

# NSW Healthy Food Basket Survey

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# Overview

- Why did CCNSW undertake the study
- How the Healthy Food Basket survey was conducted
- Key findings
- How the results have been used

# Why was the Healthy Food Basket needed?

- Poor Fruit & Veg intake
  - ⇒ 9 in 10 Australians don't meet the recommendations for vegetables
  - ⇒ 1 in 2 don't meet the recommendations for fruit
  - ⇒ Concern for cancer risk
- Cost, access and quality are frequently cited as barriers to F&V consumption
  - ⇒ food insecurity



# Method

- Volunteers through CCNSW regional network
- 150 stores across NSW in 2006
- 105 stores in 2008
- Qld Healthy Food Access Basket Tool
- 3 key factors – *cost*, *variety* of F&V and *quality* of F&V

# Food Items

44 food items

- Fruit & Vegetables (incl. fresh, frozen and canned varieties)
  - looked at availability of 30 fresh F&V varieties
  - looked at quality of 10 fresh F&V varieties
- Breads & Cereals
- Dairy foods
- Meat & alternatives
- Extras

# Food Stores

<b>Store Type</b>	<b>Number of stores in 2006</b>	<b>Number of stores in 2008*</b>
<b>Coles</b>	47	38
<b>Woolworths</b>	45	36
<b>Other stores – incl IGA, Franklins, corner stores</b>	58	31

\*Stores incl. in analysis (ALDI & generic surveys excluded)

# Food Stores

## Socio-economic distribution – SEIFA score

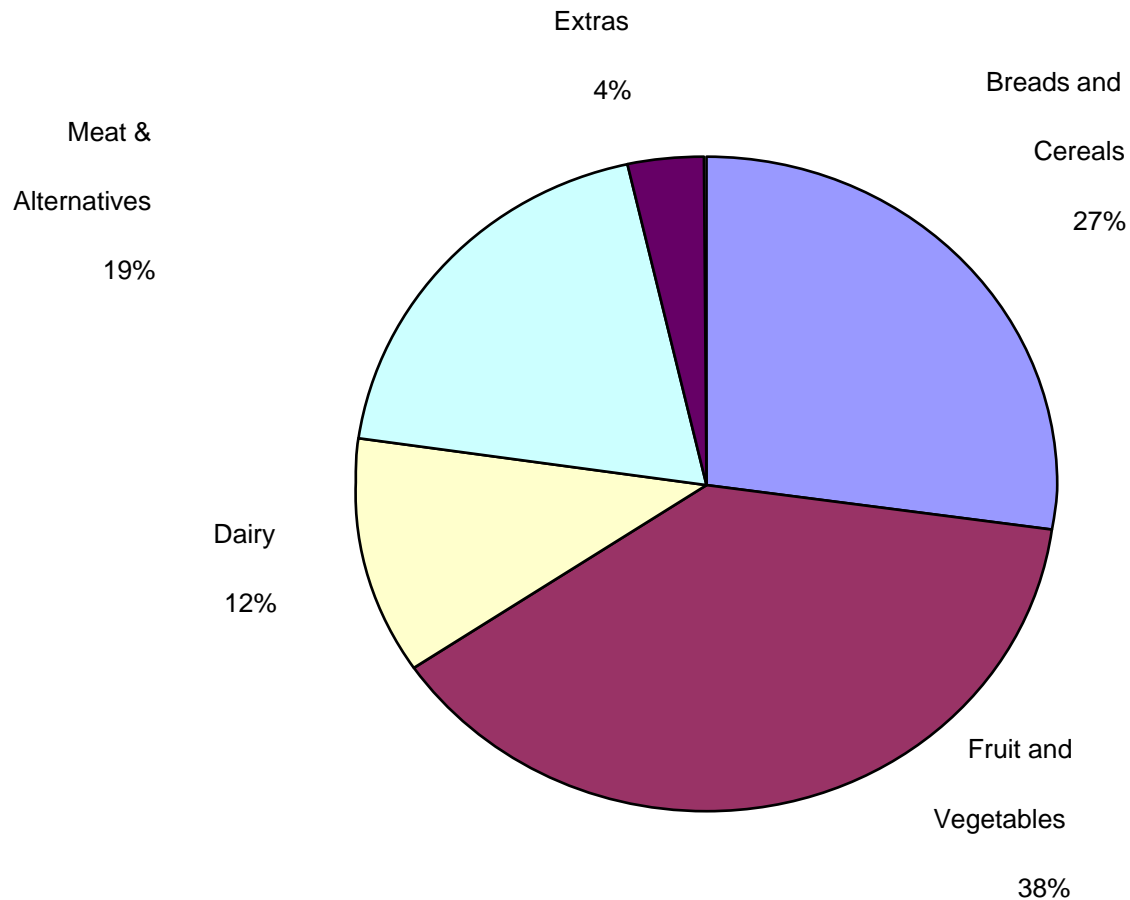
Store Type	Number of stores in 2006	Number of stores in 2008
Quintile 1 (lowest SES)	27	12
Quintile 2	32	22
Quintile 3	35	21
Quintile 4	31	25
Quintile 5 (highest SES)	25	25

