

University of Wollongong

## Research Online

---

Faculty of Science, Medicine and Health -  
Papers: Part B

Faculty of Science, Medicine and Health

---

2024

### Shellharbour's food environment

Karen Charlton

*University of Wollongong*, [karenc@uow.edu.au](mailto:karenc@uow.edu.au)

Katherine Kent

*University of Wollongong*, [katherinek@uow.edu.au](mailto:katherinek@uow.edu.au)

Alemayehu Gebremariam

*University of Wollongong*, [adg504@uowmail.edu.au](mailto:adg504@uowmail.edu.au)

Follow this and additional works at: <https://ro.uow.edu.au/smhpapers1>

---

#### Publication Details Citation

Charlton, K., Kent, K., & Gebremariam, A. (2024). Shellharbour's food environment. Faculty of Science, Medicine and Health - Papers: Part B. Retrieved from <https://ro.uow.edu.au/smhpapers1/1820>

Research Online is the open access institutional repository for the University of Wollongong. For further information contact the UOW Library: [research-pubs@uow.edu.au](mailto:research-pubs@uow.edu.au)

---

## Shellharbour's food environment

### Abstract

Mapping the food environment helps us understand if everyone can easily get healthy food. The healthiness of Shellharbour food environment matters because it directly impacts the dietary choices of local residents and, consequently, their overall health and well-being.

### Publication Details

Charlton, K., Kent, K. & Gebremariam, A. (2024). Shellharbour's food environment. University of Wollongong.

# Shellharbour's food environment



## Why map the food environment?

Mapping the food environment helps us understand if everyone can easily get healthy food. The healthiness of Shellharbour food environment matters because it directly impacts the dietary choices of local residents and, consequently, their overall health and well-being.

## How is it scored?



The full list of registered food outlets was obtained from Shellharbour City Council



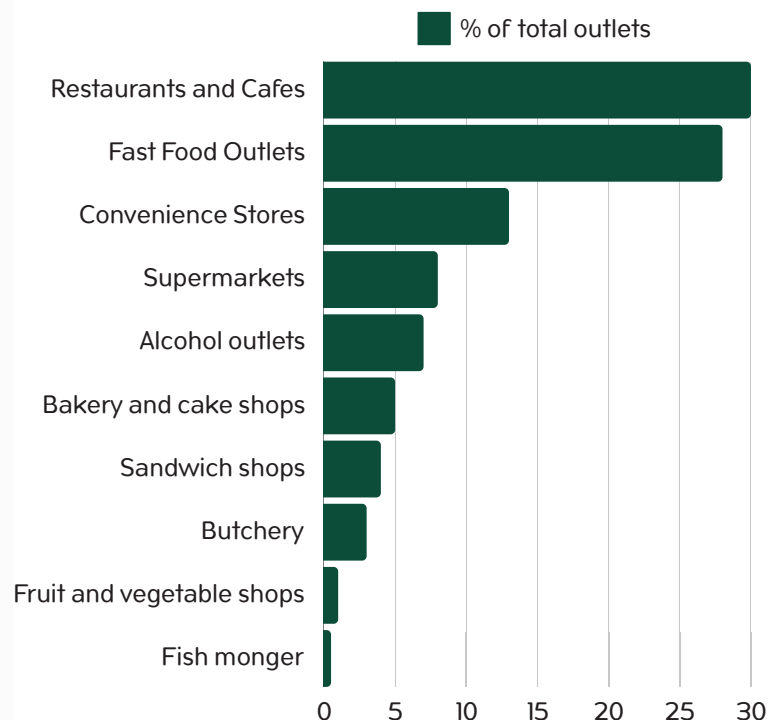
Shops and food outlets were categorised on a pre-defined scale, and then classified as healthy, less healthy and unhealthy.



The density of healthy to unhealthy food outlets was calculated by dividing number of healthy to less healthy and unhealthy food outlets show the quality of food available to local residents.

