

# Dietitians urge action on these priority issues

FEDERAL ELECTION 2019

## 1 Take action on food insecurity

### KEY FACTS

- Government policies that promote adequate incomes in Canada have the ability to reduce food insecurity
- People in food insecure households are more likely to have poor physical, mental and social health

### OUR ASK

- Implement policies to promote stable and sufficient incomes to reduce household food insecurity
- Commit to targets for reduction of food insecurity and annual monitoring of prevalence and severity across all of Canada

### FOOD INSECURITY



1/8

Canadian households struggle to put food on the table

## 2 Empower Canadians to choose healthier foods

### KEY FACTS

- The food environment impacts Canadians' food choices, and can make healthy eating a challenge
- Government policies can help consumers choose healthier foods

### OUR ASK

- Restrict food and beverage marketing to children
- Implement Front-of-Package (FOP) nutrition labelling to help consumers make informed choices
- Support programs to improve food skills that will help Canadians select and prepare healthier foods

### HEALTHIER EATING CHOICES

\$ **14B**  
PER YEAR

Estimated cost in Canada of not meeting dietary recommendations

## 3 Invest in improving access to dietitian services, with focus on mental health and seniors' care

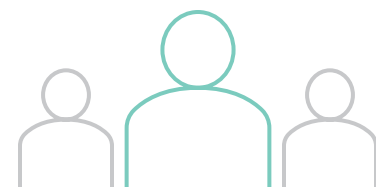
### KEY FACTS

- Nutrition therapy delivered by dietitians helps manage mental health conditions
- Malnutrition costs the health system \$2 billion a year in extended hospital stays
- Only 1/10 patients discharged from hospital see a dietitian in the community

### OUR ASK

- Invest in programs that improve access to evidence-based nutrition care from dietitians

### MALNUTRITION IN SENIORS



1/3

Canadian seniors are at risk of malnutrition