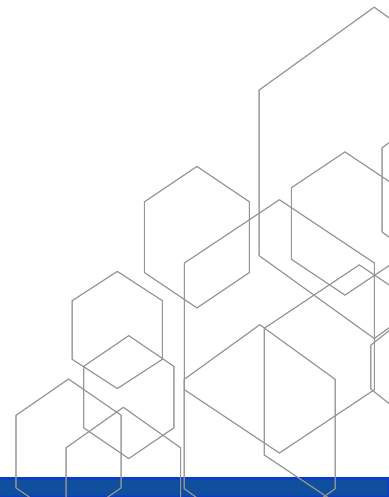


Enhancing food security for Māori, Pacific, and low-income families/whanau

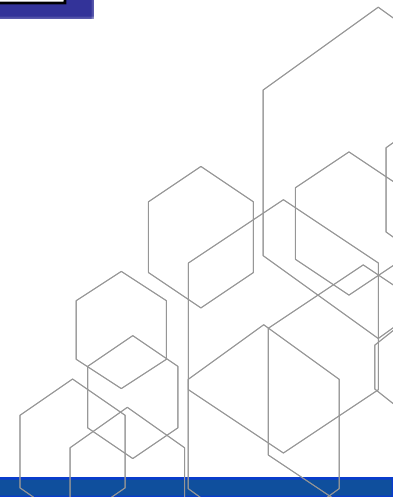
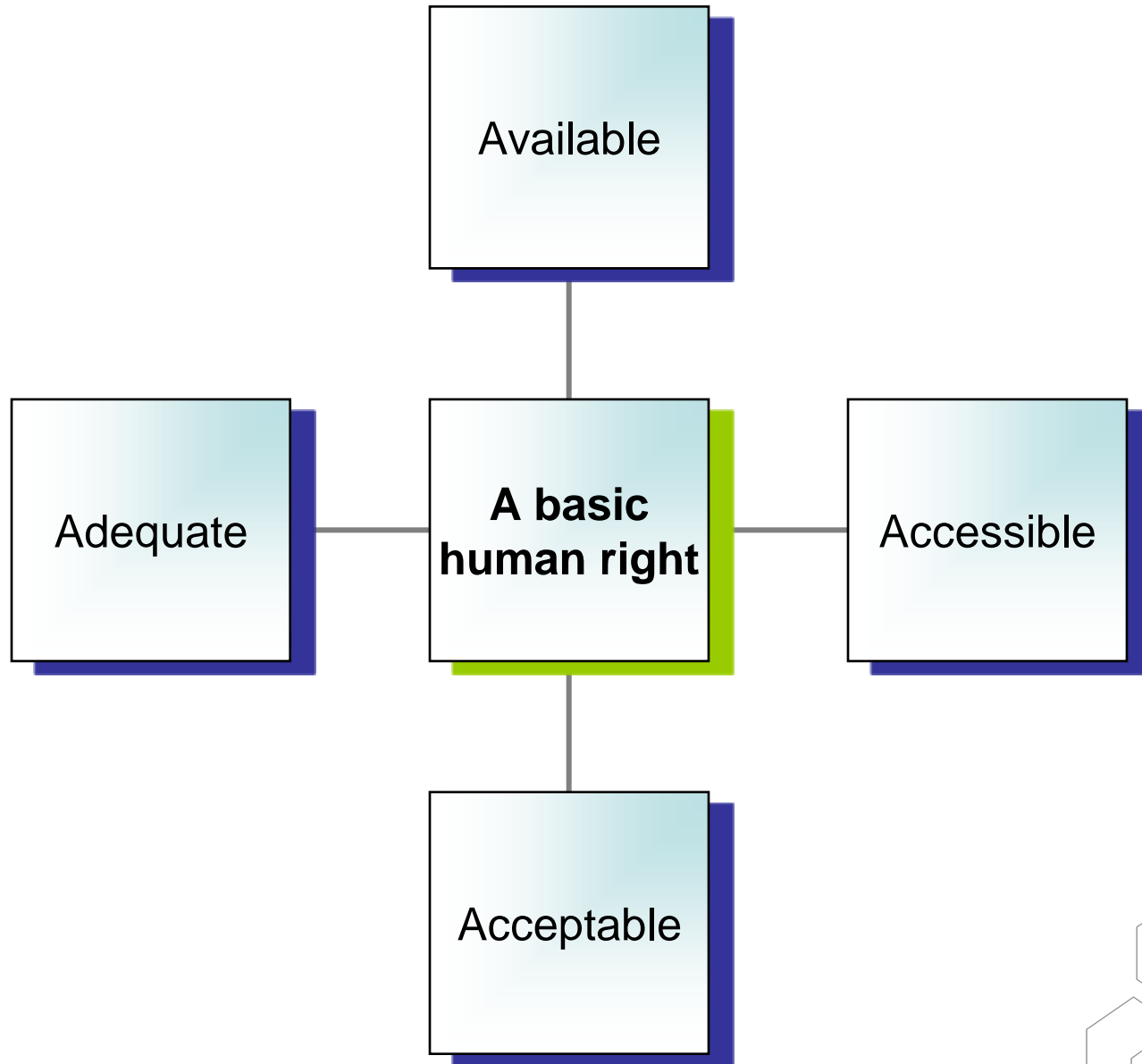


