Dietitians call on Food Security Council in wake of NSW nutrition crisis

One in six adults in New South Wales are food insecure, while children are missing meals[1], leading to a nutrition crisis that needs immediate action.

At this week's hearing of the NSW Inquiry into food production and supply, Dietitians Australia asked the NSW government to take a leading role in enabling all residents of the state to access nutritious food, through a Food Security Council.

Advanced Accredited Practising Dietitian, Professor Karen Charlton presented to the Inquiry on behalf of Dietitians Australia.

"We are facing a nutrition crisis," Professor Charlton said.

"Before this inquiry we knew that 43% of families experiencing food insecurity were unable to feed their children for at least one day each week, which has serious health implications[1].

"Unhealthy diets are the leading preventable risk factor for chronic disease, contributing to 28,000 deaths in Australia annually.

"This is only going to get worse with the pandemic, diminishing incomes, natural disasters and increasing costs of living.

"The state must act to address food security and nutrition concerns – and Dietitians Australia provided 16 recommendations in their submission to this inquiry."

Food insecurity is when a person is not able to access enough or appropriate food, to meet their needs to live a healthy life.

“Food security is a huge issue within our communities and is heavily influenced by the types and cost of foods available in the local area,” said Chief Executive Officer of Dietitians Australia, Robert Hunt.

He explains how the NSW Government can take a lead in supporting the nation’s nutrition crisis.

“Investing in a Food Security Council will support agile action to lessen the burden of food insecurity in NSW, supporting the population to have equitable access to adequate, nutritious foods, at all times.”

This week is Dietitians Week, acknowledging the number of ways dietitians improve lives.

Dietitians encourage change to the food system to make it more sustainable, healthy and equitable for all Australians.

ENDS

For more information about the inquiry, visit the NSW Parliament Inquiry into food production and supply webpage, and read our submission.

1 Foodbank Hunger report 2021 The reality of the food crisis in Australia

Media enquiries

For further information contact Dietitians Australia media team on 0409 661 920 | media@dietitiansaustralia.org.au

Note to editors: Dietitians Australia is the leading voice of nutrition in Australia, representing dietitians nationally and advocating for healthier communities. Accredited Practising Dietitian (APD) is the only national credential recognised by the Australian Government as the quality standard for nutrition and dietetics services in Australia.