

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

South Australian Government

Policy information (July 2016 – December 2018)



Actions taken (July 2016 – December 2018) by the South 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
SA1	Leadership	Develop a comprehensive strategy, with a clear implementation plan and associated funding, that includes addressing population nutrition needs in South Australia	<ul style="list-style-type: none"> • SA has a new Liberal Government (March 2018) with a renewed focus on Prevention through its <i>Better Prevention for a Healthy South Australia</i> policy https://strongplan.com.au/policy/better-prevention-for-a-healthy-south-australia/. The policy aims to deliver prevention outcomes through five key strategic levers; and includes aspects of public health nutrition in aspects of all levers: <ol style="list-style-type: none"> 1. Individual and Community Action 2. Education, Screening and Vaccination 3. Research, Monitoring, and Evaluation 4. Public Health Regulation 5. Leadership and Coordination • A new Prevention & Population Health Branch (PPHB) within the Department for Health and Wellbeing (SA Health) commenced in July 2017. (<i>Note the former Department for Health and Ageing within SA Health changed its name to the Department for Health and Wellbeing (DHW) on 17 May 2018, in line with the new State Government’s commitment and renewed focus to a larger Health and Wellbeing portfolio</i>). • Key SA Health Strategic documents include <ul style="list-style-type: none"> ○ The SA Health Strategic Plan 2017-2020 has a vision of South Australians who are ‘healthy, enjoy a great quality of life and experience a safe contemporary and sustainable health care system’. ○ The Public Health and Clinical Systems (PHCS) Strategic Plan 2018-2020, which connects directly with the SA Health Strategic Plan, identifies the purpose of the Directorate is to: ‘Protect and improve the health of our community by: <ul style="list-style-type: none"> ▪ identifying, investigating, monitoring and managing risks and threats to health ▪ providing information, education and advice; and ▪ contributing to the development and delivery of healthy public policy.’ • The PPHB Strategic Plan 2018-2020 committed to develop a PPHB Prevention Plan, focusing in the first instance on <u>healthy eating</u> and physical activity to contribute to the prevention of cardiovascular disease, diabetes and preventable cancers. • A key component of the Prevention plan included expanding the capacity to progress public health nutrition priorities in South Australia and by recruiting two new public health nutrition positions.

SA2	Food provision	Mandate comprehensive implementation of guidelines in the 'Right Bite' (healthy school food) policy in all schools and preschools. Actively monitor the extent to which schools comply, and introduce reporting mechanisms, incentives and stronger support systems to increase awareness and compliance	<ul style="list-style-type: none"> • The Department for Education's Right Bite policy is mandated for schools and preschools and on-line resources are available to assist in implementation. • Principals and Governing Councils are responsible for ensuring the policy is adhered to. • The Department for Education provides support and advice on request. • A review of the Right Bite policy is planned and an awareness and communication campaign will form part of the work package. • Compliance with the Right Bite policy will be a condition of the funding agreement's currently being negotiated with two NGOs for the delivery of a breakfast program for every school that needs one. • Limiting the impact of unhealthy food and drink on children within the school setting is one of five obesity prevention actions being progressed by the COAG Health Council (CHC) to improve children's diets and prevent child obesity. Other actions focus on health care settings, children's sport and recreation; restricting unhealthy food promotion in government owned/leased facilities; and the food regulation system. The CHC Obesity work has been led by the Queensland Health Minister; and advice for progressing the five CHC actions has been provided by the Obesity Working Group, represented by all jurisdictional health departments (including the DHW) and the Commonwealth. • DHW actively contributes to the Obesity Working Group under CHC, in liaison with the Department for Education, to progress the proposed CHC approach to promoting and supporting healthy food and drink at school.
SA3	Food promotion	Implement policies to restrict the promotion of unhealthy food and beverages in settings controlled or managed by the South Australian Government (e.g., public transport, bus shelters, government-owned billboards, sporting facilities and events)	<ul style="list-style-type: none"> • The DHW is represented on the OWG and has contributed to the development of a national interim guide to define unhealthy food and drinks to reduce the exposure of children to unhealthy food and drink marketing in settings under government control. • On 2 August 2018, CHC endorsed the <i>National interim guide to reduce children's exposure to unhealthy food and drink promotion</i> for voluntary use by jurisdictions https://www.coaghealthcouncil.gov.au/Announcements/Meeting-Communique1.
SA4	Monitoring and intelligence	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)	<ul style="list-style-type: none"> • SA Schools Canteen Network (SASCN) provides support and guidance to managers of school canteens and can facilitate menu audits and product assessment against the Right Bite policy. • The Department for Education provided a grant to the SASCN to assist in the provision of these services across the state. • PPHB has commenced internal planning to review of the <i>Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities</i> policy. • PPHB will develop and implement a strategy to improve healthy food provision in government settings including schools, children's sport and recreation settings, health facilities and prisons. Two new public

