

Food Security in New Zealand – a very brief overview – Christina McKerchar ANA



Food Security

- NZ Definition- “access to adequate, safe, affordable and acceptable food.”
- Food security refers to the ability of individuals, households, and communities to acquire appropriate and nutritious food on a regular and reliable basis, and using socially acceptable means.

(NSW Centre for Public Health Nutrition)

Food Security

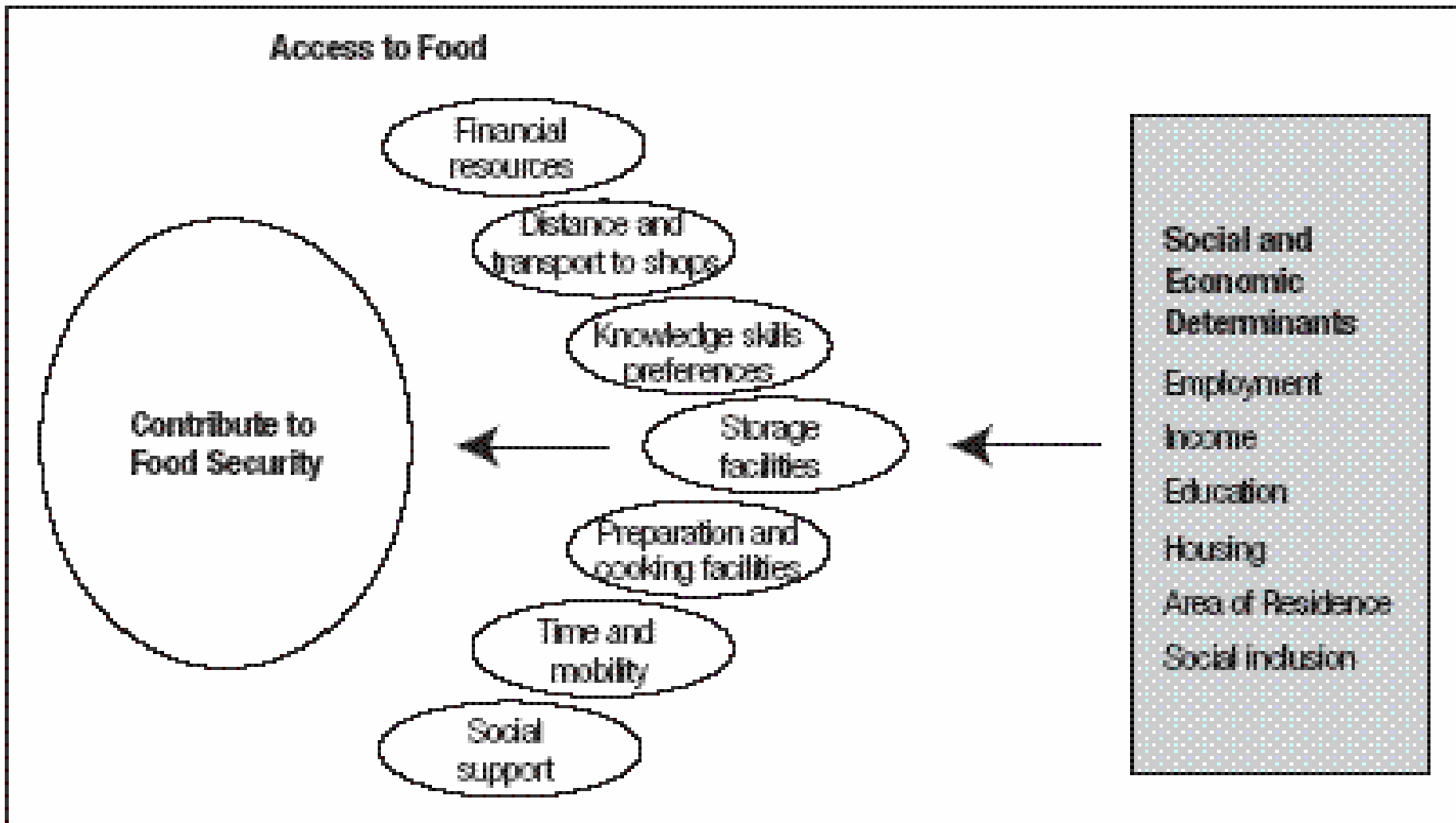
- Food security is determined by the food supply in a community, and whether people have adequate resources and skills to acquire and use (access) food.
(NSW Centre for Public Health Nutrition)

