



BRIGHTON COUNCIL AREA- COMMUNITY/HOUSEHOLD FOOD ACCESS PROFILE

Introduction & disclaimer – This profile have been developed by the Heart Foundation Tasmania as part of the Healthy Food Access Tasmania Project. The information highlighted in this profile was gathered in 2014/15 and it provides an overview for the local government area. For any questions or additional information please contact the Heart Foundation.

Why does access to healthy food matter?

Limited or poor access to healthy food has both health and social outcomes for people who are struggling with this issue. There are many health conditions and diseases which are associated or caused by a poor diet which results from poor economic or physical access to healthy food. The diseases include heart disease¹, diabetes², some cancers³ and other health conditions such as overweight⁴ and obesity⁵. Poor access to healthy food can cause poor physical development in children and impact their learning and attendance at school⁶. For adults who have poor access to healthy food it is often very stressful and causes them to be anxious and ashamed⁷. This often also means they avoid social occasions in their communities and with family so can become socially isolated⁸.

How are the residents of Brighton doing?

Currently 28.9 % of adults living in Brighton eat the recommended 2 pieces of fruit per day and 5.4 % eat the recommended 5 serves of vegetables, this compares with 42% and 9.8% state averages⁹. The Brighton residents are unfortunately eating slightly less fruit and vegetables in 2013 when compared with 2009⁷.

For adults living in Brighton 51% is obese⁷. Compounding this, 28.1 % of local adults report that their health is poor or fair versus (19% for the state average)¹⁰.

While we don't have results for children at the local government level we do know that rates of overweight and obesity are increasing across Tasmania. The teenage years are when significant changes are observed and up to 29% of young people become overweight or obese¹¹.

Food Security - How easy is it to access healthy food across the Brighton Council Area?

Often we hear about people being food insecure across Tasmania. *People who are food insecure do not have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active healthy life.* Across Tasmania about 5-10% of the adult population is effected but it is estimated at between 25-40% in low income households.

The Healthy Food Access Tasmania project is focused on improving physical and economic access to fruit and vegetables in communities across Tasmania. When we think about access to healthy food we think about what is available and where, and how affordable is it. Can all residents easily get to the shops?

Food Access for Brighton Residents

Across Brighton residents ability to get to the shops is of course impacted by where shops are located and what transport they may have available to them. Recent research conducted by the University of Tasmania¹² showed that there is a small variety of shops across the local government area. In total there are 9 shops where fresh food such as fruit and vegetables can be purchased, that is a mix of major supermarkets (2 – both in Bridgewater) minor supermarkets (2- Brighton and Bridgewater), general stores (3 – Brighton, Old Beach and Gagebrook) and fruit and vegetables shops (2 – Old Beach and Bridgewater). As a general observation there are less shops located in the areas where the average household income is very low, that is 2 of the 9 shops across the municipality. This means for these residents getting to the shops to purchase healthy food can be more difficult. Some low income households do not have access to a car and may also have inadequate public transport to get them to the shops. For more information about where to purchase fruit and vegetables refer to the interactive maps on this site www.healthyfoodaccesstasmania.org.au

Healthy Food Access Basket Survey – Tasmanian results 2014¹³.

In March and April of 2014 the University of Tasmania, as part of the Healthy Food Access Tasmania project, conducted a price and availability survey for healthy food across Tasmania. The Healthy Food Access Basket survey collected data on 44 foods which are consistent with the Australian Guide to Healthy Eating (AGHE). The AGHE was developed by the Commonwealth Department of Health and provides recommendations for how Australian's should eat for good health across the lifespan. This survey has been used widely in Australia as measure of the cost of eating well. Data was collected in 142 of Tasmania's 353 stores where fresh food is available. On page 3 there is a summary of the regional results plus local government areas where available. It shows that the cost of healthy foods vary across store types and the varying impost on the household budget depends on household type. The cost of the basket can be up to 40% of the household income depending on which shop type is available where residents live. The survey found that across Tasmania purchasing the fresh fruit and vegetable component of the healthy eating basket was more affordable in fruit and vegetable shops versus other store types.

