

# Lived Experience of Regional and Remote Food Systems: Barriers to and Enablers of Food Access in Western Australia

**Aim:** to understand community and stakeholder perceptions of a 'good food pathway' and the barriers to and enablers of achieving food supply in regional and remote WA.

**Methods:** 19 focus groups, with 92 participants were held across each region of WA. The barriers and enablers of food supply identified by participants are outlined in Figure 1.

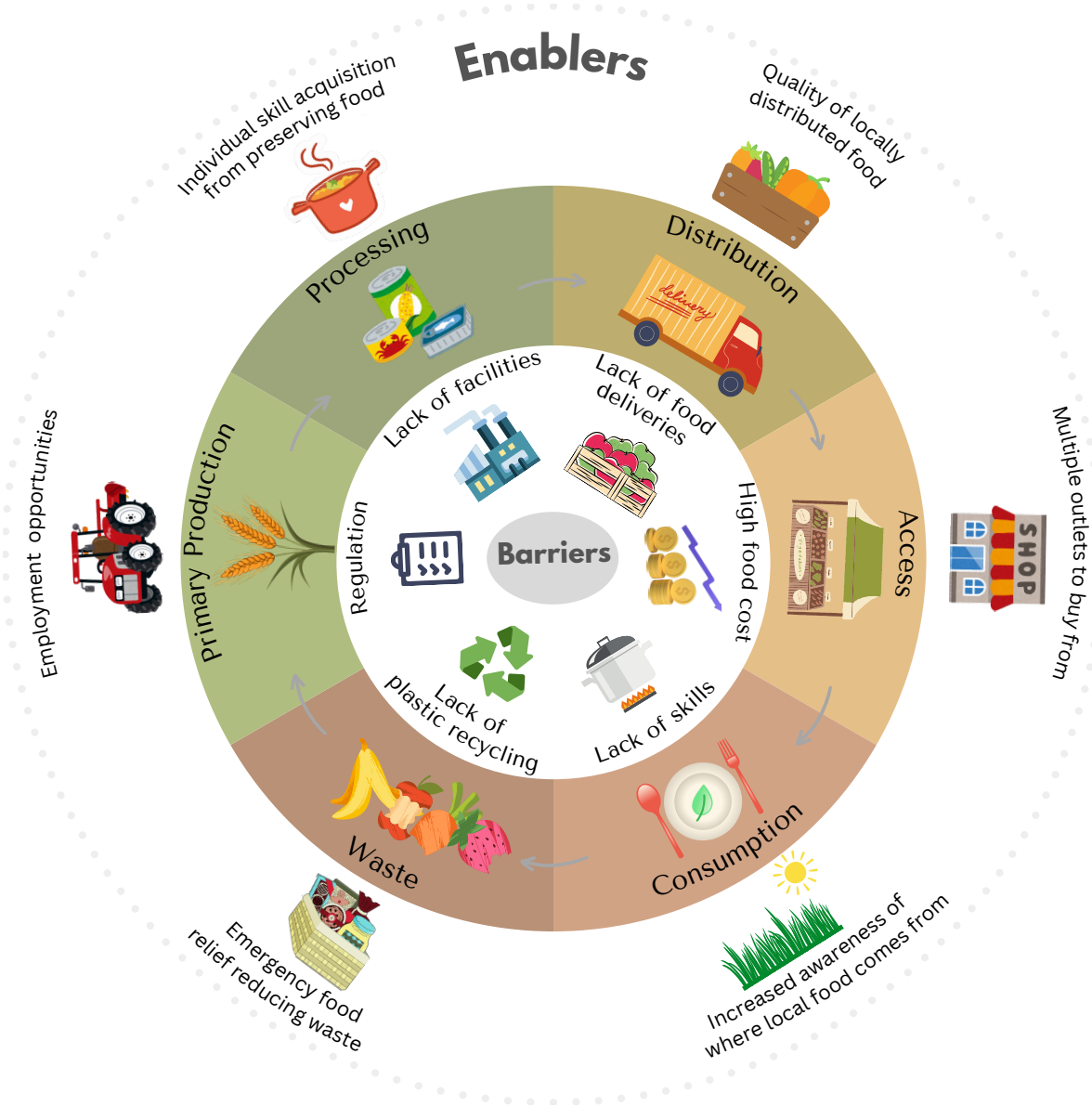


Figure 1. Community and stakeholder perceptions of food supply barriers and enablers in regional Western Australia

**Based on these findings, our recommendations include:** food system actors join the call for Food Action Groups (also known as Food Policy Councils) to be established in WA, and across Australia. These mechanisms could support advocacy for, or direct implementation of place-based activities to address the locally relevant food issues.