



National Obesity Strategy 2022–2032

At a Glance

This is a summary of Australia's [National Obesity Strategy](#).

For the next 10 years, the Strategy will guide all governments and our many partners as we work together to prevent, reduce and treat overweight and obesity in Australian society.

To develop the Strategy, we considered the views of more than 2,750 Australians and organisations, as well as the latest evidence and current recommendations.



Health Ministers' Meeting

The National Obesity Strategy 2022-2032 was prepared under the auspices of the Health Ministers Meeting.

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The Strategy may be downloaded from this website.

Enquiries about the Strategy should be directed to obesity@health.gov.au

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Why we need action

Obesity impacts individuals and communities

Overweight and obesity can have major impacts on a person's life. While it can lead to preventable chronic diseases like heart disease, type 2 diabetes and some forms of cancer, it can also impact mental health, as well as social and economic opportunities.

Overweight and obesity affects many Australians, starting in the early years and increasing with age. The biggest increases in excess weight gain are from childhood to early adulthood.

Overweight and obesity affects Australians



Many Australians consume more energy than they need through unhealthy diets that are high in sugar, saturated and/or trans fats and alcohol. We know that our social circumstances and physical environments have the biggest impact on our individual behaviours, however, people are more likely to choose healthy options when they are enabled and empowered to do so.

The Strategy is for all Australians, however some population groups such as, people living with obesity, Aboriginal and Torres Strait Islander people, people from culturally and linguistically

diverse backgrounds, people living with mental illness, people living in regional and remote areas and LGBTIQ+ communities are at higher risk of overweight and obesity and may need more support.

Overweight and obesity have significant financial impacts. In 2018, obesity cost the Australian community \$11.8 billion and if nothing is done, may cost an estimated \$87.7 billion by 2032.

There are clear social and health reasons for investing more in obesity prevention so that fewer people's health and wellbeing is negatively impacted by overweight and obesity. While the Strategy has a strong focus on prevention, it also includes strategies to improve support and health services, including creating equitable access to a full range of treatment options for people already living with obesity.



Some environments promote obesity

Some Australians are at higher risk of obesity because of where they live, work, play and age. Our modern way of life means less physical activity is required because the way cities and towns are built encourages the use of cars, and technological changes such as computers and smartphones have led to work and leisure becoming more sedentary. A person's food choices are influenced by their environment as well as the pervasive marketing and wide availability of unhealthy food and drinks.

Given the many influences on obesity, a collective responsibility is needed – everyone has a role to play in tackling obesity in Australia.



Unhealthy food & drinks make up **35%** of daily energy intake for adults and children



5% of Australians eat the recommended daily intake of fruits and vegetables



What guides us

Our principles

Creating equity

Many people are unfairly affected by overweight and obesity, often as a result of circumstances or conditions beyond their control. Our strategies will be delivered equitably so they support self-determination, empowerment, and cultural safety, especially among Aboriginal and Torres Strait Islander people.

Tackling weight stigma and discrimination

Many people are unfairly affected by overweight and obesity, often as a result of circumstances or conditions beyond their control. As a society we must have respectful and positive discussions about weight. The Strategy makes reducing weight stigma everyone's responsibility.

Addressing wider determinants of health and sustainability

The health of Australians is affected by many factors outside the health system, such as food supply, transport systems and urban design. Because obesity is a complex issue, collaboration across all sectors will result in more successful and sustainable individual and system-based outcomes.

Empowering personal responsibility to enable healthy living

Choosing healthy options is not always easy. The Strategy acknowledges that each person has responsibility for their health and lifestyle choices, but that they also need to be enabled and supported to make the best possible decisions about their health.



Making it happen

The Strategy's **framework for action** creates a pathway towards healthy living and achieving healthy weight for all Australians.

The four **principles** will guide implementation at all levels of action and are reflected in the Strategy's three **ambitions**. The ambitions will be achieved through evidence-informed strategies over the next 10 years. Three **enablers** provide the foundations for successful action.

Implementation will be led by the Australian, and all state and territory governments. Existing partnerships and new opportunities can be leveraged, and activities delivered in cooperation with stakeholders and the community.

The Strategy references the *National Preventive Health Strategy* and Australia's commitment to the World Health Organization's Global Non-Communicable Diseases targets to monitor overweight and obesity in Australia. Evaluating implementation of the Strategy will involve national collaboration to measure change over time, share lessons, and celebrate successes.



Strategy framework logic^{i,ii}

Aim

Fewer people's health and wellbeing is impacted by overweight or obesity.



Reduce deaths, hospitalisations, and burden of disease due to overweight and obesity



Reduce individual, health and national economic costs due to overweight and obesity

ⁱ Refer to the AIHW 'A framework for monitoring overweight and obesity in Australia' and the National Preventive Health Strategy for relevant indicators

ⁱⁱ A set of nationally agreed indicators, including definitions and measures of the wider determinants of overweight and obesity, will be established and monitored as part of the NPHS implementation

Ambitions

Creating supportive, sustainable and healthy environments

All Australians live, learn, work, play and age in supportive, sustainable and healthy environments

Empowering people to stay healthy

All Australians are empowered and skilled to stay as healthy as they can be

Access to early intervention and care

All Australians have access to early intervention and supportive health care

Enablers

Lead the way

Use evidence and data more effectively

Invest for delivery

Objectives & targets

People increase their consumption of healthy food and drinks and decrease their consumption of discretionary foods



Adults and children (≥9 years) maintain or increase their fruit consumption to an average 2 serves per day by 2030



Adults and children (≥9 years) increase their vegetable consumption to an average 5 serves per day by 2030



Reduce the proportion of children and adults' total energy intake from discretionary foods from >30% to <20% by 2030



Increase the proportion of adults and children who are not exceeding the recommended intake of free sugars by 2030



At least 50% of babies are exclusively breastfed until around 6 months of age by 2025

People increase their physical activity and reduce their sedentary behaviour



Reduce the prevalence of physical inactivity amongst children, adolescents and adults by at least 15% by 2030



Reduce the prevalence of Australians (≥15 years) undertaking no physical activity by at least 15% by 2030

Goal & targets

More people maintain a healthy weight



Halt the rise and reverse the trend in the prevalence of obesity in adults by 2030



Reduce overweight and obesity in children and adolescents aged 2-17 years by at least 5% by 2030