



Food For All Tasmanians – what happens when you get the policy right

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Outline

- A brief outline of policy development and context for Tasmania
- Past investments in Tasmania addressing community level food security
- Healthy Food Access Tasmania Project
- Current priorities

Food and Nutrition Policy in Tasmania

- Food and Nutrition Policy 2004-2014
 - Policy vision - Tasmania : A state which produces quality, healthy, safe and affordable food, while sustaining the natural environment and strengthening the local economy: a community empowered to make food choices that enhance health and wellbeing
 - 12 focus areas covering the entire food system
- Food security a focus area;
 - Sub goals – increase awareness of the factors that influence food security in Tasmania
 - Reduce social, cultural and economic barriers to food security
 - Reduce geographical and physical barriers to food security
 - Ensure the nutritional needs of Tasmanians with special nutritional requirements are met.

An important foundation policy



Food For All Tasmanians: a food security strategy

- Lead by the Tasmanian Social Inclusion Commissioner and overseen by the Tasmanian Food Security Council
- Developed in 2012
- Underpinned by viewing food as social determinant of health
- Adopts a local food systems and social inclusion approach

FFA - Four priorities

- Increasing food access and affordability
 - Building community solutions
 - Regional development and supporting social enterprises;
and
 - Planning for local food systems
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- (Local food systems occur when food is grown in the general locality in which it is consumed, transportation is minimised, processing occurs locally and food can be purchased locally)

What followed the policy?

- Two funding rounds for community level interventions including – community gardens, establishing farmers markets, community food growing, education and training programs and research into local determinants. The investment was around \$2 million
- Outcomes – significant community groundswell, increased interest and understanding of issues, local resilience building and importantly emerging evidence about local determinants
- Tasmania was ‘ripe’ for further action

A critical foundation policy and program funding



Tasmania Medicare Local – addressing poor diet & nutrition and obesity

- Reviewed the policy and community context
- Reviewed current recommendations and practice in Australia to *make healthy food choices easy choices*
 - *COOPS Obesity Collaboration*
 - *Healthy Victoria Together*
 - *WHO Urban Heart*
 - *Resilience to healthy eating in low income households*
- *Proposed a project to focus on creating supportive environments that links with past efforts and ‘closes the loop’. Project decisions must be based on local evidence and policy/program context.*

A critical additional investment will builds on the past



- To improve access and availability of fruit and vegetables (preferably locally grown) in communities across Tasmania
- We would like to “*make healthy food choices easy choices*”
- *The project is a partnership between University of Tasmania and the Heart Foundation*

Healthy Food Access Tasmania – Project vision

Healthy and affordable fruit and vegetables (preferably locally grown) are readily available in communities across Tasmania making healthy food choices easy choices



Supportive environments influencing local food access and supply in Tasmanian communities

- Local communities have a good understanding of the barriers and potential enablers for improving access to locally grown fruit and vegetables and there importance in supporting making healthy food choices easy choices
- In local communities a variety of sectors, organisations and community members have formed a coalition and developed a plan to respond to local needs considering social, health and economic outcomes
- The local coalitions are actively working to inform local and other state level policies to create an environment which supports their plan
- The local coalition is working on a variety of projects which increases access to fruit and vegetables
- Emergency relief agencies have a sustainable and reliable supply of rescued fruit and vegetables

A culture of healthy eating in a variety of community settings

In a variety of community settings people and organisations are working together to create strong social norms around healthy eating , making healthy food choices easy choices. This is supported by the increased availability of fruit and vegetables resulting from the HFAT project activities. Settings include families, Earlychildcare, Schools, Workplaces, Healthcare, Communities and neighbourhoods, Events, local businesses and social media/branding campaigns proudly boast about the opportunities to buy and enjoy locally grown fruit and vegetables

Emergency relief agencies include fruit and vegetables in their support to community food programs and people in crisis.

Making Healthy Food Choices Easy Choices

- Partnerships
- Planning
- Projects
- Policy

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

Community members are actively engaged in activities/projects where they can build skills, knowledge and confidence that make healthy food choices easy choices

These learning opportunities are supported by the increased availability of fruit and vegetables in their communities



Project outline



- 3 Stages
- **Learn**
 - Project scoping and research
 - Policy, program, big opportunities
 - Healthy Food Basket Survey
 - Mapping of food growing (fruit and vegetables types and locations) – underway
- **Act**
 - Funding initiatives – EOI received
 - Collaboration/partnerships with local government and SDOH projects
 - Community ‘Activation’ - Local Government Community Food Access profiles; Food & nutrition policy review; local government elections; other policy development and advocacy
- **Share** - Tool kit

Useful social indicators - examples

- Affordability – cost and income
 - % Concession card holders; % of children living in poverty
- Access
 - Number of adults receiving a disability support payment; % **households without a car**; % of adults fair or poor health
- Availability – type of shops available
 - Location and type of stores have been identified
 - Generally there are very few shops in low income areas which sell healthy foods, including fruit and vegetables – more on this later
- Local Government Community Food Access profile contain this data at a local level

What are the causes of poor access to healthy food?

