

## FOOD AND NUTRITION SECURITY FOR MANITOBA YOUTH

### WHAT'S THE PURPOSE OF THE FANS STUDY?

The purpose of this study is to create a knowledge base of youth food security and dietary habits to support the development of nutrition policy and programming in Manitoba.

### WHO CONDUCTED THE FANS STUDY?

A multidisciplinary team led by **Dr. Joyce Slater** and **Dr. Alan Katz** at the University of Manitoba, including other researchers, school divisions, and community and partners.

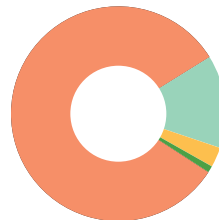


### WHO PARTICIPATED IN THE STUDY?

#### SCHOOL / PARTICIPANT BREAKDOWN:

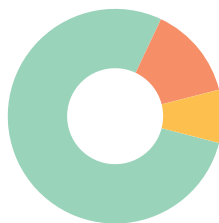
- SCHOOL DIVISIONS: n=14
- PUBLIC SCHOOLS: n=37
- GR. 9 STUDENTS: n=1587

#### AGE:



- 13 y 3%
- 14 y 82%
- 15 y 14%
- 16 y 1%

#### REGION:



- RURAL: 14%
- NORTHERN: 8%
- URBAN: 78%

#### SEX:



- FEMALE: 50%
- MALE: 45%
- OTHER/NOT SPECIFIED: 5%

## HOW & WHEN WERE DATA COLLECTED?

Students completed a self-administered web-based questionnaire on school computers with supervision from the FANS research team. Data were collected between October 2018 and May 2019.

## WHAT INFORMATION WAS COLLECTED?



### DEMOGRAPHICS

Age | Sex | Region of residence | Indigenous ancestry | Newcomer status

### HEALTH INDICATORS

Body mass index | Self-rated Health | Weight control behaviours | Sleep habits | Nutrition course completion



### FOOD BEHAVIORS

Meal/Snack Frequency, Meal/Snack Location, Family Dinner Frequency



### NUTRITION SECURITY

**WEB-Q<sup>1</sup> Diet Survey:**  
Foods & beverages consumed from the previous day

**Nutrition security** exists when “all people, at all times, consume food of sufficient quantity and quality in terms of variety, diversity, nutrient content and safety to meet their dietary needs and food preferences for an active and healthy life.”<sup>2</sup>

### FOOD SECURITY

**Food Secure, Food Insecure** (moderate, severe)

**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.”<sup>3</sup> Food insecurity occurs when people have financial constraints leading to inadequate or insecure access to food.<sup>4</sup>



For more information, visit [FANLIT.ORG](http://FANLIT.ORG) or email the FANS support team: [fans18@umanitoba.ca](mailto:fans18@umanitoba.ca)

<sup>1</sup>Hanning, R. M., Royall, D., Toews, J. E., Blashill, L., Wegener, J., & Driezen, P. (2009). Web-based food behaviour questionnaire: validation with grades six to eight students. *Canadian Journal of Dietetic Practice and Research*, 70(4), 172-178. <https://doi.org/10.3148/70.4.2009.172> <sup>2</sup>Committee on World Food Security. (2012). Coming to terms with terminology: Food security, nutrition security, food security and nutrition, food and nutrition security. <https://www.fao.org/3/m4776e/m4776e.pdf> <sup>3</sup>Food and Agriculture Organization of the United States Nations. (2003). Food security: concepts and measurement. Trade reforms and food security: Conceptualizing the linkages. <https://www.fao.org/3/y4677e/y4677e06.htm> <sup>4</sup>Research to identify policy options to reduce food insecurity (PROOF). (2020). Understanding household food insecurity. <https://proof.utoronto.ca/food-insecurity/>



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