			health nutrition positions are being recruited to assist with this. Monitoring mechanisms will be considered within the future strategy.
SA5	Leadership	Support local governments to develop and implement Regional Public Health Plans that include actions to create healthy food environments and improve population nutrition	<ul style="list-style-type: none"> • The State Public Health Plan (2013) encourages local councils to consider the four CHES principles for healthy environments: Connected Environments, Healthy Eating Environments, Safe Environments and Sustainable Environments, and related concepts and factors in their Regional Public Health Plans (RPHP). All RPHPs address the CHES principles demonstrating integrated planning and a broad interpretation of wellbeing. • RPHP respond to food access at the whole population level, with food access, food security and sustainability addressed through the use and preservation of arable and designated horticultural land, via land use and natural resources planning. At this level, there is also recognition of impact on local economy via local food industry. • RPHP identify community level action to improve access to healthy affordable food, emphasising capacity building and supportive environments, and enhancing the public domain as a site for community building and social cohesion, through community gardens. Plans are predominantly oriented towards boosting availability, food literacy and social connections. Action includes policy, programs, promotion, and support to access healthy affordable food • The draft State Public Health Plan 2019-2024 (which is out for public consultation in September 2018 and is anticipated to be released in December 2018) continues to encourage local councils to consider healthy food environments and population nutrition through the following priorities: <ul style="list-style-type: none"> ○ PROMOTE: Build stronger communities and healthier environments ○ PREVENT: Prevent chronic disease, communicable disease and injury • Creating Healthier Local Food Environments – A Guide for Local Government resource tool has been developed. The purpose of the audit tool is to provide assistance and guidance to Local Councils in assessing their current policies, plans and practices in relation to supporting healthy eating in their community and provide ideas about actions that can be taken to improve the healthy food environment. • The City of Adelaide has completed an audit using the tool and is currently implementing recommendations.
SA6	Funding and resources	Establish an independent, statutory health promotion agency, with a secure funding stream, that includes an objective to improve population nutrition	<ul style="list-style-type: none"> • Under the <i>Better Prevention for a Healthy South Australia</i> policy https://strongplan.com.au/policy/better-prevention-for-a-healthy-south-australia/ the new SA Government has committed to ‘establish “Wellbeing SA” as a Prevention, Health Promotion and Primary Health Care agency, within SA Health. Separate from hospitals and health services, Wellbeing

			SA will be able to advocate for and purchase services in public health and health promotion – it will include a health promotion branch and focus on preventing health issues before they arise’.
SA7	Food promotion	Require all organisations, such as community groups and sports clubs, that receive funding from the South Australian Government to restrict all promotion related to unhealthy food and beverages as a condition of receiving funding	<ul style="list-style-type: none"> • A short clause, reflecting a requirement to ensure food provision and partnerships are in line with national nutrition guidelines, has been trailed within service agreements for workplace health with peak industry bodies.
SA8	Food provision	Establish a whole-of-government policy on healthy food procurement and provision across all SA Government departments and settings under government control (e.g., sport and recreation facilities, community events)	<ul style="list-style-type: none"> • PPHB will progress improvements in healthy food provision in government settings including schools, children’s sport and recreation settings, health facilities and prisons. Two new public health nutrition positions are being recruited to assist with this.
SA9	Support for communities	Commit to ongoing, long-term support for social marketing campaigns promoting healthy eating, as part of broader efforts to improve population nutrition	<ul style="list-style-type: none"> • PPHB Strategic Plan 2018-2020 identifies <i>Communication and social marketing</i> as a key function of the Branch, including: <ul style="list-style-type: none"> ○ The provision of accurate, timely and accessible health information and social marketing campaigns to support the South Australian community to make healthy choices and increase their health literacy in line with the strategic objectives of PPH; ○ Ensure that health information and social marketing messages are available in a range of formats and languages to meet the needs of South Australians from socially and culturally diverse backgrounds and vulnerable groups; ○ Use evidence to develop and evaluate the success of campaigns in the context of the programs and in wider context of population health. <p>Social marketing activities were undertaken for the following initiatives that include a healthy eating component; see SA10 for a descriptor about each initiative:</p> <p>Healthy Kids Menu Initiative</p> <ul style="list-style-type: none"> • The launch campaign included media and launch event promotions. A social media post was boosted to direct parents to the Healthy Kids Menu website www.healthykidsmenu.com.au where they could find venues to eat at. A press ad was also published in Messenger newspapers to let the community know

