

Winnipeg Food Atlas Launch

A part of the Manitoba Collaborative Data Portal



Social Planning Council
of Winnipeg

FOOD
AND
NUTRITION
SECURITY
FOR MANITOBA YOUTH



University
of Manitoba

WINNIPEG
HARVEST inc.
Fighting Hunger and Feeding Hope



MBCDP
Community
Data Matters

Technical support provided by Population and Public Health, Winnipeg Regional Health Authority
Sponsored by the Winnipeg Food Council

Manitoba Collaborative Data Portal



65%



of total homeless population surveyed during the Winnipeg Street Census were Indigenous Peoples.

21.8%



seniors in the labour force



7% of the total Winnipeg population are recent immigrants mostly from the Philippines, India and China.

62% of single female parents are in the labour force.

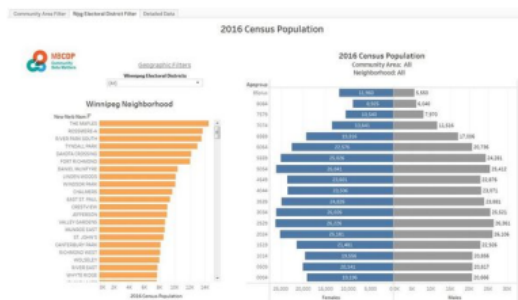


What is the MBCDP?

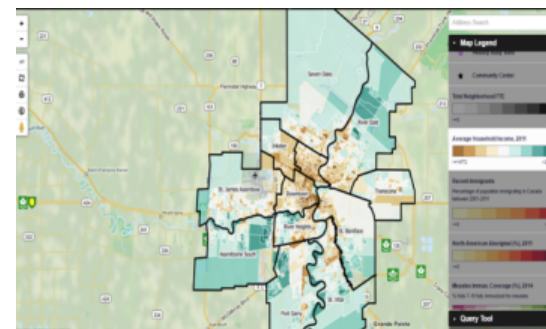
The Manitoba Collaborative Data Portal provides a knowledge base to promote evidence informed community discussion, planning and action to maximize Health Equity, Social Justice, Public Accountability and Environmental Sustainability.

A web-based online portal

Interactive Dashboards



Interactive Maps



Links to Reports and Resources

Links and Reports

The City of Winnipeg: Winnipeg Housing Policy

Through its [Winnipeg Housing Policy](#) supports the creation of Neighbourhood Housing capacity and to undertake housing initiatives that revitalize housing in the area.

- [Centennial Neighbourhood Housing Plan, 2014 - 2019](#)
- [Chalmers Neighbourhood Housing Plan, 2015 - 2020](#)
- [Daniel Mackintosh/St. Matthews Housing Plan, 2013 - 2017](#)
- [Dufferin Neighbourhood Housing Plan, 2013 - 2018](#)
- [Spence Housing Plan](#)
- [St. John's Neighbourhood Housing Plan, 2015 - 2020](#)
- [West Roadway Community Housing Plan, 2014 - 2019](#)
- [William Whyte Neighbourhood Housing Plan, 2013 - 2018](#)

City of Winnipeg: Assessment and Taxation Data

- [City of Winnipeg Assessment and Taxation, List of all Assessment Parcels](#)
- [City of Winnipeg Assessment and Taxation, Map of all Assessment Parcels](#)
- [Additional information on Assessment and Taxation](#)
- [Additional information on the Winnipeg Open Data Portal](#)

