

Our Health Counts London

The first inclusive, community-driven health survey for Indigenous peoples in London

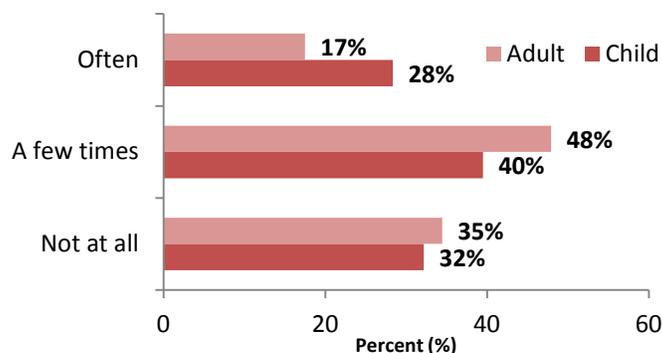
NUTRITION & FOOD SECURITY

Traditional and country food consumption has been severely impacted by colonial policies such as forced relocation, the restriction of traditional hunting and food production practices, and settler control of food provisions allowed in Indigenous communities.^{1, 2} Due to high rates of insecure housing and poverty among urban Indigenous people, there is also a reliance on nutrient-poor store-bought foods to meet dietary requirements.³ Access to and consumption of traditional foods are important methods for alleviating food insecurity and improving health among Indigenous peoples.⁴

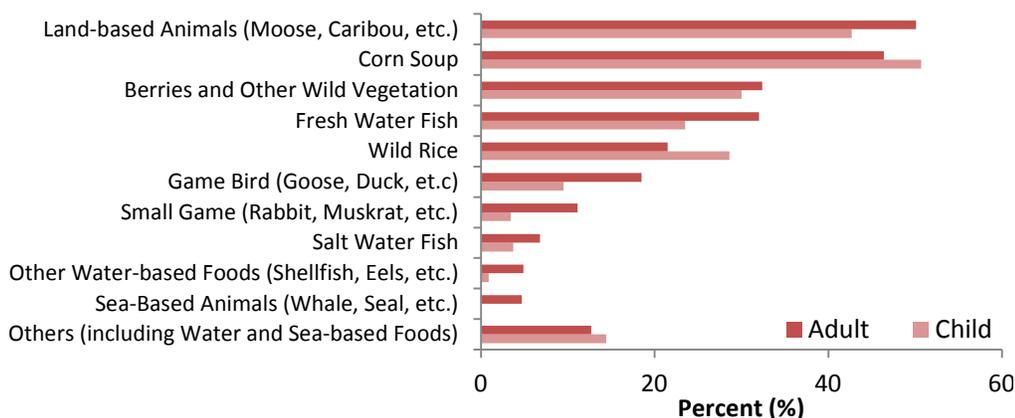
Traditional & Country Food Consumption

MOST Indigenous adults and children in London have eaten traditionally hunted/gathered/grown foods or country foods in the past 12 months.

89% of Indigenous adults in London would prefer eating more traditional or country food than what they currently eat.



Corn Soup, land-based animals and berries or wild vegetation were the most commonly reported traditional/country foods eaten by Indigenous adults and children

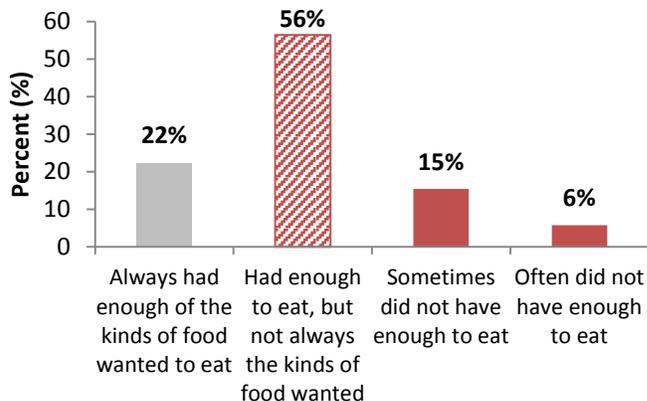


Food Security

In the past 12 months..