			<p>what was available in their area. The initiative was also featured on Radio Adelaide and a blog article was sent to relevant stakeholders to share. A series of printed and digital materials were also created for venues to order and use.</p> <p>Healthy Workers Healthy Futures:</p> <ul style="list-style-type: none"> The final 2017-2018 campaign took a mainly online approach of social media, uploading real life case studies to the website and creating a case study video. This was coupled with resources for peak industry bodies, print materials for managers within work places, and face to face presentations at public health forums and to industry bodies. <p>Get Healthy:</p> <ul style="list-style-type: none"> The 2018 advertising campaign focused on awareness within the general public. The paid campaign included radio (metro and regional), radio sponsorship with Roo and Ditts Get Fit breakfast program and social media. This was also supported by organic social media, internal communications, digital displays in hospitals and on all employee computers, website update (Get Healthy), the use of testimonial videos and Service SA waiting area screen display. Previous campaigns have also targeted referrers of the service such as GPs, dietitians and in hospital staff.
SA10	Support for communities	Building on the work of OPAL, 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	<p>In community:</p> <ul style="list-style-type: none"> DHW currently funds the SA Community Foodies program. This is a nutrition program that builds the capacity of communities to make healthier food choices by training and supporting local volunteer community members (Foodies) to act as agents for change. The program targets disadvantaged and vulnerable communities and increases their knowledge and behaviours in relation to healthy eating. For further information visit http://www.communityfoodies.com/ The State Public Health Plan (2013) encourages local councils to consider healthy environments in their Regional Public Health Plans development. Councils are also provided specific support through key resources such as the 'Creating Healthier Local Food Environments – A Guide for Local Government' resource tool. As described in SA5. The state government made an election commitment to invest \$1M over four years to provide grants to regional towns to develop local approaches to reduce preventable disease and improve health and wellbeing through the Healthy Towns Challenge (launched late June 2018). <p>In community/Primary Health Care settings:</p>

			<ul style="list-style-type: none"> • ‘Get Healthy’ is a free service offering telephone-based expert advice and confidential health coaching designed to assist people in making sustainable lifestyle changes around healthy eating and increased physical activity to achieve and maintain a healthy weight. <p>In workplaces:</p> <ul style="list-style-type: none"> • The Healthy Workers - Healthy Futures (HWHF) initiative addresses the chronic disease risk factors of smoking, poor nutrition, excess alcohol consumption and physical inactivity through workplaces. http://www.sahealth.sa.gov.au/healthyworkers • HWHF partners with high need peak industry bodies, statewide organisations such as Registered Training Organisations and the state’s workplace safety authority (SafeWork SA) to create statewide training opportunities, statewide safety services peak industry bodies that embed health and wellbeing into their resources and services to workplaces. • HWHF encourages South Australian employers and employees to create workplaces that support healthy lifestyle behaviours through leadership, changes to workplace culture, supportive policies and physical environments, access to healthy lifestyle programs and increased understanding of the importance of being healthy. <p>In food outlets:</p> <ul style="list-style-type: none"> • In 2015 the Premier’s Office established an Executive Taskforce to developing solutions to increase the availability of healthy children’s menus through a co-design process that engages the restaurant, café, hotel and club industries, parents, and public health experts. Since then, in partnership with CSIRO and industry, DHW has created a Healthy Kids Menu program that venues can sign up to. • With the success of the pilot program, an official launch was held in 2017 and more than 40 venues now have a healthy kids menu. • Healthy Kids Menu was also chosen to facilitate a D3 Digital Challenge where start-ups and entrepreneurs could pitch innovative ideas for seed funding to help encourage the use of healthy kids menus https://digital.sa.gov.au/d3/previous-d3-challenges
SA11	Food retail	Develop and implement programs, including incentives or accreditation schemes, for sports and recreation venues and clubs to sell a healthier range of food and beverages whilst	<ul style="list-style-type: none"> • Limiting the impact of unhealthy food and drink on children within children’s sport and recreation settings is one of five obesity prevention actions being progressed by the CHC to improve children’s diets and prevent child obesity. (Other actions focus on health care settings and schools; restricting unhealthy food promotion in government owned/leased facilities; and the food regulation system. The CHC Obesity work has been led by the Queensland Health Minister; and advice for progressing the five