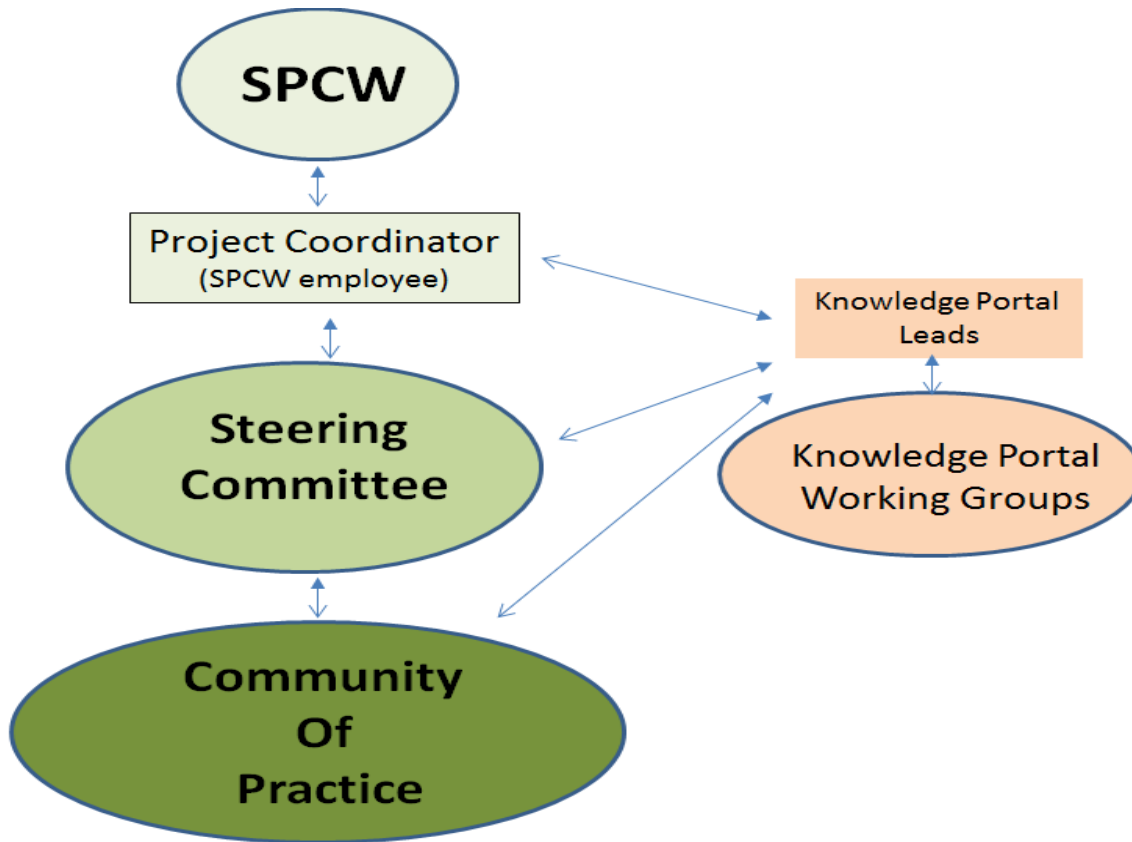
Knowledge Portals



Food and Nutrition Security

[Background and Purpose](#) [Winnipeg Food Atlas](#) [Nutritious Food Basket/Food Costing](#) [Links to Additional Resources](#)

A collective impact project coordinated by the Social Planning Council of Winnipeg



Founding Partners:

- Social Planning Council of Winnipeg (SPCW)
- Manitoba Center for Health Policy (U of M)
- Institute of Urban Studies (U of Winnipeg)
- PEG (United Way Winnipeg, International Institute for Sustainable Development)
- Population and Public Health Surveillance (WHRA)

Winnipeg Food Atlas

www.mbcdp.ca/fns.html

**Part of the
Food and Nutrition Security knowledge portal
in the Manitoba Collaborative Data Portal**



- A Citizen Advisory Committee established by City Council
- Advises Mayor & Council on food system-related issues
- Supports work of communities on food issues
- Reports to Executive Policy Committee

Vision & Mission

Vision: All Winnipeggers have what they need to eat well, all of the time.

Mission: Work with Mayor, Councillors and city staff to fix food system issues by advising on policy, relaying research and sharing lessons learned through continual consultation.

Food & Nutrition Security

- **Food Security:** is having sufficient resources to obtain adequate food
- **Nutrition Security:** is having adequate nutrition status in terms of micro- and macro-nutrients

Why do we need
local food and
nutrition data in
Winnipeg
(and Manitoba)?

