



What does the future look like for obesity prevention?

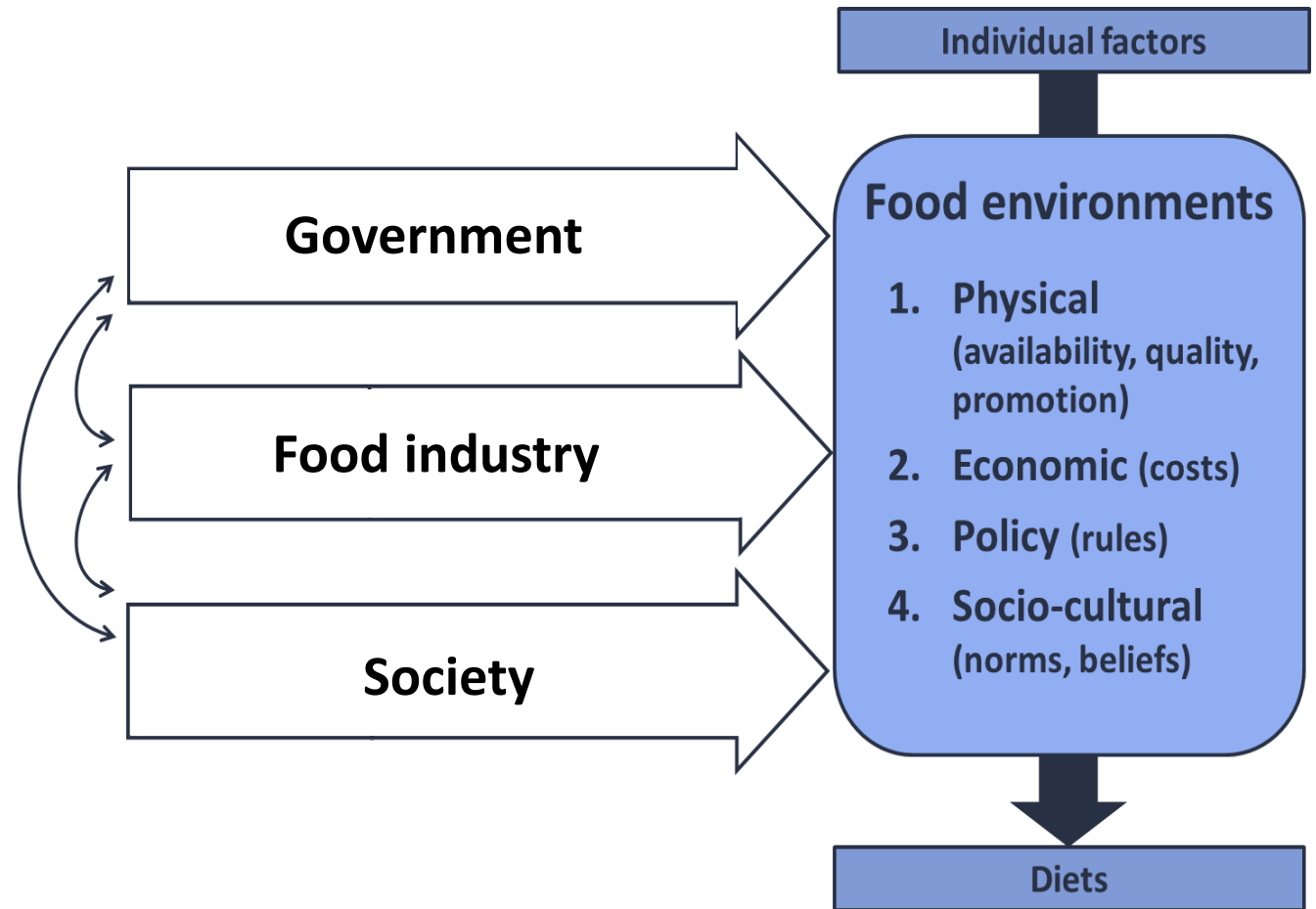
Associate Professor Gary Sacks

Global Obesity Centre, Institute for Health Transformation