		limiting availability of unhealthy food and beverages	<p>CHC actions has been provided by the Obesity Working Group, represented by all jurisdictional health departments (including SA Health) and the Commonwealth.)</p> <ul style="list-style-type: none"> • DHW actively contributes to the Obesity Working Group under CHC, in liaison with the Office for Recreation, Sport an Racing), to progress the proposed CHC approach to promoting and supporting healthy food and drink in children’s sport and recreation. • One recreation centre and two surf lifesaving clubs have signed up to the Healthy Kids Menu initiative in South Australia (www.healthykidsmenu.com.au; see SA13). • The Healthy Kids Menu Initiative is in process of developing Healthy BBQ Menu criteria in response to feedback from sporting clubs.
SA12	Food provision	Provide greater support for early childhood services to develop and implement best practice healthy food policies	<ul style="list-style-type: none"> • The Department for Education’s Learning Together program incorporates nutrition and healthy eating as a part of the everyday learning opportunities that are available to families at supported playgroup and other activities within the program. Nutrition is also part of the wider wellbeing aspect of the Learning Together program which encourages and supports families to make healthy food choices when providing snacks at playgroup and provides many opportunities for families to cook with their children and try new healthy food and recipes. • Some Learning Together programs have partnered with community organisations such as KickStart for Kids, Foodbank, Community Foodies and Community Food SA to provide access to fresh fruit and vegetables, pantry stables and support in cooking healthy, budget friendly meals for the family at home.
SA13	Food retail	Pending a successful pilot, explore the potential to extend the Premier's 'Healthy Kids Menus Initiative' to apply to all food service outlets and restaurants in South Australia, including incentives or accreditation schemes for restaurants, pubs and clubs to improve the healthiness of all their menu options	<ul style="list-style-type: none"> • Healthy Kids Menu (HKM) Initiative is currently running in South Australia with 40 food outlets signed on board at the time of this report www.healthykidsmenu.com.au. • Healthy Kids Menu initiative has also partnered up with ICT & Digital Government to run a D3 challenge for HKM. As a result, a local business has received seed funding from the challenge to rollout their business model that is focused on providing pre-prepared healthy kids meal items to food outlets https://digital.sa.gov.au/d3/previous-d3-challenges .
SA14	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	<ul style="list-style-type: none"> • The Department for Education recognises that monitoring of children’s height and weight would need to be part of a comprehensive program of health and wellbeing. • The Department for Education is currently considering the development of a healthy living and physical education strategy.

SA15	Governance	Continue a health-in-all-policies approach to relevant government priorities. Ensure that where priorities are relevant to population nutrition and health issues, these are considered at each stage of the policy development process	<ul style="list-style-type: none"> • The health-in-all-policies approach continues to be implemented by Health Determinants and Policy within Prevention and Population Health Branch, including using Public Health Partner Authority (PHPA) Agreements*. • Where relevant, nutrition is considered as part of the work under the PHPA Agreements. For example, nutrition is a focus of the food security project Improving individual and household food security outcomes in South Australia with the Department of Human Services. • *The South Australian Public Health Act 2011 Section 51 introduces Public Health Partner Authorities. A Public Health Partner Authority is an organisation that has agreed to collaborate and consult with SA Health and/or local government in public health planning or actions that lead to improved population health and wellbeing, and/or help to reduce health disparities between population groups.
SA16	Food labelling	Enhance existing menu labelling regulations by requiring a broad range of outlets to display interpretive nutrition labelling (broader than kilojoule labelling), potentially through adaptation of the Health Star Rating scheme	<ul style="list-style-type: none"> • In June, 2018 the Australia and New Zealand Ministerial Forum on Food Regulation endorsed the <i>Consultation Summary Report: Review of fast food menu labelling schemes</i>, and agreed that further targeted consultation is to be undertaken to develop policy options that aim to improve and strengthen fast food menu labelling in Australia. DHW will continue to support this national agenda. • There are no plans at a state level to enhance kilojoule labelling on menus to be more interpretive.

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