



**Welcome April!** Many of us have just come from a weekend long of Easter celebrations. No doubt, there was plenty of family and food and traditions to celebrate this important Christian holiday.

As we step into April, we embark on a journey of advocacy and empowerment within our community. This month, our focus shines brightly on the critical issue of food security and the profound significance of imparting sound nutrition knowledge to our youth, particularly in light of the escalating prevalence of eating disorders among them.

At the heart of our mission at Inner Health Nutrition lies "**Project Thrive**", our newest program for youth and fervent endeavor dedicated to nurturing wholesome connections with food and self and fostering a deeper understanding of what constitutes truly nourishing eating habits in our young population. We have an amazing opportunity to participate so please read below!

As we continue to welcome in Spring and celebrate brighter, sunnier days this month, let us continue to pave the way towards a healthier, more informed tomorrow.



Alisha Sohi,  
Administrative Dietitian Assistant/  
Newsletter Contributor



Filomena Vernace Inserra,  
Your Registered Dietitian

# PROJECT THRIVE

*CALLING ALL PARENTS OF 10-14 YEAR OLDS!*



We are offering a **One-Day Intensive of Project Thrive**. It will feature all the key components of full program of Project Thrive but in one-day! We are piloting the program and we are looking for 15 youth ages 10-14 yrs to participate for FREE! To pre-register your child/children for this interactive, fun, & transformative program, please follow the link [HERE](#) to email us your interest!

Our Registered Dietitians and Social Worker have compiled this program and will give youth and their parents an opportunity to experience a snap shot of our program. Our goal is simple:

*Empowering youth by teaching principles of food & nutrition, simple kitchen skills, & building confidence and self-esteem with Registered Dietitians and Social Workers*

***Your child will explore topics including:***

\* Fueling Your Body & Building Body Trust

- \* Nutrition Basics - practical application of healthy eating principles
- \* Culinary - Part 1: Kitchen Basics, Exploring Habits at Home (Family meals, comfort with cooking)
- \* Lunch during Culinary Instruction Part 2: Hands on cooking skills
- \* Building Resiliency & Self Respect (Dieting & Societal Pressures Discussion)
- \* Intro to Mindfulness & Emotions (Exploring Coping with Stress & Food)
- \* Mindfulness Exercise/Games

**Registration is limited and will be offered on a first-come basis! Register your child today by clicking [HERE](#) . Further details will be sent to you closer to the date. Have questions about this, ask us by clicking [HERE](#)**

For more information about Project Thrive, click our website [here](#)

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## **Why We Need To Step Up & Support Our Youth!**

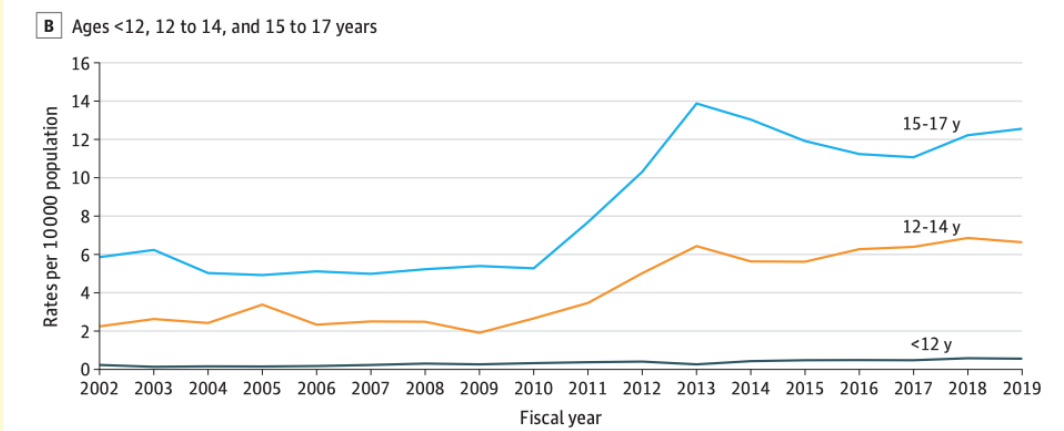
### **Disturbing Trends of Youth & Eating Disorders in Ontario**

# **Pediatric Patients Hospitalized With Eating Disorders in Ontario, Canada, Over Time**

Smith et al., 2023 DOI:10.1001/jamanetworkopen.2023.46012

A recent study conducted right here in Ontario revealed a significant increase in hospitalizations for eating disorders among children from 2002 to 2019. The study found that not only were more children being hospitalized for these conditions, but there was also a notable rise among boys and younger teenagers. This challenges the common misconception that eating disorders primarily affect older girls who want to lose weight.