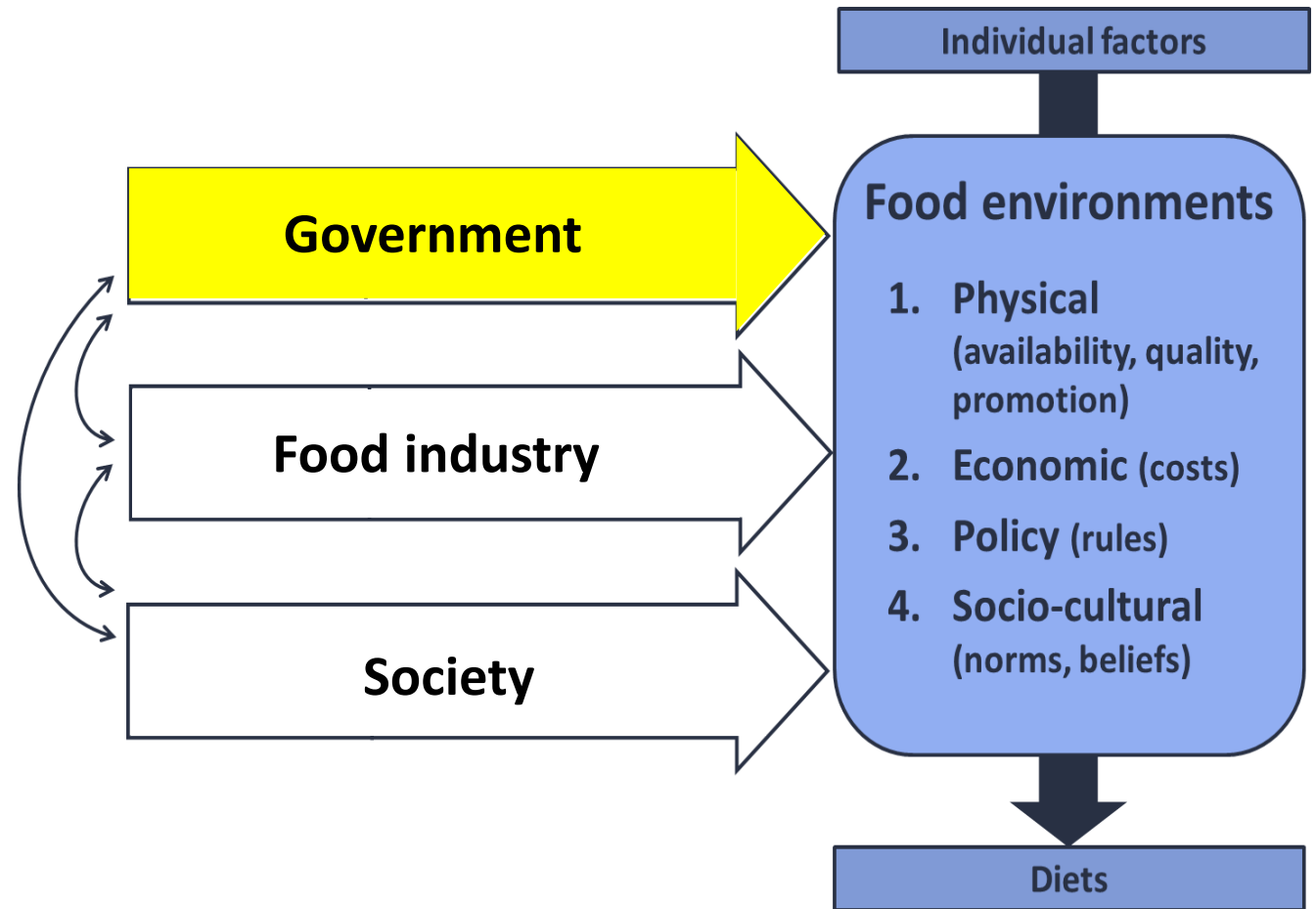


[@gary_sacks](#)

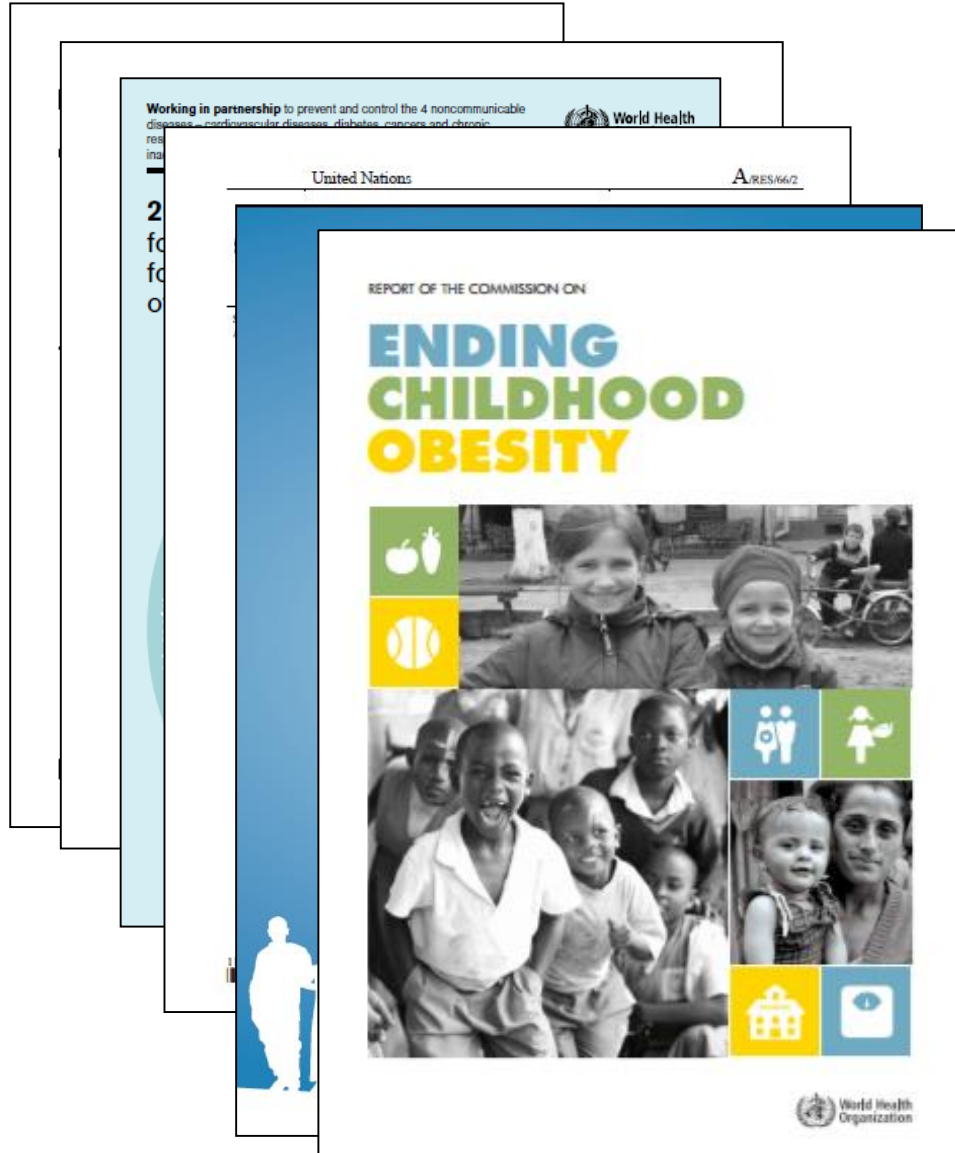
A comprehensive societal approach is needed to tackle obesity



