Confronting the illusion:
Developing a Method to Identify Food Mirages and Food Deserts in Winnipeg

1. 85,000 people in the inner city live in unsupportive food environments. In addition, 36,000 people outside of the inner city live in unsupportive food environments. In total, 121,000 people in Winnipeg live in unsupportive food environments. Access to food is a city wide issue.

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

3. 62% 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. 25,000 people in the inner city live in severe food deserts - far from healthy food and lack the economic resources required to overcome distance.

6. 85,000 people in the inner city live in unsupportive food environments. In addition, 36,000 people outside of the inner city live in unsupportive food environments.

7. In total, 121,000 people in Winnipeg live in unsupportive food environments. Access to food is a city wide issue.

8. Future Policy Needs to Target the Affordability of Healthy Food and the Incomes of Individuals, Rather than Focusing Solely on Supermarket Locations.
Food Environments in Winnipeg

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Food Environments Determined by Social Deprivation and Access to Supermarket Categories:

**Food Environments**
- Severe Food Desert
- Severe Food Mirage
- Moderate Food Desert
- Moderate Food Mirage
- Not at Risk
- Excluded Population

**Food Environments**

<table>
<thead>
<tr>
<th>Physical Access Categories</th>
<th>Social Deprivation Score (X)</th>
<th>Low</th>
<th>Moderate</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Physical Access (&lt; 500 m)</td>
<td>1</td>
<td>No Food Risk (1.1)</td>
<td>Low Food Risk (2.1)</td>
<td>Low Food Risk (3.1)</td>
</tr>
<tr>
<td>Moderate Physical Access (500-1000 m)</td>
<td>2</td>
<td>No Food Risk (1.2)</td>
<td>Low Food Risk (2.2)</td>
<td>Low Food Risk (3.2)</td>
</tr>
<tr>
<td>Low Physical Access (&gt; 1 km)</td>
<td>3</td>
<td>No Food Risk (1.3)</td>
<td>No Food Risk (2.3)</td>
<td>No Food Risk (3.3)</td>
</tr>
</tbody>
</table>

**Social Deprivation Score (X)**
- 1: No Food Risk
- 2: Low Food Risk
- 3: Moderate Food Mirage
- 4: Severe Food Mirage

**Social Deprivation Score (Y)**
- 1: Low Physical Access
- 2: Moderate Physical Access
- 3: Low Physical Access

**Definitions**

**Severe Food Deserts:** Socially deprived areas where individuals live far from supermarkets.

**Severe Food Mirages:** Socially deprived areas where individuals live near supermarkets.

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