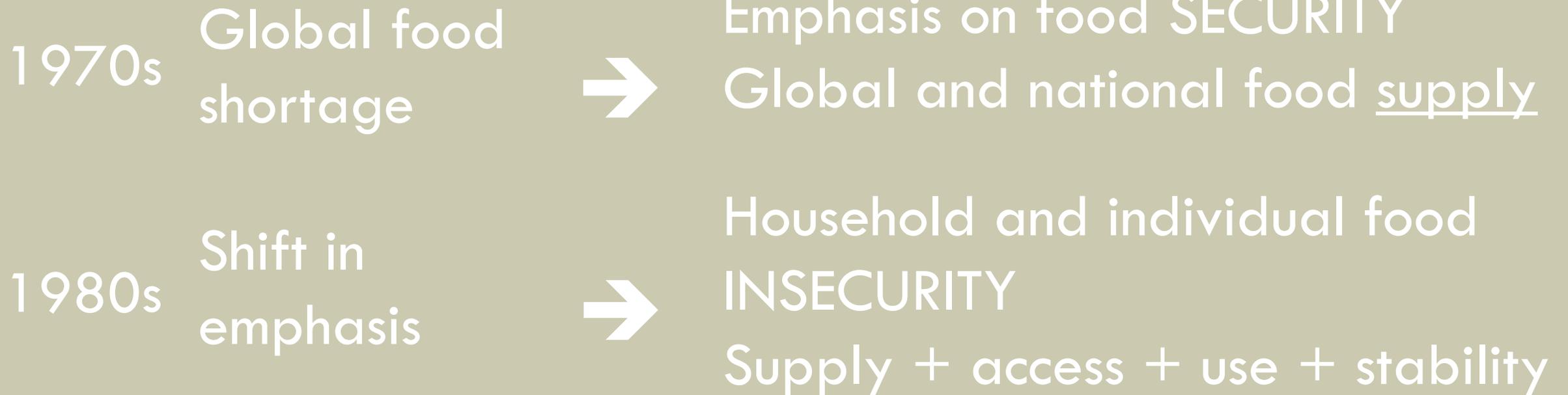


UNDERSTANDING CHILD FOOD INSECURITY IN THE UK

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DEVELOPMENT OF CONCEPT OF FOOD INSECURITY

Food scarcity has been ‘part of human experience and human culture from the earliest inception of language and thought’ (Habicht *et al.*, 2004)



DIMENSIONS OF FOOD INSECURITY

<i>Dimension</i>	<i>Levels</i>	
	Household	Individual
Quantity	Food depletion	Insufficient energy intake
Quality	Unsuitable food	Nutritional inadequacy
Psychological	Anxiety about food supplies	Lack of choice and feelings of deprivation
Social	Disrupted eating patterns / sources of food	Food acquisition in socially unacceptable ways

DEFINITION OF FOOD INSECURITY

The inability to acquire or consume an adequate quality or sufficient quantity of food in socially acceptable ways, or the uncertainty that one will be able to do so.

(Radimer et al., 1992)



SCALE OF FOOD INSECURITY

mild food insecurity

moderate food insecurity

severe food insecurity

worrying about
ability
to obtain food

compromising
quality and variety
of food

reducing quantities,
skipping meals

experiencing
hunger



HOW DO WE KNOW CHILDREN ARE EXPERIENCING FOOD INSECURITY IN THE UK?

NATIONALLY:

