



How much does it cost to eat well in Victoria?



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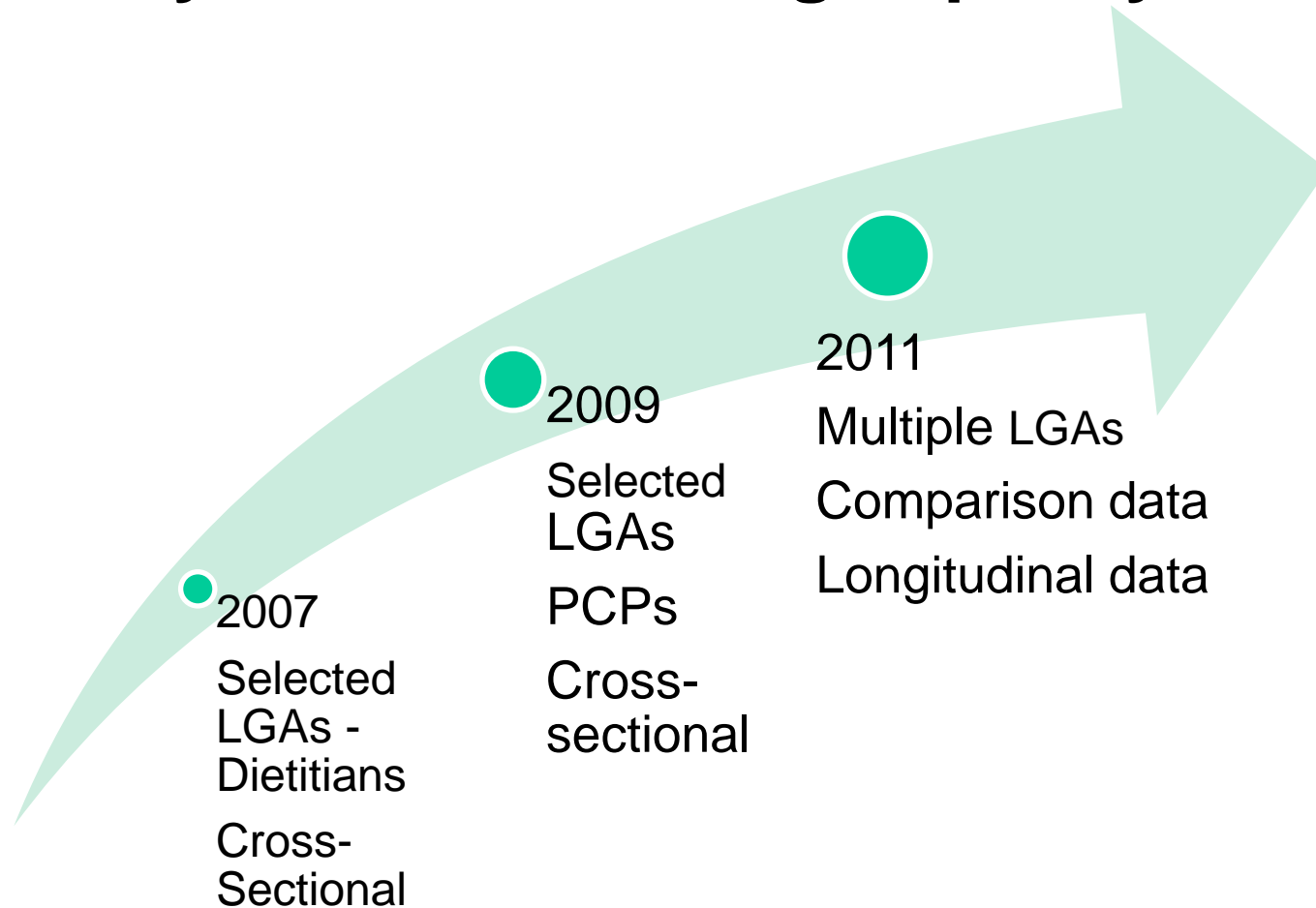


Victorian Healthy Food Basket

- A survey tool used to monitor the cost of purchasing healthy food for 4 different family types.
 - Does not assess the “cheapest” basket/cost of food
- Cost is expressed as a percentage of income based on government assistance received by the 4 family types.
- Comparisons can be made between VHFB cost in different areas and with changes over time.

Palermo C, Wilson A. Development of a healthy food basket for Victoria. Australian and New Zealand Journal of Public Health. 2007;31:360-3.