# Food Stores

## Geographic distribution – ARIA score

Store Type	Number of stores in 2006	Number of stores in 2008
Highly accessible (metro Sydney)	52	39
Accessible (regional centres)	75	57
Remote	23	9

# Cost of Food Groups Within Food Basket 2008



# Costs in 2006 & 2008

	2006		2008	
	Whole Basket	F&V	Whole Basket	F&V
Mean Cost	\$435.59	\$194.66	\$450.56	\$172.77
Cheapest	\$337.29 (Blaxland)	\$125.99 (Auburn)	\$384.55 (Armidale)	\$124.94 (Warringah Mall)
Dearest	\$519.71 (Murrurundi)	\$263.08 (Murrurundi)	\$523.53 (Thirroul)	\$241.49 (Thirroul)
Range	\$182.42	\$137.09	\$138.98	\$116.55

# Percent Increases

Basket component	Cost in 2006	Cost in 2008	% change	% change CPI*
Total basket	\$435.59	\$450.56	3.4	6.9
F & V	\$194.66	\$172.77	-11.2	-13.0
Dairy	\$41.98	\$51.96	23.8	17.6
Breads & cereals	\$103.16	\$122.94	19.2	17.7 (bread) 2.7 (cereal)
Meat	\$79.82	\$86.11	7.3	8.7
Extras	\$15.96	\$16.78	5.1	N/A

\*CPI data for Australia between 2006-2008 inclusive



# Food Costs in Rural Areas

- Based on 2008 results - Families in remote locations would spend \$459.99 more across a whole year, compared with highly accessible locations
- Based on 2006 results – Families in remote locations would spend \$184.86 more across a whole year