Food insecurity can refer to the following:

- not having sufficient food
- experiencing hunger as a result of running out of food and being unable to afford more
- eating a poor quality diet as a result of limited food options
- anxiety about acquiring food – or having to rely on food relief *(NSW CPHN)*

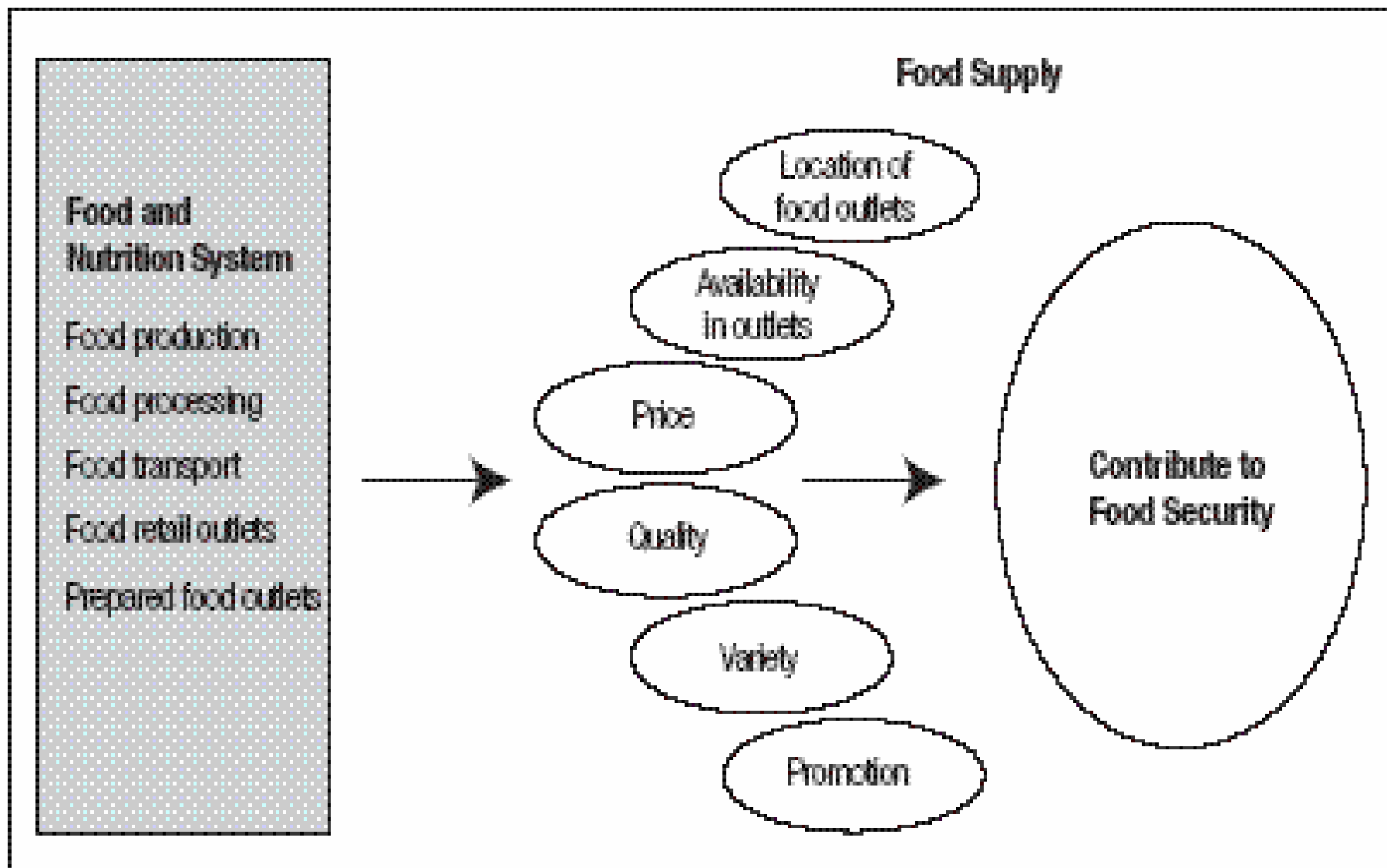
Food Access (NSW CPHN)

