



Moreland
City Council

Healthy food environment

Moreland City Council Health Profile

Version 1

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Contents

Key insights	2
Healthy food consumption.....	3
Measure: Compliance with fruit and vegetable consumption guidelines.....	3
Measure: Consumption of take-away meals or snacks	3
Measure: Consumption of sugar-sweetened beverages.....	4
Food availability & accessibility	6
Measure: People who are able to access fresh food within easy walking distance from their home	6
Food security	7
Food production.....	7
Food affordability	7
Food safety	8
Data Sources	9

Key insights

Healthy food consumption

- 5% of adults in Moreland meet the fruit and vegetable consumption guidelines, which is higher than in North Division (3.8%) and Victoria (3.6%). 7.2% of adults meet only the guidelines for vegetables, 45.3% of adults meet only the guidelines for fruit, and 50% of adults do not meet the guidelines for vegetables and fruit.
- Nearly one in five (19.5%) adults in Moreland eat take-away meals or snacks more than one time per week. This is higher than for the North Division (14.4%) and Victoria (15.2%).
- 9.4% of adults in Moreland consume sugar-sweetened beverages daily. This is consistent to North Division (9.5%) and slightly lower than Victoria (10.1%).

Food availability and accessibility

- Nearly three quarters (74.1%) of dwellings in Moreland are within 1km of a supermarket.
- Suburbs with the highest percentage of dwellings within 1km of a supermarket are Brunswick (98.1%), Brunswick East (95.8%), and Brunswick West (93.7%). Suburbs with the lowest percentage of dwellings within 1km of a supermarket are Gowanbrae (3.0%), Oak Park (3.5%), and Hadfield (47.6%).

Food insecurity

- There was a concerning rise in food insecurity during the COVID-19 pandemic (VicHealth 2020).
- Experiences of food insecurity are higher among certain priority groups including women, Aboriginal & Torres Straight Islanders, and the LGBTIQ+ community.

Food safety

- Moreland City Council has received 139 food-related complaints in the last 12 months (2019 October - 2020 October).

Healthy food consumption

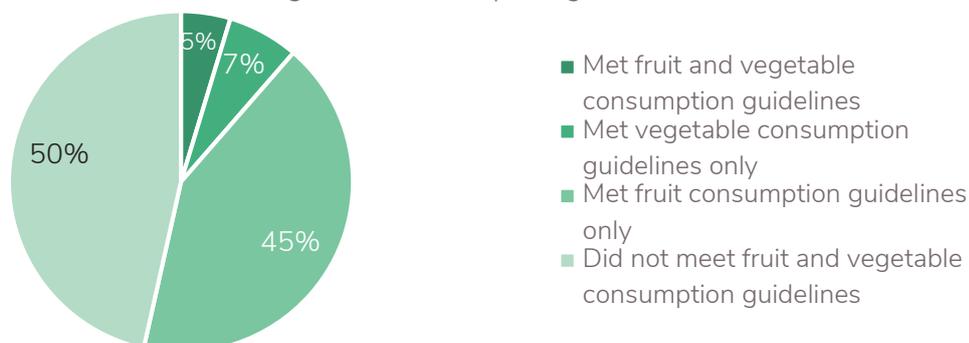
Measure: Compliance with fruit and vegetable consumption guidelines

5% of adults in Moreland meet the fruit and vegetable consumption guidelines, which is higher than in North Division (3.8%) and Victoria (3.6%). 7.2% of adults meet only the guidelines for vegetables, 45.3% of adults meet only the guidelines for fruit, and 50% of adults do not meet the guidelines for vegetables and fruit.

