

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

Tasmanian Government

Policy information (July 2016 – December 2018)



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

ID	Domain	Recommended policy action	Progress against meeting recommended action
TAS1	<b>Funding and resources</b>	Establish and lead a collaborative, state-wide coalition (such as the Tasmanian Food and Nutrition Coalition), with a long-term commitment of resources, that aims to address population nutrition and obesity	<ul style="list-style-type: none"> <li>• The Premier’s Health and Wellbeing Advisory Council has been established to provide advice to the Government on cross-sector and collaborative approaches to improving the health and wellbeing of Tasmanians, particularly in the areas of physical activity, smoking and healthy eating. The Council will synthesise and disseminate evidence on cost-effective preventive health approaches, raise awareness of the importance of prevention and foster a Health in All Policies approach in Tasmania.</li> <li>• The Tasmanian Government, through the Department of Health funds several non-government organisations to run programs focussed on increasing nutrition and physical activity. As part of the funding agreement (negotiated in early 2018 for the period July 2018-June 2021) with the Tasmanian School Canteen Association and the Child Health Association it has been agreed that these organisations will lead the Tasmanian Healthy Kids Coalition in partnership with government to share resources and maximise investment in healthy eating and physical activity. The Tasmanian Government also has a funding agreement with Eat Well Tasmania Inc. Part of the funding provided is to influence healthy eating in Tasmania through connecting the local food industry (focussing on primary producers) with the community. A three year funding agreement was negotiated during early 2018 to cover the period from July 2018-Jun 2021.</li> </ul>
TAS2	<b>Leadership</b>	Provide resources for the implementation, monitoring, and evaluation of the 'Healthy Tasmania Strategy'	<ul style="list-style-type: none"> <li>• In the 2017-2018 financial year, \$500 000 was made available for the Healthy Tasmania Community Innovations Grants. Up to \$25 000 was made available to support healthy eating, physical activity, quitting smoking, and encourage community connection and partnerships. An additional \$500,000 will be made available for 2018-2019 with a second round of grants to open on 20 August, 2018.</li> <li>• The Tasmanian Government announced a new Community Health Fund to be launched in the first quarter of 2019. The fund of \$6.6 million will provide grant funding to individuals and groups with ideas to improve the health of their community. While the scope of the fund is currently being determined it is anticipated it will include preventive health measures.</li> </ul>

			<ul style="list-style-type: none"> <li>The Healthy Kids Toolkit website was launched in 2017, as a key action of the Healthy Tasmania Strategy to support Tasmanian families to eat well and be active. The website hosts links to key Tasmanian resources, programs and blogs for health and community workers, childcare, schools and other settings, as well as parents and families.</li> </ul>
<b>TAS3</b>	<b>Food provision</b>	Establish a whole-of-government policy on healthy food provision that applies across all Tasmania Government departments and settings under government control	<ul style="list-style-type: none"> <li>Tasmania has contributed to progressing five key actions through the COAG Health Council to limit the impact of unhealthy food and drinks on children across education, sport and recreation and public healthcare facilities. Once these actions are completed, this work will provide leverage for further action at state level.</li> </ul>
<b>TAS4</b>	<b>Food provision</b>	Provide strong incentives for all schools (including government, independent and Catholic schools) to implement the 'Move Well Eat Well' initiative (a health and wellbeing framework for schools) and associated Canteen Accreditation Program, strongly support implementation, and actively monitor the extent of implementation	<ul style="list-style-type: none"> <li>The Move Well Eat Well program continues to support Tasmania's children in Early Childhood and Primary School settings with 182 member schools including 60 that have achieved award status and 134 early childhood member services including 35 award services. Research shows healthy eating and physical activity promote better mental health and the six criteria for Move Well Eat Well are Tap into Water Every Day, Plant Fruit &amp; Veg in your Lunch Box, Limit Sometimes Foods, Move, Play and Go, Turn off Switch to Play and Stride and Ride.</li> <li>The Tasmanian School Canteen Association receives joint funding from the Department of Health (funding agreement July 2018-2021) and Department of Education (funding agreement 2017-2019) to work with all government, Catholic and Independent schools to promote a whole-school approach to increasing the availability of health and safe food and beverages through school food service provision.</li> <li>As part of the governments Healthy Tasmania Five Year Strategic Plan, the Student Health Initiative provides an additional \$2 million over four years to support schools with the greatest need to partner with community organisations to meet the health and wellbeing needs of their school community. The Plan also includes a commitment to have all Government schools working towards canteen accreditation by 2020. The Tasmanian School Canteen Association received additional \$100,000 from the Student Health Initiative to support schools to achieve this commitment.</li> <li>As of June 2020, the Tasmanian School Canteen Association was supporting 63% of schools in Tasmania with a school food service, with 72 schools achieving canteen accreditation and 79 schools working towards accreditation.</li> </ul>

