

Food Insecurity – What do we know?

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Food is a Human Right

Everyone has the right to a decent life, including enough food, clothing, housing, medical care and social services. Society should help those that are unable to work because they are unemployed, sick, disabled or too old to work. Mothers and children are entitled to special care and assistance

(Universal Declaration of Human Rights UN 1948)



Food security: Access to healthy food

“Access by all people at all times to enough food for an active, healthy life. Food security includes at a minimum: the ready availability of nutritionally adequate and safe foods, and an assured ability to acquire acceptable foods in socially acceptable ways

(eg, without resorting to emergency food supplies, scavenging, stealing, or other coping strategies”

(Expert working group of the American Institute of Nutrition, in Anderson, SA (Ed). Core indicators of nutritional state for difficult to sample populations. Journal of Nutrition, 1990; 120: 1557-1600)



Prevalence in Victoria (VPHS 2005)

4.6 % (± 0.3) run out of food and cannot afford more

13.9 % (± 1.8) at least once every 2 weeks

20.6% (± 2.5) of single parents with dependent children



Prevalence food insecurity (VicLanes 2008)

Overall	5.20%
Household income	
\$1500+	3.72%
\$1000 to 1500	2.40%
\$700 to 1000	8.53%
\$400 to 700	10.52%
<\$400	16.42%



Prevalence economic and access related food insecurity (VicLanes 2008)

