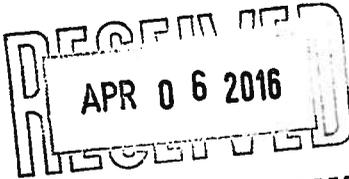


7336

From: Rachelle Cote <coter@timiskaminghu.com>
Sent: Wednesday, April 6, 2016 1:42 PM
To: City of Temiskaming Shores; Tammy Lepage; Town of Cobalt; Town of Englehart; Town of Latchford; Township of Armstrong; Township of Brethour; Township of Casey/Hudson/Harley/Kerns; Township of Chamberlain; Township of Coleman; Township of Evanturel; Township of Gauthier; Township of Harris; Township of Hilliard; Township of James; Township of KL; Township of Larder Lake; Township of Matachewan; Township of McGarry; Township of Charlton & Dack
Cc: Kerry Schubert-Mackey; Lorna Desmarais; Caroline McBride
Subject: Invitation to Focus Groups Related to Older Adults & Cost of Eating Well Report
Attachments: 2015 Cost of Eating Well THU_Infographic.pdf; 2015 Cost of Eating Well THU_Report.pdf



Good afternoon,

Please find below and attached information re:

- i) Invitation for local focus groups related to health, active aging of older adults in Timiskaming
- ii) local cost of eating well report and infographic information

i) **Invitation for local focus groups related to health, active aging of older adults in Timiskaming**
Stay on Your Feet (SOYF) is an initiative across northeastern Ontario to prevent falls among older adults through a focus on healthy active aging. It involves partner collaboration to plan and deliver on multiple strategies, building on what exists in each community. Leveraging local knowledge and resources SOYF aims to raise awareness of the problem of falls, and develop skills and policies that will help older adults to stay active, stay independent and stay on their feet.

On **Thursday April 28th** a local focus group session is occurring for stakeholders to discuss fall prevention in Timiskaming. The purpose of the focus group is to:

1. gather information from stakeholders (e.g. service providers and potential partners) about the types of activities and services offered to older adults and identify potential gaps within the district.
2. identify opportunities and connections to enhance the work of the SOYF strategy within the district.
3. get stakeholders advice on priorities for action within the communities they serve.

The session will be led by the NE LHIN (via OTN) and hosted at the Timiskaming Health Unit in **New Liskeard from 10 am to 12 pm and Kirkland Lake from 2 pm to 4 pm.**

If you are interested in participating, please RSVP to Lorna Desmarais at desmaraisl@timiskmainghu.com.

ii) **Local cost of eating well report and infographic information**
 The Timiskaming Health Unit has released the 2015 *Cost of Eating Well in Timiskaming* report and infographic. The documents are based on information collected across Timiskaming District in both urban and rural areas and are available on the health unit website (www.timiskaminghu.com). Consistent with previous years, the report demonstrates that it is difficult for households earning minimum wage or living on a limited income to afford basic needs like nutritious food and housing.

Please share with councilors and other members of your network. If you have any additional questions about the report, please contact Caroline McBride at mcbridec@timiskaminghu.com or 705-647-4305 ext. 2277.

Rachelle Côté
 Executive Assistant
 Secretary to the Board of Health

File Incoming Other
 Mayor
 Council DA
 CAO
 Building
 Finance DS DC
 Ec Dev DS DC
 Parks & Rec DS DC
 Planning DS DC
 Public Wks DS DC
 PPP
 Social Services

