

choice



SUSTAINABLE



lifestyle

COMMUNITY



ENVIRONMENT

JOBS

prosperous



opportunity

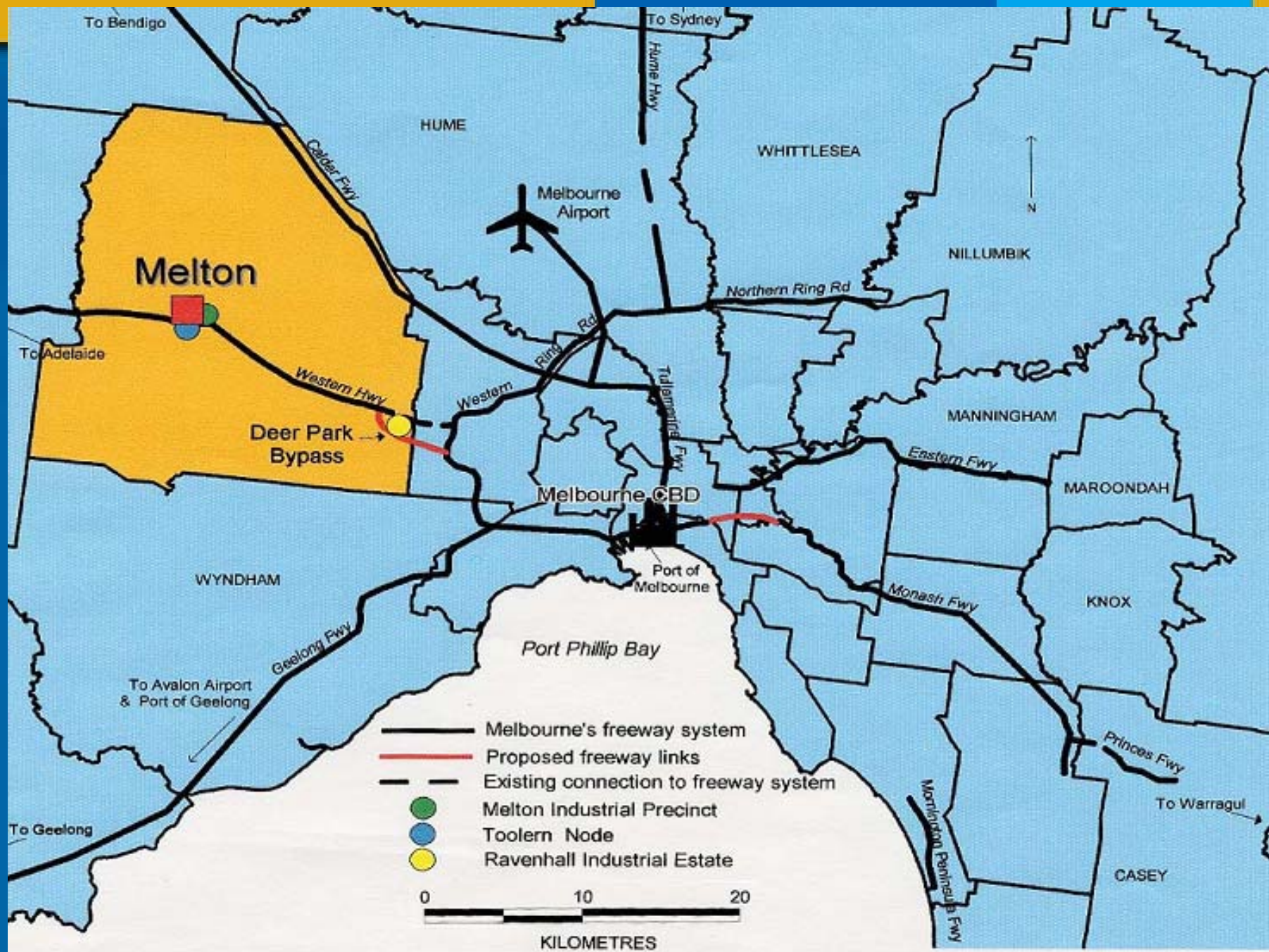


Changing Practice... Addressing Food Security in the Shire of Melton



Swan Hill Conference July 2009

Our community, our future



About the Shire

Home to approximately 96,000 residents representing over sixty language groups from over eighty different countries

2006 Census data indicates that almost 25% of the population was born overseas and 19% were born in non-English speaking countries.



