

# Healthy Food Environment Policy Index (Food-EPI) Australia – Progress update 2019

Western Australian Government

Policy information (July 2016 – December 2018)



Actions taken (July 2016 – December 2018) by the Western Australian Government in relation to the recommended policies from the 2017 Food Policy Index report

ID	Domain	Recommended policy action	Progress against meeting recommended action
WA1	<b>Monitoring and intelligence</b>	Implement ongoing monitoring of food environments, including the extent of marketing of unhealthy foods to children, and the nutritional quality of food provided / available in schools and public sector settings (such as hospitals, other government facilities providing food service)	<p><b>Department of Health</b> There will be an audit of food and drink outlets under the control or management of WA Health in late 2018 to measure compliance with the <a href="#">Healthy Options WA: Food and Nutrition Policy</a> for Health Services and Facilities. Previous audits were conducted in 2010 and 2016.</p> <p><b>WA Department of Education (DoE) WA Healthy Food and Drink Policy</b> As part of the Department of Education schools reporting system, an annual survey of school principals is conducted incorporating questions related to the WA <a href="#">Healthy Food and Drink Policy</a>.</p> <p><b>North Metropolitan Health Service (NMHS)</b> New food environment assessment tools have been trialled in selected North Metropolitan Sport and Recreation Centres and will be offered for use with selected local governments.</p> <p><b>East Metropolitan Health Service (EMHS)</b> The EMHS is working with research partners at the Food Unit, Telethon Kids, UWA, and Curtin University to conduct a Food Outlet Mapping project, which will support 13 local governments within the EMHS catchment to factor the public health nutrition risk of food outlets into their public health plans. Registered food outlets will be classified according to the type of outlet, and assigned a risk to public health nutrition. The outlets will be mapped using spatial technology to identify clusters of outlets of public health concern, outlets that are in close proximity of schools, and enable evidence based planning decisions to be made.</p> <p>The Food Access and Costs Survey was conducted in a representative sample of 139 supermarkets in EMHS August-September 2017. The survey measured the availability, price, and price promotions present for 430 foods, along with quality of fresh fruit, vegetables and meat. Findings will be compared with the Food Access and Costs Surveys conducted in a representative sample of supermarket across the whole of Western Australia in 2010 and 2013 to identify trends in availability, price, price promotions, and product quality. The survey results can inform government about the ability of Perth residents to purchase a</p>

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			<p>healthy food basket, and provide indicators of food insecurity. Nutritional information for surveyed products was also collected which can inform analysis of nutritional quality. Reports from the surveys conducted in <a href="#">2010</a> and <a href="#">2013</a> are available and the results for the 2017 survey are currently being analysed.</p>
WA2	<b>Support for communities</b>	Continue to invest in sustained, high quality state-wide public education campaigns promoting healthy eating, as part of broader efforts to improve population nutrition	<p>The <b>Department of Health</b> continues to fund a range of evidence based, statewide public education programs for obesity prevention in adults and children. These programs include:</p> <ul style="list-style-type: none"> <li>• LiveLighter®: a comprehensive state wide healthy lifestyle promotion and education program that encourages healthy eating and active lifestyles (Cancer Council WA);</li> <li>• The Better Health Program: a 10 week healthy lifestyle program for overweight or obese children and their families (Better Health Company);</li> <li>• The School Breakfast and Nutrition Education Program for primary and secondary schools is co-funded by WA Department of Education, WA Department of Health and Department of Primary Industries and Regional Development (Foodbank WA);</li> <li>• Refresh.ED: provides K-12 nutrition education and food literacy curriculum tools for teachers (Edith Cowan University);</li> <li>• The Healthy Food and Drink Project: enables the WA School Canteen Association to provide training and support to schools to implement the DoE Healthy Food and Drink Policy;</li> <li>• Food Sensations: a state-wide community-based nutrition and cooking program designed to increase food literacy skills for adults from low to middle income households (FoodBank WA);</li> <li>• The WA Healthy Workplace Support Service: assists WA workplaces to run programs, develop policies and practices, and create supportive workplace cultures to promote increased healthy behaviours amongst their employees, including healthier food choices and physical activity (Cancer Council WA).</li> </ul>
WA3	<b>Leadership</b>	Develop guidelines to support local governments to implement public health and wellbeing plans under the Public Health Act 2016, including details on how to incorporate policies for creating healthy food	<ul style="list-style-type: none"> <li>• Population Health Units within Western Australian Health Service Providers (which make up the broader WA health delivery system) are the first point of contact for local governments seeking assistance with local public health planning. These units provide immediate advice and support for linking local governments with appropriate resources and partnerships for prevention, and are developing (and sharing) ways of working with the local governments in their area.</li> </ul>