n/a - data is not available for this store type in this area

COST OF HEALTHY FOOD ACCESS BASKET AVERAGE COST - LOCAL GOVERNMENT DATA & HOBART REGION

Area	Major Supermarket				Minor Supermarket				General and Convenience shops			
	2 adults+ 2 children family	1 adult + 2 children family	Male Adult	Elderly Female	2 adults + 2 children family	1 adult + 2 children family	Male Adult	Elderly Female	2 adults + 2 children family	1 adult + 2 children family	Male Adult	Elderly Female
Tasmania (Average cost)	\$352.01	\$242.34	\$109.24	\$85.98	\$440.25	\$302.42	\$138.04	\$106.60	\$479.67	\$329.33	\$151.24	\$116.05
Hobart Region (Average cost)	\$345.12	\$237.47	\$106.70	\$84.54	\$415.81	\$285.54	\$130.25	\$100.49	\$469.58	\$324.86	\$146.40	\$133.86
Local Government Area where data is available												
Brighton	\$343.62	\$235.56	\$106.94	\$84.40	\$454.38	\$312.00	\$143.93	\$109.68	\$468.20	\$322.66	\$146.67	\$113.52
Clarence	\$350.83	\$241.82	\$108.18	\$86.43	\$412.43	\$283.03	\$128.76	\$99.86	\$464.95	\$319.75	\$145.77	\$112.23
Glenorchy	\$340.10	\$233.44	\$105.54	\$82.88	n/a	n/a	n/a	n/a	\$463.96	\$320.06	\$145.80	\$112.61
Hobart	\$341.01	\$236.27	\$104.14	\$82.52	n/a	n/a	n/a	n/a	\$444.33	\$308.67	\$137.61	\$108.12

Source: S. Murray et al., (2014) Availability, Cost and Affordability of a Basket of Healthy Food in Tasmania. School of Health Sciences. University of Tasmania.

Which residents in Brighton may have difficulty accessing healthy food?

In the Brighton local government area there are 5343 households and 15441¹⁰ residents. The people and households who are likely to find it hard to access healthy food are likely to be:

- Households with a low incomes including residents on Centrelink payments (32 % of the local population are Concession Card Holders; 10 % unemployed)¹⁰ often have a reduced ability to buy sufficient healthy food as there are many other costs such as housing, transport and utilities which drain the household budget⁷.
- Single parents and their children particularly if they rely on Centrelink payments. (there are 499 single parent households¹⁰ & 25% of children 0-14 are estimated to be living in poverty across the local government area¹⁴)
- People with a disability or chronic disease (28.1 % of adults report their health as fair or poor and 1168 residents are receiving the disability support payment¹⁰) because they may have difficulty carrying shopping¹⁵ and their medical expenses may reduce the household food budget⁷.
- Households without a car (8% of households¹⁰ which equates to 427 households)
- People experiencing housing stress. This is people who have a low income (bottom 40% of income distribution) and who pay more than 30% of their household income on rent or mortgage (36.3 % of households¹⁰)
- People living in areas which rely on general stores or do not have any shops at all within walking distance limiting their physical access to healthy food¹⁵.
- People who have inadequate access to public transport¹⁵

What can we do about improving access to healthy food for local residents?

While the data about health and residents diets may paint a daunting picture there are some terrific programs and initiatives that are working towards improving outcomes and when a systems approach is used good results can be achieved. Australian research¹⁶ has shown that when several factors occur together for residents they are able to eat well, even if they have a low income. We call these *resilience factors*, which means people can still eat well despite other challenges. To have this resilience it is important to have several factors working to support people to make healthy food choices easy choices. These success factors include:

1. Residents having good personal skills around food preparation, cooking and shopping. Being able to grow some of your own food is also very helpful
2. Growing up or living in a family or community that values healthy eating and sees it as a 'normal' thing to do. Including eating fruit and vegetables.
3. Importantly residents must have access to affordable healthy food, this means it must be available in their community or it must be easy to get to where it is available.

