

Food insecurity "around" the pregnancy period

Dr Zoë Bell

Postdoctoral Research Fellow
Department of Nutritional Sciences

King's College London

Email: zoe.bell@kcl.ac.uk

X: @ZoBell20

Food insecurity: special considerations for women

Socioeconomic factors

- Low-income
- Working conditions
- Main carers at the households

Nutritional demands

- Menstrual
- Pregnancy
- Lactation

Physiological impacts

- Impacts on dietary intake, weight, mental health
- Pregnancy complications



Nearly **1 in 3** women experience moderate or severe food insecurity.

More women go hungry than men and the gap is widening.

*Based on 2021 global data focused on food insecurity (e.g., skipping meals, running out of food, not eating due to lack of money or other resources).
UN Women/UN DESA, Progress on the Sustainable Development Goals: The Gender Snapshot 2022

2 ZERO HUNGER  **United Nations** | Department of Economic and Social Affairs 

To explore women & children's experiences of food insecurity and its impact on their nutrition, health & wellbeing

Open access

Protocol

BMJ Open Food insecurity and the nutritional health and well-being of women and children in high-income countries: protocol for a qualitative systematic review

Zoë Bell , Steph Scott, Shelina Visram, Judith Rankin, Clare Bamba, Nicola Heslehurst

Social Science & Medicine 311 (2022) 115313



Contents lists available at ScienceDirect

Social Science & Medicine

journal homepage: www.elsevier.com/locate/socscimed



Experiences and perceptions of nutritional health and wellbeing amongst food insecure women in Europe: A qualitative meta-ethnography



Zoë Bell , Steph Scott, Shelina Visram, Judith Rankin, Clare Bamba, Nicola Heslehurst

Population Health Sciences Institute, Newcastle University, Newcastle Upon Tyne, NE1 4LP, UK

PLOS ONE

RESEARCH ARTICLE

Children's nutritional health and wellbeing in food insecure households in Europe: A qualitative meta-ethnography

Zoë Bell , Steph Scott, Shelina Visram, Judith Rankin, Clare Bamba, Nicola Heslehurst

Population Health Sciences Institute, Newcastle University, Newcastle upon Tyne, United Kingdom

* z.bell2@ncl.ac.uk

Key findings

- *Food insecurity becomes embedded and embodied into women's everyday lives*
- *Experiences both during and after pregnancy are missing from the European evidence base*
- *Impact of food insecurity on infant feeding practices is missing from the European evidence base; little UK evidence*
- *Lone mothers and migrant women were particularly vulnerable to more severe experiences of food insecurity as the only groups of women to articulate resignation to food insecurity*

Postdoctoral fellowship: Food insecurity and health in the first 1,001 days

1



Interviews
Multi-ethnic
pregnant women
across Lambeth

2



Interviews
Multi-ethnic new
mums across
Lambeth

3



Workshops
Pregnant women +
new mums across
Lambeth

Thank you

Dr Zoë Bell

Postdoctoral Research Fellow
Department of Nutritional Sciences

King's College London

Email: zoe.bell@kcl.ac.uk

X: @ZoBell20