



WARATAH- WYNYARD COUNCIL AREA- COMMUNITY FOOD/HOUSEHOLD 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 Waratah-Wynyard doing?

Currently 35.7 % of adults living in Waratah-Wynyard eat the recommended 2 pieces of fruit per day and 11.3 % eat the recommended 5 serves of vegetables, this compares with 42% and 9.8% state averages⁹. The Waratah-Wynyard residents are unfortunately eating slightly less fruit and but more vegetables in 2013 when compared with 2009⁷.

For adults living in Waratah-Wynyard 26.8% is obese⁷. Compounding this, 18.4% 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 Waratah-Wynyard 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 Waratah-Wynyard Residents

Across Waratah-Wynyard 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 small variety of shops across the local government area. In total there are 11 shops where fresh food such as fruit and vegetables can be purchased, that is a mix of major supermarket (1 in Wynyard) minor supermarkets (3 – 2 in Somerset and 1 in Wynyard), general stores (5 – Somerset, Waratah, Yolla, Boat Harbour and Sisters Beach) and fruit and vegetables shops (2 – Wynyard and Somerset). As a general observation there are unfortunately few 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. Some low income households do not have access to a car and may also have inadequate public transport to get them to the shops.

Wynyard Farmers Market runs the second and fourth Saturday each month where fresh seasonal locally grown fruit and vegetables can be purchased from growers. The Foreshore Market in Wynyard is located at East Wynyard. This market is held on the first and third Sunday of each month from 8am to 2pm. A number of twilight markets are also held on Friday evenings over summer. Fruit and vegetable stallholders are well represented with businesses and backyard growers selling produce. Eggs, honey, and preserves are available too. For details about local options to access fruit and vegetables please refer to the interactive maps on this web site.

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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 impact 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
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
North West and Western Region (Average cost)	\$355.25	\$244.20	\$111.17	\$86.62	\$448.25	\$308.06	\$140.32	\$108.77	\$497.05	\$341.00	\$156.43	\$120.16
Local Government Area where data is available												
Burnie	\$337.57	\$232.58	\$105.36	\$82.63	\$447.30	\$307.20	\$139.92	\$109.11	n/a	n/a	n/a	n/a
Central Coast	\$345.92	\$237.69	\$108.20	\$83.91	\$435.14	\$300.07	\$135.37	\$105.37	n/a	n/a	n/a	n/a
Circular Head	n/a	n/a	n/a	n/a	\$531.30	\$365.57	\$167.45	\$129.14	\$493.33	\$339.20	\$156.08	\$119.59
Devonport	\$328.65	\$224.61	\$104.12	\$84.33	\$474.81	\$327.00	\$148.06	\$114.58	n/a	n/a	n/a	n/a
Waratah/Wynyard	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 Waratah-Wynyard may have difficulty accessing healthy food?

In the Waratah-Wynyard local government area there are 5374 households and 13694¹⁰ 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 (33 % 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 budget⁷.
- Single parents and their children particularly if they rely on Centrelink payments. (there are 235 single parent households¹⁰ & 18.2 % of children 0-14 are estimated to be living in poverty across the local government area¹⁴)
- People with a disability or chronic disease (18.4 % of adults report their health as fair or poor and 964 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 (7% of households¹⁰)
- 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 (29 % of local 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 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 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 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 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 Waratah-Wynyard area to show how strengthening coordination between these factors, organisations 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 Waratah-Wynyard residents.

Supportive environments influencing healthy food access and supply

- Closing the Gap - Wynyard Community Food Collaboration
- Waratah Farmers and Foreshore Market provides an opportunity to buy local seasonal fresh fruit and vegetables twice per month; farmgate sales
- Local growers - Mooreville Gardens and Quality Vegie Boxes who deliver to communities and households
- 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
- Local retailers such as supermarkets, general stores and fruit and vegetable shops
- 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.

Family Food Patch Educator
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

- Wynyard Community Food Collaboration
- Emergency Relief Food agencies including agencies that provide fresh fruit and vegetables supplied by SecondBite
- Wynyard Farmers Market
- Food Coops & Farmgate sales
- Home delivery and community drop of point collections by *Mooreville Gardens* and *Quality Vegie Boxes*
- Supermarkets, fruit and vegetable shops & general stores
- Community Transport (for HACC assessed clients only)

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-St Brigids's Primary School, Boat Harbour Primary School, Table Cape Primary School, Somerset Primary School, Seabrook Christian School
- Move Well Eat Well Early Years Education and Care Centres -Somerset Primary Kindergarten, Wynyard Children's Services
- Social eating program at Wynyard Anglican Church
- Community events that promote locally grown food
- Breakfast programs
- Healthy school canteens – St Brigid's Primary School, Boat Harbour Primary School, Somerset Primary School
- Wynyard High School, breakfast club operates every school day morning with around 100 students attending. This is fully sponsored by Woolworths and managed through the school canteen.

