

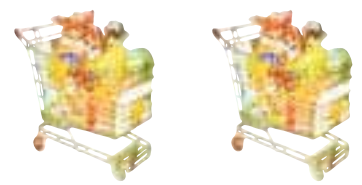
## KEY FINDINGS AND RECOMMENDATIONS

- The cost of the “healthy food basket” (which feeds a family of six for two weeks) continues to be considerably higher in *remote* and *very remote* localities throughout Queensland.
- In 2004 the mean cost of the “healthy food basket” statewide was \$395.28.
- In 2004 the mean cost of the “healthy food basket” was \$113.89 higher in *very remote* stores in Queensland compared with the same basket in *major cities* stores.
- From 2001 to 2004 the cost of the “healthy food basket” has increased by almost \$50 statewide. The increase over this same time period in the *very remote* localities was close to \$77.
- Consumers, particularly those in *very remote* locations, now need to pay substantially more for the basic foods required to support and maintain health. Conversely, some less nutritious foods, such as sweetened carbonated beverages, are now relatively more affordable.
- Higher prices are a barrier to good health among people from lower socioeconomic status and other vulnerable groups throughout Queensland.
- Further investigation into the causes and effects of the increasing cost of basic healthy food compared to less nutritious alternatives is recommended.
- Regular monitoring at a national level could detect the impact of future changes on food cost. National monitoring, as part of a comprehensive nutrition surveillance system for Australia, could assist in future strategic planning, priority setting and resource investments.



Figure 1 : The 2004 Healthy Food Access Basket (HFAB) contents

# HFAB survey



## INTRODUCTION

The 2004 Healthy Food Access Basket (HFAB) survey is the fourth biennial statewide cross-sectional survey of the costs and availability of a standard basket of basic healthy food items throughout Queensland. The previous survey (HFAB 2001) was performed one year earlier than originally scheduled to capture any effect of the New Tax System (NTS).

The range and types of foods included in the HFAB represent commonly available and popular foods (Figure 1). The foods selected provide 70% of the nutritional requirements and 95% of the estimated energy requirements of a hypothetical family of six people for a two-week period.<sup>1</sup> The basket is not a recommended or ideal shopping list for the family.

The variation in costs and availability of food in the basket is presented by the ABS Remoteness Structure<sup>2</sup> using ARIA+<sup>3</sup> by populated localities as the basis for the definition of remoteness (Figure 2). ARIA+ is the updated Accessibility/Remoteness Index of Australia. ARIA+ defines localities in terms of remoteness of geographical location as well as access to services.

Ninety-seven stores in the five remoteness categories across Queensland were surveyed in 2004 during April and May. This report presents the cost comparison by remoteness category in the 97 stores. The report also provides changes in costs and availability of foods in the remoteness categories since the last two HFAB surveys (2001 and 2000) where the same 81 stores were included in all

three surveys. Comparisons of food prices are also documented for the 56 stores that were surveyed in 1998, 2000, 2001 and 2004.

## METHODS

There is no database of stores throughout Queensland from which to randomly select stores. In each remoteness category, the largest food store in the largest town(s) in each Queensland Health Service District was selected. The remoteness categories include *major cities*, *inner regional*, *outer regional*, *remote* and *very remote*.<sup>2</sup> Over sampling in the *very remote* category occurred because local health services requested specific locations to be included. To adjust for the over sampling of the *very remote* stores, the analysis was performed using weighted averages with weighting proportional to population size for each remoteness category divided by the number of stores surveyed in that remoteness category.

Each of the ninety-seven stores included in the 2004 HFAB report were surveyed by Queensland Health nutritionists and health workers. Data collected included the prices of the cheapest brand available (including generic brands if no brand available) for the specified HFAB food items, the prices of two less nutritious food items (a soft drink and a meat pie) and two tobacco items. Information regarding missing HFAB food items, the availability of fresh food items (vegetables and fruit) and the availability of “better nutritional choices” items was also collected. A total of forty-four (n=44) items were surveyed in the “healthy food basket”.



Mean costs were compared for the total “healthy food basket” (ie HFAB), the fruit, vegetables and legumes in the basket and for the basic healthy food groups.<sup>1</sup> Comparisons were also made with the CPI for food in Brisbane.<sup>4-10</sup> The CPI for food is based on a wide range of commonly purchased items (including soft drinks, cakes, biscuits, confectionary, take away and fast food) some of which incur the Goods and Services Tax (GST). Basic food items (as those in the HFAB) that are required to support and maintain health are mostly exempt from this tax. All CPI figures, including price data for individual foods used to calculate the CPI, are available from the ABS for capital cities only.

Results were analysed using Microsoft Access<sup>11</sup> and SPSS.<sup>12</sup> The differences in mean costs of the HFAB contents were assessed by one-way analysis of variance and the differences in mean costs over time were assessed by T-Tests. Methods, including the complete list of the HFAB foods, are detailed in the 2000 HFAB Survey Full Report.<sup>13</sup>

To compare changes between consecutive HFAB surveys, only those stores previously surveyed were included. As the time intervals between the four successive HFAB surveys were different, the results were “annualised” to allow for comparable time frames for assessing price change. This was done by calculating the square root of the price difference between the 1998 and 2000 surveys, and by calculating the cube root of the price difference between the 2001 and 2004 surveys.

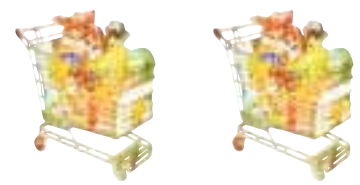
## RESULTS

### *Costs in 2004*

The 2004 HFAB survey results highlight the extra expenditure needed to purchase basic healthy food by families living in *remote* and *very remote* areas compared to those living in *major cities* and *inner regional* centres. Figure 3 shows a trend of increasing food prices with increasing remoteness categories. In the *very remote* category the cost of the HFAB was 29.6% (\$113.89) higher and the cost of fruit, vegetables and legumes in the basket was 20.3% (\$32.34) higher compared with the *major cities* category (Figures 3a & 3b). Furthermore, there were significant differences within the *very remote* category. For very remote stores greater than 1500 kms from Brisbane (n=16) the cost of the HFAB was 13.2% (\$61.69) higher and the cost of fruit, vegetables and legumes in the basket was 18.8% (\$32.91) higher compared to *very remote* stores less than 1500 kms from Brisbane (n=16) (Figure 2).