Winnipeg has too much food insecurity

CAMPAIGN 2000
END CHILD & FAMILY
POVERTY



Social Planning Council
of Winnipeg

WINNIPEG
HARVEST INC.
Fighting Hunger and Feeding Hope



FOR IMMEDIATE RELEASE:

Child Poverty: 30 Years and Still Counting

2019 marks the 30th anniversary of when all the parties present in the 1989 House of Commons unanimously voted to end child poverty by the year 2000. Today, Campaign 2000 to End Child Poverty released our updated analysis of child poverty by federal riding.

The findings show the following about Manitoba:

- More than one third (five) of Manitoba's fourteen ridings (35.7%) are in the highest quintile of child poverty. This is among the highest in Canadian provinces and territories.
- Manitoba still includes the riding with the highest child poverty rate, Churchill--Keewatinook Aski (63.6%) and the third highest, Winnipeg Centre (40.5%), while the fifth highest is Dauphin--Swan River--Neepawa (37.5%).

FOOD
AND
NUTRITION
SECURITY

FOR MANITOBA YOUTH

20%
grade 9's
food insecure



October 2019

*Bear Clan Patrol Food Security Program:
Evaluation Report*



PROPER - Program
and Policy Evaluation
Research Group
University
of Manitoba



Image by J. Slater



Image by K. Michnik

Winnipeg has too much nutrition insecurity



Images by J. Slater



[Home](#)

CITV NEWS

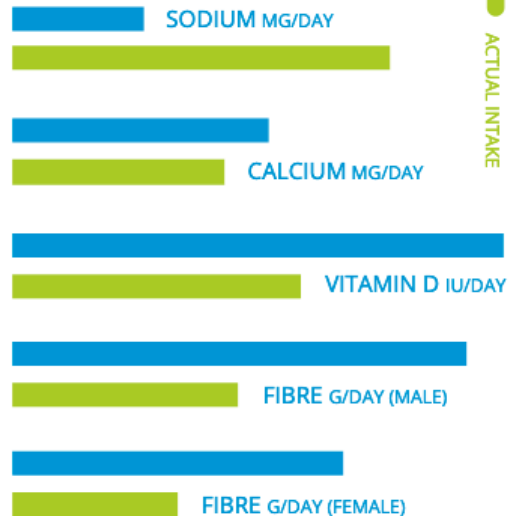
Follow on
f t e

WINNIPEG

Manitoba named Slurpee capital of the world 15 years in a row



AVERAGE NUTRIENT INTAKE COMPARED TO RECOMMENDATIONS ↓



Pilot study: sample of grade 9 students in one Winnipeg School Division (2016)

PROPORTION OF STUDENTS NOT MEETING MINIMUM CFG SERVING RECCOMENDATIONS ↓





Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017



GBD 2017 Diet Collaborators*

A systematic evaluation of dietary consumption patterns across 195 countries to examine the health effects of poor dietary habits at the population level.

“Our findings show that suboptimal diet is responsible for more deaths than any other risks globally, including tobacco smoking, highlighting the urgent need for improving human diet across nations.”

Winnipeg has many food assets!

- Changing demographics: newcomers bringing foodways
- Interest in food!!!
 - Winnipeg Food Council
 - Gardens
 - Kids cooking clubs
 - 'Traditional' foods
- You are all here!

Knowledge Portal & Food Atlas?

- Foodscape is rapidly changing
- We don't have a lot of information on these changes and downstream health & social impacts
- FNS portal & WFA are starting points to bring together relevant information
- Accessed by stakeholders to inform, plan and advocate for resources, policies and programs to improve food and nutrition security

Two examples:

**FOOD
AND
NUTRITION
SECURITY**
FOR MANITOBA YOUTH

Future data and reports will be
available on the *Food and Nutrition
Security Portal/Food Atlas*



Link on *Food and Nutrition Security
Portal* to FANLit:
resources for Manitoba
food and nutrition educators

Going forward...

- Living entity! Would like to add additional information/data as resources permit! E.g. Food Costing
- More provincial data e.g. Brandon
- Counting on YOU to go forth and use it for your purposes!
- Use to: write proposals, advocate, work with communities, schools, parent-councils, better quality decision-making about food and nutrition issues, put forward evidence...