Strong government leadership and policy action is needed



There is a good understanding of what needs to be done



There is strong consensus about priority actions in Australia

TIPPING THE SCALES

8 critical actions
Australia must
take to tackle
obesity

opc.org.au/tippingthescales
#TippingTheScales



Toughen
restrictions on
TV junk food
advertising
to kids



Set food
reformulation
targets



Make Health
Star Ratings
mandatory



Develop an
active transport
strategy



Fund public
health education
campaigns



Add a 20%
health levy to
sugary drinks



Establish a
national obesity
taskforce



Monitor diet,
physical activity,
weight guidelines

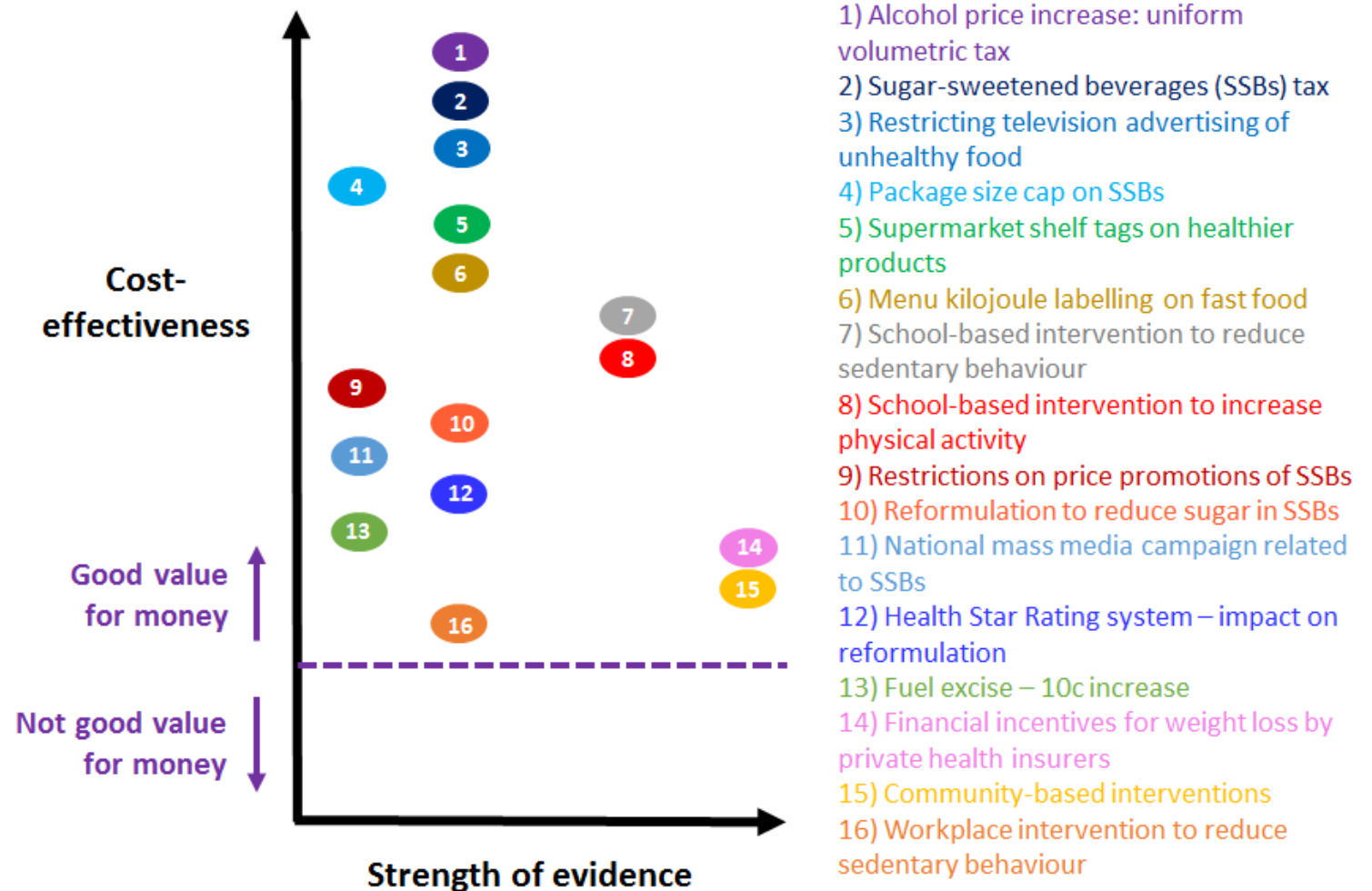
Australian Chronic Disease Prevention Alliance



Policy options for obesity prevention are highly cost-effective



**DEAKIN
HEALTH
ECONOMICS**



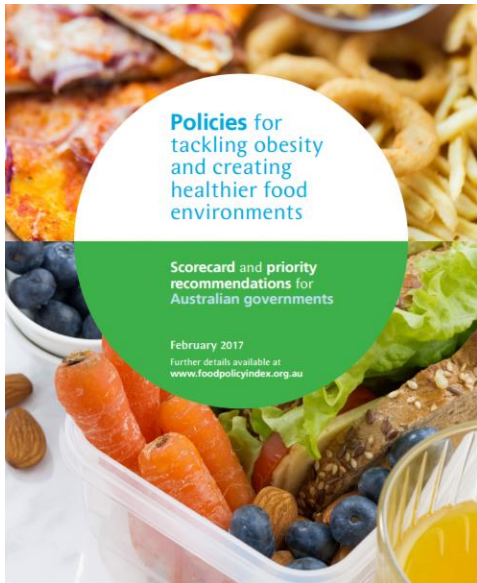
However, levels of acceptability for different policy options vary



