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4.2. Nutrition

Tomasz Panek, Janusz Czapiński

4.2.1. Situation in 2013 and its change in last four years

In March 2013, households stated that they could most often not afford, for financial reasons, to satisfy their nutritional needs for fish or fish products (over 19%), confectionaries and stimulants (over 15% and almost 15%) and meat and poultry and meat and poultry products (around 12.5% and 11.5% of households respectively).

Over the last four years¹³ there has been an improvement in the level of household need satisfaction in all grocery item groups with the exception of sugar (figure 4.2.1). Moreover, in 2011-2013 we observed a fall in households' financial difficulty in satisfying nutritional needs with the exception of recreational, fish, fish products and meat¹⁴ (the rise in the share of these households amounted to slightly less than 1 p.p., so within the statistical margin of error). We observed a marked improvement over this time above all in the case of confectionaries, fruit and fruit products as well as vegetables and vegetable products (the fall in the share of households unable, for financial reasons, to satisfy their needs in this respect was over 2 p.p.). There was a marked worsening in the satisfaction of nutritional needs between 2011-2013 with respect to certain items (meat, poultry, confectionaries and fruit products) only in entrepreneur households.

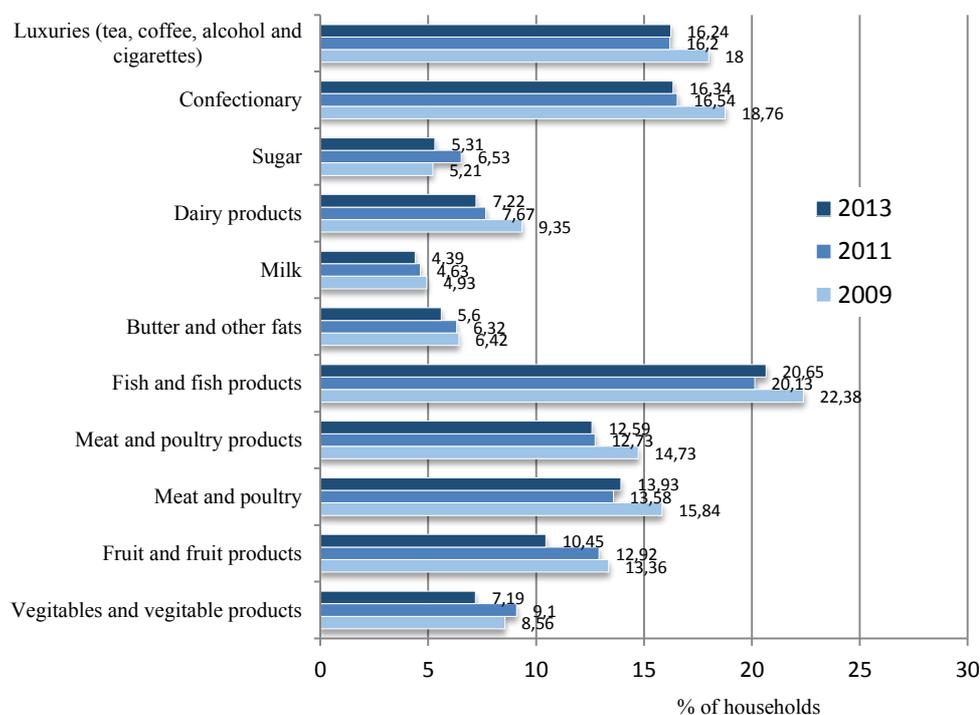


Figure 4.2.1. Scope of unsatisfied household needs for food items for financial reasons in the 2009-2013 panel sample

The household groups that were most frequently unable to afford purchasing food items in February/March 2013 were those living on unearned sources (for the following abovementioned grocery items respectively: around 51%, 45%, 41%, 40% and 35% of these households) and pensioners (around 38%, 30%, 28%, 26% and 25% respectively). Incomplete family households most frequently indicated a lack of financial means to purchase the selected article groups. This group indicated the following items as the ones it had to forgo for financial reasons most often as around 27%, 21%, 21%, 20% and 18% respectively. The next type of household that most often could not afford the indicated grocery items were single-person non-family households with around 26%, 22%, 19%, 17% and 17% of households respectively. The majority of household types generally noted an improvement in financial

¹³ All changes in terms of meeting households' nutritional needs in 2009-2013 referred to panel sample from those years.

¹⁴ All changes in terms of meeting households' nutritional needs in 2011-2013 referred to panel sample from those years

capacity to satisfy grocery item needs in the last two years. There was a deterioration in this respect in non-family multi-person households for fish and fish products, butter and edible fats and milk, in multi-family households for meat and poultry products and butter and edible fats and in couples with two children for meat, poultry, fish and fish products.

The percentage of households with unemployed members unable to purchase, for financial reasons, groceries of all analyzed item groups was in February/March 2013 significantly higher than in the group without unemployed members. The household groups below reported the need to forgo purchase most frequently of the respective grocery item groups as follows: nearly 34% and around 17%, nearly 28% and almost 13%, nearly 26% and around 13%, over 24% and nearly 11% and nearly 22% and nearly 10% of households. Over the last two years, the situation has improved markedly in both household groups and at the same time in almost all grocery article groups.

