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# Moving on from the Low Income Diet and Nutrition Survey

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# What is LIDNS?

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- 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

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- 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)

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### **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.



# Low Income Diet & Nutrition Survey

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- 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)

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- 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

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



# Moving Forward

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- o Meeting with the FSA 5<sup>th</sup> Nov 07
- o Discussion points – care, home, local engagement, food supply.
- o Priorities for action
- o What happens next





# Thank you!

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