Going forward...

- Advisory Committee: hope to meet 1-2X per year. If you are interested let me know!
- Committee to date:
 - Megan Erbus (Winnipeg Harvest)
 - Chris Green (WRHA)
 - Albert Boakye & Josh Brandon (SPCW)
 - Jeanette Sivilay (WFC)
 - Rob Moquin (FMM)
 - Amanda Nash (HSF)
 - Lana Pestaluky (WRHA)
- joyce.slater@umanitoba.ca

Acknowledgements

- Albert Boakye, Oke Ojekudo, and Kate Kehler SPCW
- Jeanette Sivilay & WFC
- Rob Moquin & Lana Pestaluky
- Jasmine Tara – media consultant
- WRHA Community Dietitians
- Food Matters Manitoba – newcomer food stores
- Chris Green - Population & Public Health WRHA
[technical pieces]

Food Atlas Demonstration

■ Questions after demo please!

Type 2 Diabetes

[> 90% of diabetes cases]



World Health
Organization

80%

PREVENTABLE

Current & Projected Costs

Costs by Year and Category
Age Group:All, Sex:All

2020: \$733,000,000
2032: \$1,800,000,000

In WINNIPEG

2027	845,060,827	76,941,018	46,003,431	968,005,276
2028	877,209,674	79,738,107	47,751,537	1,004,699,319
2029	909,918,634	82,602,491	49,528,071	1,042,049,196
2030	942,981,690	85,527,334	51,320,943	1,079,829,967
2031	975,808,995	88,472,660	53,094,744	1,117,376,400
2032	1,008,245,167	91,437,358	54,840,880	1,154,523,406
Grand Total	12,919,575,885	1,182,662,299	703,041,281	14,805,279,465

**POOR DIET IS A MAJOR
RISK FACTOR**

Diabetes by the numbers:



1 in 3 Canadians –
11 million – have diabetes or
prediabetes today



Another Canadian is diagnosed
every 3 minutes

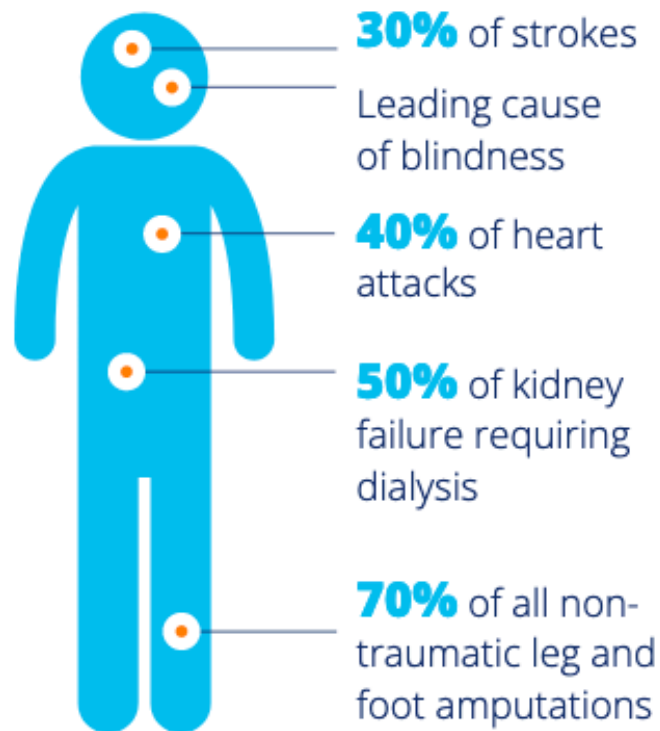


1.5 million
Canadians have type 2 diabetes –
and don't know it



6 million Canadians live
with prediabetes – half will develop
type 2 diabetes if nothing is done

Health impact – from head to toe



How to prevent diabetes...

