



GLAMORGAN-SPRING BAY 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 Glamorgan-Spring Bay doing?

Currently only 39% of adults living in Glamorgan-Spring Bay eat the recommended 2 piece of fruit per day and 11.5 % eat the recommended 5 serves of vegetables this compares with 42% and 9.8% state averages⁹. The local residents are unfortunately eating slightly less fruit and vegetables in 2013 when compared with 2009⁹.

For adults living in Tasmania 23% are obese⁹, data is not available for the local area unfortunately However 22 % of local adults report that their health is poor or fair versus 19% for the state average¹⁰.

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.

How easy is it to access healthy food across the Glamorgan-Spring Bay 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 Glamorgan-Spring Bay Residents

Across Glamorgan-Spring Bay 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 limited number of shops across the local government area. In total there are 7 shops where fresh food such as fruit and vegetables can be purchased, that is a mix of minor supermarkets (4- Orford, Triabunna, Coles Bay and Bicheno), general stores (3 – 2 in Swansea and 1 in Coles Bay) and no fruit and vegetables shops or major supermarkets.

As a general observation there are no shops located in the areas where the average household income is very low. This means for these people getting to the shops to purchase healthy food can be difficult. Often low income households do not have access to a car and may also have inadequate public transport to get them to the shops.

Glamorgan-Spring Bay has a community market at The Village in Triabunna once per month which includes locally grown fruit and vegetables. Farm gate sales are also available seasonally. For more information about the places where fruit and vegetables are available for sale please refer to the interactive maps on this website 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	\$329.33	\$151.24	\$116.05
Southern Region (Average cost)	\$348.82	\$239.96	\$107.93	\$85.74	\$469.90	\$321.13	\$149.02	\$113.41	\$487.11	\$333.99	\$153.51	\$117.72
Local Government Area where data is available												
Derwent Valley	\$413.38	\$284.33	\$129.43	\$100.73	\$436.98	\$298.86	\$137.10	\$106.63	n/a	n/a	n/a	n/a
Glamorgan/Spring Bay	n/a	n/a	n/a	n/a	\$439.02	\$302.10	\$137.05	\$105.72	\$464.46	\$317.29	\$147.84	\$112.19
Kingborough	\$391.96	\$273.31	\$117.49	\$96.72	n/a	n/a	n/a	n/a	\$508.79	\$349.78	\$159.19	\$123.01
Southern Midlands	n/a	n/a	n/a	n/a	\$489.25	\$334.62	\$154.60	\$117.49	\$414.15	\$285.50	\$128.80	\$100.15
Tasman	n/a	n/a	n/a	n/a	\$476.35	\$320.81	\$156.35	\$115.84	\$490.33	\$335.24	\$156.19	\$118.83

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

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.

*2 + 2 = 2 adults, 2 children household; 1 + 2 = 1 adult, 2 children household

Which residents in Glamorgan-Spring Bay may have difficulty accessing healthy food?

In the Glamorgan-Spring Bay local government area there are 1721 households and 4188 residents¹⁰. 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 (37% of the local population are Concession Card Holders; 8 % 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 budget⁸.
- Single parents and their children particularly if they rely on Centrelink payments. (56 single parent households¹⁰ & 23% of children 0-14 are estimated to be living in poverty across the local government area¹³)
- People with a disability or chronic disease (22 % of adults report their health as fair or poor and 293 residents are receiving the disability support payment)¹⁰ because they may have difficulty carrying shopping¹⁴ and their medical expenses reduce the household food budget⁷.
- Households without a car (4% of households)¹⁰
- 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 (21.4 % of local households).¹⁰
- 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 transport⁷

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. 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 Glamorgan-Spring Bay 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 Glamorgan-Spring Bay residents.