Dr. Sarah Smith, the lead researcher of the study, expressed concern that healthcare professionals may not always recognize eating disorders in individuals who don't fit the stereotypical profile. She emphasized the importance of understanding that eating disorders can manifest differently in various demographics. The study also discovered that many of these children had additional mental health issues, making their treatment more complex.



The above image depicts trends in hospitalization by age group. Hospitalization rates increased over time for all age groups, with the largest increase seen among 12 to 14-year-olds, where hospitalizations nearly tripled from 2002 to 2019. For those younger than 12 years, hospitalizations also went up, but not as much. Among 15 to 17-year-olds, hospitalizations more than doubled during this time.

This study echos what is being observed in our local hospitals more recently since the pandemic hit in 2020. According to the CBC, in 2021, Toronto's Hospital for Sick Children said it has seen a 35% in admissions to its eating disorder program. At McMaster's Children Hospital in Hamilton reports a 90% spike in referrals to its eating disorder program.

Why the increase? A recent study at Sick Kids, which had over 2,700 participants ages 2 to 18 years old in Ontario, indicated that losing in-school services due to COVID-19, including healthy eating programs, counselling and learning supports, resulted in worse mental health outcomes for children and youth. Doctors are calling this "social malnutrition" and the effects can linger for years to come.

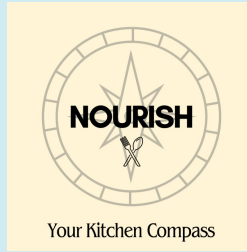
Follow the link [HERE](#) to read more from the CBC.

We are doing our part to start the conversation with youth about their bodies and eating, how they feel about the messages that they are exposed on social media and in their friends circle. We are providing a platform to explore and challenge their beliefs and encourage a conversation on how they choose to nourish their bodies, look at their bodies, and themselves. **This, is Project Thrive, our program for youth.**

We are providing a **FREE one-day intensive** of the program. If you have children between the ages of 10-14 yrs, please sign up to reserve a spot for them for our upcoming session. Follow the link to provide your contact information above.

# NOURISH

## Inner Health Nutrition's Monthly Group Program



# The Goals of the Program...

- Get organized in the kitchen and prioritize healthy home-cooked meals
- Become confident when shopping for healthier foods at the grocery store
- Simplify meal planning and grocery shopping
- Involve family members in meal planning and meal preparation
- Take the confusion out of eating healthy
- Access new healthy recipes each week
- Help you feel less overwhelmed in the kitchen
- Feel supported knowing you are not alone

## 3 Tiers of NOURISH...

### **Tier 1** - Introductory 30 minute meeting with RD PLUS

- goal setting and onboarding to Eatlove Meal Planning App
- Weekly recipe collection sent to your inbox! Get 5 new recipes in each collection weekly
- Private Facebook group to post questions, garner support and connect with others on their healthy eating journey
- Once monthly virtual Facebook group meeting hosted by RD to discuss topics which will help you reach your goals.
- *\$79/month*

### **Tier 2** - All the Benefits of Tier 1 PLUS

- Access to a “Dietitian on Demand” - have a general nutrition question? Send it to our Dietitian and we will have it answered by the next business day.
- *\$99/month*

### **Tier 3** All the Benefits of Tier 1 & 2 PLUS

- Private 30 minute session each month with RD to reassess goals,



- discuss specific strategies specific to you. Set up or revise a specific meal plan using the Eatlove App
- Private 30 minute session each month with Registered Social Worker to explore barrier to change and other areas of support you need.
- \$179/month

Want to learn more? Click [Here](#)

Be part of our community and get feeling inspired again with an affordable approach to healthy eating!