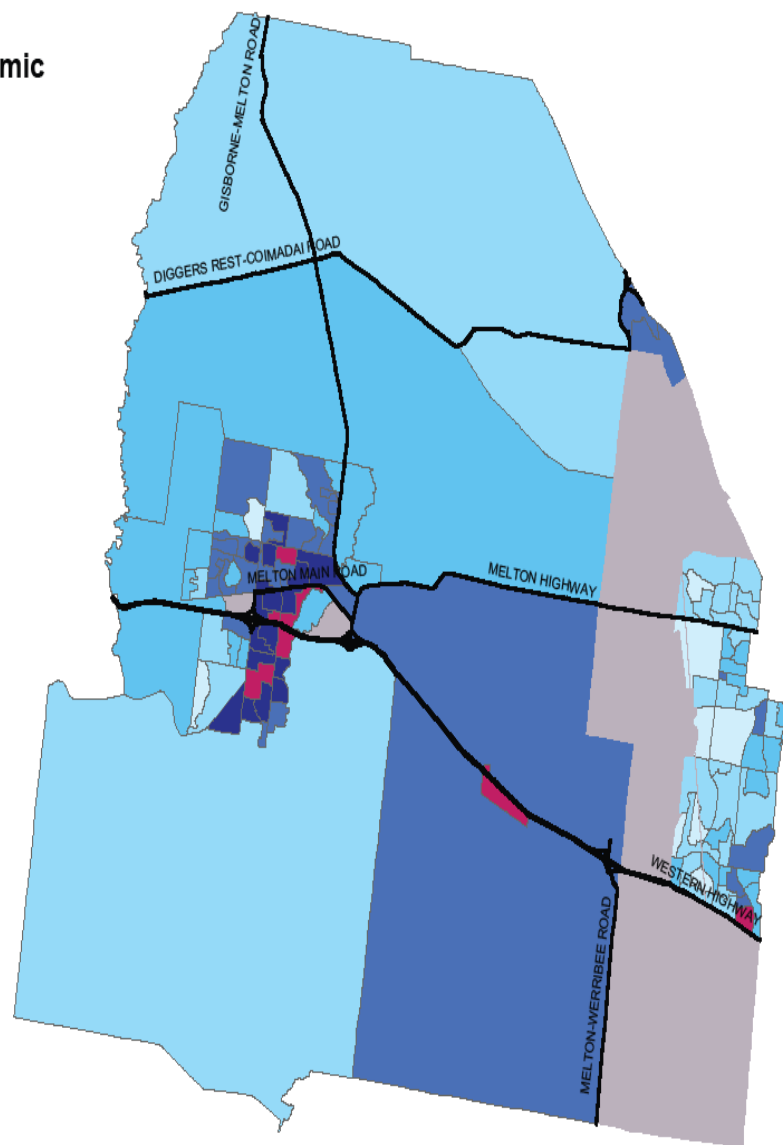
SEIFA index of relative socio- economic disadvantage

9th most
disadvantaged
LGA in
Melbourne.

