



CLARENCE CITY 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 associated with or caused by a poor diet resulting 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 Clarence doing?

Currently only 49% of adults living in Clarence eat the recommended 2 piece of fruit per day and 8.3 % eat the recommended 5 serves of vegetables. This compares with 42% and 9.8% state averages. Clarence Residents are unfortunately eating slightly less fruit and vegetables in 2013 when compared with 2009⁹.

For adults living in Clarence 18.5 % are obese (state average 23%)⁹ and 16 % report that their health is poor or fair versus (19% 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 30% of young people become overweight or obese¹¹.

Food Security - How easy is it to access healthy food across the Clarence City 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 are affected by food insecurity, and 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? And can they afford to buy a healthy range of foods?

Food Access for Clarence Residents

Across Clarence, 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 Tasmania showed that there is a good variety of shops across the area. In total there are 24 shops where fresh food such as fruit and vegetables can be purchased, that is a mix of major supermarkets (4 – 2 in Warrane/Rosny Park, Howrah & Lindisfarne), minor supermarkets (5 – Risdon Vale, Rokeby, Bellerive, Lauderdale, Lindisfarne and Richmond), general stores (12 – Clarendon Vale, Rokeby, 3 in Howrah, Richmond, Opossum Bay, South Arm, Lauderdale, Cambridge & Seven Mile Beach) and fruit and vegetable shops (3). As a general observation, there are less shops located in areas where the average household income is very low when compared with other areas. For these people this means getting to the shops to purchase healthy food can be difficult. Often low income households do not have access to a car and rely on public transport.

Clarence has a farmers market which runs seasonally in summer at Coal River Valley which is another source of locally grown fruit and vegetables. For more information about where to purchase fruit and vegetables you can refer to the interactive maps on this web site www.healthyfoodaccesstasmania.org.au

Healthy Food Access Basket Survey – Tasmanian results 2014¹².

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.

COST OF HEALTHY FOOD ACCESS BASKET LOCAL GOVERNMENT DATA –SOUTHERN REGION

Area	Major Supermarket				Minor Supermarket				General and Convenience shops			
	2+2* family	1+2* family	Male Adult	Elderly Female	2+2 family	1+2 family	Male Adult	Elderly Female	2+2 family	1+2 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	\$329.3 3	\$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	\$324.8 6	\$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

n/a - data is not available for this store type in this area *2 + 2 = 2 adults, 2 children household; 1 + 2 = 1 adult , 2 children household

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 Clarence may have difficulty accessing healthy food?

In the Clarence City Council local government area there are 19842 households and 51878 residents¹³. 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 (27% of the local population are Concession Card Holders; 5 % unemployed)¹³ 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 budget.
- Single parents and their children, particularly if they rely on Centrelink payments. (888 single parent households¹³ & 14% of children are estimated to be living in poverty across the local government area¹⁴.)
- People with a disability or chronic disease (16 % of adults report their health as fair or poor and 2528 residents are receiving the disability support payment)¹³ because they may have difficulty carrying shopping¹⁵ and their medical expenses reduce the household food budget⁷.
- Households without a car (7% of households.)¹³
- People experiencing housing stress. This is people who have a low income and who pay more than 30% of their household income on rent or mortgage (28% of local households)¹³
- 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 food¹⁶.
- People who have inadequate access to public transport¹³

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

While the data about health and resident's diets may paint a daunting picture there are existing programs and initiatives that are working towards improving outcomes. Australian research¹⁷ 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 together 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 Clarence City Council area to show how strengthening the coordination between these factors and/or program activities that are underway can help contribute towards 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 Clarence residents.

Supportive environments influencing healthy food access and supply

- Food Connections Clarence project is an alliance of 12 community organisations working to improve access to healthy food targeting older people and people living in areas where there are limited shops selling healthy food. Hubs increase access to healthy rescued food for emergency relief
- Farmgate sales provide an opportunity for residents to purchase affordable locally grown food direct from growers. Some fruit and vegetable shops and supermarkets also sell locally grown food
- 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

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

Neighbourhood Houses, schools and community gardens and other community organisations are running programs that teach people to cook, grow food, shopping/budgeting and how to eat well and affordably

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 with children, young people and their families to regard 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