Using these success factors we have compiled some of the characteristics of the Brighton area to show how strengthening coordination between these factors, organisations and/or program activities that are underway can help contribute towards to building a community in which healthy eating is achievable for all.

Linking and coordinating these factors present in the community will contribute towards making healthy food choices easy choices for Brighton residents.

Supportive environments influencing healthy food access and supply

- The new **24 Carrot Community Garden** being established at the JRLF Bridgewater, JRLF East Derwent, Risdon Vale & JRLF Herdsmen Cove Schools
- The **Waterbridge Food Co- op** is a project being developed for the **Social determinants of Health grant** from Tasmania Medicare Local. The **Community Blitz Project** also funded through the same grant program
- Seasonal Farmgate sales provide an opportunity for residents to purchase affordable locally grown food direct from growers.
- Meals on wheels and home delivery from the supermarkets and other shops helps ensure people who cant get to the shops can still get nutritious food
- Agencies which provide fresh fruit and vegetables as part of their food relief for residents who are food insecure

Individual skills, knowledge to shop, cook, grow and prepare healthy food

Community Houses, Schools and community groups and gardens and other community organisations maybe running programs that teach people to cook, grow food, shopping/budgeting and how to eat well and affordably.

Family Food Patch Volunteers
Brighton Council's Uncle Chris newsletter about seasonal produce

A culture of healthy eating in a variety of community settings

Schools and early childcare centres which are part of the Move Well Eat Well program are working towards children, young people and their families regarding healthy eating as normal and important to achieve.

Some workplaces have health and wellbeing programs which promote healthy eating to their workers.

Healthy catering or food at community events assists people to make healthy food choices more often.

Promoting locally grown food

How can it make a difference when we connect it all together?

Seeing the resilience factors as a 'system' and ensuring they are linked to each other can have a positive impact on making healthy food choices easy choices for local residents. For example if cooking programs use local seasonal produce available in local shops it is easier for people to purchase affordable healthy food and prepare and eat it. If schools teach children that eating tasty fruit and vegetables are important and 'normalise' it, this makes the family meal more enjoyable for the 'cook' and the whole family. If shops and markets in neighbourhoods and towns have a ready supply of affordable fruit and vegetables this makes it easier even for people on a tight budget to buy it and eat well. If it is locally grown it is also a great boost to the local economy. Making sure that people who need support in times of crisis also receive healthy food such as fruit and vegetables helps them to continue to eat well and maintain their health during challenging times.

Below is a list of the businesses, organisations and groups who have an interest in improving access to healthy food that we are currently aware of.

Supportive environments influencing healthy food access and supply

- Emergency Relief Food agencies particularly those who receives fresh fruit and vegetables from SecondBite
- Waterbridge Food Coops & Farmgate sales
- Supermarkets & general stores
- MONA 24 Carrot Gardens and Community Blitz
- Community Transport