City of Melton,
SEIFA Index of Relative Socio-economic
Disadvantage, 2006

Collection Districts
by Victorian decile

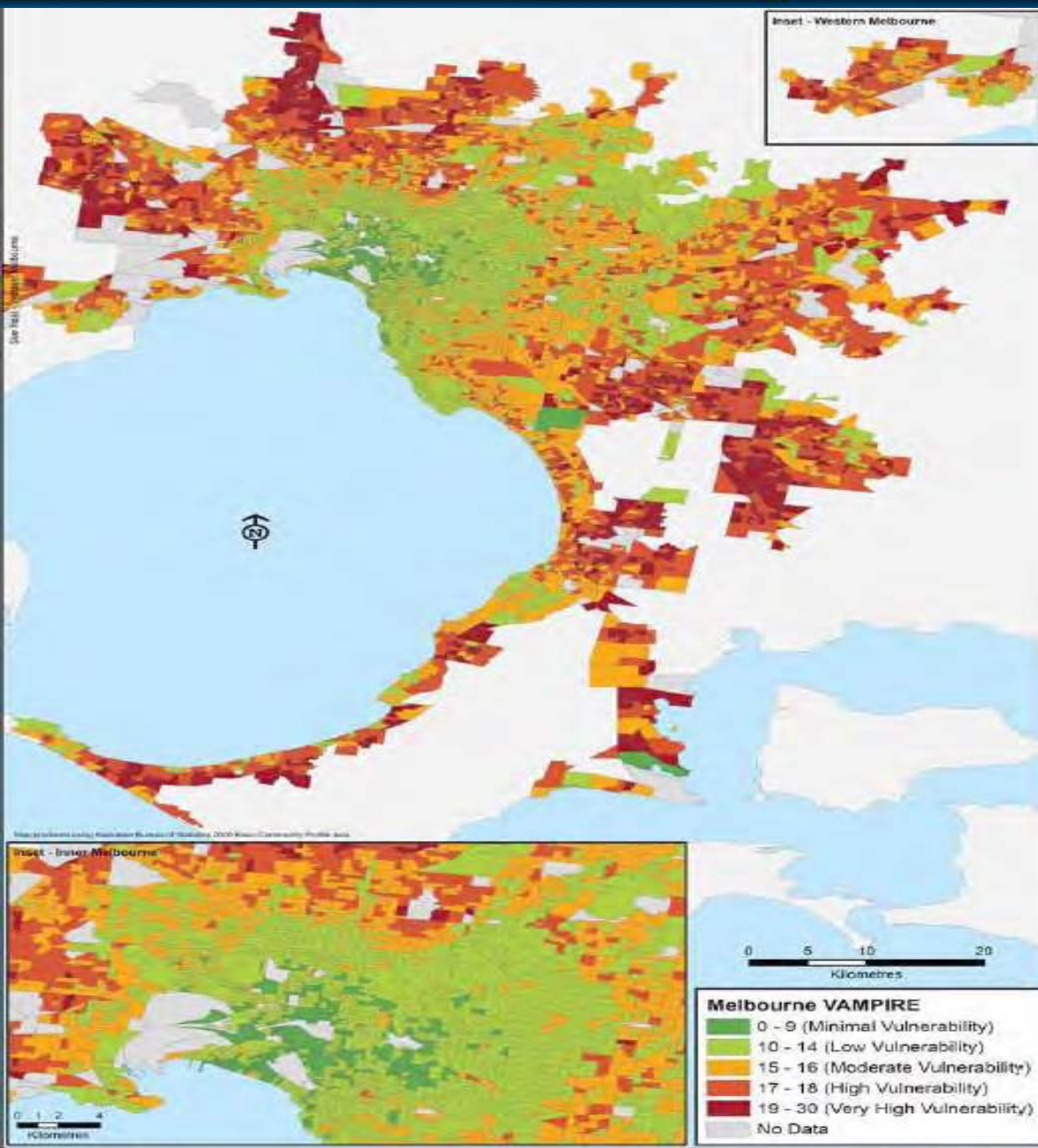
- 9th and 10th deciles (Least disadvantaged)
- 7th and 8th deciles
- 5th and 6th deciles
- 3rd and 4th deciles
- 2nd decile
- 1st decile (Most disadvantaged)
- Unranked



