

CONSEQUENCES OF FOOD INSECURITY ON AUSTRALIANS



5 in 10

food insecure Australians missed personal bills to pay for food



6 in 10

food insecure Australians sold personal belongings to pay for food



7 in 10

food insecure Australians sold household items to pay for food

PHYSICAL, SOCIAL AND MENTAL CONSEQUENCES

45% of food insecure Australians DO NOT TRUST that the community will help them during times of need



24%
became sick

42%
mental health decline

37%
lost confidence

32%
don't have guests



Some of the unfortunate emotional consequences of food insecurity

85% felt depressed

82% felt hopeless

41% felt sad

30% felt isolated

34% felt inadequate

40% felt ashamed

Food insecurity has negative physical, mental and social consequences on households with harm extending to families and children



85%

of parents in food insecure homes label themselves as 'Bad parents'



5%

of food insecure homes cannot serve nutritious food on a daily basis



over 80%

of homes can't access a variety of food across food groups

Impacts on food insecure children



In the last 12 months, food insecure homes reported:

5% of children have not eaten any fresh fruit or vegetables

5% of children have missed at least one meal each day

11% of children had negative, physical, mental and educational experiences

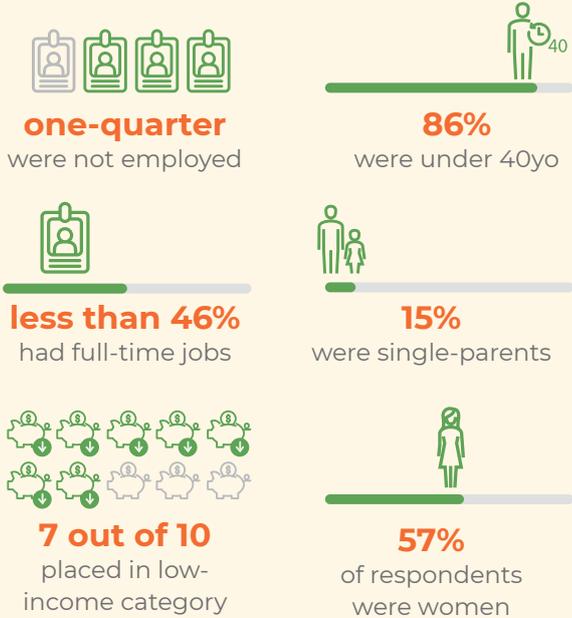
3% of children lost weight from poor nutrition and eating habits

5% of children experienced school absenteeism due to food insecurity

FOOD INSECURITY AMONGST INDIGENOUS AUSTRALIANS

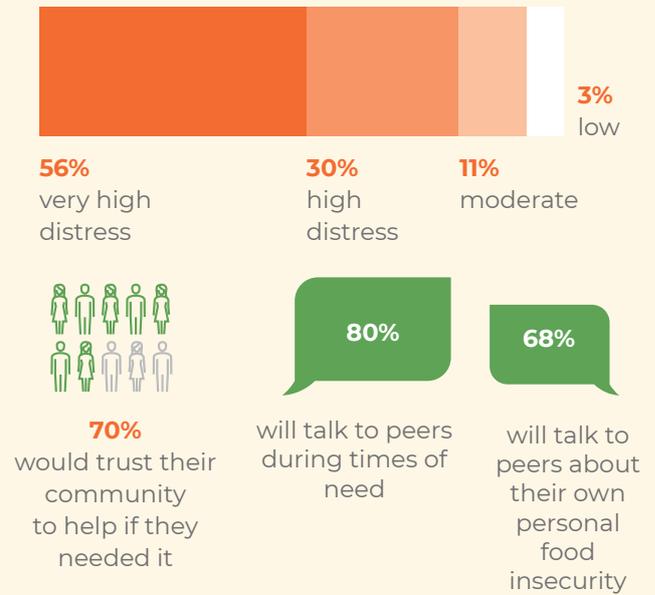
Group diversity

Food insecure indigenous Australians are **demographically** and **socioeconomically diverse**



Distress and trust

Very high levels of psychological distress were reported by indigenous Australians

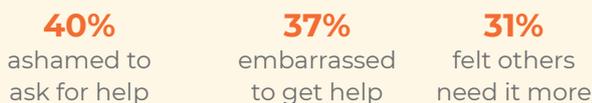


Relief and barriers

Indigenous Australians reported **very high rates of food relief**



Indigenous Australians reported **very high rates of the top three barriers** to relief



Consequences and contributors



Indigenous Australians experienced very high rates of negative outcomes from food insecurity but are also highly likely to seek help

This poster was developed by the Central Queensland University, Enhancing Foodbank's Stakeholder Engagement research team. This poster is based on food insecure Torres Strait Islander and Aboriginal Australians (n=91) included in Foodbank's Hunger Report 2019 annual survey. The team would like to thankfully acknowledge the support from Fight Food Waste Cooperative Research Centre.



FOOD INSECURITY AMONGST MIGRANT AUSTRALIANS



Very high unemployment rate of **29%**



57% male sample



1/3 Parents & dependents
1/3 Parents no dependents
1/3 Individuals



Most have **10+** years in Australia



Higher average income compared to non-migrants

74% of migrants were willing to talk to peers in times of need.

Yet, only **53%** were willing to talk to peers about their food insecurity.

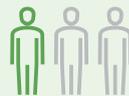


82%

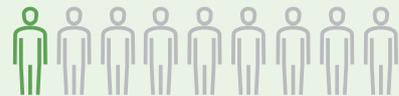
food anxiety which was the lowest rate reported across all groups



33% very high distress
30% high distress
23% moderate
13% low



vs



Around **one in three** migrants struggle to access food each month yet **one in nine** access food relief each month

Despite the negative outcomes of food insecurity migrant Australians appeared to be the **most resilient group** surveyed

Migrants reported the **lowest rates of psychological distress**, the least barriers to help and the least negative emotional outcomes triggered by food insecurity compared to non-migrant groups



Migrants are **1.5 times** less likely to experience barriers



Migrants reported **lower rates of psychological barrier** to food relief than non-migrants



8 out of 10 food insecure migrant parents labelled themselves as 'BAD PARENTS'

TOP 3 BARRIERS

47% ashamed to ask for help
46% embarrassed to get help
49% felt others need it more