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		environments and improving population nutrition	<ul style="list-style-type: none"> <li>• A coordinated approach to assisting local governments is being developed through regular meetings between key WA Government Directorates, Health Service Provider Staff, and the WA Local Government Association.</li> <li>• A Department of Health <a href="#">website</a> provides background information on the <i>WA Public Health Act 2016</i>, including the timeline for its full implementation. This website sets out local government responsibilities under the Act, and includes links to resources on how to undertake public health planning.</li> <li>• The Department of Health is in the process of developing a practical, web-based resource to provide guidance to local governments to support them in creating healthy food environments and improving population nutrition.</li> <li>• The Department has developed a <a href="#">Public Health Planning Guide</a> for Local Government (LG) which provides guidance to support LGs meet the requirements of Part 5 of the <i>Public Health Act 2016</i>. Please refer to this <a href="#">website</a> for further information.</li> <li>• The searchable Health Promotion Inventory Data Set (Excel 100KB) allows local governments to see what health promotion programs and campaigns are available in their area, and provides links to the organisations that implement them.</li> </ul> <p><b>South Metropolitan Health Service</b></p> <p>SMHS-HP continues to support local governments in developing public health and wellbeing plans to meet their legislative requirements under the WA Public Health Act 2016. In 2016-18, six out of nine local governments had an endorsed local public health plan. The <a href="#">SMHS-HP's Pathway</a> to improve food security: a guide for local government (2014) continues to be used as a resource to support local strategic planning.</p> <p>In close partnerships with local governments, the South Metropolitan Health Service – Health Promotion Service (SMHS-HP) provides coordinated and tailored support for creating and maintaining healthy food environments at a range of local settings including community recreation facilities, sporting clubs, public transport routes, workplaces, health facilities, and emergency relief services. Support includes training, networks for collaboration, workplace initiatives, development and implementation of healthier catering and procurement policies, inclusion of healthy food environments into local government’s public health planning, and local support for broader campaigns such as Live Lighter.</p>

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			<p><b>East Metropolitan Health Service (EMHS)</b></p> <ul style="list-style-type: none"> <li>• The EMHS Food Outlet Mapping project will support 13 local governments within the EMHS catchment to factor the public health nutrition risk of food outlets into their public health plans (see above).</li> <li>• EMHS is working to increase understanding of the local nutrition system through a partnership with Curtin University and the Australian Prevention Partnership Centre. Surveillance of food insecurity using USDA 18-question survey has been included as a module in the WA Health and Wellbeing Surveillance system since 2017.</li> </ul> <p><b>North Metropolitan Health Service</b></p> <p>The North Metropolitan Food Coalition (mentioned in the last submission) has been disbanded due to staff capacity constraints. A locality-based interagency group led by NMHS has recently identified food and nutrition literacy as a priority. A working party is being established</p> <p><b>WA Country Health Service</b></p> <ul style="list-style-type: none"> <li>• Support to the City of Albany re: ensuring strategies that address and enhance the health quality of food environments at their leisure and aquatic centre are included in their Public Health Plan (2018).</li> <li>• Partnership project with the City of Albany for the development and implementation of an internal healthy catering policy (2016 &amp; 2017).</li> <li>• Partnership project with the City of Albany on a healthy community events project, which aimed to increase the supply and promotion of healthier food and drink options at community events coordinated by the City of Albany (2016-2018).</li> </ul> <p><b>Healthway</b></p> <p>In May 2018, Healthway awarded a grant to Edith Cowan University (\$469,078 GST exclusive over three years) to develop, implement and evaluate a program aimed at supporting local governments to increase healthy food access and availability.</p>
WA4	Food promotion	Implement policies to restrict the promotion of unhealthy food and beverages in settings controlled or	<p><b>Department of Health</b></p> <p><b>WA Preventive Health Summit</b></p>