**DEAKIN
HEALTH
ECONOMICS**

Intervention	Policy type	Acceptability		
		Public	Govt	Industry
Community-based interventions	Program	High	High	High
School-based intervention to increase physical activity	Program	High	High	High
Health Star Rating (HSR) system – impact on reformulation	Regulation	High	High	Med
Supermarket shelf tags on healthier products	Program	High	High	Med
Workplace intervention to reduce sedentary behaviour	Program	High	High	Med
Menu kilojoule labelling on fast food	Regulation	High	High	Med
Restricting television advertising of unhealthy foods	Regulation	High	Med	Low
Financial incentives for weight loss by private health insurers	Program	Med	High	Med
Reformulation to reduce sugar in sugar-sweetened beverages	Regulation	Med	High	Med
National mass media campaign – sugar-sweetened beverages	Program	Med	Med	Med
Sugar-sweetened beverages tax (20%)	Regulation	Med	Med	Low
Fuel excise: 10c increase	Regulation	Low	Low	Med
Package size cap on sugar-sweetened beverages	Regulation	Low	Low	Low
Restrictions on price promotions of sugar-sweetened beverages	Regulation	Low	Low	Low

Implementation of recommended policies in Australia (2017)



Assessment of level of implementation – Policy domains

Food composition	Food composition standards / targets for packaged foods
	Food composition standards / targets for out-of-home meals
Food labelling	Ingredient lists / nutrient declarations
	Regulatory systems for health and nutrition claims
	Front-of-pack labelling
Food promotion	Restrict promotion of unhealthy food in broadcast media
	Restrict promotion of unhealthy food in non-broadcast media
	Restrict promotion of unhealthy food in children's settings
Food prices	Minimise taxes on healthy foods
	Increase taxes on unhealthy foods
Food provision	Policies in schools promote healthy food choices
	Policies in public settings promote healthy food choices
	Support and training systems for public sector settings
	Support and training systems for private companies
Food retail	Retail store availability of healthy and unhealthy foods
	Food service outlet availability of healthy and unhealthy foods
Food trade	Trade agreement impacts assessed
	Protect regulatory capacity regarding nutrition



Implementation of recommended policies in Australia (2017)



Assessment of level of implementation – Infrastructure Support domains

Leadership

- Strong, visible, political support for population nutrition
- Population intake targets established
- Food-based dietary guidelines implemented
- Comprehensive implementation plan linked to state/national needs
- Priorities for reducing inequalities related to nutrition

Governance

- Restricting commercial influence on policy development
- Use of evidence in policies related to population nutrition
- Transparency and access to government information
- Assessing the potential health impacts of all policies

Monitoring & intelligence

- Monitoring food environments
- Monitoring population nutrition intake
- Monitoring population body weight
- Evaluation of major programs and policies

Funding & resources

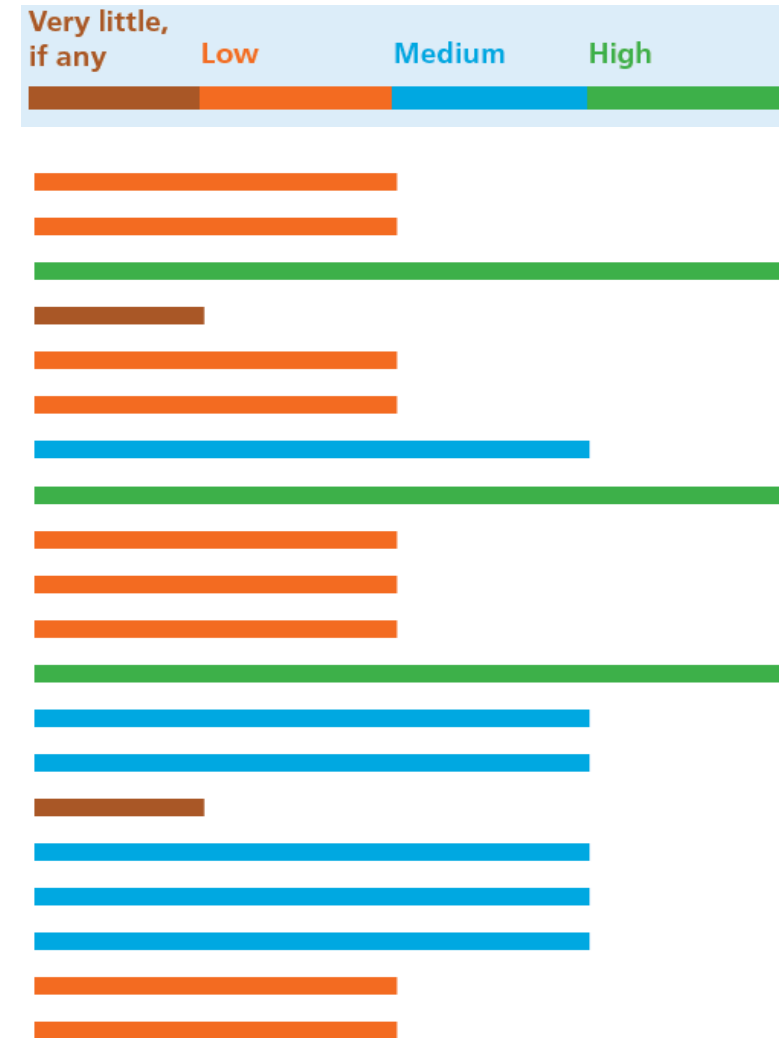
- Research funding for obesity & NCD prevention
- Independent health promotion agency