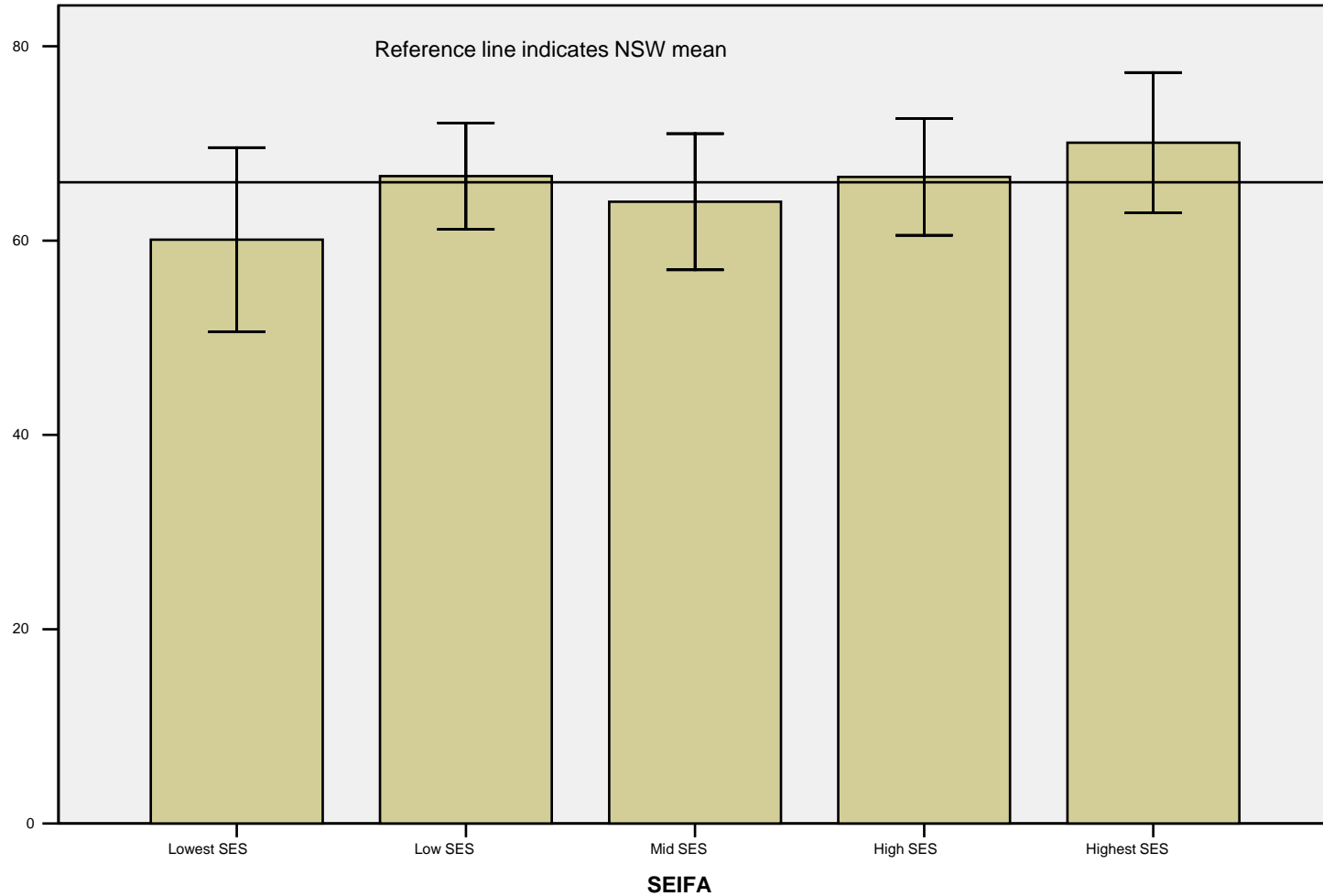
# F&V Costs in Rural Areas

- Based on 2008 results - Families in remote locations would spend \$194.48 more for *F&V* across a whole year, compared with highly accessible locations
- Based on 2006 results – Families in remote locations would spend \$256.36 more for *F&V* across a whole year, compared with highly accessible locations