Timiskaming Health Unit

247 Whitewood Avenue, Unit 43

P.O. Box 1090

New Liskeard, ON P0J 1P0

Tel: 705-647-4305 ext: 2254

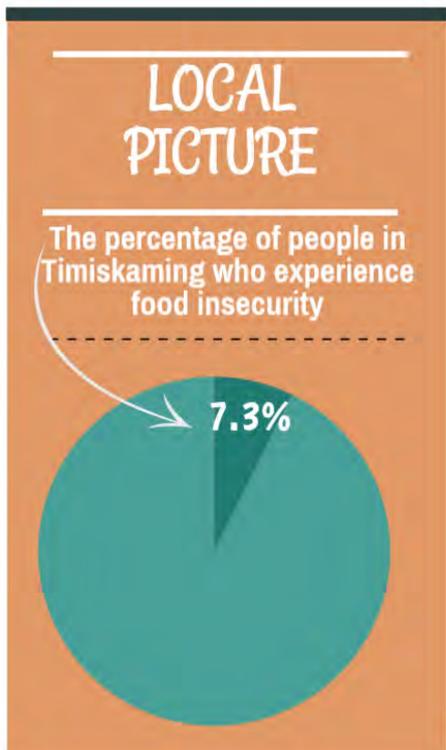
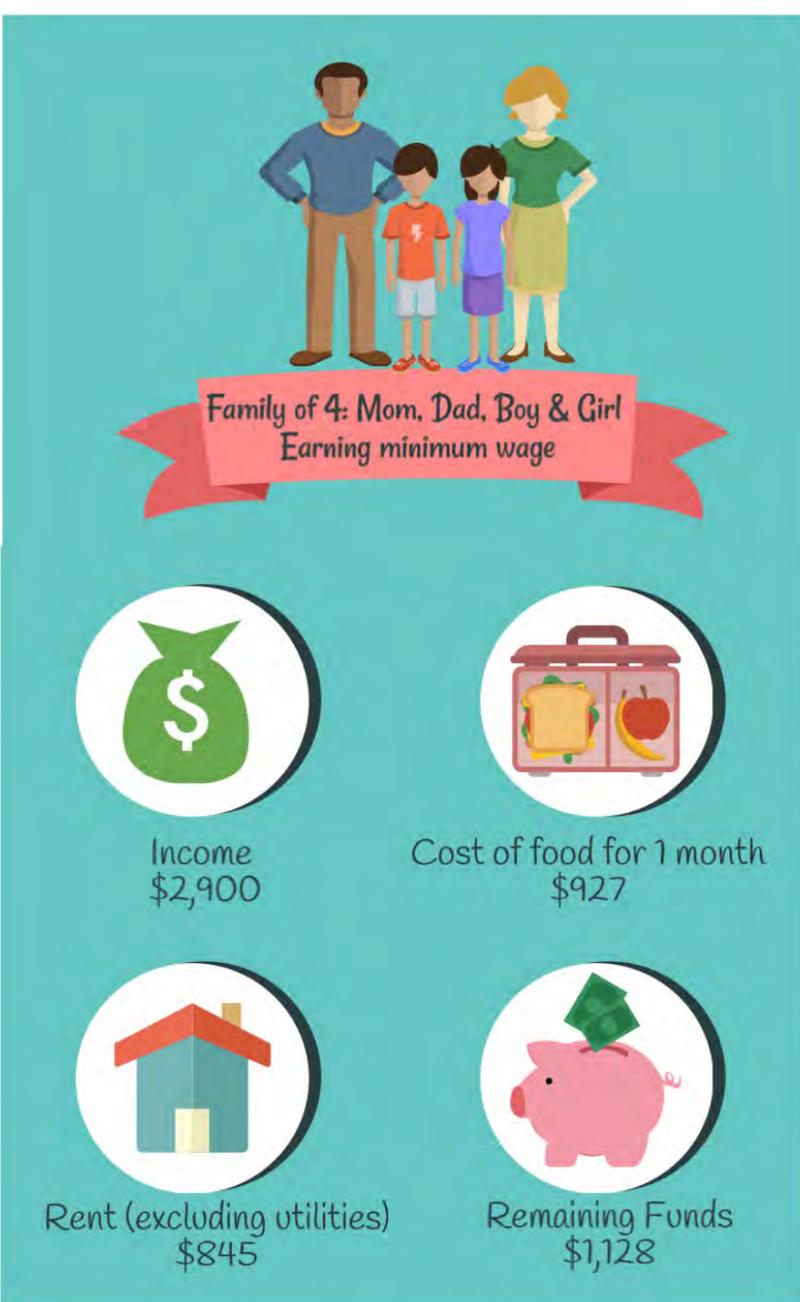
Fax: 705-647-5779



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The Cost of
Eating Well in
in
Timiskaming
 2015



Remaining funds must cover the cost of:



Many families will use their food budget to pay for other needs. This increases their risk of food insecurity.



Food insecurity is not having enough food due to lack of money.

Food insecurity is linked to...

<p>Eating vegetables and fruit less often</p>	<p>Increased risk of chronic disease like diabetes</p>	<p>Social exclusion</p>
<p>Poorer mental health in adults and children</p>	<p>Behavioural, emotional, and academic barriers in children</p>	<p>Increased health care costs</p>

WHAT CAN WE DO?