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		managed by the Western Australian government (e.g., public transport, bus shelters, government-owned billboards, sporting facilities and events)	<ul style="list-style-type: none"> <li>• In March 2018, the Department of Health WA hosted the <i>WA Preventive Health Summit</i> to encourage debate about ways to prevent obesity and alcohol-related harm.</li> <li>• One priority action to emerge from the Summit was the removal of alcohol advertising on state-owned assets. On 29 June 2018, the WA Government announced a ban on alcohol advertising on public transport, starting with train infrastructure and digital billboards. Alcohol advertising on buses will be phased out in 2019.</li> <li>• The Summit also identified removing unhealthy food and drinks promotions from state assets as a key area for action.</li> <li>• VenuesWest is piloting the implementation of healthy food and drink policies in selected government-owned and self-managed sports venues.</li> </ul>
WA5	Food provision	Establish a whole-of-government policy on healthy food procurement and provision across all WA government departments and settings under government control (e.g., sport and recreation facilities, community events)	<p><b>Department of Health</b></p> <ul style="list-style-type: none"> <li>• A key priority action to emerge from the <i>WA Preventive Health Summit</i> was to stop the sales of unhealthy foods and drinks in WA hospitals and other state-owned institutions.</li> <li>• In May 2018, Health Service Providers were given six months' notice to fully comply with the mandatory Healthy Options WA Policy (by end October 2018). A review of this Policy is planned for the first half of 2019.</li> <li>• Another key priority action to emerge from the WA Preventive Health Summit was to introduce healthy food policies across WA Government Departments and agencies.</li> <li>• The Department of Health is currently mapping wider public sector agency policies and programs that align with the obesity and chronic disease prevention agenda more broadly. The Department is identifying a number of areas where policy priorities intersect, and noting opportunities for further collaboration and partnerships.</li> </ul>
WA6	Food promotion	Require all organisations, such as community groups and sports clubs, that receive funding from the Western Australian government to restrict all promotion related to unhealthy food and beverages as a condition of receiving funding, using the Healthway co-sponsorship policy	<p><b>The Western Australian Health Promotion Foundation (Healthway)</b></p> <p>Healthway's co-sponsorship policy is still in place as per the 2016 submission. Healthway has also engaged the WA School Canteen Association (WASCA) through an annual service level agreement since 2013 to support, guide and assist with the enforcement of healthy food and beverage provision at Healthway funded programs and events. This is largely by working with Sports, Arts and Community organisations. This service has become increasingly important as a significant proportion of Healthway funded activities have provision of food and beverages as a key component of their program or event.</p>

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		or 'WA Health Sponsorship Policy' as a model	<p>To ensure food provision aligns with Healthway's objectives, the co-sponsorship policy and Healthy Options WA, sponsorship agreements often include a contractual requirement to work with WASCA, which will involve menu auditing, advice and ongoing support. Healthway encourages organisations to use the Healthier Vendor guide when selecting vendors for events and programs, as the menus have been assessed and approved to be in line WASCA recommendations.</p> <p>The current service agreement focuses on three main areas:</p> <ul style="list-style-type: none"> <li>• work with sponsored organisations and their venue and hospitality suppliers to increase healthy food choices;</li> <li>• develop resources to assist organisations to increase healthy food options; and</li> <li>• assess food and drink products as part of Healthway's co-sponsorship risk assessment process.</li> </ul> <p>In September 2017, Healthway and Little Athletics WA entered into partnership to promote the Go for 2&amp;5 healthy eating message to young athletes aged between six and 17 and their families.</p>
WA7	Food provision	Improve awareness and compliance with the 'School Healthy Food and Drink Policy' in all schools (including government, independent and Catholic schools) by extending reporting mechanisms, incentives and support systems	<p><b>Department of Health Healthy Food and Drink Project</b></p> <p>The Department of Health continues to fund the Western Australian School Canteen Association to provide support to <i>public and independent public</i> schools to implement the Department of Education's, Healthy Food and Drink (HFD) Policy, through the Healthy Food and Drink Project.</p> <p><b>The School Breakfast and Nutrition Education Program</b></p> <p>Program delivered by Foodbank and also funded by the Department until 2021, complements implementation of the <i>School Healthy Food and Drink Policy</i>, by providing children from low socio-economic backgrounds with access to healthy food and nutrition education.</p> <p><b>Healthway WA School Canteen Association (WASCA)</b></p> <p>Healthway is currently supporting WASCA to develop and deliver the <i>Fuel to Go and Play project to support child play centres</i>. Fuel to Go and Play is underpinned by the traffic light system of categorising food and drinks as green, amber or red. This is based on the <i>Department</i></p>