There were significant differences in the cost of all the basic healthy food groups<sup>1</sup> by remoteness category as shown in Figure 4. The differences between remoteness categories were greater for the bread and cereals and the dairy groups than for the fruit and the vegetables and legumes groups.

As an indication of comparison of price of the HFAB items with less nutritious alternatives, tobacco and commonly purchased high fat/high sugar take-away food items were included.<sup>13</sup> The cost disparity across remoteness categories



for the tobacco and the less nutritious food items surveyed was less than for basic healthy food, with the costs of items in the *very remote* category being 14.2% (\$4.47) higher than in the *major cities* category.

### Cost increases

There has been an increase in the price of basic healthy food in the 81 stores that were surveyed in 2000, 2001 and 2004 (Table 1 and Figure 5). Across the state as a whole, from 2001 to 2004, the price of the HFAB increased 14.0% (\$48.45) from \$345.90 to \$394.35. The cost of the HFAB increased significantly more in the *very remote* (18.0%, \$76.93) compared to the *major cities* category (13.2%, \$44.96). On an annual basis, the statewide HFAB price increase from 2001 to 2004 (4.5%, \$16.15 – average cost change) is minor compared to the 12.0% (\$36.98) increase experienced for the HFAB between 2000 and 2001.

Statewide the price of the fruit, vegetables and legumes in the basket increased 17.9% (\$24.98) from \$139.59 in 2001 to \$164.57 in 2004 (Table 1 and Figure 5b). The differences in the price of the fruit, vegetables and legumes in the basket across the remoteness categories were not as great as those seen for the HFAB. Price increases were found to be the greatest for the fruit group (Figure 6).

The HFAB report attempts to control for seasonal influences by surveying during a confined two month time period (April and May). While the CPI data for food in Brisbane suggests fruits and vegetables are susceptible to price fluctuations, other fresh foods such as meat,

milk and bread do not appear to be so labile (Table 2). Wholesale throughput data of the prices of fruit and vegetables from the Brisbane Markets is consistent with the changes in retail price measured by the HFAB survey throughout Queensland as a whole (Table 3).

Figure 7a shows the annualised percent increase in costs for the 56 stores surveyed from 1998 to 2004 compared with the change in the CPI for food in Brisbane over the same period. Comparisons of the price change of the HFAB (n=56) with CPI for food in Brisbane suggest that the cost of healthier foods has increased more than less nutritious alternatives since 2000. The introduction of the New Tax System (NTS) may be one factor contributing to the increase in CPI for food in Brisbane during that time.<sup>14</sup> The price changes for CPI for food in Brisbane were very similar to those found for Australia as a whole.<sup>4-10</sup>

In Brisbane higher price increases in most basic core foods (such as meat and bread) were experienced from 2000-2001 and 2001-2002 than in any other year since 1995 (Table 2). The effect of dairy deregulation may have contributed to the price decrease in dairy foods in 2000-2001. The data also suggest that some food items such as soft drinks have become relatively cheaper than basic healthy food since June 2000 (Table 2). These observations are supported by the Australian Competition and Consumer Commission (ACCC) survey conducted after the introduction of the NTS<sup>15</sup> and the 2001 HFAB results, as outlined in more detail in the 2001 HFAB Survey Report.<sup>16</sup>



## Availability

To determine the access to healthy foods, the HFAB survey also measured the availability of fifteen of each of the most commonly consumed fruit and vegetables<sup>13</sup> (Table 4). Food items considered to be “better nutritional choices”<sup>13</sup> were also surveyed for their availability in all stores (Table 4). To assess the number of basic healthy food items that were not available for purchase on the day of the HFAB survey, the number of missing HFAB items was also counted.<sup>13</sup>

Availability data are illustrated in Figures 8a, 8b, 9 and 10. The variety of fresh fruit and vegetables declined with increasing remoteness of the store, most notably for the variety of fruits (Figures 8a & 8b). Overall there has been little change in the availability of fruit and vegetables across all remoteness categories since 2000. Availability of “better nutritional choices” also declined with store accessibility, although there had been a slight improvement in the stores from the *very remote* category in 2004 (Figure 9). However, the lack of availability of basic healthy food items amongst stores in the *outer regional*, *remote* and *very remote* categories continues to be a problem (Figure 10). In 2004, almost 11% of HFAB food items were not available for purchase in stores from the *remote* and *very remote* categories. The most frequently missing items in all stores are listed in Table 5.

## IMPLICATIONS OF FINDINGS

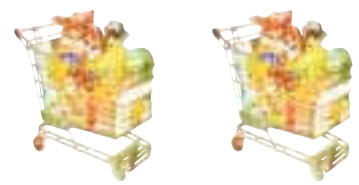
While the high price increase in the HFAB in the more remote localities compared to the more

accessible localities raises concern regarding food access and availability for good health in those people living in these locations, the overall price increase experienced in all five remoteness categories raises a potential barrier to healthy food access for all Queenslanders, particularly for people of lower socioeconomic status and other vulnerable groups. These higher prices may compromise nutritional status and health and add to the burden of chronic disease.<sup>17</sup> Environmental influences, such as food access, are major contributors to the higher death rates experienced by persons from more socioeconomically disadvantaged areas and remote regions.<sup>18</sup>

The cost burden is further highlighted by the higher prices paid by the *very remote* communities located greater than 1500 kms from Brisbane. Transportation costs in addition to double handling of produce through secondary wholesalers may be factors contributing to this cost disparity. In addition, retailers are unable to achieve economies of scale due to the relatively small number of consumers.

The price of less nutritious products is less affected by remoteness category than the “healthy food basket” items. One explanation may be that these less healthy products are more profitable, so these additional costs can be absorbed.

While a number of reports have stated that the effect of the NTS was mainly captured in the September 2000 quarter<sup>14,19</sup>, they do not explain the substantial cost increases experienced by basic food items (as found in the HFAB) that were predicted to fall as a result



of this NTS.<sup>15</sup> With steady or declining farmgate prices and little or no impact of drought on retail prices, it has been suggested that labour-intensive services such as transport, handling, distribution and retailing contribute to these cost increases.<sup>20</sup>

Despite a “stabilisation” in CPI for food in Brisbane in the last year (Table 2), the HFAB cost increase continues to be higher than the CPI for food across all remoteness categories for the 56 stores surveyed (Figure 7a). This suggests that the cost for basic food to achieve good health has become, and continues to be, more expensive than less nutritious alternatives. With price identified as the most important factor when deciding what food items to buy<sup>21</sup>, the health of all Queenslanders, but particularly people of lower socioeconomic status and other vulnerable groups, may be compromised as a result.