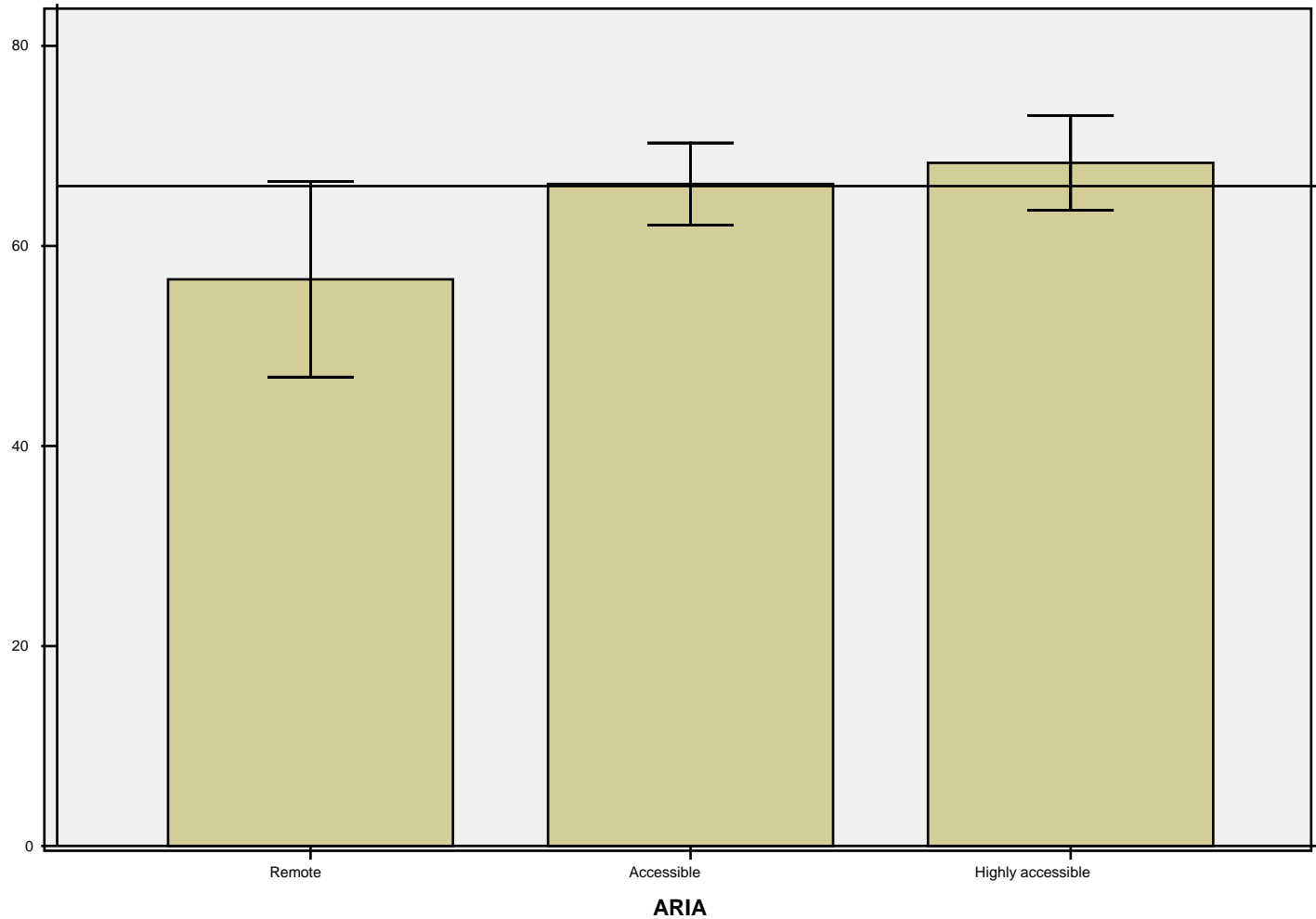
# Food Costs by SES

- Based on 2008 results - Families in most disadvantaged locations would spend \$294.58 less across a whole year, compared with NSW mean
- Based on 2006 results – there was no trend between the cost of the food basket and SES of the location