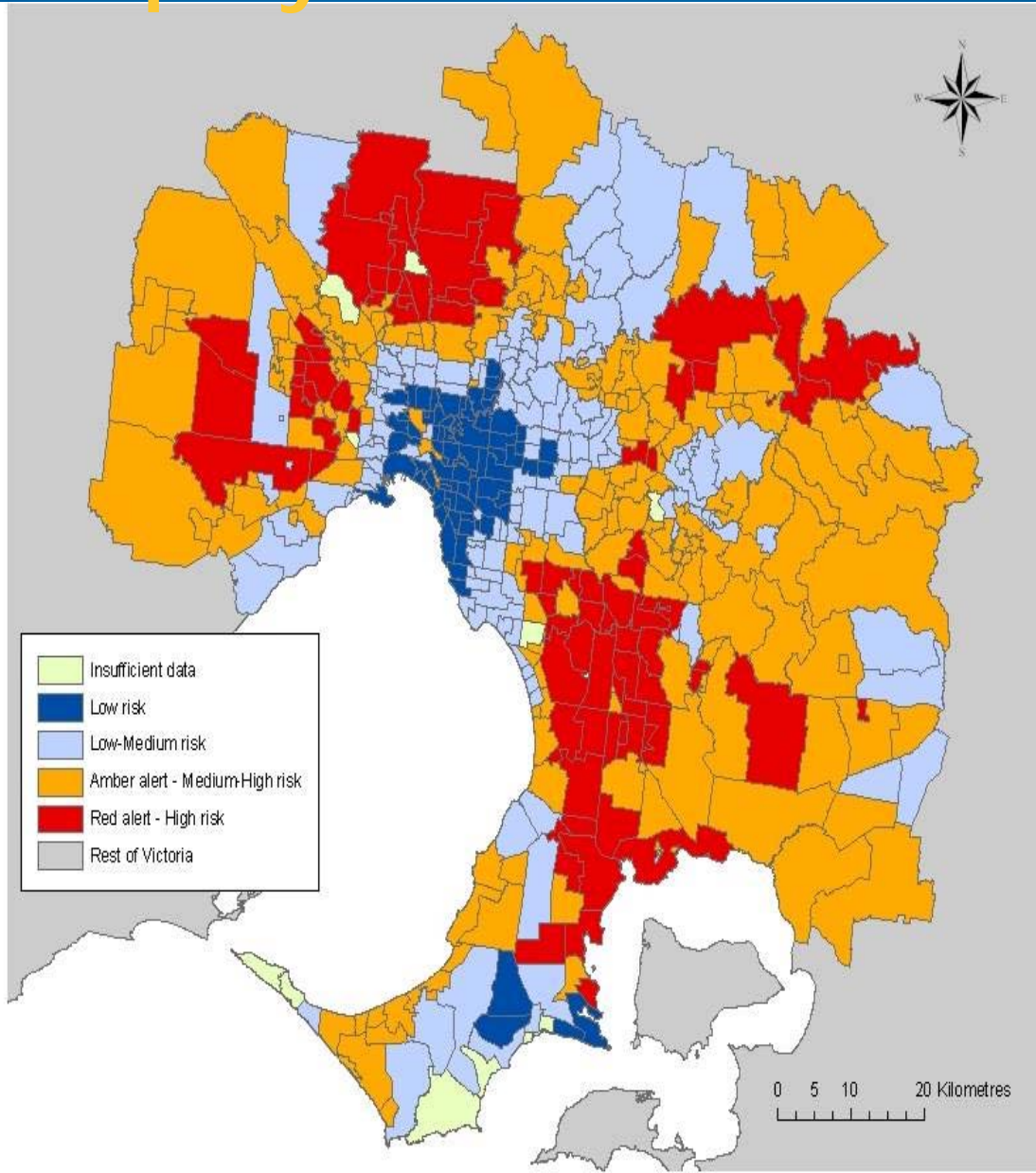
Source: 2008, ABS, Cat no. 2033.0.55.001 Socio-economic Indexes for Areas (SEIFA), Data only, 2006

Vampire Index

Vulnerability Assessment for Mortgage, Petrol and Inflation Risks and Expenses



Employment Vulnerability Index (EVI)