- **Affordability** – household income, cost of food in towns and neighborhoods across Tasmania
- **Access** (physical)– where are the shops located, can I get there (transport), can I manage to carry my shopping?
- **Availability** – what healthy food is available in the shops?

Healthy Food Access Basket

- Survey was undertaken by University of Tasmania in March and April of 2014
- HFAB is survey tool used to monitor the cost of purchasing a basket of healthy food (44 items)
- Foods reflect the Australian Guide to Healthy Eating recommendations which are developed by Commonwealth Department of Health
- Cost is expressed as a percentage of income based on government assistance received by the 4 family types.

Healthy Food Access Basket Survey – Preliminary results

STORE TYPE	FAMILY TYPE							
	2 parents (female and male age 44) & 2 children (ages 18 & 8)		Single parent (female age 44) and 2 children (ages 18 & 8)		Single Male (>31 years)		Age Pensioner (age 70)	
	Range	% Income	Range	% Income	Range % Income	% Income	Range	% Income
Major Supermarket (For example Coles, Woolworths, & Supa IGA) Total n=50; Surveyed =23	\$311- \$413.38	23-31%	\$211.50- \$284.33	20-27%	\$98.67- \$129.43	20-26%	\$76.18- \$100.73	10-13%
Minor Supermarkets (For example IGA Everyday, local supermarket) Total n=82; Surveyed =37	\$378.16 – 550.76	28-41%	\$258.48- \$377.89	25-36%	\$119- \$173.24	24-35%	\$90.70- 132.43	12-18%
General & Convenience Stores (For example local, general, convenience and corner shop) Total n=165; Surveyed = 60	\$404.48- \$560.67	30-41%	\$280.30- \$391.50	27-37%	\$125.93- \$173.52	25-35%	\$99.23- \$136.05	13-18%

Access- Please note only 19/353 (5%) shops area located in the areas with the lowest household income

Availability (State wide)



- Major supermarkets – 43.7/44 (mean ; range was 42-44)
food items were available at all supermarkets
- Minor supermarkets – 40.9/44 (mean ; range was 18-44)
- **General and Convenience Stores – 27.4/44 (mean ; range was 2-44)**

Summary of HFAB – preliminary findings

- Affordability varies across household type
- Affordability varies across the store types
- Access to stores with the HFAB varies by location
- Availability of the HFAB foods is reduced in areas dependant on smaller shops.
- **Tasmanians living in the areas with the lowest household income have reduced access to shops and reduced availability of affordable healthy food options versus other Tasmanians.**

Social Determinants of Health projects-

- Tasmania Medicare Local - 18 LGA/communities invited to submit proposals to address SDOH (including education, housing, employment, poverty and food security)
- 54 submissions received

SDOH Funded projects

- 9 projects were Allocated \$50,000 to develop a detailed project plan
- 5 of 8 final projects aim to improve access to healthy food
- Variety of approaches
 - establishing a local neighbourhood shop and market garden,
 - food cooperatives which sell commercial and neighbourhood grown food,
 - skill building for cooking and growing for whole neighbourhoods,
 - food security determinant mapping by local government
- Each project receives \$300k

A critical additional investment will builds on the current context



Highlights and future opportunities

- Large amount of 'natures' grade produce that does not make it to market
- State Government - Food Co-ops commitment
- Emerging partners Social enterprises for food growing and distribution
- New models for connecting growers and eaters – e.g. Networks of growers, hubs
- Adopting a economic resilience approach to frame the issue with a broad range of stakeholders
- Strengthening the policy environment at all levels of government

*“When
institutionalised
capability meets
grass roots we can
build local food
systems”*

*David Adams, March
2014.*



Healthy Food Access Tasmania – initiative funding

- *Getting food to people or people to food*
- Small number of projects funded till June 2016; Total pool \$480,000
- Examples –regional project connecting growers with local retail environment, explore new distribution models, food coops, urban agriculture, partnerships with supermarkets
- **Projects will need to demonstrate how they connect with and support other projects/settings that sit in our framework for *making healthy choices easy choices.***
- **Locations will be influenced by what we have learned from HFAB**

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