

What is food security?

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Outline

- Short presentation on what is food security
- Who is vulnerable?
- Some highlights from Victorian Population Survey, 2008



What is Food Security?

People are described as being food secure when they have sufficient access to

- Healthy
 - Affordable
 - Safe
 - Culturally appropriate
 - From non-emergency sources
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- Sufficient to live a healthy and active life (adapted from WHO,2006)
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- The consequences of food insecurity include – poor physical health outcomes (increased risk of heart disease, obesity, diabetes, poor physical development in children and some cancers), poor mental health outcomes (stress, shame) and social exclusion.
 - AIHW; NMHRC;AusDiab; When there isnt enough to eat, Anglicare; etc

Who is vulnerable to food insecurity?

- Low income households
- Single parents and their children
- People with disabilities
- Indigenous Australians
- People with poor access to transport
- Households experiencing housing stress or after housing poverty
- Frail aged people

Highlights from the Victorian Population Health Survey, 2008

- Prevalence in adults 5.6% an increasing (1.6%- 12.6%)
- Rates is children is not known
- Barriers to food security in local government areas include
 - Food affordablility – 28.3%
 - Quality food not always available – 25.5%
 - Variety of foods available not adequate – 10.9%
 - Lack of culturally available food- 6.8%
 - Inadequate and unreliable public transport – 8%
 - Rural and regional communities more vulnerable

How often are the food insecure experiencing it?

- Once a week – 11.4%
 - Once every two weeks – 14.1%
 - Once a month – 18.4%
 - Less than once a month – 54.1%
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- Variations across the life span and between genders

Current context – plenty of good news

- Improving access to healthy food – Key priority health promotion issue for State Government
- 10 years of investment from VicHealth
 - Food For All, Food Alliance, Supporting research agenda
- Large community action ground swell
- Municipal Public Health Planning
- New Ministry Agriculture & Food Security
- National agenda emerging

