

Toi Te Ora  
**Public Health Service**  
BAY OF PLENTY DISTRICT HEALTH BOARD  
*Serving Bay of Plenty and Lakes Districts*

# Toi Te Ora - Public Health Service



**Sarah Stevenson**

B.Sc. (Human Nutrition),  
M. Public Health

# Today's Presentation



- What is Food Security in New Zealand?
- Food Security and local government
- What can we do?

# Food Security is...

Quality

Culturally  
acceptable

*“ When all people at all times have access to  
sufficient, safe, nutritious food to maintain a  
healthy and active life ”*

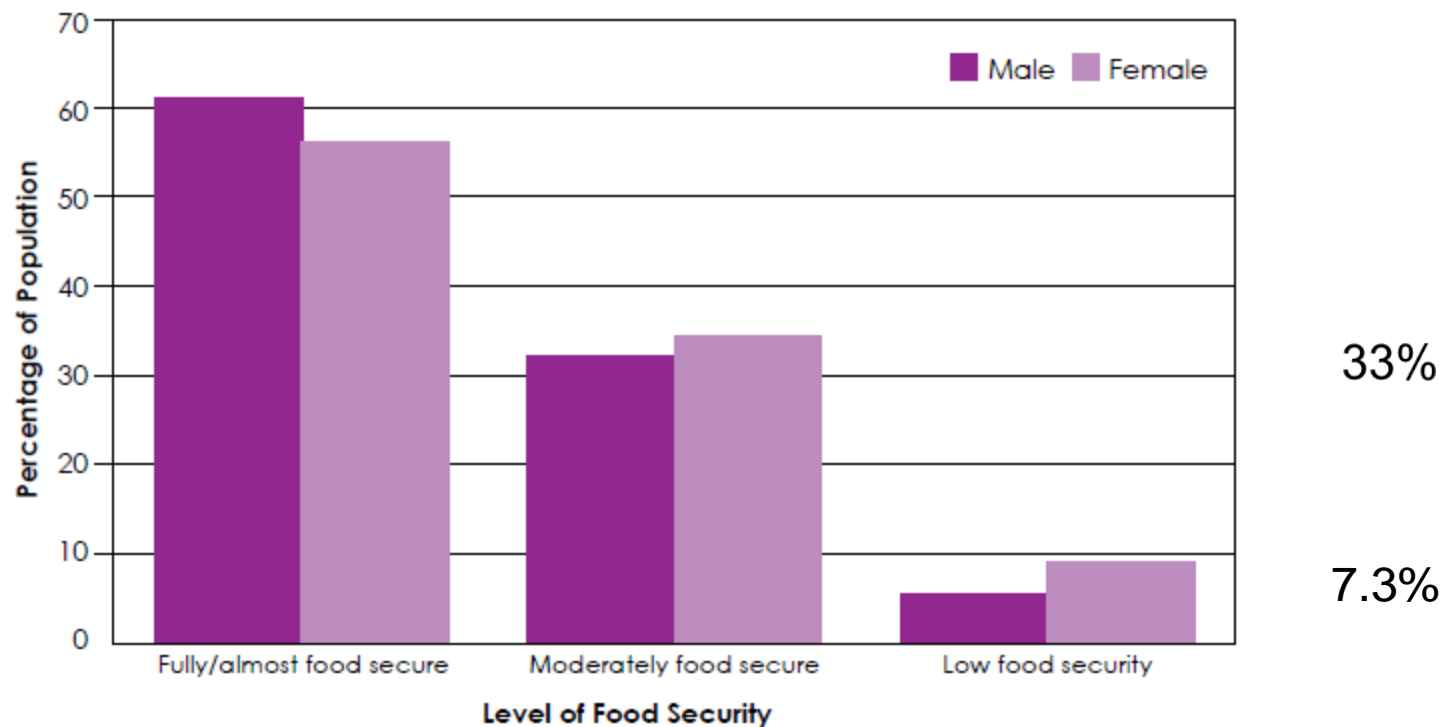
Accessibility

In a socially  
acceptable way

Sustainable

# Food Security in New Zealand

Figure 1: Food Security Categories, by sex (2008 National Adult Nutrition Survey)



# Food Security in New Zealand

- Refer to handout - Food Security Data
- 2015 Local 'Healthy food basket cost survey' (University of Otago/Toi Te Ora)
- Variation of how much it costs to buy a normal week's groceries (meeting New Zealand dietary guidelines) around the Bay of Plenty and Lakes

*eg. An average man in Whakatane may pay \$66 for a basic weekly food basket vs. \$69 in Opotiki*

# What does Food Insecurity look like in New Zealand?

To view the video that was on this slide please use link below:

<https://youtu.be/5Pe-dWSilas>



# What does Food Insecurity look like in New Zealand?





# Influencers of Food Insecurity

- Breakdown in food supply
- Social policies (welfare etc.), job insecurity, poverty
- The layout and design of our cities and towns eg. healthy food deserts and local food/agriculture
- Many other determinants

# Influencers of Food Insecurity



# Where do we get our food from?

Left to global  
market  
Forces?

Or

Local Food  
Systems  
Planning?



Emerging issues:

- Climate change
- Vulnerability to peak oil
- Loss of land
- Resource scarcity (eg. fossil fuels)

# LOCAL FOOD SYSTEM

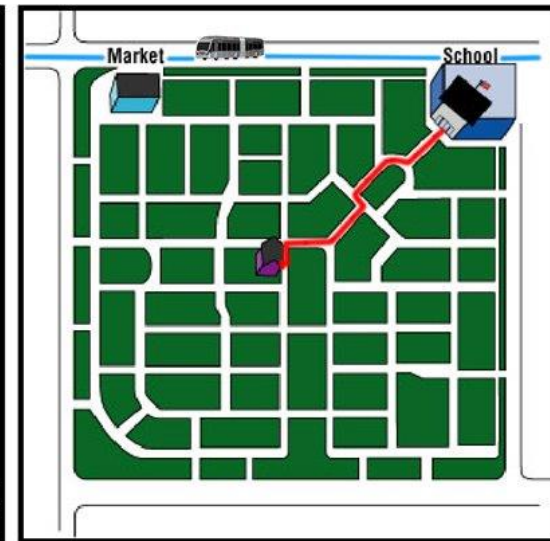


# The Food System and Local Government

- Food systems planning
  - Agricultural and farmland preservation vs urban sprawl
  - Zoning and the location of supermarkets and food outlets
  - Preserving and protecting the local food system



Driving-only transportation pattern



Walkable connected transportation network



# The Food System and Local Government

- Urban agriculture (local food)
  - Local government support/policies for community led initiatives eg. street side and community gardens
  - See the food security toolkit



There is no one answer to food security...  
we need to develop a response to meet  
the communities needs...



# What can we do? *or keep doing*

- Collaborate - Food Networks
- Local research “explore the story of food” eg. Foodshed analysis
- Incorporate the food system in local government planning
- Community working on smaller food access gains (gardens, cooking/growing awareness, intergenerational knowledge)



# Thank you

If you have any questions you can email me:

[Sarah.Stevenson@bopdhb.govt.nz](mailto:Sarah.Stevenson@bopdhb.govt.nz)