

# Food, Poverty and HIV



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Speaker Name	Statement
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# Background.



- Welfare Reform has resulted in further hardship for people struggling to secure adequate financial and practical resources, including food.
- PLWHIV are more likely to experience financial hardship due to precarious social circumstances.
- Insecurity in securing food impacts on adherence and overall health outcomes
- Increased media awareness of financial hardship and food poverty

# Food Poverty – What is it?



- “Food Poverty is the inability of individuals and households to obtain an adequate and nutritious diet, often because they cannot afford healthy food or there is a lack of shops in their area that are easy to reach....” FSA 2016.
- 13 million people live below the poverty line in the UK
- 1 in 4 low income families struggle to eat properly
- People have to try and secure cheapest food possible, priority is to fill them up rather than nutritional content

# Reasons for Food Poverty



- 2.3% increase in everyday goods compared to 2016 (Kantar 2017)
- Falling sterling has resulted in increased costs of imported food.
- Further welfare reform with longer waiting times and an increase in suspensions
- Pay increases below the rate of inflation (sounds familiar????)

# FOOD INSECURITY IN THE UK



8,400,000



people in the UK are estimated to be "food insecure"

## WHAT IS FOOD INSECURITY?



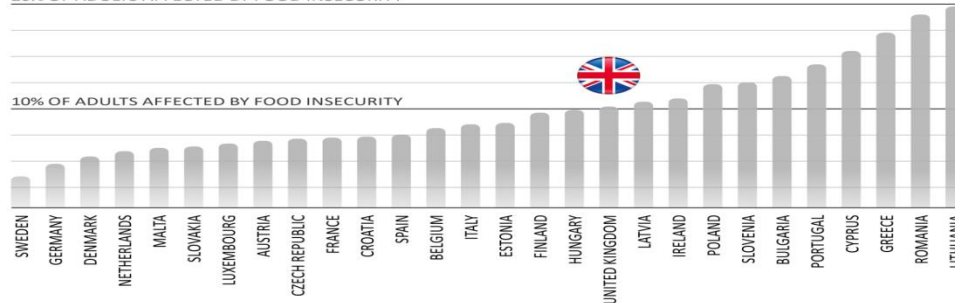
4,700,000



people in the UK are estimated to be "severely food insecure"

## THE UK IS IN THE BOTTOM HALF OF ALL EU COUNTRIES

20% OF ADULTS AFFECTED BY FOOD INSECURITY



Sources: These data are from the UN Food and Agriculture Organisation's Voices of the Hungry project which included measures of food insecurity in the Gallup World Poll. The data has been gathered using the Food Insecurity Experience Scale and a nationally representative sample of 1000 in 2014. The data are provisional as sample sizes are too small to get very precise estimates. The UK government should start to incorporate measurement of food insecurity into existing national survey instruments so we can track food insecurity in the UK.



[foodfoundation.org.uk](http://foodfoundation.org.uk) | ideas that change food

# Food Banks – The Trussell Trust



- Network of over 420 Foodbanks providing a minimum of 3 days emergency food and support to people in crisis.
- Last year they provided 1,182,954 three day emergency food supplies, which was higher than previous financial year. 436,938 went to children
- Of the people referred 43% were due to issues with Welfare Benefits, either delays in payment or suspensions. these stats are worse in areas where universal credit is being piloted
- Also provide money advice and fuel banks
- Referrals usually come from the community, with a limit on the number of referrals allowed.

# Food poverty/ stigma



- Shaming of parts of the media in using Foodbanks and Food Poverty, suggesting it's the fault of the individual due to bad financial management, or being a bad parent.
- During the election campaign it has been a “hot potato”
- Remains an increase in referrals year on year, including from people in employment .



# HIV and Food Poverty



- Significant financial hardship within the HIV community.
- Higher proportion of people experiencing difficulties with welfare benefits system.
- Higher percentage of people within the immigration system, with no recourse to public funds, therefore in absolute poverty
- People receiving NASS support, or local authority assistance receive 30% less than people with access to basic public funds, so their need is more likely to be severe.
- Obviously detrimental to overall health with suboptimal nutritional intake. Impact on adherence also.
- Some people don't have cooking/ food storage facilities which makes food preparation etc more expensive