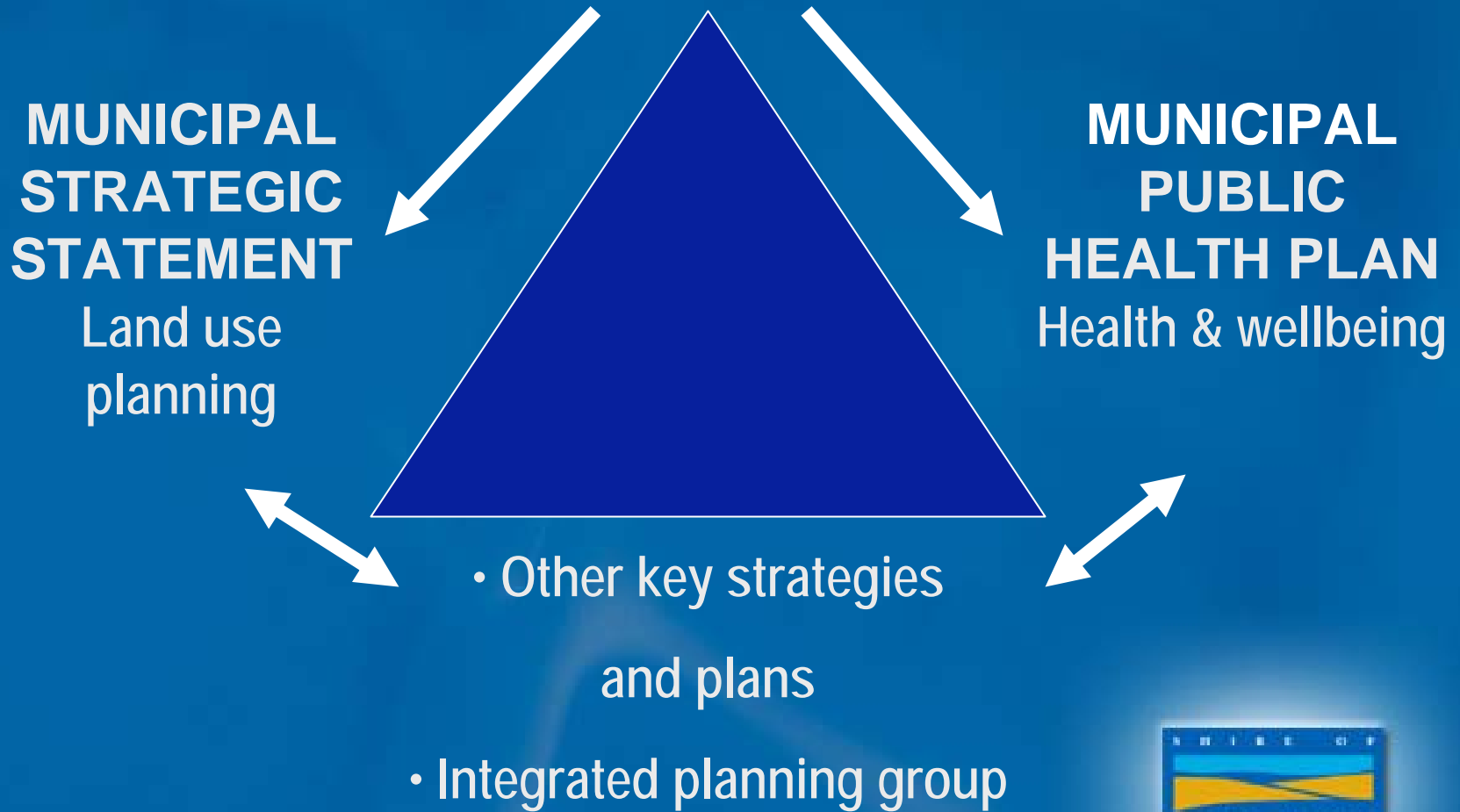


Identifies suburbs with a higher proportion of types of jobs considered most at risk in current economic climate