Platforms for interaction

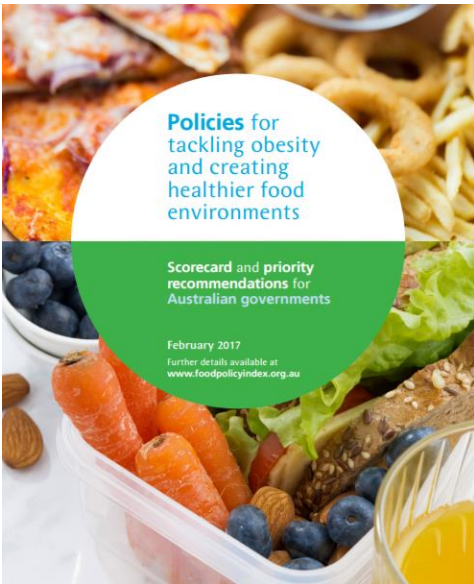
- Coordination mechanisms (national, state and local government)
- Platforms for government and food sector interaction
- Platforms for government and civil society interaction

Support for communities

- Implementation of social marketing campaigns
- Food and nutrition in education curricula



Substantial variation at the State and Territory level (2017)



		ACT	NSW	NT	QLD	SA	TAS	VIC	WA
Food labelling	Menu labelling	High	High	Low	High	High	Low	Medium	Low
	Restrict promotion of unhealthy food in non-broadcast media	Medium	Low	Low	Low	Low	Low	Low	Low
Food promotion	Restrict promotion of unhealthy food in children's settings	Medium	Low	Low	Low	Low	Low	Low	Low
	Policies in schools promote healthy food choices	High	High	Medium	High	Medium	High	Medium	High
Food provision	Policies in public settings promote healthy food choices	Medium	Medium	Medium	Medium	Low	Low	Medium	Medium
	Support and training systems for public sector settings	Medium	High	Low	Medium	Low	Medium	High	Medium
	Support and training systems for private companies	Medium	Medium	Low	Medium	Low	Medium	Medium	Medium
Food retail	Planning policies and zoning laws: unhealthy foods	Low	Low	Low	Medium	Low	Medium	Low	Low
	Planning policies and zoning laws: healthy foods	Low	Low	Low	Medium	Low	Medium	Low	Low
	Retail store availability of healthy and unhealthy foods	Low	Low	Medium	Low	Low	Low	Low	Low
	Food service outlet availability of healthy and unhealthy foods	Low	Low	Low	Low	Medium	Low	Low	Low

Level of implementation (with reference to international best practice)

Very little, if any Low Medium High

Chile has adopted a range of strong regulatory actions



Canada currently implementing a suite of policy actions



Vision: Make the healthier choice the easier choice for all Canadians

Collaboration with other federal initiatives such as *A Food Policy for Canada*

Better nutrition information



Revise Food Guide

Improve Food Labels

Front-of-Package Labelling

Improve food quality



Reduce Sodium in Food

Prohibit Industrial Trans Fat

Protect vulnerable populations



Restrict Marketing of Unhealthy Food & Beverages to Children

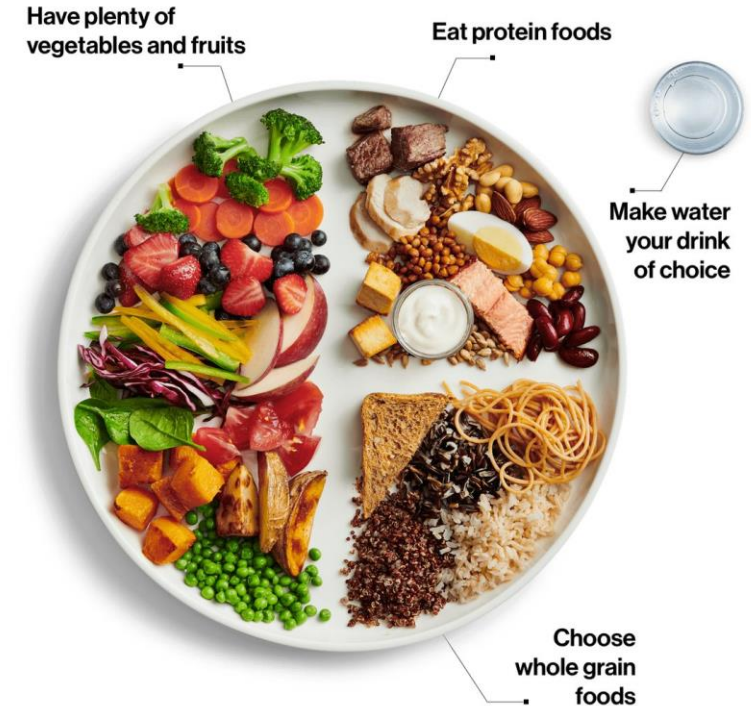
Improve food access & availability



Expand and update Nutrition North Canada

Meaningful impacts on long-term health outcomes for Canadians

Mutually-reinforcing initiatives developed using strong evidence and meaningful, open, and transparent consultations



High in / Élevé en
Sat fat / Gras sat
Sugars / Sucres
Sodium



Health Canada / Santé Canada

Strong transparency underpinning policy development



Government
of Canada

Gouvernement
du Canada

[Français](#)

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Transparency of stakeholder communications for healthy eating initiatives

Learn about Health Canada's changes to how stakeholder communication is handled for the healthy eating strategy.