# Food Chain



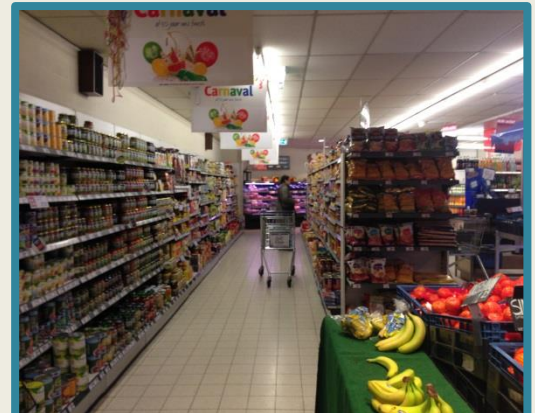
- Charity delivering meals and groceries, offering cookery and nutrition classes and communal eating opportunities to people living with HIV in London and their dependants.
- Annual beneficiaries about 570 per year. (Including dependants)
- Prior to significant reduction in funding, it was about 1000 per year.
- Referrals are not just poverty based, but it is a significant factor.
- Average household income of £76.24 ( Range £1000- £0)

# Food poverty/insecurity



## Nutrition Insecurity

- Availability
- Access
- Price



*Diets become progressively more unbalanced with decreasing socioeconomic status*

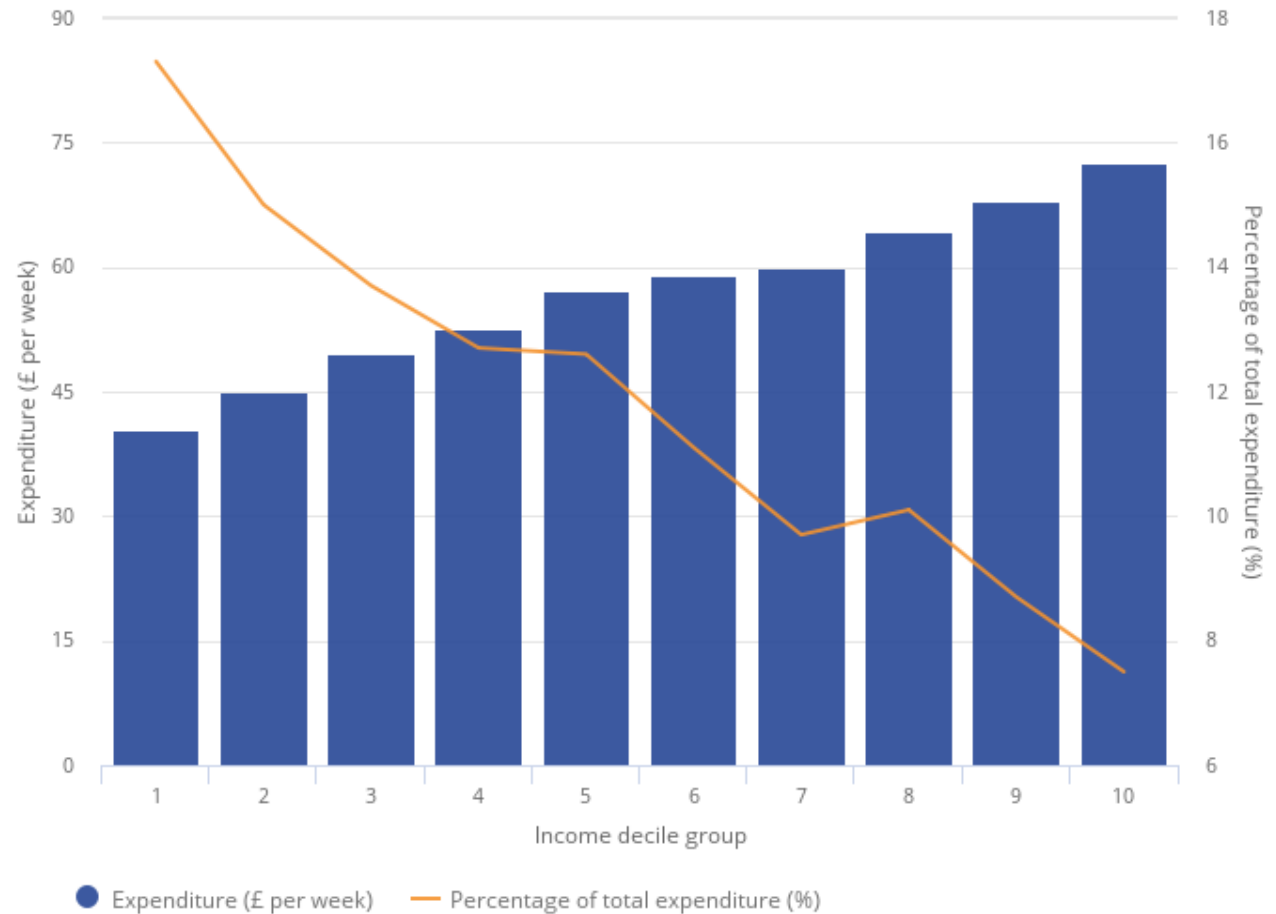
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# Food Expenditure

## Engels law:

As income rises, the proportion of income spent on food falls, even if absolute expenditure on food rises.