Workshop goals

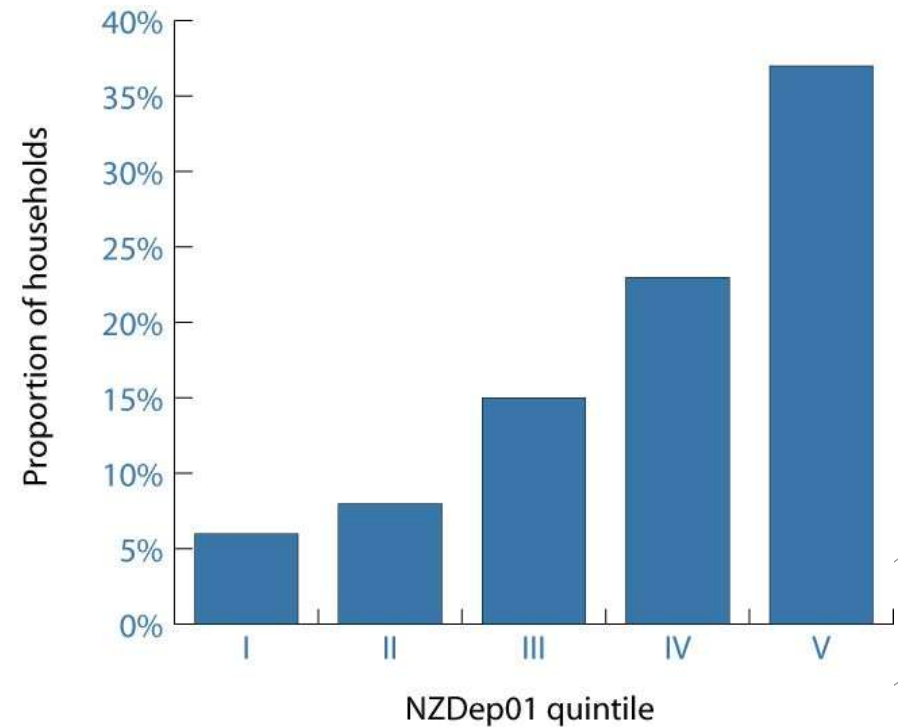
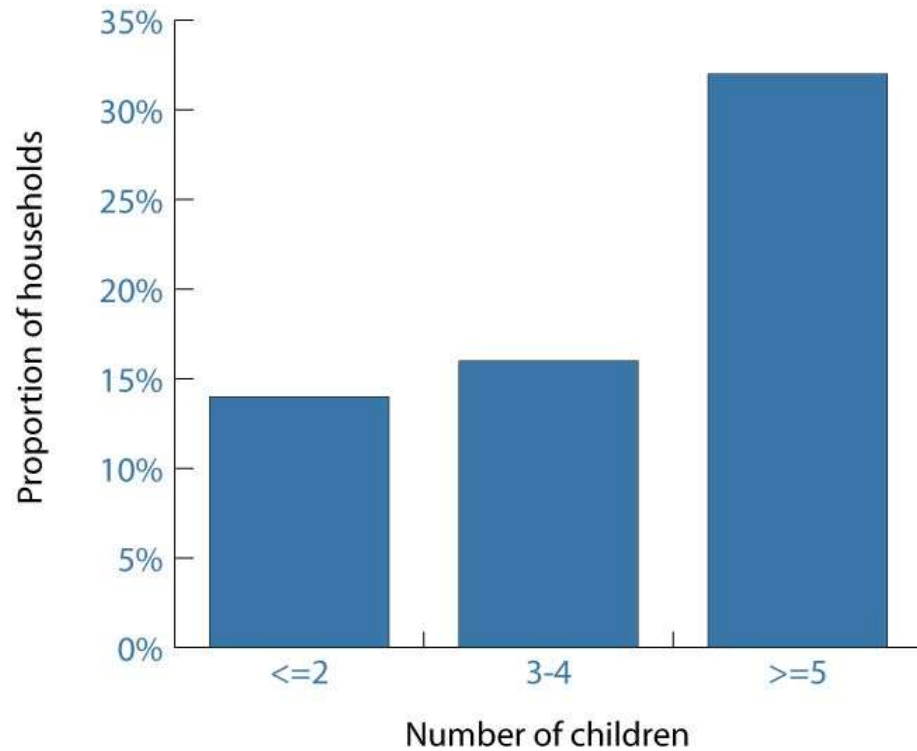
- Share draft findings
- Disseminate findings
- Get feedback from workshop to inform final policy papers



