

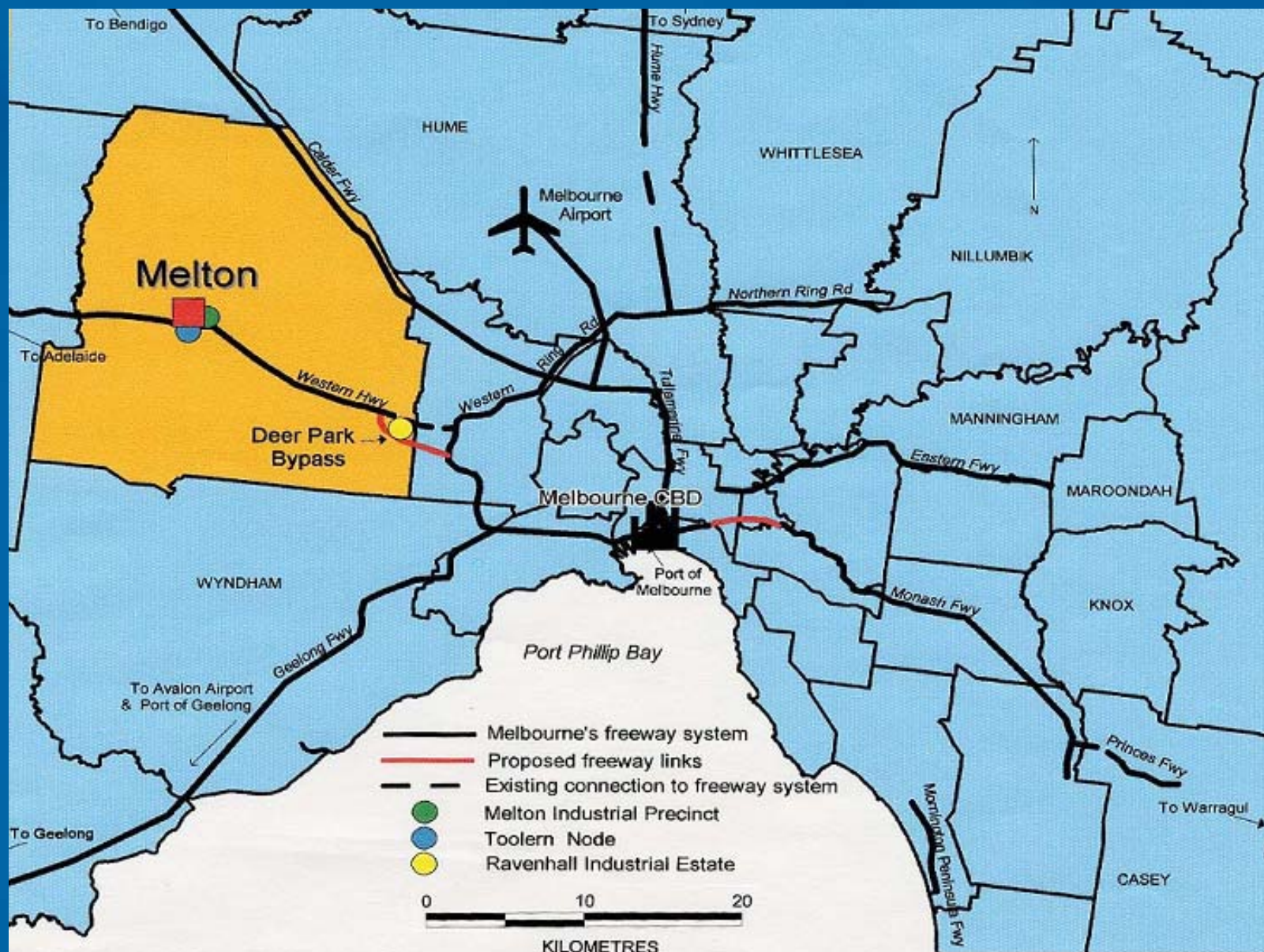
Food for All Forum

Learning from the Field

**Informing practice and policy:
local food security research**

Food for All Melton - Afternoon Workshop C





Melton Shire

- One of Melbourne's five nominated growth areas
- A relatively young and rapidly increasing population
- Two main urban areas at Melton Township and Eastern Growth Area (around Caroline Springs)
- Small townships throughout the municipality
- Rural areas dominate in the north and south