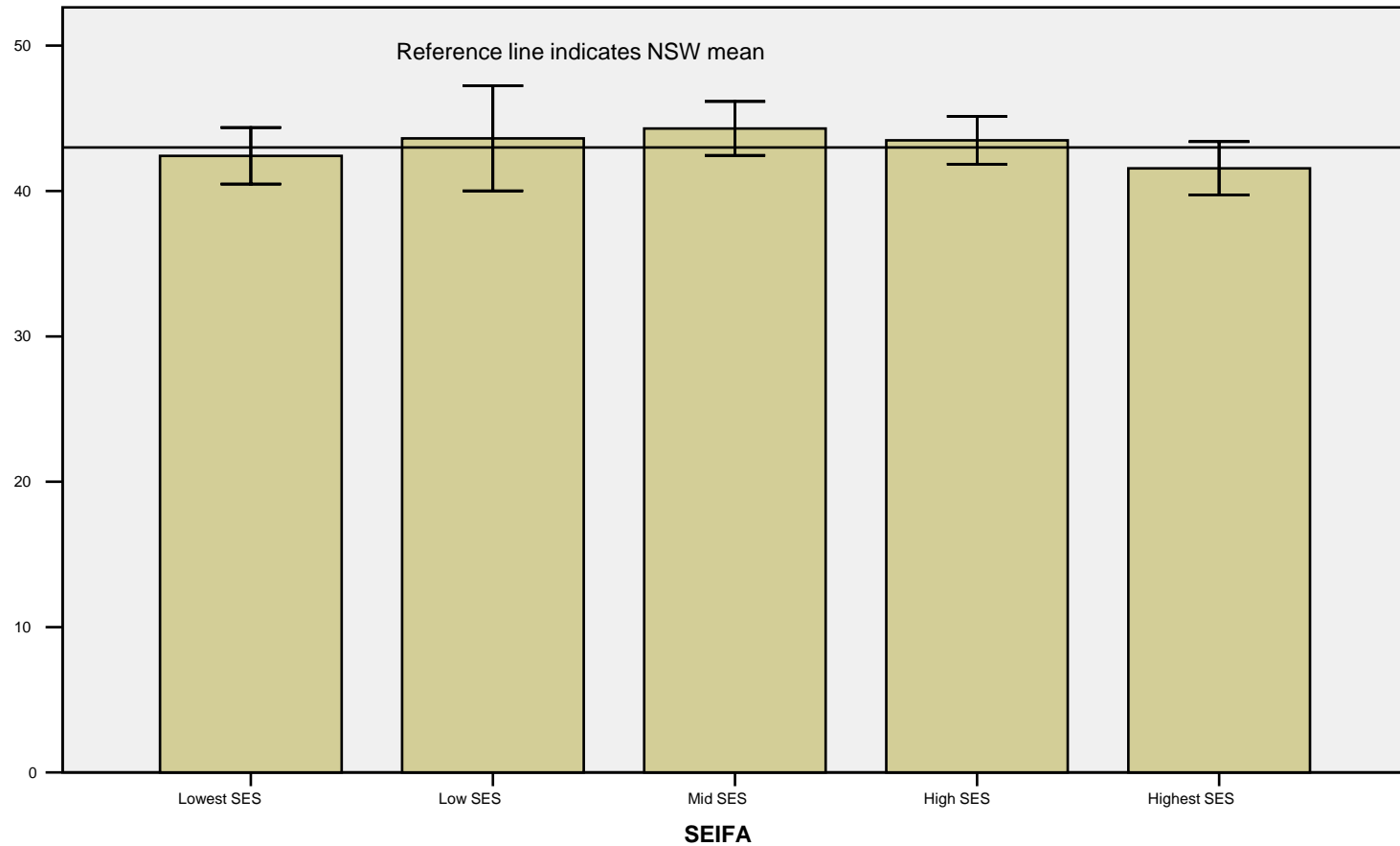
# Fruit & Veg Variety by SES



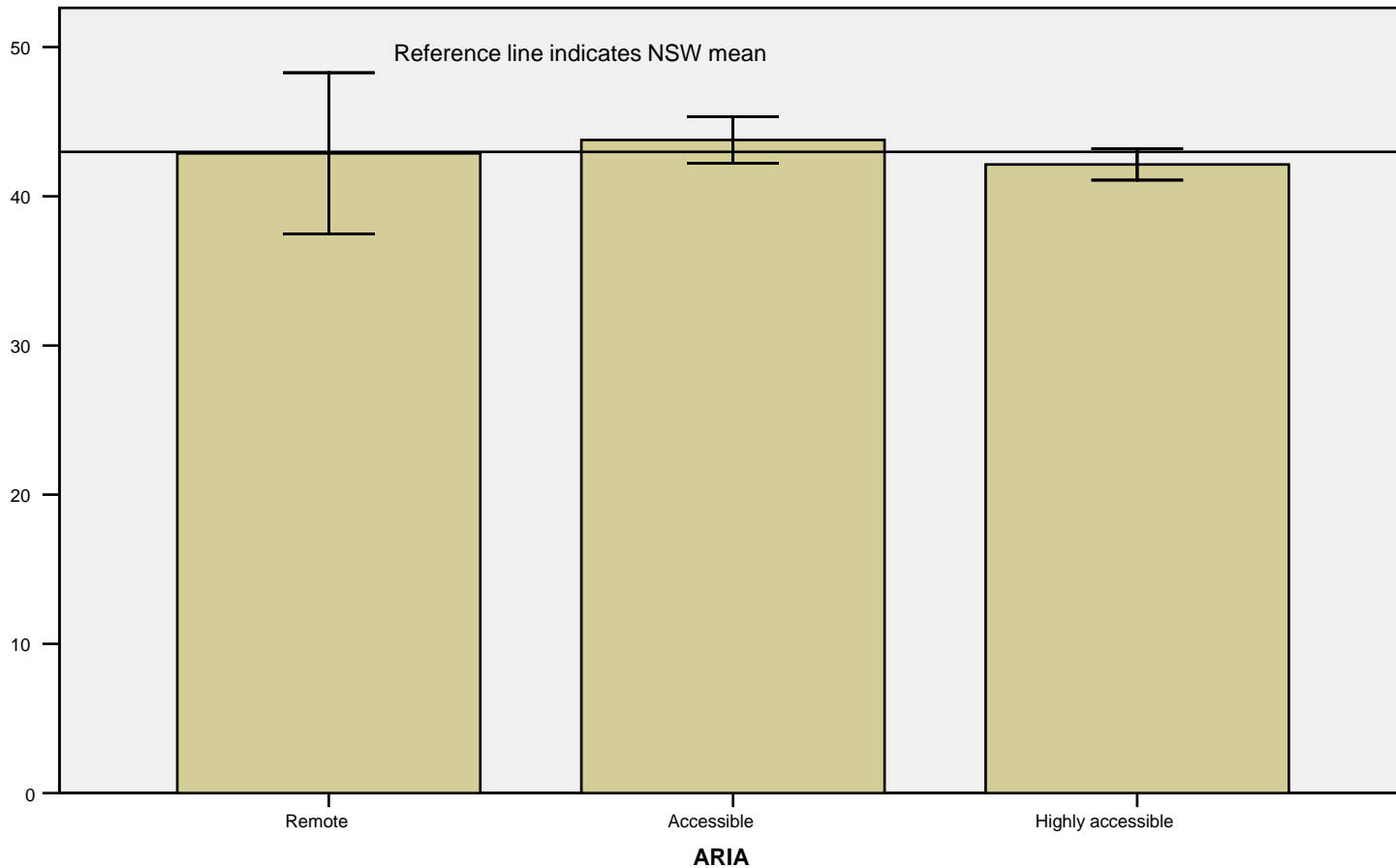
# Fruit & Veg Variety by Remoteness



# Fruit & Veg Quality by SES



# Fruit & Veg Quality by Remoteness



# Limitations

- Two week period in summer
- Volunteer error
- Food basket tool
- Postcode data/SEIFA may not be the best indicator of SES
- No “very remote” locations included in sample

# How study results have been used

- Inform ministers (health, consumer affairs)
- ACCC Inquiry into Grocery Prices
- Recommend ongoing monitoring and surveillance
- Cost modelling for food and budget program
- Repeated survey in July 2009 (winter comparison)