We can now more clearly see our food and nutrition security crisis in numbers and we can't look away - Media Release

For the first time in Australia, a comprehensive data snapshot of the extent of household food and nutrition insecurity has been published, revealing that 1 in 8 households have been going without food in some form.

Dietitians Australia says the data cannot be overlooked, is cause for deep concern, and clearly demonstrates that the human right to food and nutrition is not a reality for all Australians.

“The stark extent of food and nutrition insecurity in Australia has been unveiled in this data, and it is heartbreaking that 1.3 million households1 have reported experiencing it,” Dietitians Australia President Dr Fiona Willer said.

“Over half of the households reporting food insecurity were those where some or all of the family members were skipping meals, reducing their food intake and at the most extreme, going at least one day without food due to a lack of money.

“When families can’t put enough nutritious food on the table, they are at significant risk of not getting the nutrition they need for good health.

“They are also at greater risk of malnutrition and developing chronic conditions.

“The data suggests that Australians most vulnerable to food and nutrition insecurity include single-parent households, low-income earners, people living in remote areas, culturally and linguistically diverse groups, older people and people experiencing homelessness,” Dr Willer said.

“What we measure, we can mend,” Professor of Nutrition and Dietetics at Queensland University of Technology Danielle Gallegos said.

“With this data, we can push forward on solutions to ensure that no one living in Australia has to worry about where their next meal comes from and who will be going hungry tonight.

“Let’s start collecting this type of data every two years so we can make sure all Australians get a fair go,” Professor Gallegos, who is also a Fellow of Dietitians Australia, and Co-Lead on Dietitians Australia Household Food and Nutrition Security Project said.

“Australians are experiencing overwhelming cost-of-living pressures, pushing more and more people to the brink financially, and what we know is it is often the food budgets that get squeezed first,” Dr Willer said.

“We must continue to monitor this data closely, and more regularly, to ensure we are supporting the people who need it most.

“Dietitians Australia firmly believes that food and nutrition security is a human right.

“We believe people at all times, must have reliable access to safe, nutritious, and culturally appropriate food in sufficient quantity and quality to support their health, sustain life and uphold human dignity.

“We know dietitians are a critical part of the solution, and we remain committed to working with the Government to co-design reform and enhance policies and systems that make the right to food and nutrition accessible here in this country.

For media enquiries and interviews, contact our Media Manager Amy Phillips on 0409 661 920.

Note to Editors: Dietitians Australia is the leading voice in nutrition and dietetics, 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.