Availability data reflects a decline in access to healthy food with remoteness (Figures 8a, 8b, 9 & 10). This fall is more apparent in the fruit compared to the vegetable varieties. One explanation for this may be the willingness of the store managers in the more accessible locations that support a larger population base to carry fruits which are out of season and/or with a higher price tag. While access to “better nutritional choices” also declines with store remoteness, there has been an improvement in availability of these items in addition to fruit and vegetable variety in the *very remote* stores in 2004 (Figure 8a, 8b & 9). Health promotion strategies employed by Queensland Health and the Department of Aboriginal and Torres Strait Islander Policy such as the Green Label

Project, aimed at promoting healthy food choices in remote areas, may have contributed to this increase.

Despite the improved access to the variety of fruit, vegetables and “better nutritional choices” in *very remote* stores, a count of the available HFAB items on the survey day revealed a lack of availability of basic healthy food items amongst these stores (Figure 10). The decline in continued availability of basic healthy food items with store accessibility again raises concerns regarding food security and ability to maintain good health. While the count of available HFAB items fails to discriminate between items not available on the day versus those never stocked, time delays in restocking sold out lines must also put some consumers at increased health risk.

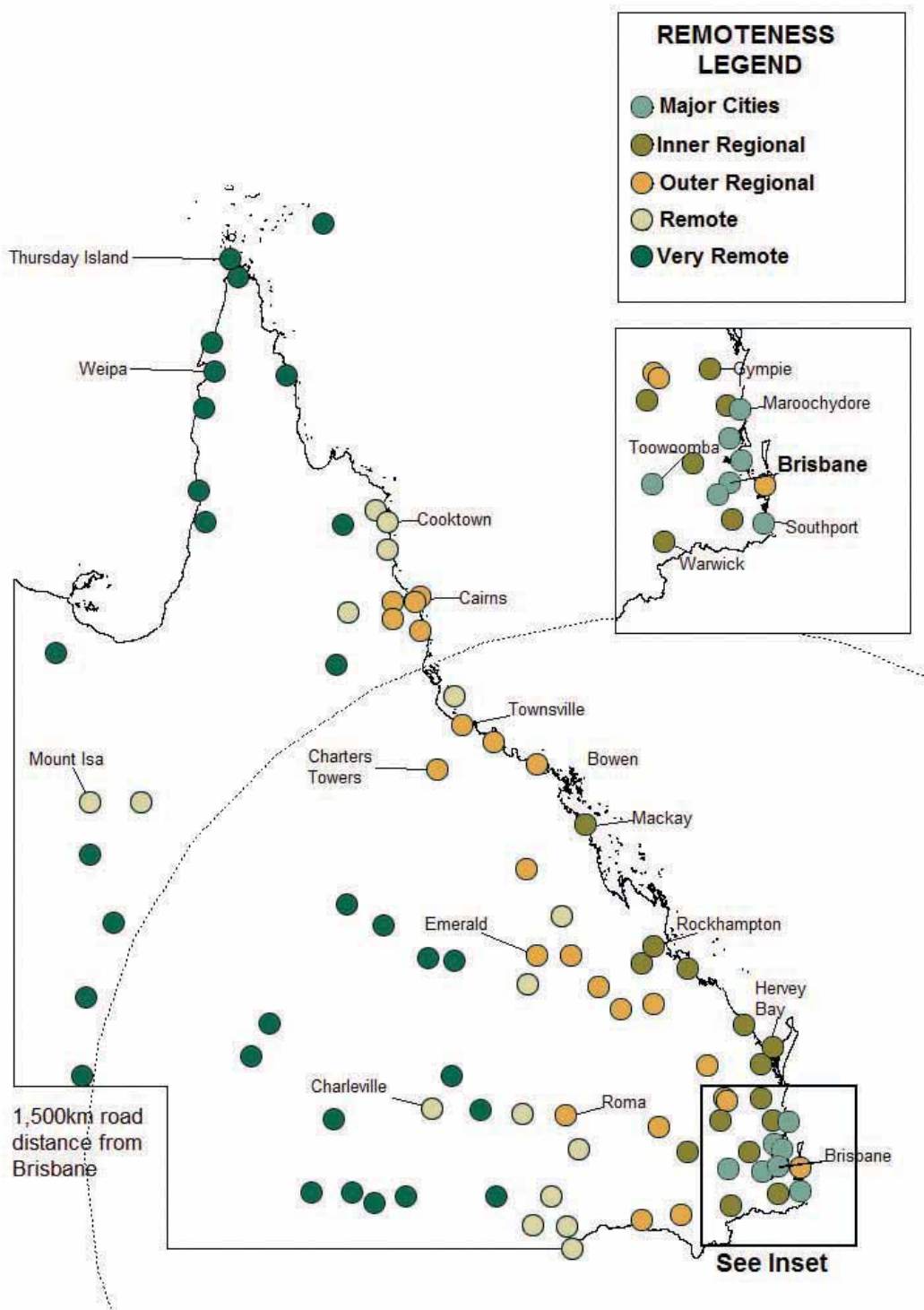
## CONCLUSION

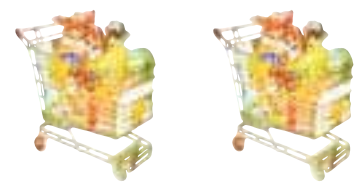
The 2004 HFAB survey results highlight the disparity in cost and availability of basic food items for good health across Queensland and the greater potential health consequences for people living in remote communities. There needs to be an investigation into strategies which will make the healthy food required for good health affordable and accessible to all Queenslanders.