The story so far – building capacity



Rural Cross-Sectional Study

Food groups making up the VHFB	Median price (\$A) (interquartile range)	Proportion of total			Median Cost per MJ	Price variation (%) [†]
		VHFB cost (%)	Energy content (%)	Protein content (%)		
Vegetables and legumes (12 items)	93.96 (15.83)	23	12	13	1.92	16.8
Dairy (5 items)	83.62 (10.74)	21	21	28	0.97	12.8
Meat and alternatives (9 items)	84.81 (10.63)	21	15	33	1.39	12.5
Fruit (6 items)	82.97(10.03)	21	12	4	1.63	12.1
Cereals (9 items)	57.22 (5.86)	14	32	22	0.43	10.2
Non-core foods (3 items; fats, sugar)	5.66 (0.53)	1	7	0	0.19	9.4
Unhealthy food items (2 items)	4.34 (0.30)	–	–	–	–	6.9

MJ, Mega joule; VHFB, Victorian healthy food basket.

[†]Calculated as (interquartile range/median)*100.

- 34 supermarkets in 14 rural and regional areas across Victoria Oct/Nov 2007
- Population of towns from 478 to 73,000

Palermo C. Walker KZ. Hill P. McDonald J. The cost of healthy food in rural Victoria. *Rural and Remote Health* 8 (online), 2008: 1074. Available from: <http://www.rrh.org.au>

Longitudinal (Frankston & Mornington Peninsula)

Table 1: The total cost of a VHFB for a typical family, and the cost of a VHFB as a percentage of estimated fortnightly income for a typical family in Mornington Peninsula and Frankston City In 2007, 2008 and 2009.

	Median Cost (IQR)		
	Median Percentage of Income (IQR)		
	(n=number of stores surveyed)		
	2007	2008	2009
Frankston City	\$418.71 (18.11)	\$403.99 (12.04)	\$427.03 (17.22)
	41.85% (1.81)	40.38% (1.20)	33.79% (1.36)
	(n=14)	(n=14)	(n=16)
Mornington Peninsula	\$391.60 (28.94)	\$391.38 (35.48)	\$425.32 (28.80)
	39.00% (2.82)	35.75% (3.25)	34.10% (3.97)
	(n=26)	(n=27)	(n=29)
Combined (Mornington Peninsula and Frankston City)	\$400.43 (33.60)	\$400.10 (23.39)	\$425.32 (19.74)
	39.86% (3.51)	37.78% (5.28)	33.66% (1.56)
	(n=40)	(n=41)	(n=45)



\$2000 per year



Used data for local planning advocacy

8 LGA's between April-August 2010

Local Government Area	Number of chain stores surveyed	Number of independent stores surveyed	Total Number of stores surveyed
Latrobe City Council	8	7	15
Baw Baw Shire Council	4	4	8
Frankston City Council	9	6	15
Mornington Peninsula Shire	15	14	29
City of Boroondara	12	4	16
Hume City Council	7	7	14
Melton Shire Council	5	4	9
Moorabool Shire Council	1	3	4

<http://www.med.monash.edu.au/nutrition-dietetics/documents/2010-vhrb-report.pdf>



Local Government Area	Median cost of a VHFB per fortnight (\$)			
	Typical Family	Single Parent Family	Single Adult	Elderly
Frankston City Council *	400.65	273.24	127.46	96.20
Baw Baw Shire Council	406.37	277.80	128.80	96.92
Latrobe City Council	411.03	281.44	127.03	97.82
City of Boroondara *	411.44	283.63	128.08	98.80
Melton Shire Council	413.31	283.18	129.96	98.24
Hume City Council	418.00	283.12	133.73	100.34
Moorabool Shire Council	425.36	290.76	134.66	101.89
Mornington Peninsula Shire	429.60	292.97	137.57	103.38