COUNCIL PLAN

Key directions for Council



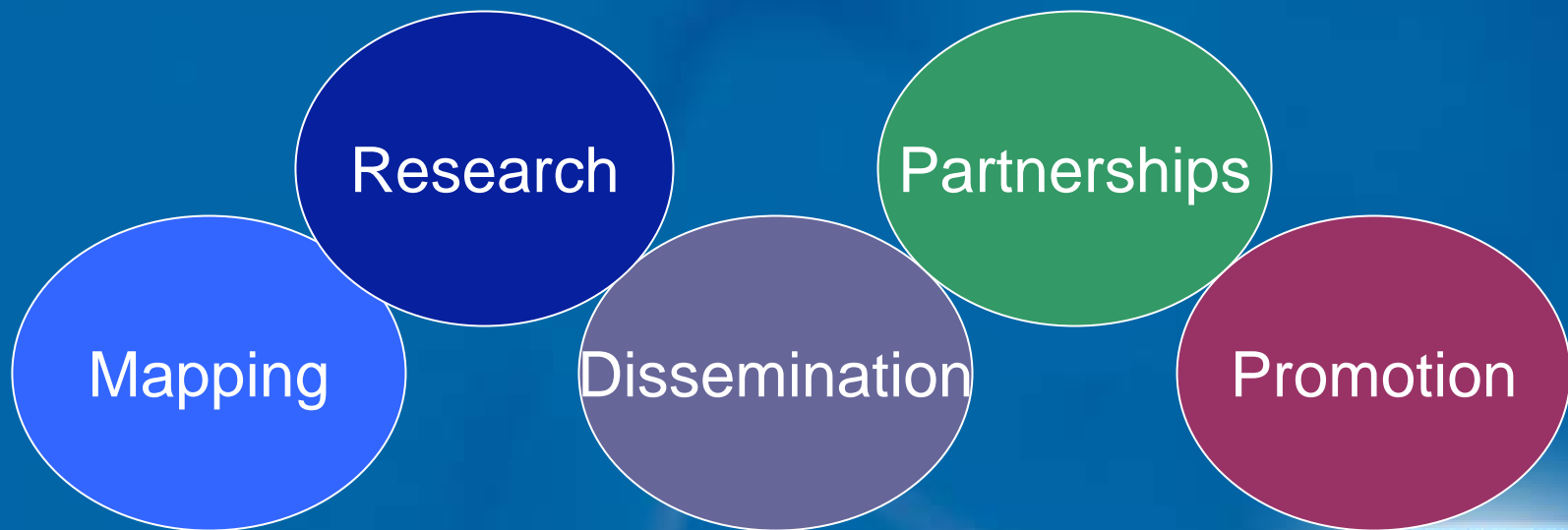
Council's approach...

- Supports a social model of health approach where health is seen as directly linked to social and physical environments and recognises that lifestyle, life stages, and living conditions all impact on health and wellbeing.
- Committed to a partnership approach in working to develop solutions and opportunities for healthy communities.



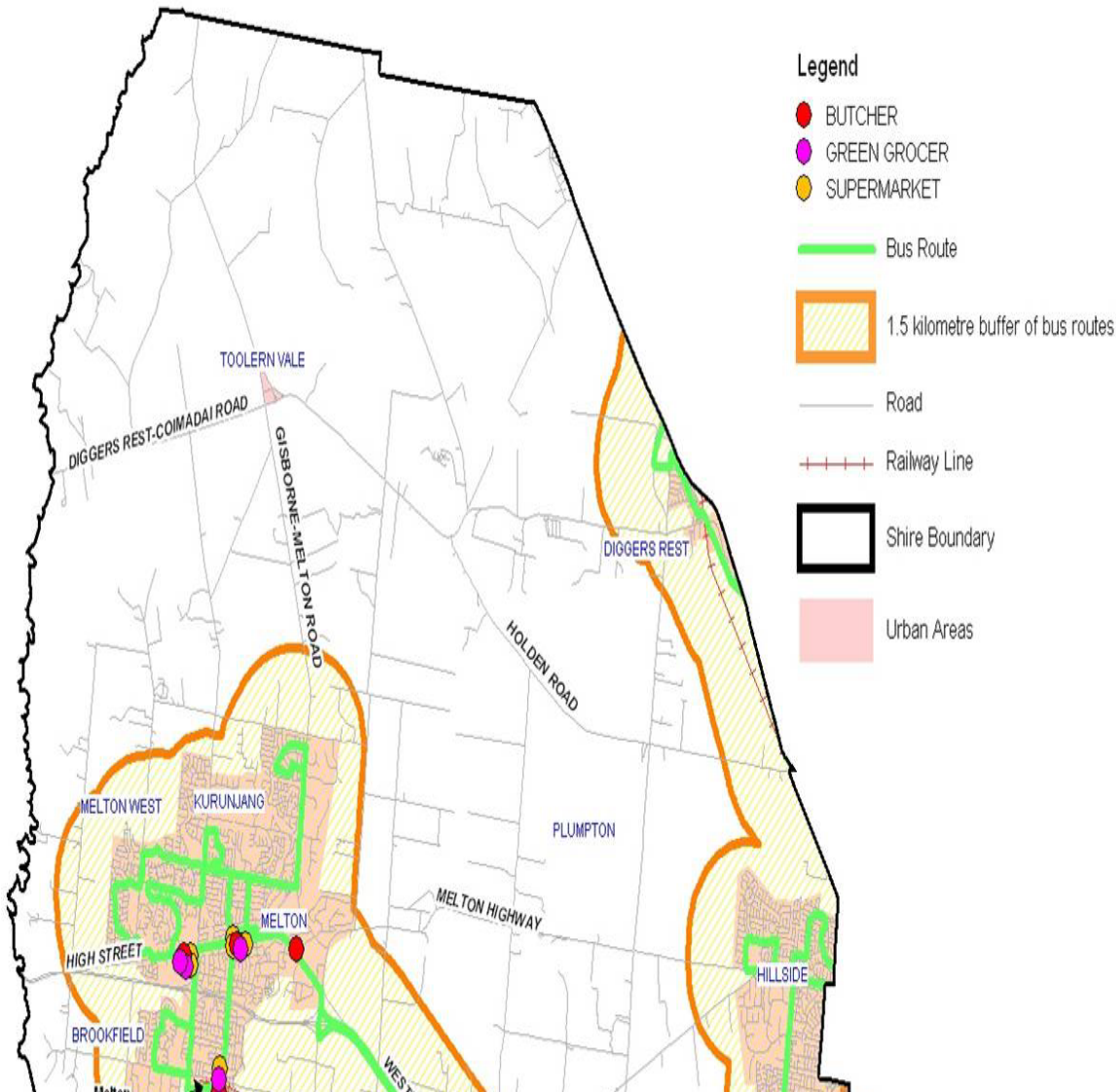
Council's approach...

