



# Food for All: Building Capacity to Address Food Security

Presented by Trevor Budge,  
Associate Professor La Trobe University, on  
behalf of  
VicHealth (Victorian Health Promotion  
Foundation) Australia



# Overview

- Food insecurity in Victoria
- Food for All program
- Tools for local government
- Food for All evaluation findings
- Future recommendations



# The Victorian Health Promotion Foundation (VicHealth)

## Vision:

- VicHealth envisages a community where:
  - Health is a fundamental human right
  - Everyone shares in the responsibility for promoting health; and
  - Everyone benefits from improved health outcomes

# Food insecurity in Victoria

**One in 20 (5.6 per cent) persons in Victoria experienced food insecurity in 2008**

**Table 1:** Proportion of persons who ran out of food in the previous 12 months and could not afford to buy more, between 2005 and 2008

	2005	2006	2007	2008
	Per Cent			
Males	4.3	4.4	4.8	4.5
Females	4.8	5.4	5.4	6.5
Persons	4.6	4.9	5.1	5.6

**Reference:** *Victorian Population Health Survey 2008*, Department of Health, Melbourne, Victoria

# Health Impacts

- \* A socioeconomic gradient exists for obesity whereby higher levels of obesity are associated with lower levels of household income
- \* 90% of Victorian adults **do not** meet the guidelines for daily vegetable intake (five or more serves)
- \* Proportion of people who did not meet guidelines for fruit and vegetables **decreases with increasing household income**

# Vulnerable groups

- \* People with no or low income
- \* Homeless people or those living in substandard accommodation (rooming houses with inadequate cooking facilities)
- \* Frail aged and those with poor mobility
- \* Single-parent households
- \* Refugees and asylum seekers
- \* Aboriginal and Torres Strait Islander communities

# Rationale for Food for All

- \* VicHealth recognition of the economic, cultural and physical barriers to accessing fresh and affordable food
- \* Recognition that the barriers existed in the infrastructure of communities where people live
- \* Local government identified as the best site to address the structural and systemic barriers

# Program Goals

1. To reduce local government systemic barriers and local infrastructure barriers to food security
2. To increase regular access to, and consumption of, a variety of foods, particularly fruit and vegetables, by people living in disadvantaged communities



# Food for All

- \* 5 year project (2005 -2010) in Victoria
- \* A partnership with 9 local government areas (councils) and local service providers
- \* Over \$2.5 million funding
- \* External evaluation component
- \* Dissemination of Food for All resources to all Victorian local governments

Type of strategy	Example
Healthy eating knowledge and skills	<ul style="list-style-type: none"> <li>•Promotion of healthy eating</li> <li>•Education and support for shopping, food preparation and cooking</li> <li>•Bilingual nutrition education</li> <li>•Resources development</li> </ul>
Food supply	<ul style="list-style-type: none"> <li>•Emergency food relief, food rescue and food distribution</li> <li>•Mobile fruit and vegetable stalls</li> <li>•Healthy food provision in food retail outlets</li> <li>•School breakfast programs</li> <li>•Café meals</li> </ul>
Local food production	<ul style="list-style-type: none"> <li>•Gardening</li> <li>•Land allocation for food production</li> </ul>
Access to fresh food outlets	<ul style="list-style-type: none"> <li>•Community transport</li> <li>•Advocacy for public transport</li> </ul>



# Micro-Movies and Information Sheets

## Resources for local government

- \* The valuable learnings from each local project are captured in tools for local governments including:
  - ➔ 10 micro-movies
  - ➔ 10 information sheets
- \* Designed to assist local government to advance the food security agenda in their local area
- \* Describe 10 key broad categories of action to assist vulnerable residents with access to affordable, healthy food

Available from: [www.vichealth.vic.gov.au/foodforall](http://www.vichealth.vic.gov.au/foodforall)

## Key Learnings: Factors that support local government working in food security

- \* Existence of strong local data important
- \* Council culture - social justice, equity and diversity among residents recognised
- \* Dedicated staff
- \* Leadership and support in the broader environment
- \* Support from urban planning

# Program Outcomes

1. Increased intra-council planning around food security
2. Increased the understanding of infrastructure barriers to food security
3. Sustainability

# Recommendations

- \* Collect comprehensive, accurate and consistent data on food access and consumption for different population groups and locations
- \* Food security as a whole of government issue across state, local and national government
- \* An integrated planning approach across all levels of government

# Ongoing VicHealth commitment to food security

- \* Dissemination of resources for local government – “Ten Ways Local Government Can Act on Food Security”
- \* Research to improve understanding of the food system impacts on food security
- \* Food Alliance

# Acknowledgements

- Project officers, council staff and all of the community organisations involved in the Food for All project
- Ernestine Thompson, Manager, Food and Nutrition, VicHealth
- Beth Scholes, Senior Project Officer, Food and Nutrition, VicHealth
- Dr Meg Montague, External Evaluation Consultant for Food for All
- Associate Professor John Fitzgerald, Executive Manager, Knowledge and Environment for Health, VicHealth