Food insecurity (Economic) 5.2%

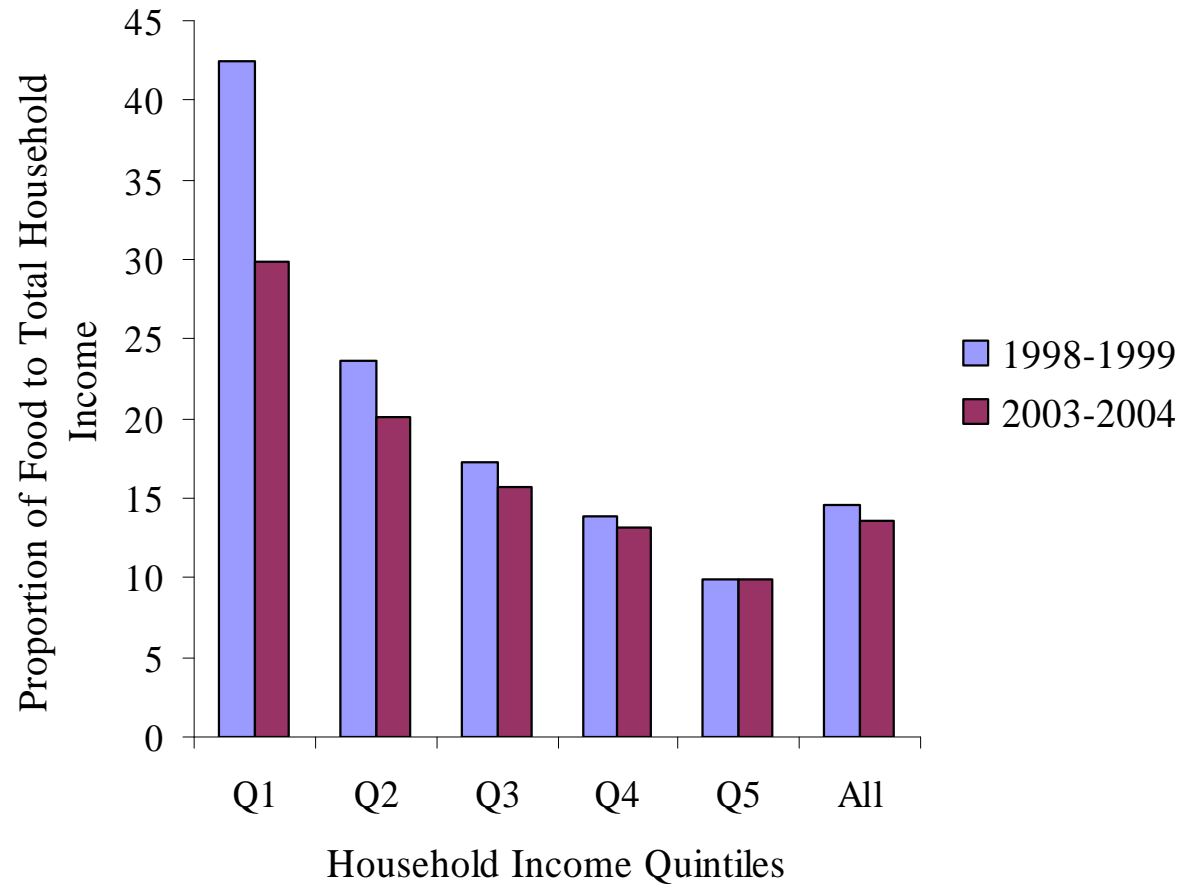
Physical/health limitations 15.82%

Transport/car limitations 12.05%

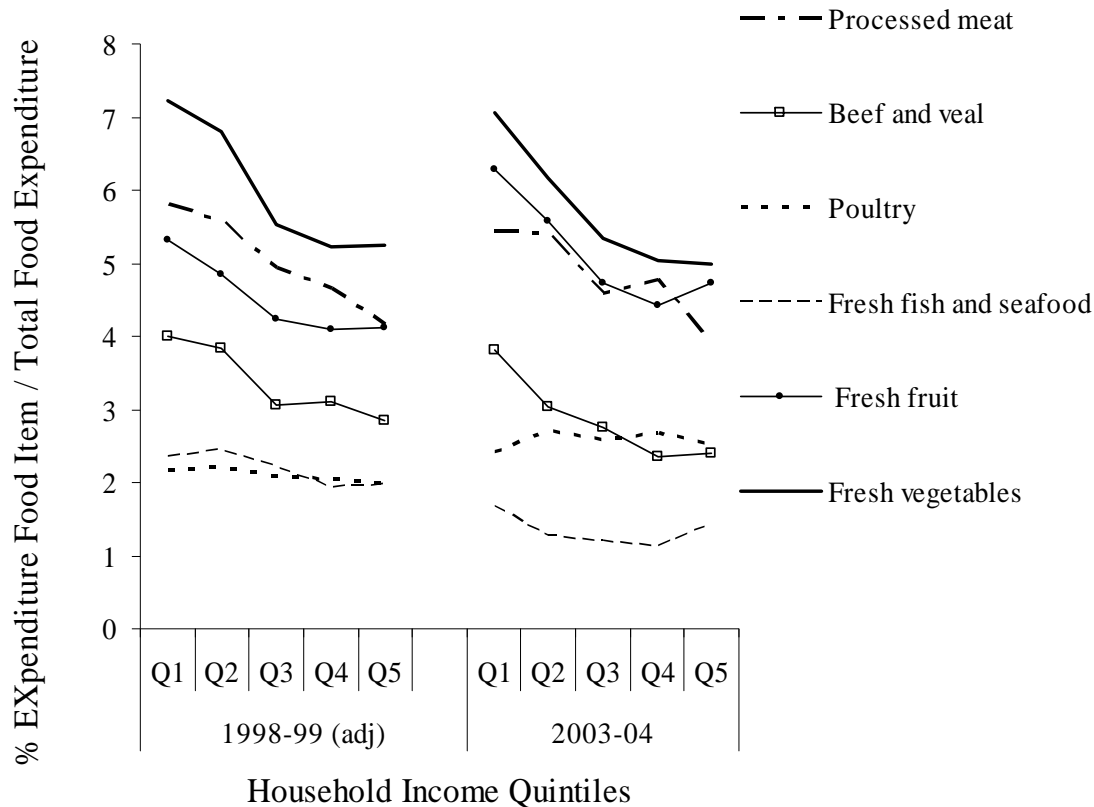


Food expenditure relative to total household expenditure 1998-1999, 2003-2004

Household Expenditure Survey (HES)

