

## Accessing healthy food in Wodonga

Food security: exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.



## Physical access to healthy food

- In Wodonga it is easier to access takeaway than fresh food – the rate of takeaway outlets to supermarkets and greengrocers is 3 to 1
- Residents report the following barriers to backyard gardening: Time, resources, skills, motivation and space

## Economic barriers

- 13.6 % of the population in Wodonga experiences financial stress
- In Wodonga, 6.4 % of the population report running out of food and not being able to afford to buy more. This is higher than the stage average of 5.6%
- When asked why, 30 % said it was because 'some foods are too expensive'
- At the state level , more females (6.5%) had experienced food insecurity in the previous 12 months, compared with 4.5% of males
- In Victoria, those aged 25–34 years reported the highest rate of food insecurity

## Health and wellbeing

- 59.5% of Wodonga adults are overweight or obese
- Being overweight or obese increases the likelihood of developing diabetes, high blood pressure and heart conditions
- Less than 8% of adults in the Wodonga area eat enough vegetables and fruit
- Less than 1 in 3 children in the Hume region aged 4 to 12 years eat enough fruit and vegetables

Healthy Together Wodonga's Food Security Scan identifies key barriers to food access and has recommendations to address these issues. To view the full report visit [wodonga.vic.gov.au/healthytogether](http://wodonga.vic.gov.au/healthytogether)



## Local food economy

The Wodonga Food Security Scan 2014 tells us that:

- Small-scale local producers need more trading opportunities to establish and maintain regular cashflows;
- Local producers experience significant challenges and costs when attempting to sell direct to the local public, due to regulatory, and financial barriers;
- Local producers wishing to sell their produce within the region often need to transport produce long distances for processing; and,
- Options for Wodonga residents to buy local produce are limited to farmers markets and a small number of local retailers.