

FOOD POVERTY IN EXETER IN FOCUS

EFFECTS ON VULNERABLE ADULTS

POVERTY AND VULNERABLE ADULTS

A range of vulnerable adults experience food poverty including:

Homeless –Those with Mental Ill Health –Care Leavers –Elderly –General poor health –Substance Abuse

“No support when coming out of care. [I was] assessed by social services but then given no support.”

“As an ex drug user, I can't use the cafes where drug users go. “

MENTAL ILL HEALTH AND FOOD POVERTY

Many Vulnerable adults experience mental ill health. Income insecurity, stress and Food poverty exacerbate this creating:

- Impacts on Health
- Impacts on Mental ill-health

“I’m on benefits and paying off loans which doesn’t leave enough money for food. I’ve been pushed into looking for work, despite my mental health problem.”

FOOD POVERTY, DIET AND HEALTH

- Food Poverty results in an insecure, low quality diet
- Creates cycle of deprivation, People stuck in crisis situations

“Food providers need to vary their meals... Many people have no teeth and can’t eat the food provided.”

“My weight fluctuates with stress and have lost weight – long way off the ideal weight. But got enough to eat at the moment but not in the past.”

Actions needed - Next Steps

- Partnership working –Policy Action, Supporting Local services, community action, social enterprise
- We will be working after the break in groups to discuss themes
- Thank you