<b>TAS5</b>	<b>Support for communities</b>	Commit to ongoing, long-term support for healthy eating social marketing campaigns, potentially involving collaboration with the food production, food service, tourism and health sectors, as part of broader efforts to improve population nutrition	<ul style="list-style-type: none"> <li>• The Tasmanian Government through the Department of Health provided funding to the Heart Foundation to run the <i>Live Lighter</i> campaign in Tasmania until 30 June 2018. Results to date suggest the campaign has had an impact on awareness of the campaign and the issue, motivation and intention to change behaviours, but as yet no demonstrable impact on behaviour. This evaluation will be considered in the broader planning framework for social marketing in Tasmania, including the various social marketing strategies being conducted as part of Healthy Tasmania.</li> <li>• Eat Well Tasmania Inc. (funded by the Tasmanian Government) has developed a series of connected social media campaigns including <i>Veg It Up</i>, <i>Get Fruity</i> and <i>What's in Season</i> as part a component of their funding agreement. These campaigns are gaining traction with stakeholders and will need a higher level of funding and associated promotion to reach full potential.</li> <li>• The Healthy Tasmania Community Challenge was conducted in early 2018 over 12 weeks. This was an online healthy challenge with associated incentives. Evaluation showed strong participation.</li> </ul>
<b>TAS6</b>	<b>Food promotion</b>	Implement policies to restrict the promotion of unhealthy food and beverages in settings controlled or managed by the Tasmania Government (e.g., public transport, bus shelters, government-owned billboards, sporting facilities and events)	<ul style="list-style-type: none"> <li>• Tasmanian has contributed to progressing five key actions through the COAG Health Council to limit the impact of unhealthy food and drinks on children across education, sport and recreation and public healthcare facilities. Once finalised this work will provide useful tools and al foundation to leverage action across government controlled settings.</li> </ul>
<b>TAS7</b>	<b>Food retail</b>	Work with supermarkets and other retailers on ways to improve the availability of healthy foods and decrease the availability and promotion of unhealthy foods in retail settings, using East Well Tasmania as a framework for engagement	<ul style="list-style-type: none"> <li>• Eat Well Tasmania Inc. (funded by the Tasmanian Government) has been pursuing opportunities to engage with the retail sector, in particular with IGA, this preliminary exploratory work is ongoing.</li> <li>• Hill Street Grocers (a state-wide fresh produce outlet linked to IGA) was actively involved in Eat Well Tasmania's' summer social media campaign of 2017/18 promoting the <i>Get Fruity</i> and <i>Veg It Up</i> messages.</li> </ul>
<b>TAS8</b>	<b>Food promotion</b>	Require all organisations, such as community groups and sports clubs, that receive funding from the Tasmania Government to restrict all	<ul style="list-style-type: none"> <li>• The COAG Health Council is currently considering a series of actions to limit the impact of unhealthy food and drinks on children across education, sport and recreation and public healthcare facilities.</li> </ul>

		promotion (including sponsorship) related to unhealthy food and beverages as a condition of receiving funding	<p>The outcome from this work will provide tools and strategies to initiate conversations with the sport and recreation sectors.</p> <ul style="list-style-type: none"> <li>The Tasmanian Government has provided funding for the Alcohol and Drug Foundation’s Good Sports program to expand their existing Good Sports programs and implement a “Good Sports Healthy Eating” program.</li> </ul>
<b>TAS9</b>	<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)	<ul style="list-style-type: none"> <li>The Tasmanian School Canteen Accreditation Program monitors the menus of schools food service that have achieved canteen accreditation. This provides a breakdown of the number of schools accredited and the nutritional quality of the food provided by the percentage of green, amber and red foods on the menu.</li> </ul>
<b>TAS10</b>	<b>Monitoring and intelligence</b>	Provide funding for oversampling for Tasmania in the triennial National Health Survey for the purposes of monitoring BMI and key nutrition indicators of children and adults	<ul style="list-style-type: none"> <li>The sample size for Tasmania in the current NHS 2017/18 is deemed to be adequate as the Australian Bureau of Statistics has allocated more sample to Tasmania than expected under the “normal’ allocation method.</li> <li>Additional sample can be purchased for the Australian Health Survey 2020/21.</li> <li>An oversample was purchased for Tasmania in 2004, but this has not been repeated because of the considerable cost involved and the re-commencement of the Tasmanian Population Health Surveys which monitors BMI and several nutrition indicators for adults. Children are not covered by the Tasmanian Population Health Surveys.</li> </ul>
<b>TAS11</b>	<b>Monitoring and intelligence</b>	Monitor prices of healthy and unhealthy foods across Tasmania, through the Healthy Food Access Survey, every 3 years	<ul style="list-style-type: none"> <li>The Tasmanian Government is maintaining a watching brief on a number of attempts in the academic sector to develop a national model for monitoring price and availability of healthy/unhealthy foods.</li> </ul>
<b>TAS12</b>	<b>Food retail</b>	Provide co-ordinated support for local communities to access healthy produce and promote healthy eating, continuing the work of the Healthy Food Access Project	<ul style="list-style-type: none"> <li>Eat Well Tasmania Inc. is funded to influence healthy eating in Tasmania and connect the local food industry with the community. A three year funding agreement was negotiated from July 2018-Jun 2021 part of this program involves promoting access to local, seasonal produce through community, grower and local retailer networks.</li> <li>A number of the Healthy Tasmania Innovations grants funded in 2017 focussed on local community access to healthy foods such as community gardens, social enterprises and local food networks.</li> </ul>