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			<p><i>of Health's (DOH) Healthy Options WA: Food and Nutrition Policy for WA Health Services and Facilities.</i> The policy sets out minimum nutrient criteria for energy, fat, sugar and sodium and aligns with the Australian Dietary Guidelines.</p> <p>The project aims to influence food provision and support for communities. The project will involve developing online training modules for healthy food provision via canteens and catering, and pilot testing several supporting strategies and resources among the child play centre setting. Child play centres are increasingly popular among young families. Unlike child care settings there are no legislated requirements to provide healthy food and parents are unable to bring their own food into the venue. This project also aims to build the capacity of health professionals and food service providers through online training and accreditation to offer and provide healthy food services within community settings such as child play centres, sporting and recreation venues. WASCA will aim to work with five child play centres over the duration of the project which is due to complete June, 2019, whilst also building the capacity of other health promotion professionals to work within other settings more broadly. Providing healthier food and drink options in these community settings, particularly the larger LGA venues could influence a broad range of Western Australian's eating habits.</p> <p><b>Crunch&amp;Sip®</b> Healthway has recently committed to supporting the Crunch&amp;Sip® program for a further 3 years until September 2021. This next phase of the program will incorporate parent education workshops as a new element in addition to the traditional strategies used and increased focus on vegetable consumption which was adopted in the most recent Healthway funded grant (2015-18).</p>
WA8	Food labelling	Implement mandatory nutrition labelling on menus at food service outlets (e.g., fast food and other take-away food stores), in line with regulations in other States / Territories	<p><b>Department of Health</b> The Department of Health is currently investigating the feasibility of including kilojoule labelling on menus in quick service food outlets to help consumers make better informed choices about the foods they buy.</p>



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WA9	Food retail	Amend the planning framework to explicitly make health and healthy food environments a priority in state planning, as a way to facilitate local governments limiting the placement / density of unhealthy food outlets while supporting healthy food outlets	<p><b>Department of Health</b></p> <ul style="list-style-type: none"> <li>The Department of Health submitted a policy response to a green paper in May 2018 titled <i>“Proposals for modernising the planning system”</i>. The Department of Health response addressed the subject of embedding community health and wellbeing within the planning framework and highlighted that a number of changes to the WA planning system are required to ensure that health is a relevant consideration. For example amendment to clause 67 of the Planning and Development Regulations 2015 (WA) to include health and wellbeing and changes to include closer scrutiny of fast food outlet land use zoning under local government Town Planning Schemes.</li> <li>DoHWA provided in kind support to the new <i>“The Healthy Active by Design - Healthy Food Environment”</i> element.</li> <li>The <i>WA Preventive Health Summit</i> identified the following areas for action:</li> <li>Amend planning regulations and processes to prioritise considerations of community health and wellbeing</li> <li>Support local governments to develop plans to create healthy food environments and improve population nutrition</li> </ul>
WA10	Support for communities	Put in place overarching state-wide structures, with associated resources, to provide broad and coordinated support for creating and maintaining healthy food environments at the community level across multiple settings	No update since 2016.
WA11	Governance	Establish governance structures to improve policy coherence regarding agriculture, food, health, and innovation / research and development policies	The Department of Health is mapping wider public sector agency policies and programs that align with the obesity and chronic disease prevention agenda more broadly. The Directorate is identifying a number of areas where policy priorities intersect, and noting opportunities for further collaboration and partnerships.
WA12	Food provision	Continue to invest in state-wide initiatives that support workplaces to make cultural, environmental and	Department of Health investment into the <i>Healthier Workplace WA</i> program continues. The Healthier Workplace WA program provides a number of free services to support workplaces