- eating healthy meals and snacks
- enjoying regular physical activity
- aiming for a healthy body weight
- managing stress effectively

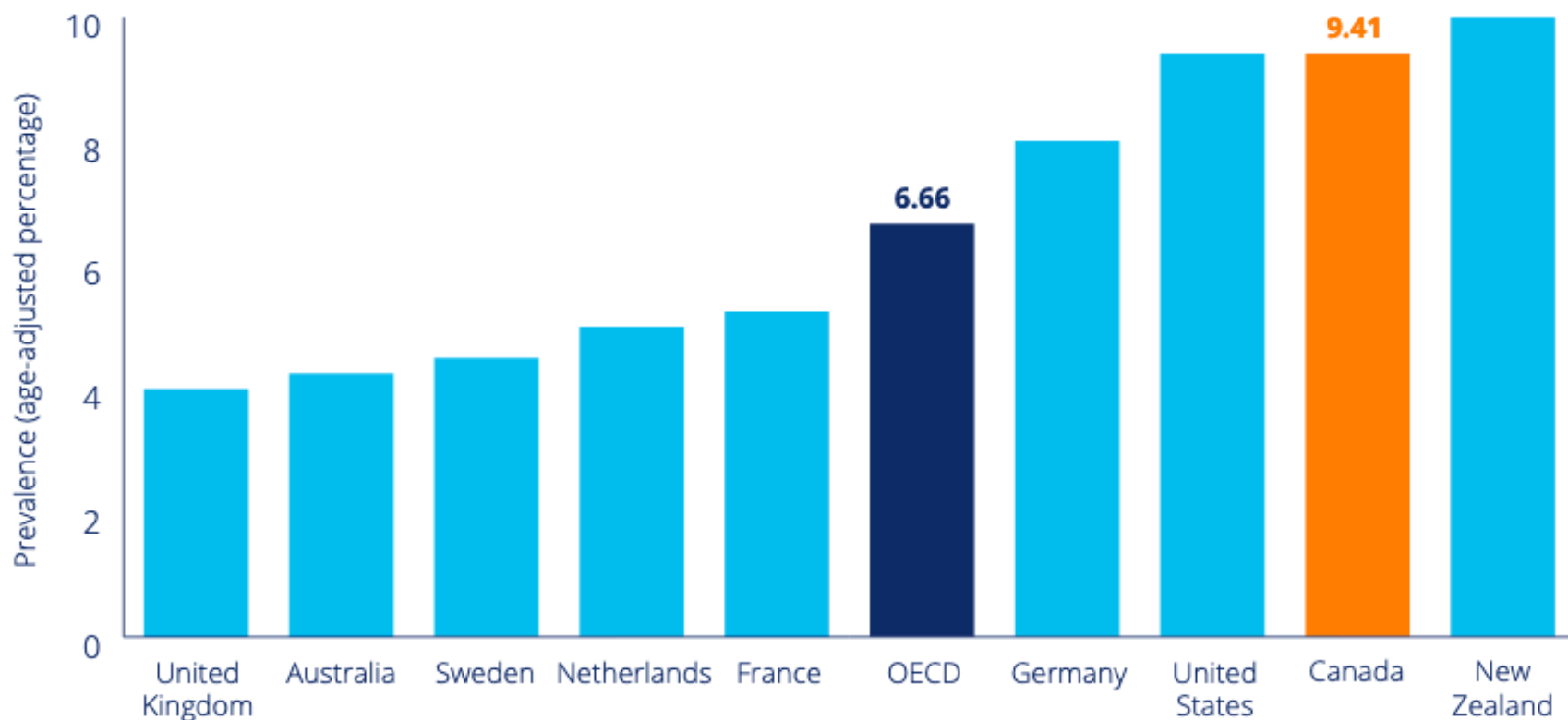
Do 'lifestyle' messages work?

■ NO!

