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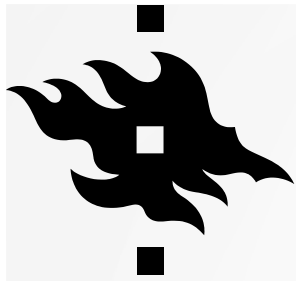*Erkkola M, Walsh H, Uusitalo L, Puputti K,
Saari T, Jallinoja P, Rahkonen O, Nevalainen J

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Food insecurity among Finnish private sector service workers and food pantry clients

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BACKGROUND

We aimed to

- provide comparable quantitative data on the prevalence and predictors of food insecurity in a high-income country

- assess criterion validity of the HFIAS-tool
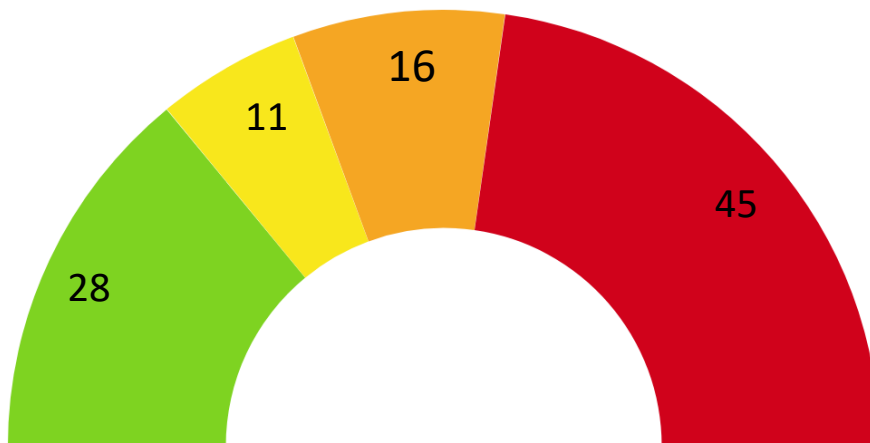

Photo: Yle

Household food insecurity access scale (HFIAS)

- 9 validated questions

- Food scarcity and behavioural responses to food insecurity due to lack of resources during the past month

- Respondent's perceptions

Ref. Coates et al. 2007

Food insecurity among Finnish food pantry clients* (*n* = 121)

Prevalence of food insecurity %

- Food secure (28.1%)
- Mildly food insecure (10.7%)
- Moderately food secure (15.7%)
- Severely food insecure (45.5%)

Determinants of severe food insecurity:
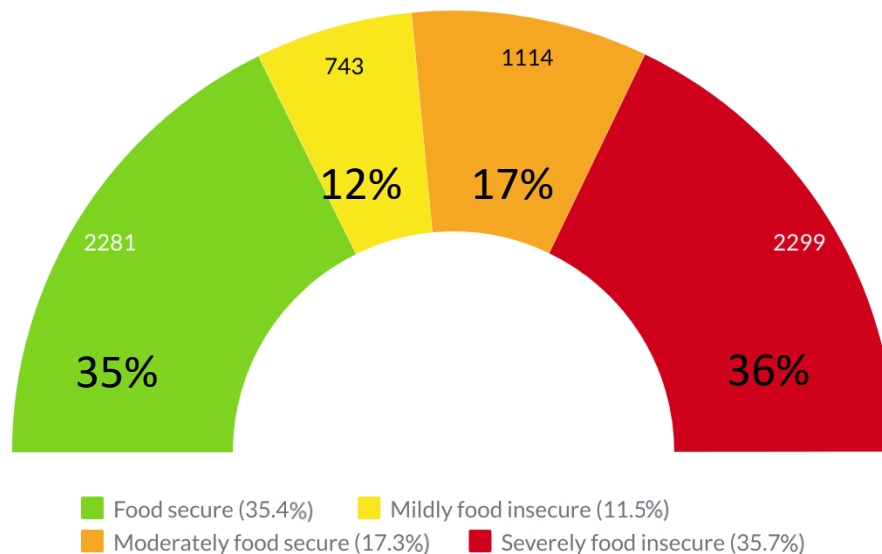
➢ male gender

OR 1.60 (95% CI 1.09–4.80)

➢ housing: homeless/tenants in community rental units

OR 7.12 (95% CI 2.42–20.95)

*ROSA -study in 2018-19 in 6 food aid centres,
a convenience sample of a hard-to-survey population,
57% women, 76% 55 years or older

Food insecurity among Finnish Private Sector Service workers* (*n* = 6 437)

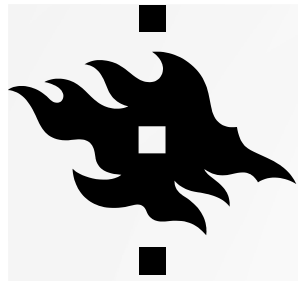## Prevalence of food insecurity *n*, %

743 — 12%
1114 — 17%
2281 — 35%
2299 — 36%

- ■ Food secure (35.4%)
- ■ Mildly food insecure (11.5%)
- ■ Moderately food secure (17.3%)
- ■ Severely food insecure (35.7%)

Determinants of severe food insecurity:

➤ **male gender**
OR 1.28 (95% CI 1.04-1.42)

➤ **younger age**
< 30 vs. < 60 yrs OR 3.76 (95% CI 2.89-4.90)

➤ **low education**
lowest vs. highest education
OR 1.92 (95% CI 1.20-3.06)

➤ **no registered partnership**
single vs. registered partnership or married
OR 2.48 (95% CI 2.17-2.85)

➤ **low net income**
lowest (< 1000 €/mo) vs. highest (≥ 2500 €/mo)
OR 2.58 (95% CI 1.50-4.43)

➤ **self-perceived health**
bad vs. good OR 2.01 (95% CI 1.25-3.23)

*PAMEL -study in 2019, 79% women, low-income employees working mainly on retail, hospitality, and property maintenance services, members of the Finnish Service Union United PAM

CONCLUSION

- Majority of food pantry clients demonstrated severe food insecurity.

- Food insecurity was common among predominantly low-income private sector service workers, a group subject to rapid changes in the labour market (as COVID-19) and social security systems.

- Food insecurity was linked to well-known SES indicators and self-perceived health

→ good criterion validity of HFIAS.

Thank you!