A new approach to communicating with stakeholders

In addition, Health Canada will publish a table of all correspondence, other than written submissions to a formal consultation, and all meetings with stakeholders in which views, opinions and information (including requests for information) are relayed with the intent to inform the development of policies, guidance or regulations related to healthy eating initiatives.

The table will include the date, subject and purpose of the meetings and correspondence. The title of any document provided during meetings will also be published. The documents listed in the table will be accessible to members of the public upon request, for the sole purpose of ensuring greater transparency. The disclosures made as part of this new policy are not part of the consultation process. Health Canada is therefore not seeking any feedback on any of these documents.

<https://www.canada.ca/en/services/health/campaigns/vision-healthy-canada/healthy-eating/transparency-stakeholder-communications-healthy-eating-initiatives.html>

Taxes on sugar-sweetened beverages increasingly prevalent



IMPLEMENTED SUGAR TAXES WORLDWIDE

* LISTS ACCURATE AT TIME OF PRODUCTION.

1. COOK ISLANDS
2. KIRIBATI
3. FRENCH POLYNESIA
4. MEXICO
5. CHILE
6. DOMINICA
7. BARBADOS
8. PORTUGAL
9. SPAIN (CATELONIA)
10. IRELAND
11. UNITED KINGDOM
12. FRANCE
13. BELGIUM
14. NORWAY
15. FINLAND
16. ESTONIA
17. HUNGARY
18. ST HELENA
19. SOUTH AFRICA
20. SAUDIA ARABIA
21. UNITED ARAB EMIRATES
22. MAURITIUS
23. SEYCHELLES
24. BRUNEI
25. NAURU
26. FIJI
27. SAMOA
28. TONGA



28 COUNTRIES &

7 US CITIES (so far...)*

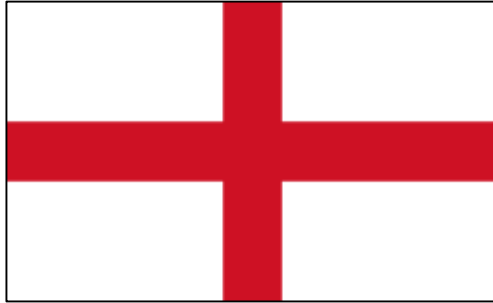


1. SAN FRANCISCO, CA
2. BERKELEY, CA
3. ALBANY, CA
4. OAKLAND, CA
5. SEATTLE, WA
6. BOULDER, CO
7. PHILADELPHIA, PA

Increased attention on restricting price promotions



Department
of Health &
Social Care



Consultation on restricting promotions of products high in fat, sugar and salt by location and by price

Published January 2019

<https://www.gov.uk/government/consultations/restricting-promotions-of-food-and-drink-that-is-high-in-fat-sugar-and-salt>



Reducing Health Harms of Foods High in Fat, Sugar or Salt

Consultation Paper

October 2018



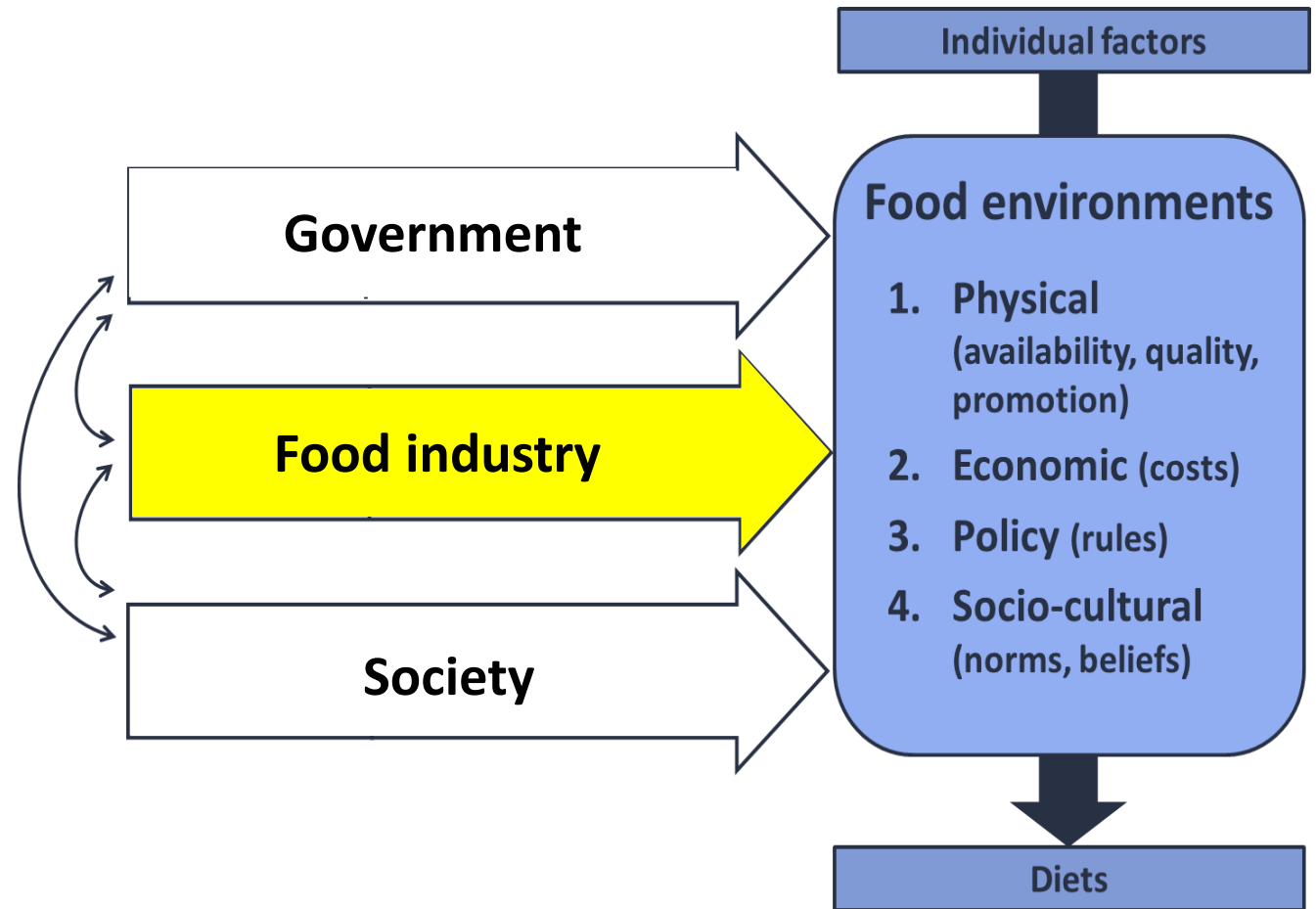
Scottish Government
Riaghaltas na h-Alba
gov.scot