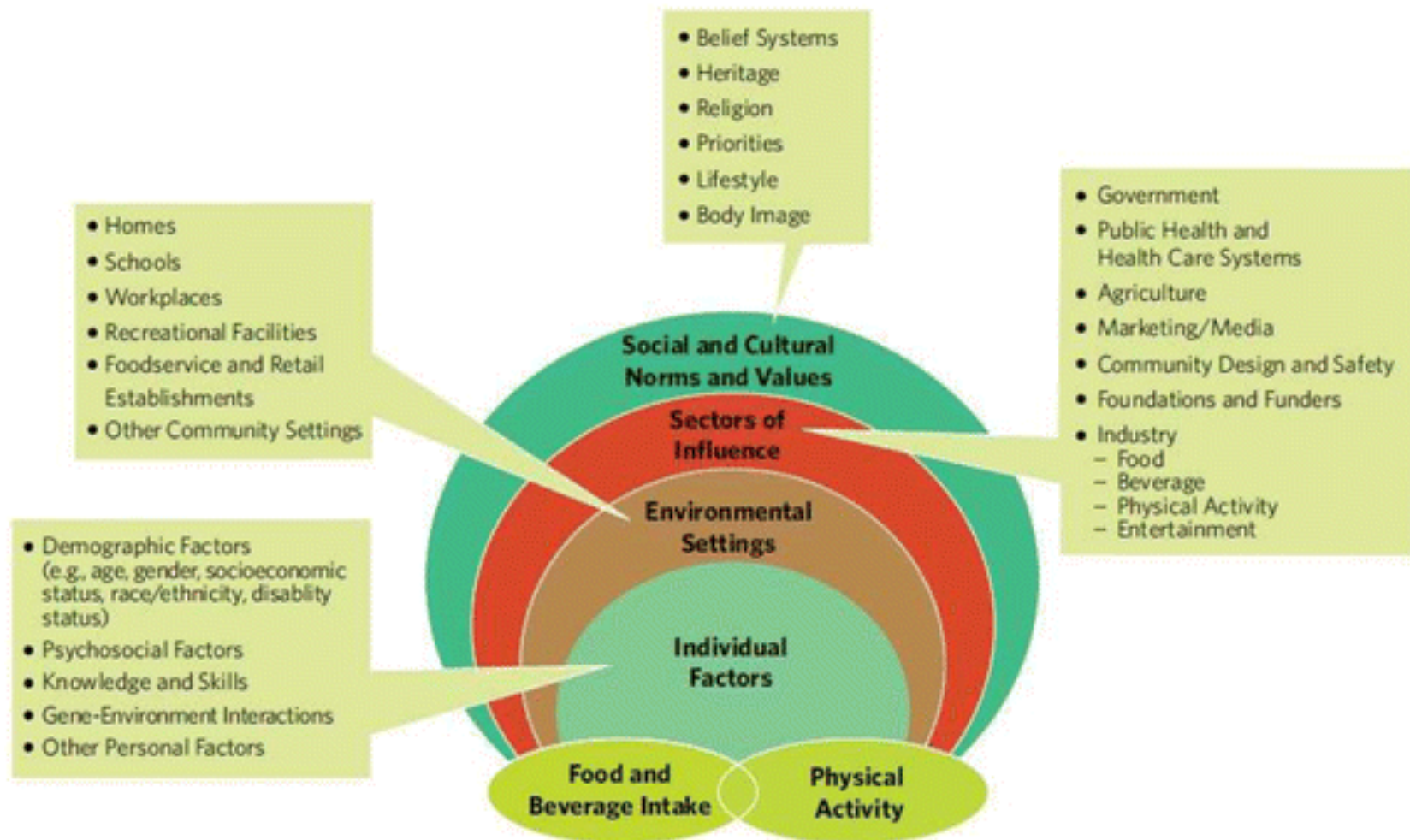
■ Are we all lazy or ignorant of the risks?

■ There's a global pandemic of diabetes because we have environments that support unhealthy eating

Diabetes (types 1 and 2) prevalence in Canada and OECD peer countries



Source: IDF Diabetes Atlas, 6th Edition



Social ecological framework for nutrition and physical activity decisions (Source: Reproduced from the USDA Dietary Guidelines for Americans [2010](#))



Mozaffarian, D. Dietary and policy priorities to reduce the global crises of obesity and diabetes. *Nature Food* 1, 38–50 (2020).

