



Food Security Data Summary

Compiled January 2015, this document provides an overview of available food security related statistics and research. Both national data and local data for the Bay of Plenty and Lakes District Health Boards districts have been included.

1. Local Research – Bay of Plenty and Lakes

a) Population Health Survey 2012¹

- Over a quarter of people (27%) reported they had gone without buying fresh fruit and vegetables to keep costs down in the past 12 months
- Almost half of people (48%) were forced to buy cheaper food so that they could pay for other things in the past 12 months
- Approximately 5% of people accessed food grants or food banks in the last 12 months (or 15,816 people in the region)
- 10% of our Maori population accessed food grants or food banks in the last 12 months
- 18% of people skip breakfast every morning or most mornings during the working week
- 14% of children do not usually eat breakfast

b) Food Security Literature Review 2013²

- Food insecurity in the developed world is not a new phenomenon, however approaching it from a local government and policy level is still fairly new
- Research reviewed in this report highlights the need for intersectoral collaboration from all levels of the food system in order to make change
- This literature review commonly found evidence to suggest that forming a collaborative group, often called a food policy council is the best approach to start to address food security locally

c) Food Outlet Mapping 2004³

- Locally we experience higher than average exposure to unhealthy food
- There is a trend for takeaway outlets to be located in our most deprived areas and within 100m of our most deprived schools



2. National Research

a) New Zealand Adult Nutrition Survey - 2008/09⁴

- 14% of New Zealand households reported running out of food often or sometimes due to lack of money with 8.8% often or sometimes relying on food from others
- 59% of New Zealand households were fully/almost food secure, 34% of households were classified as being moderately food secure, and 7% of households were classified as having low food security
- 62% of Maori males, 67% of Maori females live in households that had moderate or low food security, compared with 35% of males and 49% of females of New Zealand European & other ethnicity
- 34-43% of Maori adults could sometimes or never afford to eat properly
- From 1997 to 2008/09 the proportion of households classified as having low food security increased for males (2% to 6%) and females (4% to 9%)

b) National Survey of Children and Young People's Physical Activity and Dietary Behaviours in New Zealand: 2008/09⁵

- Healthy Eating behaviours decline, and unhealthy eating behaviours increase with age
- Only one-third (32%) met the guideline for total vegetable and fruit intake (5 or more servings per day)
- Consumption of foods high in fat, sugar and/or salt tended to increase with age
- Breakfast consumption (on five or more days a week) declines with age from 94% of 5-9 year-olds to 61% of 20-24 year-olds
- Amongst 20-24 year-olds, 14% drank fizzy drinks seven or more times per week, and 10% drank energy drinks five or more times per week

c) New Zealand Burden of Diseases Injuries and Risk Factors Study 2006-2016⁶

- Carrying excess weight (high BMI) is projected to overtake tobacco as the leading risk factor cause of health loss by 2016
- Collectively, consumption of unhealthy food and excess energy intake account for 11% of overall health loss in New Zealand



d) New Zealand Health Survey 2013/2014⁷

Adults

- 65% of adults are overweight or obese
- 36% of adults do not meet recommended three serves of vegetable per day
- 43% of adults do not meet the recommended two serves of fruit per day
- 20% of adults have hazardous drinking patterns
- 16% of adults have medicated high blood pressure
- 11% of adults have medicated high cholesterol
- 6% of adults have diabetes

Children

- 33% of children are overweight or obese
- 68% of children ate fast food at least once in past week
- 6% of children had eaten fast food at least 3 times in the past week
- 59% of children had consumed fizzy drink in the past week
- 17% of children had consumed fizzy drink at least 3 times in the past week
- 45% of children do not meet recommended vegetable serves per day
- 27% of children do not meet recommended two serves of fruit per day

e) Household Economic Survey: Year ended June 2013⁸

- Average weekly household expenditure on food increased by \$15 in the three years between 30 June 2010 and 30 June 2013, from \$178 to \$193
- Contributing to this change were increases in fruit and vegetables (11.4%), ready-to-eat food (21.8 percent), and non-alcoholic beverages (12.6%)

f) Otago University Food Cost Survey 2014⁹

- Cost of very basic food needs is \$64 for the average male per week and \$54 for the average female per week. (This is Hamilton data – closest available data to our region)



g) Food Cost for Families 2010 – Wellington¹⁰

- For individuals receiving the minimum wage, 33.9% of total net income is required to purchase a 'basic' balanced diet for an average family (male and female adults with a 13 year old boy, 10 year old girl)
- For individuals on an unemployment benefit, 52.4% of total net income is required to purchase a 'basic' balanced diet for an average family (Male and female adult with a 13 year old boy, 10 year old girl)

References

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