Learn about poverty and food insecurity
www.povertyfreeontario.ca

Volunteer with a group that helps make food accessible



Support a Basic Income Guarantee
www.basicincomecanada.org

Meet with your local MP or MPP and share your ideas and concerns about food insecurity



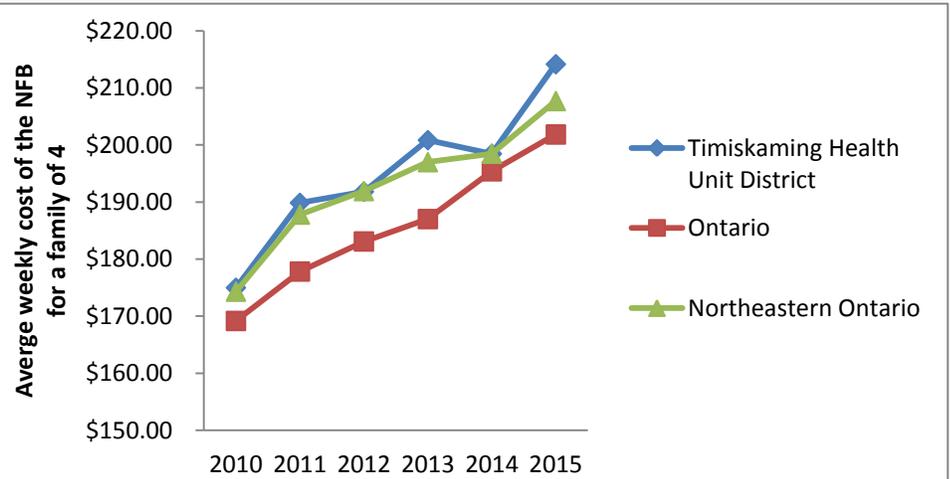
References:
 -Timiskaming Health Unit. (2015). The Cost of Eating Well in the Timiskaming District: Nutritious Food Basket Report.
 -Rental Market Report: Ontario Highlights. Canadian Mortgage and Housing Corporation, Spring 2015. And The Canadian Mental Health Association Cochrane-Timiskaming. North Timiskaming Housing Resource Centre for the week of September 8th, 2015.
 -Canadian Community Health Survey 2009/10, 2011-12. Statistics Canada, Share Files, Ontario Ministry of Health and Long-Term Care.
 -Association between household food insecurity and annual health care costs Tarasuk V, Cheng J, de Oliveira C, Dachner N, Gundersen C, Kurdyak P. Canadian Medical Association Journal 2015; DOI:10.1503/cmaj.150234.
 -Dietitians of Canada. (2007). Community Food Security: Position of Dietitians of Canada.
 -Kirkpatrick S.L., Tarasuk V. (2011). Housing Circumstances are Associated with Household Food Access among Low Income Urban Families. Journal of Urban Health: Bulletin of New York Academy of Medicine, 88(2): 284-296.
 -Mikkonen, J., & Raphael, D. (2010). Social Determinants of Health: The Canadian Facts. Toronto: York University School of Health Policy and Management.

The Nutritious Food Basket 2015 Results

Each year, the Timiskaming Health Unit conducts the Nutritious Food Basket (NFB) survey. The NFB measures and monitors the cost of basic healthy eating based on 67 food items that follow Canada’s Food Guide and average food purchasing patterns¹. The lowest available price of each item is recorded from six grocery stores in the Timiskaming District and averaged to calculate the cost of feeding an individual or family. The NFB assumes that people have the skills required to plan and prepare meals from scratch and that people have access to stores that sell nutritious foods.

Similar to previous years, the 2015 NFB results show that the cost of nutritious food is rising in the Timiskaming Health Unit District and the rest of Ontario; the average cost of food for a family of four in Timiskaming is \$214.17 per week, a \$39.18 increase since 2010.

Figure 1: Average weekly cost of the NFB for a reference family of four in the Timiskaming Health Unit district, Ontario and Northeastern Ontario, 2010 – 2015.