The scope of the health, economic, equity and sustainability impacts are staggering—yet have remained under-recognized or accepted as status quo by governments, the public, health systems and businesses. This lack of prioritization is, however, rapidly changing - partly driven by recognition of the **escalating health and economic costs of diet-related obesity and type 2 diabetes (T2DM)**. Since 1980, the number of adults with T2DM increased from 108 million to 422 million. This is a global phenomenon: not a single nation worldwide has experienced a decline in obesity or T2DM; prevalence of T2DM in Japan (8.4%), India (9.1%) and China (9.9%) exceeds that of the United States (8.2%): Left unchecked, these twin global pandemics will decimate population health, economic productivity and health-system capacity worldwide.

We need Deep Prevention

6 DIABETES PREVENTION TIPS



HAPPINESS HERBALS



How To Avoid Diabetes

There are precautions you can take to avoid getting diabetes

Exercise

Exercise helps keep a healthy blood sugar level, maintain a healthy weight, manage stress, and improve sleep



Eat Healthy

Eat a balanced diet low in saturated fats and sugars in order to maintain a healthy weight and blood sugar level.



Manage Weight

Make sure you are at a healthy weight for your body type and take special notice to any weight you gain around your midsection



Framework for understanding and addressing health equity



● Principles ● Strategies ● Areas for Action

<http://www.wrha.mb.ca/about/health-equity/>

When these are taken into account, there are an estimated total of **15,154** people (28.5% of the population) affected by diabetes in **Point Douglas** at a total cost of:

