



## **KENTISH 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 disease<sup>1</sup>, diabetes<sup>2</sup>, some cancers<sup>3</sup> and other health conditions such as overweight<sup>4</sup> and obesity<sup>5</sup>. Poor access to healthy food can cause poor physical development in children and impact their learning and attendance at school<sup>6</sup>. For adults who have poor access to healthy food it is often very stressful and causes them to be anxious and ashamed<sup>7</sup>. This often also means they avoid social occasions in their communities and with family so can become socially isolated<sup>8</sup>.

### **How are the residents of Kentish doing?**

Currently 34.5 % of adults living in Kentish eat the recommended 2 pieces of fruit per day and 3.8 % eat the recommended 5 serves of vegetables, this compares with 42% and 9.8% state averages<sup>9</sup>. The Kentish residents are unfortunately eating less fruit (34.5% versus 48.4%) and vegetables (3.8% versus 5.5%) in 2013 when compared with 2009<sup>7</sup>.

For adults living in Kentish 33% is obese<sup>7</sup>. Compounding this, 22.7 % of local adults report that their health is poor or fair versus (19% for the state average)<sup>10</sup>.

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 obese<sup>11</sup>.

### **How easy is it to access healthy food across the Kentish 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 Kentish Residents**

Across Kentish 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<sup>12</sup> showed that there is a small variety of shops across the local government area. In total there are 10 shops where fresh food such as fruit and vegetables can be purchased, there are no major supermarkets, minor supermarkets (1 at Sheffield), general stores (5 – 3 in Sheffield, Wilmot and Barrington) and fruit and vegetables shops (4). As a general observation there a variety of shops located in the areas where the average household income is very low, unlike other places in Tasmania. Often people living in low income areas have challenges getting to the shops to purchase healthy food because there is a lack of shops. However, some low income households do not have access to a car and may also have inadequate public transport to get them to the shops.

There are 3 markets in Kentish municipality that include fresh produce: Sheffield Town Hall Market held every third Saturday of each month from 9am to 2pm; Claude Road Hall Market: Every third Saturday every third month from 9am - 3pm starting from March; and the Wilmot Market: First Saturday each month 9am - 2 pm. Farmgate sales also offer an opportunity to purchase seasonal produce from growers. For details about where fruit and vegetables can be purchased locally please refer to the interactive maps on this web site. [www.healthyfoodaccesstasmania.org.au](http://www.healthyfoodaccesstasmania.org.au)

### **Healthy Food Access Basket Survey – Tasmanian results 2014<sup>13</sup>.**

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 – NORTH WEST AND WESTERN 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
<b>Tasmania (Average cost)</b>	\$352.01	\$242.34	\$109.24	\$85.98	\$440.25	\$302.42	\$138.04	\$106.60	\$479.67	\$329.33	\$151.24	\$116.05
<b>North West and Western Region (Average cost)</b>	\$355.25	\$244.20	\$111.17	\$86.62	\$448.25	\$308.06	\$140.32	\$108.77	\$497.05	\$341.00	\$156.43	\$120.16
<b>Local Government Area where data is available</b>												
<b>Burnie</b>	\$337.57	\$232.58	\$105.36	\$82.63	\$447.30	\$307.20	\$139.92	\$109.11	n/a	n/a	n/a	n/a
<b>Central Coast</b>	\$345.92	\$237.69	\$108.20	\$83.91	\$435.14	\$300.07	\$135.37	\$105.37	n/a	n/a	n/a	n/a
<b>Circular Head</b>	n/a	n/a	n/a	n/a	\$531.30	\$365.57	\$167.45	\$129.14	\$493.33	\$339.20	\$156.08	\$119.59
<b>Devonport</b>	\$328.65	\$224.61	\$104.12	\$84.33	\$474.81	\$327.00	\$148.06	\$114.58	n/a	n/a	n/a	n/a
<b>Waratah/Wynyard</b>	n/a	n/a	n/a	n/a	\$460.25	\$318.34	\$142.05	\$111.45	\$517.19	\$358.05	\$162.43	\$125.39

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 Kentish may have difficulty accessing healthy food?

