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| **Food Access, Food Shopping Behaviours and Fruit and Vegetable Intake among Food Insecure Households** |
| **Background/Objectives:** Socioeconomic inequalities in diet quality can partially explain the increase in chronic illnesses among vulnerable populations, particularly for residents of low-income neighbourhoods where access to healthy food at a reasonable price, such as fruits and vegetables (FV), is often inadequate. In Montreal, the second largest city in Canada, 135,000 people living below the poverty threshold have inadequate access to FV within a walkable distance from home. More globally, food insecurity is a serious public health problem affecting 13% of households. This study aimed to examine the association between household food security and perceived access to healthy food, food shopping behaviours and FV intake among residents of one of the most underprivileged area in the city, Hochelaga-Maisonneuve.**Methods:** A random sample of 451 adults responsible for grocery shopping were recruited through telephone interview. Food security was assessed using the adult scale of the Household Food Security Module questionnaire to distinguish participants which were food secure (FS) from those with marginal, moderate or severe food insecurity (FI). A validated dietary assessment tool was used to measure FV intake. Food shopping behaviours included frequency, store type and transportation to the primary store. Distances to reported stores were calculated. Participants were also interviewed about their use of FV markets in the summer, their practice of gardening and their perceptions of physical and economical access to healthy food in their neighbourhood. Multivariable linear and binary logistic regressions were used on 415 participants.**Results:** A large percentage of our study sample was classified as FI (21.4%). Compared to FS participants, FI participants reported greater lack of affordable healthy food in their neighbourhood (b=-2.42, p=0.00) and more transportation barriers (OR 4.10, 95% CI 2.22-7.58). They also had a lower consumption of FV (b=-1.03, p=0.00). No differences were found between FS and FI households for perceived physical access, distance to primary store, shopping frequency, store type, use of FV markets in the summer and gardening.**Discussion:** For FI households living in a dense Montreal neighbourhood, food affordability and access to transportation is more important than physical accessibility. Also, food shopping behaviours at the primary store does not differ significantly by food security status.**Keywords:** food insecurity, food access, diet |