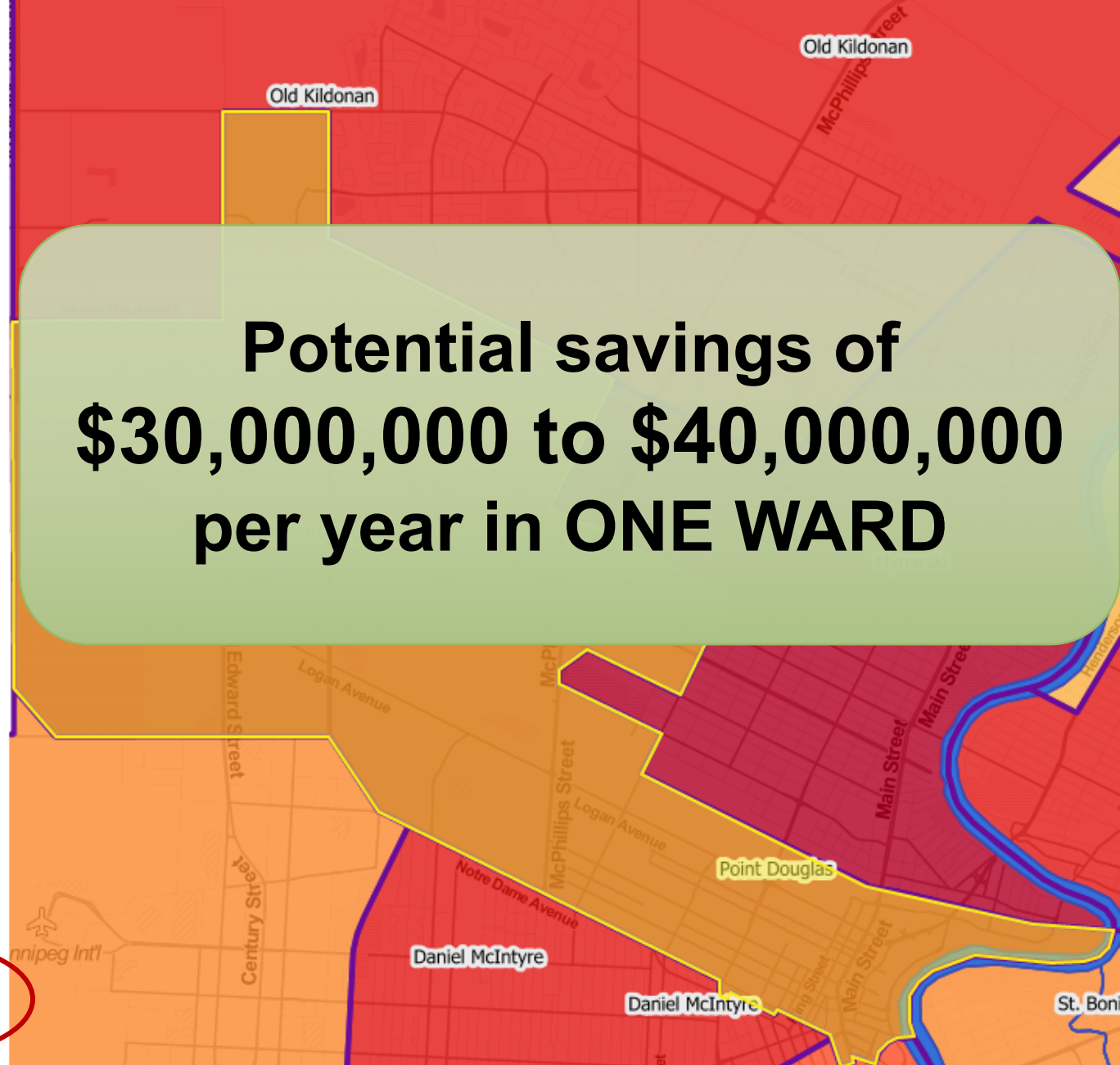
\$49,554,472*

Estimated Diabetes Related Counts and Costs in Point Douglas

	Medical Costs \$Million	Societal Costs \$Million	Total Costs \$Million
Diagnosed Diabetes (n=5385)	29.49	13.56	43.05
Undiagnosed Diabetes (n=1662)	2.31	1.83	4.14
Pre- Diabetes (n=8108)	2.37	0	2.37
All Types (n=15,154)	34.17	15.39	49.55

The majority of estimated diabetes cases reported here are Type 2 (>95%) and it is estimated that between 60 and 80% of these cases are preventable. This translates into **29.73 to 39.64 \$ million** annually in Point Douglas.

**Potential savings of
\$30,000,000 to \$40,000,000
per year in ONE WARD**



Current & Projected Costs

Costs by Year and Category Age Group:All, Sex:All

Year	\$\$ Diag. Diabetes	\$\$ Undiag. Diabetes	\$\$ Prediabetes	Total Cost
2016	529,509,946	49,368,385	28,792,269	607,670,600
2017	561,611,439	52,218,643	30,539,959	644,370,041
2018	586,449,312	54,419,263	31,900,734	672,769,308
2019	612,377,512	56,696,540	33,316,211	702,390,263
2020	639,240,100	59,041,147	34,783,403	733,064,649
2021	666,438,787	61,428,444	36,265,213	764,132,444
2022	694,427,358	63,872,328	37,788,419	796,088,105
2023	722,824,781	66,342,985	39,336,445	828,504,211
2024	751,870,290	68,866,395	40,925,506	861,662,191
2025	782,253,966	71,497,246	42,580,106	896,331,318
2026	813,347,406	74,191,954	44,273,411	931,812,771
2027	845,060,827	76,941,018	46,003,431	968,005,276
2028	877,209,674	79,738,107	47,751,537	1,004,699,319
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Winnipeg Police Service:
\$301 million

Winnipeg Fire Paramedic
Service:
\$201 million


Community Services:
\$114 million

What could a healthy
Manitoba
Winnipeg
Neighbourhood
look like if we had food
and nutrition security?

What could this money buy?

- School meal programs
- School food education
- Support for community food programs like:
 - Winnipeg Harvest
 - Food Matters Manitoba
 - Northern Healthy Food Initiative
 - Bear Clan Food Security Program
- Playgrounds, swimming pools & community centres
- Outreach dietitians going into schools & communities
- Newcomer garden programs
- **What else??**

Even 5%!
\$35M/year



And how can we
get there?

- We have incredible talent, resources and people in this room and City and Province
- MBCDP & Winnipeg Food Atlas – tools to get us started
- One example: WFC

Winnipeg Food Council

Food by Ward



**THANK YOU
&
QUESTIONS!**