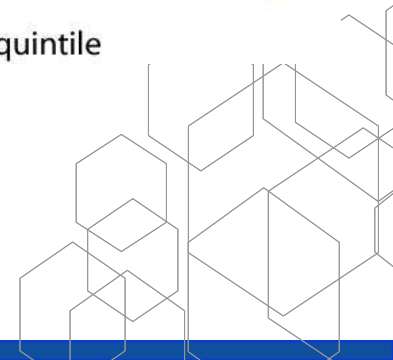
Food security



Food runs out *sometimes*




NZ National Children's Nutrition Survey 2002



Enhance project

- RFP - Enhancing food security and physical activity for Māori, Pacific and low-income whānau/families
- Aim to understand environmental influences and identify solutions
 - Literature review
 - Focus groups
 - Identification of contributing factors and points of intervention (complexity theory)
 - Defining opportunities for intervention (workshops)
 - Evaluation of potential interventions (literature and key informants)
 - Portfolio of policies, programmes and actions

Funded by Ministry of Health and Health Research Council

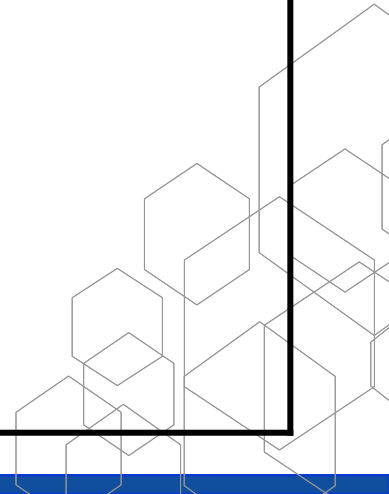


Literature review findings


<i>Economic:</i> income, employment, expenses and debt, welfare systems, housing	<i>Physical:</i> health, household facilities, transport, gardens, urban location
<i>Social and cultural:</i> skills and time, family, cultural expectations, community, pride/stigma, immigration, food advertising	taxation, policy

Few interventions

Multi level solutions



Focus group findings



“It’s all just too hard”

- Desire for better access to healthy food
- Barriers: money, knowledge and skills, habit, time, availability, culture
- Supports: ↑money, ↓cost healthy food, ↑skills and knowledge, gardens
- Solutions needed at multiple levels



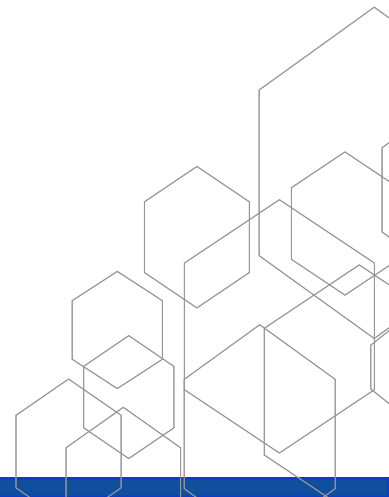
Where to intervene?