<https://www.gov.scot/publications/reducing-health-harms-foods-high-fat-sugar-salt/>

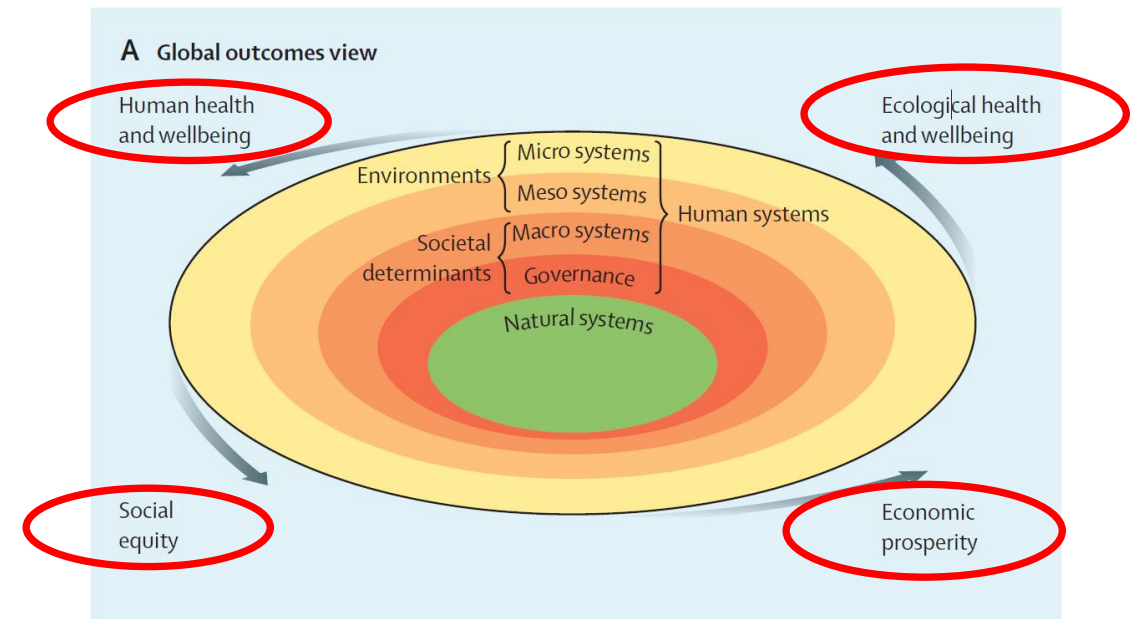
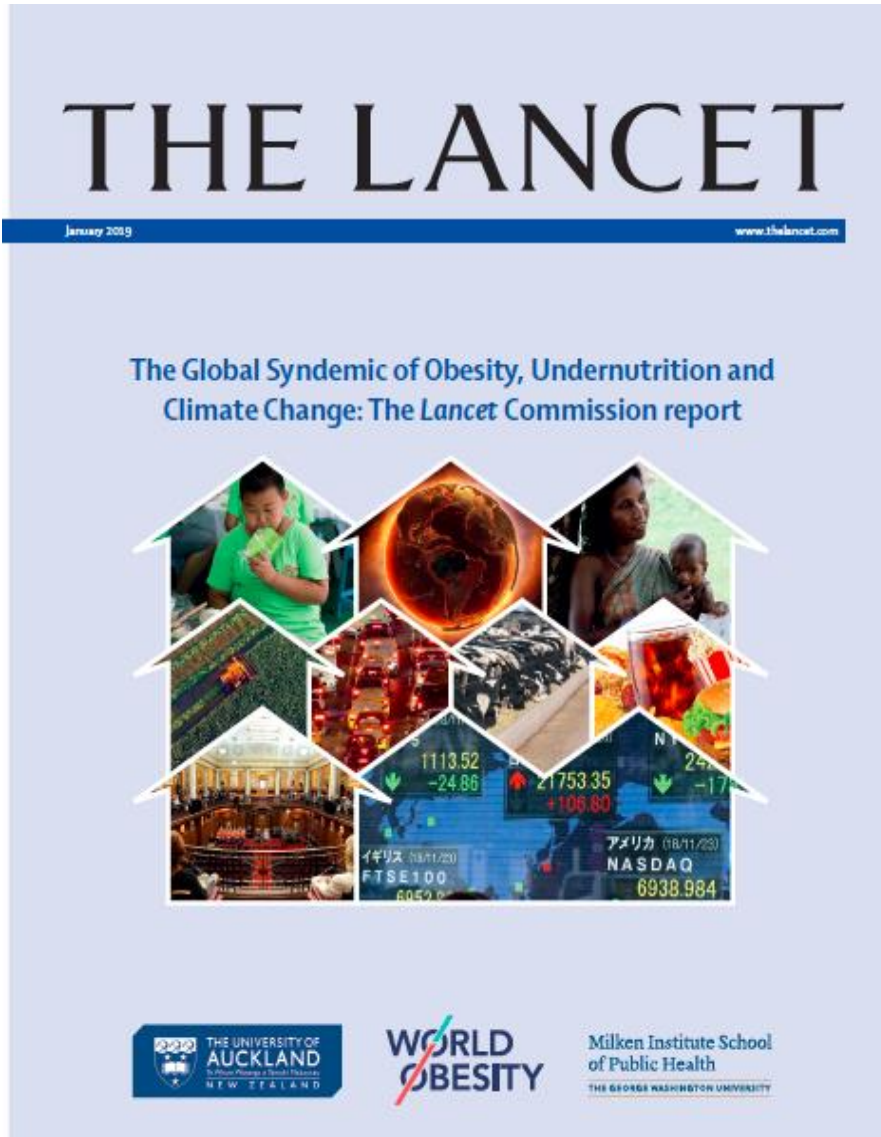
New interventions emerging based on existing initiatives