Table. Proportion of adults who meet the compliance with fruit and vegetable consumption guidelines

Level of compliance	Moreland	North Division ¹	Victoria
Met fruit and vegetable consumption guidelines	5.0%	3.8%	3.6%
Met vegetable consumption guidelines only	7.2%	5.6%	5.4%
Met fruit consumption guidelines only	45.3%	43.1%	43.2%
Did not meet fruit and vegetable consumption guidelines	50.0%	52.2%	51.7%

Compliance with fruit and vegetable consumption guidelines in Moreland



Source: Victoria Population Health Survey 2017

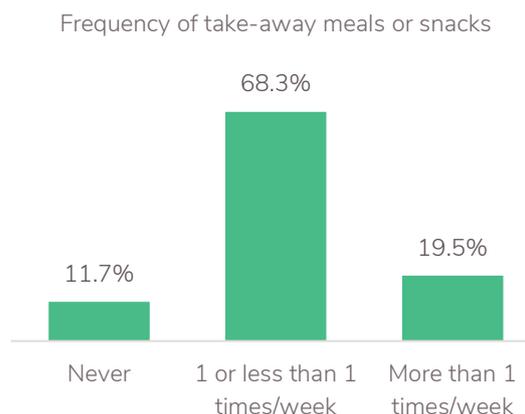
Measure: Consumption of take-away meals or snacks

Nearly one in five (19.5%) adults in Moreland eat take-away meals or snacks more than one time per week. This is higher than for the North Division (14.4%) and Victoria (15.2%).

¹ North division is: Moreland, Hume, Darebin, Whittlesea, Banyule and Nillumbik

Table. Proportion of adults who eat take-away meals or snacks more than one time per week

Frequency	Moreland	North Division	Victoria
Never	11.7%	15.4%	14.9%
1 or less than 1 times/week	68.3%	69.5%	69.1%
More than 1 times/week	19.5%	14.4%	15.3%



Source: Victoria Population Health Survey 2017

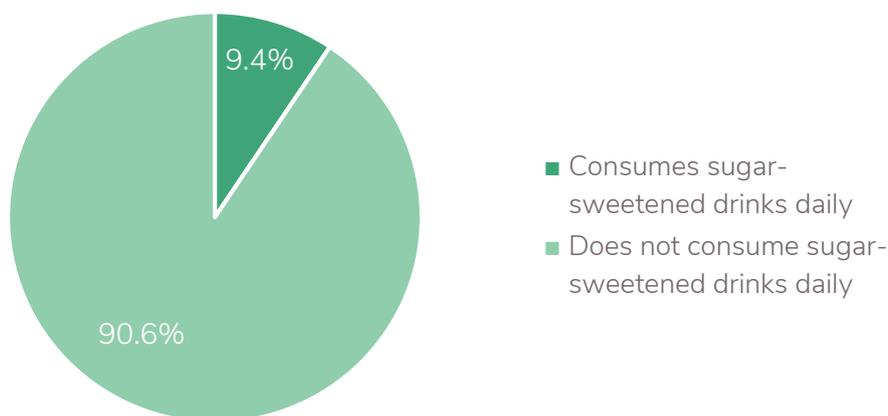
Measure: Consumption of sugar-sweetened beverages

9.4% of adults in Moreland consume sugar-sweetened beverages daily. This is consistent to North Division (9.5%) and slightly lower than Victoria (10.1%).

Table. Proportion of adults who consume sugar-sweetened beverages daily

Consumption of sugar-sweetened beverages	Moreland	North Division	Victoria
Consumes sugar-sweetened drinks daily	9.4%	9.5%	10.1%
Does not consume sugar-sweetened drinks daily	90.6%	90.5%	89.9%

Consumption of sugar-sweetened beverages in Moreland



Source: Victoria Population Health Survey 2017



PRIORITY GROUPS

Poor diet is a leading cause of the disease burden for all Victorians, with dietary risk factors more pronounced for Aboriginal Victorians. For example, 41 per cent of energy intake for Aboriginal adults in Victoria comes from unhealthy foods and drinks. (Korin Korin Balit Djak, 2017).