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		policy changes promoting positive lifestyle behaviours amongst employees	state-wide to make cultural, environmental and policy changes that support and encourage positive lifestyle behaviours amongst employees
WA13	Food retail	Develop and implement programs, including incentives or accreditation schemes, for sports and recreation clubs to sell a healthier range of food and beverages whilst limiting availability of unhealthy food and beverages	<p><b>South Metropolitan Health Service</b> SMHS-HP provides practical support to local governments and food service providers to increase the availability and access of healthier food and beverages, whilst limiting availability and access of unhealthy options. Examples of initiatives are:</p> <ul style="list-style-type: none"> <li>• Changes to cafes, kiosks and vending machines in recreation centres in four local government areas</li> <li>• Small grants scheme for sporting clubs, including junior sports</li> <li>• Incorporating LiveLighter signage in shopping centres, with plans to extend signage to local train stations and other transport routes.</li> </ul> <p><b>East Metropolitan Health Service</b> East Metropolitan Health Service is working in partnership with Healthway and the WA Canteen Association, across all Little Athletics Clubs in the EMHS region, to increase the availability of healthy options.</p> <p><b>WA Country Health Service - Great Southern:</b> Implementation and evaluation of a healthy club canteen project with the Albany Junior Soccer Association, which aimed to increase the canteen's supply and promotion of healthier food and drink options during their summer 2016-2017 season.</p>
WA14	Governance	Strengthen the requirements for health impact assessments in the policy development and proposal process, including explicit details about consideration of potential impacts of policies on population nutrition and health	No update since 2016.
WA15	Monitoring and intelligence	Introduce regular measuring of children's height and weight at key stages of primary and secondary schools, on an 'opt-out' consent basis	All children enrolled in WA primary schools (school entry) are offered a Universal School Entry Health Assessment, inclusive of height, weight and Body Mass Index assessments. In WA, secondary school child measurement is available upon request (if concern is expressed by child or parent). It is not undertaken on a universal basis.

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WA16	<b>Governance</b>	Improve transparency of political donations by introducing online, real-time declaration of political donations over \$1,000	No update since 2016.
WA17	<b>Governance</b>	Modify the government lobby register to require more detailed reporting, including details of specific lobbying activities (such as when lobbying is occurring, who is involved, and the issues discussed)	No update since 2016.

## Appendix

### Definitions

- **Food:** refers to food and non-alcoholic beverages. It excludes breastmilk or breastmilk substitutes.
- **Food environments:** the collective physical, economic, policy and socio-cultural surrounding, opportunities and conditions that influence people's food and beverage choices and nutritional status.
- **Government:** includes any government departments and, where appropriate, other agencies (i.e. statutory bodies such as offices, commissions, authorities, boards, councils, etc). Plans, strategies or actions by local government are not included, although relevant information can be noted if relevant.
- **Government implementation:** refers to the intentions and plans of the government and actions and policies implemented by the government as well as government funding for implementation of actions undertaken by non-governmental organisations, academic institutions, private companies (including consultants), etc.
- **Healthy/unhealthy food:** Categorisation of foods as healthy / unhealthy are in accordance with the Australian Dietary Guidelines (i.e. core and discretionary foods). Where it is not clear which category to use, categorisation of foods should be informed by rigorous criteria or the use of a nutrient profiling model.
- **Policy actions:** A broad view of "policy" is taken so as to include all government policies, plans, strategies and activities. Evidence of policy implementation takes consideration of the whole policy cycle, from agenda-setting through to policy development, implementation and monitoring. Policy progress may include, *inter alia*:
  - Evidence of commitments from leadership to explore policy options
  - Allocation of responsibility to an individual/team (documented in a work plan, appointment of new position)
  - Establishment of a steering committee, working group, expert panel, etc.
  - Review, audit or scoping study undertaken
  - Consultation processes undertaken
  - Evidence of a policy brief/proposal that has been put forward for consideration
  - Preparation of a regulatory or economic impact assessment, health impact assessment, etc.
  - Regulations / legislation / other published policy details
  - Monitoring data
  - Policy evaluation reports