Focusing on income

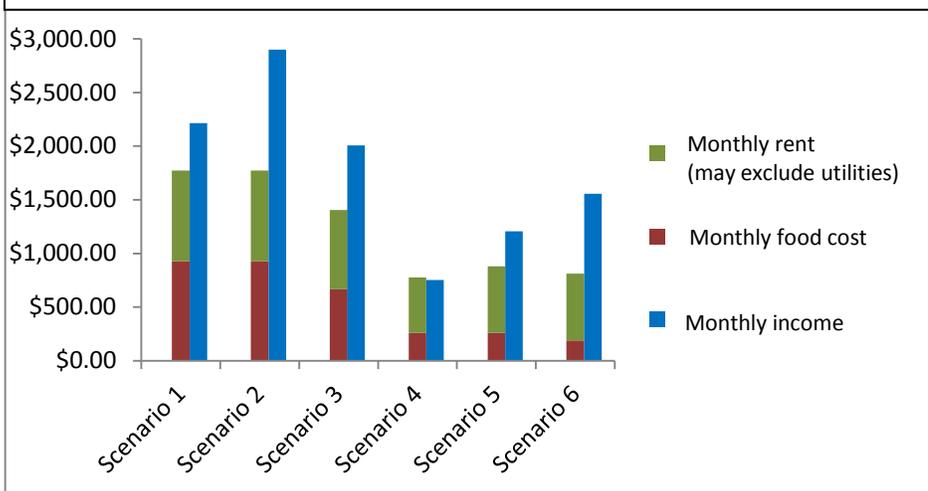
The cost of food is rising and the NFB results show that families struggle to afford basic needs such as housing, nutritious food and child care. When the cost of food is compared to family income, it becomes clear that it is especially difficult for households receiving social assistance or earning minimum wage to make ends meet.

Food cost is one of the only flexible parts of a limited budget. Families living with low income may be forced to reduce the quality and quantity of food they purchase to try and make ends meet, which may result in food insecurity².

Household food insecurity is the inadequate or unstable access to food because of lack of money².

In Timiskaming, 16.6% of people live with low income and 7.3%^E of households experience some level of food insecurity during the year³. The scenarios in Figure 2 and Table 1 show how little is left for individuals earning minimum wage or receiving social assistance to afford basic needs. For example, in scenario 3, a single parent

Figure 2: Comparison of the cost of monthly food and rent in the Timiskaming Health Unit District compared to monthly income in 2015. See table 1 for scenario descriptions.



E – Interpret with caution due to small sample size

household with two children receiving social assistance, almost all income is spent on rent and food. What little money is left over must cover other costs such as hydro, heat, child care, transportation, phone, and internet.

Food insecurity impacts the health of children and adults

Experiencing food insecurity can impact the physical and mental health of children and adults as well as our communities. Food insecurity is linked to the following outcomes²:

- Eating fruit, vegetables and dairy products less often
- Lower vitamin and mineral intake
- Increased risk of chronic disease like diabetes and high blood pressure
- More challenges in managing chronic diseases through diet
- Poorer mental health in children and adults including stress and uncertainty about having enough food⁴
- Behavioral, emotional and academic barriers in children
- Increased costs to the health care system
- Social exclusion and decreased participation in the community

What can we do?

Food insecurity has far reaching impacts on individuals and our communities.

By taking action we can all make a difference.

Common approaches to address food insecurity include food banks, community kitchens and community gardens. While these services provide immediate social, psychological and community benefits they do not make it possible for *everyone* to afford a nutritious diet and other basic needs on an ongoing basis. Improvements are needed on a broader scale to address the root cause of food insecurity: poverty.

To prevent individuals and families from experiencing poverty and food insecurity, the Ontario Society of Nutrition Professionals in Public Health recommends addressing the following policy areas²:

- Investigate a basic income guarantee as a policy option for reducing poverty and income insecurity.
- Increase minimum wage and social assistance rates to reflect the actual costs of nutritious food and adequate housing.
- Index social assistance rates to inflation to keep up with the cost of living.
- Revise the current exemptions in the Employment Standards Act in order to provide basic minimum employment standards to a broader sector of the working population.
- Provide all low income Ontarians with access to health benefits, including drug and dental benefits.

How can you make a difference?

Learn about poverty and food insecurity and sustainable ways to address these issues.

Volunteer with a group that helps make food more accessible.

Support a Basic Income Guarantee.

Meet with your local MP or MPP and share your ideas and concerns about food insecurity.

Did you know?

In 2015 the Board of Health at Timiskaming Health Unit passed a resolution in support of considering a Basic Income Guarantee as an option to address poverty in Ontario and Canada. Timiskaming Health Unit joined other groups across Canada asking provincial and federal government to consider a Basic Income Guarantee.

Table 1: 2015 NFB family and income scenarios.

