

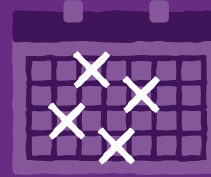
# FOODBANK HUNGER REPORT 2019

## NORTHERN TERRITORY

### FOOD INSECURITY IN NORTHERN TERRITORY



**1 in 5** in Northern Territory (21%) have experienced food insecurity in the last 12 months



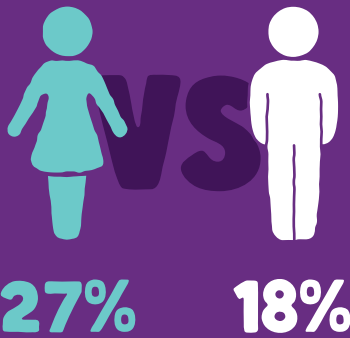
At least once a week **3 in 10** food insecure people in Northern Territory go a whole day without eating at all



Children represent **22%** of all food insecure Australians<sup>1</sup>

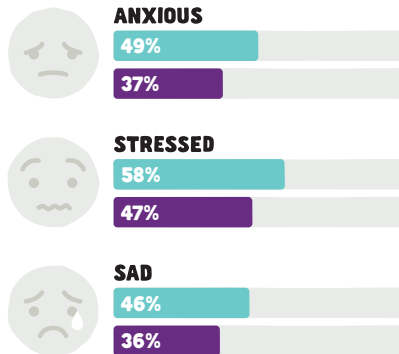
### WOMEN BEAR THE BRUNT OF FOOD INSECURITY

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

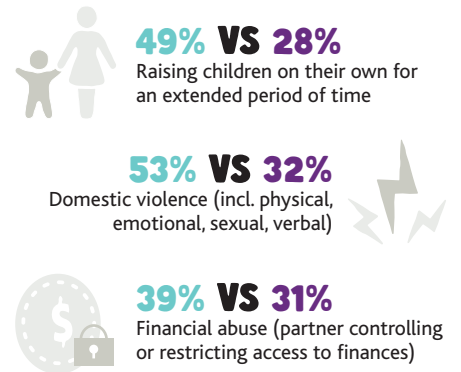


● Women ● Men

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

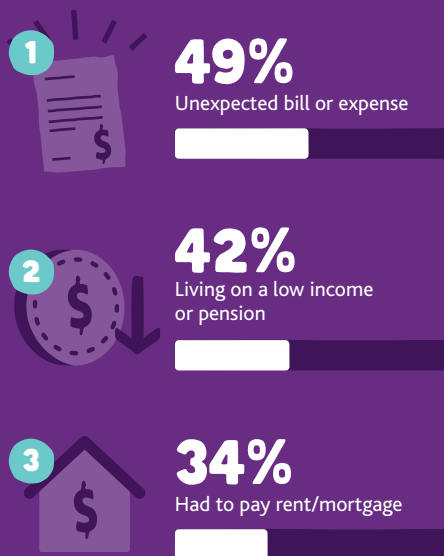


In their lifetime, women struggling with food insecurity are more likely to have experienced the following:

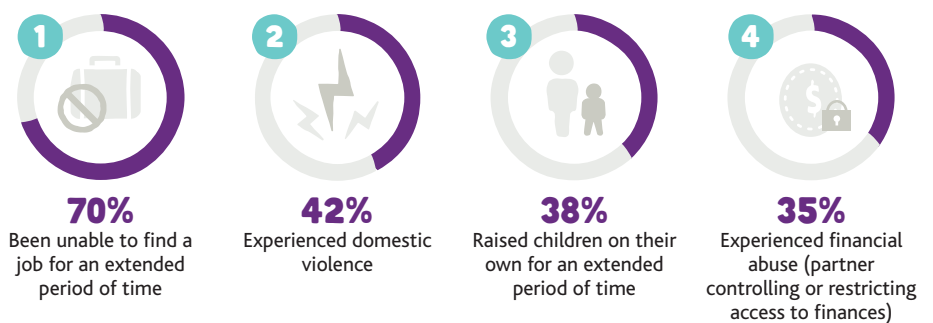


### TERRITORIANS WITH A HISTORY OF PERSONAL HARDSHIP ARE MORE VULNERABLE TO FOOD INSECURITY

#### TOP 3 IMMEDIATE CAUSES OF FOOD INSECURITY IN NORTHERN TERRITORY



There may also be more complex factors that make someone more vulnerable to food insecurity. In their lives, Territorians 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** (70%) food insecure Territorians experience high or very high levels of psychological distress



Compared to only **1 in 8** (13%) amongst the general population<sup>2</sup>

**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 **6,399** TERRITORIANS EVERY MONTH

### TOP 3 BENEFITS OF RECEIVING FOOD RELIEF

1



**44%**  
Feeling less hungry

2



**33%**  
Improvements in mental health

3

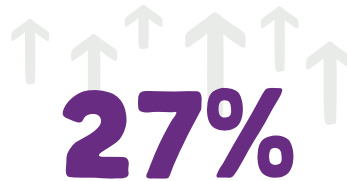


**25%**  
Able to better focus and concentrate

## 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



<sup>2</sup>. 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:

**mccrindle**

mccrindle.com.au