

JOINT EVENT

10th International Conference on **Childhood Obesity and Nutrition**
&

2nd International Conference on **Metabolic and Bariatric Surgery**

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Cost of a healthy food basket

Statement of the Problem: Children of low income households eat less well and have higher rates of childhood obesity and associated risks. Childhood obesity tracks into adulthood. Food is often a flexible component of the family budget as they can satisfy their hunger with cheaper, less nutritious food. This research uses an approach that identifies and costs a basket that is both socially acceptable and nutritionally adequate. One in ten people are experiencing food poverty in Ireland.

Methodology and Theoretical orientation: A minimum essential standard (MIS) approach was used to estimate the income needed to afford a weekly food basket that the six households studied agreed as a minimum (for urban and rural settings). The study also estimated the % spend on food relative to other items of expenditure.

Findings: The cost of the food Basket was more expensive for the majority of rural households compared to urban (Table 1). Food was found to be the biggest area of expenditure in both rural and urban households, the food basket accounted for up to 36% of total income.

Conclusions & Significance: The cost of the food basket depends on household composition. Food costs rise as children grow older and this has potential health significance. Meat fruit and vegetables took up the largest share of the costs. Households on state benefits spend a larger percentage of take home income on food than households with an employed adult.

Biography

Clíodhna Foley-Nolan is a Director of Human Health and Nutrition at Safefood. She directs the public health and nutrition functions of the organization. She completed her Medical degree at University College Cork (UCC) Ireland; a Master's degree in Public Health at University College Dublin (UCD), Ireland and; is a Fellow of the Faculty of Public Health of Royal College of Physicians in Ireland. She has worked at consultant level in Public Health Medicine in the Health Services Executive, and is a specialist in the areas of health promotion and foodborne infectious disease. She is a Senior Lecturer at UCC and is a Trainer and Examiner at Royal College of Physicians in Ireland. She has served on many national advisory groups including those on the National Strategy for the Control of Antimicrobial Resistance, the National AIDS Advisory Group and the National Healthy Eating Guidelines group.

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