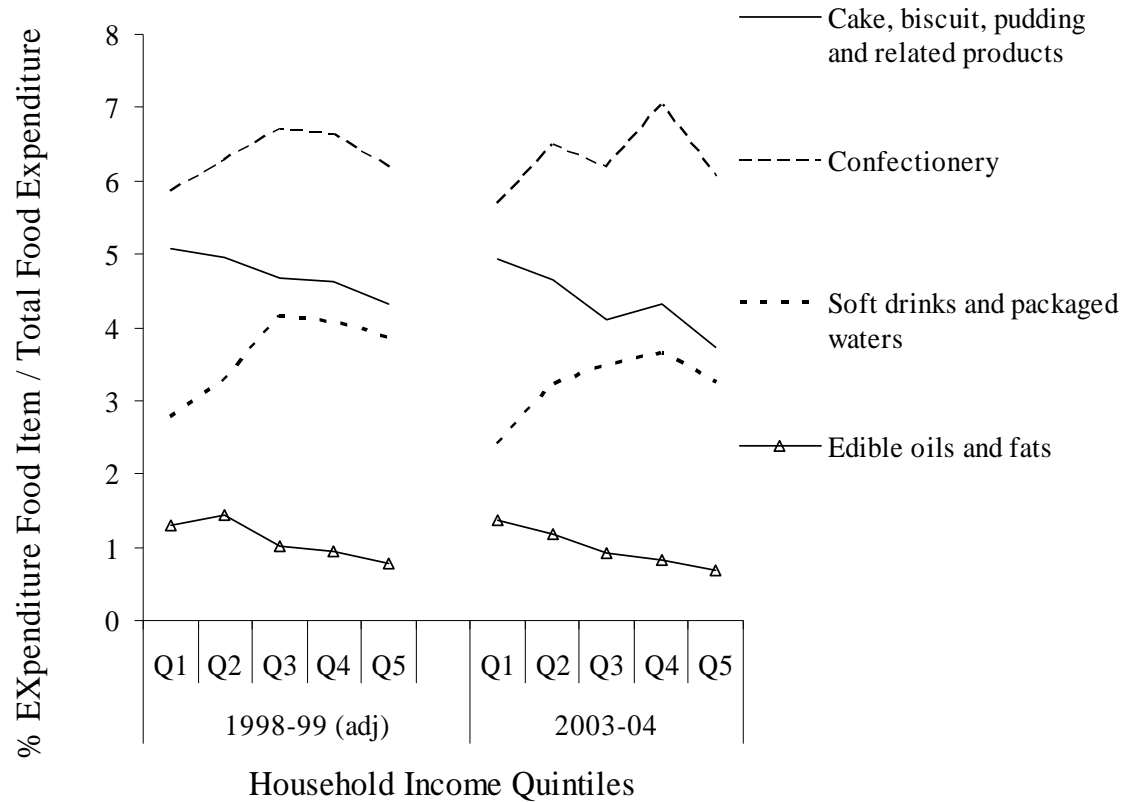


Expenditure on Core Foods 1998-1999, 2003-2004 Household Expenditure Survey (HES)

