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The Household Food Insecurity Gradient and Potential Reductions in Adverse Population Mental Health Outcomes in Canadian Adults

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Abstract

Purpose:

Household food insecurity is related to poor mental health. This study examines whether the level of household food insecurity is associated with a gradient in the risk of reporting six adverse mental health outcomes. This study further quantifies the mental health impact if severe food insecurity, the extreme of the risk continuum, were eliminated in Canada.

Methods:

Using a pooled sample of the Canadian Community Health Survey (N = 302,683), we examined the relationship between level of food insecurity, in adults 18 - 64 years, and reporting six

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