# CONFRONTING THE ILLUSION: IDENTIFYING FOOD MIRAGES AND FOOD DESERTS IN WINNIPEG

## Policy Implications:

1. 65% of the inner city is within walkable distance to a supermarket, in contrast to the often-made argument that distance is the primary barrier to healthy food.

2. Living near a supermarket can provide the illusion of access to healthy food unless social deprivation is also considered.

3. 6% of inner city dissemination blocks are characterized as having high social deprivation.

4. 60,000 people in the inner city live in severe food mirages - near healthy food but lack the economic resources required to purchase it.

5. 26,000 people in the inner city live in severe food deserts - far from healthy food and lack the economic resources required to overcome distance.

6. 6,000 people in the inner city live in unsupportive food environments. 16,000 people outside of the inner city live in unsupportive food environments.

7. In total, 111,000 people in Winnipeg live in unsupportive food environments; access to food is a citywide issue.

8. Future policy needs to target the affordability of healthy food and the incomes of individuals, rather than focusing solely on supermarket locations.

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### Food Environments in Winnipeg

- **Severe Food Deserts**: Socially deprived areas where individuals live far from supermarkets.
- **Severe Food Mirages**: Socially deprived areas where individuals live near supermarkets.
- **Moderate Food Deserts**: Socially deprived areas where individuals live far from supermarkets.
- **Moderate Food Mirages**: Socially deprived areas where individuals live near supermarkets.
- **Not at Risk**: Areas where individuals have access to supermarkets, regardless of social deprivation.
- **Excluded Population**: Areas where individuals live far from supermarkets and have low social deprivation.

### Social Deprivation Scores

<table>
<thead>
<tr>
<th>Social Deprivation Score (X)</th>
<th>Low</th>
<th>Moderate</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-2.5</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2.6-3.5</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

### Spatial Distribution of Social Deprivation Scores

- **Total**: [Distribution map]
- **Inner City**
- **Non-Inner City**
- **Winnipeg**

### Dissemination Block Distance to Supermarkets

- **Winnipeg**: 668,745
- **Non-Inner City**: 361,684
- **Inner City**: 127,754

### Distance to Supermarkets by Inner City and Non-Inner City Neighbourhoods

<table>
<thead>
<tr>
<th>Distance (meters)</th>
<th>Inner City</th>
<th>Non-Inner City</th>
<th>Winnipeg Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-250</td>
<td>12,925</td>
<td>38,125</td>
<td>51,050</td>
</tr>
<tr>
<td>251-500</td>
<td>12,000</td>
<td>35,000</td>
<td>47,000</td>
</tr>
<tr>
<td>501-750</td>
<td>11,500</td>
<td>30,000</td>
<td>41,500</td>
</tr>
<tr>
<td>751-1000</td>
<td>11,000</td>
<td>25,000</td>
<td>36,000</td>
</tr>
<tr>
<td>1001-1250</td>
<td>10,500</td>
<td>20,000</td>
<td>30,500</td>
</tr>
<tr>
<td>1251-1500</td>
<td>10,000</td>
<td>15,000</td>
<td>25,000</td>
</tr>
<tr>
<td>1501-1750</td>
<td>9,500</td>
<td>10,000</td>
<td>19,500</td>
</tr>
<tr>
<td>1751-2000</td>
<td>9,000</td>
<td>5,000</td>
<td>14,000</td>
</tr>
<tr>
<td>&gt;2000</td>
<td>8,500</td>
<td>0</td>
<td>8,500</td>
</tr>
</tbody>
</table>

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