- Food Relief agencies including programs that provide fresh fruit and vegetables supplied by SecondBite
- Bellerive Community Market; Richmond Farmers and Makers Market & farmgate sales
- F & V Shops & Supermarkets
- Food Connections Clarence
- Foodbank Tasmania
- Mission Australia Housing
- Clarence City Council – Social Planning

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- Bellerive Primary School, Cambridge Primary School, Claredon Vale Primary School, Corpus Christi School, John Paul 11 Catholic School, Lauderdale Primary School, Lindisfarne North Primary School, Lindisfarne Primary School, Montagu Bay Primary School, Risdon Vale Primary School, Rokeby Primary School, Seabrook Christian School, South Arm Primary School, Southern Support School, St Cuthberts Catholic School, Tasmanian E School, The Cottage School, Warrane Primary School
- Early childcare- Discovery Early Learning Lauderdale, Gumnut Long Day Centre, Howrah Beach Child Care Centre: Lady Gowrie Acton, Lindisfarne & Richmond, Lauderdale Primary Kindergarten, Little Bee Early Learning Cambridge & Howrah, Oakdowns Early Learning, Rokeby Primary School Kindergarten, Rosny Child Care Centre, Emmanuel Christian School Kindergarten, South Arm Primary Education, Cambridge Rd Play and Learn Centre, Care Bears Cottage
- Healthy school canteens - Bellerive Primary School, Cambridge Primary School, Clarendon Vale Primary School, Corpus Christi School, Lauderdale Primary School, Lindesfarne Primary School, Lindesfarne North Primary School, Risdon Vale Primary School, Howrah Primary School

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

- Community and Neighbourhood houses- Clarendon Vale Neighbourhood Centre, Clarendon Vale; Risdon Vale Community Centre; Rokeby Neighbourhood Centre; Warrane Mornington Neighbourhood Centre, Warrane
- Community & school gardens- including at South Arm, Lauderdale, Warrane, Southern support School, Rokeby High (currently being revitalised) Emmanuel, The Cottage School, Richmond, Montagu Bay, Risdon Vale, Clarendon Vale
- Child and Family Centre Clarendon Vale
- Social Eating Programs such as Chat and Chew – Monthly lunches are held in Lindisfarne, Risdon Vale, South Arm, Clarendon Vale, Warrane/Mornington and Rokeby. Information about dates and time is available through Community Development at Clarence City Council

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



In the City of Clarence there are some very good examples of how community members have been working together or plan to in the future.

Food Connections Clarence Project

This project currently funds a partnership with 12 organisations that have created a community network and hubs across the local government area. The project has established a series of opportunities for community members to participate in a 'social eating' program that promotes healthy eating and brings people together to share a meal and each other's company. Food relief including fresh fruit and vegetables is distributed via the hubs for people who are food insecure. The project works with the local secondary school to prepare low cost healthy meals for older community members who do not or are unable to prepare meals for themselves. This builds food preparation and cooking skills in the young people and ensures access to affordable meals for older residents.

Clarence City Council Community Health and Wellbeing Plan

Clarence Community Health and Wellbeing Plan 2013-2018 cites several activities and objectives relevant to improving access to healthy food for local residents. These are outlined below:

- Identify and assess patches of land for local food production in high-medium density housing areas
- Identify and enhance community hubs and villages
- Increase the use of tracks and trails for recreation and transport purposes
- Support locally driven development of community gardens and food patches
- Promote expansion of Move Well Eat Well
- Promote school based initiatives for growing, nutrition education and social marketing
- Support initiatives to promote food access, affordability, availability and awareness of healthy food as recommended by Tasmanian Food Access Research Coalition
- Encourage and support social enterprises
- Provide support and advice for community markets (including farmers markets)

The Healthy Food Access Tasmania project partnered with CCC to build a detailed picture using spatial mapping of the Clarence City Council's:

- Community areas and the built environment
- Attributes which contribute towards improving access to healthy food

This projects findings are now informing future action for the Clarence City Council Health and Wellbeing Plan objectives and actions. The final report can be found here

<http://www.ccc.tas.gov.au/webdata/resources/files/Spatial%20Planning%20final%20report%20Feb%202016.pdf>



Healthy Food Access
Tasmania

www.healthyfoodaccesstasmania.org.au

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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 survey is funded by the Commonwealth Department of Health (Confidence Intervals – 42.8%, 55% and Vegetables 6.0%, 11.4%)
- 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.
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