

Understanding the determinants of food security among regional and remote Western Australian children



BACKGROUND

The concept of how food security impacts Australian children in regional and remote areas is not well understood. Greater insight into the key determinants of food security would facilitate better understanding of the issue and aid the development of strategies to increase food security.

RESULTS

AVAILABILITY

Inconsistent food availability between rural and remote



PRICE

Multiple outlets and farmers' markets reduced food price



PROMOTION

Point-of-purchase healthy food promotion included posters, cooking demonstrations



QUALITY

Local food supply increased quality; long-distance freight reduced quality



LOCATION OF OUTLETS

Increased centralised location of outlets made food access difficult for outlying residents



VARIETY

Many outlets had a large variety, some only had generic staples



SOCIAL SUPPORT

Inequitable formal social support. Informal support like food swaps, friend networks filled gap



FINANCIAL RESOURCES

Significant diversity in financial resources across WA. Unexpected unemployment contributing to food insecurity

TRANSPORT

Some towns had no public transport or it ran at inconvenient times



DISTANCE

Distance to outlets was high when families had to shop in other towns for quality, affordable, healthy food



MOBILITY

Built environment in some towns made mobility difficult



NUTRITION KNOWLEDGE AND SKILLS

Knowledge and skills sharing improved skills; reverse role modelling



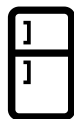
FOOD PREFERENCES

Children's food preferences improved when healthy options were convenient. Dictated to parents



STORAGE FACILITIES

Storage facilities varied: walk-in cool rooms to limited facilities.



COOKING FACILITIES

Cooking facilities varied enormously; frequent power outages



TIME

Limited time allocated to purchase and prepare food



A few ways to contribute to improved child food security:

- 1. increase local food supply;*
- 2. increase equity in formal social support;*
- 3. fund and focus parent/child food literacy programs on quick, budget-friendly meals.*

Source: Godrich, S.L.; Davies, C.R., Darby, J., Devine, A. (2017). What are the determinants of food security among regional and remote Western Australian children? Australian and New Zealand Journal of Public Health. doi: 10.1111/1753-6405.12636

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