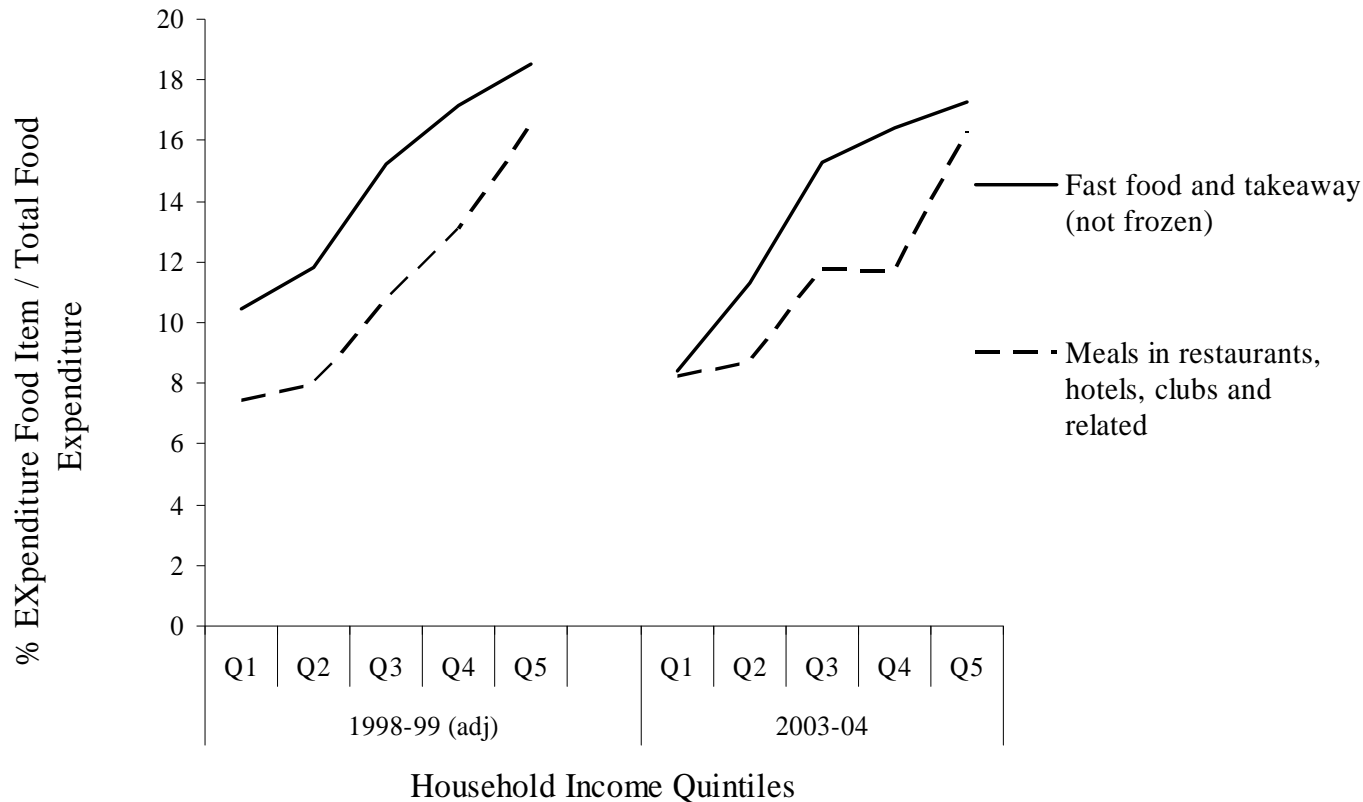


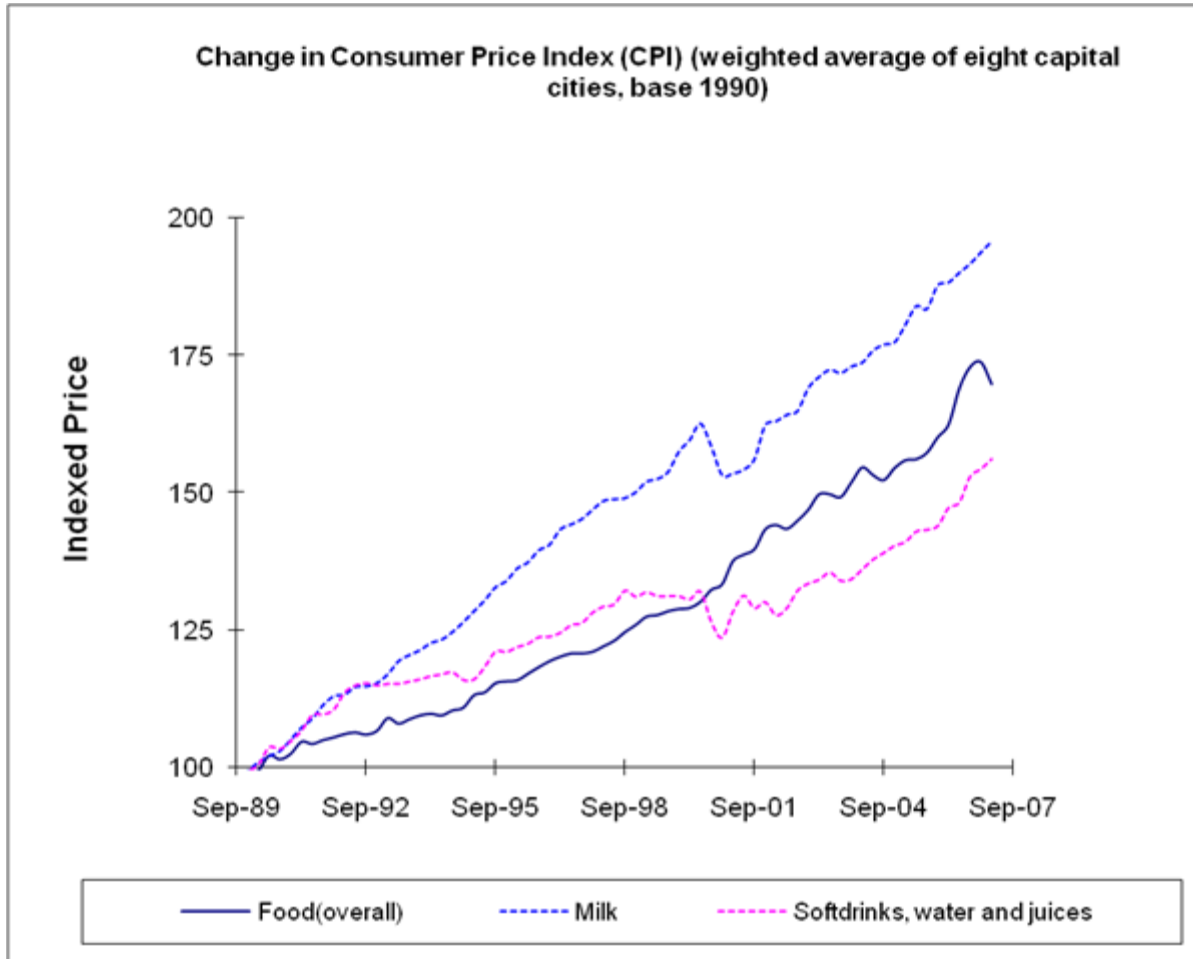
Expenditure on Non-Core Foods 1998-1999, 2003-2004

Household Expenditure Survey (HES)