<b>TAS13</b>	<b>Support for communities</b>	Improve support for school teachers to implement nutrition education as part of the national curriculum	<ul style="list-style-type: none"> <li>• The COAG Health Council is currently considering a series of actions to limit the impact of unhealthy food and drinks on children across education, sport and recreation and public healthcare facilities. As part of the education work Good Practices for Supporting Healthy Eating and Drinking at Schools are being developed. A key component of this is supporting teaching and learning on nutrition. This will provide leverage for action to support teachers to implement nutrition education as part of the national curriculum. Tasmania is taking an active lead in this work.</li> <li>• The Move Well Eat Well program provides teachers at member schools with curriculum units which contain practical classroom activities linked to the Australian Health and Physical Education curriculum.</li> <li>• The Move Well Eat Well program provides yearly tutorial sessions to Master of Education students at the University of Tasmania, which focusses on the health promoting schools model and how to implement nutrition education as part of the national curriculum.</li> </ul>
<b>TAS14</b>	<b>Food provision</b>	Require that locally sourced foods constitute a given proportion (e.g., 25%) of the food provided in school canteens, as part of the 'Move Well Eat Well' initiative and / or the Canteen Accreditation Program	<ul style="list-style-type: none"> <li>• Whilst there is no requirement that local foods constitute a given proportion of the foods provided in school canteens, Eat Well Tasmania Inc. is funded to influence healthy eating in Tasmania. Eat Well Tasmania works closely with the Move Well Eat Well and Tasmanian School Canteen Accreditation programs to encourage use of local, seasonal produce and linking the programs to local growers and retailers.</li> </ul>
<b>TAS15</b>	<b>Governance</b>	Implement formal health impact assessments as part of policy development and proposal processes, including explicit details about the consideration of potential impacts of policies on population nutrition and health	<ul style="list-style-type: none"> <li>• No specific progress on this recommended policy action has occurred although the Department of Premier and Cabinet is considering exploring work on Health in All Policies during the 2018-19 financial year.</li> </ul>
<b>TAS16</b>	<b>Food retail</b>	Develop guidelines and offer co-ordinated support to local governments on ways to decrease access to unhealthy take-away foods through planning provisions (e.g., limiting density of outlets, restricting placement of outlets near schools)	<ul style="list-style-type: none"> <li>• Public Health Services, in the Department of Health is looking to explore the concept of liveable cities during 2018-19 including issues associated with the food environment.</li> </ul>

<b>TAS17</b>	<b>Food retail</b>	Develop and implement programs, including incentive 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	<ul style="list-style-type: none"> <li>• The COAG Health Council is currently considering a series of actions to limit the impact of unhealthy food and drinks on children across education, sport and recreation and public healthcare facilities. This along with recent funding of the Good Sports program in Tasmania will provide opportunities to progress action in this area.</li> <li>• The Alcohol and Drug Foundation has received 2 years funding (June 2018-2020) to implement the Good Sports Enhanced Community Clubs Program in community sporting clubs across Tasmania. This includes piloting the Good Sports Healthy Eating program which aims to promote healthy foods in club environments via healthy foods for fundraising, provision of water, a commitment to the sale of healthy food and drinks and safe food handling.</li> </ul>
<b>TAS18</b>	<b>Food retail</b>	Develop and implement programs, including incentive or accreditation schemes, for restaurants, pubs and clubs to improve the healthiness of their menu options, building on the 'Healthy Options Tasmania' approach	<ul style="list-style-type: none"> <li>• No specific progress has occurred on this recommended policy action.</li> </ul>

<b>Additional actions/policies/progress related to improving the food environment / obesity prevention / population nutrition (not captured above)</b>	
<b>Action</b>	<b>Details</b>
1.	The Tasmanian School Health Nurse program is part of the Department of Education's focus on prevention and early intervention, and the link between education and wellbeing. Support is being provided to the 20 FTE nurses employed in the program state-wide, to assist their role with improving nutrition education and support in schools.
2.	The Tasmanian Government, through the Department of Health has recommitted to ongoing funding for the Tasmanian Child Health Association to run the Family Food Patch program for 2018-2021. The purpose of this program is to improve the health and wellbeing of Tasmanian children and families through promotion of healthy eating and participation in physical activity. Using peer education, the program empowers families and local communities by building and mobilising skills in children's nutrition, physical activity and community action.

## 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