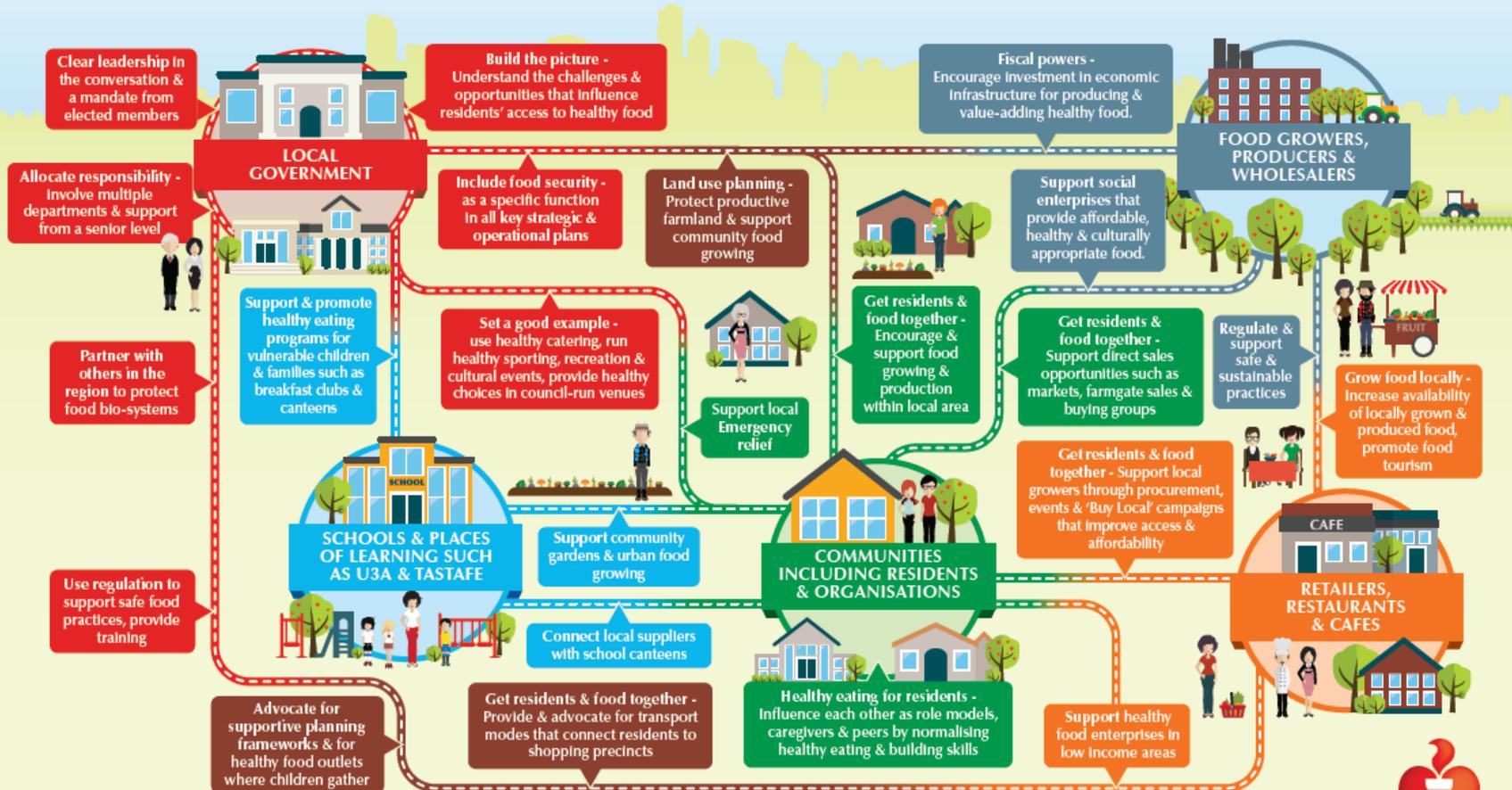
A culture of healthy eating in a variety of community settings such as schools and early childcare and community meals programs

- Move Well Eat Well Schools- Brighton Primary School, East Derwent Primary School, Gagebrook Primary School, Herdsman's Cove Primary School, Northern Suburbs Christian School
- Move Well Eat Well Early Years Education and Care Centres -Brighton Childcare & Early Learning, Discover Early Learning Gunn St, Campania District High Kindergarten
- St Vincent's Dining with Friends at Brighton Civic Centre
- Breakfast programs in schools
- Healthy school canteens - Brighton Primary School, Gagebrook Primary School, Herdsman's Cove Primary School

Individual skills, knowledge to shop, cook, grow and prepare healthy food

- Community House – Gagebrook & Jordan River
- Child and Family Centre Bridgewater
- Community & school gardens – St Vincent's de Paul Growth Centre
- Family Food Patch Volunteers

What is the role of local government in supporting community food security in Tasmania?