- Identify areas for interventions
- Use literature review and focus group research
- Take a systems approach
- Identify broad areas for further research and analysis



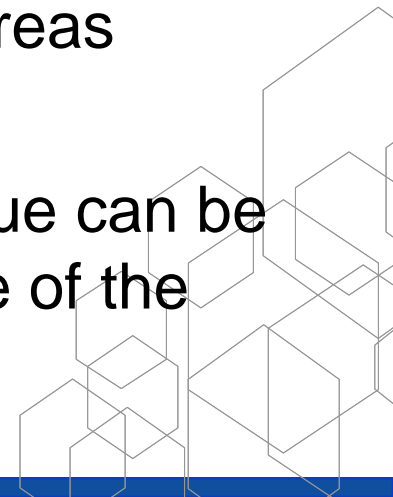
Three areas identified

- Money available in households
- Food purchasing influences
- Cost of healthy, nutritious foods



Opportunities for action

- A range of focal areas were chosen for development of policy papers. Selection was based on:
 - Areas receiving most support at workshops
 - Findings from literature review and other earlier work
 - Key populations: Māori, Pacific, low-income
 - Initiatives covering a range of levels
 - Avoiding overlap with work in other areas
 - Utilising strengths of research team
 - Practical considerations of where value can be added and what was within the scope of the project



Policy paper methods & topics

Methods – literature review & key informant interviews

Topics

- **Money available in households**
 - Economic instruments
 - Lender responsibility
 - Full benefit entitlements
 - Provision of food in schools
- **Food purchasing influences**
 - Cooking skills
 - Iwi development
 - Community markets, gardens, transport and access
- **Cost of healthy nutritious food**
 - Community-based initiatives



Economic instruments

Remove GST from food, or from ‘healthy basic foods’:

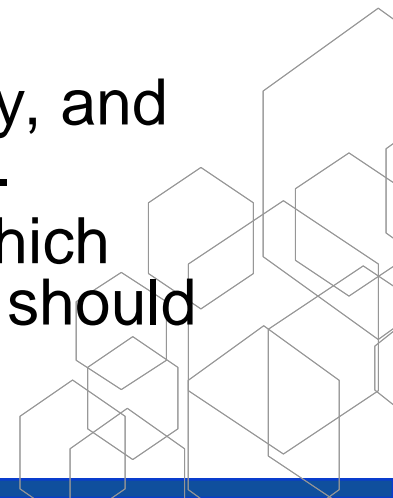
Not Recommended:

A major objection is that it is poorly targeted to families likely to be suffering food insecurity.

Provision of a Smart Card, providing discounts on healthy nutritious food:

Recommended for further investigation:

- Practicable - widely applied in the USA.
- Could be designed to both reduce food insecurity, and improve the nutritional quality of food purchases.
- Two principal design issues to be decided are which foodstuffs should qualify, and which households should be eligible.

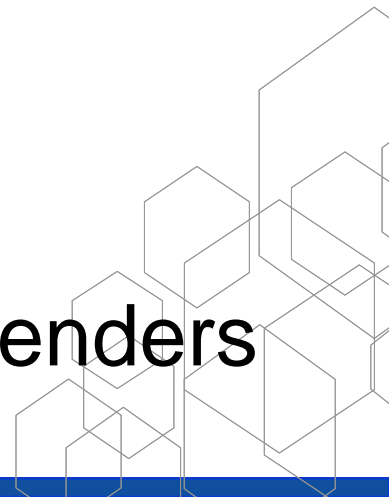


Fringe lender responsibility

- Increase in fringe lenders, e.g. mobile trucks in low-income areas & pay-day lenders, who lend to low-income customers at very high interest rates
- People are borrowing for everyday needs
- Can result in accumulated debt, a culture of debt dependency & increased stress