Five key focuses to improve food security outcomes through an integrated approach that addresses the broad range of food security vulnerabilities.



Mapping food zones

Major retailers and public transport routes - Melton Shire Council 2007



Research

- An assessment of the barriers to older people in accessing nutritious foods in Melton Shire undertaken by RMIT and Monash University. 2007
- Investigating Food security within Melton Shire Deakin University and Djerriwarrh Health Services 2007
- Community Garden feasibility study, Deakin University students Diggers Rest, 2008
- Schools Survey, Council 2008, into kitchen gardens



Information Dissemination

Building capacity within Council to *understand* and *engage* with the broad range of food security vulnerabilities faced by the local population

Partnerships

Addressing food security issues and barriers requires leadership and input from Council and partner organisations.

Promotion

Promoting the message of good nutrition across the Shire through community engagement programs...



Promoting Food Security in practice...

Health Education in the community:

- Council run 'Pipes Café' monthly *educational* café targeting health eating and special dietary needs eg diabetes, cardiovascular disease.
- Working in partnership with Djerriwarrh Health Services to disseminate Health Eating Kits for sports clubs



Promoting Food Security in practice...

Health Education in the community:

- Best Start – Lactation Consultant employed by Council, offering individual consultations and education sessions for the community to promote breast feeding in the Shire



Promoting Food Security in Practice...

Policies supporting food security:

Nutrition policies
developed across
Children's services



Promoting Food Security in Practice...

Skill building in the community:

- Youth Services cooking program
- Men's Shed to open in August 2009 cooking group program planned
- Housing Services cooking program



Promoting Food Security in Practice...

Engaging the community:

Leisure Services 'Huff and Puff' school holiday activity in partnership with local organisations involves children and parents in fun, educational activities to promote healthy eating



Promoting Food Security in Practice...

Addressing access barriers in the community:

- Council Aged Services- Shopping Program Provides door to door bus transport service 3 times a week at no charge



Conclusion and Next Steps...

- Completion of current draft Food Security Strategy.
- Developing Food Security profile sheets as another tool for information dissemination.
- Work with small community of Diggers Rest to secure sustainable fruit and vegetable supplies.
- Supporting initiatives in relation to the development of community garden's and farmers markets.
- School canteen menu assessments.



For further information please contact:

Lynette Green
Coordinator,
Social Development Unit,
Melton Shire Council
lynetteg@melton.vic.gov.au

Venita Mackinnon
Community Projects Officer-Food Security,
Social Development Unit,
Melton Shire Council
Venitam@melton.vic.gov.au