Figure 4: Expenditure on food and non-alcoholic drinks (absolute expenditure and as a percentage of total expenditure) by OECD-modified equivalised disposable income decile group  
UK, financial year ending 2016



Source: Office for National Statistics

# Food Insecure?



- Malnutrition –deficiencies, excesses or imbalances in a persons intake of energy and/or nutrients.
- Modern Malnutrition
  - More prevalent in lower socioeconomic groups
- Hungry?
- Research needed in the UK in PLHIV

People that are food insecure may consume insufficient, poor quality or unsafe foods and may procure food in illegally or unacceptable ways.

# Food Insecurity



The Food Insecurity Experience Scale (FIES).

**During the last 12 months, was there a time when, because of lack of money or other resources:**

1. You were worried you would not have enough food to eat?
2. You were unable to eat healthy and nutritious food?
3. You ate only a few kinds of foods?
4. You had to skip a meal?
5. You ate less than you thought you should?
6. Your household ran out of food?
7. You were hungry but did not eat?
8. You went without eating for a whole day?



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# Low Income and Diet Survey 2011

(ONS)



- Lower than recommended consumption of fruit and vegetables
- Higher than recommended consumption of sugar and saturated fatty acids
- Low intakes of dietary fibre
- Diets poor in iron, folate and vitamin D
- Higher prevalence of overweight and obesity



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# Inequalities in Diet Related Diseases



- **All age groups -lower income = higher rates of diet-related diseases**
- Obesity in women in social class V is x2 more likely than in social class I
- **Diabetes: 1.5 x more likely in most deprived 20% of the population**
- Socioeconomic differences: 6,000 premature deaths from cardiovascular diseases/year in men <65 years.
- **Significant geographical differences in diet-related diseases across the UK**
- Lower socioeconomic backgrounds: Less likely to survive some cancers
- **Stroke mortality: 50% higher in South Asian & Black Caribbean men and women**
- Poor diet related to 30% of life-years lost in early death and disability

