



Food Security & Health

The environment, economy and community we live in all contribute to our health as individuals and as a population. If these aspects of our lives are put at risk, so is our health.

Environmental, economic and social factors are all determinants of health.

Income plays a major role in access to food and a significant impact on food security.

Just as having enough money is good for health, poverty and inequality have devastating health impacts.

Not having enough to eat and not having good quality food can have short and long term effects on mental and physical health.