

# Examining differences in diet quality between Canadian Indigenous and non-Indigenous adults: results from the 2004 and 2015 Canadian Community Health Survey Nutrition Surveys

Natalie Riediger. "Examining differences in diet quality between Canadian Indigenous and non-Indigenous adults: results from the 2004 and 2015 Canadian Community Health Survey Nutrition Surveys." *CRDCN research-policy snapshots*. Volume 2, July 2023

## Context

This study used data from the 2004 and 2015 Canadian Community Health Survey, nutrition focused surveys. It compared diet quality between off-reserve Indigenous and non-Indigenous adults in 2004 and 2015, examining food security as a predictor of diet quality. Diet quality scores were not significantly different for Indigenous men and women in 2015 as compared with 2004 but continued to be lower compared with diet quality of the non-Indigenous population.

## Key finding(s) from the research

Indigenous adults reported significantly lower diet quality independent of food security status and other factors suggesting that addressing household food insecurity among Indigenous populations is necessary to improve diet quality, but likely not sufficient.

**Population(s) studied:** Canadian adults

**Research dataset(s) used:** Canadian Community Health Survey Nutrition survey 2004; Canadian Community Health Survey Nutrition survey 2015

## Policy implications for this research

The findings have implications for addressing the Truth and Reconciliation Commission Call to Action #19, to close gaps in health outcomes between Indigenous and non-Indigenous communities. Diet quality is important in the prevention and management of type 2 diabetes, of which large inequities between Indigenous and non-Indigenous communities exist. Therefore, policies that address food insecurity among Indigenous populations, while necessary, will likely not be sufficient to close gaps related to diet quality.

**Policy area(s) this research can inform:** Agriculture and food; Health; Indigenous Peoples

## Read the full article

Riediger, N., LaPlante, J., Mudryj, A., Clair, L. (2022). Examining differences in diet quality between Canadian Indigenous and non-Indigenous adults: results from the 2004 and 2015 Canadian Community Health Survey Nutrition Surveys. *Canadian Journal of Public Health*, <https://doi.org/10.17269/s41997-021-00580-x>