Figure 3. Points of intervention to improve access to food



Food Supply (NSW CPHN)

Figure 2. Points of intervention to improve food supply



Household Food Security Measured in NZ

- 1997 National Nutrition Survey
- **2002** National Childrens Nutrition Survey

2002 Childrens Nutrition Survey

Household food security questions

- The household can afford to eat properly
- Food runs out in our household due to lack of money (Basic food e.g bread/potatoes – not treats)
- We eat less because of money
- The variety of foods we are able to eat is limited by a lack of money
- We rely on others to provide food/or money for food, for our household, when we don't have enough money

Household food security questions continued

- We make use of special food grants or foodbanks when we do not have enough money for food
- We feel stressed because of not having enough money for food
- It is stressful because we can't provide the food we want for social occasions

We can afford to eat properly 2002 CNS

- 77.8% of 2771 households surveyed can always afford to eat properly – 20.1% said they could only afford to eat properly sometimes.
- Linked to number of household members (>7 = 36.7% sometimes)
- Linked to number of children (>5 children = 37.3% sometimes)

NZ Children's Nutrition Survey data 2002

Figure B-13: Can *Always* afford to eat properly

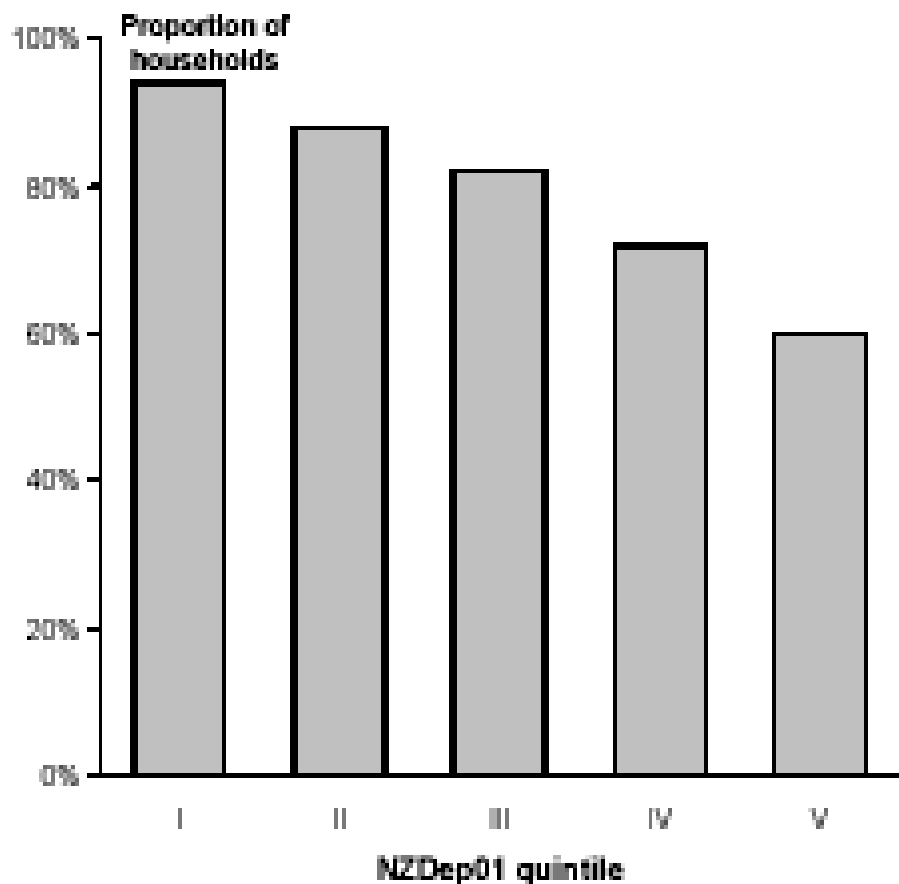
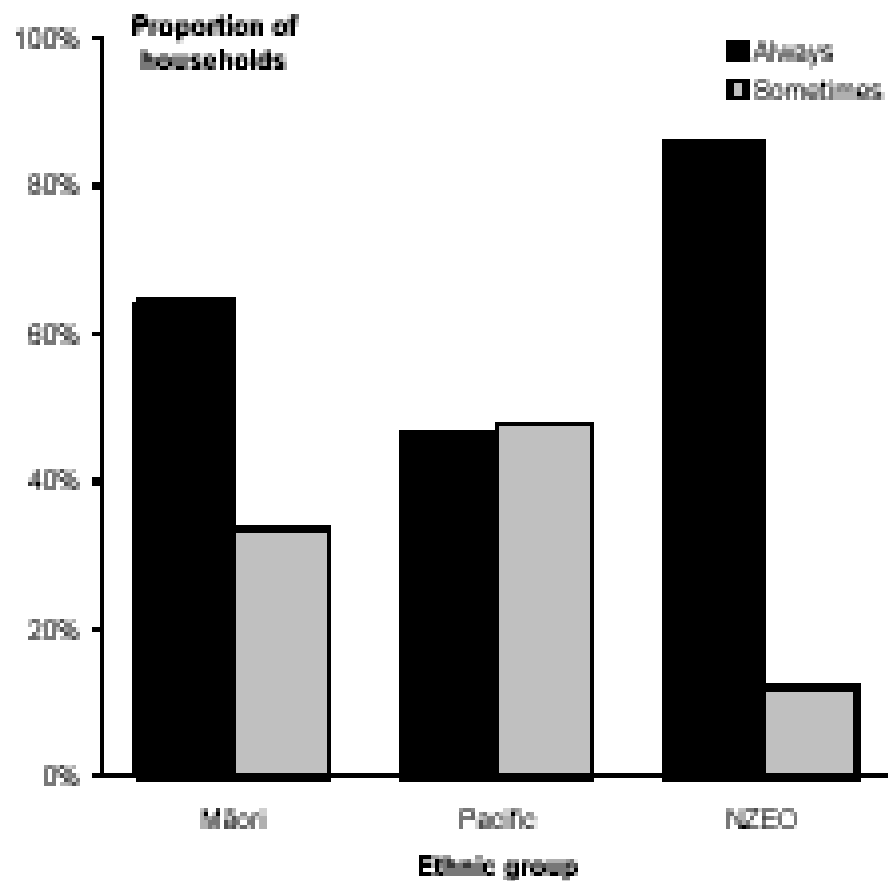