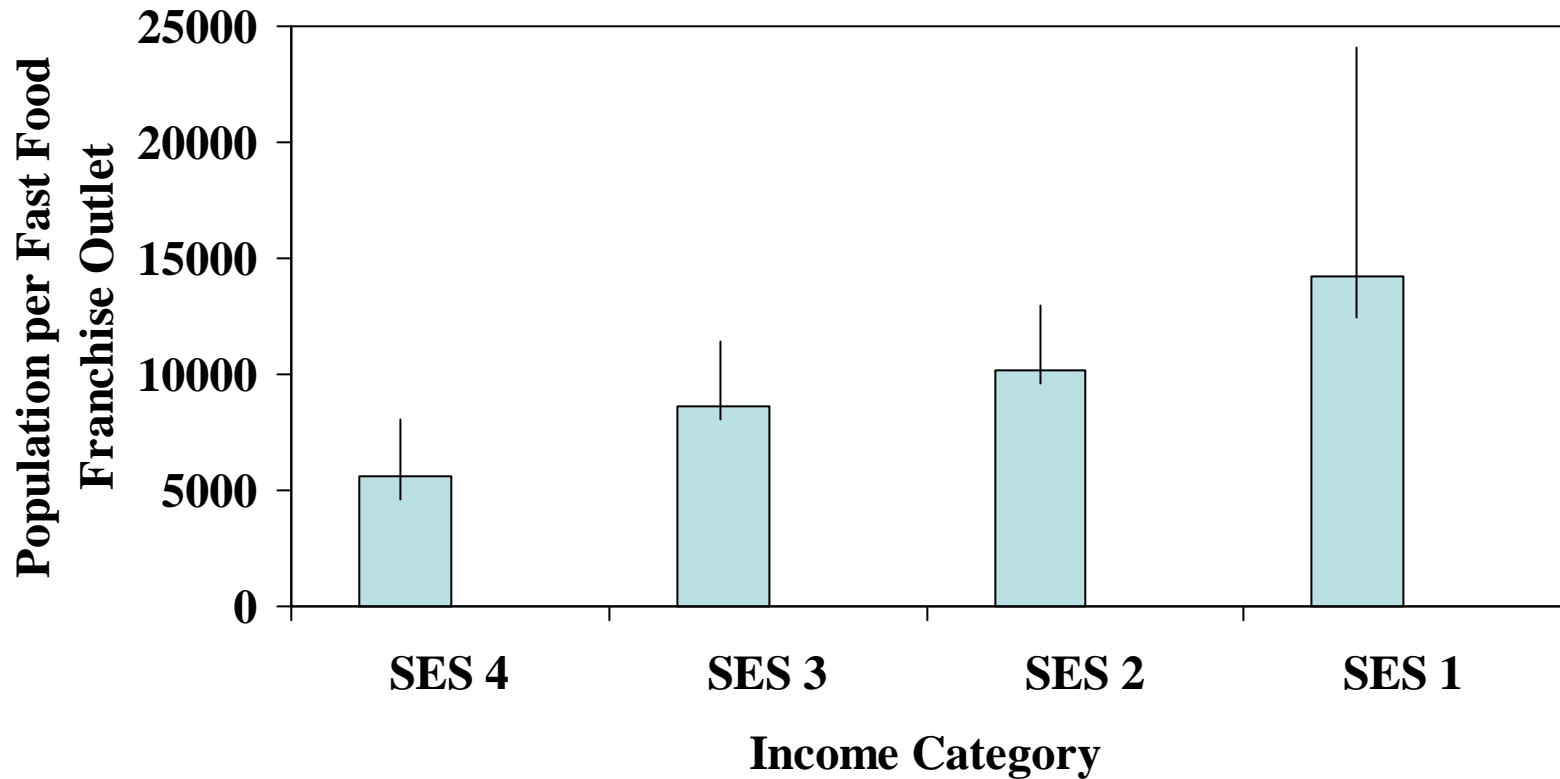
Out of home food expenditure 1998-1999, 2003-2004 Household Expenditure Survey (HES)





Fast food and SES In Melbourne

(Reidpath & Burns2002)



The determinants and process of choosing what to buy

(Burns and Cook 2008)

- Price vs
- Sustaining – *fills up the plate really well/ More food for less money*
- Kid/parent food
- *No nutrition – better for my family*
- Time/Convenience – *this food a waste of time*
- Taste
- Quality
- Entitlement - *Something when you have nothing*
- Basic useful - *This food is versatile*



Food security (WHO 2008)

Food security is built on three pillars:

- Food availability: sufficient quantities of food available on a consistent basis.
- Food access: having sufficient resources to obtain appropriate foods for a nutritious diet.
- Food use: appropriate use based on knowledge of basic nutrition and care, as well as adequate water and sanitation.



Community/National Level

- ACCC Inquiry into cost of groceries
- Senate Inquiry into food production
- Food and nutrition monitoring and surveillance
- Level playing field promotion of positive nutrition messages
- ? Skill/knowledge national level



Local level

- Local monitoring of food cost and availability
- Local food production
- Skills training

