

FOODBANK HUNGER REPORT 2019

NSW & ACT

FOOD INSECURITY IN NSW & ACT



1 in 5 in NSW & ACT (20%) have experienced food insecurity in the last 12 months



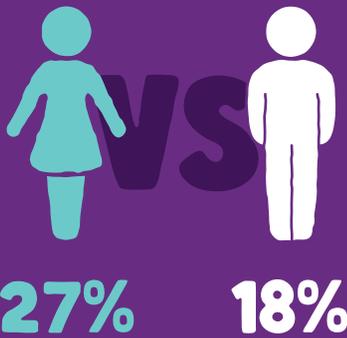
At least once a week **32%** of food insecure people in NSW & ACT go a whole day without eating at all



Children represent **22%** of all food insecure Australians¹

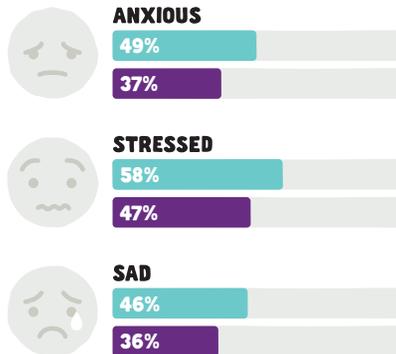
WOMEN BEAR THE BRUNT OF FOOD INSECURITY

WOMEN ARE 1.5 TIMES MORE LIKELY THAN MEN TO HAVE EXPERIENCED FOOD INSECURITY IN THE LAST 12 MONTHS

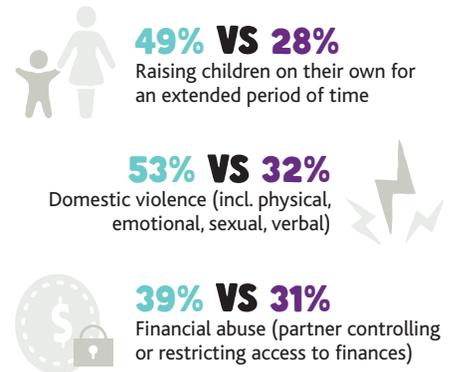


● Women ● Men

Women are more likely to report experiencing negative emotions as a result of food insecurity



In their lifetime, women struggling with food insecurity are more likely to have experienced the following:



PEOPLE IN NSW & ACT WITH A HISTORY OF PERSONAL HARDSHIP ARE MORE VULNERABLE TO FOOD INSECURITY

TOP 3 IMMEDIATE CAUSES OF FOOD INSECURITY IN NSW & ACT



There may also be more complex factors that make someone more vulnerable to food insecurity. In their lives, people in NSW & ACT experiencing food insecurity have:



AFTER I PAY RENT AND ELECTRICITY, I'M LEFT WITH HARDLY ANY MONEY TO BUY FOOD. I'VE GONE DAYS WITH NO FOOD JUST SO MY SON CAN EAT.

– Gen Y single mum, Perth

1. Foodbank, Rumbling Tummies: Child Hunger in Australia, 2018

FOOD INSECURITY CAN CAUSE A SIGNIFICANT DECLINE IN MENTAL HEALTH



FOOD INSECURE AUSTRALIANS ARE **5 TIMES MORE LIKELY** TO EXPERIENCE PSYCHOLOGICAL DISTRESS THAN THE AVERAGE AUSTRALIAN



7 in 10 (69%) food insecure people in NSW & ACT experience high or very high levels of psychological distress

VS



Compared to only **1 in 8** (13%) amongst the general population²

IT MAKES ME FEEL LIKE A DEADBEAT DAD AND A FAILING PARTNER/PROVIDER

– Gen Z father, regional QLD

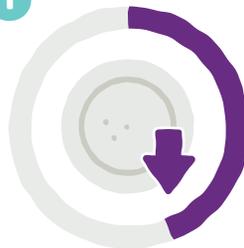


THE IMPACT OF FOOD RELIEF

FOODBANK PROVIDES RELIEF TO OVER **373,173** IN NSW & ACT EVERY MONTH

TOP 3 BENEFITS OF RECEIVING FOOD RELIEF

1



39%

Feeling less hungry

2



33%

Improvements in mental health

3



25%

Able to better focus and concentrate

CHARITIES ARE STRUGGLING TO MEET THE RISING NEED FOR FOOD RELIEF



MORE THAN HALF OF AUSTRALIANS EXPERIENCING FOOD INSECURITY (59%) HAVE SOUGHT ASSISTANCE FROM A CHARITY AT LEAST ONCE IN THE LAST 12 MONTHS



increase in the number of individuals seeking food relief from charities in the last 12 months



proportion of charities meeting the full needs of the people they assist

A CERTAIN LOCAL CHARITY DELIVERED A WHOLE HEAP OF FOOD WHICH LASTED A COUPLE OF WEEKS IN WHICH WE WERE ABLE TO GET ON TOP OF A BILL THAT HAD BEEN HARASSING US. IT MAKES YOU FEEL SO MUCH HAPPIER AND CALMER KNOWING THERE WASN'T GOING TO BE A KNOCK ON THE DOOR THIS WEEK.

– Gen Y mother, regional QLD



². Australian Bureau of Statistics, 2018, 4364.0.55.001 National Health Survey: First Results, 2017-18

METHODOLOGY

Data for this infographic has been sourced from two online surveys:

- Foodbank Charity Partner Survey: Survey of charities that source food from the food rescue sector, including Foodbank, OzHarvest and SecondBite. Received 2,089 responses, in field December 2018 – May 2019. Data based on 1,717 responses from Foodbank agencies.
- Survey of Australians experiencing food insecurity: survey of 1,017 Australians who experienced food insecurity in the last 12 months. In field July 2019.

Research and infographic design by:

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