

Prevalence and Socio-Demographic Predictors of Food Insecurity in Australia during the COVID-19 Pandemic



COVID-19 resulted in loss of income and increased food insecurity.



Pre COVID-19



7% Unemployment rate



43% coupled families without children
38% coupled families with children



\$1100 median household weekly income



18.8% professional occupation



1,170 respondents

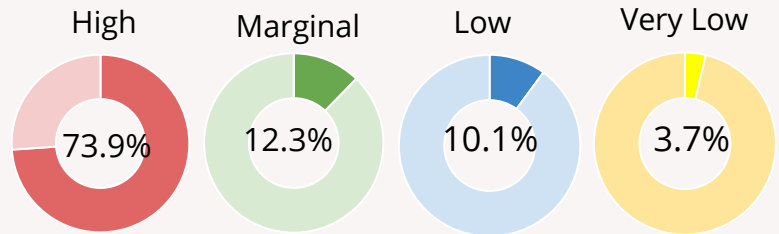


77% female
23% male



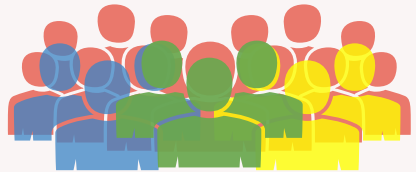
68% aged over 46

Food Security Status



• Financial impacts of COVID-19 affected all socio-economic demographics.

- Food insecurity higher for:
- lower SES communities
- people in rural areas



Risk factors

- Younger age
- Disability
- Rurality
- Aboriginal and/or Torres Strait Islander descent
- Immigration status
- Lower education levels
- Having dependents



• 26% food insecure during COVID-19 [2020].

• 14% severe food insecurity.

• 35% said COVID-19 had impacted their employment.

Recommendations:

- Provide opportunities for secure employment with a living wage
- Strengthen social protection mechanisms and emergency food relief programs
- Create systems that support and strengthen physical access to food and protect the stability of the food supply