Median VHFB cost for a Typical Family

- \$401 - \$410
- \$411 - \$420
- \$421 - \$430

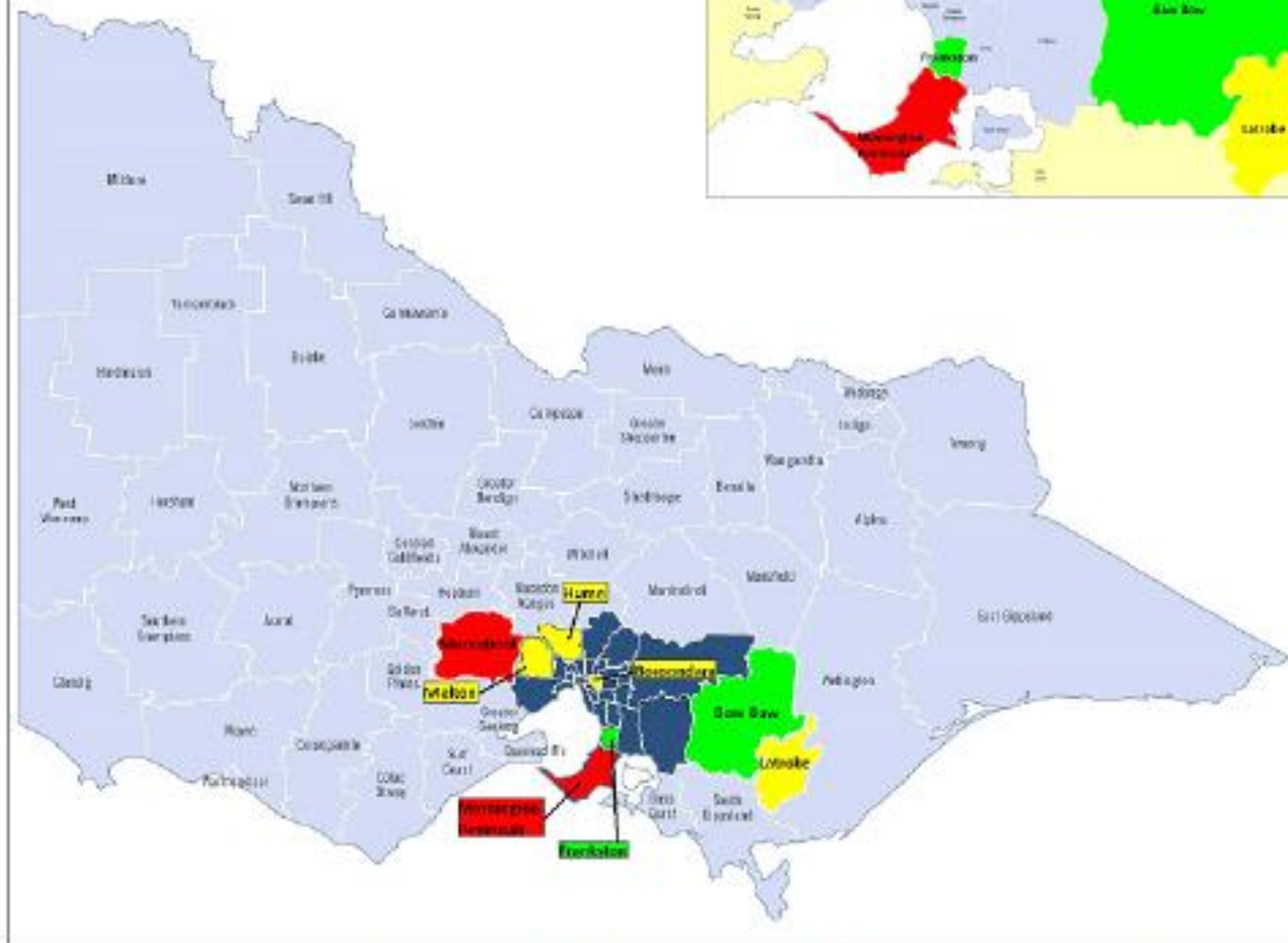


Figure 1. Map of Victoria and median VHFB cost for the Typical Family in 8 Local Government Areas

Does season influence cost on Mornington Peninsula?





Family type	VHFB median cost June 2010	VHFB median cost January 2011	VHFB median cost increase to January 2011	% increase
Typical family	\$430	\$458	\$28	6.5%
Single parent family	\$293	\$312	\$19	6.5%
Single man	\$138	\$145	\$7	5.1%
Single elderly woman	\$103	\$110	\$7	6.8%

Family type	Family composition used for government assistance estimate	Government assistance income per fortnight June 2010 (\$)	Government assistance income per fortnight January 2011 (\$)	\$ increase	% increase of government assistance
Typical family	Two unemployed parents with two fully dependent children <i>(18 yr old full-time student and 8 yr old)</i>	1282.86	1307.78	24.92	1.9%
Single parent family	Unemployed mother with two fully dependent children <i>(18 yr old full-time student and 8 yr old)</i>	999.20	1019.36	20.16	2.0%
Single man	Unemployed adult	462.80	469.7	6.90	1.5%
Single elderly woman	Single pension	644.20	658.4	14.20	2.2%

Consistencies in the story

- Families dependent on welfare need to spend 35-40% of income to eat well
- Independent stores more expensive than chain stores
- No consistent relationship between cost and LGA SEIFA
- No consistent relationship between cost and distance from Melbourne

Watch this space

- Whole of Gippsland 2011
- Generic versus branded
 - Cost
 - Nutrition
- The whole state??????

Summary

- The Victorian Healthy Food Basket survey is the preferred complete assessment tool for monitoring cost of healthy food
- Monash Department of Nutrition and Dietetics are able to support you with data collection and analysis
- A healthy diet is not affordable for those reliant on welfare incomes