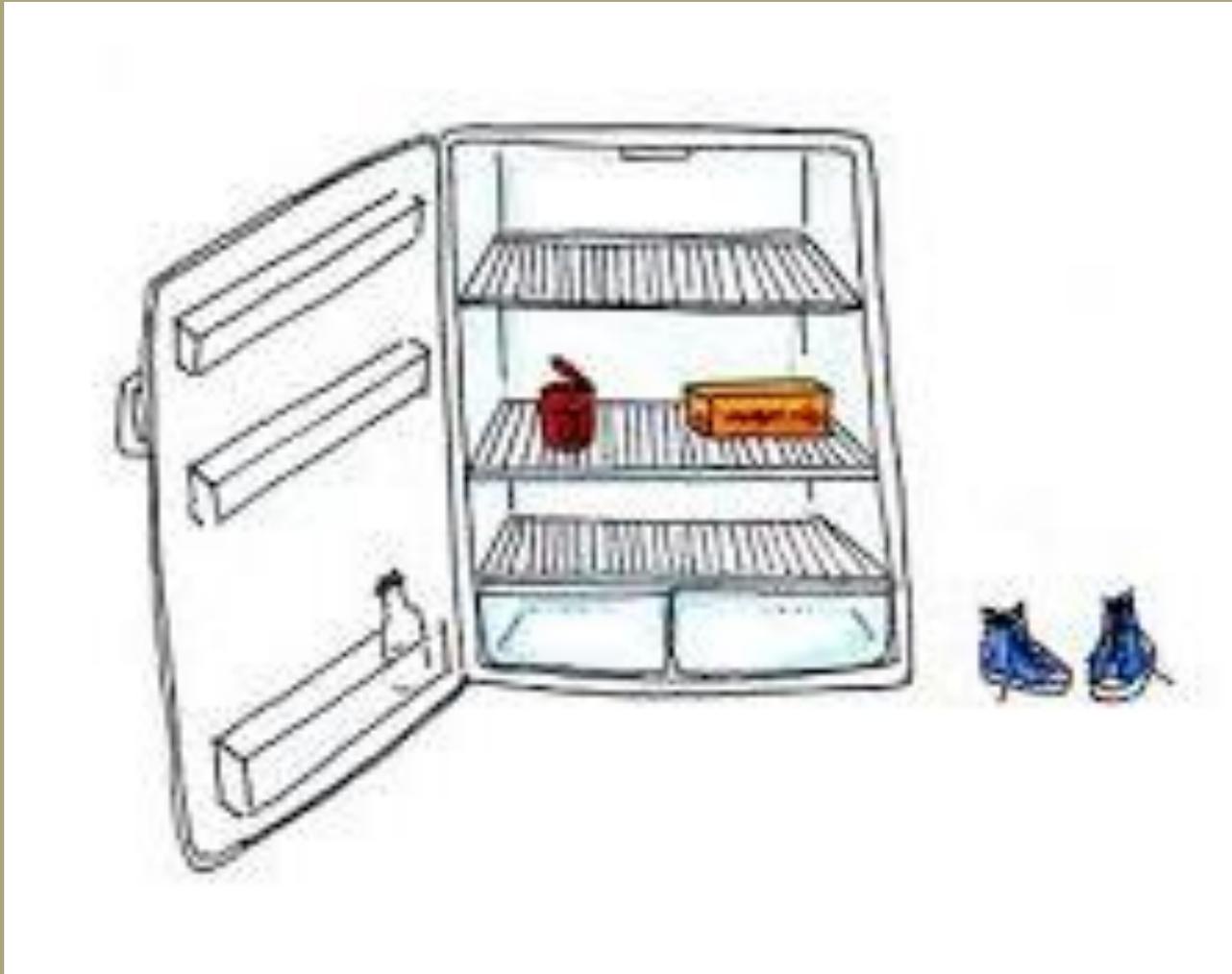
- 3.5 million children living in poverty (DWP, 2015)
- 416,000 food aid parcels for children 2015/16 (Trussell Trust, 2016)
- 5.3 million people over 15 have experienced moderate or severe food insecurity in the last year (FAO, 2016)

IN LEEDS:

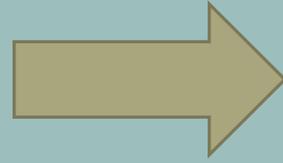
- 25,000 referrals to food banks in Leeds to the year ending April 2016 (LFAN, 2016)
- 1 in 5 children in Leeds currently living in poverty (Leeds Joint Strategic Needs Assessment, 2015)
- 38% headteachers think kids in their school going hungry during school holidays

IMPACTS OF CHILD FOOD INSECURITY

- Feelings of worry, shame and sadness
- Physical symptoms – pain, hunger, tiredness
- Behavioural problems
- Unhealthy diet
- Negative impact on cognitive development
- Increased school absenteeism



Discrepancies
between
parent-reported
and child-
reported child
food insecurity



importance of
talking directly
to children
about food
insecurity

CHILD FOOD INSECURITY |

TWO CONCEPTUALISATIONS OF CHILD FOOD INSECURITY

1) Connell *et al.*, 2005

Children's experiences 'bear a strong resemblance' to those of adults

Domains

- Quantity
- Quality
- Psychological
- Social acceptability

2) Fram *et al.*, 2011

Children experience food insecurity in a different way to adults

Domains

Awareness

- Cognitive
- Emotional
- Physical

Taking responsibility for managing food resources

- Participation with adult strategies
- Initiation of strategies
- Generation of resources

MY STUDY: CHILD FOOD INSECURITY AND THE IMPACT OF WELFARE REFORM ON HOUSEHOLD FOOD INSECURITY

Objectives

- To gain a rich understanding of British children's lived experiences of food insecurity
- To confirm, refine or modify the 'domains' (dimensions) of child food insecurity as presented in the existing literature, and, as such, to add to the current understanding, as developed in the US and Venezuela, of child food insecurity
- To generate a conceptualisation of food insecurity as experienced by children in the UK

METHODS

- Focus groups
 - Preliminary and consolidatory
 - 6 per groups, children aged 9 – 11 years
- One-to-one interviews
 - 30 semi-structured interviews, children aged 9 – 11 years
- Longitudinal study
 - 12 families – one Key Food Provider and one of their children (aged 8 – 11 years) from a food insecure household
 - 3 semi-structured interviews over 8 months



Thanks for listening

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