Figure B-14: Can *Always* and *Sometimes* afford to eat properly



Children's Nutrition Survey 2002 data

Figure B-15: Food runs out *Sometimes*
(number of children)

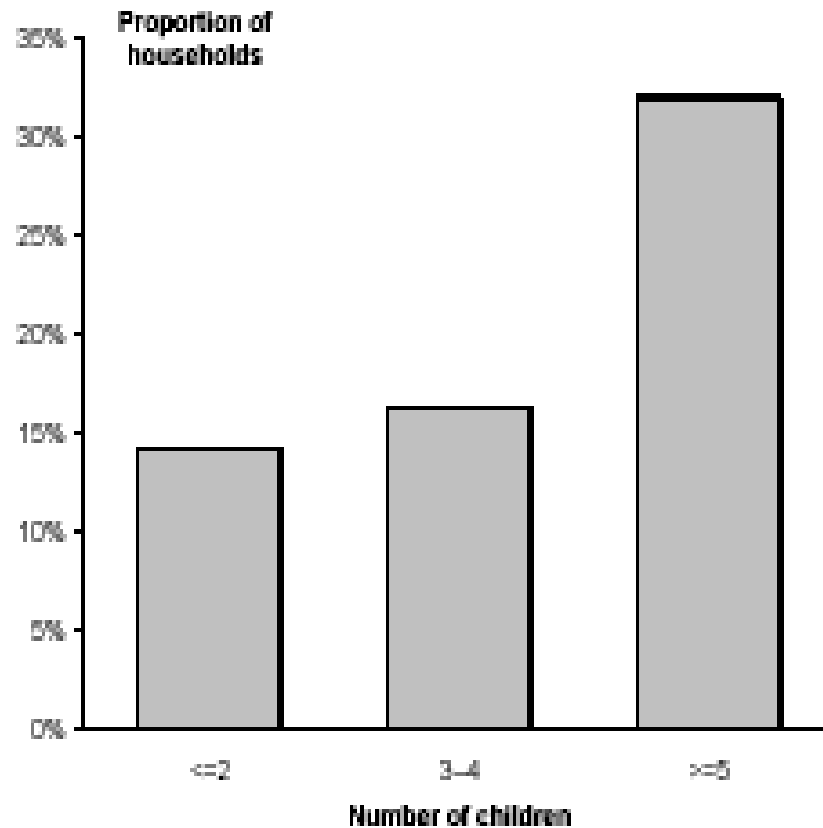
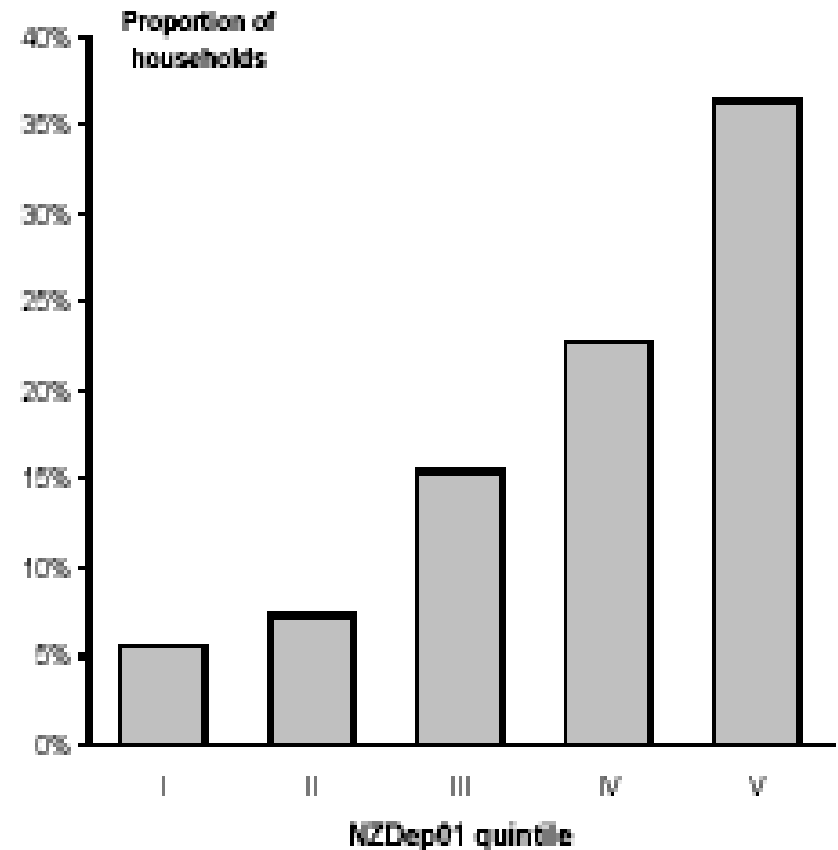