Scenario 1	2 adults (male and female ages 31-50), 2 children (girl age 8, boy age 14); Ontario Works
Scenario 2	2 adults (male and female ages 31-50), 2 children (girl age 8, boy age 14); income is based on one minimum wage earner, 40hr/wk, \$11.00/hr (minimum wage in May 2015)
Scenario 3	1 adult (female age 31-50), 2 children (girl age 8, boy age 14); Ontario Works
Scenario 4	1 adult (male age 31-50); Ontario Works.
Scenario 5	1 adult (male age 31-50); Ontario Disability Support Program (ODSP)
Scenario 6	1 adult (female age 70+); income based on Old Age Security and Guaranteed Income Supplement (OAS/GIS)

References

1. NFB Guidance Document
2. OSNPPH position statement
3. Canadian Community Health Survey 2009-10, 2011-12. Statistics Canada. Share Files, Ontario Ministry of Health and Long-Term Care.
4. Mikkonen, J., & Raphael, D. (2010). Social Determinants of Health: The Canadian Facts.=Toronto: York University School of Health Policy and Management
5. Adapted with the permission of Chronic Disease Prevention & Oral Health Division Halton Region Health Department.

Sources of data used to calculate income and expenses

1. Basic and maximum shelter allowance. OW rates effective October 2014 and Ontario Disability Support Payment (ODSP) rates effective September 2014. Source: Social Assistance, Pension and Tax Credit Rates April to June 2014, Ministry of Community and Social Services. http://www.communitylegalcentre.ca/legal_information/Tips/IM/SA-pension-rate-Apr-Jun-2015.pdf
2. Old Age Security and Guaranteed Income Supplement (OAS/GIS) rates. Source: Social Assistance, Pension and Tax Credit Rates April to June 2015, Ministry of Community and Social Services. http://www.communitylegalcentre.ca/legal_information/Tips/IM/SA-pension-rate-Apr-Jun-2015.pdf
3. Ontario Guaranteed Annual Income System (GAINS) rates. Source: Social Assistance, Pension and Tax Credit Rates April to June 2015, Ministry of Community and Social Services. http://www.communitylegalcentre.ca/legal_information/Tips/IM/SA-pension-rate-Apr-Jun-2015.pdf
4. Canada Child Tax Benefit (CCTB) includes Basic monthly amount, National Child Benefit Supplement monthly amount, and Ontario Child Benefit monthly amount. Effective July 2014 to June 2015. <http://www.cra-arc.gc.ca/bnfts/clcltr/menu-eng.html>
5. Based on net annual income. GST/HST is issued on a quarterly basis, but calculated on a monthly basis. Figures derived from GST/HST and related provincial programs calculator. Effective July 2014 to June 2015. <http://www.cra-arc.gc.ca/bnfts/clcltr/menu-eng.html>
6. Ontario Trillium Benefit includes Ontario Energy and Property Tax Credit, the Northern Ontario Energy Credit, and Ontario Sales Tax Credit. Based on average apartment rental rates for Ontario and net annual income. Ontario Trillium Benefit is issued on a monthly basis. Figures derived from Ontario Trillium Benefit and related provincial programs calculator. Effective July 2014 to June 2015. <http://www.cra-arc.gc.ca/bnfts/clcltr/menu-eng.html>
7. Working Income Tax Benefit Online Calculator <http://www.cra-arc.gc.ca/bnfts/wtb/menu-eng.html>
8. Employment Insurance Premium Rates. <http://www.cra-arc.gc.ca/tx/bsnss/tpcs/pyrll/clcltng/ei/cnt-chrt-pf-eng.html>
9. Canada Pension Plan. <http://www.cra-arc.gc.ca/tx/bsnss/tpcs/pyrll/clcltng/cpp-rpc/cnt-chrt-pf-eng.html>
10. Rental costs from Rental Market Report: Ontario Highlights. Canada Mortgage and Housing Corporation, Spring 2015. http://www.cmhcschl.gc.ca/odpub/esub/64507/64507_2014_B01.pdf and local data from CMHA, Kirkland Lake office.
11. Nutritious Food Basket Data Results 2015 for Timiskaming Health Unit
12. Minimum wage. <http://www.labour.gov.on.ca/english/es/pubs/guide/minwage.php>
13. Employment income with OW http://www.mcscs.gov.on.ca/en/mcscs/programs/social/ow/client/earning_Money.aspx