# Locations



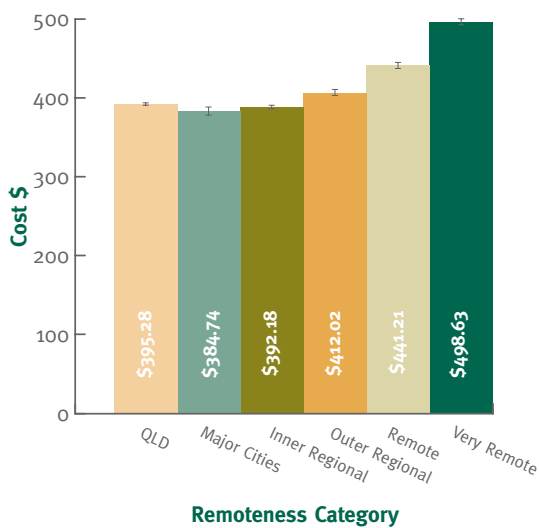
Figure 2 : Location and ABS remoteness classifications for the 97 stores in the 2004 HFAB survey





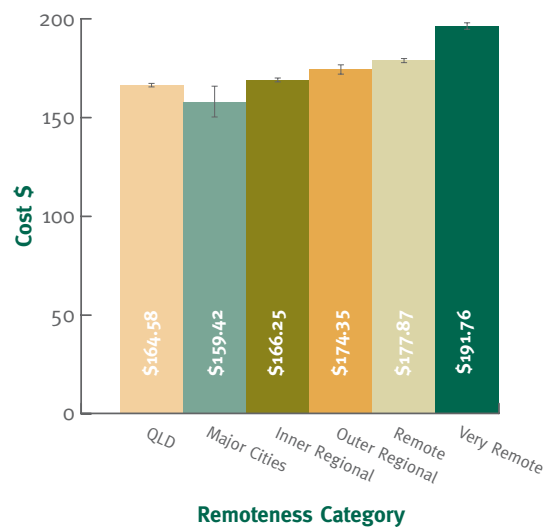
**Figure 3: Mean cost ( $\pm$  se) of baskets in 2004 by remoteness category (n=97)<sup>a,b</sup>**

**a) Mean cost of the Healthy Food Access Basket (HFAB)**



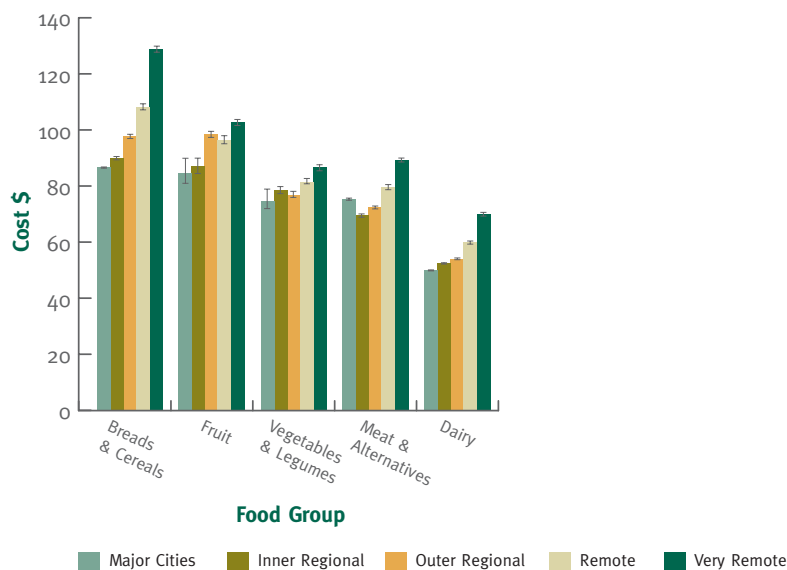
ANOVA  $p < 0.001$   
 a Weighting proportional to Queensland population size by each remoteness category  
 b Source: Healthy Food Access Basket Survey 2004

**b) Mean cost of the fruits, vegetables and legumes in the basket**



ANOVA  $p < 0.01$   
 a Weighting proportional to Queensland population size by each remoteness category  
 b Source: Healthy Food Access Basket Survey 2004

**Figure 4: Mean cost ( $\pm$  se) of individual basic healthy food groups<sup>1</sup> in 2004 by remoteness category (n=97)<sup>a</sup>**



ANOVA  $p < 0.001$  Bread & Cereals, Fruit, Meat & Alternatives, Dairy  
 ANOVA  $p < 0.05$  Vegetables & Legumes  
 a Source: Healthy Food Access Basket Survey 2004

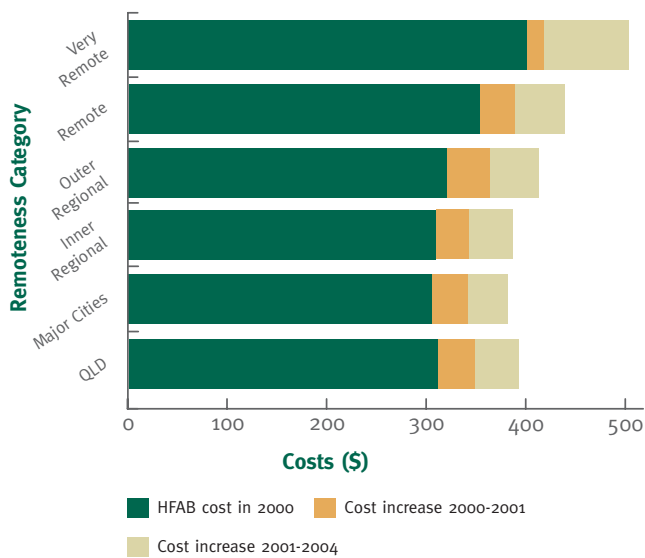


# Results

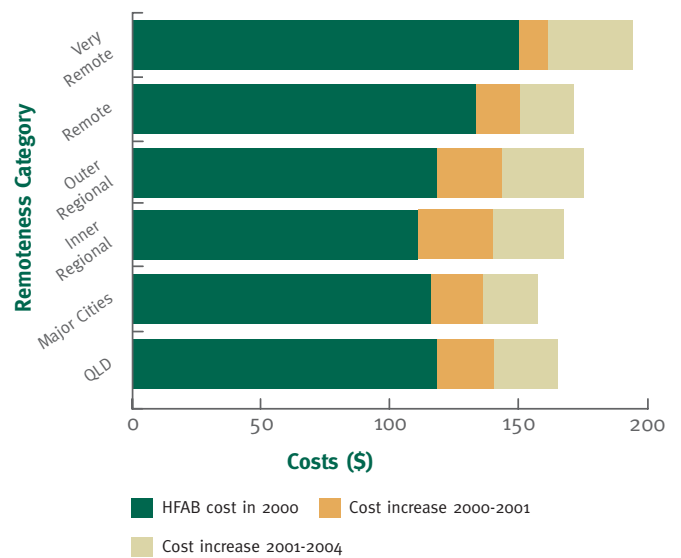


**Figure 5: Mean cost of baskets in 2000 and increase in mean cost from 2000-2004 in the same stores (n=81) by remoteness category<sup>a,b</sup>**