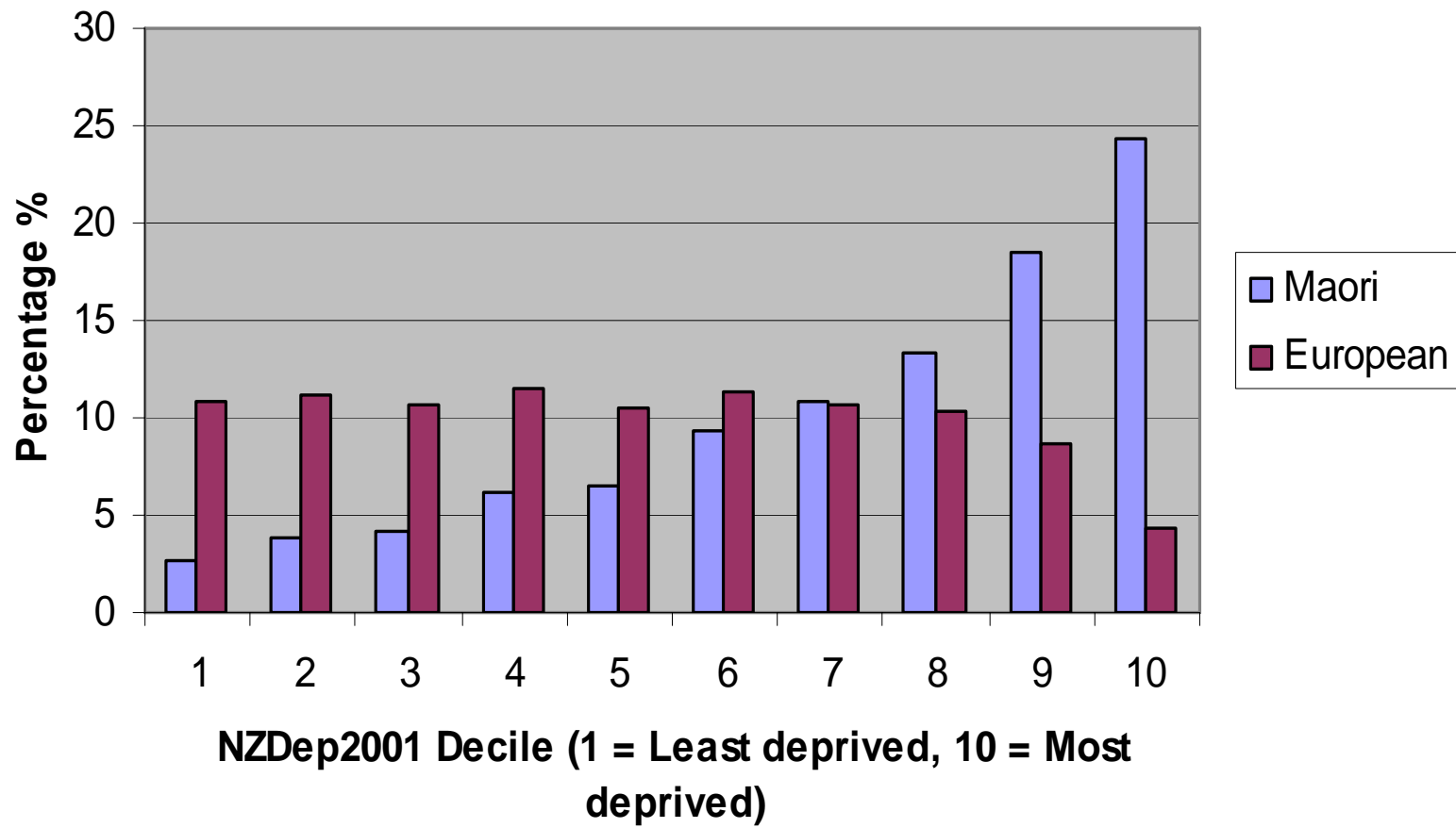
Figure B-16: Food runs out *Sometimes*
(NZDep01 quintile)



Childrens Nutrition Survey 2002 – ‘stressed’ question

- Overall 24.5 % of NZ households stressed because of a lack of money for food (18.1% sometimes, 6.4% often)
- Linked again to number of households members, number of children, socioeconomic status, and ethnicity
- e.g 12.1% Maori households often stressed
27.9% Maori sometimes stressed = 40%

Population Distribution for Maori and NZ European by Deprivation Index



Food Security Intervention Options (NSW CPHN)

- Generic Intervention Strategies to improve food security (that relate to food supply and access to food)
 - e.g Food policy councils, research, monitoring, evaluation, Advocacy, Govt Subsidies/Schemes, community development grant schemes

Food security options

Interventions to improve Food Supply

- Food system education
- Food production (e.g gardens (home, school, community), supporting local farming/agriculture
- Food transport
- Food retail outlets e.g location of supermarkets, instore price, availability, promotion
- Prepared Food Outlets (cafes etc)
- Food Aid and subsidised meals (e.g food banks, soup kitchens

Interventions to improve access to foods

- Integrated services and referral systems
- Income support
- Transport to food suppliers
- Appropriate storage and kitchen facilities
- Health education: food and nutrition and life skills

Summary in NZ to date we have:

- ✓ National Monitoring of Food Security
- ✓ Some good advocacy around income
- ✓ A number of small food security interventions trialed - *but not always evaluated, information about not always available*
- So we need to know a lot more...about everything...

References

- NSW Centre for Public Health Nutrition
'Food Security Options Paper' June 2003
- NZ Network against Food Poverty, 2000 'Hidden Hunger'
Both documents available on:
<http://www.cphn.biochem.usyd.edu.au/resources/index.html>
- Ministry of Health, 2003 NZ Food NZ Children: Key results of the 2002 Children's Nutrition Survey.
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