

Dreams to Reality - Empowering Futures through Home Economics
HEIA SA 19th – 21st January 2011

1. CURRENT NATIONAL NUTRITION DIRECTIONS AND RELATED ISSUES

1) Review of the Dietary Guidelines and Australian Guide to Healthy Eating

http://www.nhmrc.gov.au/your_health/healthy/nutrition/committee.htm

- A Food Modelling System to Inform the Revision of the Australian Guide to Healthy Eating public consultation (April 2010)
- Release of A Food Modelling System to Inform the Revision of the Australian Guide to Healthy Eating (March 2011)
- Dietary Guidelines public consultation (March 2011)
- Launch of the Dietary Guidelines (late 2011).

2) Preventative Health Taskforce report and government response

<http://www.preventativehealth.org.au/>

- The Minister for Health and Ageing, the Hon Nicola Roxon, launched the National Preventative Health Strategy, *Australia: The Healthiest Country by 2020*, on 1 September 2009. The Strategy recommends a range of interventions aimed at reducing the chronic disease burden associated with three lifestyle risk factors – obesity, tobacco and alcohol.
- On 11 May 2010 the Minister for Health and Ageing, the Hon Nicola Roxon MP, released *Taking Preventative Action*, the Government's response to the report of the National Preventative Health Taskforce.

3) National Partnership Agreement on Preventive Health (11 initiatives)

<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-prevention-np>

- 1) Healthy communities
- 2) Healthy children (In South Australia, this is the program called OPAL)
- 3) Healthy workers
- 4) Industry partnership
- 5) Australian Health Survey
 - The survey will include about 50,000 randomly sampled adults and children from all across Australia – starts in 2011
 - <http://www.abs.gov.au/websitedbs/D3310114.nsf/Home/Australian+Health+Survey?OpenDocument>
- 6) Social Marketing – Measure Up
 - <http://www.health.gov.au/internet/abhi/publishing.nsf/Content/home>
- 7) Social marketing tobacco
- 8) Enhanced state/territory surveillance
- 9) Workforce audit and strategy
- 10) Australian National Preventive Health Agency and Research Fund
 - <http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-anpha>
- 11) Eating Disorders Collaboration - <http://www.nedc.com.au/>

4) Food and Health Dialogue

Managed by the Commonwealth Department of Health and Ageing – to work with the food industry to improve the nutritional profile of foods

<http://www.health.gov.au/internet/main/publishing.nsf/Content/food-health-dialogue>

5) Breastfeeding

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-brfeed-index.htm>

Australian national breastfeeding strategy (2010-2015)

- <http://www.health.gov.au/internet/main/publishing.nsf/Content/aust-breastfeeding-strategy-2010-2015>

6) Children

Australian national children's nutrition and physical activity survey (2007)

- <http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-nutrition-childrens-survey-keyfindings>

Get up and Grow: Healthy Eating and Physical Activity for Early Childhood resources

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- <http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources>
- Australian Early Development Index
- http://www.rch.org.au/aedi/about.cfm?doc_id=13152

2. Non-government organisations

Health

Heart Foundation – for example see recent information on fast food outlet menu labelling
<http://www.heartfoundation.org.au/sites/healthyeating/Healthprofessionals/Pages/NutritionLabellingonMenus.aspx>
The Cancer Council -

Advocacy

Obesity policy coalition - <http://www.opc.org.au/default.asp>
Choice - <http://www.choice.com.au/consumer-action/your-food-labels.aspx>
Parents' Jury - <http://www.parentsjury.org.au/>
Public Health Advocacy Institute of WA - <http://www.phaiwa.org.au/>
Food Policy Coalition

Professional associations

Dietitians Association of Australia (eg see Smart Eating For You) – <http://www.daa.asn.au/>
Public Health Association of Australia (eg see policy statements) <http://www.phaa.net.au/>
Australian Health Promotion Association - <http://www.healthpromotion.org.au/>

3. Government

Australian Institute of Health and Welfare – excellent source of current information eg see Australia's Health – <http://www.aihw.gov.au/>
Victoria – Kids go for your life
• http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pracpages/Kids_Go_for_your_life?open
NSW – Healthy kids - <http://www.healthykids.nsw.gov.au/>
WA – Draw the line – (includes a food and physical activity calculator)
• <http://www.drawthelinewa.com.au/default.aspx?MenuID=16>
Commonwealth's Healthy Weight website -
<http://www.healthyactive.gov.au/internet/healthyactive/Publishing.nsf/Content/healthyweight>

4. SOUTH AUSTRALIA

1) South Australia's Strategic Plan

<http://www.saplan.org.au/>

Progress report (contains data on levels of adult overweight)

- <http://www.saplan.org.au/progress-report--2>

2) Eat Well Be Active Healthy Weight Strategy 2000-2010

(New strategy currently being developed 2011-2016)

<http://www.health.sa.gov.au/pehs/branches/health-promotion/hw-strategy-sa-06-10.pdf>

Examples of SA Health funded programs in South Australia (2009 version – the Nov 2010 version should be on our website soon)

- <http://www.health.sa.gov.au/pehs/branches/health-promotion/eatwellbeactivepriorities2006-2010-pehs-sahealth-091218.pdf>

3) Websites of several SA Health funded nutrition programs

Community Foodies - http://www.communityfoodies.com/about_community_foodies

Start Right Eat Right - <http://www.health.sa.gov.au/pehs/startrighteatright.htm>

Crunch&Sip® - <http://www.sadental.sa.gov.au/desktopdefault.aspx?tabid=198> and
www.crunchandsip.com.au

Go for 2&5® see SA section of the national website – www.gofor2and5.com.au

Curriculum booklet – in SA section

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Also see the new SA Health website's healthy living section (go to healthy eating – also see links)

- <http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+services/healthy+living>

4) New projects

- Botanic Gardens kitchen garden initiative (statewide project) – encouraging edible gardens in homes, schools and homes – will have a new website soon
- Promoting fruit and veg and water (statewide project) – supporting local government and community organisations to develop healthy eating policies and run food literacy programs

5) Australian national children's nutrition and physical activity survey (2007) – SA results

<http://www.health.sa.gov.au/pehs/branches/health-promotion/hp-Childrens-Survey.htm>

6) PHIDU – a great source of atlases, data etc

<http://www.publichealth.gov.au/>

Other

FSANZ - <http://www.foodstandards.gov.au/>

Indigenous Health Infonet (Indigenous information)

- <http://www.healthinfonet.ecu.edu.au/health-risks/nutrition>

Better Health Channel

- <http://www.betterhealth.vic.gov.au/>

Catherine Saxelby – foodwatch - <http://foodwatch.com.au/>

Foodchoices - <http://www.foodchoices.com.au/>

Presentations from a South Australian Nutrition Network forum on nutrition in early life 2009 -

<http://www.health.sa.gov.au/pehs/branches/health-promotion/hp-seminars-conferences.htm>

Patricia Carter
SA Health