Moving on from the Low Income Diet and Nutrition Survey

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What is LIDNS?

- Published by FSA in July 2007
- Bottom 15% material deprivation
- Dietary intake from 3,728

"The findings suggest that the dietary pattern of people on low incomes is the same as that of the general population, although in some aspects it is slightly less healthy."

This means people are eating:
- Less wholemeal bread, fruit & veg, oily fish and fibre
- More sugars, saturated fat (Crisps, fizzy drinks etc)
Low Income Diet & Nutrition Survey

- 30% of men and 29% of women reported that price/value/money available for food was the most important influence on their choice of food.

- 35% men and 44% women wanted to change their diet.

- 60% of parents/carers wanted to change their children’s diet.

- 91% of women reported they could cook a meal from basic ingredients without help; for men this was 64%.
Social Factors (FSA)

**Food Shopping**
- Most respondents shopped at a large supermarkets
- Less than 20% relied on small supermarkets, corner shops or garage forecourts
- About half of households used a private car to go shopping

**Cooking skills**
- 91% of women and 64% of men could prepare a main dish from basic ingredients

**Kitchen Facilities**
- Most respondents had access to a well equipped kitchen with cooker, fridge, microwave and good storage.
39% of LIDNS respondents said they had been worried they would run out of food before more money came in, and 36% said they could not afford to eat balanced meals.

22% of LIDNS respondents reported reducing or skipping meals and 5% reported not eating for a whole day because they did not have enough money to buy food.
Summary of LIDNS (FSA)

- Overall reported diets are less than ideal in this survey of the UK’s low income population.

- However diets and nutritional status are only slightly worse than those found in surveys of the general population.

- This survey found that social factors such as access to shops, cooking skills etc were not limiting diets.

- Numbers of people overweight, smoking, with very low levels of physical activity and drinking too much were high.

- Unhealthy lifestyle and poor diets increase chronic disease risk.
Future challenges

- Evidence
- Working with other organisations and government departments
- Challenging funders
- Where does the survey take us?
- Where should we go next?
Moving Forward

- Meeting with the FSA 5\textsuperscript{th} Nov 07
- Discussion points – care, home, local engagement, food supply.
- Priorities for action
- What happens next
Thank you!

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