The food industry has an important role to play



New business models needed for the 21st century

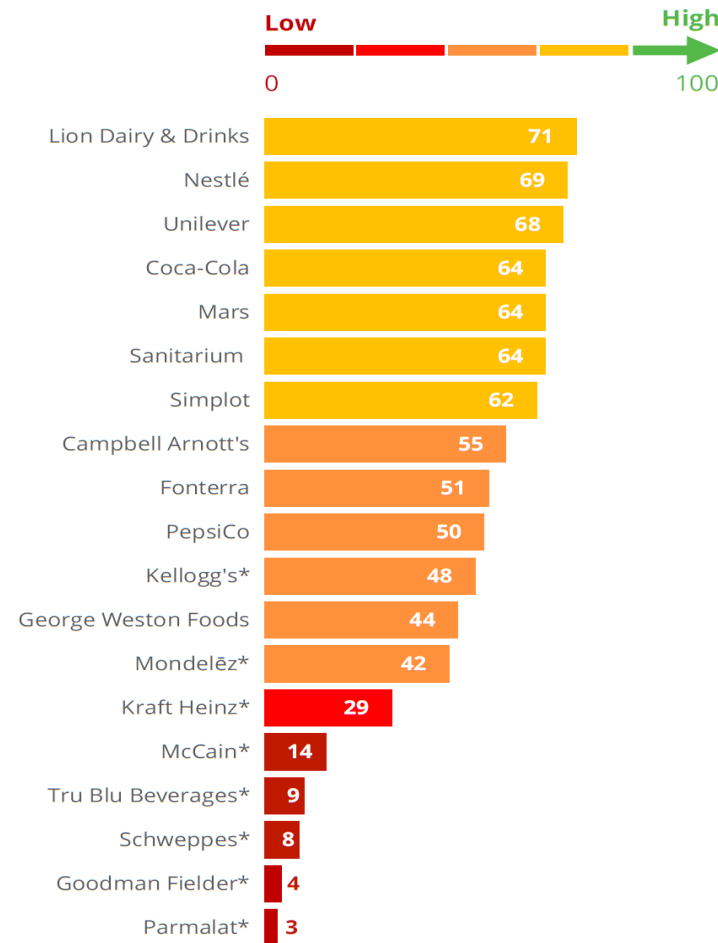


Australian food companies vary widely in their commitment to health and nutrition, more action needed



www.insideourfoodcompanies.com.au

Assessment of company policies and commitments related to obesity prevention and nutrition (out of 100)



* Assessment based on publicly available information only



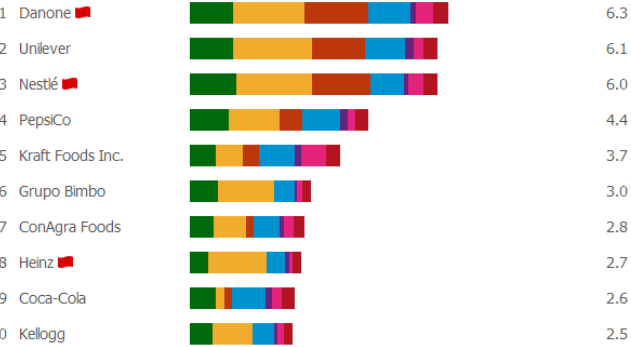
Call to ban junk at supermarket checkouts



Need to explore incentives for businesses to change



Company	Score	Land	Women	Farmers	Workers	Climate	Transparency	Water	Total
1 Unilever	74%	7	6	8	8	9	7	7	52/70
2 Nestlé	69%	8	5	7	6	8	7	7	48/70
3 Coca-Cola	57%	8	6	3	6	6	5	6	40/70
4 Kellogg	53%	5	6	5	3	8	5	5	37/70
5 MARS	49%	4	5	5	4	6	6	4	34/70
6 PEPSICO	49%	7	4	3	3	7	5	5	34/70
7 Mondelez	41%	4	6	4	4	5	4	2	29/70
8 3M	40%	2	3	3	3	6	5	6	28/70
9 Associated British Foods plc	36%	5	3	3	4	4	3	3	25/70
10 DANONE	36%	2	2	3	3	6	5	4	25/70



Thank you!

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 [@gary_sacks](https://twitter.com/gary_sacks)