Want to REGISTER, contact us [HERE](#)

## Dietitians of Canada Position Statement on **Household Food Insecurity** in Canada

### Position of Dietitians of Canada

It is the position of Dietitians of Canada that household food insecurity:

1. Results from not having enough money to buy food
2. Is a significant, serious and avoidable public health issue that has profound impacts on the mental and physical health of individuals and strains the health care system
3. Disproportionately affects racialized households, including Indigenous households, due to systemic and structural inequities and settler colonialism
4. Can be addressed through progressive economic policies that increase household income
5. Cannot be solved through food charity, food waste diversion or community food programs

In 2022, Statistics Canada reported a concerning rise in food insecurity among Canadian families, with 18% admitting to experiencing it in the previous year, up from 16% in 2021. Shockingly, nearly one in four Canadian children under 18 faced food insecurity, including over 1.2 million children living in households with moderate to severe food insecurity. These findings echo the challenges reported by clients of dietitians who struggle with food access.

## Overview of household food insecurity in Canada

### What is household food insecurity?

In Canada, household food insecurity is defined as the inadequate or insecure access to food due to financial constraints (1). It is a measure of material deprivation that exists on a spectrum (1):



#### Food Security

No income-related problems accessing food



#### Marginal Food Insecurity

Worrying about running out of food or having a limited selection of food because there is no money to buy more



#### Moderate Food Insecurity

Compromising the quality and/or quantity of food to make it last longer because there is no money to buy more



#### Severe Food Insecurity

Reducing food intake or skipping meals because there is no money to buy more.

Dietitians of Canada offers several recommendations to address household food insecurity:

#### *Economic Policies:*

Advocate for economic policies that ensure adequate household income, such as implementing a basic income to meet basic needs, strengthening existing tax credits and transfer payments, and applying a health equity approach to address disparities in food insecurity based on sociodemographic factors.

#### *Indigenous Communities:*

Support Indigenous food systems and empower communities to have decision-making control over their food systems. Remove policy barriers restricting land-based food activities and implement strategies to improve the availability, affordability, and quality of foods in grocery stores.

#### *Monitoring and Reporting:*

Advocate for continued annual collection of data on household food insecurity, regular analysis, and public reporting on the state of food insecurity in Canada. Evaluate the impact of economic policies on food insecurity and strengthen policies accordingly to maximize effectiveness.

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## Budget-Friendly Meal Ideas

*Nourishing Your Body Without Draining Your Wallet*





**Cheesy Baked White  
Bean and Kale Skillet**

[Click here for the full recipe](#)



**Zucchini Noodles  
With Spinach Pesto**

[Click here for the full recipe](#)



**CRISPY TOFU STIR-FRY WITH UDON  
NOODLES**

[Click here for the full recipe](#)

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Want to book an appointment with one of our  
Registered Dietitians or Social Workers?

We offer a COMPLIMENTARY 15 min Call.

Click [HERE](#)

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## REFERENCES

*Dietitians of Canada © 2024 Household Food Insecurity in Canada* . (n.d.). Retrieved March 29, 2024, from [https://www.dietitians.ca/DietitiansOfCanada/media/Images/DC-Household-Food-Insecurity-One-Pager\\_2024\\_ENG.pdf](https://www.dietitians.ca/DietitiansOfCanada/media/Images/DC-Household-Food-Insecurity-One-Pager_2024_ENG.pdf)

*Dietitians of Canada Position Statement on Household Food Insecurity in Canada* . (2024). [https://www.dietitians.ca/DietitiansOfCanada/media/Images/DC-Household-Food-Insecurity-Position-Statement\\_2024\\_ENG.pdf](https://www.dietitians.ca/DietitiansOfCanada/media/Images/DC-Household-Food-Insecurity-Position-Statement_2024_ENG.pdf)

*Eating Disorder Hospitalizations Increase in Canadian Kids - Medscape - December 11, 2023.*

Smith, S. A., Charach, A., To, T., Alène Toulany, Fung, K., & Saunders, N. (2023). Pediatric Patients Hospitalized With Eating Disorders in Ontario, Canada, Over Time. *JAMA Network Open*, 6(12), e2346012–e2346012. <https://doi.org/10.1001/jamanetworkopen.2023.46012>

Image 1: April - <https://i.pinimg.com/originals/98/ee/6e/98ee6ec5a548e4206e6c590d4255f0f9.jpg>

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