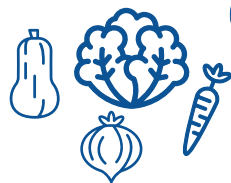


Adequate vegetable consumption among rural Western Australian children



Do food availability, access and utilisation factors determine vegetable intake among children?



Location of food outlets



Enough food outlets in towns = children 10 times more likely to eat enough vegetables



Variety

Eating 4-5 types/forms of vegetables (i.e. fresh, frozen, tinned, dried, juice) = children 10 times more likely to eat enough vegetables

FOOD AVAILABILITY



Promotion

Caregiver recall a vegetable promotional message = children 5 times more likely to eat enough vegetables



Price

Perception that healthy food did not cost more than other towns = children 3 times more likely to eat enough vegetables

RECOMMENDATIONS



Build and support regional/local food supply chains



Increase the number of options for families to acquire vegetables, through variety of retail outlets and community settings such as gardens



Develop campaign promoting specific action-based vegetable messages in food outlets and community settings



Have a variety of vegetable types available and promoted in food outlets

Source: Godrich, S.L., Lo, J., Davies, C.R., Darby, J., Devine, A. (2017). Which food security determinants predict adequate vegetable consumption among rural Western Australian children? *International Journal of Environmental Research and Public Health*. 14 (40), pp 1-15. doi:10.3390/ijerph14010040.

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