**a) The Healthy Food Access Basket (HFAB)**



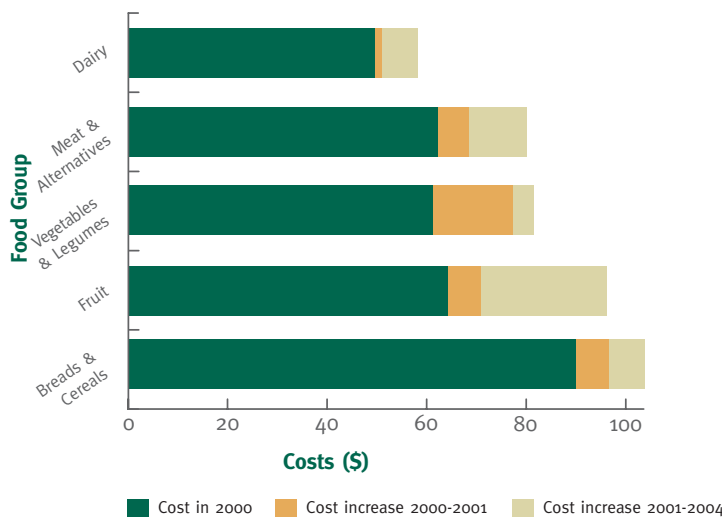
**b) The fruits, vegetables and legumes in the basket**



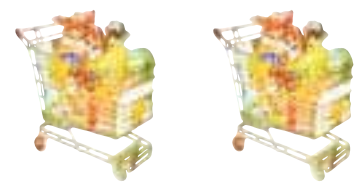
Paired-Samples T-Tests  $p < 0.001$  2000-2001  
 Paired-Samples T-Tests  $p < 0.01$  MC,  $p < 0.001$  Others 2001-2004  
 a Weighting proportional to Queensland population size by each remoteness category  
 b Source: Healthy Food Access Basket Surveys 2000, 2001 & 2004

Paired-Samples T-Tests  $p < 0.01$  MC, IR & VR,  $p < 0.001$  Others 2000-2001  
 Paired-Samples T-Tests  $p = 0.08$  MC,  $p < 0.01$  R,  $p < 0.001$  Others 2001-2004  
 a Weighting proportional to Queensland population size by each remoteness category  
 b Source: Healthy Food Access Basket Surveys 2000, 2001 & 2004

**Figure 6: Mean cost of individual food groups<sup>1</sup> in 2000 and increase in mean cost from 2000-2004 in the same stores (n=81)<sup>a</sup>**

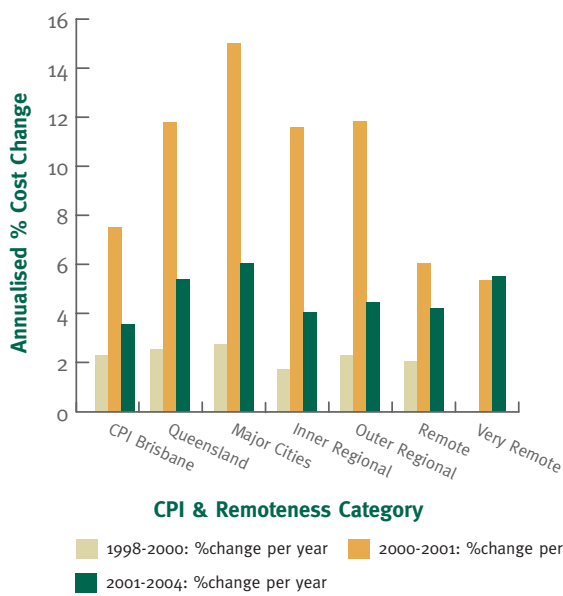


Paired-Samples T-Tests  $p < 0.05$  D,  $p < 0.01$  F,  $p < 0.001$  Others 2000-2001  
 Paired-Samples T-Tests  $p < 0.05$  V&L,  $p < 0.001$  Others 2001-2004  
 a Source: Healthy Food Access Basket Surveys 2000, 2001 & 2004



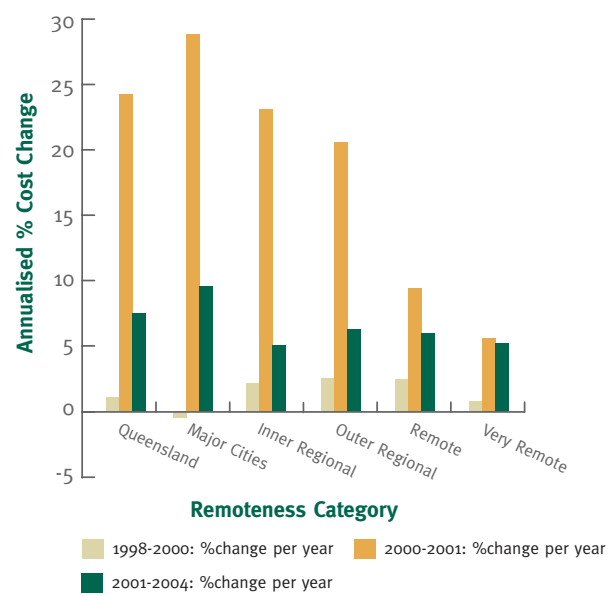
**Figure 7: Annualised percent change in costs<sup>a</sup> over six years in the same stores (n=56)<sup>b,c,d</sup>**

**a) Annualised percent change in the costs of the Healthy Food Access Basket compared with the CPI for food in Brisbane<sup>e</sup>**



a Ham and cabbage excluded  
 b Only stores surveyed in 1998, 2000, 2001 and 2004 were included  
 c Weighting proportional to Queensland population size by each remoteness category  
 d Source: Healthy Food Access Basket Surveys 1998, 2000, 2001 & 2004  
 e Source: Australian Bureau of Statistics <sup>4-10</sup>