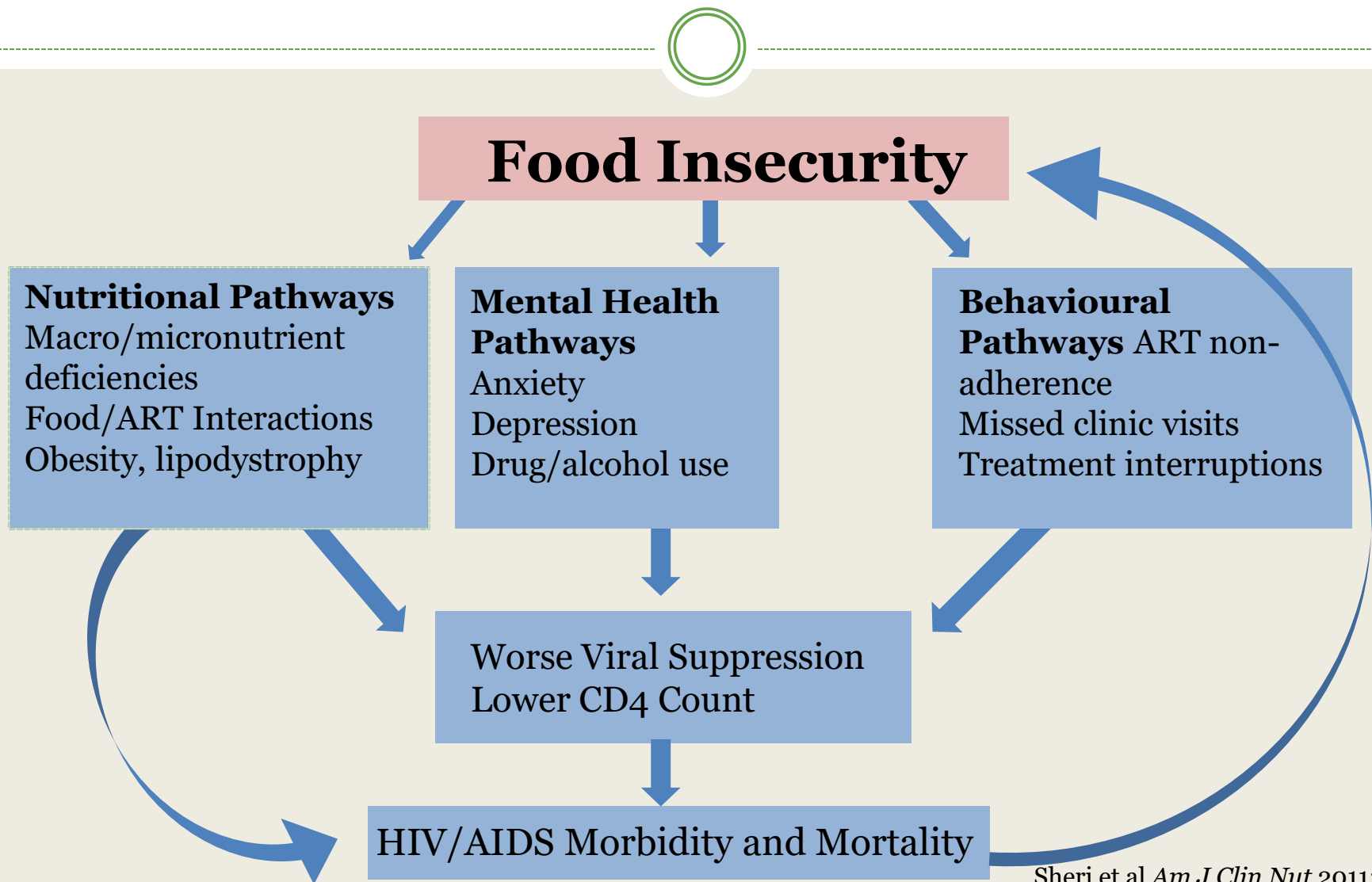


# HIV Population



- **High prevalence of food insecurity high in both resource rich & resource poor settings**
- Food insecurity associated with lower adherence, declines in physical health status, worse immunological status, increased incidence of serious illness & increased mortality
- **Lack of food may impede optimal absorption of some ARV medication & may contribute to treatment failure**
- Higher risk of mortality in underweight food insecure PLHIV than in those with healthy/overweight/obese BMI who are food insecure
- **Food insecurity associated with depression & decreased overall mental health status**
- Association between food security and metabolic outcomes may be more pronounced

# Conceptual Framework



Sheri et al *Am J Clin Nut* 2011;94

# Case study



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## Shopping ideas

Carrot Cauliflower & Broccoli Medley  
23p 80g portion



Frozen mixed vegetables  
8p per 80g portion



Fresh blueberries  
£1.07 80g portion



Frozen blueberries  
40p per 80g portion



Yoghurt (branded)  
25p per 125g portion



Yoghurt –basics  
11p per 125g portion



Long life milk (screw top carton)  
18p per 200ml



Long life basic milk  
10p per 200ml



Muesli (branded)  
23p per 45g



Oats (basic)  
4p per 45g



Mixed nuts  
30p per 30g



Sunflower Seeds  
25p per 30g



## Shopping ideas

Beef cubes  
60p per 75g



Eggs  
26p X2 eggs (free range medium)



Chicken thighs (skinless)  
44p per 75g



Kidney beans (tinned)  
17p per 150g



Fresh salmon  
£2.50 per 140g



Frozen salmon  
£1.30 per 140g



Fresh mackerel  
£1.39 125g



Tinned mackerel  
66p per 125g



Rapeseed Oil  
39p per 100ml



Vegetable oil (100% rapeseed)  
11.5p per 100ml



Extra virgin olive oil (branded)  
75p per 100ml



Extra virgin olive oil  
36p per 100ml



# What can we do?



- Find out about local provision, local community groups, prepared food services, cook and eat classes.
- Source Travel reimbursements for those eligible, to reduce financial impact of attending appointments.
- Refer to local support services for advice and support (If available)
- Source Foodcycle initiatives locally.



## 3 Peaks Challenge

Or, you can sponsor the Food Chain 3 peaks challenge

[www.justgiving.com/fundraising/matt-twigg-wills6](http://www.justgiving.com/fundraising/matt-twigg-wills6)





# Any Questions?



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