In the Kentish local government area there are 2241 households and 6091<sup>10</sup> 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 ( 34 % of the local population are Concession Card Holders; 10 % unemployed)<sup>10</sup> 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<sup>7</sup>.
- Single parents and their children particularly if they rely on Centrelink payments. (there are 89 single parent households<sup>10</sup> & 21 % of children 0-14 are estimated to be living in poverty across the local government area<sup>14</sup>)
- People with a disability or chronic disease (22.7 % of adults report their health as fair or poor and 448 residents are receiving the disability support payment<sup>10</sup>) because they may have difficulty carrying shopping<sup>15</sup> and their medical expenses may reduce the household food budget<sup>7</sup>.
- Households without a car (4% of households<sup>8</sup> which equates to 87 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 (21.3 % of households<sup>10</sup>)
- 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 food<sup>16</sup>.
- People who have inadequate access to public transport<sup>7</sup>

## 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 research<sup>17</sup> 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 Kentish 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 Kentish residents.**

**Supportive environments influencing healthy food access and supply**

- **Kentish Council - A regional partnership with other local governments to build a stronger local food economy.**
- Local Markets**
  - 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**

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.

Kentish Community Kitchen  
Kentish Health Service  
Family Food Patch Volunteers

**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 including agencies that include fresh fruit and vegetables provided by SecondBite
- Farmgate sales
- Claude Rd Sheffield Market
- Supermarkets & general stores
- Community Transport

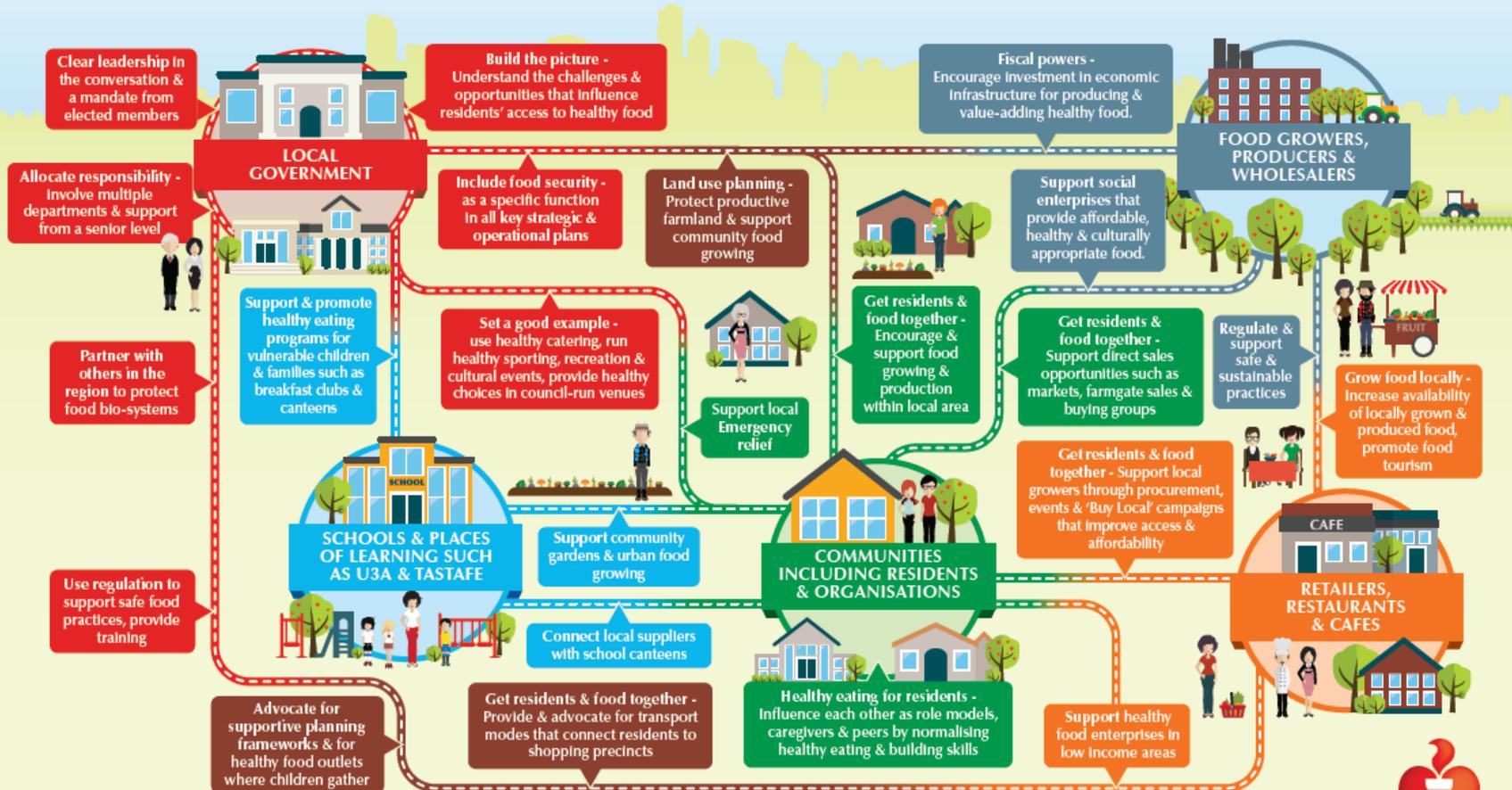
### **A culture of healthy eating in a variety of community settings such as schools and early childcare and community meals programs**