## What types of food outlets are there in Shellharbour?

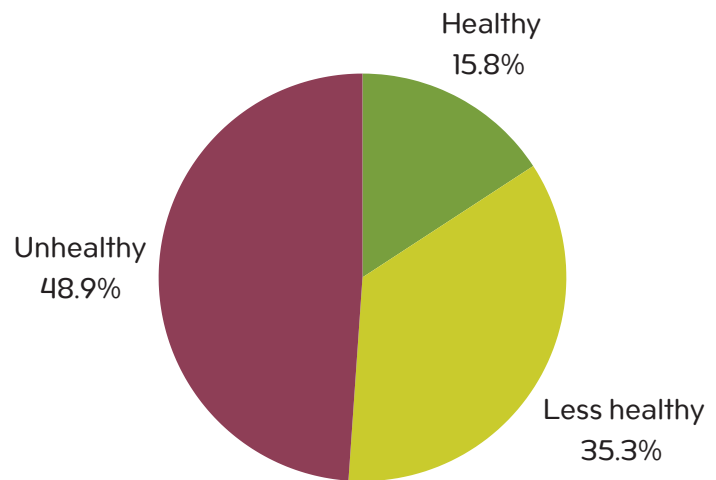
A total of 272 food outlets were found in Shellharbour local government area. The most common food outlet was restaurant and cafes, followed by fast-food outlets. The least common food outlets were fish mongers and fruiterer and greengrocers.





## How healthy is Shellharbour's food environment?

Among the 272 food outlets in Shellharbour LGA, around half were classified as unhealthy (including fast-food, takeaway & pubs), around a third fell into the less healthy category (cafes, restaurants, bakeries), while a minority were considered healthy (supermarkets, greengrocers, butchers, fishmongers, and sandwich/sushi bars).

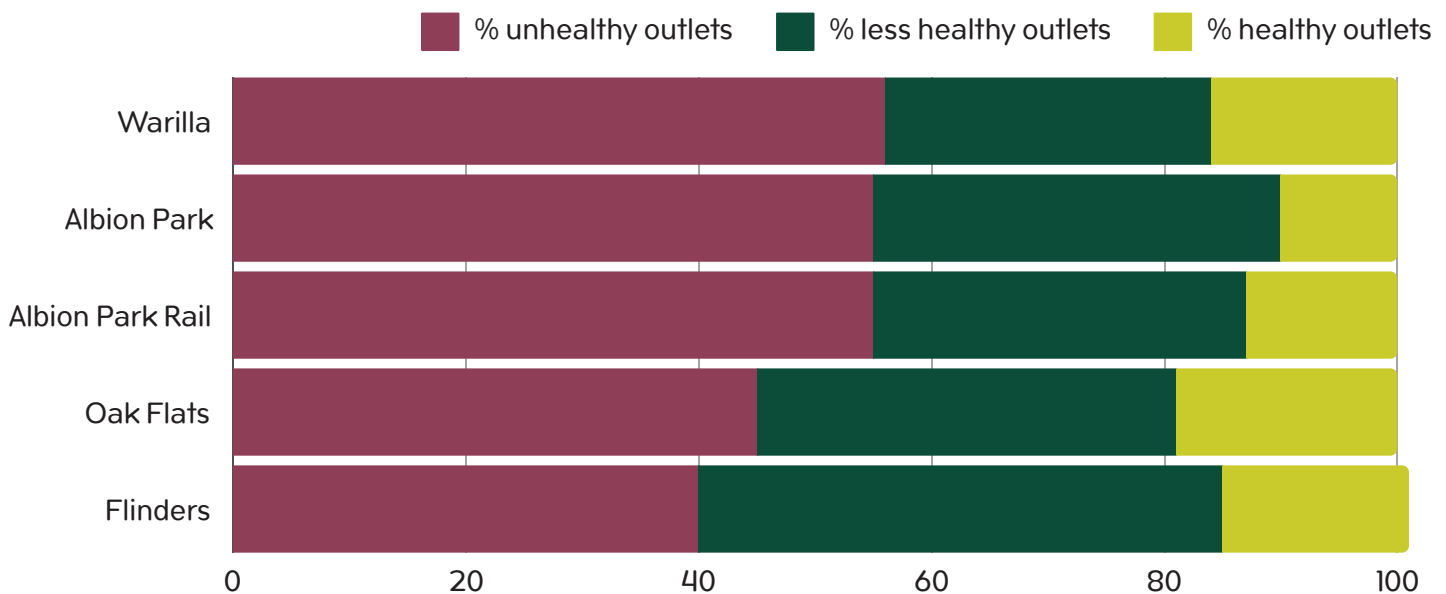


The ratio of healthy to less healthy and unhealthy food outlets is:

# 1:5

## Which area has the most unhealthy outlets?

Warilla, Albion Park and Albion Park Rail have the highest proportion of unhealthy food outlets in the LGA.



## What next?

Food environment data can help inform new policies & programs that improve healthy food access, promote healthier eating habits, and enhance overall community health.