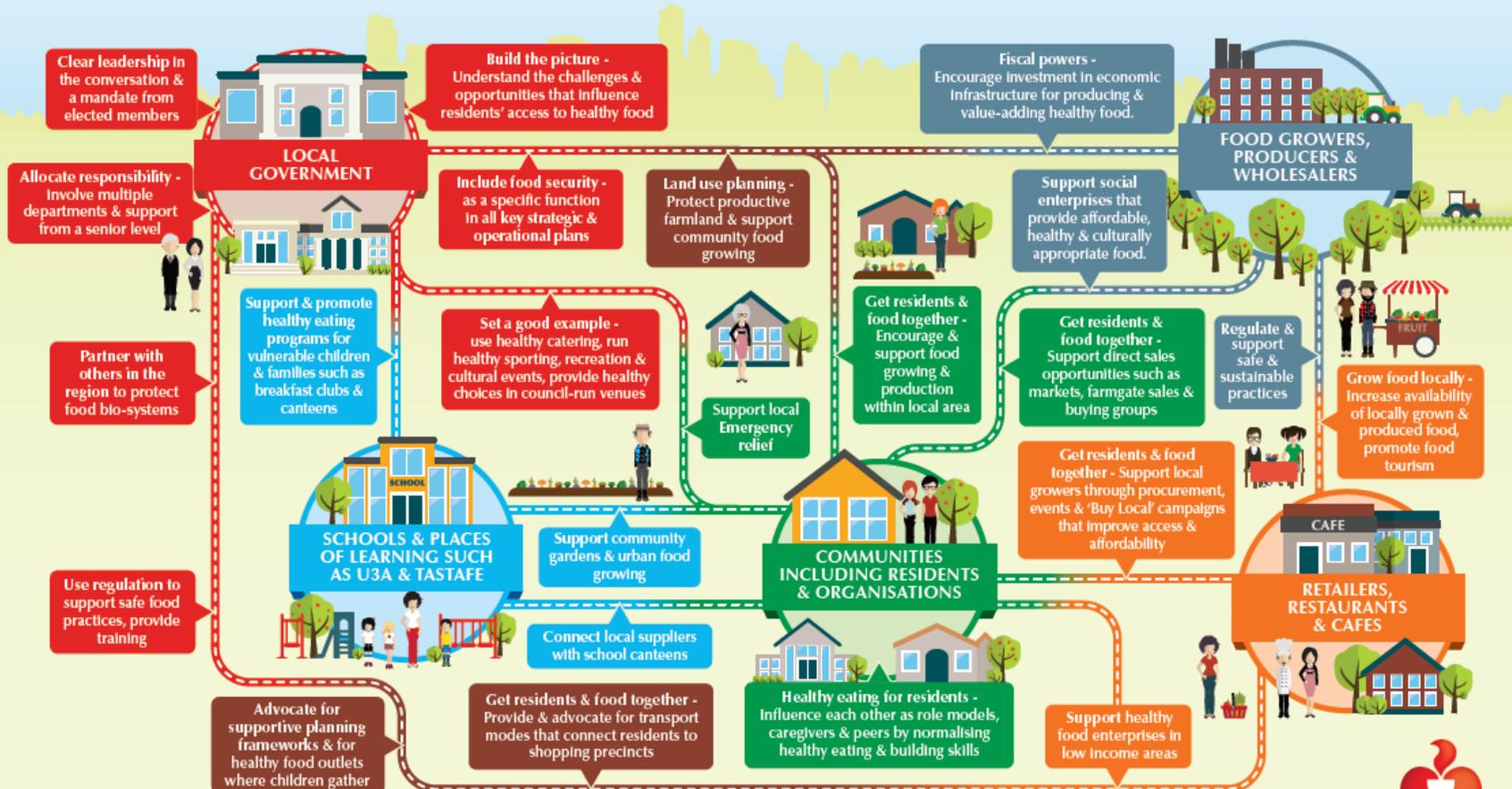
Individual skills, knowledge to shop, cook, grow and prepare healthy food

- Community & school gardens -Wynyard Community Garden, located in Johnson Place off Austin Street has 25 volunteer members. They maintain common areas and individual

plots. Several workshops have been held here in recent years around home growing. Wynyard High School and Somerset Primary School have gardens and Yolla District High School also maintains a school farm

- Family Food Patch Volunteers

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



In the Waratah- Wynyard local government there are several ways in which community members are working together to improve access to healthy food.

Closing the Gap – Wynyard Community Food Collaboration

The Wynyard Community Food Collaboration project is funded by the State Government Food For All program and administered by the NW Environment Centre. The Collaboration have organised several workshops at the Wynyard Community Garden aimed at supporting families to grown some of their own food. Displays have also taken place on Saturday mornings promoting the Community Exchange Network Tasmania (CENTS). Activities have included food growing workshops, cooking and preserving training opportunities and providing information about healthy eating. The project is now heading into an interesting phase where the North West Environment Centre explore establishing a trade model through the Community Exchange Network for locally home and neighbourhood grown food. Through online exchange people can swap food for services or almost anything else of value.

Over time they aim to increase access and supply of healthy food to the local community and connect producers to consumers. Throughout the project they have placed particular emphasis on ensuring they engage with low income community members. Participants have enjoyed being part of the project and enjoyed the social aspects as well as skill building.



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- 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.
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