- Move Well Eat Well Schools- Sheffield School – Railton campus, Sheffield School, Wilmot Primary School
- Move Well Eat Well Early Years Education and Care Centres - Railton Primary School Kindergarten
- Kentish Community Kitchen
- Breakfast programs in schools
- Healthy school canteens - Sheffield School

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

- Kentish Health Service
- Community & school gardens
- Family Food Patch Volunteers
- CWA and Kentish Community Men's Shed
- Kentish Community Kitchen

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



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

### **Kentish Council – the role of local government as a leader & facilitator**

Kentish Council, along with other regional councils and lead by Central Coast Council through its Strategic Projects area, has been bringing together interested organisations and businesses to explore how a regional approach could be taken to strengthening the local food economy. A forum was held in Mid 2015 and continues to inform projects over the Mersey Leven area. Ideally located and surrounded by other local government areas which are big food producers, the plan is to identify the potential for greater links across the area to capitalise on the local economic assets that relate to food. One of the focus areas is to consider how the local food supply can be improved and better connections between local producers and the retail environment facilitated. This should in turn build greater resilience into the food system as it becomes increasingly self-reliant. See the Mersey Leven Food Hub page for more information. <http://www.centralcoast.tas.gov.au/page.aspx?u=771>



Healthy Food Access  
Tasmania

[www.healthyfoodaccesstasmania.org.au](http://www.healthyfoodaccesstasmania.org.au)

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- <sup>1</sup> 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*
- <sup>2</sup> 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*
- <sup>3</sup> World Cancer Fund, 2007, Food, nutrition, physical activity and the prevention of cancer: a global perspective. Washington DC: *American Institute for Cancer Research*
- <sup>4</sup> Mirza M, Fitzpatrick-Lewis D, Thomas H, 2007. Is there a relationship between food security and overweight/obesity. Ontario Canada: *Effective Public Health Practice*
- <sup>5</sup> 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*
- <sup>6</sup> Ramsay, R, Giskes K, Turrell G & Gallegos D, 2011. Food insecurity among Australian children: Potential determinants, health and developmental consequences. *Journal of Child Health*
- <sup>7</sup> 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
- <sup>8</sup> King S, Moffit 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 ,
- <sup>9</sup> Department of Health and Human Services Tasmania (2009 & 2013) Tasmanian Population Health Survey. The 2013 survey was funded by the Commonwealth Health Department- Confidence Intervals Fruit – 25.3%,45% and Vegetables 6.8%,26% (caution the relative standard error >25% but <50%)
- <sup>10</sup><http://phidu.torrens.edu.au/social-health-atlases#Fq9sc2vA122ewQCU.97>

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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.

<sup>11</sup> Department of Health and Human Services, 2013. State of Public Health 2013

<sup>12</sup> University of Tasmania, 2014. Preliminary results; Availability and cost of health food basket Tasmania

<sup>13</sup> University of Tasmania, 2014. Preliminary results; Availability and cost of health food basket Tasmania

<sup>14</sup> Phillips B, Miranti R, Vidyattama Y and Cassells R, 2013. Poverty, Social Exclusion and Disadvantage in Australia. NATSEM University of Canberra & Uniting Care Australia

<sup>15</sup> 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*

<sup>16</sup> Le Q et al., 2013. Tasmanian food access research coalition TFARC; research report. Hobart

<sup>17</sup> 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