1 in 5 (20%) of Indigenous adults in London indicated that they and others in their household sometimes or often did not have enough to eat.

Approximately 6.9% of people 12 years and older (in households) in Middlesex-London are moderately or severely food insecure.⁵



Food Supply

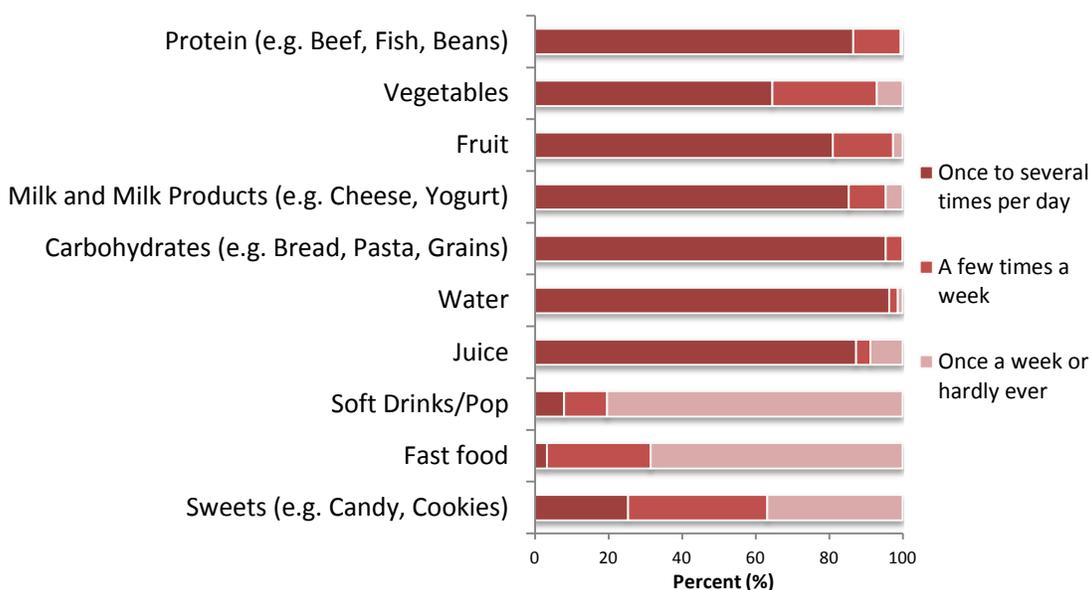
Despite having a place to go for food, **56%** of Indigenous adults in London indicated not always having the kinds of food they wanted to eat.

84% of Indigenous adults had somewhere to go if they did not have enough to eat.

19% of Indigenous adults lived in a household where foods were grown in a yard, on a balcony or in a community garden.

Child Nutritional Intake

Most Indigenous children eat protein, vegetables, and fruits once to several times per day.



Many children aged 1-14 years have sweets, fast food, and soft drinks a few times a week or more.

Definitions

Population based estimates were created using respondent driven sampling (see Project Overview and Methods Factsheet)

Indigenous adults: persons 15 years or older self-identifying as Indigenous, such as First Nations, Métis, Inuit or other Indigenous nations, living or using services in the City of London; Indigenous children: persons 1 to 14 years self-identified as Indigenous by their parent or guardian, such as First Nations, Métis, Inuit or other Indigenous nations, living or using services in the City of London; Traditional foods: traditionally hunted, gathered or grown country foods.

Sources Authors

1. Daschuk (2013); 2. Rudolph and McLachlan (2013); 3. Cidro et al. (2015); 4. Elliott et al. (2012); 5. Statistics Canada (2017)
Chloé Xavier, Kristen O'Brien, Gertie Mai Muisse, Raglan Maddox, Nancy Laliberte, Brian Dokis, Janet Smylie



Southwest Ontario
Aboriginal Health
Access Centre



Indigenous Primary
Health Care Council

For the full OHC London report visit:
www.welllivinghouse.com

Funding for this publication was provided by the Ministry of Health and Long-Term Care (MOHLTC). The opinions expressed in this publication are those of the authors/researchers and do not necessarily reflect the official views of the MOHLTC