In the Brighton local government there are several interesting example of how community members are working together to improve access to healthy food.

MONA 24 Carrot Community Garden

The new school gardens at the JRLF Bridgewater, JRLF East Derwent, Risdon Vale & JRLF Herdsmen Cove Schools creates an exciting new way for the community to start working together to improve access to healthy food. The schools are 4 of the 12 across Tasmania funded through this project funded by philanthropic and government funds. The garden in the school will teach the students a range of skills from propagation, permaculture gardening practices, how to manage an orchard and cooking and what is healthy eating. The garden is also seen as an opportunity to build a beneficial association between the school and local businesses and community groups and local government. The gardens aim to increase access to affordable food through a variety of activities in the school.

Waterbridge Food Cooperative

The Waterbridge Food Co- op is a project being delivered by Jordan River Services and their community partners as part of the Social Determinants of Health grant from Tasmania Medicare Local. The partners include of Jordan River Services, SecondBite, Colony 47, Centacare, and Workskills/Community Blitz The project has established a food co-op at the community houses in Bridgewater and Gagebrook to help improve the access to healthy and affordable food. It also involves growing food in the Waterbridge garden, cooking classes, and a community pantry.

Brighton Alive Neighbourhood Blitz- “We will grow the community together”.

The current vision of the Community Blitz (CB) Project is to: Develop individual self-worth, job and life skills by providing a range of meaningful and practical experiences. The Brighton Municipality will benefit from affordable and needed services to enhance individual homes, community buildings and public spaces. As the project moves to further expand and address the Social Determinants of Health this vision may change. CB has the potential to reduce the impact of poverty by providing access to healthy, nutritious food, learning and training opportunities, employment pathways and work experiences such as exposure to the creative and culinary arts.

Community Blitzs’ partnership with Mona 24 Carrot Garden which is currently funded to establish gardens in 3 schools in the community will provide construction and labour to establish domestic gardens in residences to complement school based learning.



Healthy Food Access
Tasmania

www.healthyfoodaccesstasmania.org.au

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- ² Seligman HK, Bindman AB, Vittinghoff E, Kanaya AM, Kushel MB. Food insecurity is associated with diabetes mellitus: results from the National Health Examination and Nutrition Examination Survey (NHANES) 1999-2002. *Journal of General Internal Medicine*
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- ⁶ Ramsay, R, Giskes K, Turrell G & Gallegos D, 2011. Food insecurity among Australian children: Potential determinants, health and developmental consequences. *Journal of Child Health*
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- ⁸ King S, Moffitt A & Carter S, 2010 When the cupboard is bare: food, poverty and social exclusion State of the Family Report: When there is not enough to eat. Volume 1 Essays Canberra: Anglicare Australia ,
- ⁹ Department of Health and Human Services Tasmania (2009 & 2013) Tasmanian Population Health Survey – This was funded by the Commonwealth Department of Health (2013 Survey Confidence Intervals _ Fruit 19.4%,40.6% and Vegetables 2.7%,10.6%)
- ¹⁰ <http://phidu.torrens.edu.au/social-health-atlases#xkyDeMRS3JVzvJG7.97>
The Social Health Atlas of Australia includes data on a range of population characteristics, including demography, socioeconomic status, health status and risk factors, and use of health and welfare services.
- ¹¹ Department of Health and Human Services, 2013. State of Public Health 2013
- ¹² University of Tasmania, 2014. Preliminary results; Availability and cost of health food basket Tasmania
- ¹³ University of Tasmania, 2014. Preliminary results; Availability and cost of health food basket Tasmania
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