**b) Annualised percent change in the costs of the fruits, vegetables and legumes in the basket**

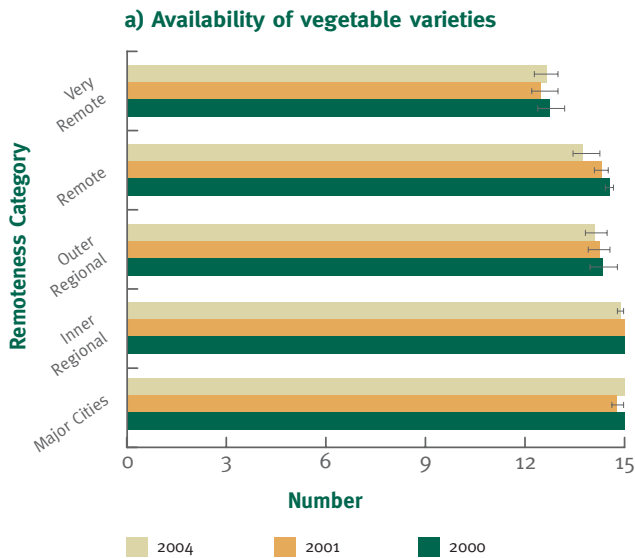


a Ham and cabbage excluded  
 b Only stores surveyed in 1998, 2000, 2001 and 2004 were included  
 c Weighting proportional to Queensland population size by each remoteness category  
 d Source: Healthy Food Access Basket Surveys 1998, 2000, 2001 & 2004

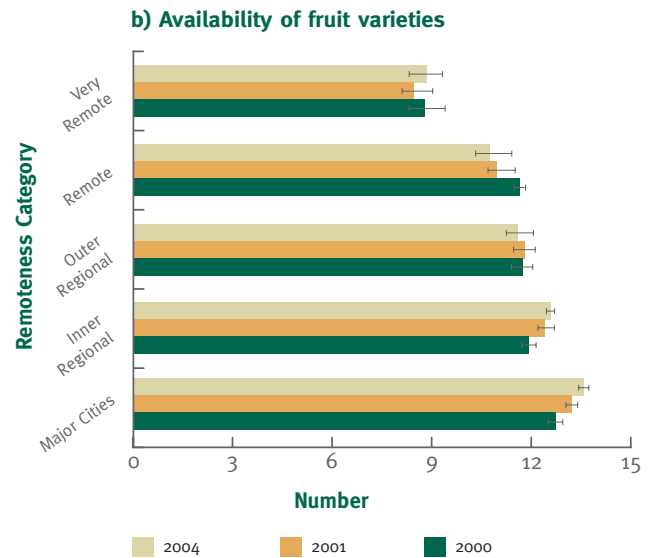
# Results



**Figure 8: Availability of vegetable and fruit varieties (out of a total of 15) from 2000-2004 in the same stores (n=81)<sup>a</sup>**

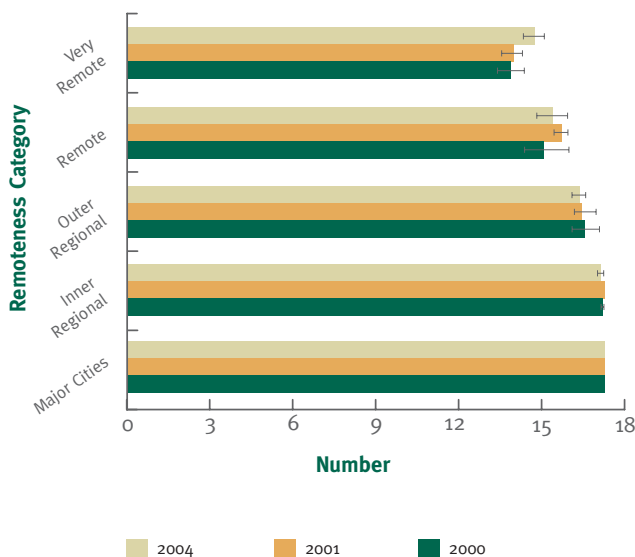


a Source: Healthy Food Access Basket Surveys 2000, 2001 & 2004



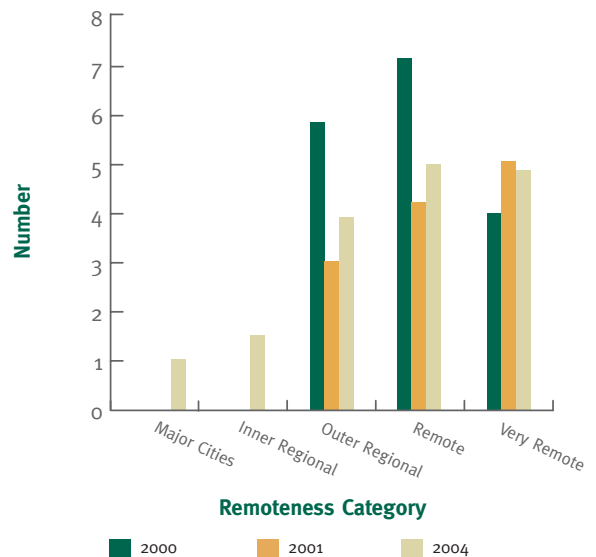
a Source: Healthy Food Access Basket Surveys 2000, 2001 & 2004

**Figure 9: Availability of “better nutrition choices” (out of a total of 17) from 2000-2004 in the same stores (n=81)<sup>a</sup>**