Population Characteristics

- Diverse forms of settlement
- Rapidly increasing population
- Changing population profile
- Varied socioeconomic levels



Food Security Statistics

- Population statistics provide overall summaries
 - Community Indicators Victoria 2007
 - Melton Household Survey 2007
- Specific groups may experience particular forms of difficulty in accessing healthy food choices
- Particular geographic areas may experience distinct barriers to healthy eating



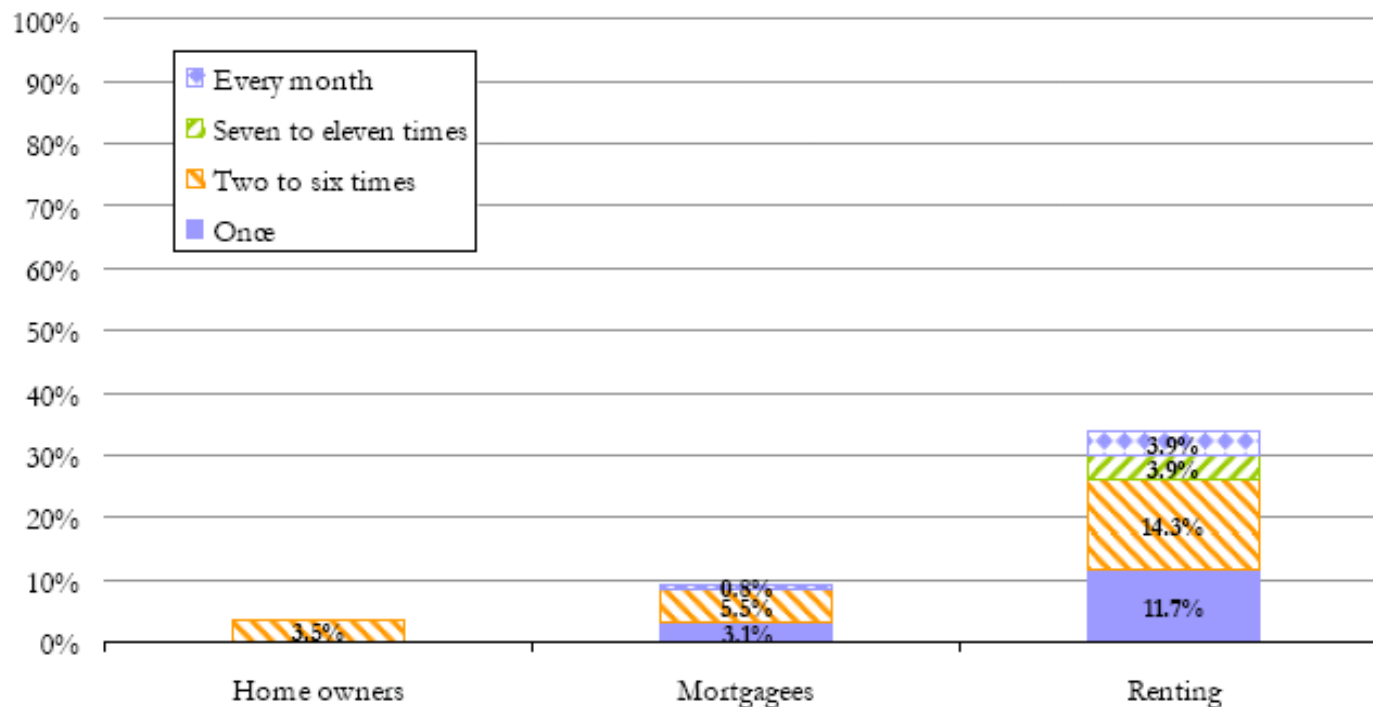
Ran out of food in last twelve months
Melton City Council - 2007 Household Survey
(Percent of total households)

<i>Response</i>	<i>Melton</i>	<i>Melton South</i>	<i>Kurunjang</i>	<i>Melton West</i>	<i>Rural</i>
Never	82.9%	83.6%	93.0%	81.6%	92.7%
Once	4.3%	3.3%	2.3%	5.3%	2.4%
Two to six times	10.0%	8.2%	2.3%	5.3%	4.9%
Seven to eleven times	2.9%	1.6%	0.0%	0.0%	0.0%
Every month	0.0%	3.3%	2.3%	0.0%	0.0%
Can't say / not stated	5	4	9	3	3
Total	75	69	52	76	44