Access to nutritionally dense foods impacts the overall health of women. Women who have lower incomes are more likely to be unable to afford nutritionally dense foods to sustain a healthy diet. Inadequate nutrition in pregnant women is a health concern and has been

associated with poor pregnancy outcomes including low birth weight and gestational diabetes.

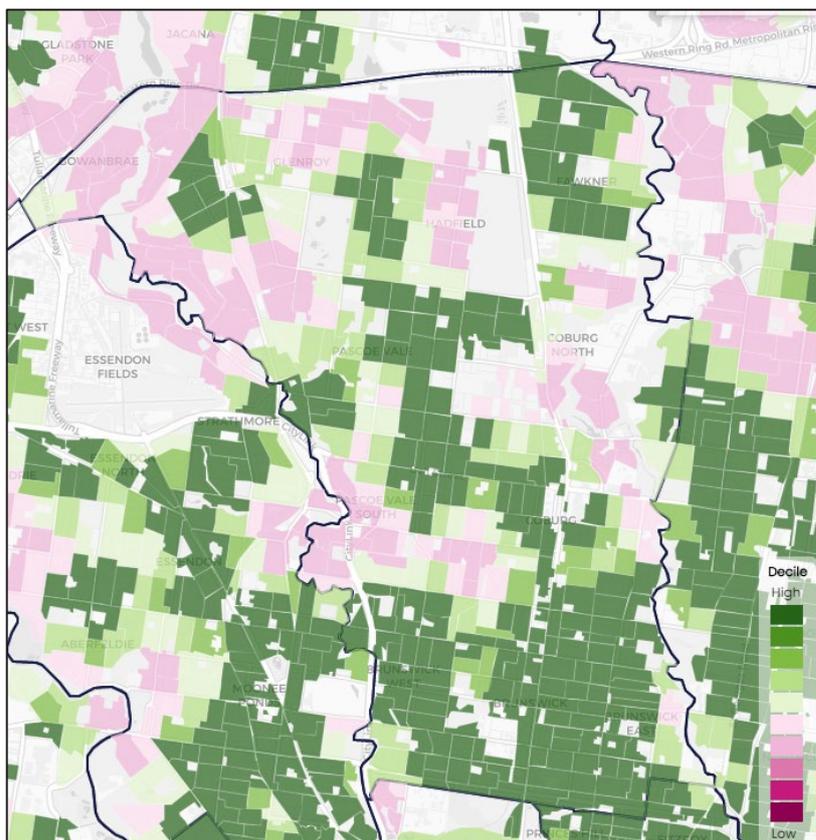
Food availability & accessibility

Measure: People who are able to access fresh food within easy walking distance from their home

Nearly three quarters (74.1%) of dwellings in Moreland are within 1km of a supermarket. Suburbs with the highest percentage of dwellings within 1km of a supermarket are Brunswick (98.1%), Brunswick East (95.8%), and Brunswick West (93.7%). Suburbs with the lowest percentage of dwellings within 1km of a supermarket are Gowanbrae (3.0%), Oak Park (3.5%), and Hadfield (47.6%).

Table. Percentage of dwellings within 1km of a supermarket.

Suburb	% within 1km
Brunswick	98.1%
Brunswick East	95.8%
Brunswick West	93.7%
Coburg	72.8%
Coburg North	66.8%
Fawkner	82.8%
Glenroy	52.4%
Gowanbrae	3.0%
Hadfield	47.6%
Oak Park	3.5%
Pascoe Vale	80.9%
Pascoe Vale South	47.9%
Moreland	74.1%



Source: Australian Urban Observatory 2018



PANDEMIC

Food relief has been an important part of the pandemic response to ensure that those most vulnerable in the community have access to food. International students are one sub-group that have been particularly impacted by the pandemic and lack of social support. This has left many with limited accessibility to culturally safe, appropriate and affordable food (Moreland City Council, 2020).



