

ABSTRACT SUBMISSION FORM

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SEX + GENDER

Exploring the role of sex and gender on health research



CHR D 2020: Abstract Submission Form

Submitter Name

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Title

Food insecurity in the 12 months prior to the COVID-19 pandemic

Background

Compared to non-food allergic families, those with food allergy face excess food costs. Although these extra costs may place families at greater risk for food insecurity, this has not been well-investigated.

Objective

Here, we describe the rates of food insecurity amongst young families in the 12 months prior to the COVID-19 pandemic, and if food insecurity differed between families with and without food allergy

Methods

An anonymous survey open to parents of children ages 0-8 years was distributed via REDCap. Data were collected between 14-28 April 2020. Our study sample included mothers living in Canada. Retrospective data on food insecurity, defined as the 12 months prior to the COVID-19 pandemic, were collected using questions from the 2015 Canadian Community Health Survey. Data were analysed using descriptive statistics (n/N; %) and chi-square (χ^2).

Results

In our study population of 582 mothers, most (84.7%) had 2-3 children, with age distributions of 0-18 months (n=244; 41.9%), 18 months to 4 years (n=346; 59.5%) and 5 to 8 years (n=231; 39.7%). Few mothers identified as having a racial/ethnic minority background (n=60; 16.7%). The majority (53.3%) of mothers reported an annual household income >\$100,000. N=38 (10.8%) reported having an allergic child, with milk (n=13; 34.2%) and egg (n=7; 18.4%) being the most common allergens. Of mothers that responded, 8% reported food insecurity (e.g. food purchased did not last and insufficient funds to purchase more (29/341; 8.5%), with significantly more reported by food allergic families (6/35; 17.1%; $\chi^2=3.74$; p=0.05).

Conclusion

Prior to the COVID-19 pandemic, food insecurity affected up to 8% of Canadian mothers of young children in our online convenience sample, and disproportionately more with food allergic children. These results are likely an underestimate of the true prevalence of food insecurity due to the high socioeconomic status of our study population.

Theme:

Community Health / Policy

Do you have a table/figure to upload?

No

Are you willing to participate in Goodbear's Den?

Yes

Presenter Status:

Undergraduate Students

What was your role in the project?

Assist with data collection and write abstract

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