<i>Response</i>	<i>Hillside</i>	<i>Taylors Hill</i>	<i>Burnside</i>	<i>Caroline Springs</i>	<i>Melton Shire</i>
Never	90.2%	95.3%	90.5%	94.4%	89.0%
Once	2.0%	3.1%	0.0%	5.6%	3.3%
Two to six times	7.8%	1.6%	9.5%	0.0%	6.1%
Seven to eleven times	0.0%	0.0%	0.0%	0.0%	0.6%
Every month	0.0%	0.0%	0.0%	0.0%	1.1%
Can't say / not stated	3	3	6	7	50
Total	54	67	48	79	595



Household ran out of food by housing situation
Melton Shire Council - 2007 Annual Household Survey
(Percent of total households)



Focused Research

- Research on food security for a specific target group
- Consultants engaged to investigate barriers to healthy eating for older people

- Research on food security in a small township
- Tertiary students investigate barriers to healthy eating in small townships



Impact of Research

- Informed position for policy development and strategy planning
- Raised level of awareness amongst participants
- Social learning for professional and community researchers and planners



Context of Research 1

- Melton Shire Council funded by VicHealth Food for All Program
- Access to healthy food identified as important in planning for healthy ageing
- Consultants engaged to investigate food security amongst targeted groups of older people
- Aged and Disability Team involved in identifying, recruiting and supporting participants



Research to Practice

- Stimulates interaction and discussion amongst participants
- Professional development for staff
- Supports initiatives for change in practice
- Ageing Well Strategy designed to be responsive to emerging issues
- Incorporated into strategic planning documents as they are revised



Local Government Planning Framework

- The Council Plan: Council's overall directions & commitments across social, economic, environmental and governance dimensions
- The Municipal Public Health Plan (MPHP): Concerned with planning for community health and wellbeing
- The Municipal Strategic Statement (MSS): Concerned with land use planning



Selected Findings

- Key role of local government in delivery of services
- Importance of social aspects of food related services
- Expected increase in demand on services and changing profile of client group
- Need to plan for increase in CALD clients as this group needs to access services



Additional findings

G3. Please choose which of the following community actions you think would be most likely to help people to get enough nutritious food in your local area: *[Tick all that apply]*⁶

- 45 Home delivery service
- 39 Growing local fruit and vegetables
- 38 Cheap/free transport to food outlets ('shopping shuttle')
- 29 Cheaper public transport to shops
- 29 Lunch clubs
- 28 Increasing public transport routes
- 26 Community or collective kitchen (seniors community centre dining room)
- 20 Food co-operative
- 20 Education on food nutrition
- 16 Emergency food parcels
- 13 Improved variety and quality of food
- 7 Ordering food from home/internet shopping
- 6 School meals
- 6 Cooking programs
- 1 Improved household storage and cooking facilities



Context of Research 2

- Melton Food for All Project is a partnership between Melton Shire Council and Djerriwarrh Health Services
- Djerriwarrh Health Services commitment to student placements (dietetics, health promotion, community development)
- Limited options for purchase of fruit and vegetables within the small townships of Melton Shire



Student Researchers

- Students elicit responses that the 'worker' may not
- Community willingness to help students
- Students bring fresh eyes to an issue
- 6-8 week placement with single focus
- Benefits the student, host organisation and community
- Opportunity for exploratory research



Student Project Activities

- Healthy food basket
- Needs analysis - Diggers Rest
- Community focus groups
- Mapping of food outlets & public transport
- Sports clubs healthy catering resource kit
- Workplace nutrition policy (catering)



Research Findings

- 88 % residents report fruit & veg difficult to access within Diggers Rest area
 - 74% due to poor availability of fruit & veg in local region
 - Transport issues
 - Affordability
- 88 % residents shop for groceries in Sunbury
- 59% agreed their fruit & veg consumption would increase in availability of these foods if local area improved



Outcomes for Community

- Developed a state of community readiness
- Research led to greater depth of discussion amongst community
- Number of options identified for action
- Community investment = sustainability