CLIMATE CHANGE

Sustainable food systems assist in mitigating emissions and provision the consumption of fresh food. Ensuring food availability and access has co-benefits for population and environmental health such as reduced waste and landfill and correct nutrition to support a healthy life (Department of Health & Human Services 2017).

Food security



PANDEMIC

There was concerning rise in food insecurity during the COVID-19 pandemic (VicHealth 2020).



CLIMATE CHANGE

Climate change increases the frequency and severity of extreme weather events which impacts food security (World Health Organisation, 2020).



PRIORITY GROUPS

Women have higher rates of food insecurity than men. Women are more likely to experience difficulties in acquiring appropriate food, this can be attributed to inequalities in income and the pay gap seen between men and women. Aboriginal and Torres Strait Islander women experience higher rates of food insecurity when compared non-Aboriginal and Torres Strait Islander women (Women's Health Victoria 2017).

Aboriginal adults in Victoria are more than three times as likely to have experienced food insecurity than non-Aboriginal Victorians (Korin Korin Balit Djak 2017).

LGBTQIA+ adults experience food insecurity at a higher rate than non-LGBTQIA+ (Victorian Agency for Health Information, 2017).

Food production



CLIMATE CHANGE

Global food production and the agricultural industry contribute significantly to the impact of climate change. Unsustainable food systems present challenges of meeting the demand for high-quality diets for the growing population and supporting ecosystem resilience. With inadequate food production a rise may be seen in malnutrition and chronic conditions caused by poor nutrition (EAT - Lancet Commission, 2019)

Food affordability



PANDEMIC

7% of respondents to the VicHealth Coronavirus Impact Survey stated at some point during the pandemic they had run out of food and could not afford to buy more (increase of 3%). There was also a reliance from many (23%) on cheaper alternatives that were not consider 'healthy' (VicHealth, 2020).



CLIMATE CHANGE

Victoria's climate projections include: more heat extremes, decrease in annual rainfall and increased fire danger (Department of Environment, Land, Water and Planning, 2019). These projections will create strain on the farming and agricultural industries, impacting local Victorian produce. Food affordability may therefore be impacted and see costs rise for local produce as local supply decreases. Inequalities to access of nutritious food may increase in frequency due to the higher cost (Department of Health and Human Services, 2019)



PRIORITY GROUPS

Food affordability is a significant issue in women's health. In some disadvantaged communities up to 25% of people are unable to purchase food when they run out. Women, especially those from low-income households or single-parent households often suffer the most in being able to purchase a sufficient amount of food. (Women's Health Victoria, 2017)