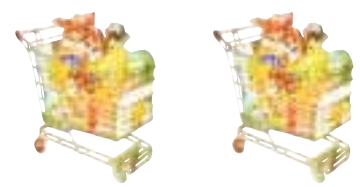


a Source: Healthy Food Access Basket Surveys 2000, 2001 & 2004

**Figure 10: Number of missing HFAB items (n=44) from 2000-2004 in the same stores (n=81)<sup>a</sup>**



a Source: Healthy Food Access Basket Surveys 2000, 2001 & 2004



**Table 1 : Change in cost (mean±se) of baskets in the same stores from 2000 to 2004 (n=81)<sup>a,b</sup>**

	QLD (\$) n=81	Remoteness Category: major cities (\$) n=7	Remoteness Category: inner regional (\$) n=14	Remoteness Category: outer regional (\$) n=22	Remoteness Category: remote (\$) n=14	Remoteness Category: very remote (\$) n=24
<b>Cost of the Healthy Access Food Basket in 2000</b>	308.92±5.74	301.84±4.53	307.73±2.85	319.30±7.34	356.24±8.42	405.03±8.39
<b>Cost of the Healthy Access Food Basket in 2001</b>	345.90±5.04	339.78±3.44	342.96±4.34	357.70±6.10	385.44±8.63	428.23±7.66
<b>% (\$)</b> increase in mean 2000-2001	12.0% (\$36.98)	12.6% (\$37.94)	11.4% (\$35.23)	12.0% (\$38.40)	8.2% (\$29.20)	5.7% (\$23.20)
<b>t-statistic</b>	13.84***	7.29***	6.07***	7.88***	10.22***	5.19***
<b>Cost of the Healthy Access Food Basket in 2004</b>	394.35±6.42	384.74±9.98	392.18±4.48	414.54±6.51	439.00±7.68	505.16±10.36
<b>% (\$)</b> increase in mean 2001-2004	14.0% (\$48.45)	13.2% (\$44.96)	14.4% (\$49.22)	15.9% (\$56.84)	13.9% (\$53.56)	18.0% (\$76.93)
<b>t-statistic</b>	18.58***	4.27**	7.94***	10.78***	10.29***	11.00***
<b>Cost of fruits, vegetables and legumes in 2000</b>	116.08±2.66	115.14±5.28	112.53±3.24	117.05±4.11	135.09±4.56	151.72±4.26
<b>Cost of fruits, vegetables and legumes in 2001</b>	139.59±2.04	137.09±2.17	139.49±3.89	144.82±3.51	151.54±4.27	163.77±3.61
<b>% (\$)</b> increase in mean 2000-2001	20.3% (\$23.51)	19.1% (\$21.95)	24.0% (\$26.96)	23.7% (\$27.77)	12.2% (\$16.45)	7.9% (\$12.05)
<b>t-statistic</b>	10.14***	3.86**	4.56**	7.06***	6.35***	3.45**
<b>Cost of fruits, vegetables and legumes in 2004</b>	164.57±2.81	159.42±10.36	166.25±4.60	177.46±4.86	176.19±4.18	193.69±5.79
<b>% (\$)</b> increase in mean 2001-2004	17.9% (\$24.98)	16.3% (\$22.33)	19.2% (\$26.76)	22.5% (\$32.64)	16.3% (\$24.65)	18.3% (\$29.92)
<b>t-statistic</b>	11.18***	2.09	4.88***	6.73***	4.27**	5.93***

Paired-Samples T-Tests: \* = p<0.05; \*\* = p<0.01; \*\*\* = p<0.001 significantly different from 2000-2004

a Weighting proportional to Queensland population size by each remoteness category

b Source: Healthy Food Access Basket Surveys 2000, 2001 & 2004

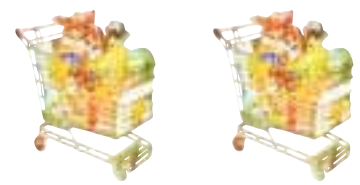
# Results



**Table 2 : Annual percentage price change for selected food items (June Quarter 1995 to June Quarter 2004) in Brisbane<sup>a</sup>**

Items	95-96 %	96-97 %	97-98 %	98-99 %	99-00 %	00-01 %	01-02 %	02-03 %	03-04 %	00-04 %	98-04 %
<b>CPI for food</b>	2.9	1.8	2.8	2.4	2.2	7.3	4.8	4.1	1.5	19	24
<b>Bread</b>	10.1	3.4	3.4	6.5	2.2	8.4	3.4	2.9	-6.6	8	17
<b>Bread and cereal products</b>	7.3	1.9	1.9	2.3	1.8	5.7	3.9	5.4	-1.6	14	19
<b>Diary and related product</b>	3.1	1.3	2.2	3.9	8.0	-1.2	7.3	3.8	0.8	11	25
<b>Milk</b>	2.7	0.9	2.2	3.4	11.5	-4.6	6.4	4.3	0.2	6	22
<b>Fruit and vegetables</b>	-0.4	6.1	3.3	6.0	-0.8	11.4	0.7	9.0	2.6	26	33
<b>Fruit</b>	6.6	7.2	-8.1	25.8	-17.7	18.2	13.3	-8.6	10.2	40	44
<b>Vegetables</b>	-5.4	5.2	12.6	-8.4	15.9	6.5	-9.4	26.9	-3.0	15	23
<b>Meat and seafoods</b>	2.5	1.7	0.7	-0.1	4.5	8.4	10.7	0.7	1.9	23	28
<b>Soft drinks, water and juices</b>	5.1	1.6	6.3	-1.5	-1.6	-1.3	1.4	0.2	0.6	<1	-3
<b>Take-away and fast foods</b>	0.4	-1.4	3.0	3.1	3.6	11.1	3.7	3.7	3.0	23	31
<b>Snacks and confectionery</b>	2.1	3.5	4.2	5.0	1.8	5.5	5.7	4.9	2.0	21	30

<sup>a</sup> Source: Australian Bureau of Statistics 4-10



**Table 3 : Annualised percent price change for selected fruits and vegetables from 2001 to 2004**

Fruits and Vegetables	Brisbane markets April/May <sup>a</sup>		
	% Change Throughput	% Change Price/Ton	% Price Change for Queensland in Paired Stores (n=82) <sup>b,c</sup>
Apples	3.59	13.61	8.43
Bananas	-35.10	13.91	11.73
Cabbage	-7.41	6.86	4.02
Carrots	-12.22	-4.53	-2.33
Lettuce	-8.61	20.15	13.47
Onions	-6.61	5.35	-0.08
Oranges	-5.16	13.95	14.04
Potato	9.22	-10.55	-2.41
Pumpkin	-1.68	17.67	18.59
Tomato	0.38	9.07	0.41

a Source: Brisbane Markets Throughput and Price Data 2001-2004

b Source: Healthy Food Access Basket Surveys 2001 & 2004

c Weighting proportional to Queensland population size by each remoteness category