Recommendations

- Regulation of fringe lenders
- Access to affordable credit
- Financial literacy for users of fringe lenders



Full benefit entitlements

- This would increase money available in households for food
- Current, MSD policy that people receive full and correct benefit entitlement
- Government has increased the monetary value of Special Needs Grants particularly for food
- **Recommendations**
 - MSD continue and enhance policy ensuring full and correct benefit entitlements for all beneficiaries
 - Enhance case management to ensure the policy is fully and fairly implemented



Provision of food at school

Q: Can the provision of food at school (fruit, breakfast or lunch) have an impact on:

- Child food security by providing food directly to children?
- Household food security by reducing the amount of food a household needs to purchase to feed children?

A: The evidence is poor for impacts on food security, except limited evidence for poorest households. Food at school is linked with some positive educational and nutritional outcomes.



Provision of food at school II

Q: Is there support amongst policymakers in New Zealand for provision of food at schools?

A: Limited support for breakfast schemes & very little support for lunch schemes. Good support for fruit in school schemes.

Q: Recommendations:

- Continue and expand 'Fruit in Schools'
- Actively trial breakfast in school schemes & evaluate impact on food security
- Keep a watching brief on international evidence – this is an area of interest



Cooking skills

- Impact of cooking skills on food security unknown. However, research suggests other benefits for low-income families
- Recommend:
 - **Teach practical cooking skills as part of the curricula in schools**
 - **Provide free, tailored, community-based cooking skills programmes for adults**
 - **Important to implement and evaluate as part of a multi-faceted, multi-level food security or nutrition policy, as will not solve food security on its own**



Iwi development and food security

- **Māori experience higher rates of food insecurity than non Māori, influenced by higher unemployment rates, low educational attainment and low-incomes**
- **Workshop participants suggested ‘increasing Iwi and other pan-tribal investment/economic development in traditional Māori food sources/supply as possible intervention.**
- **Economic Development can potentially impact in two ways:**
 - **Increase food supply e.g Mātaitai reserves, community gardens**
 - **Creation of jobs: e.g land based polyculture, horticulture of taewa/riwai**
- **Area for future consideration and research as it offers some potential for culturally specific interventions.**



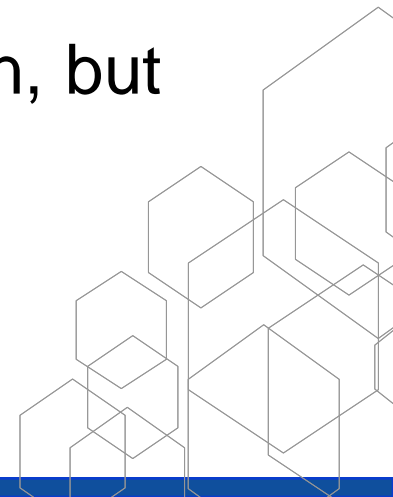
Community markets and access

- **Community gardens well-liked, and can have a positive effect on fruit and vegetable consumption and provide social benefits. No evidence of impact on food security.**
- **Community and farmers' markets have potential to reach a larger audience but need to be targeted appropriately.**
- **Recommend:**
 - **Establish community markets in low-income areas**
 - **Support establishment of community gardens where there is community support**
 - **Cost-benefit analysis of providing supermarket shuttles**



Community-based initiatives

- Examples are food cooperatives, gardening projects, fruit and vegetable prescription, barter system
- Recommend:
 - Provide support for and evaluate implementation at a local level according to community need and wishes
 - Unlikely to solve food security on their own, but may assist individual households



Workshop questions

This research aims to enhance physical activity and food security for Māori, Pacific and low-income New Zealanders

- What feedback do you have about the key findings?**
- What feedback do you have about the key recommendations?**
- What is needed to ensure these recommendations are acted on?**



Where to from here

- Take advice from workshops
- Finalise policy papers
- Consider overall findings
- Complete the 'book' and submit to HRC and Ministry of Health (the funders)
- Disseminate widely



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