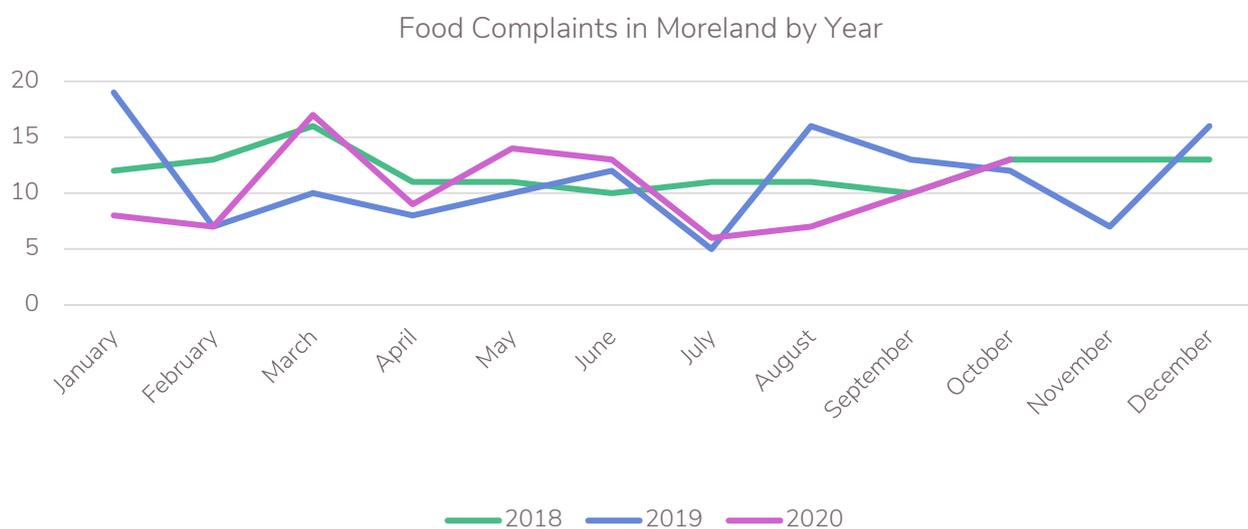
Food safety

In the past 12 months, Moreland has received 139 food-related complaints. The month with the highest recorded number of complaints was January in 2019 with 19 complaints. March was the month with the highest number for both 2018 (16) and 2019 (17). While the lowest months were September 2018 (10), July 2019 (5), and July 2020 (6).

Table. Number of food complaints received by Moreland City Council by year.

Year	Number of complaints
2020 (Until Oct)	104
2019	135
2018	144

Source: Moreland City Council



Source: MCC



CLIMATE CHANGE

Climate change is expected to lead to modified bacterial, viral and pathogenic contamination of water and food (World Health Organisation, 2020). Environmental Health Inspections will become increasingly pertinent in managing the indirect impacts of climate change, in particular managing both food and water-borne diseases. Higher heat days and increasing temperatures will heighten food safety challenges. Bacteria such as salmonella thrives in hotter spaces and leads to a greater risk of food poisoning, so it is important to continue the close monitoring of food process and education surrounding food safety (Food Safety Information Council).

Data Sources

Australian Urban Observatory

The Australian Urban Observatory is a digital platform that transforms complex urban data into easily understood liveability maps across Australia's 21 largest cities. The Observatory maps key liveability indicators found to be associated with health and wellbeing and provides a clear understanding of the liveability of cities.

The most recent data is 2018.

Department of Health and Human Services

The Department of Health and Human Services (DHHS) provides advice on health and climate change.

EAT - Lancet Commission, 2019

EAT is the science-based global platform for food system transformation. Summary Report: Healthy Diets From Sustainable Food Systems

Korin Korin Balit-Djak: Aboriginal health, wellbeing and safety strategic plan 2017-2027

Korin Korin Balit-Djak follows the government's commitment to self-determination for Aboriginal Victorians commissioned by the Department of Health and Human Services. This research and discussion has underpinned a new policy platform for health, wellbeing and safety.

Victorian Population Health Survey 2017

The Victorian Population Health Survey (VPHS) provides an annual assessment of the health status and wellbeing of adults living in Victoria and provides data for key population health indicators.

The most recent data is 2017.

VicHealth Coronavirus Victorian Wellbeing Impact Study 2020

A survey of 2,000 Victorian adults to explore how their health and wellbeing was affected during the first lockdown of 2020. The survey covered general wellbeing, social connection, healthy eating, physical activity, financial hardship, smoking, alcohol consumption, as well as working and home life.

The most recent data is from 2020.

Victorian Agency for Health Information 2017

Safer Care Victoria and VAHI were created as a part of government reforms to improve quality and safety across Victoria's public healthcare system.

Moreland City Council: Understanding community need in a pandemic 2020

Qualitative data collected and analysed from community service providers during the COVID-19 pandemic to understand level of service provision, community need, and organisational.

The most recent data is October 2020.

Women's Health Victoria: Serving up inequality report 2017

This paper explores various aspects of women's health relating to food. These include the impacts of nutritional deficiency, the links between nutrition and chronic disease and women's food-related behaviours.

World Health Organization 2020

The World Health Organization is a specialised agency of the United Nations responsible for international public health. It has declared climate change the biggest threat to health in the 21st century.