In February/March 2013, households most frequently forced to forgo purchase, for financial reasons, of selected grocery items, resided above all in rural areas (around 25%, 19%, 19%, 15, and 15% of households declared this situation for each of the previously mentioned grocery item groups) and in smaller towns of less than 20 thousand residents (around 18%, 16%, 15%, 12% and 11% of households respectively). The highest percentage of households declaring financial problems in satisfying needs for the selected grocery item groups occurred in the month of study in 2013 in Warmińsko-Mazurskie (around 28%, 22%, 23%, 21% and 20% of households respectively) and Lubelskie (around 26%, 21%, 20%, 23%, 13% and 14% of households respectively). From March 2011 to March 2013, there was a marked rise in households unable, for financial reasons, to satisfy their grocery needs only in the largest towns numbering 500 thousand residents or more, and this was only in certain groups of grocery items (meat and poultry, fish and fish products and confectionaries). Regionally, only in a few Voivodeship and in terms of few grocery item groups was there a marked deterioration of the situation in the study period of over 3 p.p. This concerned above all Dolnośląskie and Łódzkie, where there was a marked rise in households unable to satisfy their needs for meat and poultry.

In 2013, around 63% of households believed that satisfying their grocery needs had not changed in comparison to two years before. Around 31% reported a deterioration and around 6% an improvement. In relation to ratings from 2011, there was a rise in negative ratings of these changes together with a fall in the positive of over 1 p.p

Households that most frequently declared changes for the worse were those living on unearned sources at over 57% of households and households of pensioners (over 44%). Among the households that felt a deterioration in terms of nutrition were above all the non-family multi-person at almost 43%, as well as incomplete and one-person non-family at nearly 38% and nearly 36% respectively.

Negative ratings of change in the satisfaction of nutritional needs were markedly more often formulated in the group of households with unemployed member than in the group without unemployed (almost 47% and over 38% respectively).

The variability of households declaring a deterioration in nutritional need level of satisfaction was insignificant in terms of place of residence class. These households occurred most frequently in small towns of 20 to 100 thousand residents (33% of households). Households in Łódzkie and Kujawsko-Pomorskie most frequently reported a fall in their nutritional need satisfaction level (over 39% and nearly 35% respectively).

4.2.2. The change in nutritional needs satisfaction from 2000 to 2013

Over the last 13 years, the share of households unable to afford, for financial reasons, grocery items regards all groups (figure 4.2.2). The greatest decrease concerns stimulants (3.5 times), confectionary (3 times), fruit and fruit products (3 times), meat and poultry as well as meat and poultry products (2.5 times) and fish and fish products (2 times). These were the same food items households most often could not afford in the last years.

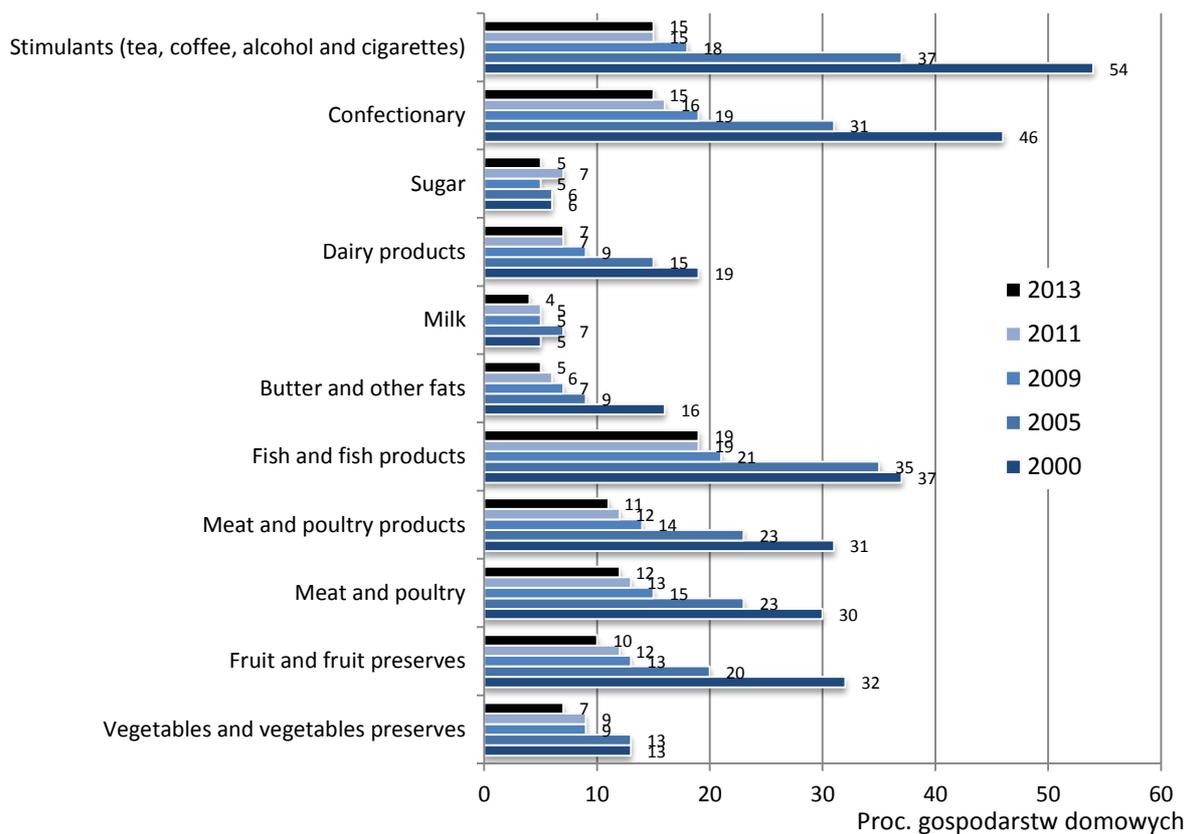


Figure 4.2.2. Percentage of households which could not afford a sufficient amount of various food items in the period 2000-2013 in whole samples