# Results



**Table 4 : Vegetable and fruit variety and "better nutrition choices" checklists<sup>a</sup>**

Vegetables	Fruit	"Better nutrition choices"
Broccoli	Apple	Wholemeal bread
Cabbage	Banana	Dried fruit
Capsicum	Grape	Dry biscuits, low fat <sup>b</sup>
Carrot	Kiwi fruit	Tinned fruit, in natural juice
Cauliflower	Mango	Monounsaturated oil like canola or olive
Cucumber	Orange	Fresh reduced fat milk
Green beans	Other citrus fruit	Yoghurt
Lettuce	Other stone fruit	Bottled water
Mushroom	Pawpaw	Baked beans
Onion	Peach	100% Orange juice
Potato	Pear	Diet cordial
Pumpkin	Pineapple	Diet soft drink
Sweet corn	Rock melon	Lean meat <sup>c</sup>
Sweet potato	Strawberry	Other dried legumes e.g. lentils, split peas, chickpeas
Tomato	Watermelon	Poly/mono-unsaturated margarine
		Red kidney beans
		Tinned bean mix

a Source: Healthy Food Access Basket Survey 2000: Full Report<sup>13</sup>

b Low fat dry biscuits include: biscuits which have less than 10g of fat per 100g

c Lean meat determined by visual inspection, Meat lean if little visible fat

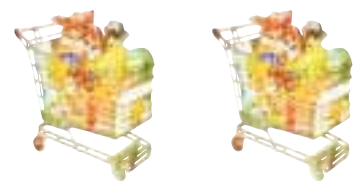
**Table 5 : Most frequently missing HFAB food items<sup>a</sup>**

Wholemeal flour	100% Orange juice <sup>b</sup>	Fresh reduced fat milk <sup>b</sup>
Powdered skim milk	Bananas	Cabbage
Frozen chicken	Tinned ham	Long life full cream milk
Wholemeal bread <sup>b</sup>	Rolled oats	

a Source: Healthy Food Access Basket Survey 2004

b "Better nutritional choices" food item

# References



For more information or additional copies of this report contact:

Dr Amanda Lee  
Principal Public Health Nutritionist  
Health Promotion Unit  
Public Health Services  
Queensland Health  
email: Amanda\_Lee@health.qld.gov.au

## References

1. Cashel K, Jeffreson S. *The Core Food Groups*. Canberra: National Health and Medical Research Council, 1992.
2. Australian Bureau of Statistics. *Information Paper: Outcomes of ABS views on Remoteness Consultation, Australia*. Canberra: Australian Bureau of Statistics; July 2001.
3. GISCA, University of Adelaide. ARIA+ Version 2 - Accessibility/Remoteness Index of Australia: [http://www.gisca.adelaide.edu.au/products\\_services/ariav2.html](http://www.gisca.adelaide.edu.au/products_services/ariav2.html). Adelaide: University of Adelaide; Accessed 2004.
4. Australian Bureau of Statistics. *June Quarter 1998 Consumer Price Index Standard Data Report: Capital City Index Numbers by Expenditure Class*. Canberra: Australian Bureau of Statistics; October 1998.
5. Australian Bureau of Statistics. *June Quarter 1999 Consumer Price Index Standard Data Report: Capital City Index Numbers by Expenditure Class*. Canberra: Australian Bureau of Statistics; July 1999.
6. Australian Bureau of Statistics. *June Quarter 2000 Consumer Price Index Standard Data Report: Capital City Index Numbers by Expenditure Class*. Canberra: Australian Bureau of Statistics; July 2000.
7. Australian Bureau of Statistics. *June Quarter 2001 Consumer Price Index Standard Data Report: Capital City Index Numbers by Expenditure Class*. Canberra: Australian Bureau of Statistics; July 2001.
8. Australian Bureau of Statistics. *June Quarter 2002 Consumer Price Index Standard Data Report: Capital City Index Numbers by Expenditure Class*. Canberra: Australian Bureau of Statistics; July 2002.
9. Australian Bureau of Statistics. *June Quarter 2003 Consumer Price Index Standard Data Report: Capital City Index Numbers by Expenditure Class*. Canberra: Australian Bureau of Statistics; July 2003.
10. Australian Bureau of Statistics. *June Quarter 2004 Consumer Price Index Standard Data Report: Capital City Index Numbers by Expenditure Class*. Canberra: Australian Bureau of Statistics; July 2004.
11. Microsoft. Access 2002 (10.4302.4219) SP - 2. Redmond, Silicon Valley, USA: Microsoft Inc 2001.
12. SPSS. SPSS 12.0.1 for Windows. Chicago, USA: SPSS Inc 2003.
13. Queensland Health. *The 2000 Healthy Food Access Basket (HFAB) Survey: Full Report*. Brisbane: Queensland Health 2001.  
Web site: <http://qheps.health.qld.gov.au/PHS/Documents/shpu/9137dmp.htm>
14. Australian Bureau of Statistics. *Special Article – Measuring the impact of the new tax system on the September Quarter 2000 Consumer Price Index*. Canberra: Australian Bureau of Statistics; September, 2000.
15. Australian Competition and Consumer Commission. *Report on ACCC Price Surveys: General Survey*. Canberra: Australian Competition and Consumer Commission Publishing Unit, 2001.
16. Queensland Health. *The 2001 Healthy Food Access Basket (HFAB) Survey*. Brisbane: Queensland Health 2003.
17. Drewnowski A, Darmon N. *The economics of obesity: dietary energy density and energy cost*. American Journal of Clinical Nutrition 2005;82(suppl):265S-73S.
18. Queensland University of Technology and the Australian Institute of Health and Welfare. *Health inequalities in Australia: mortality*. QUT and AIHW, September 2004.
19. Australian Competition and Consumer Commission. *GST final report: ACCC oversight of pricing responses to the introduction of the new tax system*. Canberra: Australian Competition and Consumer Commission Publishing Unit, January 2003.
20. Spencer S. *Price Determination in the Australian Food Industry: A Report*. Canberra: Australian Government Department of Agriculture, Fisheries and Forestry; 2004.
21. Department of Primary Industries. *Queenslanders' Attitudes Towards Everyday Food Items Newsletter*. Brisbane: Department of Primary Industries; March 2001.