Supportive environments influencing healthy food access and supply

- The new *24 Carrot* Community Garden being established at the Triabunna District School
- Farmgate sales provide an opportunity for residents to purchase affordable locally grown food direct from growers. The Village Community Market sell seasonal fruit and vegetables .
- Minor Supermarkets and general stores selling fruit and vegetables
- 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

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

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 important 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 that provide fruit and vegetables provided by SecondBite
- Farmgate sales
- Supermarkets & general stores
- Triabunna District School 24 Carrot Garden
- The Village Community Market Triabunna
- 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- Bicheno Primary School, Swansea Primary School, Triabunna District School
- Early childcare- Lady Gowrie Swansea, Spring Bay Child Care Centre, Swansea Primary School Kindergarten
- Healthy school canteens - Bicheno Primary School, Swansea Primary School
- Bicheno Food and Wine Festival

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

- Community for Children Activities for Families and Children promote healthy eating
- Community & school gardens – The Village & Triabunna District School

Triabunna MONA 24 Carrot Community Garden at Triabunna District School

The new school garden at Triabunna District School creates an exciting new way for the community to start working together to improve access to healthy food. The school is one of 12 across Tasmania funded by philanthropic and government funding. 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 garden aims to increase access to affordable food through a variety of activities in the school.**

The Village

The East Coast Regional Development Organisation (ERDO) incorporated in 1991 is a non profit organisation run by volunteers. The membership of ERDO is drawn from throughout the Glamorgan Spring Bay Municipality and beyond. The major project is the ongoing development of the Community Village in Triabunna. Activities local residents are encouraged to get involved in through The Village include the Community Market and also the Community & Vegetable gardens.

Glamorgan-Spring Bay Community Strategic Plan

Council has a strategic plan which identifies the importance of food production and the number of people working in food related businesses across the municipal, as important local economic determinants. It's future direction of Growing the Economy and employment opportunities and fostering health and wellbeing may lead to improving access to healthy food for local residents.



Healthy Food Access
Tasmania

www.healthyfoodaccesstasmania.org.au

¹ Ford ES, 2013. Food Security and Cardiovascular disease risk amongst adults in the US: findings from the National Health and Nutrition Examination Survey 2003-2005. Preventing Chronic Disease

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

³ World Cancer Fund, 2007, Food, nutrition, physical activity and the prevention of cancer: a global perspective. Washington DC: American Institute for Cancer Research

⁴ Mirza M, Fitzpatrick-Lewis D, Thomas H, 2007. Is there a relationship between food security and overweight/obesity. Ontario Canada: Effective Public Health Practice

⁵ Burns C, 2004, A review of literature describing the link between poverty, food insecurity and obesity with specific reference to Australia. Victorian Health Promotion Foundation

-
- 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*
- ⁷ King S, Moffitt A, Bellamy J, Carter S, McDowell C & Mollenhauer, 2010. *State of the Family Report: When there is not enough to eat*. Canberra: Anglicare Australia
- 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 2013 survey was funded by the Commonwealth Department of Health – Confidence Intervals – Fruit 23.3%, 56.4% and Vegetables – 4.4% 26.6% (caution relative error >25% and <50%)
- ¹⁰ <http://phidu.torrens.edu.au/social-health-atlases#Fq9sc2vA122ewQCU.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 Phillips B, Miranti R, Vidyattama Y and Cassells R, 2013. *Poverty, Social Exclusion and Disadvantage in Australia*. NATSEM University of Canberra & Uniting Care Australia
- ¹⁴ Burns C, Bentley R, Thornton L & Kavanagh A, 2011. *Reduced food access due to lack of money, inability to lift and lack of access to a car for shopping: a multilevel study in Melbourne*. *Public Health Nutrition*
- ¹⁵ Le Q et al., 2013. *Tasmanian food access research coalition TFARC; research report*. Hobart
- ¹⁶ Hume et al., 2007. *Summary Report: Why do some women of low socio-economic position eat better than others?* Centre of Physical Activity and Nutrition, Deakin University. Melbourne